



P.O. Box 13453
Olympia WA 98508

Phone: 360-586-2888 Business Line

360-586-2800 Crisis Line

360-586-2777 Youth Help Line

Fax: 360-586-2808

Website: crisis-clinic.org

E-mail: info@crisis-clinic.org

Call for support and referrals
24 hours a day, 7 days a week
Confidential and Anonymous

Inside this issue:

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- ⇒ "I hope I never have to call..."
- ⇒ Why I Called?

Board of Directors

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**Sponsors and
Items for the
Silent Auction**

We are still looking for
Sponsors and Silent
Auction items for our
November 15th Dinner.

If you can help or know
of someone please
contact our
Clinic Manager,
Paul Larsen at:
paul@crisis-clinic.org.

Upcoming Events

Fall Training _____ September 20th
Fundraising Dinner _____ November 15th
Winter Training _____ January 10th
Spring Training _____ April 4th

November 15th Dinner & Auction Sponsors

Visionary Sponsors:



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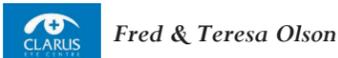


Premier Sponsors:



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Fred & Teresa Olson



Answer the Call

Our second annual fundraiser on November 15th is quickly approaching, and we couldn't be more excited!! We are honored to have local author, Clinical Psychologist, Jungian Analyst and Episcopal Priest, Dr. John Van Eenwyk as our guest speaker this year.

Dr. Van Eenwyk is also the clinical director for the International Trauma Treatment Program (ITTP), a program that works with practitioners from all over the world dealing with the effects of torture, war traumas and natural disasters. ITTP and the Crisis Clinic have partnered for many years by having ITTP practitioners from all over the world go through the Crisis Clinic's intensive crisis intervention training weekends. This is the same training all of our phone volunteers go through.

We hope the night will be both informative and fun for all who attend. We will be having a silent auction, in addition to a small selection of items that will be part of a live auction. Jerry Farmer, local personality and Vice President of ROXY 94.5-FM, has graciously agreed to emcee our event, which is sure to be entertaining.

Our board is diligently collecting items for both the silent auction and the live auction portion of the night. A lunch hosted by Secretary of State Kim Wyman, is just one of the great items that we will be auctioning off live.

How can you participate in the event? You can donate an item for the auction, become a sponsor for the event, host a whole table at the event, or just purchase a ticket for yourself. But don't wait, because last year our event sold out!!

You should be getting your invitations in the mail in the next couple of weeks, but you can go online and purchase your tickets now to guarantee your spot. If you have items you would like to donate or have questions, please contact our clinic manager Paul Larsen at 360-586-2888 ext 108.

Sincerely,
Kelly Olson
Board President

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STAFF

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Clinic Manager
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Coordinator
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Bookkeeper
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Reserve Now

Friday, November 15, 2013 6:00 pm ~ 9:00 pm

The Crisis Clinic's Annual
"Answer the Call"
Dinner & Auction

\$60 a Ticket

Contact: Paul Larsen: 360-586-2888 ext 108, events@crisis-clinic.org



Find us on Facebook
Facebook.com/crisisclinic



“I hope I never have to call...”

Keylee Marineau, Program Manager

It was a cool, grey September morning. Paul Larsen, Clinic Manager, and I were tabling at the Out of the Darkness suicide awareness walk at Marathon Park in downtown Olympia, WA. Although a somber reason for people to gather, it was a well-attended event. Most folks were there because their lives had been affected by suicide in one way or another and the Crisis Clinic had been invited to set up an informational table. Prior to the start of the walk itself, a person slowly walked by our table. As she passed by, I dutifully asked her if she was familiar with the Crisis Clinic. She answered, “Yes, I have.. and I sure hope I never have to call.”

This response is not at all uncommon. There is, I think, a certain expectation that the only reason a person might call the Crisis Clinic is due to suicide or other catastrophic events in a their life. Although those are reasons some people call the crisis line it is surprising to many folks to learn that suicidal calls, for instance, only comprise about 10% of our annual call volume. Why then, and for what reasons are people reaching out and calling? What makes a crisis an actual crisis?

At the clinic, we define a crisis as an emotional response to any event. As phone workers and community members, we are engaging with a person’s emotional self far more frequently than we are engaging with the content of the actual event. In many aspects, the content or story of the event is immaterial when it comes to crisis intervention.

What that means is that a crisis for one person may not be a crisis for someone else. Along the same lines, what constitutes a crisis for an individual one day, may not be so upsetting the next.

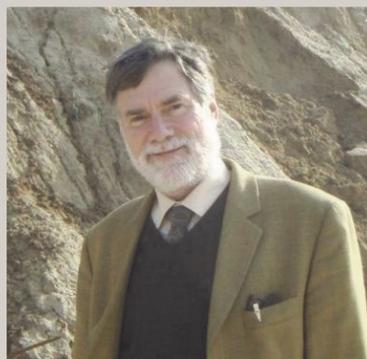
For instance, I may be listening to someone talk tearfully about their missing cat. In my world, that may not be something that would cause me to reach out for support. This is where the definition of “crisis” becomes absolutely crucial. If I am merely listening to the content of the event – the missing cat – and that is not something that I might experience as a crisis, I may stop listening.

Someone once asked a former staff person how we can measure our successes. How do we as phone workers know that a call is “successful”? The staff member paused and answered, “I know that a call has been successful if the caller feels that they have been heard.”

At the clinic, we approach each call with equanimity, respect, and patience. There are many factors that comprise why an individual is experiencing a crisis and as phone workers, we do not value any one person’s crisis as more important than another. Anyone can call for any reason any time of day or night. No crisis is too small that we cannot bear witness to, be present for, and hear. Listening is what we do.

Questions on Internships?

Contact Keylee Marineau at: Keylee@crisis-clinic.org



Dr. John Van Eenwyk

Dr. John R. Van Eenwyk, Clinical Director of the International Trauma Treatment Program, received his PhD in religion and psychological studies from the University of Chicago. A clinical psychologist and Training Analyst with the Pacific Northwest Society of Jungian Analysts, he maintains a private practice in Jungian Analysis in Olympia, Washington. He is also an ordained priest in the Episcopal Church and a Clinical Instructor at the University of Washington School of Medicine. Dr. Van Eenwyk is the author of *Archetypes and Strange Attractors: The Chaotic World of Symbols* and *Clinical Chaos: The Strange Attractors of Childhood Trauma*, and he publishes widely and lectures internationally on both Jungian psychology and the treatment of torture survivors.



Message from our New AmeriCorps

Jackie McPherson

I am honored and excited to introduce myself as the new AmeriCorps member and Youth and Outreach Program Coordinator at the Crisis Clinic. As such, my primary responsibility will be raising awareness of youth suicide and prevention strategies by reaching out to local high schools, middle schools, and other youth serving organizations and giving presentations that provide students with facts, resources, and a space to speak openly about youth suicide and its impact on our community.

I will also recruit, train, and support youth volunteers to staff the Youth Help Line, which has the unique goal of providing youth callers with the opportunity to speak with a peer between the hours of 4:00pm and midnight every day. Last year, the Clinic was able to reach over 1,200 youth with information on suicide awareness and prevention, the Youth Help Line, and volunteering. I look forward to keeping the ball rolling, and always striving to increase the Clinic’s outreach and impact on the youth of our community.

Why I Called?

Renee Reis

I called CCTMC because of the cat. If I was dead, what would happen to the cat?

Isolating from family and friends was relatively easy over a period of time--I owned a small business and had virtually no time to chat beyond an occasional check-in. But what would happen to Muffin if I was suddenly gone? Muffin was my thin thread toward choosing life over death.

I relocated from Portland to Olympia in 1983. I was 25 years old and I had no friends or family nearby. One day, the crying would not stop, so I called. The patience of the volunteer at the Crisis Clinic---and her ability to make sense of my sobbing and choking---eventually

calmed me to the point that I could function for another day. Referrals to several psychologists and psychiatrists gave me a starting point.

Many years later I was diagnosed with Bi-Polar disorder. Through proper medication I have a new lease on life and in spite of the delayed diagnosis I have been a force in this community in so many ways---a productive and successful part of the greater Thurston County area.

There are no panaceas for crises; people cannot be “fixed”. But a calm voice can help to stop a racing mind and pulse...and sometimes it all comes down to minutes.

Renee C. Ries, is the Founder and President of Fairchild Record Search, providing nation wide filing, searching and retrieval of public records documents for legal and financial communities for over 30 years. Renee founded Fairchild Record Search in 1980. She hails from Freeman, South Dakota, and is an alumna of St. Martin’s University in Lacey, WA, where she studied English Literature. An avid philanthropist and supporter of the Arts, Renee serves on numerous Boards of Directors in Thurston County, and volunteers her time for many local fundraising events. Renee was named “Woman of Influence” by the Business Examiner in 2010. Fairchild is the proud recipient of “Small Business of the Year 2012”, awarded by the Thurston Economic Development Council.

Interested in having a presentation at your school?

Contact Jackie at: jackie@crisis-clinic.org



Thursday, August 22nd, Wells Fargo collaborated with the Crisis Clinic as we work toward achieving our shared goals in the community.



Brent Robinson from Wells Fargo presented our Board President Kelly Olson with a check for \$2,500.

We want to thank Natalie Bremner for her help in writing this grant.