

  
**WASHINGTON HEALTH SYSTEM**  
Center for Mental Health and Wellbeing  
**MONTHLY NEWSLETTER**



## *National Bullying Prevention Month*

October is National Bullying Prevention Month, a time to focus and raise awareness on bullying. During this month, many groups across the country will release new resources, campaigns, and efforts aimed at bringing awareness to the issue of bullying.

What is Bullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying can also take place through technology, known as cyberbullying. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

There are many other types of aggressive behavior that don't fit the definition of bullying. This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies.

**National Bullying Prevention Month**

Beginning in October 2006, PACER's National Bullying Prevention Center, along with the National Education Association, National PTA, American Federation for Teachers, and the National Coalition for Parent Involvement in Education, hosted the first awareness week sponsoring events and activities to raise awareness of the issue of bullying throughout the month. PACER realized that students, parents, and people throughout the country needed to become more aware of the serious consequences of bullying. The point of National Bullying Prevention Month was to transform a society that accepts bullying into a society that recognizes that bullying must – and can – be addressed through education and support.

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October  
2022



### ***Month:***

ADHD Awareness Month

National Depression and  
Mental Health Screening  
Month

Health Literacy Month

Bullying Prevention Month

Domestic Violence  
Awareness Month

Pregnancy and Infant  
Loss Awareness Month

Selective Mutism  
Awareness Month

### ***Week:***

Mental Illness  
Awareness Week  
(Oct. 2-8)

OCD Awareness Week  
(Oct. 9-15)

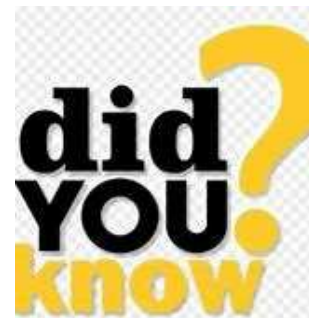
National Health  
Education Week  
(Oct. 19)

### ***Day:***

International Day of  
Non-Violence  
(Oct. 2)

ADHD Awareness Day  
(Oct. 14)

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



## Yik Yak, the Dangerous Anonymous Chatting App, Is Back

Comments sections on social media platforms can be scary, hateful, and aggressive places — and this happens when people are logged in *under their real names*. Now, imagine how scary comments would be if people were completely anonymous! This is essentially what the messaging app Yik Yak is. And to make things even more sketchy, it only shows you messages — also known as Yaks — from people within a 5-miles radius. Yik Yak combines the bite-sized messages of [Twitter](#) with the upvote/downvote feature of [Reddit](#), all tied together with the location-based parts of [Snapchat](#).

To read the article visit: [Yik Yak, the Dangerous Anonymous Chatting App, Is Back | Bark](#)

Over the past several years, the event has only grown in awareness and in its reach. “It has grown beyond our expectations,” says Paula F. Goldberg, PACER’s executive director. “It has become a major event.” National Bullying Prevention Month is now recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.

This year, Bullying Prevention Month features many new initiatives. Among the many, PACER is releasing several new toolkits and public service announcements. The NEA is releasing new training modules to help education support professionals address bullying. DoSomething.org is releasing new findings from their online survey about bullying. And, the “be more than a bystander” campaign with the Ad Council officially launches on StopBullying.gov.

There are various events in October in which you can get involved to help prevent and raise awareness about bullying:

- Run, Walk, Roll Against Bullying, on October 6, encourages communities to stage events to show support against bullying. This year, organizations from Las Vegas, Nevada to Punxsutawney, Pennsylvania, and from Jonesboro, Arkansas to San Diego, California are staging Run, Walk, Roll Against Bullying events to raise awareness in their communities.
- Unity Day, on October 10, is a time when people across the country wear orange as a show of support for students who have been bullied. Ellen DeGeneres wore orange on her TV show during last year’s Unity Day.
- Youth can enter the Stop Bullying Video Challenge: Encourage the youth in your life to submit original PSAs, 30 to 60 seconds in length, that showcase ways they are taking action against bullying and promoting a culture of kindness and respect in their communities. The deadline for submission is October 14, and the top prize is \$2,000. Full details about the contest, including submission guidelines and rules for eligibility are available at [stopbullying.challenge.gov](http://stopbullying.challenge.gov).

With all of these new resources and attention, it is a great time to consider how you can help raise awareness about bullying and take action to stop it. Tell us what you are going to do by engaging on Facebook and Twitter.

Additional Federal Resources:

- The Office of Adolescent Health, within the U.S. Department of Health and Human Services has resources on healthy relationships in adolescence, including how adolescents and those who care about them can help prevent or stop bullying.
- StopBullying.gov, a special initiative from the Department of Health and Human Services, provides information and resources from government agencies on how to prevent, respond, and take action against bullying.
- The Centers for Disease Control and Prevention's Striving To Reduce Youth Violence Everywhere (STRYVE) initiative provides communities with the knowledge and resources to prevent youth violence, including bullying.

To learn more visit: [National Bullying Prevention Month](http://NationalBullyingPreventionMonth.org) | [Youth.gov](http://Youth.gov)



## ***Bullying Adults in the Workplace***

### **What's the Difference Between Harassment and Bullying?**

Bullying and harassment are often used interchangeably when talking about hurtful or destructive behavior. They are very comparable, but in terms of definition, there's a significant difference.

Bullying and harassment are similar as they're both about:

- Power and control
- Acts that intentionally hurt or harm another person
- A disproportion of power between the victim and the bully
- The target having trouble stopping the action directed towards them

The difference between bullying and harassment is that when the bullying behavior is directed at a target who belongs to a protected class, it's defined as harassment.

To read the full article, visit:  
<https://www.verywellmind.com/how-to-deal-with-adult-bullying-5187158>

The definition of a bully and what it means to be a victim has changed over the years. Gone are the days when we sang, “sticks and stones may break my bones, but names will never hurt me.” In the age of social media and with cyberbullying on the rise, we know words can hurt just as much as a punch to the gut. Sometimes even more so, because it reaches so many and never ends. Verbal and physical abuse can have long and short-term negative effects including anxiety, depression, low self-esteem, loneliness, and absenteeism at work.

What may come as a surprise, however, is that bullying doesn't end on the playground. Adults can experience it, too – at work or in their personal relationships. Insulting someone at work in front of others, spreading rumors, or harassing on social media are common examples. Of course, physical abuse and the destruction of property (even the threat to do so) takes it to another level that becomes criminal. It's important to break down the types of bullying and not confuse it with teasing, a misunderstanding or a typical argument. Also important is judging the ways we can successfully handle these situations and recognize when there is a problem.

### **What Makes It Bullying?**

There are many definitions of a bully, however, expert Dan Olweus defines bullying as “aggressive behavior that is intentional and that involves an imbalance of power. Usually, it is repeated over time.” Below are examples for adults.

- Physical and/or verbal attacks
- Being excluded from on-the-job social events
- Co-workers excusing themselves from the work area when you enter
- Others being late or absent to meetings you call
- Receiving the “silent treatment”
- Ignoring presentations or work contributions
- Colleagues refusing to assist or support work-related projects when you ask for it
- Co-workers spreading lies about you that no one refutes

### **Kinds of Adult Bullies**

Bullying for grown-ups varies and is meant for an individual or group of persons repeatedly by another person or group. There are different types of adult bullies and it helps to understand how they operate.

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Examples include:

- Conceited Bully: This type is egotistical, shows little or no mercy for others. They think they always are the best and feel good when in control or when hurting people.
- Imprudent Bully: These people lash out at their victims and have no emotional control.
- Somatic Bully: While an adult bully may not use physical abuse, he or she may threaten to hurt victims and destroy their belongings or property.
- Verbal Bully: Words are powerful and verbal bullying can cause victims to lose general interest in their lives and may even lead to depression.
- Ancillary Bully: These are people who 'suck up' to bullies and steer attention from themselves by helping bully others. Secondary bullies may feel guilty about their actions but will do it to save themselves.

## The Impacts of Bullying

One would think that once you're an adult you are mature and know right from wrong. Unfortunately, this does not always happen. Adult bullies are out there and their main al is to gain power over another person and take pleasure in it. Usually, adult bullies are not interested in discussing (or admitting) anything. This can have a considerable effect on our psyche and overall health.

When an individual has power or influence, he or she can destroy your career. Achieving success, finishing a project, receiving credit, or going for that raise can be blocked by someone looking to ruin you at your job.

When you consider how much time we spend each week at our jobs, having to deal with a bully at work can be exhausting and hopeless. In our personal lives, a bully can destroy friendships and even marriages depending upon their behaviors. Either way, the consequences of their actions can stay if you don't talk about the problem with the person causing it or those people involved. Remember, adults have more skills and determination to control you. If the bully is already in a position of power, this can make a solution more difficult, but not impossible.

## Stop Workplace Bullying

For adults, there are ways to solve the problem if you already have tried talking to the person harassing you or if tried to appeal to him or her with kindness as a way to confuse them.

In a personal situation, adults should block anyone who is harassing them from all social media and of course their phone. If threats are made to body or property, law enforcement should be involved. In the workplace, directly to your boss or Human Resources department. The one thing you don't want to do is involve others by talking about the bully behind his or her back, which will make the situation worse.

There is not much you can do to change an adult bully, because they don't see a reason to change. The good news is that, if you have proof of bullying, you can file a suit of harassment on the job, but you have to provide that proof.

Being the victim of a bully can be scary, frustrating, and confusing. One thing to know is that you should not blame yourself for someone else's actions. We are responsible for our own behaviors – good and bad. Bullies are either doing it out of hurt or insecurity and it's important to not react in front of them.

To read the article visit: <https://share.upmc.com/2016/12/bullying-adults-in-the-workplace/>

*Did You Know?*

**You can be confident at any age without appearing confrontational. It's important to tell someone in power about what is happening. Together we can end this cycle of intimidation through education, solidarity, and discipline.**

## Workplace Bullying Resources:

**If you are having trouble with bullying in the workplace and want to talk to someone about it and need support, visit [UPMCPinnacle.com/mentalhealth](https://share.upmc.com/2016/12/bullying-adults-in-the-workplace/) or call [PinnacleHealth Psychological Associates \(PHPA\)](https://share.upmc.com/2016/12/bullying-adults-in-the-workplace/) at **(717) 231-8360** to make an appointment.**

To read the article



## *What Is Cyberbullying*



### Frequency of Cyberbullying

There are two sources of federally collected data on youth bullying:

- The 2019 [School Crime Supplement](#) to the National Crime Victimization Survey (National Center for Education Statistics and Bureau of Justice) indicates that, nationwide, about 16 percent of students in grades 9–12 experienced cyberbullying.
- The 2019 [Youth Risk Behavior Surveillance System](#) (Centers for Disease Control and Prevention) indicates that an estimated 15.7% of high school students were electronically bullied in the 12 months prior to the survey.

See also "[Frequency of Bullying](#)."

Date Last Reviewed

November 5, 2021

To read the full article visit: [What Is Cyberbullying | StopBullying.gov](#)

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities

### Special Concerns

With the prevalence of social media and digital forums, comments, photos, posts, and content shared by individuals can often be viewed by strangers as well as acquaintances. The content an individual shares online – both their personal content as well as any negative, mean, or hurtful content – creates a kind of permanent public record of their views, activities, and behavior. This public record can be thought of as an online reputation, which may be accessible to schools, employers, colleges, clubs, and others who may be researching an individual now or in the future. Cyberbullying can harm the online reputations of everyone involved – not just the person being bullied, but those doing the bullying or participating in it. Cyberbullying has unique concerns in that it can be:

**Persistent** – Digital devices offer an ability to immediately and continuously communicate 24 hours a day, so it can be difficult for adults and children experiencing cyberbullying to find relief.

**Permanent** – Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact multiple areas of life.

**Hard to Notice** – Because employers, coworkers, teachers, students, and parents may not overhear or see cyberbullying taking place, it is harder to recognize.

### Laws and Sanctions

All states have laws requiring schools to respond to bullying. As cyberbullying has become more prevalent with the use of technology, many states now include [cyberbullying](#), or mention cyberbullying offenses, under these laws. Schools may take action either as required by law, or with local or school policies that allow them to discipline or take other action. Some states also have provisions to address bullying if it affects school performance. You can learn about the [laws and policies](#) in each state, including if they cover cyberbullying.

To read the full article visit: [What Is Cyberbullying | StopBullying.gov](#)



Dear Valued Referral Sources,

We continue to send our thanks and gratitude to all healthcare works and colleges' collaborating with Washington Health. As we head into fall, we hope you get the opportunity to enjoy family outings and watching the leaves change colors and fall from the trees. Continue to be safe and thank you for your ongoing referrals.

Sincerely,

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

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Washington Health System & Washington Physicians Group

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# WHS Center for Mental Health & Wellbeing



## **Contact Information:**

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

## **Behavioral Health Management:**

|   |                 |
|---|-----------------|
| <b>Jennifer Campbell, MSW, LSW</b> – Program Manager<br>Inpatient & Outpatient Services | P: 724-627-2526 |
| <b>Mark Wright, MBA, RN</b> – 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: 988 **or** 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

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