



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



**make
kindness
the norm.**

7 Ways to Start Making Kindness the Norm in Your Daily Life:

There are things we do every single day with intention, yet we don't even think about them. We wake up, take a shower, brush our teeth, get dressed, drive to work or school... all part of our invisible routine. What if we added a moment of kindness to our invisible routine? What if we woke up and as we turn the alarm off, we immediately send an uplifting text message to a friend? Or during the morning commute, what if we let that guy merge into traffic with a wave and a smile instead of feeling upset or slighted?

As we celebrate World Kindness Day, I invite you to look for ways to make kindness the norm in your daily life. World Kindness Day is a great day to begin building a new routine which means including intentional moments of kindness, laughter and delight. It also means taking a moment to enjoy and recognize when those things are happening.

Kindness starts with one. One smile. One compliment. One cup of coffee. One conversation.

Let's lift the fog and make kindness the norm.

1. Send an uplifting text to a friend or family member.
2. Let that guy merge into traffic with a wave and a smile.
3. Include intentional moments of kindness, laughter and delight in your daily routine.
4. Go slightly outside of your comfort zone at least once a day to make someone smile.
5. Share a compliment with a co-worker or friend.
6. Reach out to a family member you haven't spoken to in a while.
7. Treat someone to a cup or coffee (a friend, stranger, or even yourself).

To read the full article and get the statistical data and graphs, please visit:
<https://www.randomactsofkindness.org/world-kindness-day>

November 2023

Adoption Awareness Month
National Career Development Month

Week

International Stress Awareness Week
(Oct. 30- Nov. 2)
Anti-Bullying Awareness Week
(Nov. 13-17)
Hunger and Homeless Awareness Week
(Nov. 11-18)
National Career Development Awareness Week
(Nov. TBA)

Day

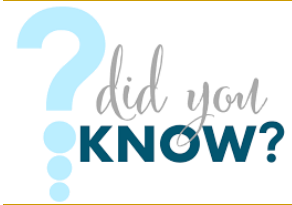
International Stress Awareness Day
(Nov. 1)
International Day Against Bullying and Violence
(Nov. 3)
World Adoption Day
(Nov. 9)
Veteran's Day
(Nov. 11)
World Kindness Day
(Nov. 13)
International Day for Tolerance
(Nov. 16)
National Career Development Day
(Nov. TBA)
National Parental Involvement Day
(Nov. 16)
International Survivors of Suicide Day
(Nov. 18)
National Adoption Day
(Nov. 18)
Transgender Day of Remembrance
(Nov. 20)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>



The Mental Health Impact of Bullying on Kids and Teens



November 18th
is
International
Survivors of
Suicide Loss
Day

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 18, 2023.

To read the full article, please visit:
<https://afsp.org/international-survivors-of-suicide-loss-day/>

When people hear the word “bully,” they may think of a child being pushed around by another kid. Or they may think of someone being insulted by a peer, whether face-to-face or online.

Regardless of its shape and form, these experiences can be incredibly serious and often have lifelong effects. And while everyone cannot be forced to get along, there are steps we can all take to reduce bullying and make everyone feel more welcome.

What Is Bullying?

First, it’s important to recognize the difference between bullying and fighting, as they can sometimes look very similar. Fighting occurs between two people that have equal power, whether it’s strength, size, or intellect.

Bullying happens between someone who has more power and is more aggressive than their targeted person. A bully uses that power—whether it’s physical strength, being more popular, or knowing embarrassing information—to hurt or control the person they’re bullying.

The person who is being bullied may find it hard to defend themselves and may feel increasingly powerless against the person bullying them.

It can be difficult for parents or people in authoritative roles (teachers, coaches, bosses) to identify if someone is being bullied—or bullying someone else—because it often occurs out of their sight. That’s why it’s helpful for peers to know when and how to help if they see that someone’s being bullied.

Data shows that bullying comes in many forms, can happen anytime, and can take place online. Some of the most common forms of bullying include:

Physical bullying:

- Hitting or striking someone
- Kicking someone
- Shoving someone
- Intentionally tripping someone, causing them to fall (especially if they are carrying several items)
- Spitting on someone

Verbal bullying:

- Teasing
- Threats of physical harm
- Name-calling, which can include racist, homophobic, or other offensive language.
- Yelling
- Harassment

Although verbal bullying does not leave bruises, scrapes, or marks, it can still have a significant impact on someone's mental health.

Bullying can also be based on impacting relationships with the recipient:

- Starting rumors about someone
- Intentionally excluding someone from an activity
- Giving the silent treatment
- Gossiping

Relationship bullying may be especially harmful to children, as it can impair their social development, but all types of bullying can have adverse effects on mental health.

Unfortunately, Bullying Is Common

The [National Center for Education Statistics and the Bureau of Justice Statistics](#) and the [Centers for Disease Control and Prevention](#) have published recent statistics, including:

- One out of every five students between the ages of 12 and 18 has experienced bullying at some point
- Students who reported being bullied stated it had an impact on how other students treated them
- Many children are bullied by peers who are larger or stronger than they are
- Some children are bullied because they have less money than their peers
- Fewer than half of all students who experienced bullying in school report it to authorities

Cyberbullying: The Darker Side of Technology

Cyberbullying refers to any bullying that takes place in the digital world. Students as young as elementary school ages understand how to use cell phones, tablets, and computers.

Although the internet can benefit a child's academic growth and development, it also makes them more vulnerable to cyberbullying.

Cyberbullying is a significant concern. It can have a major impact on a young person's mental health. Adolescents who are the victims of cyberbullying are more likely to experience depression, anxiety, and academic difficulties.

According to one study published by [JAMA](#), young people exposed to cyberbullying are at a 50% increased risk of suicidal thoughts than their peers. Another recent study showed that children and young adults who experience cyberbullying are [more than twice as likely](#) to harm themselves and display suicidal behavior.

One study published by the [Joint Research Center](#) found that more than half of all children surveyed had experienced cyberbullying in some way. A [survey published by Google](#) indicated that teachers believe cyberbullying is their top safety concern in the classroom.

Mocking someone online, posting embarrassing photos, and harassing someone on social media can be forms of cyberbullying. Setting up fake social media accounts to spy on someone and/or to make fun of them is another form of this type of bullying.

Unfortunately, because children can talk to each other whenever they want online, it can be nearly impossible for a child to escape their bully.

There are a number of common types of cyberbullying.

To read the full article visit: <https://www.mcleanhospital.org/essential/bullying-kids-teens>



VETERANS DAY

Don't forget to thank our Veterans! Here are 8 Ways to Say 'Thank You Veterans' on Veterans Day

1. Say "Thank You Veterans" by Showing Up
2. Donate to Veteran-Focused Charities
3. Fly a Flag – Correctly
4. Ask Someone About Their Service
5. Write a letter to say "thank you veterans"
6. Don't Confuse Veterans Day with Memorial Day
7. Visit a VA Hospital
8. Get Outdoors with a Veteran

For more ideas and ways to honor Veterans visit: <https://www.military.com/veterans-day/8-ways-to-express-appreciation-on-veterans-day.html>



Dear Valued Referral Sources,

Wishing you, your family and loved ones a wonderful holiday filled with love, warmth, safety, and joy.

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

SPHS, Center of Excellence Opiate Use Disorder Hotline: 1-888-810-8595

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