



May 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.

Look for upcoming editions of the KCHN Newsletter in your inbox each month.



KCHN Collaboration with LatinX Outreach

LatinX Outreach, out of Yakima, selected KCHN to receive funding and participate in a training to establish a Promotora de Salud (Community Health Worker) program. The current Community Health Worker team (Teodora Moreno Guzman, Fatima Andraca, and Gaby Martinez) recently met with the LatinX Outreach team to learn more about the program and share the work that they've done around COVID-19 information in Kittitas County.

May is Mental Health Awareness Month



Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness.

For the past 20 years, the Substance Abuse and Mental Health Services Administration

(SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being.

Mental Health Awareness Month Toolkit

Check out what SAMHSA is doing and share our materials, and remember that we all play active roles in caring for our mental health.

[Access the Toolkit](#)

A-Team and Care Coordination



For the past two years, KCHN's Care Coordination team has assisted almost 300 clients. Our care coordinators provide resources and help connect folks with services they need to live healthier, happier lives. Our Care Coordination program is unique in that we have an incredible community support system that consists of nearly every community-based organization in Kittitas County. Professionals from these agencies comprise The A-Team. The A-Team meets weekly to discuss our more complex clients and the advice they give is invaluable to the level of support that the care coordinators provide for them. In future articles, our Care Coordination team will share our favorite success stories!

Provider Appreciation Day



May 12th marks National Provider Appreciation Day - a day of celebration and recognition for the important roles that providers play in supporting our children, our families, and our economy. We've learned more than ever how essential a strong childcare provider system is to Washington, so can you take 2 minutes to help us get providers the appreciation they deserve?

Can you send a request to state and county officials, asking them to make a proclamation recognizing the importance of childcare providers in their communities? Filling in your name, email, and zip code will let our online action tool send a letter to your city and county on your behalf, asking them to make a proclamation!

[Send a Proclamation Request](#)

Sponsored by Jerrol's, APOYO, NEAR, & Mountain View Dental



Free pizza, art activities, free art supplies and more!

Date:

Sunday/Domingo
May 21st 2023

Location:

Heritage Center
901 E. 7th St. Ellensburg WA

Time:

12:00 – 3:00 P.M

For more
information call
or text Gaby at
(509) 731-4261



Porque los niños de hoy
son el futuro del
mañana.



Washington Mental Health Summit



The 2023 Washington State Mental Health (WSMH) Summit is set to take place on November 2nd, 2023 at the HUB Grand Ballroom, University of Washington, Seattle campus. Registration will open in August.

The Washington State Mental Health Summit Advisory Council is currently accepting proposals for new initiatives to be considered for presentation at the 2023 Summit. Applicants of accepted proposals will be expected to participate in building advance workgroups and perform preliminary work ahead of their Summit presentation on November 2nd. Project management support from the WSMH Summit may be available toward those efforts. Any mental or behavioral health stakeholder in Washington State is eligible to apply.

[Initiative Application](#)

[Safe Space Training](#)



Sign up for a class to become a Safe Space trainer!

We have spots open in two different sessions from now until June. Have multiple folks from your office who want to get trained? We can also book a personal session for groups of 6 or more in a location of your choice.

Session 3: May 8, 2023, 5-7PM

Session 4: June 30, 2023, 11AM-1PM

Sign up now here:

[https://www.signupgenius.com/go/10c0e4dadae28a3ffc8-safe/](https://www.signupgenius.com/go/10c0e4dadae28a3ffc8-safe#/)

**OR contact the Safe Space coordinator, Sarah Foy at:
sarah@healthierkittitas.org**

Save the Dates!

REMINDER

To Save
These
Dates

UPCOMING KCHN MEETINGS

**May Leadership Council/Board Meeting
with CHA/CHIP presentation**
May 10th at 1PM

May CHA/CHIP Meeting
May 25th at 1PM

June Annual Meeting
June 14th at CWU

KCHN Team Highlight

**We got the chance to celebrate
Jessica for Administrative
Professionals Day!**

Jessica is a Kittitas County native who

graduated from Easton High School. She has been married to her husband Dave for the past 15 years and have four children together. They love the outdoors, particularly riding dirt bikes and side by sides, as well as traveling. In her spare time, she loves to travel, especially internationally. She has been to 15 countries, with the Philippines being the farthest away. She has two grandsons and is fortunate to have her family live mostly within Kittitas County.



[Read More About the KCHN Team Here](#)

Jessica Hall-Cranefield

Pronouns: she/her
Administrative Assistant

Get your KCHN merch today!

KCHN sweatshirts and beanies are still available.
All proceeds go to clients in need.



SHOP NOW

KCHN Sweatshirt

Our comfy sweaters will keep you warm without making you feel like you live in a sauna. Black cotton and polyester mix with simple white embroidery makes it classic and easy to dress up or pair with your favorite joggers.

Sizes S-2XL are available now!
\$40.00

KCHN Beanie

Get cozy with our dual-color beanies, perfect for these cool winter days! Black and grey go well with whatever you have going on and transition easily from walking the dog to a night on the town!

One size fits most.
Limited supply.
\$20 each

[Shop now on the KCHN website!](#)

Client Testimonial Tuesday

“From the bottom of my heart,
I thank you. You get what other
people are feeling and know how
to calm a person.”



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