



February 2024 NEWSLETTER

February 1, 2024

The KCHN Team Loves Your Continued Support!

As always, we're grateful for your continued partnership with the Kittitas County Health Network.



thank you

FROM THE ENTIRE



TEAM

Thank you to all who attended the KCHN Semi-Annual Meeting and A-Team Summit last month!



SUMMIT



Pediatric Care Coordination Program Update



Greetings!

As we continue a new year, we would like to thank you, our community, for your incredible support of our new pediatric care coordination program. Here at Kittitas County Health Network, we have recently celebrated 3 years of working with Kittitas County residents by supporting access to community-based programs for mental health, substance abuse & recovery, safe housing, and food security. After seeing the growth and success of this initial program, we worked with KVH to expand care coordination to pediatric patients.

We launched our pediatric care coordination program on December 4th, 2023. As of today, there is a caseload of 16 pediatric patients. Currently, five of these patients are what we have considered to be high-risk. High risk within our program means that they are either new patients or patients who are at risk of re-entry to the emergency department, losing housing, or experiencing another form of crisis. We have seen some positive outcomes within the community over the past month that we would like to share.

We are proud of the accomplishments:

- Helping mothers experiencing postpartum depression get access to mental health services
- Providing formula to new mothers
- Helping parents in recovery discover other wellness resources such as yoga
- Helping families apply for SNAP and TANIF
- Connecting children to sports scholarships
- Helping families obtain laundry vouchers so they can wash their clothes
- Helping coordinate specialty care at Children's Village
- Working with the Ministerial Association to provide gas vouchers to families
- Walking alongside families who are trying to reunify with their children in foster care
- Providing clothing to families that are struggling to make ends meet

We know that these are things that are not always the most visible component of children's health, but we want to stress how important your referrals and partnership are. Your compassion and care for the Kittitas community is the driving force behind this great work. On behalf of all KCHN staff, we would like to say thank you and express our gratitude.

FREE Youth Art Classes



PROUDLY SPONSORED BY:



FREE YOUTH ART CLASSES

Join us at NEAR for expressive art classes.
All youth ages 11-17 are welcome.
Activities include mask making, sand play,
clay work, poetry, and more!

**Every 1st and 3rd Tuesday
from 2:30-4:30pm
starting February 6th**

At NEAR located
in Classroom 1 at the
Ellensburg United
Methodist Church

To register, email
contact@northwestexpressivearts.org

**Donations Still Needed to Help Keep
Our Neighbors Warm this Winter**

NEW Grant Funding



KCHN is proud to announce that we are the recipients of \$150,000 child care grant from the Yakima Valley Community Foundation.

First, the project aims to address the lack of licensed childcare providers in the Cle Elum/Roslyn community. The second childcare access challenge to be addressed is the 100-spot childcare waitlist at existing childcare centers that accept subsidies. The third challenge to be addressed is the lack of licensed childcare providers in the county. Finally, the fourth challenge to be addressed in this proposal is communicating existing options for all forms of childcare (i.e., before and after school, preschool, infant and toddler, and summer care).

Deliverables

- Develop Network of partners engaged in issues affecting children, youth, and families, including health care industry employers.
- Engage children youth family Work Group in planning expansion in Kittitas County.
- Support new childcare facilities to accelerate the addition of childcare spots in Kittitas County.
- Support childcare facilities with staffing and training expenses to be fully staffed.
- Provide technical assistance and support for the addition or expansion of childcare facilities.
- Conduct outreach to childcare providers and families about the legislative changes in the Working Connections program.

Adverse Childhood Experiences (ACEs) Training available!



Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that can have lifelong impacts on an individual's health and well-being. ACEs are common and have widespread effects on our community. When we know about ACEs, we can play a role in reducing the harmful impacts of early adversity.

By taking this training, individuals, businesses, and organizations can learn:



How ACEs impact health and behavior



How to help prevent ACEs



How to help promote resilience



How to be more trauma-informed



SCAN TO REGISTER FOR TRAINING TODAY!

**EMAIL: INFO@HEALTHIERKITTITAS.ORG
HEALTHIERKITTITAS.ORG**



Jessica Joins KCHN Care Coordination Team!

"It is with great excitement and appreciation that I make the announcement that I have accepted the KCHN Care Coordinator position for Upper County and will work part-time as a Care Coordinator while continuing to oversee and maintain my position as the Volunteer Coordinator for the SHIBA program. Both the SHIBA program and Care Coordination program serve the same demographic thus more and more of the clients are the same. I am excited and grateful for this opportunity and believe that this will be a perfect blending of the two programs. With that said, it was not without careful consideration and thought as I have truly enjoyed being an Admin for KCHN.

Safe Space 101 Training



Safe Space training equips community members with the tools needed to be an effective ally to the LGBTQ+ community, taking the first step to making our community a safer space for all.

Interested in training for yourself or your organization? Email info@helen-house.org or follow the link below.

[Online Inquiry Form](#)

Eastside Opportunity Center

Eastside Opportunity Center

Hours:

Monday---10 am -12 pm Cooking

Wednesday----- 11 am -1 pm /2:00 pm – 4:00 pm—Skills Sampler

Friday-----Every Other—3:00-5:00 pm

Saturday-----Every Other--1:00 pm—3:00 pm—Drop In Time

February 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------|---------|---|----------|-------------------------------------|--|
| | | | | 1 | 2 Board Games 3:00-5:00pm | 3 |
| 4 | 5 10 am-12 Cooking | 6 | 7 11 am -1 pm 2:00-4:00 pm | 8 | 9 | 10 Social 1:00-3:00pm Drop In |
| 11 | 12 | 13 | Sweetheart Sewing 2:00-4:00 pm | 15 | 16 Board Games 3:00-5:00pm | 17 |
| 18 | 19 10 am-12 Cooking | 20 | 21 11 am -1 pm 2:00-4:00 pm Sewing | 22 | 23 | 24 Puppet Project |
| 25 | 26 | 27 | 28 11 am -1 pm 2:00-4:00 pm | 29 | | |

Location: (United Methodist Church)

210 N Ruby St.

Classroom 2

Ellensburg, WA 98926

Phone: 509-968-1041

Email: red.eoc22@gmail.com

**We're Hiring for an Admin Assistant and
a Children, Youth, and Families Project Specialist!**

Join the KCHN team!



[More Details Here](#)

Community Partners Spotlight

PARTNER SPOTLIGHT



Helen House, a fiscally sponsored project of CascadiaNow, is a safe

space where SOGIE (Sexuality, Orientation, Gender, Identity, Expression) youth and young adults can socialize and interact with peers and supportive adults. Their goal is to support youth and young adults through positive engagement, help overcome stigma and feelings of isolation, and ultimately set them on a course toward fulfillment with self-empowerment and determination.

[Learn More About Helen House Here](#)

Featured KCHN Team Member

Meet Carly

Carly holds a Bachelor of Arts Degree in Mass Communications with an emphasis in Advertising from Kansas State University where she is currently working towards her Master's Degree in Mass Communications. She comes to the Health Network with 15 years of communication experience in both the public and private sectors as a graphic designer, media buyer, social media marketer, and project manager. Originally from Puyallup, Carly has been given the opportunity to travel and live in many different places as a military spouse. She and her husband just celebrated 15 years of marriage and have three beautiful (and sometimes wild) kids. Carly believes that family is everything and that there is no greater marker of parenting success than raising kind children. She feels that giving back to her community in as many ways as possible is important because it really does take a village.



Carly Brettmann
Communications Director
Pronouns: she/her

Brrrr! Get your KCHN merch today!

Stay warm this winter! Get your KCHN sweatshirts and beanies.
All proceeds go to clients in need.



SHOP NOW

[Shop Now](#)

Featured KCHN Client Testimonial

Client Testimonial

"I see the effort the community health workers have to help our community. The resources and events have helped many people in our county. I admire your work!"



STAY CONNECTED WITH KCHN

[Visit the KCHN Website](#)



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

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