



December 2023 NEWSLETTER

Kittitas County Health Network is excited to be sharing Network news with you every month along with partner events and programs throughout our community.

Upcoming KCHN Semi-Annual Meeting



Mark your calendars for the KCHN upcoming Semi-Annual IN-PERSON meeting on **Wednesday, January 10th from 8am - 1pm**. More details to come, location TBD. In addition, Care Coordination's A-Team will be hosting an A-Team Summit the same day following the Semi-Annual meeting from **1pm - 4pm**.

Now Accepting Donations to Help Keep Our Neighbors Warm this Winter

COAT DRIVE

Through February 2024

We are accepting all sizes of new and gently used coats to help keep our Kittitas County neighbors warm this winter. We will also take hats, gloves, and sleeping bag donations.

DONATION DROP-OFF LOCATIONS

Community Health of Central Washington

521 E Mountain View Ave Ellensburg
Monday-Friday 7am to 5:30pm

Kittitas County Recovery Community Organization

211 W. 3rd St Ellensburg
Monday-Friday 9am to 4pm



Questions?
Email: jessica@healthierkittitas.org
healthierkittitas.org



KCRCO
KITTITAS COUNTY RECOVERY
COMMUNITY ORGANIZATION

COLECTA DE ABRIGOS

Hasta febrero de 2024

Estamos aceptando todos los tamaños de abrigos nuevos y usados en buen estado para ayudar a mantener calientes a nuestros vecinos del condado de Kittitas este invierno. También aceptaremos donaciones de gorros, guantes, y donaciones de sacos de dormir.

LUGARES DE ENTREGA DE DONACIONES

Community Health of Central Washington
521 E Mountain View Ave Ellensburg
Monday-Friday 7am to 5:30pm

Kittitas County Recovery Community Organization
211 W. 3rd St Ellensburg
Monday-Friday 9am to 4pm



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KCRCO
KITTITAS COUNTY RECOVERY
COMMUNITY ORGANIZATION

Perinatal Support Group for Kittitas County

NAMI Kittitas is *very* excited to announce the start of a new perinatal support group next week! This support group aims to establish a community where mothers can engage in conversations about the positive, challenging, and daunting aspects of parenthood with fellow mothers who can offer empathy and compassion.

The support group is open to mothers of all circumstances, including mothers of children aged 0-5, expecting mothers, women experiencing infertility, and those who have experienced the loss of a child and/or miscarriage.

Our first meeting will be:

- Day: December 5th
- Time: 6:00 pm-7:00 pm
- Location: 1st Lutheran Church (512 N Ruby Street; Ellensburg, WA)
- Childcare request form: <https://forms.gle/mqz6L83ck1Hh8Aqz6>

All future meetings will be held on the first Tuesday of each month from 6 pm-7 pm at 1st Lutheran Church, with childcare always available.

NEW!

Perinatal Support Group

No matter your journey to motherhood, you deserve support.

We're here to listen and help you cope no matter where you are in your journey through motherhood. Join us for a comforting space to discuss the challenges of motherhood and mental health.



Supporting moms during all stages of early motherhood

Open to:

- Expecting mothers
- Mothers of children ages 0- 5
- Mothers who have lost a child or pregnancy
- Women experiencing infertility struggles

First Meeting: December 5 from 6:00pm-7:00pm
First Lutheran Church (512 N Ruby Street, Ellensburg, WA)



Kittitas County
Washington




PERINATAL SUPPORT
WASHINGTON


Vaccine Clinic | Clínica de Vacunas



VACCINE CLINIC CLÍNICA DE VACUNAS




 **SATURDAY** **SABADO**
DECEMBER 9, 2023 **9 DE DICIEMBRE 2023**
11 AM to 3 PM **11 AM a 3 PM**

 COVID-19 vaccines available for all doses ages 6 months and older. Participants will receive a \$50 gift card. Flu shots also available.

Las vacunas contra el COVID-19 están disponibles para todas las dosis a partir de los 6 meses de edad. Los participantes recibirán una tarjeta de regalo de \$50. Las vacunas contra la gripe también están disponibles.



 Diaper box giveaway provided by the Unidos Nueva Alianza Foundation. Limit two per family.

Sorteo de cajas de pañales proporcionadas por la Fundación Unidos Nueva Alianza. Límite de dos por familia.

healthierkittitas.org  **St. Andrews Catholic Church**
401 S Willow Street
Ellensburg, WA 98926

The next KCHN Vaccine Clinic will be held on Saturday, December 9th from 11-3pm at St. Andrew's Catholic Church located at 401 S Willow Street in Ellensburg. If you have health insurance, please bring a copy or a photo of it for both vaccines. If you do not have health insurance, you can receive both the COVID and Flu vaccines for free. Our community partner, Unidos Nueva Alianza Foundation will be giving away diapers! Limit two diaper boxes per family. APOYO will be giving out fresh food boxes to the first 30 people.

La próxima clínica de vacunas de KCHN se llevará acabo el sábado 9 de diciembre de 11 a 3 p. m. en la iglesia católica de St. Andrew ubicada en 401 S Willow Street en Ellensburg. Si tiene seguro médico, traiga una copia o una foto del mismo para ambas vacunas. Si no tiene seguro médico, puede recibir las vacunas contra el COVID y la gripe de forma gratuita. ¡Nuestro socio comunitario, Fundación Unidos Nueva Alianza, ¡estará regalando pañales! Límite de dos cajas de pañales por familia. APOYO estará entregando cajas de alimentos frescos a las primeras 30 personas.

[Register Here | Registrar Aquí](#)



HELEN HOUSE AND
KITITAS COUNTY
HEALTH NETWORK
ARE OFFERING...

SAFE SPACE 101 TRAINING

FOR YOUR
BUSINESSES AND
ORGANIZATIONS!

WHAT WE OFFER:

ABC'S OF SOGIE/
LGBTQ+

LANGUAGE DO'S
AND DON'TS

MICRO
AGGRESSIONS

ALLYSHIP
AND MORE!

SCAN TO REGISTER



INTERESTED? PLEASE REACH
OUT TO US:

INFO@HELEN-HOUSE.ORG

509-968-5064

INFO@HEALTHIERKITITAS.ORG



KITITAS COUNTY
Health
Network

Holiday Support Series

Getting Through the Holidays

A free 4 part series

Presented by Eastside Opportunity Center in collaboration with
Northwest Expressive Arts Response
Location: 210 North Ruby Classroom 1

Everyone could use some help sometimes. These community life skill classes have something for just about anyone experiencing stress this holiday season. From time management to healthy eating, better relationships and emotional well being, come learn and have fun with other community members.

Part 1

Organizing 9/23 from 1-3 pm

The holidays are stressful for nearly everyone. You might find yourself not having enough time for things that matter to you. Maybe you are feeling overwhelmed with all the places you have to be and things that must get done. Have a better holiday season with some simple tips and tricks. Learn as you participate in the discussion then make holiday cards for those on your list.

Part 2

Eating Right. 10/16 from 5:30-7:30 pm

'Tis the season of sugary foods and tempting treats. Eating healthy is a challenge during the holidays. Make a change that will last all year as you learn to cook good food for yourself and your family. From meal planning to shopping list an simple to follow recipes, come join us for an evening of good food and good company. A simple meal preparation will be demonstrated.

Part 3

Healthy Relationships 11/18 from 1-3pm

As the big get-together nears, does your heart fill with apprehension? Do you do everything possible to avoid family and social gatherings every holiday? Healthy relationships make life better. Find support and growth for better relationships as part of this community centered class.

Part 4

Holiday Emotions 12/16 from 1-3pm

It happens every holiday season: the blues, loneliness, grief, and sadness. Break the cycle of misery this holiday season. Join other community members in this unique class of personal exploration and healing.

Sponsored by



KCHN Care Coordination Team is Expanding!



KITTITAS COUNTY
Health Network



Join the KCHN team!

UPPER KITTITAS COUNTY CARE COORDINATOR

[More Details
Here](#)

KCHN Care Coordination Program



We're here
for support.



For client referrals visit
healthierkittitas.org



KITTITAS COUNTY
Health Network



Call Us
509-933-7544



Email Us
info@healthierkittitas.org

The Kittitas County Health Network's Care Coordination program helps prevent overutilization of emergency services such as 911 calls, emergency department visits, and hospitalizations. Our Care Coordination team can also facilitate access to resources in the community.

To download a digital copy of the Kittitas County Resource Guide or to refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral by clicking the link below.

[Learn more about Care
Coordination](#)

Behavioral Health Resources for Teens

Behavioral Health Resources FOR TEENS IN ELLENSBURG



SAFE PLACES FOR TEENS TO HANGOUT

509Teens

- o A place for teens 12-17 years old to build a substance-free future through support, education, and fun activities!
- o Every fourth Friday from 6-8pm at 211 W 3rd Ave Ellensburg

Helen House

- o A safe and empowering space for LGBTQ+ youth ages 13-24.
- o Open every Monday 3-6pm, Wednesday 2-6pm, and Friday 3-6pm.

Northwest Expressive Arts Response (NEAR)

- o Offers opportunities for expression through arts in response to difficult local, national, and global events.
- o Events offered based on community need. Find out what's happening next via their Facebook, Northwest Expressive Arts Response.

MENTAL HEALTH & SUBSTANCE USE RESOURCES

Teen Link phone: 1-866-833-6546

- o A helpline for teens by teens. Staffed with trained teens, adults, and clinicians. Teen Link is a place for teens to talk about what's on their minds and connect with local resources.

Comprehensive Healthcare phone: (509) 925-7507

- o Comprehensive Healthcare offers a full range of mental health and substance use disorder treatment services for adults and youth.

Washington Recovery Helpline phone: 1-866-789-1511

- o A confidential 24-hour help line for Washington residents experiencing substance use disorder, problem gambling, and/or a mental health challenge.

CRISIS RESOURCES

Crisis Line of Kittitas County

- o Phone 988 or 1-800-572-8122

Crisis Text Line

- o Text HOME to 741741 or visit crisistextline.org

LEARN MORE ABOUT PREVENTING TEEN SUBSTANCE USE

Start Talking Now

- o Visit <https://starttalkingnow.org>

Youth Now

- o Visit <https://www.youthnow.me>

Recovery Yoga

RECOVERY YOGA

PROUDLY
SPONSORED BY



KITTITAS COUNTY
Health Network



FREE.
ALL MATERIALS
PROVIDED.

featuring Basic Hatha & Vinyasa Yoga

WEDNESDAYS 5-6PM

Join us at the KCRCO building located
at 211 W 3rd Ave, Ellensburg, WA 98926

KCRCO

KITTITAS COUNTY RECOVERY
COMMUNITY ORGANIZATION

Community Partners Spotlight



The Yakima Valley Community Foundation was established in 2003 with a mission to improve access to healthcare in the Yakima Valley. Their mission is to be a community leader in education, health, and civic engagement - supporting equitable access to opportunity with special attention to those who are frequently left out and left behind.

Thank you to the YVCF for being such a big supporter of the Network. We're grateful for our partnership that helps us to continue the work of making our community a healthier place for all.

[Learn more about Yakima Valley Community Foundation](#)

Featured KCHN Team Member

Meet Doug

Doug came to the Health Network in August of 2020 with 12 years of experience working in health education and health promotion at multiple institutions of higher education where he focused his work on substance use education, prevention, and recovery. He is a proud alum of Central Washington University (B.S.) and Montana State University (M. Ed.). He is committed to working with the passionate professionals in our community to create a healthier Kittitas County. Doug enjoys exploring Ellensburg



with his family and bowling whenever he gets the chance.

Doug Fulp

Assistant Director
Pronouns: he/him

Brrrr! Get your KCHN merch today!

Snow is here! Get your KCHN sweatshirts and beanies.
All proceeds go to clients in need.



SHOP NOW

Shop
Now

Featured KCHN Client Story

The KCHN SHIBA volunteer recently met with an elderly Kittitas County resident to review their financials and insurance documents and quickly determined that they would qualify for more than what they were currently getting. KCHN worked together with ALTC to fill out Washington Connect applications to also help with food assistance. The client was so appreciative for the compassion, care, and attentiveness that ALTC and KCHN showed her. They qualified for their Medicaid premiums to be covered in full so they will no longer have co-pays and/or deductibles. Before KCHN's help, because of their medical bills, they were struggling to pay for basic necessities such as food. Not only did KCHN help with Medicare & ALTC helped with food assistance applications, but most importantly, this client felt cared for, treated with kindness and respect, and as a



person with a voice that mattered.

STAY CONNECTED WITH KCHN

Visit the KCHN
Website



Kittitas County Health Network | 107 E Mountain View Avenue, Ellensburg, WA 98926

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