

CC Connects

fall 2018



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Executive Director

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Letter from our Executive Director

Dear Friends of Crisis Connections,

As you are aware, this Summer brought a big change to Crisis Clinic – a name change for the first time in our 54-year history. We are excited to share the new name and logo throughout King County and Washington State. The key message is that we are still the same organization, with the same mission, serving our community with the same heart. You may hear radio spots that echo this message of, “new name, same heart.”

Our organization is rooted in the value of ensuring that all who are experiencing a crisis can find a warm connection. Our well-trained, caring team members help individuals through their moment of crisis and connect them to resources that will hopefully prevent future crisis. Even as we lean into new technology to better serve those connecting with us in ways that are most helpful to them, such as text, chat, and a new website, our essence has not and will not change.

We are working hard to spread the word about our services because, more than ever, it is important for people to feel connected. Many people have reached out to us in response to the news that rates of suicide and isolation in the US have increased dramatically. We see this too; the call volume on the National Suicide Prevention Lifeline has increased by over 50% in the past year. A research study by Brigham Young University, published in the

journal *Perspectives on Psychological Science*, found that “the subjective feeling of loneliness increases risk of death by 26%.” This finding clearly shows that there is a need for people of all ages to have access to support at any time.

Additionally, a recent study of 2,705 UnitedHealthcare and VolunteerMatch volunteers ages 18 years and older found that 75% of those who volunteered in the past 12 months said volunteering made them feel physically healthier. Connection is the cure to isolation. Helping others, whether it is as a volunteer, a donor, or as a person who helps spread the word about the support available through Crisis Connections, improves the health of our community and our volunteers, too.

These themes of helping our community through crisis, connecting people to resources, and finding ways to combat isolation lead us to work closely with our community partners to expand our continuum of care. These partnerships champion the ways that technology can expand the reach of our support to those who need us but don't know about us yet. We hope you will join us on October 3rd for our fundraising dinner, Connect: Answering the Call, Tech for All.

We look forward to continuing to expand the ways that people can connect with us in 2018. Thank you for all the ways you support our work.

Sincerely,

Allie Franklin,
Executive Director

what's new?

- What's New?
- Special Thanks
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- Spotlight
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- Get Connected!

2018 has brought many changes to Crisis Connections; however, one thing that hasn't changed is our mission.

In honor of Suicide Prevention Month, we will be partnering with our friends at the American Foundation for Suicide Prevention (AFSP) to foster efforts supporting people struggling with mental health challenges and suicide. Washington's rates for suicide are above the national average, but there is hope in the power of connection.

September is also National Recovery Month, and in honor of this, we will also be sharing campaigns of encouraging words from our staff and volunteers that foster recovery and awareness.

Stay tuned to see how you can support our efforts in suicide prevention, recovery, and connecting people to support and resources. Thank you for all the ways you support our work!

special thanks

We would like to thank our sponsors for their generous support of Crisis Connections' annual fundraising event: CONNECT - Answering the Call, Tech for all!

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upcoming community events



CONNECT - Answering the Call, Tech for All
October 3, 5:30-7:30pm



3rd Annual Depressed Cake Shop
October 13, 11am-2pm



Out of the Darkness Community Walk
October 14, 9am-12pm



2018 Legislative Forum
November 9, 6-8:30pm

Join us for an inspiring evening celebrating our lifesaving work! Guests enjoy wine and appetizers while learning about our programs and how we are collaborating with our community partners to expand our reach with technology. RSVP online at: crisisconnections.org/event/connect

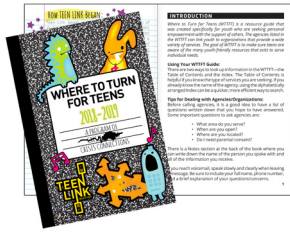
We are proud to sponsor NAMI's Depressed Cake Shop. Together, we can raise awareness and hope for a brighter future with zero stigma. Make sure to stop by and say hello!

When you walk in the Out of the Darkness Walks, you join hundreds of thousands of people to raise awareness and funds that allow the AFSP to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

Please join us for this inspiring and change-making evening. Connect with county legislators to learn about behavioral health legislation, and hear inspiring stories from those living in recovery.

program updates

Youth Resource Guide Available



New *Where to Turn for Teens* resource guides are free and available upon request for families, schools, and youth-serving organizations. To order copies, call 206.461.3210 or you can download a pdf copy online by visiting: www.866teenlink.org/wtftf

New Chat Hours for WA Recovery Help Line

After much success rolling out chat services for the Washington Recovery Help Line, we have now implemented extended hours.

Monday, Wednesday & Friday: 10am-3pm
Tuesday & Thursday: 9am-4pm

For more information about our chat services, visit us online at: www.warecoveryhelpline.org/chat

New Hours for WA Warm Line

As a result of Washington Warm Line's new funding, we have been able to expand the service hours for this line! Washington Warm Line now operates evenings from 5-9pm.

Seattle King County Clinic

Every year, we are honored to be part of the Seattle-King County Clinic where we take our laptops and a printer to connect clinic visitors with resources such as rent assistance, access to food benefits and much more. This year's event is September 20th - 23rd at Key Arena. King County 2-1-1 staff will join other non-profits, civic agencies, private businesses and volunteers from across the state to provide a full range of resources to under-served and vulnerable populations in the region.

Survivors of Suicide Support

Losing a loved one to suicide involves a unique and complicated grief. The Survivors of Suicide Bereavement Support Group provides a safe environment where others engaged in the same experience can speak freely. To assist in the healing process, this six-week closed group provides a structured, supportive journey through complicated grief. These sessions start back up on October 6th. RSVP online by visiting: www.crisisconnections.org/support-after-suicide

spotlight



Shelena Yarukhina
Talent Acquisition Specialist

Shelena has been an asset to our volunteer team since she joined our 24-Hour Crisis Line last year. With over eight years of experience in Human Resources while living in Russia, she obtained her BA in Management and Human Resources. Now, currently enrolled in a Clinical Mental Health Counseling program at Antioch University, she has accepted a role with

Crisis Connections as our Talent Acquisition Specialist.

"I am excited to have an opportunity to build this role from scratch," says Shelena. "I am looking forward to meeting new people and bring more volunteers to Crisis Connections."

With her 8+ years of experience, studies in mental health, and her volunteerism on the line, we couldn't be more thrilled to welcome Shelena to her new role. Shelena is an avid reader and the proud parent of an adorable calico (feel free to ask for pictures -- she's happy to share!)

Please join us in welcoming Shelena into the brand new Talent Acquisition Specialist role!

want to get involved? become a connector!

We couldn't do our work without the support of our wonderful volunteers. If you are interested in becoming a volunteer with Crisis Connections, you can learn more by visiting us online at: www.crisisconnections.org/get-involved/volunteer

You can also contact us at: 206.461.3210 or info@crisisconnections.org



volunteer
crisis connections

get connected!

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**stay updated
on all things
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CONNECT

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YOU'RE INVITED

WEDNESDAY, OCTOBER 3, 2018

5:30 – 7:30 P.M.

FISHER PAVILION AT SEATTLE CENTER



**crisis
connections**
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formerly known as crisis clinic