



WASHINGTON HEALTH SYSTEM  
Center for Mental Health and Wellbeing

## MONTHLY NEWSLETTER



### Protect Your Family's Mental Health during the COVID-19 Pandemic

Over the last couple of weeks, I have heard from many parents concerned about the impact the coronavirus epidemic is having on their emotional health and their children's mental well-being. Kids and teens, too, are expressing their own worries about the impact COVID-19 is having on their lives.

Fortunately, there are some steps you can take to protect your family's mental health during this very difficult time.

#### **Know That This Will End**

Although right now the pandemic feels endless, we need to remind ourselves and our kids that it won't be. Although we don't know the specific timeline, the need for social distancing, closures and the life changes we are currently experiencing aren't permanent. Knowing this makes it much easier to cope.

#### **Make Social Distancing and Self-Quarantining Manageable**

For all of us, social distancing is a temporary fact of life, including business and school closures. For many, mandatory quarantine will be inevitable. Based on conversations I've had with people about COVID-19, these are the two chief concerns causing people to stress and worry. There are a few steps (aside from stockpiling toilet paper) that will make it much easier to cope.

**Resist the urge to treat this time as a vacation.** Wake up each morning at a regular time. Make sure your kids are awake at the same time each morning as well, as if it was a school and work day. Keep a regular bedtime routine as well. This will help both adults and kids feel some normalcy within the disruption and will also make it much easier to transition back to regular life.

**Create a schedule for yourself and your children for each day.** For example, if they need to do schoolwork online, or work sent home by teachers, set aside the same time each day for children to do their homework without distractions. This will be easier with middle and high schoolers because many schools are conducting distance learning.

For younger children, it's up to parents to structure learning time during the day. For adults, a schedule is also important, whether or not you have a job outside the home. With young children at home, this may be challenging. However, creating a daily routine is important for everyone's mental health, even if it is fully focused around the schedule you create for your kids.

To read the full article visit: <https://health.usnews.com/wellness/for-parents/articles/protect-your-familys-mental-health-during-the-covid-19-pandemic>

April  
2020



Think you  
have the flu  
or the  
coronavirus?

Visit **WHS.org**  
for up to date  
hospital  
information  
regarding  
**COVID-19:**

\*What you need to know

\*WHSVirtualCare.com

\*Visitation Restrictions

\*News and Events



## Learn about Emotional and Social Isolation

**Isolation** is the experience of being separated from others. It may result from being physically separated from others, such as when a person lives in a remote area. Isolation can also result from being emotionally removed from a community. (The separation could be real or perceived.)

An isolated person may experience loneliness or low self-esteem. Over time, a person may develop social anxiety, depression, or other mental health concerns. [The right therapist](#) can help individuals build social skills and connect with others. Therapy can also help people recover from the effects of isolation.

### What Is Social Isolation?

Social isolation is an absence of social relationships. It is distinct from solitude, which is simply the state of being alone. Social isolation can occur in solitude or in the vicinity of others.

### What Is Emotional Isolation?

Emotional isolation occurs when someone is unable or unwilling to share their emotions with others. Someone may be reluctant to discuss anything but the most superficial matters. Without emotional support, they may feel "shut down" or numb.

Emotional isolation can occur due to social isolation. Yet a person may feel emotionally isolated despite having a social network. Even though relationships are necessary for our well-being, they can trigger negative feelings and thoughts. Emotional isolation can act as a [defense mechanism](#) to protect a person from distress.

### Solitude, Isolation, and Loneliness

Solitude, isolation, and [loneliness](#) are similar terms, but they have distinct meanings.

- **Solitude** is the state of being alone.
- **Isolation** is a lack of social relationships or emotional support.
- **Loneliness** is a craving for social contact. It is often linked to feelings of sadness and emptiness.

Spending time alone is not inherently bad. Solitude can be a healthy, rejuvenating experience. It can allow people to reconnect with their needs, goals, and feelings. Some people require more solitude than others. [Introverts](#), for example, enjoy spending lots of time alone and can feel drained through social interaction. Meanwhile, [extroverts](#) often need more social interaction to feel fulfilled. Circumstances that feel isolating or lonely to one person may be healthy for another.

To read the full article visit: <https://www.goodtherapy.org/learn-about-therapy/issues/isolation>

DID YOU KNOW?

## 2020 National Mental Health Observances:

### April 2020

Alcohol Awareness Month;  
Stress Awareness Month;  
National Autism Awareness Month;  
National Counseling Awareness Month;  
National Minority Health Month

*Suggested Theme:*  
Stress Less This Spring

**April 2<sup>nd</sup>:** World Autism Awareness Day

**April 7<sup>th</sup>:** World Health Day

**April 9<sup>th</sup>:** National Alcohol Screening Day

**April 11<sup>th</sup>:** National Pet Day

**April 16<sup>th</sup>:** National Stress Awareness Day

For the full calendar visit:  
<https://www.stampoutstigma.com>



Dear Valued Referral Source,

We sincerely thank you for your referrals and allowing us to take care of your patients. We appreciate you putting your trust in us.

Sincerely,

***Jennifer Campbell, MSW, LSW***

Program Manager, WHS Center for Mental Health and Wellbeing

Washington Health System & 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

Washington  
P: 724-579-1075

95 Leonard Ave  
Building #1, Suite 301  
Washington, PA 15301

Outpatient Behavioral Health

Greene  
P: 724-627-2756

220 Greene Plaza Rear  
Waynesburg, PA 15370

## Behavioral Health Management:

**Jennifer Campbell, MSW, LSW** – Program Manager  
Inpatient & Outpatient Services

P: 724-627-2526

**Mark Wright, MBA, RN** – Inpatient Unit Manager

P: 724-223-3197

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