

Pirate Newsletter

May 2023 ~ Edition 22-23~ Vol. 25

NEAH-KAH-NIE *Pirates*

Note from the Principal's Office

Artificial Intelligence!?!?

You may have seen it on the news, you may have heard about it from your student...Artificial Intelligence is something that schools must now contend with as both a powerful learning tool but also a huge temptation for students.

Recently our Librarian asked AI to define itself:

[ChatGPT](#) | [OpenAI](#)

Prompt: Tell me what you do in 50 words or less...

I'm an AI language model that generates text-based responses using machine learning, providing information, answering questions, offering suggestions, and assisting with various tasks based on user input. Here at NKN we have an academic integrity policy which is the very first thing listed in our student handbook. Students are expected to put forth their best effort on tests and assignments. Everything they put forth as their own work must actually be their own.

We want our students to be confident in their own ability to do the work. We want students to feel safe making an educated guess and more importantly, we want our students to understand that it is ok to be wrong. In fact the brain grows more powerful by struggling and making mistakes.

AI will never be as creative or interesting as our students can be, but it can be amazingly helpful. Ms. Harmon, our librarian, shared, "ChatGPT can create text in many languages, can code in programming

languages with libraries on Github, it can create poetry, write lyrics, and tailor responses by refining prompts, IE: add errors - or write at a specific grade level.”

Students that use artificial intelligence to do their work are at risk of receiving disciplinary consequences which start at getting a failing grade on the assignment, then if repeated results in a failing grade for the course.

Teachers have multiple tools they can use to identify if a student has utilized artificial intelligence. Because it is artificial, AI sometimes creates false sources and incorrect citations. It cannot do many simple mathematical calculations because it is a language based program.

This article is intended to bring awareness. Parents, please talk with your students about academic integrity- if there are any questions or concerns about classwork- please reach out to the teacher for support and clarification!

-Dr. Buckmaster



Thank you!

Thank you, Paul Short, for your many years of service to the NKN School District. You are missed and very much appreciated

Upcoming Events



The Great Gatsby 2023 Style

Prom will be May 13th at the Old Mill in Garibaldi from 7:00-11:00pm. Ticket prices are \$13.00 single and \$20.00 couples. Join us for an evening of fun like it's 1920 Gatsby style! Guest passes can be picked up in the office by Juniors and Seniors. They must be returned by May 10th. Tickets will go on sale May 8th.

Prom 2023 Dress Up Days

Monday-PJ Day

Tuesday-Dress as Your Type

Wednesday-Decades Day

Thursday-Formal Day

Friday-Pirate Pride

**JOIN US AS WE
CHEDDARBRATE
THE GRADUATES**

Thursday, May 11, 2023 • 5-7 PM in the evening

Tillamook Creamery welcomes graduates and their families for an evening filled with complimentary pizza, raffles, and of course Tillamook Ice Cream. Learn more about your next career and Tillamook work study program opportunities.

Yearbook orders for previous years are live on the NKN Yearbook instagram page Yearbook orders for previous years are live on the NKN Yearbook instagram page:

<https://instagram.com/nehkahniecearbook?igshid=YmMyMTA2M2Y=>

The 2022-2023 yearbook will be sent to the printers no later than June 10th and will include events such as prom and graduation. Due to the size of the classes currently enrolled, the yearbook is quite large and will be sold for \$45-50 soft cover and \$55-60 hardcover. The final price will be announced closer to the order date. All yearbooks will be sent to the student's address on file unless specified otherwise.

IMPORTANT DATES FOR SENIORS

Seniors & Parents

- **May 18th-SENIORS** must be passing ALL required classes to meet graduation requirements. Parents can monitor grades on ParentVUE. If you need an activation code, contact Delpha Corwin by email at delphac@nknsc.org or call 503-355-3553.
- **Nine week progress reports** are mailed to parents of students with an F or NP. At six weeks, all parents are mailed a progress report. If you have questions about your senior's graduation status, please don't hesitate to contact Esther Troyer, counselor, or contact the high school office. Dr. Buckmaster will be in touch with those seniors in jeopardy and their parents after reviewing the nine week grades. Please remember after school tutoring continues to be offered. More detailed information and important reminders will be in the Senior Newsletter.
- **May 23rd at 7:00 PM-Senior Awards Night.** This is a night of awarding academic and athletic honors as well as many scholarships. Student/Parent will be contacted if awards are being given. Plan to celebrate with your student, community members and NKN Staff!
- **May 30th TBD-Cap and Gown handed out**
- **May 30th-Grad Walk at Elementary/Middle Schools.** Student who attended these schools will do a walk at their schools.
- **May 31st-Seniors** check out of afternoon classes
- **June 1st-Seniors** check out of morning classes
- **June 1st is Graduation Practice from is from 2:00-3:45.** This is **MANDATORY**.
- **June 2nd at 7:00 PM-GRADUATION!** No tickets are required to attend.

Deadline Extended

TILLAMOOK WORKS PRESENTS:



**Explore.
Learn.
Get
PAID.**

**APPLY
NOW!**

Student opportunities:

**DUE
APRIL
30th**



www.tillamookworks.com

CONGRATULATIONS!

April Students of the Month

**Landin Houstein and
Zoe Lawrence**

Athletics, Clubs and Activities

This week in Pirate Sports

Check here for sport updates and streaming

Let's Go PIRATES!!

Please come out and cheer your Pirate Athletes on as they work hard to make this season an incredible one. Check out the schedules for different sports at <https://www.osaa.org/schools/255>
The track schedule is linked below!

GO PIRATES!!

District Track Meet

NKN HS is excited to host 3A-SD2 Special District 2 Championships May 18th-19th. The first event will begin at 2:00 PM. Come out and cheer on our Pirate athletes

April Athletes of the Month Affinity Parker & Eduardo Loza

Affinity Parker demonstrates a positive attitude, never giving up, always striving to learn and grow. She has such a wonderful way of uplifting her teammates, and always cheering on and off the field during games or practices. It's a privilege to coach such a wonderful student and athlete.-Coach Pierson

Eddie's work ethic on the field is only equaled by his effort in the classroom. Mr. Loza also pitched a complete game in the Pirates win over the #1 ranked Banks Braves-Coach Herder

Unified Club

Unified Club is looking for partners to participate in a few events this Spring.

On Saturday, May 13th, we will be playing Kickball against Forest Grove here at NKN at 11:00am. Lunch will be provided following the game.

On Wednesday, May 24th, we will be having a Corn Hole tournament after school.

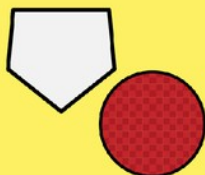
On Thursday, June 8th, we will be going Bowling at Tillamook Bowling Lanes.

Please sign up in the office or in the Life Skills Classroom. See Jenni Stinnett or Carlotta Roddy if you have any questions. jstinnett@nknsd.org or carlottar@nknsd.org



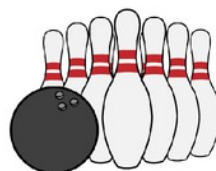
Spring Unified Club Activities

**May 13th (Sat) Kickball
Game vs Forest Grove @
NKN 11:00am**



**May 24th (Wed)
Cornhole Tournament
@ NKN 4pm**

**June 8th (Thurs)
Bowling @
Tillamook Bowling
Lanes 4-7pm**



**Sign up in the office or in the life skills
classroom. See Carlotta Roddy or Jenni
Stinnett for questions.
carlottar@nknsd.org 503-355-3594**

The National Honor Society will be volunteering on May 13th at the Migratory Bird Festival at Alder Creek Farm in Nehalem, OR. If you are interested in learning more, volunteering, or going to this free event from 9 - 3pm, you can find more information at nehalemtrust.org.

FBLA Nationals

Congratulations to Lana Motsinger!

She made it to Nationals in Atlanta, Georgia in the category of Client Services.

NKN Robotics Fall 2023

All 7-12th grade students who are interested in Robotics are invited to attend our Fall Kickoff the first weekend of school in September. We will need a signed permission form for all students who are not yet registered for Robotics on Familyid.com. (Permission forms will be available in the library the first week of Fall classes.) This is an opportunity to learn about FIRST Tech Challenge and see if this competition is for you! We are looking for adults to supervise as well (please make sure you have your current district volunteer paperwork approved in advance.) Students who are engaged and actively participating in a positive manner during kickoff will be invited to join a NKN Robotics team with weekly meetings starting on September 11th.



FNRL Club Update

FNRL, (Future Natural Resource Leaders) wrapped up its year-long competitive season at a two day

doing the physical events. We scored the most points in the physical events, but felt we did our best in the technical events Friday. Here is a list of all the events. <https://www.oregonfnrl.org/career-development-events>

The team took 6th place out of 16 teams from across the state. Stand outs on the podium where: Ryder Alm, who took 2nd place in the Choker set, 68 participants entered that event.

Trask Zinc took 5th place in Arbor Climb, with 45 other contestants in that event

Dallas Coleman and Ryder Alm took 3rd place in Double Buck Cross-Cut. They competed against 42 other teams.

Gage Wilkenson took 6th place in Log-Roll against 30 of the state top log rollers

Ansel Albrechtsen took 6th place in Plant Identification, with 112 in that event.

It was the team's debut season, and coach Albrechtsen is very proud of their whole team's accomplishments to get 6th at State level.



Chess for Success State Tournament

The Chess For Success State Tournament was held in April at The Portland Expo. We had teams from Nehalem Elementary, NKN MS/HS, Tillamook East Elementary, and TJHS competing in the K-5 and 6-8 division. Eighteen individuals from k-12 competed in the k-5, 6-8 and 9-12 divisions. They all played well with many wins and some very close matches.

Our High School students were Dillon Gardner, Jacob McIlvanna and Joseph Naylor.

Congratulations goes out to all of our players, their coaches, and the great support from our schools and the students' families.

Congratulations to NKN HS Band

The Neah-Kah-Nie high school band recently competed in the Special District 1 band competition. They did an amazing job and took first place. This means that they will travel to Corvallis on May 10th to compete in the 3A state finals. This is a tremendous accomplishment and is a result of the hard work and dedication our students give.

The Pirate Players

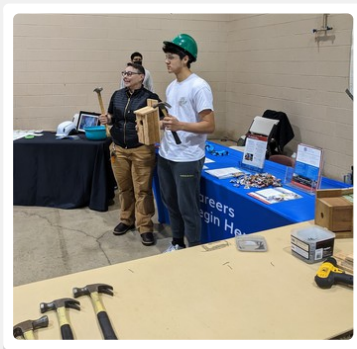
The Pirate Players will be presenting a series of six short plays titled "16 in 6/60" on May 18th, 19th and 20th @ 7 pm. The plays will be shown on the totally refurbished stage in the upper gym. Admission is \$10 for adults, \$5 for students and free for Senior Citizens and children under 6.

The 6 plays are a bittersweet exploration of life at 16 years old in about 60 minutes of performance time. The students have been working hard to bring a play back to the Neah-Kah-Nie High School stage, so we hope you can join us for their performances!

Willamette Valley Construction Career Day

Thirteen Neah-Kah-Nie students attended the Willamette Valley Construction Career Day on April 25th at the Salem Fairgrounds. Our students were able to talk with and learn about the types of post-high school degrees, trade certificates, and apprenticeship programs are available to them from companies like Peterson CAT, Freres Lumber, Electric Contractors; unions like IBEW and IUOE; and schools like Chemeketa and the NW College of Construction.

Plus they were able to work hands-on with different tools and equipment! It was a great experience for our students and most of them walked away with ideas and options that they didn't know existed before they attended.



Hazelden Betty Ford Assembly

On Monday 4/24/23, NKN High School and Middle School each hosted an assembly focused on drug and alcohol prevention. In the evening, a community discussion was facilitated at the high school library. We appreciate the students, parents, school staff, community members and agency representatives who attended. Eduardo Torres, Hazelden Betty Ford Prevention Specialist, shared excellent research, personal experiences and advice surrounding use and

addiction.

Some key messages

- The relationship between **early experimenting** with tobacco, alcohol and other substances and the increased risk for addiction.
- The earlier youth try alcohol, tobacco or other substances, the more at risk they are for becoming addicted, trying more harmful substances or participating in other risky behaviors.
- The most important risk reduction factor is to **delay first use as long as possible**.
- Students were asked to talk **to family members** if addiction has been in the family and what this means for their risk. Those with genetic history of addiction can have a much greater personal risk when trying alcohol and other substances.

From surveys administered last fall, the top substances identified in the NKN school population has been **binge drinking (more than 5 drinks in a two hour period), marijuana, and vaping**.

Brain development and brain science were discussed in great detail. Alcohol impedes the developing youth brain from using logic and increased risk results.

Today's marijuana and nicotine are significantly more potent and addictive than the products of the past. **Opioids and pills** are circulating which are deadly, even in small quantities. Youth were challenged to question the advertising targeted at teens to engage in these activities.

Please consider talking to your teens about these important topics. If you have any questions or need support, we are happy to talk with you or connect you and your family to resources. Remember, the High School has two counselors, a district nurse and many more staff and administrators that are here to support you.



Note from Family Resource Coordinator:

Hello from the Family Resource Center. Our job here as the FRC is to help our students by meeting their basic needs. This ensures they go on to be the successful students they were intended to be. We offer many things from our room from hygiene items to shoes, to food for the weekends. If you would like to donate to our program the following is a list of items we currently accept:

- Jeans
- T-Shirts
- Hoodies
- Jackets
- Leggings
- Sweats
- Sweatshirts
- Athletic shorts

- Athletic tennis shoes
- New undergarments
- Socks (lightly used)
- School supplies
- Backpacks
- New Toiletries
- New Hygiene items
- Dry pantry goods (not expired)
- Canned goods (not expired)
- Frozen food items (not expired)

Please no ripped, stained or heavily used items. Also consider we are looking for clothing and shoes that are age appropriate for middle and high school students.

Thank you for the support of our program, we are happy to have a Community like ours.

State Testing

NKN participates in many activities to prepare our students for success on the required state assessments in science, math and language arts. At the high school state testing occurs in 11th grade starting in April.

Not only are the results an important indicator of a student's knowledge and skills, we use consolidated data to help us evaluate the effectiveness of our programs.

All students will participate in state assessment unless there is an opt out form signed by parents prior to the testing window. For science, there is no opt out option, however there is an exemption form. All forms are available on the school district website under parent resources.

https://nknsd.org/wp-content/uploads/2023/01/Opt-Out_Form_English.pdf

https://nknsd.org/wp-content/uploads/2023/01/Opt-Out_Form_Spanish.pdf

<https://nknsd.org/wp-content/uploads/2023/01/OSAS-Science-Exemption-Form.pdf>

Testing Dates

UPCOMING DATES

Wednesday, May 3rd-AP Eng Lit Exam

Monday, May 8th- AP Comp Sci Exam

Wednesday, May 10th- AP Bio Exam

OnShape! Change the World Challenge

The annual NKN Change the World 3D modeling Challenge has begun!

We once again have a 3D printer to give as a prize for the best student designed 3D model using Onshape to Change the World. Due May 6th - see Ms. Harmon for more information.



Eugene Schmuck Manzanita Open

The Eugene Schmuck Foundation is proud to announce that we will host the Manzanita Open this spring - May 19, 20, & 21, 2023.

To our Golfers - We encourage you to plan on attending the Open to play or just have fun and support the community. The Open is a four-person, 9-hole scramble, \$50 per player. Organize your teams of 4 and go to our website to reserve your spot and pay. Our website www.eugenschmuckfoundation.org will have details and rules for the tournament. You'll get a phone call, text or email to confirm your spot.

To our Sponsors - You are the reason we can do so much good in our community; you are the fundamental reason we touch the lives of so many! Thank you for your continued donations and support.

As we move into 2023, we are thankful for our blessings, but aware that there are so many folks who count on us. We are reaching out again to ask for your support through a sponsorship. Information packets have been dropped into the mail as well. Our website offers credit card payments for both sponsorships and tee times.

If you are a business owner, we again offer the "Diamond Plus" sponsorship level which displays your name on our Sponsor board, a Tee sign on the course, and your logo/link to your own site displayed on our ESF website for the entire year.

To our Volunteers - We love you, and the Manzanita Open just would be impossible without your help! If you are interested in volunteering during the Open, please let us know. Check the website for details and drop us an email with your interest and contact information.

To All in Our ESF Family - Thank You from our hearts. Your faith and trust make us strong. The Manzanita Open has always been a way to help others and we appreciate your support!

Sincerely,

Troy Bowers, Board President



Be kind to your mind (1).pdf

 Download

1.3 MB

Oregon College Savings Plan

The Oregon Treasury Savings Network (OTSN) want to make sure parents are aware of the benefits the Oregon College Savings Plan (OCSP) can provide in helping offset some of the costs associated with attending a post-secondary institution. Whether a child is starting their academic career in kindergarten, or getting ready to graduate high school as a senior, we believe having an OCSP account can help.

You can learn more by visiting Oregon College Savings Plan at

<https://www.oregoncollegesavings.com/>

Meal Time

MAY 2023 NEAH-KAH-NIE HIGH SCHOOL				
Monday	Tuesday	Wednesday	Thursday	Friday
1 PROFESSIONAL DEVELOPMENT NO SCHOOL	2 Cinnamon Bagels Hot Dogs Deli Sandwich	3 Tater Topped Breakfast Bake Cheeseburger Chef's Salad	4 Princess Leia Rolls Boba Fett-ucini Wookie Cookie	5 Huevos Rancheros Build-Your-Own Nachos
8 French Toast Cheesy Breadsticks w/ Marinara Deli Sandwich	9 Banana Nut Muffin Enchiladas Deli Sub	10 Breakfast Rounds Chicken, Potato, Gravy Bowl Crispy Chicken Salad	11 Biscuits & Gravy Pulled Pork Sandwich Chef's Salad	12 Oatmeal Breakfast Bar Fish & Chips Deli Sandwich
15 Waffles Chicken Tacos Deli Sandwich	16 Pancake on a Stick Soup & Grilled Cheese Deli Sub	17 Blueberry Breakfast Bar Chicken Nuggets & Peppy Quinoa Deli Sandwich	18 Breakfast Sandwich Sloppy Joe & Tots Chicken Taco Salad	19 Breakfast Burrito Breakfast For Lunch Little Dipper Bentos
22 Pancakes Corn Dog & Fries Deli Sandwich	23 Strawberry-Cr Cheese Bagel Mac & Cheese Deli Sub	24 Tater Topped Breakfast Bake Chicken Cordon Bleu Burger Taco Salad	25 Ham & Cheese English Muffin Tater Tot Casserole Chef's Salad	26 Cinnamon Rolls Spaghetti Deli Sandwich
29 MEMORIAL DAY NO SCHOOL	30 Blueberry Muffin Mushroom Swiss Burger Tuna Salad	31 Breakfast Rounds Fish & Chips Deli Sandwich		

Please join us in celebrating May the Fourth and Cinco de Mayo!
A variety of fresh fruits and vegetables are available daily on our offering bar. Every day choices of 1% and non-fat milk are offered. All of our bread items are whole wheat or whole grain. Whole grain cereal is an option at breakfast. Menu items are subject to change due to availability.

"This institution is an equal opportunity provider"

Free and Reduced Price Meal Income Guidelines Announced for 2022-23 School Year

Free and Reduced Price Meal Income Guidelines Announced for 2022-23 School Year

If you have not already completed your 2021-2022 Meal Time application for free and reduced lunches it is important that you do so now. By completing this now will give you a 30 day grace period in the till October 17. Otherwise, you will need to be prepared to pay full price for all breakfast and lunches until your 2022-2023 application is approved in the fall.

For the 2022-2023 school year there will no longer be free meals for all as we have had the last couple years with COVID.

If you need help or need to know the income qualifications for Free and Reduced Lunches please reach out to the [office](#).

PLEASE CHECK YOUR STUDENTS MEAL TIME BALANCES!!

Meal Time application is below V

Counselor's Corner

[Link to Resources](#)



In light of the pandemic and issues some students have faced with meeting their graduation requirements, the Neah-Kah-Nie school board has decided to reduce graduation requirements to 24 credits. This is a reduction of elective credits needed for graduation for the classes of 2023 and 2024. Those students who have completed graduation requirements are encouraged to stay and explore additional classes, take college courses or participate in job shadows and internships. We thank the school board for providing an equitable option for our struggling students and celebrate those students who go above and beyond to prepare for their futures!

Having a diploma is an important step in preparing students for future success. The knowledge, skills and habits a student develops while being in school, help to prepare them for success as an adult.

Developing good study habits and working on self-management skills are an important piece of being successful, both at school and at work! Be on time to class...turn in assignments on time...phones off and away during class - these are all expectations teachers have of students that directly relate to the world of work.

Students who are struggling or are not currently on track to graduate should be encouraged to stay for after-school study hall to complete homework assignments or to make up classes needed for graduation. A little bit of work now can have some huge payoffs for the future!





The NKN Student Health & Wellness Center provides services to all students regardless of the student's ability to pay.

Located at the Neah-Kah-Nie High School.

Center opens Tuesday, August 9th for medical services (including sports physicals).

Health & Wellness Center Hours

Tuesday:

8:30 am – 12:00 pm

1:00 pm – 5:00 pm (closed 12:00 pm – 1:00 pm)

Wednesday:

8:30 am – 12:30 pm

1:30 pm – 5:00 pm (closed 12:30 pm – 1:30 pm)

Thursday: Starting September 6th

(Counseling appointments only)

8:30 am – 12:00pm

1:00 pm – 4:30 pm (Closed 12:00 pm – 1:00 pm)

(503) 355-3500



Visit the website for available services

and resources: nknhealth.org

**Parents have the right to opt out of services.*

I NEED TO STAY HOME IF...

Primary COVID Symptoms Require exclusion from school

COUGH	I HAVE A FEVER 100.4 ° or higher	SHORTNESS OF BREATH/ DIFFICULTY BREATHING	NEW LOSS OF TASTE OR SMELL
			








I am ready to go back to school when I am...

Symptom free for 24 hours AND Negative COVID Test. OR 10 day isolation with no test or positive test	Symptom free for 24 hours without fever-reducing meds AND Negative COVID Test. OR 10 day isolation with no test or positive test	Symptom free for 24 hours AND Negative COVID Test. OR 10 day isolation with no test or positive test	Negative COVID test OR Medical provider clearance
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Please contact the school nurse if your child has a chronic condition that may explain these symptoms. A medical provider may provide clearance.

Return to school will be based off of ODE/OHA COVID-19 scenarios for schools and in combination with the 21/22 ODE/OHA Communicable Disease guidance.

Non-primary symptoms can be seen with many other illnesses.

UNUSUAL FATIGUE	MUSCLE OR BODY ACHES	HEADACHE	SORE THROAT	NASAL CONGESTION OR RUNNY NOSE	VOMITING	DIARRHEA
						
Symptom free for 24 hours AND No new symptoms develop	Symptom free for 24 hours AND No new symptoms develop	Symptoms resolve AND No new symptoms develop	Symptoms resolve OR symptoms improving AND No new symptoms	Symptoms resolve OR symptoms improving AND No new symptoms	48 hours after the last episode	48 hours after the last episode.

IF symptoms persist more than one day, parents should consider evaluation by the child's health care provider who can determine if viral testing is advised.

- If your child has strep throat or another bacterial infection, they should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school.
- Unexplained rashes or eye infections will be excluded unless confirmation from a health care provider.

TOGETHER

for Mental Health



#Together4MH

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

nami.org/mentalhealthmonth

Home of the Pirates

COMMUNITY

WE ARE HIRING!

Neah-Kah-Nie School District Job's listing

AN OPPORTUNITY AWAITS!

DIVERSE EDUCATOR PATHWAY

We are looking to fill critical shortages of bilingual and/or culturally competent teachers in the Neah-Kah-Nie school district through a "grow your own" program.



Qualifications:
any student/classified staff or community member with a desire to be a pre-school, elementary, middle, or high school teacher who is racially and/or linguistically diverse.

Contact:

High School Counselor: Esther Troyer, esthert@nknsd.org

Spanish Speaking Liaison:

Alejandro Quintana, alejandroqr@nknsd.org

A smiling teacher with dark hair, wearing a purple cardigan over a striped shirt, is leaning over two young girls. The girls are looking at a book together. The background is a light blue gradient with horizontal lines.

**SUBSTITUTES
APPLY NOW**

ESS
Every day counts.

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FLASH ALERT

Spring is upon us! Make sure you are signed up for Flash Alert to keep you up to date on school changes!

<http://flashalert.net/news.html?id=1123>

To keep up on weather alerts you can sign up for messages from Nixle on the link below.

<https://local.nixle.com/register/>

To make a donation to Mudd Nick Foundation ~Click Here

Every year the Mudd Nick Foundation provides funds to further the education to our students through field trips, supplies, and so much more

Beginning with the 2020-21 school year, Neah-Kah-Nie School District has contracted with [ESS](#) for our substitute services. To become a substitute for the District please go to [ESS.com](#), click on the Job Seeker tab and type in Neah-Kah-Nie School District to begin the application process.

If you have questions about the application process, or becoming a substitute, please contact ABrueske@ess.com or our Human Resources office at 503-355-3506.

TILLAMOOK COUNTY MENTAL HEALTH CRISIS LINE LÍNEA DE CRISIS DE SALUD MENTAL DEL CONDADO DE TILLAMOOK

Life can be stressful and overwhelming daily for adults and children/teens alike. Tillamook County residents have access to a 24-hour crisis response mobile unit:

Tillamook County Mental Health Crisis Line 503-842-8201

Suicide Prevention Lifeline

1-800-SUICIDE (784-2433)

1-800-273-TALK (8255)

In Crisis? Text 741741



Safe Oregon Oregon seguro

