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.

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!

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, 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!
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.

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!

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

Program Spotlights

Teen Link

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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

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
- 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

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

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

Thank you to our sponsors for making this event possible:

Fedelta
care solutions

GroupHealth

windstream

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

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