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DEPARTMENT OF HUMAN
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Bremerton Substance Abuse Prevention Coalition

Thursday, May 8, 2025

1:00 p.m. - 2:30 p.m.

[JOIN the Meeting](#) virtually or in-person (address below)

Meeting ID: 852 6336 5856

Passcode: 568015

AGENDA

- Welcome and Land Acknowledgment
 - Ice Breaker and Introductions
 - Youth Voice Opportunity
- Coalition and Community updates
 - Mark your Calendars

Prevention Education

- **Spotlight:**
 - Putting Prevention in Place – implementation activity

Prevention Efforts

- Workgroups
 - Updates and progress
- Events and Activities
 - Volunteer participation needed – current call to action

New Business

- Action Items
 - Additions
- Reminders

Community Comments

Please limit individual comments to 2 minutes. Written comments may also be submitted to the advisory board if this timeframe is insufficient.

Next Meeting Dates: 6/12/25, 7/10/25 and 8/14/25. We welcome you to join face to face at 419 Park Ave. Bremerton (G2G2) or virtually at the link found above. Hope you can join us. <https://www.kitsapgov.com/hs/Pages/PREVENTION-Landing.aspx>

Our Mission: to provide opportunities for youth to be in a safe and substance free environment while they move from surviving to thriving, coordinate and generate resources for youth, families, and the Bremerton community, develop a unified message to end substance abuse and communicate common values of respect and empower today's youth to be Bremerton's better tomorrow!





Bremerton Substance Abuse Prevention Coalition

Thursday, April 10, 2025

ANNOUNCEMENTS:

- The event “Building a Healed Community” has been rescheduled to June 17. Flyer to come.
- Hidden in Plain Sight events are next week. April 15 Kingston MS, April 16 Mountain View MS, April 17 Central Kitsap MS.
- Samples for the Quick Start cards are done. The work group continues to make progress towards completion.
- As of May 2025, these meetings will require a password for entry.
- Leadership work group to be formed soon, looking for leaders to join.
- Socktober work group is underway, looking for volunteers.

PARTNER HIGHLIGHTS:

- Kitsap County Substance Abuse Prevention/Youth Services has partnered with the OESD 114 to offer Hidden in Plain Sight events at all 5 school districts. Dates of the first three are listed above and the other two are in the works for May, more to come.

MOVING FORWARD – NEXT STEPS:

- The group reviewed the Social Development Strategy and discussed it.
- The group discussed how the coalition is implementing the 5 steps of the strategy and how they could do more to implement it.

EVENTS:

- Building a Healed Community: A Connections & Resource Event – June 17
- Multi-Cultural Fair – TBD
- Fetal Alcohol Awareness event – September 9
- KPHD Overdose Awareness Day Event – September 5
- Salish Recovery 5k – September 6
- Socktober – October (TBD)
- Annual Suicide Awareness Walk and Resource Fair – September 14
- Summer Academy by Kitsap Strong – July 14-21 & August 4-14
- Missing, Murdered Indigenous Women Walk – May 5
- Who’s at Risk? Social Determinants of Suicide – May 14
- Opioid Response Partnership Meeting – May 19



Who's At Risk? - Social Determinants Of Suicide

Save The Date!!!

A panel and community discussion on the causes/risk factors of suicide within Kitsap County, with provided resources.

**MAY 14
2025**

**6:30-8:30 pm at
Olympic College in
Bremerton.**



NEW DAY MINISTRY



Join us for New Day's 11 years celebration
event on May 17, 2025 at 5:00 p.m.

Theme: *"Walking in God's purpose; being a lifeline to many."*

Cost for Individual—\$40

Cost for reserved table for 6—\$240

Baymont Inn

5640 Kitsap Way, Bremerton

Dinner	Program	Recognitions	Dessert Dash
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Mission: To provide meals, pantry foods, referral service, basic needs assistance, and offer 12-Step classes, all at no cost to low-income community members.

Vision: To end hunger and restore the quality of life for our community members so that they have a chance at a New Beginning, New Start, and a Brand New Day.

To register, visit our website at www.newdayministrywa.org, call us at 360-373-0184 or email us at newdayministrywa@gmail.com.

Payment can also be done via New Day's CashApp. \$newdayministrywa

LEARN. TALK. LOCK.

Steps to Take to Help Prevent Suicide & Create A Safer Environment For All



Learn the warning signs

- Talking, joking about death; researching ways to die
- Hopelessness, depression, anxiety, significant loss or shame; sleep or appetite issues
- Isolating or withdrawing from friends & favorite activities; decreased work performance
- Increasing use of alcohol or other substances; chronic pain; family history of suicide



Talk about what you're seeing

- Empathize and listen to what they say.
- Offer compassion, not advice.
- If you see multiple troubling signs, ask directly if they are thinking about suicide.
- Asking about suicide will NOT plant the idea in someone's mind.



Lock to reduce the dangers

- Putting time & distance when someone is at risk for suicide can save a life.
- Securely storing or removing items such as firearms, medications, or other dangerous objects, may offer that opportunity.

Learn more about how you can help protect those you care about by visiting:

saferhomescoalition.org
intheforefront.org

988

**SUICIDE & CRISIS
LIFELINE**



If you or someone you know
needs support now, call or text
988 or chat 988lifeline.org.



Fact Sheet: Means Safety



Ways You Can Help Prevent Suicide & Create A Safer Environment For All

What is means safety?

Means safety is limiting the access of lethal methods of suicide, such as reducing access to firearms and toxic substances

Why is means safety important?

Access to lethal means is a risk factor for suicide. Many suicide attempts take place during a short-term crisis; therefore, means restriction is an effective way to reduce the risk of suicide.

Families can restrict access to means by:

- Removing lethal means from households entirely.
- Store firearms with law enforcement (if allowed).
- Store firearms in lockboxes and safes.
- Store ammunition in a separate location.
- Secure medications and dispense safe quantities, as necessary.

Peers or friends can:

- Ask direct questions about risk of suicide. Asking about suicide does not increase the risk of suicide.
- Ask for your friend's permission to store their means.
- Refer friends to mental health professionals.
- Encourage your friend to call crisis hotlines if they are in a crisis. Practice calling the crisis hotline with your friend.



Even if families do not have a child at-risk for suicide, if they have a child under 18 it is important to store firearms and all lethal means safely.

Learn more about how you can help protect those you care about by visiting:
saferhomescoalition.org
inthe forefront.org

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If you or someone you know
needs support now, call or text
988 or chat 988lifeline.org.



If you think someone might be considering suicide,
be the one to help them by taking these 5 steps:

Ask.

Keep Them Safe.

Be There.

Help Them Connect.

Follow Up.



#BeThe1To
help save a life.

988

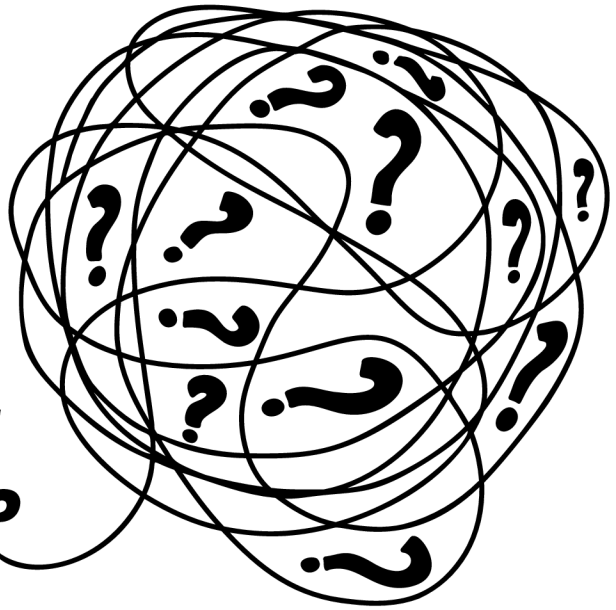
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***Are you worried
about someone?***



#BeThe1 To

KEEP THEM SAFE

Learn more about how you can help
protect those you care about by visiting:

saferhomescoalition.org
intheforefront.org

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#BeThe1 To

ASK

Ask the tough question.

*When somebody you know is in emotional pain, **ask** them directly. "Are you thinking about killing yourself?"*



Learn more about how you can help protect those you care about by visiting:
saferhomescoalition.org
intheforefront.org

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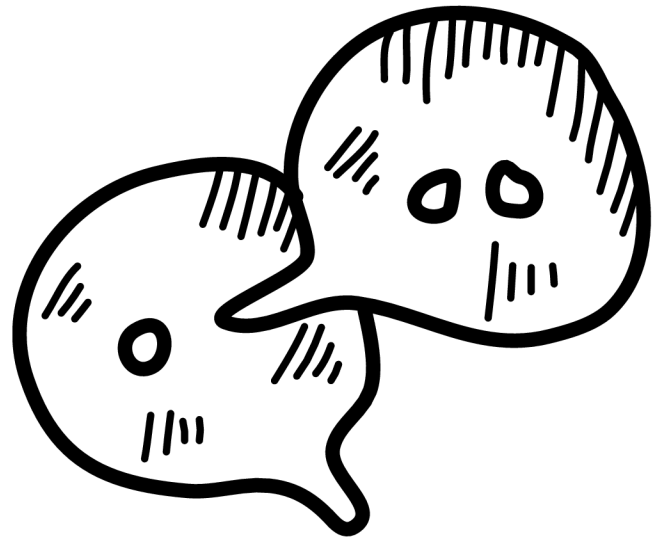


#BeThe1To

BE THERE

*If someone you care about is thinking about suicide, **be there** to listen to their reasons for feeling hopeless and in pain.*

Listen with compassion and empathy and without dismissing or judging.



Learn more about how you can help protect those you care about by visiting:
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#BeThe1To

KEEP THEM SAFE

When someone is experiencing a suicidal crisis, you can help keep them safe by securing or removing firearms, medications, cleaners and other household items. Following the guidance below can help save a life.

MEDICATIONS

Store medications in a locked container or medicine cabinet. Dispose of or destroy unused or expired medications.

CLEANERS

Keep cleaning supplies in a locked container or cabinet.

LIGATURES

Safely store or remove items such as large ropes, cords, belts or other items that could be used to tie or bind things tightly.

ALCOHOL

Remove all alcohol from the home. If that is not possible, lock in a secure storage container or cabinet.

FIREARMS

When possible, completely remove firearms from the home. Check with local gun ranges or police departments about possible storage options. You can also check if your state has Extreme Risk Protective Order laws, also known as red flag laws. If guns cannot be stored outside the home, store ammunition and the gun separately, both in locked safes. Use cable locks or gun safety locks in addition to storing the firearm in a locked safe.

KNIVES OR SHARP OBJECTS

Store cooking knives in a locked cabinet and remove other sharp objects that could be used to cut or pierce. Keep sharp objects that are not regularly used in a secure box or container and place in a difficult-to-reach space or outside the home, if possible.

OTHER ACTIONS YOU CAN TAKE TO KEEP YOUR LOVED ONE SAFE AT HOME

Search your basement, garage, shed or other places on the property to be sure potentially lethal items are not being hidden or stockpiled.

Contact local law enforcement, your pharmacy, or your doctor for more guidance on how to safely store, remove or dispose of lethal items.

Check daily to ensure quantities of medications, alcohol and other toxins/poisons that could not be removed from the home remain the same.

Stay alert for new items or products entering the home that could be harmful or dangerous.

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If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.

Flyer brought to you by.

