



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



National Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help. The Mental Health American (MHA) provides some tips on how to reduce your stress by utilizing a [Stress Screener](#). Also, take some time to visit the [Centers for Disease Control and Prevention \(CDC\) website](#) and familiarize yourself with strategies for stress management.

NIH also offers several resources that can assist managers and employees in dealing with stress and anxiety, including the [Employee Assistance Program \(EAP\)](#) and the Office of the Ombudsman. While EAP focuses on confidential counseling and enhancing and maintaining the well-being of all employees, the [Office of the Ombudsman](#) provides confidential, informal services related to coaching, facilitation, and mediation. Contact information for both services can be found in the above links.

Please see the additional resources available to effectively cope with stress:

- [Wellness@NIH](#)
- [Helpful Practices to Manage Stress and Anxiety \(NIMH\)](#)
- [So Stressed Out Fact Sheet \(NIMH\)](#)
- [Stress \(NCCIH\)](#)
- [7 Steps to Manage Stress and Build Resilience \(ORWH\)](#)
- [Your Workplace Mental Health and Well-Being Toolkit \(HHS\)](#)

To read the full article and get the statistical data and graphs, please visit: [National Stress Awareness Month | Office of Human Resources \(nih.gov\)](#)

**April
2023**

Alcohol Awareness Month

National Autism Acceptance Month

National Child Abuse Prevention Month

Stress Awareness Month

Sexual Assault Awareness and Prevention Month

National Counseling Awareness Month

National Minority Health Month

Week

National Family Volunteer Week (Apr.12-22)

National Infertility Awareness Week (Apr. 23-29)

National Youth Violence Prevention Week (Apr. 24-28)

Day

World Autism Awareness Day (Apr. 2)

World Health & National Alcohol Screening Day (Apr. 7)

Day of Silence (Apr. 14)

National Stress Awareness Day (Apr. 19)

To learn more visit:
<https://sacwellness.com/mental-health-awareness-calendar/>

Self-Harm Awareness Month

April is Sexual Assault Awareness Month (SAAM). This is a time for advocates, survivors, their loved ones, and the community to come together to talk openly about sexual violence to support survivors, increase knowledge and awareness, and identify strategies and resources to prevent sexual violence.

The Office of Family Violence Prevention and Services (OFVPS) is proud to support this year's public awareness campaigns, webinars, social media events, blogs, radio shows, etc. coordinated by our grantees and partners to promote sexual assault awareness and prevention. Let's all join efforts to end sexual violence in our communities. The following resources are some suggestions on how you can help draw attention to the prevalence of sexual violence while working with us to elevate ways to prevent it. [Find out more information on SAAM.](#)

- **Read the [White House Proclamation on Sexual Assault Awareness Month, 2023.](#)** In his statement, President Joseph R. Biden Jr. says, "Freedom from sexual assault is a basic human right. Yet tens of millions of Americans — our family and friends, colleagues, neighbors, and classmates — carry the trauma of sexual assault with them. National Sexual Assault Awareness and Prevention Month is an important time to speak out, stand with courageous survivors, and finally change the culture that has allowed sexual violence to exist for far too long."
- **Share the [National Sexual Violence Resource Center \(NSCRC\) 2023 Sexual Assault Awareness Campaign Materials](#)** for information on this year's SAAM theme, "Drawing Connections: Prevention Demands Equity." Join us in working together as individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect.
- **Download tools, training, and prevention** information from the **Centers for Disease Control and Prevention's [VetoViolence toolkit](#).**
- **Collaborate with community partners** to mobilize people through education and activities focused on healthy sexuality, consent, and bystander intervention, so individuals are more likely to intervene when they see others are at risk. Engage in discussions that are supportive and encourage getting help when needed. These honest and supporting discussions can help reduce the occurrence of sexual assault and prevent the long-lasting effects on individuals, families and the community.
- **Learn about the new FVPSA Culturally Specific Sexual Assault Capacity Building Centers (CSSACs)** that enhance intervention and prevention efforts for victims of sexual assault, domestic violence and family violence for members of racial and ethnic minority groups including African Americans, Asian Americans/Pacific Islanders, and Latinos/Latinas. The CSSAC grantees are part of a network of National, Special Issue, Culturally Specific, and Capacity Building Resource Centers providing leadership, training, technical assistance, resources, and support to programs and systems serving victims of domestic violence, sexual assault, family service and their children. Our goal is to increase awareness of the prevalence of sexual assault, its impact on individuals, families, communities, and service systems, and ways to prevent sexual assault, domestic violence and dating violence, which is a statutory requirement of FVPSA. There are also 3 Culturally Specific Sexual Assault Capacity (CSSAC) Centers.
- **Watch the [OFVPS and National Center on Domestic Violence, Trauma and Mental Health \(NCDVTMH\) SAAM Podcast!](#)** This roundtable discussion was recorded to support advocates caring for sexual assault and domestic violence survivors. The panel discussed vicarious trauma and tips to create space for advocates to focus on their own wellbeing to prevent vicarious trauma.
- **Join an event** posted on the [2023 Sexual Assault Awareness Month Calendar](#). OFVPS proudly supports this year's public awareness campaigns, webinars, social media events, blogs, radio shows, etc., coordinated by our grantees and partners.

For additional information on this month's events, contact Jan Sheri Morris, FVPSA senior program specialist, at jan-sheri.morris@acf.hhs.gov or Sabrina Peña, management analyst, at sabrina.pena@acf.hhs.gov.

To read the full article, please visit: [2023 Sexual Assault Awareness Month | The Administration for Children and Families \(hhs.gov\)](#)

Did You Know?



Prevent Child Abuse America recognizes that all community members have a role in ensuring children have positive experiences and families have the resources they need when they need them, well before they are in crisis. The theme of this year's awareness and impact campaign that we lead in partnership with our national network of state chapters, is "Building Together: Prevention in Partnership."

Child abuse and neglect are preventable, and all communities benefit when children and families are well supported.

To read the full article, please visit: [Child Abuse Prevention Month 2023 \(preventchildabuse.org\)](#)



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Did You Know?



Dear Valued Referral Sources,

Thank you for the work you do day in and day out. Remember, most of our stress comes from the way we view and respond to situations. During national stress awareness month, let's work together to help promote a positive and optimistic outlook. Word stress is important...let's all make a note of it.

Sincerely,

Jennifer Campbell, MSW, LSW

Clinical Manager, WHS Center for Mental Health and Wellbeing - Outpatient

Washington Physicians Group

Office#: 724-627-2526

WHS Center for Mental Health & Wellbeing



Contact Information:

Inpatient Behavioral Health	P: 724-223-3195 F: 724-229-2128	155 Wilson Ave Washington, PA 15301
Outpatient Behavioral Health	Greene P: 724-627-2756	220 Greene Plaza Rear Waynesburg, PA 15370
Outpatient Behavioral Health	Peters Township P: 724-579-1075	4198 Washington Road, Suite 5 McMurray, PA 15317
Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Clinical Manager Outpatient Services	P: 724-627-2526
Mark Wright, MBA, RN – Inpatient Unit Manager	P: 724-223-3197

Suicide and Crisis Lifeline: 988

Greene County Crisis Line: 1-800-417-9460

Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283