

2016

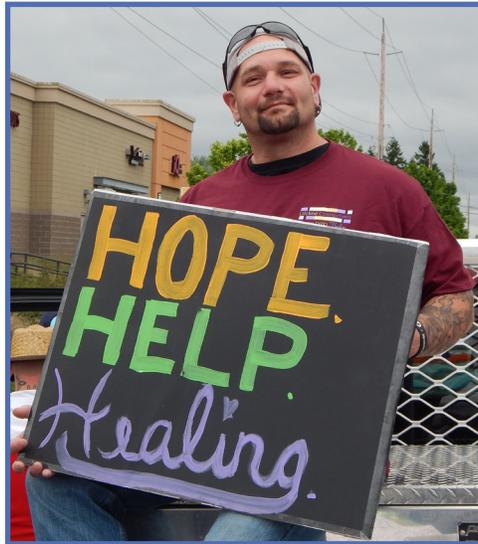
Lifeline Connections
hope. help. Healing.

Summer
Newsletter

Client Story | William Balabon

William Balabon, 46, was born and raised in Clark County. As the third-youngest of eight children, William had a rough childhood. When he was very young he was beaten and taken advantage of by a family member. He never felt like he fit in, resulting in behavior that got him kicked out of the house and onto the streets where he started a life of crime and drug addiction. Spending much of his time institutionalized, he did not know what life was like on the outside. He also had the perception that his family didn't care about him. "I was like a triple tornado running from people and ruining lives."

His involvement with the criminal justice system spanned nearly three decades of his life. Seven of his twenty-three felony convictions occurred in a single week, following the death of his brother. After five prison terms that kept him incarcerated for over fifteen years, more than 20 years of methamphetamine use, and recovery attempts at seven treatment centers, William was finally done. He felt suicidal, and he knew he needed help. A friend called at the right time. William got himself into Lifeline Connections. While in treatment, William was able to put his ego aside and began to identify mental health conditions that



needed to be addressed. Learning to manage his mental health became a big part of his treatment and remains a big part of his recovery today. "Once you deflate the ego, start listening and taking direction, and find God—things get better."

On July 2nd, William celebrated two years clean and sober. Today he has his own place, a full time job, his 16-year-old son living with him and a third child due in September. William is pleased that this child will be born into a clean and sober environment. He has rebuilt relationships with his family and just returned from his second consecutive family reunion. Williams's mom calls three to four times a week and tells him she loves him and how proud she is. "I mean super-duper-looper proud of me!" William says with a smile.

William also found a life of service when he found Lifeline Connections, and he continues to give back to the community. He finds strength in R360overy serving as a case manager in a supportive living house through Grace Ministries/Xchange, and he speaks on bi-weekly panels to Lifeline residential and detox patients. When asked what his short term goals are his response is simply, "Being a better man today than I was yesterday."

Program Highlight - Facilities | Chris Attaway

Lifeline's Facilities Department is a busy place for Chris Attaway and Phillip Jurries. This department is a hub of activity for all of Lifeline's facility functions, impacting all departments throughout the agency. The department oversees purchasing, building maintenance for three locations, mail distribution, key distribution, laundry services, and vehicle upkeep and maintenance. Chris Attaway is the Facilities Supervisor/Purchasing Agent, and he also supervises the UA and Recovery Coach programs. The professionalism, dedication, and work ethic of both Chris and Phillip ensure that very few tasks are missed.

In addition to his busy work schedule, Chris participated as a member of the 2016 Leadership Clark County class which held graduation ceremonies at Washington State University-Vancouver on Thursday, June 9th. Leadership Clark County is a civic leadership development program that brings together individuals with diverse interests and expertise and challenges them to increase their knowledge of Clark County and deepen their community engagement. Chris' increased leadership skills are sure to benefit all of the programs he supervises.



Community Engagement

Hazel Dell Parade
2nd Place | Spirit Award



Lifeline Connections Alumni Committee won a second place ribbon for spirit in the Hazel Dell Parade of Bands on Saturday, May 21st. This was the Alumni Committee's second year with an entry in this fun, family-friendly community event. The "fire boat" float supported the parade's theme "Celebrate Service," in honor of former Fire Chief Dick Streissguth whose family served as grand marshal. Thank you to all alumni and staff that supported this fun event!

Camas Farmers Market
Health and Wellness Fair



Traditionally, the opening day of the Camas Farmers Market includes a Health and Wellness Fair featuring vendors from the community that support that focus. Lifeline Connections' Camas location is working hard to become a part of the local community by supporting local events. Visitors to the Lifeline Connections booth had the opportunity to learn a little bit about mental health and substance use as well as spin the prize wheel to win Lifeline prizes. Thank you to all staff that worked to make this event possible.

Camas Days Parade



The Lifeline Connections Alumni Committee is looking forward to participating in the Camas Days Parade, Saturday, July 23rd beginning at 11:00 am. This is the Committee's first year to participate in this very popular parade. Alumni and staff are welcome and encouraged to join in the fun either by being a spectator or walking alongside the "float boat". Please contact Chris Attaway at cattaway@lifelineconnections.org for details. We hope to see you there enjoying the parade theme, "Summer Days & Nights!"

Volunteer Highlight | Natalie Hansen, *Social Media*

The stars aligned when Natalie Hansen applied to be Lifeline's Social Media Volunteer in April 2015. Natalie had recently completed a Master's in Public Communication and Technology from Colorado State University in Fort Collins. Her thesis was titled, Social Media and Campaigns for Social Good: Best Practices for Mental Health Nonprofit Organizations. The topic, along with Natalie's education and experience, proved to be a perfect fit for Lifeline Connections. Natalie's undergraduate degree is a Bachelor of Arts from University of Nevada – Las Vegas in Communication Studies. Natalie is responsible for posting social media posts on Lifeline's Facebook and Twitter accounts, and she developed the concept and graphics for "Health Tip Tuesday." She is currently working full time as a PR Associate and Social Media Specialist for A. Wordsmith, a public relations firm in Portland. In addition to her work and volunteer activities, Natalie is planning an out-of-state October wedding. Thank you, Natalie, for volunteering your time and talents to Lifeline!



Lifeline Connections Mission: Through the use of superior customer service, high quality programs and a well trained dedicated staff, our mission is to inspire hope and support life saving changes for people affected by substance use and mental health conditions.

Donations / Support

Scrapbooking and Card Making Supplies



A very generous Lifeline Alum donated over \$800 worth of scrapbooking and card making supplies to Lifeline. The timing could not have been better because Lifeline recently hired an art therapist to work in the mental health department. The supplies include stamps, punches, paper, brads, tacks, glue, etc., and will go a long way to getting this new program up and running. Many of the stamps and the paper were gifted to the donor by a friend in the AA program! Thank you to this donor for paying it forward!

Fred Meyer Donation



Did you know that the Fred Meyer makes a donation based on the customer's total purchases? Reenrollment began on June 1, 2016 and completed June 30, 2016. This means that if you did not reenroll a percentage of your purchases will not be directed to your favorite charity (Lifeline Connections). If you missed the email encouraging you to relink your account you can visit www.fredmeyer.com/communityreward and relink to Lifeline Connections in two easy steps. Please note that households that did not re-enroll in June were dropped from the program on July 1st.

Walmart Donation



Walmart Store #2947 (900 NE Hwy 99, Vancouver) provided a significant cash contribution in support of Lifeline Connections' Alumni Committee outreach activities. Thank you, Walmart, for supporting individuals in recovery working to build a stronger community!

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American Psychiatric Association Foundation Award

Lifeline Connections was honored to receive the American Psychiatric Association Foundation Award for Advancing Minority Mental Health in support of Lifeline Connections Deaf and Hard of Hearing Program. Lifeline Connections' Deaf and Hard of Hearing Program is one of only a small handful in the nation—less than half a dozen—that provides treatment for drug and alcohol addiction in American Sign Language (ASL). Since the program began in 2001 a deep trust has grown between the region's deaf community and the team at Lifeline Connections. Staff members have tenaciously hung onto their commitment to serve this population in spite of funding shifts that dramatically reshaped services the past several years.

The Deaf and Hard of Hearing Program's goal is to help patients live clean and sober lives and effectively integrate into their communities in ways that assure their continued sobriety and health.

Funds from the award will be used to provide patient incentives, to purchase educational materials and provide specialized training for staff members. Lifeline Connections recently signed a service agreement with the state of Oregon that allows the program to serve Oregonians.



Vehicle Donation



Do you have an old vehicle, boat, or RV that is taking up space in your driveway? Why not take the hassle out of figuring out what to do with it? By donating to Lifeline Connections you will save yourself the hassle and expense of selling. At the same time, you support Lifeline Connections. Pick-up is free, a receipt is mailed within 24 hours, and you receive the highest possible tax donation. Visit www.lifelineconnections.org/how-you-can-help/ for more information.



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Are you passionate and motivated about recovery and your future?
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about Lifeline Connections?
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information or to schedule a
tour. (360) 397-8246x7451