



“When you’re struggling with mental health or substance abuse issues, it’s hard to talk to family or friends about it. The Warm Line is great because you can talk to someone who gets it. We understand exactly what you’re going through!”

~ Lyndy
Warm Line Volunteer

Crisis Clinic launches two new programs

Washington Warm Line

In May, Crisis Clinic assumed operation of the Washington Warm Line, a peer support help line for people living with mental illness. Calls are answered by volunteers who know what it’s like to live with mental illness and want to provide support to their peers. Using the principles of recovery and empowerment, volunteers provide callers with emotional support, information, comfort and connection.

Peer support for people living with mental illness



Currently, the Warm Line is operating on Wednesday and Friday from 5-9 p.m. Crisis Clinic is using our expertise in volunteer recruitment and training to expand this program. If you or someone you know is living in recovery and interested in helping others, please visit the Volunteer page on our website or e-mail warmline@crisisclinic.org for more information!



“Together, in just 3 months, we’ve had over 2,500 text conversations with teens who’ve needed support through their struggles with depression, self harm, and suicidal thoughts. Young people are clearly looking to connect to help in a way that is private and comfortable to them, and Crisis Clinic is helping to make this possible.”

~ Jen Chiou
Executive Director
Crisis Text Line

Crisis Text Line

Crisis Clinic was recently selected as one of three centers in the U.S. to launch Crisis Text Line, a new program for youth ages 13-25. Crisis Text Line is the first national service of its kind, offering support to youth 24/7 via a medium they already use and trust: text.

CRISIS TEXT LINE |

Crisis Text Line, which launched in August, is the brainchild of DoSomething.org CEO, Nancy Lublin. In her TED Talk, “Texting That Saves Lives,” she talks about why texting is such an effective means of communicating with teens, “The average teenager sends 3,339 text messages a month...and texting has a 100% open rate.”

The program launched in August on a pilot basis but is now available nationwide. In the first two months, our Crisis Text Specialists answered over 1000 text messages from youth in crisis. Crisis Clinic is very proud to be a part of this groundbreaking project.

As always, your generous support is what makes our work possible. Thank you for investing in Crisis Clinic. Together, with you, we will continue helping lives on the line!

Program Spotlights

Teen Link

Did you know...

- Suicide is the second leading cause of death in Washington State for youth ages 10-24, with an average of two suicides a week?
- When surveyed in 2012, nearly 1 in 5 tenth graders in Washington State said they had thought about committing suicide in the past year?

The statistics are startling. More than ever, teens are dealing with serious life issues and many are reluctant to ask an adult for help. That's where Teen Link steps in.

Our teen-answered help line offers youth a safe and confidential place to call or chat about any issue, big or small. Our teen volunteers are trained to listen to each caller's unique story and help guide them toward making self-respecting decisions.

The Teen Link help line (866-TEEN-LINK) is available to youth statewide, every evening from 6-10pm. Online chat is also available on Monday, Tuesday, and Thursday evenings from 6-10pm by visiting Teen Link's website: www.866teenlink.org. A new Teen Link website designed by Causality will be launching next month, so be sure to stop by and check it out!

In addition to the help line, Teen Link also offers youth suicide prevention trainings in schools and youth-centered organizations throughout King County. Led by teen volunteers, these discussion-based trainings focus on healthy coping mechanisms, recognizing the signs of depression, and how to get help for themselves or a friend who might be considering suicide.

In addition to these services, Teen Link distributes over 35,000 Where to Turn for Teens directories each year. To get your copy, you can download this guide of youth-friendly resources on our website or email us at teenlink@crisisclinic.org.



“Teen Link volunteers are some of the most compassionate people I know. Plus, the skills and knowledge we gain as volunteers are useful in everyday life!”

~ Celina (right)
Teen Link Volunteer



Community Training Program

Crisis Clinic is a nationally recognized leader in crisis intervention, suicide prevention, and information and referral services. To share our expertise, we offer a Community Training Program that includes a variety of courses covering topics such as: Suicide & Crisis Intervention, Dealing with Difficult People, and Battling Compassion Fatigue.

We recently expanded our training program to include Applied Suicide Intervention Skills Training (ASIST), a two-day workshop in suicide first aid. ASIST is internationally recognized as an evidence-based best practice, developing skills that reduce the immediate risk of suicide until other resources can be mobilized. This workshop provides practical training and is suitable for anyone in a helping profession, including teachers, social workers, first responders, or individuals concerned about family or friends.



ASIST

Beginning in 2014, the law requires licensed professionals in Washington State to complete training in suicide assessment, treatment, and management. All ASIST workshops fulfill this requirement by offering 13 Continuing Education Units (CEUs) through the WMHCA. Licensed Mental Health Counselors, Social Workers, and Marriage & Family Therapists are eligible.

We have several ASIST training sessions scheduled in 2014. The first is being held Friday and Saturday, January 10-11 from 8:30 a.m. to 4:30 p.m.

To learn more information about our Community Training Program, please visit our website!



Become a Volunteer

Crisis Clinic offers a variety of volunteer opportunities for both youth and adults, suited to meet your interests and availability. New volunteers are always needed to:

- Answer calls on the 24-Hour Crisis Line, WA Recovery Help Line, and WA Warm Line
- Respond online with Crisis Chat
- Mentor youth volunteers with Teen Link
- Listen to quality assurance calls for King County 2-1-1

Training is offered at various times throughout the year and we're currently accepting applications for the training that starts in January 2014.

For more information about any of these opportunities, please visit our Volunteer page at: <http://www.crisisclinic.org/volunteer>

Stay Connected Online

Keep up to date on Crisis Clinic events, programs, resource information, volunteer opportunities and trainings.



Crisis Clinic



WA Recovery Help Line



King County 2-1-1



Teen Link



@Crisis Clinic



@WA Recovery Help



@King County 211



Crisis Clinic

Updates

Welcome New Crisis Clinic Trustees

- David Dickinson, *SAMHSA*
- Michael T. Ford, *Microsoft*
- Sgt. Kevin Grossman, *Seattle Police Dept*
- Gregg Johanson, *City of Seattle*
- Dana Kovalchick, *Psychotherapist*
- Michelle McDaniel, *FareStart*
- Jennifer Peters, *Community Volunteer*



Executive Director, Kathleen Southwick (center) accepts a grant from RealNetworks Foundation.

Recent Grants

Crisis Clinic would like to thank the following organizations for their generosity in supporting our programs in 2013:

- Aven Foundation
- Causality
- DIFFA NW
- Elizabeth Lynn Foundation
- Jeffris Wood Foundation
- Kawabe Memorial Fund
- Microsoft Corporation
- Norcliffe Foundation
- OneFamily Foundation
- RealNetworks Foundation
- Tulalip Tribes Charitable Fund

Thank you GiveBIG donors!

Crisis Clinic received over \$18,500 from our generous supporters during The Seattle Foundation's GiveBIG event. More than 1,300 nonprofits received \$11.1 million through this one-day philanthropic event! A special thank you to the 105 donors who participated in GiveBIG – we're so grateful for your support!

Give to Crisis Clinic through your Workplace Giving Campaign

Autumn is the time when United Way and other workplace giving campaigns gear up. For many people, workplace giving is a convenient and sustainable way to support their favorite charities. We hope you'll consider designating your gift to Crisis Clinic this year. Every donation makes a difference!

Upcoming Events & Trainings

- NOVEMBER 6:** Battling Compassion Fatigue Training
- NOVEMBER 13:** Suicide Assessment & Intervention Training
- NOVEMBER 20:** International Survivors of Suicide Day
- DECEMBER 11:** Dealing with Difficult People Training

*Our passion is caring and listening—empowering people to make positive life changes.
 We do this through connections between people and critical resources.*

2013 Community Celebration

Our 2013 Community Celebration was held on Friday, September 20th at Northgate Community Center. This annual event honors the dedicated staff and volunteers who work tirelessly to fulfill our mission. Please join us in recognizing the many achievements of our amazing team!

Honorees

3 YEARS

Alaina Blyth
 Phaolan Class
 Liv Dorn
 Maya Fraser-Philbin
 Tara Ghassemikia

5 YEARS

Lisa Balder
 Nash Fung
 Doug Hammond
 Keith Knappett
 Yolonda Marzest
 Allison Maus
 Evonne Noble
 Ryan Peterson
 John Steendahl

10 YEARS

Susan Gemmel
 Scott Boyer

15 YEARS

Jeannie Baker
 Will Leslie
 Jenny Scott
 Kathleen Southwick

20 YEARS

Marcia Arthur

30 YEARS

Coral Letnes

TRUSTEE RECOGNITION

Lis Eddy
 Rob Nielsen
 Bill Rumpf



PHOTO: Laura Sherritt Photography

*Thank you to our sponsors
 for making this event possible:*



windstream

Seattle Police Officers Guild
 Lakeside-Milam Recovery Centers
 Redmond General Insurance Agency

In-Kind Donations:
 Pepsi Company, QFC,
 and Fred Meyer

