



### Crisis Contact:

Asotin County:  
509-758-3341  
Garfield County:  
509-843-3791

Crisis After Hours  
1-888-475-5665  
Or  
509-758-4665

### Upcoming Events

- **Mental Health First Aid (MHFA) Training: April 28th-29th**

Registrations are due April 13th. MHFA is 12 hour training for local businesses and agencies or anyone in the Lewis-Clark Valley to arm them with skills to help those who are dealing with Mental Health issues. Training is \$50 an individual and \$25 for all students who show ID.

- **Summer Youth Program: June 15th– August 3rd**

Registration is available for any middle school age youth throughout the entire summer. A participant does not have to attend all events to be eligible. Please contact Danika Roberts at droberts@qbhs.org or call 509-758-3341 or visit: www.qualitybehavioralhealth.com for a registration packet.

- **2nd Annual QBH Fundraiser: September 17th 8am-10am.**

Location: Applebee's Restaurant. Tickets: \$7 All proceeds go to programs at QBH including the Community Sexual Assault Program and Summer Youth Program. Tickets are available at 509-758-3341 or by email: lpeer@qbhs.org. Donations can be made at www.qualitybehavioralhealth.com

ISSUE

01

March-  
June 2011

Quarterly Issue  
of events at  
Quality Behavioral  
Health

# QBH TIMES



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### Mental Health First Aid Training:

- April 28th-29th
- Registration due April 13th
- 12 Hour Course
- No Refunds
- \$50 per Individual.
- \$25 for Students with I.D.
- Gain tools to help those who are dealing with Mental Health Illness.
- Available to all Business and Agencies in the Lewis-Clark Valley and Pomeroy.
- Available to all individuals in the Lewis-Clark Valley.
- Contact QBH for more Info.

## Summer Youth Program: Begins June 15th, 2011

Quality Behavioral Health will kick off the 4th year of our Summer Youth Program for Middle School aged youth in the Lewis Clark Valley on June 15th, 2011.

The program is **FREE** to all participants and incorporates educational topics with recreational fun throughout our community.

Activities include: ropes course, roller skating, arcade, miniature golf, rock climbing, aquatic park, Barbeque, and much more.

Educational Topics: effects of drug and alcohol abuse, dangers of drinking and driving, sexual assault, sexting, internet safety, domestic violence, healthy relationship building and how to make healthy choices.

All middle school aged youth are accepted into the program.

### How To Register:

Visit our website at:  
www.qualitybehavioralhealth.com  
Or call 509-758-3341

### Tentative 2011 Calendar of Events

June 15th	Pomeroy Park
June 22nd	Arcade and Bowling
June 29th	Drunk Driving Presentation
July 13th	Rollaway
July 20th	Camp Whitman
July 27th	Aquatic Park
August 3rd	Beach View Park

### VOLUNTEERS NEEDED!!!

If you are interested in volunteering to help with this program, please contact Layci Peer at lpeer@qbhs.org or 509-758-3341. Or visit our website: www.qualitybehavioralhealth.com.

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Quality Behavioral Health  
900 7th Street  
Clarkston, WA 99402

Garfield County Human Services  
856 Main Street  
Pomeroy, WA 99347

www.qualitybehavioralhealth.com



## QBH Community Sexual Assault Program (CSAP)

### Did you know:

- Every two minutes someone is sexually assaulted in the U.S.
- About two thirds of all sexual assaults are committed by someone the victim knows personally.
- CSAP Served over 155 survivors of sexual violence in Asotin and Garfield Counties in 2010.
- CSAP provided over 1200 hours of services to survivors of sexual violence in 2010.

For more info:  
[www.qualitybehavioralhealth.com](http://www.qualitybehavioralhealth.com)

# APRIL

## Sexual Assault Awareness Month



The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States.

The goal of Sexual Assault Awareness Month is to help raise awareness about sexual violence and educate individuals on how to prevent sexual assault.

Sexual Assault is in each community no matter how big or how small. QBH together with YWCA wish to spread the awareness across the Lewis-Clark Valley.

QBH wants victims and survivors to know that services are available to them in their community. QBH Community Sexual Assault Program offers counseling, advocacy and crisis intervention for victims of sexual assault in Asotin and Garfield Counties.

\* **March 31st:** Candlelight Vigil honoring survivors of Sexual Assault at Beach View Park, 7:30 pm. All candles provided.

\* **April 1-8th:** Teal Ribbon Week. Several teal ribbons will be placed around the Lewis-Clark Valley to bring awareness of sexual assault to our community.

\* **April 11-17th:** Buy a latte at your favorite java stop and read facts about sexual assault on your cup.

\* **April 21st:** Denim Day: Wear denim to show sexual assault can happen to anyone, even those who wear jeans. This day comes after a Judge in Italy ruled in favor of a defendant accused of rape because the victim was wearing jeans. Stating there is no way her jeans could have been taken off without her consent.

\* **April 28th:** Sexual Assault Awareness Walk: 5:30pm Gateway Park, Clarkston. Gather to pick up signs and ribbons. We will walk to YWCA, 300 Main Street, Lewiston. Refreshments will be provided. Shuttle service back to Gateway Park will be available.

# MAY

## May is Mental Health Awareness Month

Quality Behavioral Health recognized May as National Mental Health Awareness Month. QBH believes mental health involves a balance between mental and emotional wellness as well as physical health.

Mental Health America, a national institution of mental health is taking two platforms for Mental Health Awareness Month: Live Well! It's essential for your Potential. This platform emphasizes the belief that a balanced life will lead to a contributing and functioning individual. The second platform: Do More For 1 and 4. Since 1 in 4 American adults will somehow be affected by mental illness, whether it is through themselves or a friend or family member.

QBH offers a variety of comprehensive community based behavioral health services including several adult, child and adolescent mental health groups as well as mental health disorder screenings and individual counseling services. For more information please call QBH at: 509-758-3341 or visit our website: [www.qualitybehavioralhealth.com](http://www.qualitybehavioralhealth.com).

[mentalhealthamerica.net](http://mentalhealthamerica.net)

### Did you know???

National Institute of Mental Health

- 1 in 4 American Adults will have someone in their lives who will be diagnosed with a treatable mental health condition.
- 26.2 % of American's are diagnosed with a mental health disorder.
- Of that 26.2% , 22.3% are classified as sever. (5.8% if US Pop.)
- 36% of those diagnosed are receiving adequate treatment.
- Sex; Women are not more or less likely to develop a mental health disorder.
- Age: 55% of diagnoses are made between the age of 30-44.
- Race: Non-Hispanic blacks are 33% less likely to develop a mental health disorder than a non-Hispanic white.

## Mental Health

### FAQ:

- How do I find treatment for myself, my family member or friend.
- How do I find a support group in my community.
- How do I learn more about medications.
- How do I learn more about my diagnosis ?

Call QBH, We can help. 509-758-3341 or go online:  
[www.qualitybehavioralhealth.com](http://www.qualitybehavioralhealth.com)

