



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Self-Care and Mental Health

Ideally, we all engage in regular self-care in which we do the things that make us feel taken care of mentally, physically, and emotionally. But this doesn't always happen, and we may need to stop and take the time to remind ourselves we are important, too. Sometimes our feelings become too much and we need to distract ourselves until we are better able to cope. We can also strategically change how we are feeling when things become too overwhelming.

What is self-care?

Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority. Examples of self-care include: baking, cooking, cleaning, crossing something off your to-do-list, exercise, getting a massage, going for a walk, creating art, meditation, mindfulness exercises, etc.

Use distraction as a strategy. Why should I distract myself?

Activities are a great way for us to distract ourselves from our current emotions until we are better able to cope. When our level of distress is too high, we may not be able to effectively handle a situation and need ways to bring our emotional state down. Some suggestions may seem similar to self-care, but distraction activities serve a different purpose. One person's self-care activity is another's distraction technique. Examples of distraction activities include: calling a friend, focusing on a single task, going to an event, listening to music, watching TV/movie, doing something nice for someone else, volunteer, etc.

Focus on changing our emotions. Is my response warranted?

Check to see if the situation warrants the response you're having. Examine the facts. While our emotions are always valid, they are not always justified. Look to see if your emotional response matches the circumstances.

Am I being effective?

Examine whether what you're doing is helping or hurting the situation. If it's making things worse, do the opposite of whatever it is you feel like doing. Commit to it. If you want to stay home and isolate, force yourself to go out where there are people. If you're angry and want to yell, try avoiding the person who your anger is directed towards.

To read the full article, please continue through this newsletter or visit:

<https://www.activeminds.org/about-mental-health/self-care/>

July
2021

2021 Mental
Health
Awareness
Calendar

Month

Minority Mental
Health
Awareness

Day

International Self
Care Day (Jul. 24)

World Day Against
Trafficking Persons
(Jul. 30)

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



Understanding Human Trafficking

“Trafficking in persons,” “human trafficking,” and “modern slavery” are umbrella terms – often used interchangeably – to refer to a crime whereby traffickers exploit and profit at the expense of adults or children by compelling them to perform labor or engage in commercial sex. When a person younger than 18 is used to perform a commercial sex act, it is a crime regardless of whether there is any force, fraud, or coercion.

The United States recognizes two primary forms of trafficking in persons: forced labor and sex trafficking. The basic meaning of these forms of human trafficking and some unique characteristics of each are set forth below, followed by several key principles and concepts that relate to all forms of human trafficking.

More than 175 nations have ratified or acceded to the UN Protocol to Prevent, Suppress and Punish Trafficking in Persons (the UN TIP Protocol), which defines trafficking in persons and contains obligations to prevent and combat the crime.

The United States’ Trafficking Victims Protection Act of 2000, as amended (TVPA), and the UN TIP Protocol contain similar definitions of human trafficking. The elements of both definitions can be described using a three-element framework focused on the trafficker’s 1) acts; 2) means; and 3) purpose. All three elements are essential to form a human trafficking violation.

Forced Labor

Forced labor, also referred to as “labor trafficking,” encompasses the range of activities involved when a person uses force, fraud, or coercion to obtain the labor or services of another person.

The “**acts**” element of forced labor is met when the trafficker recruits, harbors, transports, provides, or obtains a person for labor or services.

The “**means**” element of forced labor includes a trafficker’s use of force, fraud, or coercion. The coercive scheme can include threats of force, debt manipulation, withholding of pay, confiscation of identity documents, psychological coercion, reputational harm, manipulation of the use of addictive substances, threats to other people, or other forms of coercion.

The “**purpose**” element focuses on the perpetrator’s goal to secure labor or services. There is no limit on the location or type of industry. Traffickers can commit this crime in any sector or setting, whether legal or illicit, including but not limited to agricultural fields, factories, restaurants, hotels, massage parlors, retail stores, fishing vessels, mines, private homes, or drug trafficking operations.

All three elements are essential to constitute the crime of forced labor.

To read the full article, please continue through this newsletter or visit: <https://www.state.gov/what-is-trafficking-in-persons/>

DID YOU
KNOW



Mark your calendars and plan for a self-care day.

International Self Care Day is July 24th.

Consider:

- Scheduling a massage
- Plan a night out with friends
- Schedule a hair appointment
- Go for a walk in the park
- Attend a yoga class
- Schedule a movie night with the yourself/family
- Make time for the gym
- Get your nails done



Dear Valued Referral Source,

Thank you for your ongoing referrals to our inpatient and outpatient services. We value your referrals of, patients, friends and family very highly because it tells us you were pleased with the services received at WHS Center for Mental Health and Wellbeing. Your trust and confidence means a great deal to us. Rest assured that we will provide the very best care possible to anyone you send to 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	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 – 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
STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283