



A new social campaign entitled "Stories for Life / I Stand with Lines for Life" was launched in September to highlight the many reasons volunteers, staff and the public support our organization. Thanks to photographer Kelli Pennington for her support. (More inside)

Suicide Prevention and Awareness + Recovery Month

September is a key time at Lines for Life, because it's the month dedicated nationally to our mission: Preventing Substance Abuse and Suicide.

At the request of Lines for Life, both Governor Brown and Portland Mayor Hales proclaimed September "Suicide Prevention and Awareness Month", especially in light of the over 750 Oregonians who took their own lives last year.

In proclaiming September National Drug Addiction Recovery Month, President Obama said, "Prevention and treatment work, and people recover — and we must ensure all those seeking help feel empowered, encouraged, and confident in their ability to take control of their future." Indeed the Director of The White House Office of Drug Control Policy, Michael Botticelli, knows addiction first-hand, having been in recovery for over 26 years now.



Supporters from Fast Undercar

2015 Les Schwab YouthLine Golf Classic
— A Success!

Rx Drug Abuse Summits in LaGrande and Bend

Prescription drug abuse and misuse kills more Oregonians than any illegal drug.¹ In Oregon, as across the nation, it has resulted in the deaths of more people than heroin. The Centers for Disease Control calls it an epidemic.

Heroin use has more than doubled in young adults ages 18-25 in the past decade, while heroin-related overdose deaths have seen a 286% increase during the same period. At great deal of this increase can be traced directly to opioid addiction.



Lines for Life is pulling together key organizations that can change the toll that Prescription Opioid abuse is taking on Oregonians. They have formed the Oregon Coalition for Responsible Use of Meds (OrCRM), a statewide task force formed to implement the Governor's plan to reduce Rx abuse. Starting in Eastern Oregon, a series of summits are being convened to make sure all regions are represented and involved.

The summits will bring together representatives from the medical community, pharmacies, health care systems, treatment providers, educators, law enforcement, public health, prevention organizations and others to identify challenges and solutions to reducing prescription drug abuse, misuse, and overdose; and to draft regional Action Plans to reduce prescription drug abuse, misuse and overdose.

The prescription drug summits reflect the importance of prevention of substance abuse that is one of Lines for Life's core values.

¹ National Survey on Drug Use and Health (2002-2013)

The third annual Les Schwab YouthLine Golf Classic was held at The Reserve September 9th, and we are excited to share that \$71,010 was raised to support YouthLine – more than ever before. This total doesn't include several thousands of dollars of in kind donations by way of auction items. We are so grateful to our supporters! { More inside }

A Note from the CEO

Friends!

We're making big things happen at Lines for Life - reaching more people than ever before and delivering results.

The Crisis Line Team has managed unprecedented growth – our call counselors helped 37,503 thousand people in the first 8 months of this year – that's 3,498 thousand more than we connected with all year in 2013. Most of these additional calls are from veterans, and we are honored to be such a key safety net for vets and families.

The YouthLine is growing by leaps and bounds – we're on pace to connect with over 7,000 young people this year, up from 900 in 2013 and 3,300 in 2014. Reaching kids early is the name of the game and nobody does it better than our teen peer counselors.

No issue is as ripe for change as our efforts to prevent prescription drug abuse. We are at a tipping point for big change – and LFL is driving the charge. We'll host our second regional Rx Abuse Summit on October 14 – this time in Central Oregon and the Gorge. With amazing help from Deschutes County Commissioner Tammy Baney, Sheriff Shane Nelson and Rep. Knute Buehler, we are expecting a terrific event. Our April Summit in Eastern Oregon is seeing important results – our partner in the event, Moda – who runs the CCO there – has dramatically expanded access to Naloxone, the life-saving opioid overdose reversal drug. And a group of prescribers at rural clinics has begun work on community prescribing guidelines to ensure more thoughtful use of opioids in pain management.

Bottom line: we are driving change and making a difference statewide! Thanks for your support and help which make it all possible!

Quipa



Talking With Your Kids about Marijuana

With Marijuana now legal for adults in Oregon, many parents wonder how best to talk with their children about drugs in general and marijuana use specifically. As Marijuana legalization spreads, the perception of harm and risk goes down. This, in turn, makes it vital for parents to discuss healthy choices.

Regardless of the legalization of marijuana, it is still against the law (like alcohol) for young people under the age of 21. And, whether you are talking about alcohol or marijuana, the potential for addiction is still there for both. Marijuana has also been shown to have a negative effect on the developing brain, and teens and parents need to be aware of this risk factor.

So, how do you talk with your kids about marijuana without them shutting down? It can be very similar to how you talk to them about the use of other drugs and alcohol. As YouthLine Program Manager Emily Moser puts it, "Keep the lines of communication open. Resist the urge to come down harshly on teens for asking questions. That immediately gets your child thinking 'I never should have said anything.' The harder we push them away from something, the more likely they're going try it."

"The harder we push them away from something, the more likely they're going try it."

Portland's #1 Radio Personality, Sheila Hamilton Joins 2016 Gala



Sheila Hamilton, a well-respected author, five-time Emmy award winning journalist and KINK-FM morning personality, will be speaking at the Lines for Life Gala February 19, 2016 at Portland's Sentinel Hotel.

Sheila knows too well the heartache of losing someone to suicide. Her first husband, David, took his life ten years ago after battling bipolar disorder. She has written eloquently about it in

All the Things We Never Knew, her book will launch October 20th at Powell's Books on Burnside. Sheila is a passionate advocate for those struggling with mental health issues. You can follow Sheila's blog at www.sheilahamilton.com/blog

Mark your calendar now to join us at the 2016 Lines for Life Gala.

Spirit Mountain Grant



In keeping with their tradition of making community investments that provide lasting benefits consistent with the Tribe's culture and values, the Spirit Mountain Community Fund has granted Lines for Life \$45,000 to improve school climate in a Yamhill

County School district. It is our great honor to receive this mandate from the sovereign nation of the Confederated Tribes of Grand Ronde.

Beginning by training 25 individuals in Mental Health First Aid, Lines for Life will use the funds over three years to provide professional development and evidence based practices that will reduce incidents of bullying and violence and increase access to mental/behavioral health care for students. It's expected that these steps will help students create positive attitudes toward school.

Les Schwab YouthLine Golf Classic Funds YouthLine

We had a great turnout for this year's Les Schwab YouthLine Golf Classic on September 9th at The Reserve in Aloha. Since all the costs of the golf tournament were paid by Les Schwab, the over \$70,000 contributed by dozens of golfers went entirely to supporting the Lines for Life YouthLine.

Truly a lifesaver, Youthline gives youth a confidential haven where they will be listened to and not judged by a well-trained fellow teen

who will help them come up with healthy ways to cope and thrive. Thanks to expanded hours, the number of contacts made to the YouthLine via phone, texts, and chat have grown over 700 percent since 2013.

Our thanks to Gary Wandersheid, Howard Magden, Joe Rector and the entire Les Schwab organization for their commitment to keeping YouthLine open and serving teens all over the state.



Substantial Growth on Helplines

The heart and soul of Lines for Life lies in our 24-hour Crisis Line center, where our training makes meaningful and lasting changes in the lives of thousands of hurting individuals.

On the other end of the line could be anyone. A frustrated and angry Veteran struggling with Post Traumatic Stress. A distraught teen who is resorting to cutting herself in order to cope with self-image problems. A man whose addiction to drugs has passed the point where he can manage it. A woman who, having lost connection with her reasons for living, has decided to end her own life.

Each of them is met right where they are, with no judgements or pat answers. The crisis intervention specialists listen very carefully and then help the caller come up with a plan of action.

37,503
Number of Calls to Crisis Lines
Jan - Aug 2015

The number of calls have risen dramatically from 34,095 in all of 2013 to 37,503 in just the first eight months of 2015. Each of those calls an individual with a deeply personal need. Thanks to your support we are able to be there for them.

News + Updates

STORIES FOR LIFE



We've asked several of our supporters to share the reason why they stand with Lines for Life. Their stories are personal, poignant and transparent. All of them are unique, just like the thousands of people we serve every year on our crisis lines.

Please Take a moment next time you're online and read or listen to the short stories of Jenne, Matt, Heather, Leslie, Barb and a host of others. You'll find them at www.linesforlifestories.org. We'd love to hear your story about what draws you to this life-saving, life-changing work. If you'd be willing to share your story, please contact Tom Parker at (971) 244-1375 or by email TomP@LinesForLife.org.



STAFF SPOTLIGHT: Alex Baumler New Director of Finance

We are thrilled to welcome Alex Baumler back to Lines for Life as our Director of Finance, succeeding Alison Benninger as the director of our financial well-being. Ali had significant input into the position and heartily endorsed Alex as the most logical person to take on the job.

Alex is a longtime member of the LFL family, having first volunteered on our crisis lines in 2008. From 2010 to 2013 he was the YouthLine coordinator and became the staff accountant from 2013 to 2015 gaining firsthand knowledge of our mission and internal functions from the most basic level on up.

Alex and his wife Carla are the proud parents of Maggie, the world's cutest pup.



Preventing Substance Abuse & Suicide

5100 SW Macadam Avenue, Suite 400
Portland, Oregon 97239

SAVE *the* DATE!



Always
HOPE
2016 GALA

Friday, February 19, 2016 | Sentinel Hotel

YouthLine Taking More Calls Than Ever

YouthLine has seen explosive growth over the past three years, having handled contacts from 805 teens in 2013, 3,337 in 2014 and on track to help over 7,000 youth statewide in 2015.

The growth can be attributed to several factors.

First, thanks in large part to money raised at the Les Schwab YouthLine Golf Classic, we expanded the youth staffed hours. Now teens are available to answer YouthLine calls every evening from 4pm to 10pm, under the close supervision of an adult who holds Masters level certification. Previously it had been staffed by teens only Monday through Thursday.

Second, a concentrated outreach to students statewide has paid off in the number of youth calling in.

Finally, we've doubled the number of trained youth volunteers from over 20 to over 40.

Your generous support enables us to be there for youths in their hour of need.



Military Stand Down in Portland a boon to Homeless Vets

Stand Downs are typically one-to-three-day events providing supplies and services to homeless vets. Lines for Life was well represented at a stand-down held at Portland's Veterans Memorial Coliseum on September 14th.



Most common topics were "What is the Military Helpline?", and "I have used your services, and you really helped me". Those were, of course, a great segue into more in depth conversation. Many

veterans wanted to know if they could take information in case they needed our services or they knew someone that would benefit from our services.

We also explained our lines to other agencies that had questions about what we do and the difference between the lines.

The next Stand Down will be September 25th at the National Guard Readiness Center, Camp Murray in Tacoma.