



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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- ⇒ Letter from our new Program Manager
- ⇒ Message from an Intern

Upcoming Events

- Winter Training _____ January 10th
- Spring Training _____ April 4th
- Masterworks Choral Ensemble _____ April 12th
- Annual Meeting _____ May 19th

Board of Directors

- Kelly Olson – President
- David Lazar – Vice President
- Joslyn Trivett – Secretary
- Ann Berry – Treasurer
- Pam Bergkamp
- Sherwin Cotler
- Elizabeth Fitzgerald
- Kiki Keizer
- Diana Smith

Donors and sponsors will receive a letter in January confirming the amount of their support for tax purposes. If you need something additional or different, please contact our Clinic Manager, Paul Larsen at: paul@crisis-clinic.org.

The Crisis Clinic of Thurston & Mason Counties wishes to thank the following sponsors of our 2013 "Answer the Call" Dinner and Auction

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"Answer the Call" ~ A Success!!

Kelly Olson

We asked, and you answered. Our "Answer the Call" annual fundraiser on November 15th was a huge success!! Thanks to generous sponsors, guests and those that donated items for the auction, the net profit for the night was \$35,000. This support will go a long ways towards meeting our 2013 revenue goals; however raising funds continue to be a priority.

We were honored to have local author and clinical psychologist Dr. John Van Eenwyk as our guest speaker this year. He asked the question "Is the Crisis Clinic still needed in our community, or has it outlived its usefulness." As he talked through the question he concluded that the Crisis Clinic continues to be as relevant today as it was in 1972 when we took our first call.

As much as we would love to live in a world where there was no need for an agency like the Crisis Clinic, the truth is that day will likely never come. There is no single or easy answer for our callers when they call the Crisis Clinic. The one thing that does matter is when they need us, we are there for them.

A heartfelt thanks goes out to Renee Reis, who courageously gave a testimonial of her call to the Crisis Clinic many years ago. At a time when she didn't know if she could go on living, she reached out of her darkness and called the Crisis Clinic. Since then she has gone on to be a successful business owner and important member of our community.

We don't always know when someone around us is in emotional crisis. What is a crisis for one person may not be a crisis

for another person, and what is a crisis one day may not be a crisis on another day. What we do know is the importance of the Crisis Clinic to be there for any member of our community when their crisis becomes more than they can bear alone. This is why the Crisis Clinic continues to be such a critical resource in our community.

In a time of giving thanks, I am thankful for all that helped to make our "Answer the Call" event such a success. Staff, phone room volunteers, board directors, guest speakers and community members all worked hard to pull off this amazing event. Special thanks also goes out to the very entertaining Jerry Farmer, who graciously emceed the event and made sure we all had a good time.

Stay tuned for details as we begin to start planning our 2014 "Answer the Call" event. If you missed our event this year and would still like to donate or have questions, please contact our clinic manager Paul Larsen at 360-586-2888 ext 108.



"Answer the Call"

Have a great holiday season and a safe and happy new year!

Sincerely,
Kelly Olson
Board President

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STAFF

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Letter from our new Program Manager

Nanci LaMusga, MA LMHCA, , Program Manager

It has been almost a month now since I was hired as the new Program Manager at The Crisis Clinic of Thurston and Mason Counties (CCTMC) and I find myself humbled by the commitment of the volunteers, under-graduate interns and work study students I will have the honor to support in the work they do for our communities. I have found the people I work with and for to be gracious, patient and willing to share what they have learned in their time at the Crisis Clinic. I do not know of many non-profit organizations who have had volunteers stay for 7, 15, 20, and 30 years and it speaks to the care the organization gives its volunteers and the passion the volunteers have for the mission of the Crisis Clinic. My first day on the job I was able to go to the Evergreen State College and observe the outgoing Program Manager, Keylee Marineau and the AmeriCorps Youth and Outreach Coordinator Jackie McPherson speak to Dr. George Freeman's clinical psychology under-graduate students about the Crisis Clinic. I was in awe of the genuine enthusiasm, joy and safe guards the program managers have put into place to care for the individuals who volunteer with The Crisis Clinic of Thurston and Mason Counties. It is a community of people I am grateful to be welcomed into.

While not born in Washington (I hail from the Mesabi Range in the North Country of Minnesota) I have lived in Olympia for the past 31 years (give or take two). I moved out here with a small group of people and started Bread and Roses and have worked in the social justice community since. My home is in non-profit organizations that provide a service to our communities and some of you may know me from prior volunteer and work experience with Safespace, Olympia AIDS Task Force, Planned Parenthood, United Communities AIDS Network, Stonewall Youth, the first Needle Exchange Program with Long Haired David, community workshops or trainings I facilitated, and most recently as the Mental

Health Program manager at Partners in Prevention Education. My years have been well spent in all of this, as well as raising a child and completing undergraduate studies in psychology at TESC and more recently the MA in Counseling Psychology at SMU. The Crisis Clinic was a constant throughout all of this experience. I knew I could and consistently did refer people to Crisis Clinic services. I trusted that they would reach a person who treated them with unconditional human regard and who would listen to their experience and reflect back that they were hearing the caller.

Perhaps now is my time to give back to an organization which has provided support to individuals in every organization or agency I have ever worked for. I hope to continue to strengthen the safe guards, boundaries, self-care and gratitude that prior Program Managers have grown. I know I have a lot to learn and am lucky to have the wealth of experience of the staff, Board of Directors and other Volunteers, Interns and Work Study Students who are welcoming me into their community.

I am honored and look forward to this learning, and to supporting such an amazing group of people. The other day I told a friend I felt like I was falling in love with humanity again after witnessing the care and compassion phone shift volunteers give to each and every person who calls our lines, and the hours of time our volunteer Board of Directors give (including being phone shift volunteers, training team volunteers, grant writing, serving on committees AND organizing fundraising events) all to continue providing this vital service to the greater community. I aspire to the level of commitment and care I witness.

Would you like to Volunteer?
 Contact Nanci LaMusga at:
 Nanci@crisis-clinic.org
 360-586-2888 ext 103



Message from an Intern

Cayson Thurman

It has been my honor to be an intern for The Crisis Clinic of Thurston and Mason Counties. I am currently a senior at Saint Martin's University studying psychology; in September of 2013 I was given the opportunity to intern at the Crisis Clinic and gladly took it.

Woodrow Wilson once said, "At every crisis in one's life, it is absolute salvation to have some sympathetic friend to whom you can think aloud without restraint or misgiving." At the Crisis Clinic, we, the volunteers, are those friends to whom you can talk without restraint or misgiving. We provide confidential and anonymous 24-hour telephone crisis intervention, information and referral to human services resources.

Work Study Student

Melanie Johnson

Hello, I am your clinic work study student Melanie! I am excited to work here because of how much the Clinic helps people. I am from The Evergreen State College and earning my way to a Bachelors' in Psychology. The Crisis Clinic presented an opportunity to start to work in my field and I enjoy every moment of my time at the clinic.

I am delighted because I will be training in January to work on the phones but until then I am working with the business aspects of things. Soon I will also become an intern and be able to work more at the clinic to help things run smoothly for everyone. I am looking forward to the next months here and what I can take away

from this experience. I have been learning recently that the business side is just as important as the phone service itself.

As the work study right now I have been going through and updating the community services list. There are many wonderful services out there and by going through each service, we are able to provide accurate information to help the callers. There are numerous valuable services out there that I never knew about and now I have the information to give to others in need.

Questions on Internships?

Contact Nanci LaMusga at:
 Nanci@crisis-clinic.org
 360-586-2888 ext 103



We would like to thank the Squaxin Island Tribe and their Elders for a \$2,500 grant. We so very much appreciate your continued commitment and support of the Crisis Clinic and the service we provide our community.



Elizabeth Fitzgerald accepts \$5,000 grant from Cynthia Iyall, Chairperson of the Nisqually Tribal Council

Elizabeth Fitzgerald and Paul Larsen attended the Nisqually Indian Tribe Charitable Giving Banquet December 11th and were awarded a grant by the Chairperson of the Nisqually Tribal Council, Cynthia Iyall.

We want to thank the Nisqually Indian Tribe, their Elders and Committee for granting the Crisis Clinic \$5,000 this year.

It was such a pleasure to be invited to this banquet and see all the many agencies the Nisqually Tribe supports. It was truly a heart warming experience.