



2019 Sole-Stice Fundraising Focus

With a rising need for Behavioral Health-related care in our community, additional resources are clearly needed to help meet patients' unmet needs and fund ongoing caregiver Behavioral Health training. The Foundation has established a fund to do just that with the help of the net-proceeds from this year's Sole-Stice.

WHAT IS BEHAVIORAL HEALTH?

Behavioral Health is the study of our emotions, behaviors, and biology as it relates to our mental wellbeing, our ability to function in everyday life, and our concept of self. It examines how our habits impact our overall physical and mental wellbeing, which ultimately determines how we handle stress, relate to others, and make choices.

An individual's mental health is important at every stage of their life from childhood, to adolescence, and through adulthood—with implications for new moms and families as well as for those who are terminally ill and preparing for their death.

Supportive Behavioral Health care includes both prevention and intervention. It seeks to meet the needs of those with substance abuse disorders or other addictive behaviors.

WHY DO WE NEED FUNDING FOR BEHAVIORAL HEALTH?

Throughout our community we have a wide range of Behavioral Health professional and para-professional supporting individual's and families' Behavioral Health. But still many of our friends and family members struggle, finding it hard to maintain stability and remain addiction free.

Although many practitioners, organizations, and schools promote an overall healthy lifestyle in Ketchikan, there still is much work to do to compassionately and successfully treat and restore

our patients and fellow community members back to good physical and mental health.

At PeaceHealth, our patients receive support and care in collaboration with many providers, faith communities, families & friends, and support groups. The journey to restored health is difficult and what is helpful for one person is not helpful for another. There is no one pill or prescription that can fix the pain of impaired mental health or addiction. Restoring folks to good health has huge implications for us as a community and for those struggling to regain mental wellbeing.

Much needs to be done to treat and restore patients to functioning citizens of our community. It requires provider collaboration, ongoing training, building and providing better spaces to treat, heal, and monitor some of our most fragile and vulnerable community members.

HOW CAN YOU HELP?

In order to enhance our ability to provide this level of care for our local patients, we need your philanthropic support. Your partnership is so critical to the delivery of enhanced behavioral health care in Ketchikan.

Please consider how you can support our efforts to supportively care for this need in our community.

Net proceeds raised will be dedicated to our Behavioral Health fund.



PeaceHealth
Ketchikan Medical Center
Foundation

To find out how you can get involved,
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