

# FUND for THUGHT



She says early treatment for anxiety, stress, ADHD, and depression can make a difference. “Kids find it easier to talk about difficult problems and express their feelings by using writing, art, music, drama, or dance,” Shawn says. “It’s usually a mix of different activities, but we will focus on your child’s needs.”

The program, which is free of charge, is designed to provide high-quality mental health therapy for children who have experienced trauma or emotional stress that has deeply affected them and their families.

## Expressive Therapy

Many young kids have trouble finding the words to express feelings of sadness, anger or anxiety and they don’t know how to release their frustrations or process their see-sawing emotions.

A new Helpline House Expressive Therapy program uses art, writing, dance, and other creative avenues to help children 5 to 12 work through behavioral, developmental or trauma-based problems and provides them an outlet to cope with life’s challenges.

“We are striving to transform children’s lives through expressive therapy,” says Helpline House Child Therapist Shawn Nigh, who is currently working with 11 youth. This type of therapy gives kids safe and creative ways to overcome unpleasant or difficult situations.”

“We are here to help when stressors affect a child’s ability to communicate, to attend school or to relate to others.”

## A Look Ahead



**Sep**

**29**  
Shred to Fed  
Fundraiser at  
Kitsap Bank  
on Bainbridge

**28**  
Medicare  
Presentation  
at Bainbridge  
Island Library

**30**  
Medicare  
Counseling  
at Bainbridge  
Senior Center

**Oct**

**1**  
Crop Hunger  
Walk  
Fundraiser at  
Eagle Harbor  
Congregation

**1**  
Annual Turkey  
Trot 5K/1M  
Fundraiser  
Registration  
Opens

**Nov**

**4**  
Gobblefest  
Fundraiser at  
American  
Legion

**23**  
Thanksgiving  
Annual Turkey  
Fundraiser  
Trot 5K/1M



**Denise volunteers weekly to welcome fresh community donations.**

# Thank you, Neighbors



## Volunteers Gear Up for Holidays

With school back in full swing, the holidays approaching and grocery prices still climbing, food insecurity in our community is at an all-time high.

Helpline House, which serves about 300 households each week, projects it will give out 781,372 pounds of food this year, the equivalent of 651,000 meals. That's up from 615,935 pounds of food – the equivalent of 513,279 meals – that Helpline House gave out last year.

**“Helpline allows community members to not only access nutritious and delicious foods, but to select the foods best suited for themselves and their families;”** says Food Bank Manager Lianne Ristow. “Accessing our food bank relieves pressure from households and allows people to stay in our community.”

Helpline House volunteers are gearing up for food drives and holiday giving programs and hoping for donations of grocery gift cards, turkeys, hams, baking supplies and holiday foods. **Visit [HelplineHouse.org](http://HelplineHouse.org) for Most Needed foods.**

## Shared Housing on Bainbridge

Thank you, Bainbridge Community Foundation donors! Bainbridge Gives campaign supported a unique, innovative approach to affordable housing and continuing efforts to make our island community a better Bainbridge for all.

Kitsap Homes of Compassion opens doors to provide safe and affordable long-term supportive housing, connect eligible earners to resources, and help find and maintain those who work to live in our community.

In partnership with KHOC, low-income earners interested in shared housing are welcome to inquire at Helpline House; then, as the property manager, KHOC oversees applications and rental agreements.

Your support for affordable housing pushed us forward; BCF awarded the Klasky Collaboration Award to Helpline House for promoting collaboration with Kitsap Homes of Compassion and creating an innovative program for low-wage earner housing on Bainbridge Island.



Be sure to review your Medicare plan every year during Open Enrollment.

Oct. 15 - Dec. 7

Contact Peninsula Community Health Services your local Statewide Health Insurance Benefits Advisors (SHIBA) program for free, unbiased Medicare help at: 360-475-3095



## It's Time, Review Medicare

Now is the one time of year when everyone with Medicare can make changes to their health and drug coverage for the next year.

Did you know that you can ask a Helpline House social worker for help to guide you (regardless of your income) to understand Medicare rights and options?

A trained, Statewide Health Insurance Benefits Advisors (SHIBA) is available at Helpline House to any community member by appointment.

Call our intake coordinator to schedule a cost-free appointment, a SHIBA advisor will help people of all ages - including people under age 65 living with disabilities, people getting ready to turn 65, and those already enrolled - about their Medicare choices and options with unbiased, and confidential Medicare education and health insurance options. **Call Helpline House for an appointment!**

Learn more at [HelplineHouse.org](https://HelplineHouse.org)



## BI's most anticipated Thanksgiving Tradition

Bring your friends, family, and neighbors to run, walk and cheer for the 14th Annual Turkey Trot at Battle Point Park on Thanksgiving morning! The biggest fundraiser of the year for Helpline House opens up early bird registration on Sunday, October 1st.

More than 1,000 participants are expected so sign up early to save and get a free t-shirt while supplies last. Get a great 5K and 1-mile workout or mingle among a vibrant tradition to start your holiday weekend. The courses are mostly flat with gentle inclines and are family and stroller friendly!

The Turkey Trot could not happen without the support of community volunteers that keep the Trot running smoothly! Join us for a fun morning as we rally the trotters! Sign up to run the course or volunteer at [HelplineHouse.org](https://HelplineHouse.org)

Get Tickets at [Gobblefest.org](https://Gobblefest.org)

American Legion Hall (21+)  
Saturday, November 4  
4:30 PM - 12:00 AM  
Suggested Donation \$25  
Musician Supporting Local Food Charities



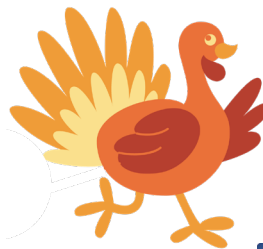
**135 Students**  
 started the 2023 school year  
 alongside their peers because  
 of our community!



HelplineHouse.org | office@helplinehouse.org | 206.842.7621



Helpline House has a policy of non-discrimination regardless of race, color, creed, religion, national origin, sex, sexual preference, age, disability or veteran's status, and is in compliance with all requirements of law and regulations with respect to employment, volunteer participation or service delivery.



**Go Green**     
**Subscribe to our e-newsletter at HelplineHouse.org**  
 Stay Connected to a Healthy & Whole Community.

**Welcome Back Donna & Dean!**



**Donna Dahlquist, BSW  
 Community Care Coordinator**

Donna grew up in Poulsbo and raised three sons here on Bainbridge Island. She did her practicum at Helpline House in 1998 while attending University of Washington School of Social Work and remained on staff until 2014. She managed programs providing community access and job skill building for adults with cognitive disabilities as well as a number of other roles to support Helpline House's mission. She served on the boards of One Call for All and Housing Resources Bainbridge among other community volunteer activities.

She is delighted to come home to Helpline House. She sees herself as a "lifelong learner" and enjoys expanding her gardening and sewing skills—usually with a science, health, philosophy or politics themed podcast or audio book going in the background. She enjoys throwing balls for her dogs, and introducing her grandkids to a wide range of music.



**Dean Lierle  
 Fund Development Manager**

After graduating with a BA in Psychology from Kenyon College in 1985 Dean began a 12-year career with Nordstrom including five years in Human Resources management. In 2001, Dean completed a master's in social work (MSW) at the University of Washington. His career in social work has included both fundraising and direct service as a licensed clinical social worker (LICSW). In 2001 Dean took the position of Capital Campaign Manager at the Compass Center homeless shelter in Pioneer Square and helped them rebuild after the Nisqually earthquake destroyed their shelter facility. During that time, Dean and his family moved to Bainbridge Island and in 2005 he took a job as Social Worker/Case Manager with Helpline House. In 2012 after 7 years with Helpline House Dean joined Peninsula Psychotherapy Center in Silverdale and began his career as a psychotherapist in private practice. In 2020 Dean left PPC to open his solo private practice on Bainbridge Island specializing in working with individual adults. Upon learning Helpline House was looking for a fundraiser he returned in 2023 to be the Fund Development Manager.