



PEACE OF MIND PACIFIC COUNTY NEWSLETTER

BRAIN HEALTH IS FOR EVERYONE!

A Peace of Mind Pacific County publication

Spring 2017 Issue

Upcoming Events

April 25

Mental Health:
Staying: Out of Jail
Rosanne McPhail
Peninsula Church Center
Dinner @ 6 p.m.
Speaker at 6:30

May 13

Wellness Walk
Bolstad Approach
Long Beach
9:00 a.m.

May 23

Youth Suicide Prevention
Michelle Kemmer, RN
Peninsula Church Center
Dinner @ 6 p.m.
Speaker at 6:30

June 17 and 18

POMPC at Garlic Festival
Beach Barons Field
Ocean Park
Saturday 10 a.m.—5 p.m.
Sunday 10 a.m.—4 p.m.

June 27

Peace of Mind Stories
POMPC and friends
Peninsula Church Center
Dinner @ 6 p.m.
Stories at 6:30

July 25

Annual Community Picnic
Peninsula

Rosanne McPhail Talks to POMPC: Staying Out of Jail

Peace of Mind Pacific County (POMPC) hosts Justice Mental Health Project Coordinator Rosanne McPhail for a free community education event Tuesday, April 25th, 6:00 to 7:30 pm at the Peninsula Church Center Memorial Room, 5000 N Place/Washington Street in Seaview. The event begins at 6:00 pm with free sandwiches provided by Subway of Long Beach. Ms. McPhail's presentation and discussion go from 6:30 to 7:30 pm.

The Justice Mental Health Project is a unique collaboration of groups and agencies working to understand and prevent situations of repeated jail time for people with substance abuse and other brain illnesses. Pacific County is one of only five counties in the US to receive a two year planning grant to address issues related to jail sentences for people with brain-related problems. Rosanne McPhail was chosen as the first coordinator for this unusual project.

Rosanne McPhail and her family have lived for many years in south Pacific County, long before she began work in coordinating the Justice Mental Health Project. Personal experiences with life crisis situations led her to college studies of psychology and early childhood education. After she

came to the peninsula she spent many years working with parents of children from birth to three, and later used knowledge and relationships to advocate for and help start WellSpring Community Network. WellSpring began in 2006 as a community coalition to help local youth be safer, healthier, and drug-free. During that same decade Rosanne also served as board president for Willapa Behavioral Health, increasingly focused on wellness and recovery for hundreds of clients and a growing staff.

Rosanne's background in social service and education led her to look for ways to improve the systems that are intended to help people but are often broken. One major benefit of the Justice Mental Health Project is in regular meetings across agencies and stakeholders, which build trust and foster innovation through ongoing dialogue and feedback. The jail diversion process and HOPE cards with the Crisis Line phone number are both examples of initiatives that have already come out of the Justice Mental Health Project. Also this spring Rosanne became nationally certified as a Mental Health First Aid trainer for adults and law enforcement personnel. Rosanne will be ready to discuss these ideas on the 25th. Join her!



A Message from the president...

Our second POMPC newsletter finds us still exhilarated from our successful Spaghetti Dinner in March. We entertained members, old and new, plus guests who we hope will come to see us again. Kudos to Kat Erskine the event coordinator and our secretary and head chef, Nikki Fortuna, and their crew of volunteers, neighbors and congregants from new community partners, Ocean Park Lutheran Church and our wonderful host the Peninsula Baptist Church, especially office manager Kennette Osborne.

Tuesday April 25th is our next monthly meeting and supper at the PCC, Peninsula Church Center, from 6:00 to 7:30. We are grateful once again to our local Subway for donating a platter of sandwiches. Members and guests are always welcome to bring something for this occasion; chips or a dessert would be ideal.

Lastly, we're excited to gear up for the 8th annual Mental Wellness Walk on Saturday May 13th at the Bolstad Approach in Long Beach. We hope to again have Long Beach Mayor Jerry Phillips and Councilwoman Natalie Hanson for the ribbon cutting ceremony, launching our Walk at 9 a.m.

Diamond Espresso is donating coffee until it's gone, and we'll have free water, and Silent Auction from local merchants' donations. T-Shirts and Hoodie Sweatshirts from Blue Crab will be for sale, or free with a donation!

In the spirit of community support, I'd like to thank our partners for the Walk, Willapa Behavioral Health, Wellspring Community Network, Free by the Sea, and local merchants. Last but not least thanks to our many members and volunteers.

Looking forward to seeing you all at our upcoming events. Remember our slogan,

"Brain health is for everybody."

Sigrine Vally
President
Peace of Mind Pacific County



Volunteers from the 2016 Wellness Walk at the Bolstad Approach, Long Beach, WA



Peace of Mind Pacific County

presents the

8th Annual Wellness Walk

May 13th, 2017

Bolstad Approach, Long Beach

9 a.m. – Wellness Walk

10:30 a.m. – Silent Auction Ends

Walk with us on the Discovery Trail from the Bolstad Approach to Clark's Tree and back in support of mental wellness and recovery!

T-shirts and hoodies available for purchase.

Event sponsorships available; please email:

peaceofmindpacificcounty@gmail.com

or

call: Kat Erskine at 360-665-6305

Silent Auction

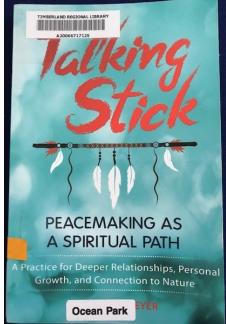
Early bird coffee provided by Diamond Espresso

www.pompc.org

Barb's Book Corner

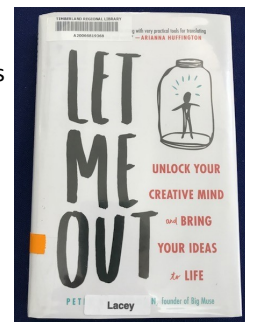
(Interesting Books and Recommended Reading)

Two small books came into our local library this month. Each of them offers perspectives that seem to connect to brain health and wellness -- Peace of Mind. See what you think.



Talking Stick: Peacemaking as a Spiritual Path by Stephan Beyer [Bear & Co, 2016] deals with things we often take for granted: listening, speaking, discussing, deciding. The writer says that hierarchy and power relationships often keep us from hearing and knowing each other fully. One way around this is to believe that we are all peacemakers at heart. Stephan Beyer offers tools such as council circles and talking sticks to help us move respectfully through tough issues and strong feelings that are naturally a part of life. With a talking stick, the object, literal or imagined, indicates that attention and respect are to be given to one person at a time. With safety and without interruption, any one of us is more able to speak honestly from the heart.

Let Me Out: Unlock Your Creative Mind and Bring Your Ideas to Life by Peter Himmelman [Penguin Random House, 2016] is by a man who has been creating music for decades and recently started working with different people who want to turn their visions into reality. Along with many practical suggestions about the process and stages of creating, he tells stories from his own and other people's successes and failures in making something new, all offered with a light touch. Among the memorable features is Himmelman's invention of MARV, the inner critic who has multiple answers to why a creation and its creator have no chance of succeeding. MARV, an acronym for Majorly Afraid of Revealing Vulnerability, is ready to pounce on us whenever we are at the start or in the middle of a new venture. In brain terminology, it is the *amygdala*, alerting us to beware of dangers to come. The alerts often become stop signs, keeping us from believing we can do anything novel or worthy on our own. Peter uses another metaphor to respond to these stoppers: Brain Bottle Openers - seventeen of them in fact. Number 17 is "Write your song." For the many of us who have MARV inside us, the author is saying, "I know MARV, but go ahead anyway. You can do it."



POMPC Board of Directors:

Sigrine Valley, President
Barbara Bate, Vice President
Nikki Fortuna, Secretary
Douglas Levitt, Treasurer
Kat Erskine, Bill McDonald, Rosi Sartwell
and Jan Worrell members at large.



Spaghetti Dinner 2017

Above: guests dinning. Left: Sigrine Vally and Douglas Levitt at the welcome table. Thanks to Donnie's Signs for the welcome banner, and many thanks to the volunteers and especially guests who came out to support mental wellness and recovery!



2017 Peace of Mind Pacific County T-Shirt/Hoodie Order Form

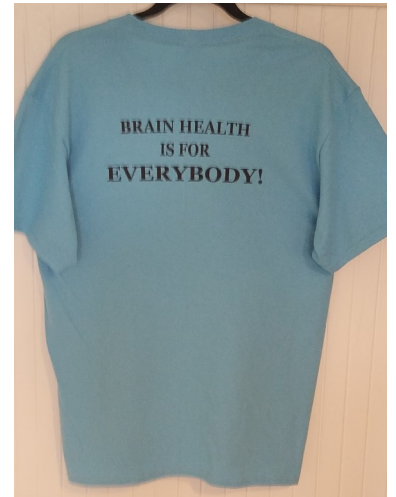


Detach and mail to PO Box 708, Ocean Park, WA 98640, scan and email to peaceofmindpacificcounty@pompc.org. You can also call 1-866-67- POMPC (1-866-677-6672) to place the order or place an order at our facebook shop (using a credit or debit card): www.facebook.com/pg/peaceofmindpacificcounty/shop/. Pick up/delivery will be arranged.

Size	T-Shirts (\$10 each)	Hoodies (\$25 each)
Small	_____	_____
Med	_____	_____
Large	_____	_____
1X	_____	_____
2X	_____	_____
3X	_____	_____
4X	_____	_____
5X	_____	n/a
6X	_____	n/a
Total:	_____	Total: \$ _____

Name: _____ Phone Number: _____
 Address: _____
 City: _____ State: _____ Zip: _____

*shipping off the Long Beach Peninsula will be extra



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Mental Health America

Resources

- www.bipolarhappens.com
- www.healthyplace.com
- www.mentalhealthamerica.net
- www.facebook.com/peaceofmindpacificcounty
- www.pompc.org

24-hour Crisis Line

North Pacific County 360-942-2303
South Pacific County 360-642-3787
Or
1-800-884-2298

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)
Español: 888-628-9454
TTY: 1-800-799-4TTY (4889)



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Pacific County

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