



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

• August Events:

August 2nd, QBH will take part in National Night Out at Beach View Park in Clarkston. Stop by for games, face painting, and give-a-ways etc. August 3rd, QBH celebrates the end of the 4th year of the Middle School Summer Program also at Beach View Park at 5pm.

• September Events:

September 16th, QBH along with Idaho Health and Welfare and Asotin County Prevention Services will take part in the "Hands Across the Bridge" event. Participants from Clarkston will meet at 5:45pm at Gateway Park and walk across the bridge to Brackenbury square in Lewiston where food, beverages and entertainment will last until 9pm. For more information contact Darrel Keim at KeimD@dhw.idaho.gov.

• 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.

ISSUE

02

July-Sept.
2011

Quarterly Issue
of events at
Quality Behavioral Health

QBH TIMES



this issue

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VOLUNTEERS NEEDED!!!

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

Board Members Needed!

Interested in becoming a QBH Board Member? Contact Layci Peer or visit QBH online at www.qualitybehavioralhealth.com for more information and an application.

QBH 2nd Annual Fundraiser Breakfast-Sept. 17th

Enjoy a Short Stack for a TALL Cause at Applebee's Restaurant **September 17th from 8 am-10am.** Quality Behavioral Health is hosting their second annual **pancake breakfast fundraiser** to help raise funds for enhancing programs at QBH such as the SUMMER YOUTH PROGRAM and the COMMUNITY SEXUAL ASSAULT PROGRAM which are both free programs solely reliant on grant and private funding.

QBH is a non-profit 501 c-3 charitable organization that offers behavioral health services to Asotin and Garfield Counties. This non-profit organization just like any other relies greatly on charitable donations by the citizens within the community. With out the communities support mental health, chemical dependency and crisis intervention services my not be offered to our counties. All donations and ticket purchase will be greatly appreciated.

How to buy tickets:

Visit our website at:
www.qualitybehavioralhealth.com
Or call 509-758-3341
Or purchase at the door!!

Proceeds to go:

- QBH Middle School Summer Program
- Community Sexual Assault Program
- Domestic Violence Prevention Education
- Crisis Intervention for Asotin and Garfield Counties
- General Programs at QBH

All Tickets and donations are tax deductible and receipts will be provided.

Donations can be made online at 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

September



Quality Behavioral Health as a substance abuse counseling center celebrates September as National Recovery Month. Every year Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes those in recovery by taking a whole month to promote recovery efforts and substance abuse prevention.

PREVENTION WORKS, TREATMENT IS EFFECTIVE, People Recover.

Quality Behavioral Health Programs:

-Intensive Outpatient Program

-Alcohol and Drug Information School

-Individual Substance Abuse Counseling

-After Care program

For more information on Substance Abuse Programs at QBH contact:

Thea Skalicky at 509-758-3341
Or email: dskalicky@qbhs.org.

QBH Summer Youth Program was a Success!!

QBH's 4th Annual Summer Youth Program for middle school aged youth was a huge success. With over 85 students registered and 13 youth volunteers to lead program activities, QBH saw its best summer participation since the program began.

Youth from all over the valley participated in the program's "Education mixed with Recreation" curriculum. This 2011 summer boasted over 15 Lewiston, 50 Clarkston, 15 Pomeroy and 6 Asotin participants. The youth were educated on the affects of drug and alcohol abuse, the dangers of drinking and driving, the seriousness of bullying, sexting as well as education on sexual abuse and domestic violence. Activities included swimming at the Asotin County Aquatic Center, roller skating at the Roll-a-way in Lewiston, a Challenge Ropes Course outside of Lapwai, fun field and water games and much more.

Enrollment for next year's program will begin in May 2012. Registration packets will be online at www.qualitybehavioralhealth.com.

Celebrate Recovery with Quality Behavioral Health

HANDS ACROSS THE BRIDGE EVENT SEPTEMBER 16TH, 2011 5:45PM-9PM.

-START AT GATEWAY PARK AT 5:45

-WALK ACROSS THE BRIDGE TO JOIN THE LEWISTON COMMUNITY.

-WALK TO BRACKENBURY SQUARE IN DOWNTOWN LEWISTON.

-ENJOY DRINKS, FOOD AND ENTERTAINMENT

-LISTEN TO OTHERS IN RECOVERY TELL THEIR STORIES!

-HELP BRING TOGETHER TWO COMMUNITIES UNDER ONE CAUSE!



Also did you know???

- Individuals treated for alcohol misuse are approximately 10 times more likely to commit suicide than those who don't misuse alcohol, and people who abuse drugs have about 14 times greater the risk for eventual suicide.
- Only a third of parents discuss the dangers of using prescription drugs with their children.
- The prevalence of last-month drug/alcohol use amount youth ages 12-17 has decreased over 14% since 2002.
- Over 40% of people 18-42 know someone with a substance abuse problem.
- According to World Health Organization, worldwide, 2.5 million people die from substance abuse related deaths.
- According to World Health Organization 15.3 million people worldwide have a drug dependence problem.
- Children of alcohol-dependent parents have a %50 chance of becoming dependent themselves.

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

