



DAYBREAK youth services

teens · treatment · transformation

SPRING | 2018

Dear friend,

The past 12 months at Daybreak have been nothing short of remarkable. This time last year, we were just getting ready to move into the RWC Center for Adolescent Recovery – our new, 58-bed co-gender facility in Brush Prairie. Since that move, it's been full speed ahead.

Over the past year, to keep pace with our organization's increased treatment capacity in Southwest Washington and Spokane, we've created a total of 45 new jobs! That includes a larger medical staff to support new Psychiatric Evaluation and Treatment services, more primary counselors and skills coaches, and additional administrative and compliance personnel. We've also been accredited by CARF International, an independent, nonprofit accreditor of health and human services.

While we are very proud of these accomplishments, we realize there's more to be done. We're continuing to work closely with state agencies to reduce barriers to treatment; we're exploring transitional housing efforts because for many of our clients, the toughest challenge comes when treatment is over; and we're making plans to bring a new co-gender treatment facility to Spokane in the near future.

With so much good work to be done and so many opportunities on the horizon, we are excited about where Daybreak is headed and we hope you are too.

Annette Klinefelter

Daybreak Chief Executive Officer

● Dr. Alden Roberts discusses state efforts to tackle the opioid crisis

● We need to talk about mental health, says supporter Bev Coplin

● Spokane ready for a groovy good time at "Disco for Daybreak"

● "Conversations with the Community" educates visitors in Brush Prairie

● Hootenanny! Annual fundraiser for Southwest Washington is a success

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DAYBREAK SPRING
2018 NEWSLETTER

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WHAT'S NEW IN SOUTHWEST WASHINGTON



HOOTENANNY is a hit!

Thanks to our many generous donors, Daybreak was able to raise more than \$84,000 during our Hootenanny at the Hangar fundraiser on Saturday, March 10.

Held at Pearson Air Museum in Vancouver, the event was our first large-scale Southwest Washington fundraiser since last year's Help the Children capital campaign and opening of the RWC Center for Adolescent Recovery in Brush Prairie.

Proceeds from the Hootenanny will help us build up our Paths to Prosperity program in Southwest Washington so that our clients are able to experience more recreational and educational opportunities.

The event was supported by the following local businesses: The Vancouver Clinic, Kaiser Permanente, The Columbian, Thompson Metal Fab, ilani and Kaufman Direct Mail.

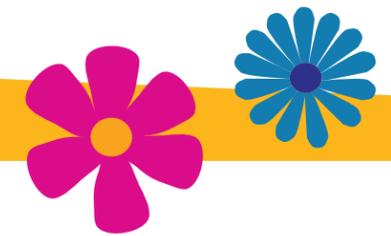
CONVERSATIONS WITH THE COMMUNITY

How does addiction impact brain development? What's the best way to talk about drugs and mental health issues with our kids? What are some examples of effective preventative work? These are just a few of the questions that were discussed during Daybreak's first Conversations with the Community event, held at our Brush Prairie facility in late March.

Approximately 50 people attended the free educational forum, including school counselors, care providers, members of the general public and elected officials. The event focused on Young People & Addiction: Separating Fact from Fiction and featured a panel discussion and a presentation on the neurobiology of addiction.

Our next Conversations with the Community event will be held on Wednesday, May 30, with a focus on emerging drugs, awareness and solutions.

WHAT'S NEW IN SPOKANE WASHINGTON



Gearing up For Disco For Daybreak

Our inaugural Disco for Daybreak fundraiser is just around the corner! We decided to keep the event simple, and focus on our program and clients because at the end of the day, that is what matters the most.

Held on Friday, May 4 at the Northern Quest Resort and Casino, the event will feature a powerful testimony on overcoming addiction from Daybreak's own Development Manager, Sarah Spier, and her incredible mom, Carrie; a sweet and short video highlighting a day in the life of the girls at our inpatient facility in Spokane; and a fun and fast paddle raise. The rest of the night will be devoted to boogieing down to the greatest '70s hits with our live band MOJO! We'll have '70s-themed appetizers, a delicious dinner, cocktails and even a costume contest for the best dressed disco goers.

We are immensely grateful to the whole Spokane community for all the love and support they've given to Daybreak. This event would not be possible without our "far out" sponsor, the Kalispel Tribe, and the Coplin Family Fund, because without Terry and Beverly Coplin, none of this would be possible.

Don't forget to save the date, dig that long lost 70's outfit out of your closet and come join us for a fabulous cause and a fun night!



LETTER : LET'S TALK ABOUT MENTAL HEALTH

Suicide awareness and prevention was an area we wanted to give attention to after we witnessed a young man take his life by jumping from a parking garage rooftop onto the street below. We were across the street and the only witness to his death. Somehow, witnessing this tragedy seemed to connect us to him and the larger suicide picture forever. It is something I will never, ever forget.

For the weeks and months that followed, the question I kept asking was, 'Why?' We will never have that answer. However, through this experience we are hopeful we can bring more awareness. This experience has shown me how prevalent suicide is in our community, and that it's more than just okay to talk about it. It is healthy to talk about depression and suicide within our families and social circles. Don't make the subject taboo with those we love.

Daybreak's new Psychiatric Evaluation & Treatment (E & T) home feels like a soft landing and somewhere a teenage girl can catch her breath. The healing begins from there. But it starts with a warm bed, healthy food and sense of place. I am in awe of the young women I have met at Daybreak. They are beautiful souls in beautiful bodies with pure hearts full of potential. Terry and I are honored to have been able to make a contribution toward their care and success.

Beverly Coplin,

K-9 scent detection competitor/instructor & supporter of Daybreak Youth Services

WHAT'S BEING DONE about the opioid crisis?



A column written by Dr. Alden Roberts

Washington was one of the first states to take action on the opioid crisis when, in 2010, it recognized the prescribing component of the disease process and developed prescribing rules. These rules have led to the closure of many so-called "pill mills" and to the improvement of prescribing practices, resulting

in a decrease in prescription opioid-related overdose deaths.

Around 2013, the extent of the opioid crisis was picked up by the press, who recognized the importance of what the medical community had been talking about for several years. Thanks to extensive press coverage, and the New York Times' best-seller, "Dreamland: The True Tale of America's Opioid Epidemic" by Sam Quinones, the severity of the crisis has now been recognized by local communities and politicians. This has resulted in a much-needed increase in support and funding (though more is needed) and an improvement in how we look at addiction and Substance Use Disorder (SUD).

In the last two years, the medical community has developed an acute awareness of SUD. In particular, a lot of work has been done that can be attributed to treatment and prescribing practices in all phases of pain management. The increased attention has also resulted in the development of "best practice" recommendations based on evolving data.

Last Year, with the aid of experts from the Agency Medical Directors Group (AMDG), CDC, Seattle Children's Hospital, UW, WSMA and other local groups, the Washington State Legislature directed five healthcare professional boards and commissions to adopt new rules for prescribing opioid drugs. These new rules, when adopted (by January 2019), will reflect more current technology and research.

There has been some improved interruption of the supply lines for opiates like heroin and illicit fentanyl, but cutting supply is difficult and has never worked well as a means to decrease the incidence of SUD. Heroin and illicit fentanyl remain readily available and very inexpensive.

Despite the many challenges, in mid-April of this year, Washington's Secretary of Health, Dr. John Weisman, presented preliminary data for the last three months of 2017 that suggested there may be a leveling or possibly even a decline in the number of opioid deaths in Washington.

The opioid crisis is real, but it is being addressed in a deliberate fashion here in Washington. Daybreak remains a shining star in the treatment of adolescent SUD and co-occurring mental health, and is poised to take advantage of the changes in management of the crisis and to continue to lead in the development of treatment programs.

Dr. Alden Roberts currently serves on Daybreak Youth Services' Governing Board and the Washington State Medical Quality Assurance Commission. He served as Chief Medical Officer at PeaceHealth Southwest Medical Center for 25 years before retiring in 2016. Read a longer version of Dr. Alden Roberts' column on our website, daybreakyouthservices.org.



KEEP IN TOUCH

The incredible, lifesaving work we do at Daybreak isn't possible without **you!** Your contributions go to fund lifesaving treatment, advocacy and education.

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