



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



The great collide: The impact of children's mental health on the workforce

The pediatric and adolescent mental health crisis—brought to new attention and made more urgent by the stresses of the pandemic—is now showing to have direct and dramatic implications in the workplace.

On Our Sleeves, the movement for children's mental health, recently conducted a first-of-its-kind national study in spring 2021, funded by the Nationwide Foundation, to specifically evaluate the impact of children's mental health on parents' work performance and, in turn, on companies' success. The results were timely and revealing:

- 53% of working parents have missed work at least once per month to deal with their children's mental health.
- 54% of working parents interrupted their work to answer communication about their child's mental health needs during business hours.
- 30–50% of working parents' thoughts are on their child's mental health and well-being even while they are at work,
- 85% of working parents think it's a good idea to talk about children's mental health, but few talked to their managers (20%), the human resources department (23%) or colleagues (21%),
- Working parents under the age of 40 are more concerned about their children's mental health and are also more likely to choose employers based on access to mental health care benefits and resources.

"Concerns about the mental health of children have always existed, but amid the pandemic, they've become increasingly more visible and more urgent," said Marti Bledsoe Post, lead study author and executive director of On Our Sleeves. "Now, working parents are seemingly stuck in a tug-of-war, trying to focus on their children's needs while also navigating work responsibilities."

More than 3,000 working parents nationwide participated in the survey and answered questions about how their work performance was impacted by their child's mental and emotional health. Results showed that not only are working parents under increased stress because of their concerns over their children's mental health, but it is also affecting them at work.

To read the full article, please visit: <https://medicalxpress.com/news/2022-02-great-collide-impact-children-mental.html>

**March
2022**

*Hello,
March*

Month:

Self-Harm Awareness Month

American National Nutrition Month

Brain Injury Awareness Month

National Developmental Disability Awareness Month

Week:

National Careers Week (Mar. 7-12)

Sleep Awareness Week (Mar. 13-19)

National Drug and Alcohol Facts Week (Mar. 21-27)

World Autism Awareness Week (Mar. 29-Apr. 3)

Day:

Self-Injury Awareness Day (Mar. 1)

Zero Discrimination Day (Mar. 1)

International Women's Day (Mar. 8)

World Sleep Day (Mar. 18)

World Down Syndrome Day (Mar. 21)

International Day for the Elimination of Racial Discrimination (Mar. 21)

World Bipolar Day (Mar. 30)

To learn more visit:
<https://sacwellness.com/mental-health-awareness-calendar/?nowprocket=1>



Brain Injury Awareness Month

Quality of care for Veteran's includes raising awareness around important health topics. By highlighting some of the national health awareness campaigns each month, Veterans can get ideas, information, and resources on a variety of health matters.

March is Brain Injury Awareness Month, and we want to raise everyone's awareness on this serious condition. Traumatic Brain Injury (TBI) occurs when there is trauma to the head and the brain is damaged to some degree. TBI can cause a variety of physical, cognitive, social, emotional, and behavioral issues, and outcomes can vary from total recovery to permanent disability or even death.

The wars in Iraq and Afghanistan have increased the number of Veterans with TBI. Since 2007 VA implemented mandatory TBI screenings for all Veterans getting care in VA that have served in combat operations and separated from active duty after September 11, 2001.

Each brain injury is different and symptoms can vary in each person. Damage to different parts of the brain will result in different symptoms. TBI shares symptoms with other physical and mental health conditions, making it more difficult to diagnosis. Below are some of the signs and symptoms. Having some of them, however, does not necessarily mean a person has TBI. Only a health care provider can identify and diagnose a TBI.

Some signs of TBI immediately after injury:

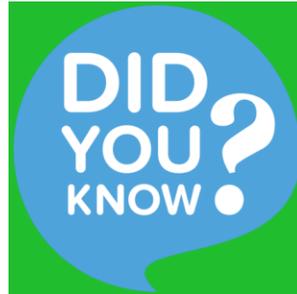
- Being dazed and confused
- Not remembering the injury
- Losing consciousness (being knocked out)

Common signs of TBI later on:

- Persistent headache or neck pain
- Sensitivity to light and noise
- Loss of balance
- Changes in sleeping patterns
- Feeling tired all the time or lacking energy
- Ringing in the ears
- Loss of sense of smell and taste
- Slowness in thinking, acting, speaking or reading

Recovery from brain injury depends on the degree of damage and is different for each individual. Immediate medical treatment is very important for preventing further damage. Severe injuries often require surgery to repair damage to the brain. For many people with TBI there is medication and alternative medicines which can alleviate symptoms such as headaches, chronic pain, behavioral problems, depression and seizures. To read the full article, please visit:

https://www.va.gov/QUALITYOFCARE/education/Brain_Injury_Awareness_Month.asp



What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse.
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
- Biological factors or chemical imbalances in the brain.
- Use of alcohol or drugs.

To read the full article visit:
<https://www.cdc.gov/mentalhealth/learn/index.htm>



Dear Valued Referral Sources,

We want you to know how much we appreciate your referrals. Our goal is to always provide the best possible service to our patients, families and friends. Thank you for your trust!

Sincerely,

Jennifer Campbell, MSW, LSW

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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