

2025 ANNUAL REPORT



Manager's Message

Dear Reader,

I hope you will enjoy looking through some of the year's hard work done by my colleagues at Wahkiakum County Health and Human Services. The numbers you will see tell a story of life in Wahkiakum; the challenges that are felt by many throughout the country and some difficulties that are felt more uniquely in our county. In addition, you will see the positive contributions that countless neighbors, innovators, ambassadors, and helpers have leveraged to preserve the spirit and quality of this amazing place we call home.

As the priorities of our work shift at a national level, it shifts our capacity for work we can do in our community. Despite the change and uncertainty, we remain committed to pushing to get people the services they need and doing what we can for our people.

Much of the success in continuing and expanding our services came with great help from our partners and the passionate groups that exist in our communities. We could not do what we do without great support from our county colleagues and elected officials at every level. We could not get far without our partners in Wahkiakum and beyond. They help us bring resources, services, and education to our residents. We salute the powerful grassroots groups that bring food and community to everyone throughout Wahkiakum. Lastly, we would like to thank the selfless individuals who show up and do the work every day with the community, both paid and volunteer.

I hope this report shows the incredible value that comes from all of our effort, from people in Health and Human Services and beyond. I hope that reading this report inspires you – to keep doing on behalf of your community – or to choose this day to start. Together, we make Wahkiakum strong.



Duncan Cruickshank WCHHS
Operations Manager

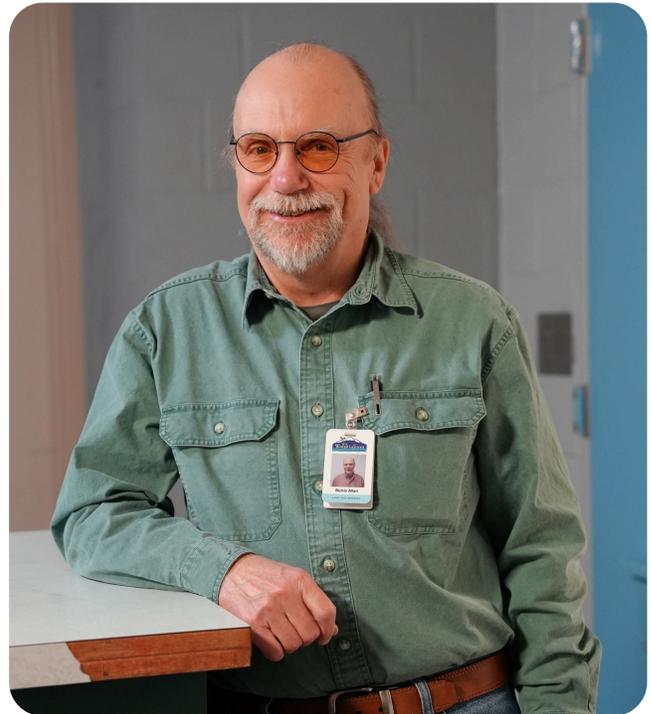
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Highlights

Behavioral Health Began Pilot Program for Jail Medicaid Expansion

On July 1st, 2025, the Medicaid Reentry Initiative piloted with 8 carceral facilities, including Wahkiakum County Jail. The program bridged the gap to continue Medicaid coverage for individuals during incarceration. This allowed strong collaboration between Wahkiakum County Jail and Wahkiakum County Health & Human Services to provide support for incarcerated individuals from up to 90 days before release, to 30 days after. This support, which includes connecting to mental health care and substance use disorder treatment, housing, transportation, job search, makes a substantial difference in overall health and wellbeing.



Community Outreach Staff Honored as a Senior Hero

Teresa Howell, the senior services-focused Healthy Community Specialist at WCHHS, was honored at the Senior Heroes awards for her work with seniors in Wahkiakum. The Area Agency on Aging & Disabilities of Southwest Washington gave her the award for her capacity for connecting Wahkiakum seniors to vital services and resources.

"Teresa is so passionate about helping older adults in the community," her nomination stated. "She responds to people's needs with the utmost care, really sitting down and listening to their stories."



Behavioral Health Welcomed Two New Staff

2025 brought financial strain to many organizations that reduced capacity, despite growing community needs. Using dedicated funds, Behavioral Health was fortunate to grow the program by two positions: a Mental Health Therapist and a Peer Support Specialist dedicated to the SUD program.



Food Pantries Opened at Hope Center, Johnson Park

During the federal shutdown of 2025, the community came together to make sure neighbors with the greatest needs were fed. Donations from the community, as well as the Wahkiakum School District food drive, allowed us to facilitate two food pantries that are accessible to the public 24/7.

Employ Wahkiakum Added Co-Locations at Cathlamet Public Library, Johnson Park

In 2025 Employ Wahkiakum expanded its reach by offering office hours at two additional hubs in the community. Job seekers are able to seek assistance at either end of the County. At the library, they are able to get real-time help tailoring their resumes to job opportunities on computer.

WCHHS Joined CHOICE's Community Health Hub

Near the end of 2025, Wahkiakum County Health & Human Services was folded into Community Health Organization Improving Care and Equity's regional care network. This greatly expanded our ability to serve all community members, regardless of insurance or income, helping navigate and obtain needed resources.

Residents Attended Talk on Wildfire Resiliency

WCHHS hosted Dan Friesz, the Forest Resilience District Manager from Washington State Department of Natural Resources, who presented steps homeowners can take to safeguard their home, as well as resources provided by the DNR.





WOTM Went Fare-Free

In response to the uncertainty of food benefits in late 2025, and the rising costs of food and other living expenses, Wahkiakum on the Move provided free rides on all routes in Wahkiakum, Cowlitz, and Pacific counties during November and December.

Programs Reached More People on Social Media

Getting through the noise of digital saturation can be challenging, but the community has been instrumental in boosting programs, resources, and information. Because of your engagement on social media, we've been able to get more people than ever connected to our services. In 2025, people looked at our posts, pictures, and videos over 169,000 times, and liked, commented, and shared content 4,800 times.



Hope Center Food Pantry Post
10,304 views

REAP Fund Donation Video
3,847 views



History of the Personal
Flotation Device Video
3,253 views



Service Stats

Behavioral Health

Wahkiakum County Health & Human Services' Behavioral Health program supports the community with services that champion mental, emotional, and physical well-being.

Our Behavioral Health services aim to improve wellness through various practices, including individual and family mental health counseling, mental health group services, early childhood mental health, individual case management, peer support, psychiatric services, outpatient substance use disorder treatment, one-on-one substance use counseling, and group therapy.



1 out of 7 adults report having frequent mental distress
- 2024 Wahkiakum County Health Assessment

Mental Health services provided:

1219 individual therapy sessions

40 occasions of behavioral health outreach

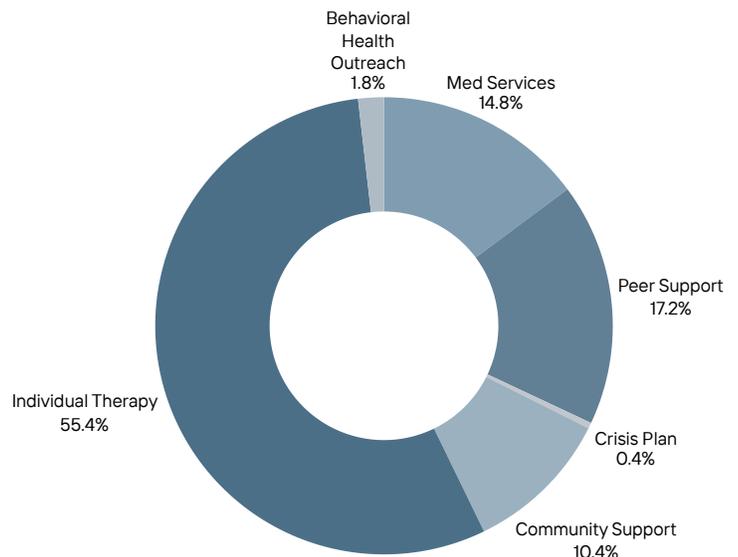
378 peer support sessions

326 medical services by a psychiatrist / psych nurse practitioner

Development of **9** client crisis plans

229 occasions of community support

2025 Mental Health Services





“I take the skills I have learned and use them without thinking now.”

-WCHHS SUD Client

In 2025 Substance Use Disorder staff:

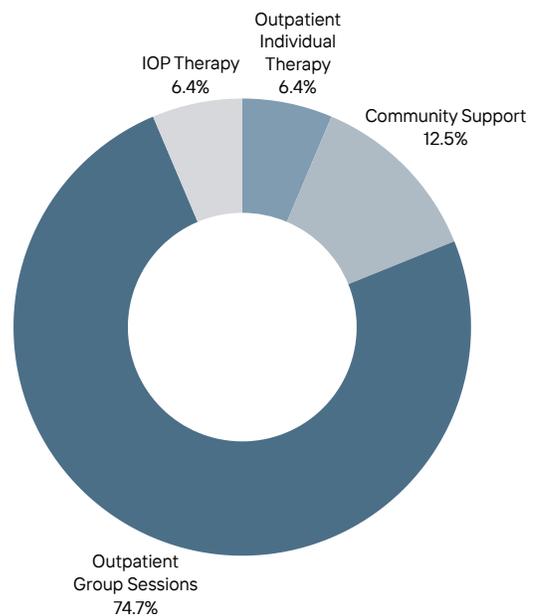
Supported the community with **293** outpatient group therapy sessions

Provided **94** outpatient individual therapy sessions

Provided **25** intensive outpatient (IPO) individual therapy sessions

Supported clients with **49** community support contacts

2025 Substance Use Disorder Services



TARGETED REENTRY BY THE NUMBERS

38 health assessments **21** case management services
33 substance use disorder assessments



Community Outreach

WCHHS helps build community resiliency by connecting individuals with essential resources, support, and opportunities for engagement.

Through outreach programs, WCHHS can address critical issues such as food insecurity, housing, and safe living, ensuring that residents receive the help they need.



In 2025 Community Outreach staff:

Enrolled **103** Seniors / disabled individuals into PUD discount program

Completed **373** calls for Senior services

Completed **32** referrals to Area Agency on Aging & Disabilities of Southwest Washington for caregiver needs

Gave out **51** senior farmers market cards

Helped enroll the **Westend Farmers Market** in getting certified to accept SFMNP cards

Distributed **5** senior safety wall bars

Assisted **21** households struggling from housing instability to either obtain or maintain housing

Assisted **48** households with utility assistance through the Wahkiakum PUD REAP (Residential Energy Assistance Program) Services

2025 Hope Center Usage

AA held **146** meetings. Average attendance was **7** per meeting.

CAP Senior Lunch had **45** meals. Average attendance was **34** per meal.

SAIL exercise had **45** classes. Average attendance **16** per class.

District AA meeting held in February

Hosted AAADSW Board meeting in September

Hosted Senior Prom in September

Hosted DV Forum for Women's Club in October

Hosted an Emergency Preparedness event in May

Hosted Wahkiakum Outdoors in April and May

Over **150** residents and **27** organizations attended Living Well resource event - a 50% increase over last year





Youth Prevention

In Wahkiakum County, youth prevention has been a highly collaborative effort to support healthy lifestyles of youth in our area. Proactive strategies, including evidence-based programs, are implemented with strong support from local partners like the Sheriff's Office, Cathlamet Pharmacy, and the Wahkiakum School District.

Individuals have been champions of youth prevention as well, from the parents who sign up for Guiding Good Choices and Kid's Connection workshops, to the generous community members that host Wahkiakum Youth Mentoring activities.

2025 Prevention Stats

55 prescription medication safe storage locking bags and **5** prescription locking boxes were given out

63 Cannabis Safe Storage containers were given out

5 families participated in Guiding Good Choices

10 Wahkiakum Youth participated in and graduated from the Kid's Connection program

32 individuals attended the Prevention Movie Night for high school-aged youth

12 youth/mentor pairs enrolled in the Wahkiakum Youth Mentoring program

5 new mentors were trained in the mentoring program



disc golf at Skyline

movie night

improv theatre with Joe Baker

Christmas bingo with Pastor Dave

made chocolates for Charlotte House

built and flew kites with David Zabel

fishing with M.D. Johnson

created zines with Dayle Olson

art with Laurel Check

WYM is funded in part by the Wahkiakum Community Network Coalition, Wahkiakum County Health and Human Services, and the Washington Health Care Authority's Community Prevention and Wellness Initiative grant.



Employ Wahkiakum

In 2025 Employ Wahkiakum ramped up its capacity, extending out west to offer resources at Johnson Park, as well offering weekly office hours at Cathlamet Public Library.

Employ Wahkiakum also hosted its first Caregiving Fair, appealing to both jobseekers and those needing care.

2025 Employ Wahkiakum Stats

- 50** people reached out for services
- 39** people received assistance with resumes, job searches, or connected to other career partners
- 8** people exited directly to employment
- 6** agencies and **31** people attended the Caregiving Fair



Wahkiakum On The Move

Wahkiakum On The Move (WOTM) ensures rural residents reliable access to work, healthcare, education, and essential services. WOTM's service operates in Wahkiakum, Cowlitz, and Pacific counties. In addition to offering regular public transportation, WOTM provides necessary medical transport services to residents.



WAHKIAKUM ON THE MOVE BY THE NUMBERS

9808 riders 3.2% increase from last year **1303 medical rides** 40.4% increase from last year

Health Department

The Wahkiakum County Health Department's aim is for all residents to have access to the resources they need to lead healthy lives. Through public health initiatives, preventative care, and health education, it promotes and protects the health of Wahkiakum County.



In 2025 Health Department staff:

Completed **40** food inspections

Approved **27** septic permit applications

Served **56** participants in the Women, Infants, and Children (WIC) Program

Responded to the concern of Highly Pathogenic Avian Influenza in the county

Hosted WSDNR talk on wildfire safety

Hosted a Measles Tabletop Exercise with Cathlamet Fire - EMS Division, Cowlitz Family Health Center, Wahkiakum School District, and Wahkiakum Department of Emergency Management

Updated Safety and Violence Plan and the Comprehensive Emergency Management Plan in partnership with the Department of Emergency Management

3 out of 4 adults 65+ are up to date on their flu vaccine
- 2024 Wahkiakum County Health Assessment

Community Health Advocates (CHAs)

The Community Health Advocates are Wahkiakum High School students that are employed part-time by the Health Department to increase peer knowledge about health information and resources. In addition to their involvement in local events, they help connect fellow students to local organizations and educate them on topics from mental health to the dangers of vaping.



In 2025 Community Health Advocates:

Facilitated Feminine Hygiene Drive at WHS

Organized Warming Hearts, Warming Hands event

Helped with Teen Prevention Movie Night

Helped with school food pantry drive

Presented CHA Program at the WHS Health Fair

Revived Tree of Hope at WHS

Connected peers to resources with health needs

Connected peers to resources with health needs

2025 Events

Point-in-Time Count January 30

Local Homeless Housing Planning Meeting February 19

Biosecurity Info Session March 7

Wahkiakum Wildfire Resiliency May 29

Youth Prevention Movie Night June 12

Key Leader Event June 13

Caregiving Resource Fair August 15

Wahkiakum County Fair August 21-23

Wahkiakum High School Health Fair October 30

Living Well in Wahkiakum November 7



Community Partners



Child & Adolescent Clinic
SPECIALIST CARE FOR EVERY CHILD



CHOICE
Community Health Organization
Improving Care and Equity



CFHC

COWLITZ FAMILY HEALTH CENTER



**WAHKIAKUM
COMMUNITY NETWORK**

WAHKIAKUM PD



Washington State
Health Care Authority



Lower Columbia GAP



Washington State
Department of
Commerce

**United Way of Cowlitz
& Wahkiakum Counties**



AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON



DEPARTMENT OF
ECOLOGY
State of Washington



Washington State Department of
HEALTH



**Community
in Motion**



workforce
SOUTHWEST WASHINGTON



And Wahkiakum District Court, Wahkiakum Superior Court, Wahkiakum County Jail and Corrections Staff, Mr. Gower Court Appointed Attorney, Wahkiakum Prosecuting Attorney's Office, Cathlamet Wahkiakum Food Pantry, Wahkiakum High School, Wahkiakum Master Gardeners (WSU) and Wahkiakum Community Garden volunteers.



Stay Connected

Help make a difference in the

WAHAKIYAKUM YOUTH MENTORING PROGRAM

We are looking for adult mentors to work with K-12th grade students!



HOW DOES IT WORK?

Youth are matched with an adult mentor who will guide them through fun monthly activities and provide them with support. Youth meet with their mentors for around 4 hours each month. Mentors, mentees, and parents/guardians are invited to monthly group activities to have fun and build community!

HOW DO I SIGN UP?

Email
mentoring@co.wahkiakum.wa.us
for more information.



WYM is funded in part by the Wahkiakum Community Network Coalition, Wahkiakum County Health and Human Services, and the Washington Health Care Authority's Community Prevention and Wellness Initiative grant.

FREE 24/7 HEALTHCARE PRODUCTS



EAST END KIOSK

CATHLAMET

TOWN HALL

100 MAIN ST

CATHLAMET, WA

WEST END KIOSK

JOHNSON PARK

30 ROSBURG SCHOOL RD

ROSBURG, WA



NALOXONE, SAFE DRINK TEST KITS, COVID AND
FLU TESTS, TAMPONS/PADS, FENTANYL/XYLAZINE
TEST STRIPS, PREGNANCY TESTS AND MORE

Because your family comes first, let us support you in their development with nutrition and expert guidance.



Give us a call at **(360)795-6207**



**HEALTHY
STARTS
HERE**

SAIL

STAY ACTIVE & INDEPENDENT FOR LIFE

**GENTLE
WORKOUT
PROGRAM
FOR
ADULTS
65+**

TUESDAYS

**10:30-
11:30AM**

AT THE HOPE CENTER



320 S. 3RD ST IN CATHLAMET



**SENIOR CHAIR
YOGA WITH LINDA**

**1ST & 3RD
THURSDAYS**

12:45-1:30PM

AT THE HOPE CENTER

320 S. 3RD ST IN CATHLAMET

CONTACT: (253) 230-2782



Use your experience to improve our programs!

Join the Wahkiakum County Health & Human Services Advisory Board

Weigh in on crucial health and human services programs, like **transportation, the Community Health Improvement Plan, Behavioral Health, Resource Assistance**, and much more.



We are actively recruiting for community members who have a firm interest in public

health. We strongly encourage those with **lived experience** in healthcare, in social and economically underserved communities, in communities that experience health inequities, tribal communities and government, in marginalized communities, and/or those who have lived experience or are close to those with development disabilities and mental illnesses to apply and **share their unique perspective**.

Join Today!

**For more contact Chris Bischoff at:
bischoffc@co.wahkiakum.wa.us**