

Comprehensive
HEALTHCARE

Healthy mind, healthy body, vibrant community.

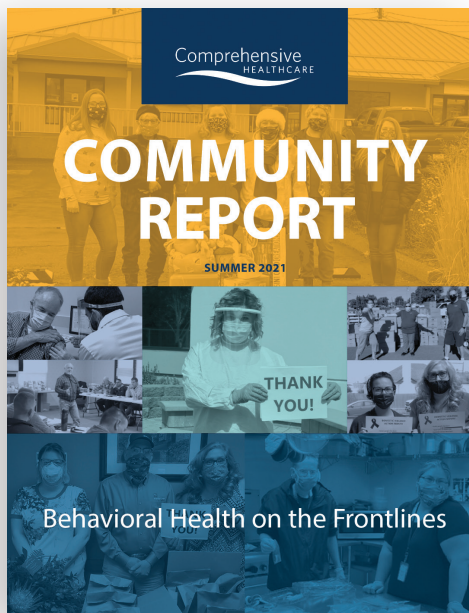
Now Available!

2021 Summer COMMUNITY REPORT

Find out more about innovative behavioral healthcare in our community.



Remember, you are not alone.



For more, visit us online at www.comphc.org or scan here with your smartphone camera for access to a digital version!



Jodi Daly, Ph.D.
President and CEO
Comprehensive Healthcare

Mental Health: On the Frontline

Among the many lessons we've learned through this unpredictable year is that our bodies and minds are intrinsically linked, and it's only possible to live our healthiest, most productive lives by supporting our mental wellness.

As a growing body of research indicates that roughly one in three COVID-19 survivors also experience psychological and neurological issues, we're also seeing the impacts and uncertainty of the pandemic affect our youth, Black and Indigenous communities at alarming rates. It is more critical than ever that we make resources available – and that these and all community members feel empowered to access care. With this in mind, we're sharing news of our various initiatives to support our individual and community health. For more information on these initiatives, read on at comphc.org.

Comprehensive Healthcare is currently accepting new clients, and our caring, multilingual staff is available for appointments via telehealth, over the phone, or safely in person.



TO SCHEDULE AN APPOINTMENT:

White Salmon Center
(509) 493-3400

24/7 Crisis line
(833) 407-9286



May is Mental Health Month: You Are Not Alone

As advocates and organizations nationwide raise awareness about the reality of living with mental illness, Comprehensive Healthcare is joining the call to remind everyone in our community that you are not alone. During Mental Health Month in May, Comprehensive Healthcare organized several activities and community education trainings to better support individuals with a mental illness, including:

- **Creating sidewalk chart art and setting up posters** around our many centers throughout Central Washington
- **Facilitating yoga sessions for our providers** who help clients in their everyday work and face their own mental health hurdles
- **Wearing green in solidarity** with other advocates and community organizations working to destigmatize mental health
- **Supporting our adolescent inpatient individuals** at Two Rivers Landing to create art projects
- **Hosting Mental Health First Aid community trainings for youth and adults**, in addition to stress and resilience workshops for local employers
- **Participating in the City of Selah's first declaration of May as Mental Health Month**
- **Promoting programs from the National Alliance** on Mental Health (NAMI) such as their walk rally and community forum
- **Increasing access to and awareness** of Comprehensive Healthcare's commitment to high quality community behavioral healthcare.



While coping with a mental illness can feel challenging, you never have to do it alone. Comprehensive Healthcare is here for you throughout the month of May and beyond with our community programs and 24/7 crisis services.

New App for Mental Health Management and Client Support



Building on a year that has showcased the power of technology to help clients and care professionals stay connected, Comprehensive Healthcare recently unveiled myStrength, a mobile app that serves as a touchpoint between visits and a tool to practice mindfulness and other healthy behaviors. The app, first developed as an evidence-based tool to assist therapists in treating depression, anxiety and stress, has grown in popularity and expanded to support needs for substance use issues, chronic pain management, opioid recovery and insomnia.

CONTACT US:

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To read the full report, visit us at comphc.org