



ALLIE FRANKLIN
EXECUTIVE DIRECTOR

Letter from the Executive Director

Dear Friends,

The past 6 months have been a very busy and exciting time at the Crisis Clinic. The two main themes for the past year are collaboration and innovation. We have been working with community partners to expand our reach to serve more people who need our support. We have some exciting news to share with you about this work.

Crisis Clinic and Volunteers of America Western Washington have partnered together to create a Virtual WA Lifeline call network to answer 90% or more of the National Suicide Prevention Lifeline calls that originate in Washington. Along with the Department of Health (DOH) the two centers submitted a similar proposal to the National Suicide Prevention Lifeline and Substance Abuse and Mental Health Services Administration. Our proposal was chosen to receive the one year grant. In December Crisis Clinic, in partnership with VOAWW will start answering Lifeline calls for the entire State of Washington. This will ensure that all Washington residents who call the National Suicide number will connect with caring, well trained supportive people who live in Washington.

One issue that comes up in 2-1-1 is the inequity of resources across the region. Some zip codes have a lot of resources, others have fewer supports available. 2-1-1 wants to be a proactive partner with communities to help reduce the disparities of resources. To support the goal of increased equity, 2-1-1 has been collaborating with the King County Accountable Community of Health and other healthcare partners to develop innovative ways to use our community resource data to help the community identify underserved areas. Soon we will be able to use this data to help us give feedback to communities within King County so they can make informed decisions about which areas have the most need for new resources.

These are just a few of the ways in which Crisis Clinic is working to create partnerships and to find innovative ways to support more people in our community. Your support helps us continue to provide these essential supports to connect people with the resources that will help when there is a crisis and to prevent future crises from occurring whenever possible.

As a supporter of Crisis Clinic, you play an important role in our success and I would be very interested in hearing your ideas. If you'd like to share your thoughts, please feel free to contact me directly at: (206) 436-2980 or afranklin@crisisclinic.org.

These are exciting times in healthcare and for Crisis Clinic. Our history of excellence—combined with the strength and generosity of our community partners and supporters—puts us in a wonderful position to lead the way to a healthier community. Thank you for the many ways you support our work!

Allie Franklin
Executive Director

Volunteer Spotlight



MARCIA ARTHUR

Crisis Line Volunteer
Phone Worker

Meet Marcia Arthur. Marcia is a volunteer with the Crisis Clinic and has been with us for 24 years.

In her volunteer work with Crisis Clinic, she is able to feed her passion for education by working with people who are struggling with difficult situations or living with mental health conditions find resources they need that work for their individualized needs. She learns from every conversation she has and even continues to learn through a host of training opportunities with the Crisis Clinic.

"I enjoy my work more than anything in my life. Because I get to meet people from all over, it's never boring, and I learn something new every day!"

Marcia feels her volunteer work has helped her become a better listener by exposing her to lives she could never have imagined, and the training opportunities has taught her to listen in a more discerning and empathetic way.

Crisis Clinic's programs are largely staffed by volunteers, including the 24-Hour Crisis Line, WA Warm Line, WA Recovery Help Line, and Teen Link. We couldn't do it without folks like Marcia and our wonderful volunteers. For more information about volunteering opportunities, and to learn how you can get involved, please visit our volunteer page at: crisisclinic.org/volunteer.

counselors to help schools work with faculty and students to prevent suicide.

RIDING THE WAVES is developmentally appropriate for students in 5th grade. Lessons in this curriculum include healthy emotional development and an overview of depression and anxiety. The interactive discussions and skill-building activities featured in *Riding the Waves* encourage building emotional skills that help to prevent suicide at its earliest ages.

LOOK. LISTEN. LINK. is an evaluated classroom-based prevention curriculum designed for middle school students between 6th and 8th grade. It is considered best practice in the field of suicide prevention, designated by the Suicide Prevention Resource Center. This curriculum addresses current facts about stress, anxiety, depression, and suicide prevention and also teaches practical life skills for how to help a friend who is struggling with stress, depression, and suicidal thoughts.

H.E.L.P. is also an evaluated classroom-based prevention curriculum and addresses suicide prevention based on the American Association of Suicidology's "Guidelines for School-Based Suicide Prevention Programs." H.E.L.P. is designed for students between 9th-11th grade. This curriculum consists of four 45 minute lessons addressing topics such as: stress and healthy coping strategies, depression and its impact on teens' lives, causes and warning signs of suicide, and how to intervene when a friend is showing signs of thinking of suicide.

Each program is unique to its age group and aims to level with students to teach awareness, practical skills, and healthy mindfulness early on in their lives. To learn more about these programs, please visit our website at: crisisclinic.org/education/community-training-opportunities/school-curriculum or contact Jennifer Winslow at: jwinslow@crisisclinic.org for more information.

Youth Suicide Prevention Curriculum Now Available

In Washington State, suicide is the second leading cause of death for youth between the ages 10 through 24, and every week, at least two youth die by suicide. However, schools can play an important role in suicide prevention.

After adopting the Youth Suicide Prevention Program's curriculum in early Spring, Crisis Clinic is now offering three curricula designed to be taught by classroom teachers and



Staff Spotlight



DIPTI CHRASTKA, MS, LMFT

Director of Crisis
Services

DIPTI CHRASTKA comes to the Crisis Clinic with a Masters in Clinical Psychology from the University of Bombay and a Post Master's degree in Marriage & Family Therapy. She has over 27 years of experience in the field of behavioral health and human services.

"When I first came to the US over 25 years ago, my dream was to work at the Crisis Clinic. I am so happy my dream is a reality now."

Dipti sees the glass as more than half-full. Her positive attitude, team spirit, and enthusiasm make her a valuable asset to the team.

CHIP PHILLIPS joins the Crisis Clinic as the Director of Information Technology. She attended Antioch College and has over 20 years of experience in the field of IT and a love of computers.

Chip is excited to update Crisis Clinic's technology infrastructure and evolve our telecommunications strategies. Chip's sense of humor and problem solving-skills make her a wonderful addition to the Crisis Clinic family.



CHIP PHILLIPS

Director of Information
Technology



LAUREN RIGERT

Director of Development
& Community Relations

LAUREN RIGERT has a Masters in Non-Profit Management and brings 16 years of experience in volunteer and program management, strategy and event planning, marketing, and donor relations. She is passionate about working with the mental health community and helping individuals and families of King County and Washington State get access to support services and resources that are needed for recovery.

"Crisis Clinic is a powerful mission that I hold dear, and I look forward to bringing my expertise to the organization."

Lauren is an animal lover and even owns two turtles who have been by her side for 30 years strong! Lauren's expertise, dedication, and passion make her a valued member of the Crisis Clinic family.

Updates

Recent Grants

Crisis Clinic would like to thank the following organizations for their generosity in supporting our programs in 2017:

Catherine Holmes Wilkins Foundation

Costco Wholesale

First Financial NW Foundation

HomeStreet Bank

Kaiser Permanente

Kawabe Memorial Fund

Medina Foundation

Nordstrom Giving

OneFamily Foundation

RealNetworks Foundation

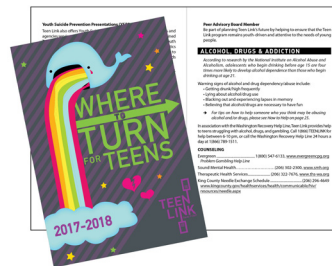
Schiff Foundation

Tulalip Tribe Charitable Fund

Give to Crisis Clinic through Workplace Giving

Workplace giving season kicks off in October, including many United Way campaigns. Many companies encourage employee giving by making it simple to donate through your payroll. For many people, this is a convenient and sustainable way to support their favorite charities at a level that may otherwise be challenging as a single gift. We hope you'll consider designating your gift to Crisis Clinic this year. We greatly appreciate your support.

Teen Resource Guide Available



The 2017-2018 *Where to Turn for Teens* resource guide is free and available upon request for families, schools, and youth-serving organizations. Call 206.461.3210 to order or download a pdf copy online at: www.866teenlink.org/wttft

International Survivors of Suicide Loss Day

Crisis Clinic will once again co-sponsor and host the American Foundation for Suicide Prevention (AFSP) International Survivor Day on November 18th at the Crisis Clinic. If you or someone you know is a survivor of suicide loss, please plan to join us for support and resources.

Upcoming Training & Events

November 16th: Dealing with Difficult Behaviors

November 17th: 2017 Community Celebration

November 18th: International Survivors of Suicide Loss Day

November 30th: Suicide Assessment Screening & Referral

December 21st: Suicide Assessment, Intervention & Treatment

CONNECT WITH US



CRISIS CLINIC



WA RECOVERY HELP LINE



KING COUNTY 2-1-1



TEEN LINK



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Seattle, Washington 98115

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Let's Taco 'bout how Amazing YOU Are at the Community Celebration!

Shoreline Conference Center

18560 1st Ave NE
Shoreline, WA 98155

Friday, November 17th
5:30 pm – 7:30 pm

Questions?

Email us at: fundraising@crisisclinic.org



RSVP by November 8th online at: <https://crisiscliniersvp.eventbrite.com>