



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Welcome New Physician



Bryan William Lockmer, DO

Washington Health System is pleased to announce the addition of a new psychiatrist, Bryan William Lockmer, DO. Dr. Lockmer will serve as an Inpatient and Outpatient Psychiatrist at the WHS Center for Mental Health and Wellbeing. Dr. Lockmer served as a Psychiatrist and Vice Medical Director at Jefferson Hospital prior to joining the Washington Health System.

Dr. Lockmer is a board certified psychiatrist. He obtained his Doctor of Osteopathy (D.O.) degree from Lake Erie College of Osteopathic Medicine in 2013. He completed his post graduate training at West Virginia University School of Medicine, Department of Behavioral Medicine and Psychiatry in 2017. During his last year of post graduate training, Dr. Lockmer served as the Chief Resident. Throughout his residency, Dr. Lockmer participated in research studies and oral presentations with a focus on resistant schizophrenia.

Dr. Lockmer resides in South Hills, PA where he enjoys running, reading, biking, weight lifting and traveling to new places. When it comes to treatment he says, "There is truly no one-size fits all approach. No two treatment plans are exactly alike, and one cannot always follow the same formula for every patient. I find that creativity in psychiatry can truly cater to personalized medicine."

**September
2020**

We love
referrals!

**To make an
appointment
call**

724-579-1075

**Dr. Lockmer will
be seeing patients
at the
Washington
Outpatient
location:**

**95 Leonard
Avenue, Building
#1, Suite 301,
Washington, PA
15301**



Addressing the Psychological Fallout of The Coronavirus Pandemic

The coronavirus pandemic in the United States has led to great efforts to prevent the spread of the virus and to prevent fatalities.

But the problems that people will face due to the pandemic will go beyond medical issues. In addition, it will be important to address a variety of psychosocial issues. Of particular concern are (1) covering the cost of testing and treatment for all people in the United States for whom testing is medically advisable including people with no health coverage, (2) dealing with the impact of disruptions such as school closures, layoffs, lost income, lack of in-home services, loss of access to social and behavioral health services, difficulty getting food, loss of family caregiving, etc., and (3) dealing with the psychological fallout for those who get the disease, their families, and their caregivers.

This article highlights the behavioral health challenges that will need to be met.

Although it is unlikely that many people will develop new mental or substance use disorders as a result of their experience during the pandemic, some will, and it is likely that many will experience exacerbations of PTSD, anxiety disorders, depression, and psychosis. In addition, many people will experience emotional challenges due to stress, isolation, confrontation with mortality, and grief.

This is of particular concern for the courageous people who will work directly with people who contract COVID-19.

In general, it is important to develop plans for diverse populations including varying social-economic status groups, ethnic and racial groups, household composition, ages, and lifestyles.

This article contains an outline of psychological issues that need to be addressed. It is not intended to be comprehensive or detailed or to provide specific solutions. That has to happen through planning processes that hopefully will soon address the psychological fallout of the pandemic. The purpose of this document is simply to note areas to be addressed.

To read the full article visit: <https://behavioralhealthnews.org/addressing-the-psychological-fallout-of-the-coronavirus-pandemic/>

National Suicide Prevention Week:

(September 6th-12th)

Suicide Signs and Symptoms:

The behaviors listed below may be signs that someone is thinking about suicide. Crisis numbers are provided on the last page of the newsletter

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits



Kids and Teens Also Worry About Politics

Recent surveys of American adults reveal they worry about political issues and are concerned for the future of the United States. Now, a new study discovers that children and teens are worried about political matters as well.

The study appears in the journal *Child Psychiatry and Human Development*. It also found that the worries experienced by children and teenagers reflect many sides of a political issue, and the findings pertain to youth across the political spectrum. But it's unclear whether children's and teens' worry is a cause for concern, or that it is interfering with mental health.

Typically, worry about political issues has not been on psychologists' radar when assessing mental health. That has changed since the 2016 presidential election in the United States.

More adults are reporting feelings of **anxiety** about political issues and, the tension has been building. Indeed, investigators note that even before the 2016 contest an American Psychological Association survey found political issues to be a "significant source of stress" for both Republicans and Democrats.

Until now, there has been little, if any, attention paid to youths' worry about political issues. Realizing this, American University Assistant Professor of Psychology Nicole Caporino devised a psychological measure to gauge how frequently youth are worrying, if at all, and which political issues they are worrying about most.

A child clinical psychologist who specializes in child anxiety and **obsessive-compulsive** disorder, Caporino leads the Clinic for Youth Anxiety and Related Disorders at AU. The clinic provides assessment and **therapy** for children and adolescents ages 4 through 17 years old.

Over time, Caporino has seen her young patients express worry about political issues, from the possibility of deportation (regardless of citizenship status), to Muslim peers being bullied or victimized, to the possibility of being "kidnapped" by a political party and separated from family.

To read the full article visit: <https://psychcentral.com/news/2020/03/11/kids-and-teens-also-worry-about-politics/154864.html>

DID YOU
KNOW ?

**2020 National
Mental
Health
September
Observances:**

**All Month:
National
Recovery
Month; National
Alcohol & Drug
Addiction
Recovery Month**

**Sept. 6th – 12th:
National Suicide
Prevention
Week**

**September 10th:
World Suicide
Prevention Day**

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



Dear Valued Referral Source,

Thank you for your continued referrals. We look forward to increasing our service availability with the addition of our newest psychiatrist, Dr. Bryan W. Lockmer. Please don't hesitate to call if you have any questions or concerns.

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



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Behavioral Health Management:

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Inpatient & Outpatient Services

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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