



# Current

Articles by Fishline Staff

## Free Mental Health Services

**Fishline Food Bank and Comprehensive Services welcomes a new campus counselor for our clients.**

North Kitsap Fishline is excited to now offer full-time, Monday through Friday counseling at our main campus to all of our clients at no cost. This added service is funded and made possible by Kitsap County's One Tenth of One Percent Sales and Use Tax Grant Program and the City of Poulsbo.

We'd like to give a very warm welcome to Brandi Wallentine, our new Fishline Counselor! Brandi comes to us from the MCS Counseling Group where they support the client as best as possible while dealing with life's challenges. We see this as a vital addition to our client services and programs here at the main campus.

Brandi's therapeutic approach is person-centered strength-based, while drawing upon different theories and evidenced-based practices to best fit each unique client and their needs. "I believe that building a strong therapeutic relationship and safe space is essential for progress to be made. Meeting them with compassion and active listening is important to me. I also love using humor as a way to help build human connections and find common ground," said Brandi.

Another unique approach that Brandi taps into with her clients is the use of art therapy. She'll often ask them paint three different types of animals that they think best describes them physically, emotionally, and cognitively. This is often a useful exercise in order for her to gain better insight and get to know them better and how to effectively treat them. It's also just a really fun ice breaker!

Brandi has worked with a variety of clients experiencing different challenges in life, including depressive and anxiety symptoms, substance use, PTSD, grief and loss, and postpartum depression. "She validates me and reinforces my confidence. I feel accepted and supported every time I come in. She goes above and beyond I think with being there for people. You are lucky to have her," said a current client. Providing mental health services is even more critical given the current times we live in. Life tends to throw us daily curveballs, and even on our best days we can have trouble navigating it. "There is a huge need for all people across the board who are really struggling with anxiety, depression, COVID, isolation, and socialization. On top of that, the gap between health coverage and low-income people is troubling. I work mostly with low-income clients," said Brandi.



Brandi Wallentine, M.Ed., LMHCA



*I'm a very strength-based client focused therapist. My focus is finding their strengths.*

Brandi Wallentine

Brandi grew up as a navy brat on Bangor Naval Base and dedicated much of her attention to competitive fastpitch (or softball for us non-athletes). Nowadays you can often find her at the University of Washington taking in ballgames from the stands. Brandi also enjoys spending time with her family, hiking, and kayaking. She's a fan of non-fiction reading, especially any books that help broaden her evidence-based research and how it can be placed into practice. "I like to constantly read about therapeutic approaches and how to put them into practice as well as implementing them into conversations," said Brandi.

"For years clients have been coming to Fishline asking for help seeking referrals to mental health services, they want easily accessible mental health counseling. We're excited to provide low barrier access to therapy in three days or less," said Sandra Allen.

If you are interested in requesting an appointment, please call Fishline at (360) 779-5190 or email us at [info@fishlinehelps.org](mailto:info@fishlinehelps.org)

# You're Invited!

## Annual Community Meeting



Join us on April 7th at 5:30pm for our 2nd Annual Community Meeting via Zoom. Everyone is welcome to attend. This year's meeting will focus on the goals set by the 2021-2024 Strategic Plan and its implementation in the next three years. Our Executive Director and members of our board will also share 2021 challenges and highlights, provide an update on our operations, examine unmet needs within North Kitsap, and answer the community's questions. Our treasurer will report on the financial state of Fishline.

Visit <https://fishlinehelps.org/news-events/news> to learn how to register for this informative session.

Have a question you would like to ask us?  
Email [communications@fishlinehelps.org](mailto:communications@fishlinehelps.org)



Join us on April 19th for Kitsap County's biggest day of giving! Every gift to Fishline on this day will be boosted by additional donations from the bonus pool. Last year, the North Kitsap Community raised over \$74,000 for Fishline Food Bank and Comprehensive Services. This revenue helped us expand the programs and services we provide.

This year we have witnessed an even greater need for utility disconnection prevention, rental assistance, and a host of other services. All gifts made on the Kitsap Great Give page to Fishline will count toward our bonus pool. Thank you for supporting our neighbors in need!

Support us on April 19th!

[www.kitsapgreatgive.org](http://www.kitsapgreatgive.org)

## Donor Spotlight

### *In Memorium*

Janine Margaret Dolezel

Janine died on her 75th Birthday, with loving friends by her side. Janine was a 4th generation Californian, born and raised in Sacramento. She became a Philosophy Major at Santa Clara University before entering Stanford Law School. Janine worked for 25 years at the US Dept of Housing and Urban Development (HUD), including 14 years as Chief Counsel for the Los Angeles HUD office. She retired at the age of 50, then passionately gave her time to many volunteer activities.

In 2004, when Janine moved to Poulsbo, she read children's books for nine years to students at Suquamish Elementary School. The children loved Miss Janine and would greet her with glee and a hug when they spied her out at Central Market and other shopping centers. Between 2008 - 2021, she was an active member of the Great Peninsula Conservancy's local land conservancy programs at Kitsap County, helping to preserve several thousand acres of forest and shoreline from urban development.

Throughout her time in Kitsap County, Janine donated regularly Fishline —especially to our Christmas Child program.

She will be remembered for her love of children, nature, and life of service. North Kitsap has lost a good friend and a passionate advocate.



## Volunteers Wanted!

Fishline is looking for volunteers to help with a variety of positions at our Food Bank & Comprehensive Services and Second Season Thrift Store. You can now join us every Thursday at 10am on Zoom for the volunteer orientation!

This meeting is an introduction to our organization, an overview of the positions we have available as we reopen during COVID-19, and the next steps to take. It's also a great opportunity to ask any questions you may have. We look forward to onboarding you to our team!

**Fishline strives to create an environment that brings out the best in our volunteers and in those whom we serve.**

Contact Lidia at [volunteer@fishlinehelps.org](mailto:volunteer@fishlinehelps.org) if you have questions.

# Guiding Clients Toward Success

John has been a client of Fishline since 2016 and has really taken to the services provided here at our main campus. When he first came to Fishline he was experiencing homelessness due to the recent passing of his employer. He began staying with friends who were addicts and he was struggling with his own issues of substance abuse and addiction, which made him second guess this living situation. While not ideal, he decided to move in and unfortunately began using substances again.

In the coming months our staff noticed his physical and mental health slowly decline. This was followed by consistent visits to Fishline in various modes of crisis often presenting threats of suicide, but he would always come back the next day to check in with the staff and say that he was safe. John really appreciates and likes having a place and community where he felt seen, heard, and cared about and kept him accountable.

Fishline became the safe place for John to turn to in his time of need and support. Recently, John turned a corner and is now clean and sober. He attends AA daily and continuously makes strong efforts to check in with the Fishline staff.

John is now taking advantage of our recently added mental health services at no cost with our full-time on-campus counselor. He says that he "likes that the counselor is part of Fishline" and that he plans on coming back weekly.



## Captain's Log

*"You never really understand a person until you consider things from his point of view, until you climb inside his skin and walk around in it."*

- Atticus Finch in *To Kill a Mockingbird*  
Harper Lee

Pervasive misinformation surrounds homelessness and who unhoused people are. Since the turn of the 20th Century, images of unhoused individuals in pop culture leave impressions that these persons are dirty, lazy, and uneducated. Perhaps one of the earliest characters to promote this stereotype is Charlie Chaplin's "Little Tramp," who uses his cunning to get what he needs instead of through hard work. Movies have perpetuated and expanded the trope into individuals who abuse substances, suffer from mental illness, and react violently. Examples include "Trading Places," "Life Stinks," and "Hobo with a Shotgun."

But the truth is far from that. The root of unemployment is rarely due to lack of drive. 13% of the unhoused in America are employed and simply cannot obtain affordable housing. This is particularly challenging in Kitsap County where the average rent is \$1,400 per month. Many on fixed income who have lived in rent controlled apartments cannot afford drastic increases to obtain new dwellings when properties are sold.

Securing employment is an additional barrier. Updating and printing resumes, obtaining interview clothes, and having access to clean water proves challenging. Many unhoused have gaps in their employment which is viewed negatively by prospective employers. In addition, a 2014 survey reflected that over 70% of unhoused persons perceived employment discrimination.

Here at Fishline, we spend time with unhoused persons daily. Many are hardworking, educated, and sober individuals who suffer from chronic homelessness due to trauma and/or life experiences. We have had people come to us after their home has burned down, been evicted because they couldn't pay their rent, lost their job due to COVID, fleeing domestic violence, and became homeless after a loved one passed away. Each story is different and we feel privileged to hear our client's.

Fishline will not judge anyone by what car they drive, what they are wearing, sex, race, political affiliation or housing status. We will strive to be inclusive and welcoming to everyone who needs services.

I think we could all learn a lesson from Atticus Finch.

Lori Maxim, Executive Director



### FISHLINE BOARD OF DIRECTORS:

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Karen Timken

Nate Walters

For biographies of our board, go to [fishlinehelps.org](http://fishlinehelps.org)

## FISHLINE DONATION LIST

- SHAMPOO
- BREAKFAST ITEMS
- PAPER TOWELS
- CONDIMENTS
- BABY WIPES
- DIAPERS (SIZES 3/5/6)

## DROP-OFF LOCATIONS

### Perishable:

19705 Viking Way  
NW, Poulsbo, WA  
98370  
M, T, TH, F:  
Noon - 3:30pm  
W: 2pm - 5:30pm

### Drop-Off Bins:

These can be found at Central Market, 1st Security Bank, Liberty Bay Bank, and John L. Scott.

### Client Services Donations:

Please visit Building B between 11am - 3pm, M - F.



# Second Season

## THRIFT STORE

19689 7th Ave NE, Suite 101, Poulsbo, WA 98370  
(360) 598-5190 • Monday - Saturday • 10am to 5pm

Stop in our Second Season Thrift Store and browse through our gently used clothing, accessories, housewares, artwork, books and more! We receive such wonderful donations from the community. Shop frequently to see our new inventory! We've also added several sales to help benefit our community members: senior and military members (1st of the month), and anyone who volunteers (15th of the month), and our clients. Donations are gratefully accepted at the rear of the building on Monday, Wednesday, Thursday, and Friday from 10am-4pm.



Joanne Etstedt has volunteered at Second Season Since 1985



## HOW TO HELP



### GIVE ONLINE

[www.fishlinehelps.org/donate](http://www.fishlinehelps.org/donate)



### GIVE BY MAIL

Fishline Food Bank  
P.O. Box 1517  
Poulsbo, WA 98370



### TEXT TO DONATE

(360) 783 6087



### GET INVOLVED

[www.fishlinehelps.org/donate](http://www.fishlinehelps.org/donate)



### AMAZON SMILE

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