



Kittitas County Health Network's September 2026 Newsletter



KITTITAS COUNTY
Health Network

Executive Director's Note



September is a time of transitions - the seasons are starting to change, the colors change, and kids are going back to school. September marks the start of many transitions for KCHN as well. As announced in our annual meeting in June, the loss of our federal funding has meant a lot of hard decisions including reduction in staffing, and consolidation of Hearts and Hands program into the Care Coordination program.

We are committed to continuing to address the health of our community through the work that we do. Although KCHN looks different, the changes have had limited impacts to programming: Care Coordination will continue to provide the high quality person-centered care and provide mobility and other medical supplies, THRIVE Youth Mentoring continues to grow, and we will continue to implement SUD prevention and education through local and regional funding sources. While through these transitions, KCHN has become smaller, we remain mighty and steadfastly committed to our mission.

KCHN Care Coordination Changes

STARTING
SEPTEMBER 1ST

**KCHN CARE
COORDINATION
WILL BE BY
APPOINTMENT
ONLY.**

**Includes Hearts & Hands
Mobility Equipment and
Medical Supplies available.**

Give the KCHN Care Coordination Team
a call and leave a detailed message.

509.201.1145



KITTITAS COUNTY
Health Network

KCHN Workgroup Meeting Reminders



September Workgroups Meeting Reminders

Leadership Council

Wednesday, September 9th online at 9:30am

Zoom Link: <https://zoom.us/j/96791509911>

Board of Directors

Wednesday, September 9th online at 10:30am

Zoom Link: <https://zoom.us/j/96791509911>

Community Resource Workgroup

Thursday, September 17th online at 12pm

Zoom Link: <https://us06web.zoom.us/j/82819043854>

Growing Strong Together Workgroup

Wednesday, September 23rd online at 12pm

Zoom Link: <https://us06web.zoom.us/j/83909620002>

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals

The KCHN Care Coordination Program works with healthcare and social service providers to improve the physical, social, and behavioral health of community members. Care Coordinators prioritize client voice, whole-person support, and warm hand-offs.

HOW IT WORKS

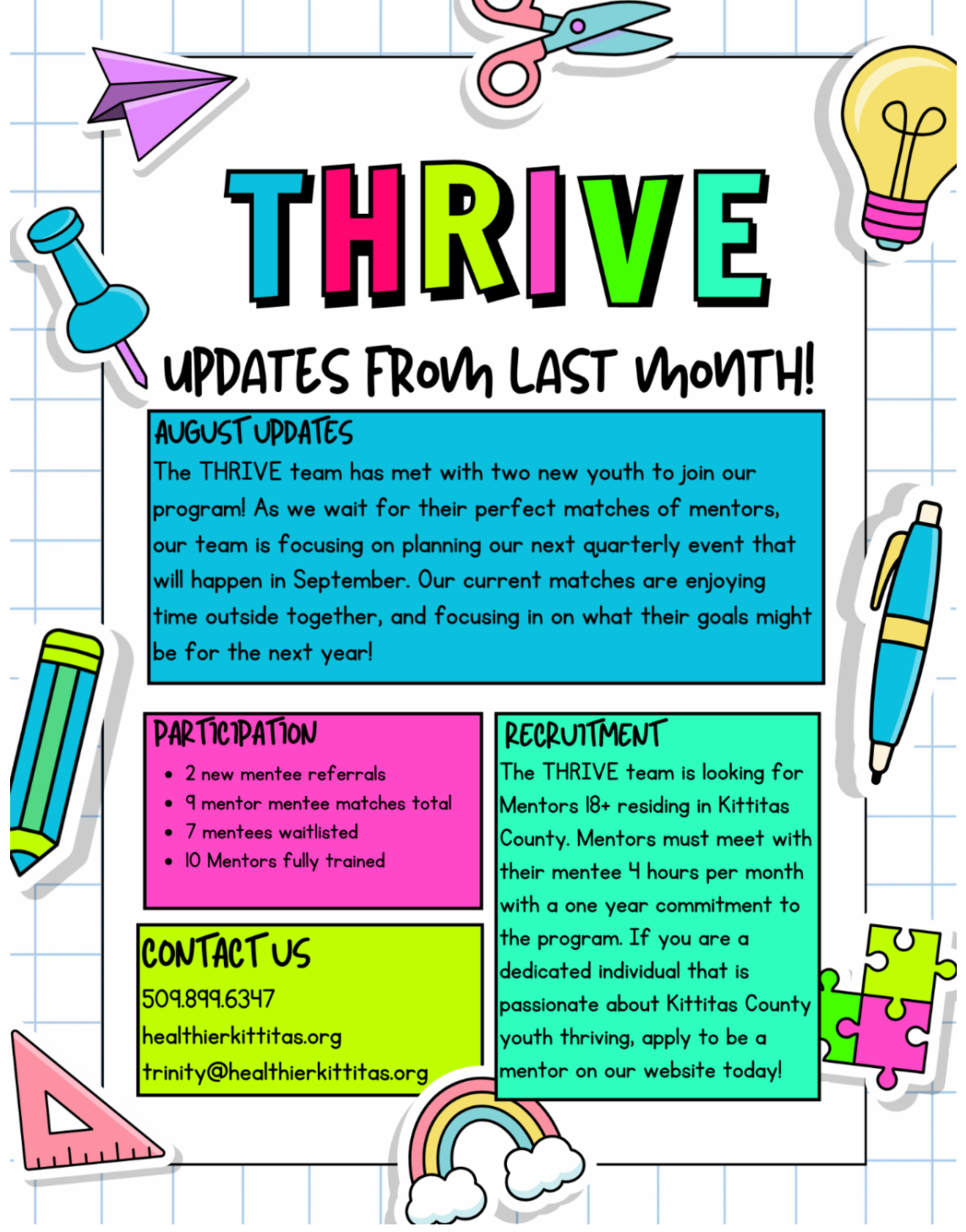
To refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral through our website at **healthierkittitas.org**



Or call us directly at:
509-201-1145

Make a Referral

THRIVE Youth Mentoring Updates



THRIVE

UPDATES FROM LAST MONTH!

AUGUST UPDATES

The THRIVE team has met with two new youth to join our program! As we wait for their perfect matches of mentors, our team is focusing on planning our next quarterly event that will happen in September. Our current matches are enjoying time outside together, and focusing in on what their goals might be for the next year!

PARTICIPATION

- 2 new mentee referrals
- 9 mentor mentee matches total
- 7 mentees waitlisted
- 10 Mentors fully trained

RECRUITMENT

The THRIVE team is looking for Mentors 18+ residing in Kittitas County. Mentors must meet with their mentee 4 hours per month with a one year commitment to the program. If you are a dedicated individual that is passionate about Kittitas County youth thriving, apply to be a mentor on our website today!

CONTACT US

509.899.6347

healthierkittitas.org

trinity@healthierkittitas.org

ACES Training



Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that impact health and well-being. ACEs are common and affect entire communities. When we know about ACEs, we can all play a role in reducing the harmful impacts of early adversity.

By taking this FREE 90 minute training, individuals, businesses, and organizations can learn:



How ACEs impact health and behavior



How to help promote resilience



How to provide trauma-informed care



KITTITAS COUNTY
Health Network

**All are welcome! To request a training, email: info@healthierkittitas.org.
healthierkittitas.org**

Community Builders Bash Save the Date- October 8th

THE SHOP
TEEN CENTER



COMMUNITY BUILDERS BENEFIT BASH

AN EVENING OF MUSIC, COMMUNITY & GIVING BACK!



THURSDAY
OCTOBER 8,
2026

5:30-8:30 PM



DRU BRU
CLE ELUM



LIVE MUSIC

Highway 903 Blues Band



SILENT AUCTION

Bid on amazing local items!



GREAT DRINKS

A portion of all drink sales benefits Community Builders.



PEER LED SUPPORT GROUPS

Youth-led. Supported by trained adults. Building strength together.



SUPPORTING LOCAL YOUTH

Building brighter futures together.

**FREE
ADMISSION!**

*Everyone
is welcome!*

**BRING YOUR FAMILY.
BRING YOUR FRIENDS.**

EVERY DOLLAR RAISED HELPS PROVIDE LIFE-CHANGING PROGRAMS FOR LOCAL YOUTH:

- ✓ Safe after-school programs
- ✓ Teen support groups
- ✓ Prevention programming
- ✓ Peer led support groups
- ✓ Leadership opportunities
- ✓ Healthy recreation & life-changing experiences

Join us for a fun evening while **MAKING A DIFFERENCE** for local youth!



theshopteencenter.com



509.899.2561



cbsyouthprograms@gmail.com

SHIBA Workshop - Sept. 16th 2-4 PM

Welcome to Medicare!

Join us for a free, unbiased workshop all about Medicare!



Wednesday, September 16th 2-4 PM
at the
Ellensburg Adult Activity Center
506 S Pine St in Ellensburg

What we'll cover:

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

SHIBA (Statewide Health Insurance Benefits Advisors) is a free, unbiased service of the WA state Office of the Insurance Commissioner.



To register, email: morgan@healthierkittitas.org

 509.794.1569

Nourish Rx

Nourish Rx

A five-month nutrition support cohort for pregnancy and early childhood, designed to nourish growing families, improve food security, and support healthy beginnings in partnership with Community Health of Central Washington.



What You'll Receive

- One box of nutritious food each month
- Five total boxes (one per month)
- Each box includes approximately \$95 worth of food
- Nutrition education materials to support healthy eating at home

Each eligible child or pregnant person in your household may receive their own monthly box.

Who This Program Is For

You may be eligible if you:

- Are pregnant and/or have a child under age 5
- Are enrolled in Medicaid (Apple Health)
- Are experiencing food insecurity
- Are managing a chronic health condition

This may include diabetes, heart or digestive conditions, respiratory or behavioral health conditions, immune-related conditions, or other ongoing health needs.

Interested or have questions?

FISH staff are happy to help you apply or answer questions.

📞 Call: (509) 537-1162

✉ Email: nourishrx@kvfish.org

🌐 Enroll: scan QR code



FISH
KITITAS COUNTY'S FOOD RESOURCE

Nutricion Rx

Un programa de apoyo de cinco meses de duración para el embarazo y en la infancia, diseñado para nutrir a las familias en crecimiento, mejorar la seguridad alimentaria y promover un comienzo de vida saludable, en colaboración con Community Health of Central Washington.



Lo Que Recibirás

- Una caja de alimentos nutritivos cada mes
- Un total de cinco cajas (una caja por mes)
- Cada caja incluye alimentos por un valor aproximado de \$95
- Materiales de educación sobre nutrición para promover una alimentación saludable en el hogar

Cada niño/a o persona embarazada en su hogar que sea elegible puede recibir su propia caja mensual.

Para Quien Es Este Programa

Usted puede ser elegible si:

- Está embarazada y/o tiene un niño o niña menor de 5 años
- Está inscrito/a en Medicaid (Apple Health)
- Sufre de inseguridad alimentaria
- Padece de una condición de salud crónica

Esto puede incluir diabetes, enfermedades cardíacas o digestivas, problemas respiratorios o de salud conductual, enfermedades del sistema inmunitario o otros problemas de salud persistentes.

¿Interesado o tiene preguntas?

El personal de FISH estará encantado de ayudarle con su solicitud o responder a sus dudas

📞 Llamar: (509) 537-1162

✉ Correo electrónico: nourishrx@kvfish.org

🌐 Para inscribirse: scan QR code



FISH
KITITAS COUNTY'S FOOD RESOURCE

Save the Date - Active Aging Event

Active Aging

Seniors

Explore the many services available to seniors and their families! Join us!

Wednesday - October 21, 2026

10 AM to 1 PM

Hal Holmes Community Center

209 N. Ruby Street, Ellensburg

Over 35 community businesses and agencies will be present to share their resources and information with you!

Refreshments!

Door Prizes!

Brought to you by the

AAC

Ellensburg's Adult Activity Center

City of
Ellensburg
Public Library
& Hal Holmes Community Center



Living Well

**FREE Senior Living
Referral Service**
Independent & Assisted Living
Memory Care & Adult Family Homes
509-607-9980

ALTC Aging &
Long Term
Care

Southeast Washington
Aging & Disability Resource Center

Alzheimer's and Dementia Support Group



deBurg
COFFEE & KITCHEN

Alzheimer's & Dementia
SUPPORT GROUP

Whether you're a caregiver, a loved one, or someone facing the journey of Alzheimer's or another form of dementia yourself, you've found a place where you are not alone.

- Share experiences and stories
- Exchange helpful tips and resources
- Ask questions without fear of judgment
- Support each other emotionally and practically

We know how overwhelming, isolating, and heartbreaking this path can be—but we also know the strength that comes from connecting with others who truly understand.

Third Thursday of every month
4:00pm.
1801 N Walnut St. Ste 4 Ellensburg, WA

CWDR Pool Pass Program



Central Washington Disability Resources

POOL PASS PROGRAM KITITAS COUNTY ONLY

POOL PASS PROGRAM IS NOW OPEN!

About Pool Pass

The pool pass program is for individuals with disabilities who live in Kittitas County and would benefit from utilizing the pool and its amenities. Consumers would create a goal of why they would benefit from it and then check in, in 3 months with CWDR staff, failure to check in to use the pool pass results in not being eligible the next year. The pass is good for the whole year for unlimited passes.

Eligibility:

1. Have disability
2. Live in Kittitas County
3. Must be low income 30% AM
4. Ages 5+
5. All Disabilities

Give us a call to schedule your appointments
appointment slots are filling up.

CONTACT US

509-492-5286
2009 W Dolarway RD Suite 101, Ellensburg WA

WEBSITE

mycwdr.org

KCFOA Financial Assistance



New Grant Program for Kittitas County Residents!

Are you a United States veteran, age 65+ or less than 18 years old, **and** have a service or companion animal that provides mental health support? You may qualify for **up to \$300** of financial assistance for veterinary care!

Eligible services include:

- **Spays**
- **Neuters**
- **Veterinary medical treatments**

This program is designed to help qualifying residents who rely on service or companion animals for mental health support and who cannot afford to pay for veterinary care on their own.

To Apply:

- **Eligibility:** Must be a veteran, senior (65+), or youth (17 and under) and must be unable to afford the treatment on your own
- **Amount:** Up to \$300 for veterinary expenses
- **Animals:** Must be a service or companion animal that supports mental health

Apply Today!

Visit: www.kcfoa.org

Or email kcfoa2002@gmail.com for more information

This program was made possible by a grant from the Kittitas County 1/10th of 1% Mental Health and Chemical Dependency Sales Tax Fund



Mobile Opioid Treatment Program in Ellensburg

Mobile Opioid Treatment Services Unit Coming to Ellensburg

Expanding Access to Lifesaving Care in Kittitas County

Why Ellensburg Needs a Mobile Opioid Treatment Services Unit:

Opioid Use Is a Growing Problem

- **Fatal overdoses are rising.** With the increase in synthetic opioids like fentanyl, the rate of fatal opioid overdoses in Kittitas County has tripled, increasing from 7.4 per 100,000 (2014–2018) to 26.2 per 100,000 (2021–2023).
- **Emergency responses are increasing.** Opioid overdose hospitalizations in 2020–2021 reached 26.1 per 100,000, higher than the Washington state average of 15.1 per 100,000¹
- In 2024 alone, the county saw 29 emergency room visits and 29 EMS responses for opioid overdoses.

Methadone Access is Limited in Kittitas County

- The three FDA-approved medications for opioid use disorder are **buprenorphine, methadone, and naltrexone**.

Buprenorphine and naltrexone are available locally in Kittitas through local treatment organizations.

- **Methadone**, however, must be administered through a certified **Opioid Treatment Program (OTP)** with **daily dosing requirements**, especially early in treatment.
- There is no OTP in Kittitas County.



The closest is Comprehensive Healthcare's OTP in **Yakima**, requiring a **one-hour drive each way**.

- Currently, about **20 Kittitas County residents** receive OTP services in Yakima.
- Research shows: **The farther someone lives from an OTP, the less likely they are to access care.**

Comprehensive Healthcare Has Proven Expertise

- ✓ Comprehensive Healthcare has provided substance use disorder treatment **since 1972**.
- ✓ Our Opioid Treatment Program has been operational **since 1973**.
- ✓ We deliver **evidence-based**, person-centered care and partner closely with local providers and communities.

What Impact Will the Mobile Opioid Treatment Services Unit Have?

NO Increase in Crime Rates

- Research demonstrates methadone clinics do not increase crime—and may actually reduce local crime⁴

Methadone Saves Lives

- Treatment with methadone reduces the risk of fatal overdose by 50–75%²
- It also reduces non-fatal overdoses by about 60%⁷

Citations:

¹Kittitas County Public Health Department. (2022). 2022 Community Health Assessment (Kittitas County Public Health Dept.). [https://www.co.kittitas.wa.us/uploads/documents/health/assessment/2022 Community Health Assessment.pdf](https://www.co.kittitas.wa.us/uploads/documents/health/assessment/2022%20Community%20Health%20Assessment.pdf)

²Laroche, M. R., Bernson, D., Land, T., Stopka, T. J., Wang, N., Xuan, Z., Bagley, S. M., et al. (2018). Medication for opioid use disorder after nonfatal opioid overdose and association with mortality: A cohort study. *Annals of Internal Medicine*, 169(3), 137–145. <https://doi.org/10.7326/M17-3107>

³Pierce, M., Bird, S. M., Hickman, M., Marsden, J., Dunn, G., Jones, A., Millar, T., et al. (2016). Impact of treatment for opioid dependence on fatal drug-related poisoning: A national cohort study in England. *BMJ*, 353, i3330. <https://doi.org/10.1136/bmj.i3330>

⁴Ramaswamy, M., Kral, A. H., Wenger, L. D., & Bluthenthal, R. N. (2021). The impact of opioid agonist treatment programs on crime: A systematic review. *Addiction*, 116(12), 3450–3463. <https://doi.org/10.1111/add.15610>

⁵Sordo, L., Barrio, G., Bravo, M. J., Indave, B. I., Degenhardt, L., Wiessing, L., Ferri, M., & Pastor-Barriuso, R. (2017). Mortality risk during and after opioid substitution treatment: Systematic review and meta-analysis of cohort studies. *BMJ*, 357, j1550. <https://doi.org/10.1136/bmj.j1550>

⁶Washington State Department of Health. (n.d.). Opioid and drug use data: Washington Tracking Network (WTN) — overdose dashboard. <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids/overdose-dashboard>

⁷White, M., Burton, R., Darke, S., Eastwood, B., Knight, J., Millar, T., & Strang, J. (2020). Fatal and non-fatal overdose among heroin users: Impact of treatment and time. *Addiction*, 115(7), 1278–1288. <https://doi.org/10.1111/add.14921>

Mobile Opioid Treatment Services Operations

Clinic Hours:

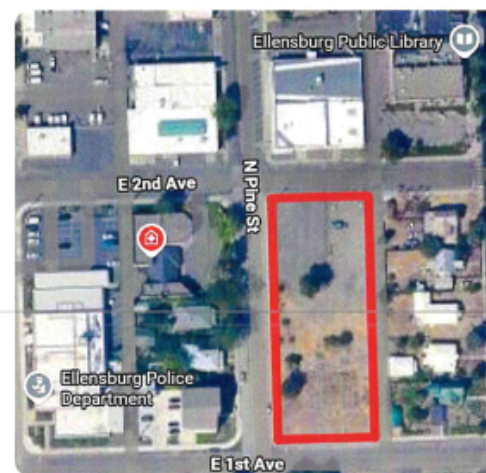
- Monday–Friday: 8:00am – 1:00pm
- Saturday: 8:00am – 10:00am
- Sunday: Closed

General Information:

- Client Capacity: Approximately 60 clients
- The unit will return to Yakima each night

Services Offered:

- Provider visits
- Counseling sessions
- Methadone and buprenorphine dosing
- Drug screening
- Referrals to community service providers



How to Get Started

Call Comprehensive Healthcare's OTP direct line at (509) 317-2622 to be connected with the Opioid Treatment Program and begin enrollment.

Comprehensive
HEALTHCARE

Hope University Workshops

Hope University Workshops

September
2026



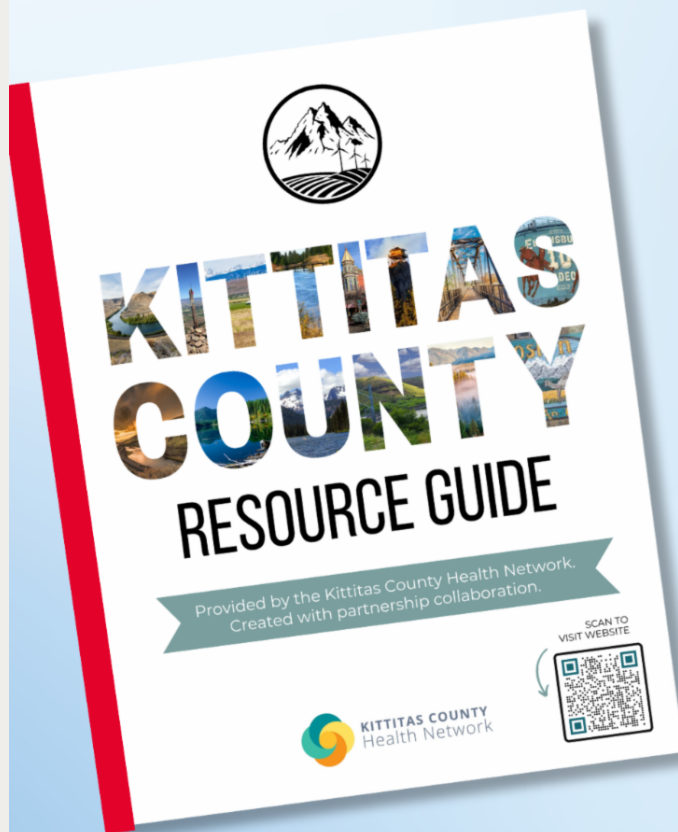
SEP 2	2-3PM	Job Quest 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
SEP 9	2-3PM	Transit Guide	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
SEP 14	12-1PM	Savvy Shopper Seminar	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
SEP 14	2-3PM	Transit Guide	Located at WorkSource, 1100 W University Way, Ellensburg, WA
SEP 16	2-3PM	Rent 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
SEP 21	2-3PM	Managing Your Money	Located at WorkSource, 1100 W University Way, Ellensburg, WA
SEP 23	2-3PM	Savvy Shopper Seminar	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
SEP 24	3-4PM	Habits for Workplace	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
SEP 28	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
SEP 30	2-3PM	Managing Your Money	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA

Workshops are free and open to everyone. We focus on practical learning with a positive, supportive approach. Our guiding principles: meet you where you are, keep it positive, and turn knowledge into action.



Kittitas County Resource Guide

Find available resources in Kittitas County with the Kittitas County Resource Guide website. Available to download and search in multiple languages, the Kittitas County Resource Guide is your one-stop shop for all community resources.



Scan here to
visit the
Resource Guide
website.



kittitascountyresources.org



Encuentra recursos disponibles en el condado de Kittitas con el web de la Guía de Recursos del Condado de Kittitas. Disponible para descargar y buscar en varios idiomas, la Guía de Recursos del Condado de Kittitas es tu centro integral para acceder a todos los recursos comunitarios.

CONDADO DE KITTITAS
GUÍA DE RECURSOS

Provisto por la Red de Salud del Condado de Kittitas. Creado en colaboración con socios.

ESCANEA PARA VISITAR EL SITIO WEB

KITTITAS COUNTY Health Network

Línea de crisis por texto
Mensaje de Texto: Envía HOME al 741741 |
Sitio web: crisistextline.org

KITTITAS COUNTY RESOURCE GUIDE

ROPA

SERVICIOS PARA DISCAPACITADOS

EDUCACIÓN

ES ^

Escanea aquí para visitar el sitio web de la Guía de Recursos.

kittitascountyresources.org

KITTITAS COUNTY Health Network

[Visit the Resource Guide Here](http://kittitascountyresources.org)

**Upper Kittitas County Senior Center
August Newsletter**



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



Fall is just around the corner, and there's plenty to look forward to! Join us this September for engaging programs, fun activities, and special events.

CENTER ACTIVITIES

Monday

- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-11:30 Line Dancing Lessons
- 11:30-3:00 Bingo (Card selling starts at 11:30, Game starts at 1:00)

Tuesday

- 8:00-10:00 Ham Radio
- 9:00-12:00 Bridge
- 9:30-10:30 Tech Support
- 10:00-12:00 VSO drop-in (1st & 3rd)
- 1:30-2:15 Gentle Chair Yoga & Balance

Wednesday

- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:30 Woodworkers Club
- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-12:30 Games
- 12:00 Blood Pressure Checks
- 12:00-1:15 Kiwanis (1st & 3rd)
- 12:00-2:00 Mahjong
- 1:00-2:00 Memory Cafe (1st & 3rd)

Thursday

- 9:30-11:30 Craft Club
- 11:00 - 12:00 Healing Breath & Meditation
- 12:00-3:00 Pinochle
- 12:30-1:45 The Hearth (1st & 3rd)
- 2:00-3:00 Writer's Workshop

Friday

- 9:00-10:00 Exercise (Jumping Jaws)
- 1:00-2:00 Show & Tell & Treats (3rd)



September is a time to celebrate connection, healthy aging, and the role our Center plays in the community. Join us as we recognize **National Senior Center Month** and **Fall Prevention Awareness Week** with opportunities to learn, connect, and have fun.

The month kicks off with **Rodeo Week, August 31 through September 4**. Our new program starting in September, **The Hearth: A Gathering for Grief, Hope, and Life's Transitions**, meets September 3 and 17. On September 4, enjoy our **Friday Feature Film, "Little Miss Sunshine."**

Adventure awaits on September 23 with a **field trip to the Chimpanzee Sanctuary**. Space is limited, so sign up at the Sunshine Desk. We will also celebrate our members at the **Member Appreciation Dinner September 24**; registration is required.

Lastly enjoy photos from our **35th Anniversary Ribbon Cutting and Annual Member Meeting, and Senior Games**.

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

director@ukcseniorcenter.org

Website: <https://ukcseniorcenter.org/>

Facebook Group: [//www.facebook.com/ukcsc.centennial.center](https://www.facebook.com/ukcsc.centennial.center)



LOCATION & HOURS

Visit us at **719 E 3rd St. Cle Elum, WA 98922**

Hours: Monday - Friday between 8:00 am - 2:00 pm

Meals served:

- Breakfast 8:00 am - 10:00 am
- Lunch 11:30 am - 1:00 pm

Newsletter Circulation 1,270+

READ MORE

Donate to KCHN

DONATE TO

the Kittitas County Health Network

Your support and contributions will enable the Kittitas County Health Network to meet our continued goal of making Kittitas County a healthier place to live for all!



**DONATE
HERE**



KITTITAS COUNTY
Health Network
healthierkittitas.org

Donate Here

Peers Rising

Contact us : (509) 968-5224
info@peersrisingwa.org
Follow us: @Peersrisingwa
www.peersrisingwa.org

September 2026

Office Hours Mon - Fri : 9am - 4pm
116 W 3rd Ave, Unit 100, Ellensburg, WA 98926



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 GEN-MOBILE FREE PHONE POP-UP	4	5
6	7	8 PEERS & PUZZLES 12-1:30PM DND NIGHT 6PM- 8:30PM	9 ASK-A-DOULA & CHILDBIRTH EDUCATION 2-4PM	10 Crochet with Purpose 5:45-7 pm	11	12
13	14 Savvy Shopper 12-1PM	15 <i>Feelin' Crafty</i> 12-1pm	16 ASK-A-DOULA & CHILDBIRTH EDUCATION 2-4PM	17	18 BINGO 5-7PM	19
20	21	22 <i>Reiki</i> 11:30am-2pm	23 ASK-A-DOULA & CHILDBIRTH EDUCATION 2-4PM	24 GEN-MOBILE FREE PHONE POP-UP Habits for the work place 3-4pm	25	26 <i>Recovery Month</i> Picnic 12pm-4pm
27	28	29	30			

ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE PEERS RISING ELLENSBURG OFFICE

STAY CONNECTED WITH KCHN

Visit the KCHN Website Here



Kittitas County Health Network | 2411 W Dolarway Rd Unit 1 | Ellensburg, WA 98926 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!