

The logo features the words "Well Spring" in a cursive script. "Well" is blue and "Spring" is green, with a small green leaf icon above the 'i' in "Spring". The text is enclosed in a light gray oval. The background is white with yellow and green geometric shapes.

Well Spring

COMMUNITY NETWORK

~ Growing community wellness ~

HISTORY

Building the coalition



Established in 2006, WellSpring Community Network is a grassroots coalition dedicated to creating community wellness by strengthening collaborative relationships between service providers, youth, parents, government and community volunteers that:

- Reduce Substance Abuse
- Enrich Family & Parenting Opportunities
- Promote Positive Youth & Adult Mental Health
- Community Health

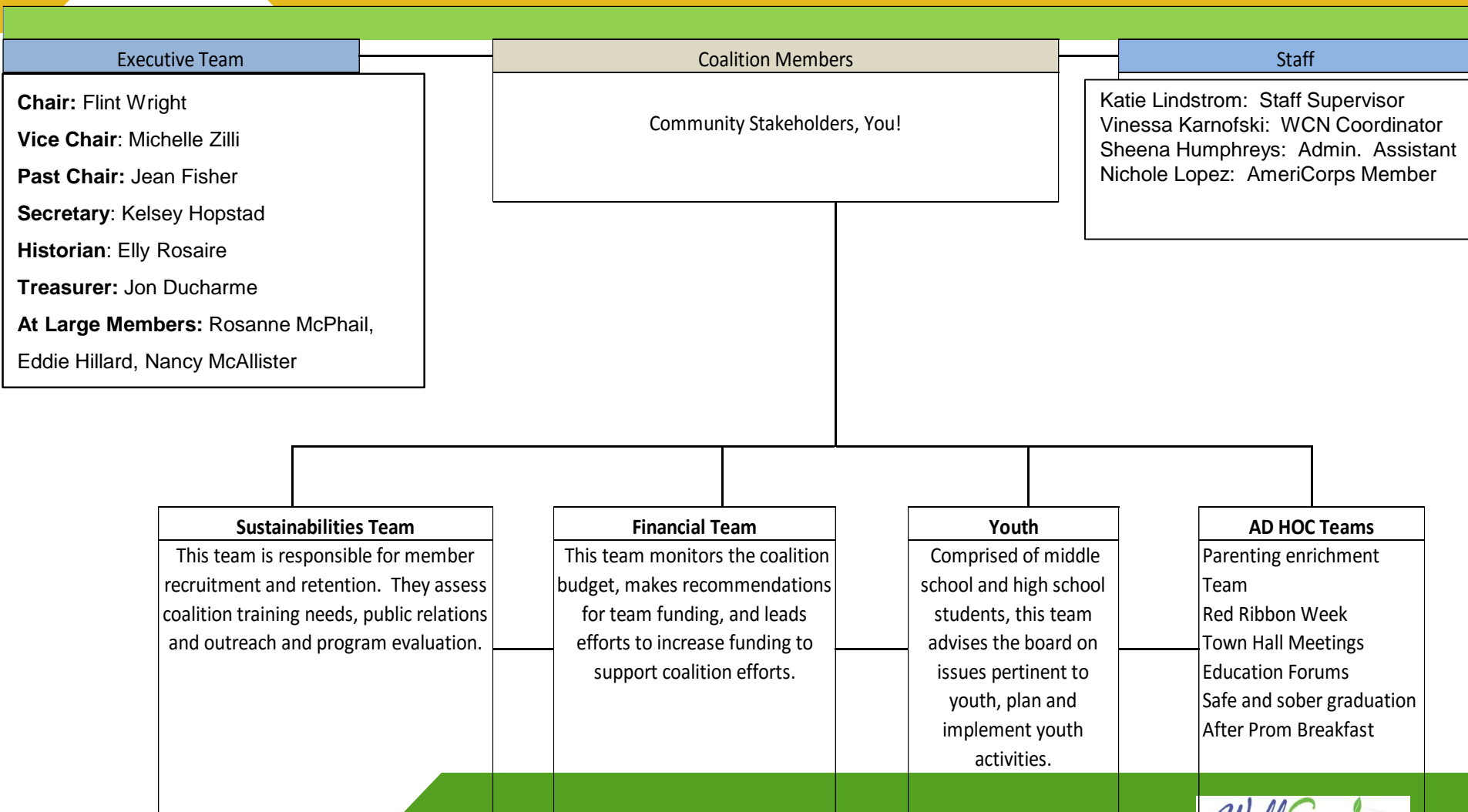


OUR MISSION

To support community
wellness in South Pacific
County through active
collaborations

WHO WE ARE

Through awareness, advocacy, and action we will create a community culture that strengthens families, reduces substance use, and promotes mental, physical, emotional, and spiritual wellness.



Funding Sources/Grants



Drug Free Communities

- ▶ \$125,000 a year for 5 years (Federal)



- ▶ \$80,000 for direct service prevention programs



- ▶ You! (Donate now!)

2017 FOCUS AREAS

- Mini Grants
- Parenting Education
- RX Takeback/Prescription Education
- Youth Drug Prevention
- Education & Awareness (ACE's)
- Networking/Capacity Building
- Supporting Collaborative Projects, grant writing, events

2017 Mini-Grants

WellSpring distributes \$3,000-\$5,000 per year in mini grant funds to local groups to support activities that address substance abuse prevention, mental health, and parenting enrichment in South Pacific County.

- Families Helping Families
- Empty Bowls
- Peninsula Poverty Response Triathlon
- PACK2SCHOOL
- Ilwaco High School Fast pitch
- Peninsula Arts Ass. Student Art Program
- Peace of Mind WRAP Program
- Ilwaco High School Safe Room
- Youth Leadership Camp
- Ilwaco Cross Country
- Ilwaco Wrestling
- Ilwaco Firefighters Warm Coats Program
- Crisis Support Network
- Summer Reading Program Ocean Park
- Leadership Classes
- Peninsula Arts Ass. Student Art Program
- Peace of Mind WRAP Program
- Ilwaco High School Safe Room
- Youth Leadership Camp

Big Brothers, Big Sisters



AmeriCorps Match



Peninsula Poverty Response Fun Run

Parent Enrichment Team

- Meets the last Tuesday of every month at 12:30.
- Triple P seminars Quarterly
- Supporting the creation of a “Wrap around Care” Team with Willapa Behavioral Health.



TRIPLE P SEMINARS

POSITIVE PARENTING PROGRAM

MARCH **3**: POWER OF POSITIVE PARENTING

MARCH **10**: RAISING CONFIDENT, COMPETENT CHILDREN

MARCH **17**: RAISING RESILIENT CHILDREN

TIME: 6:00-7:30PM | OCEAN PARK ELEMENTARY SCHOOL LIBRARY

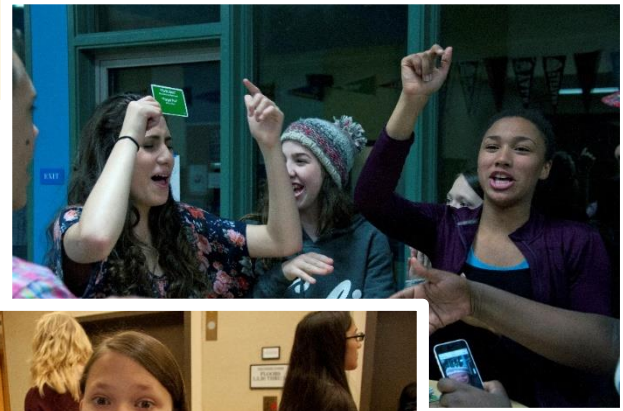
CHILD CARE PROVIDED FOR FREE AT EARLY LEARNING CENTER

Triple P gives parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place.

Just like parenting, Triple P is not a “one size fits all.” Triple P gives parents simple and practical strategies they can adapt to suit their own values, beliefs, and needs.

CONTACT DEANNA AT DEANNAGJOVIK@GMAIL.COM





- Youth Action Club (YAK)
 - ❖ YAK Night
 - ❖ Safe Room
 - ❖ After Prom Breakfast
 - ❖ Safe Graduation
- Peer Helpers
 - ❖ Peer helpers retreat
 - ❖ Sources of Strength

Community Education & Awareness

Every year WellSpring brings free educations and trainings to South Pacific County!

2016-17 WellSpring Events

- **Resilience Movie Screening on brain trauma-February 2017**
- **OBSD Trauma-Informed Schools – August 2016**
- **Naselle Trauma-Informed Schools – August 2016**
- **Key Leaders ACE's Education-February 2016**
- **Safe Prom/Safe Graduation-Annually**
- **6th grade low ropes course training (Adventure Day)- Annually**
- **Annual Red Ribbon Week Celebration-Annually**
- **Peer Helpers Retreat-Annually**
- **Project Homeless Connect-Annually**

2016-17 Town Halls & Trainings

- **Youth Mental Health First Aid-Annually**
- **Bridges Out of Poverty Training-Annually**
- **Adult Mental Health First Aid Training-Annually**
- **Adverse Childhood Experiences Education-On Going**
- **Lobbying vs. Advocating Training-On Going**
- **Building Community Resilience Town Hall-November 2016**
- **Youth Substance Prevention Town Hall –Spring 2015**
- **Overnight Winter Lodging-Annually**

ASSET BUILDERS:

WellSpring wants to recognize individuals and businesses that are helping make a brighter future for our youth and our community!

2016-2017

- ESD 113, youth prevention services
- Allie Freise of Boys and Girls Club
- Jon Ducharme, High School Librarian
- Don Nisbett and Jenna Auston Nisbett
- Ocean Park Food Bank
- Timberland Regional Libraries
- Tiffany and Brady Turner
- Coastal Community Action Program
- Willapa Behavioral Health
- Gloria Geisendorfer
- Naselle School District
- Amy Huntley, Ocean Beach School
- City of Long Beach
- Sid's Market
- Crisis Support Network
- Karyn Veland
- Brandon Scheer



Volunteer & Networking Opportunities

GROUPS

- Sponsor a youth/family Event
- Host a youth/family event
- Provide child care for parenting programs
- Provide meals for parenting programs
- Community Calendar
- Policy Advocacy
- Share WellSpring at events
- Include WellSpring in your newsletter
- Write a newsletter article for WellSpring
- Share your events
- Write a Mini Grant
- Give us your ideas!

INDIVIDUALS

- Attend meetings/join a team
- Volunteer at events
- Write an article
- Grant writing
- Planning
- Manning a WellSpring Booth
- Community Calendar
- Website Development
- Youth Team Leaders
- Policy Advocacy
- Community Ambassador
- Provide Child Care
- Hospitality Committee
- Take minutes at meetings
- Attend mtgs on behalf of WCN

Partnerships that make a Difference

By identifying gaps that our community has, WellSpring and partners have worked together to create huge change!

Mental Health Counselor at IHS/IMH
Intervention/Prevention Counselor at IHS
.1% Sales Tax to Support Mental Health
Permanent RX Drop Box at LBPD
Felony Drug court/Therapeutic Court
Children in Between Parenting Classes
Low Ropes Course for 6th Grade Adventure Day
IMS & IHS Resource Officer
School Based Family Resource Advocate
Crisis Support Network & Children's Advocacy Center
AmeriCorps Members throughout Pacific County

JOIN US!

Since October 2006 WellSpring Community Network has and continues to meet the second Tuesday of every month from 3:00-4:30 at the South Pacific County Building.

- Be a member of WellSpring Community Network!
- Include WellSpring Community Network in your newsletter
- Write an article for WellSpring's newsletter
- Host a community health event

- Networking
- Planning
- Celebration

- Education
- Sharing resources
- Collaboration

JOIN THE CONVERSATION! Come share about your organization