



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Sexual Assault and Mental Health

What Is Sexual Assault?

Sexual assault refers to sexual behavior that occurs without the clear consent of the victim. According to the Rape, Abuse, & Incest National Network (RAINN), this includes:

- Attempted rape;
- Fondling or unwanted sexual touching;
- Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator's body; and
- Penetration of the victim's body (rape)

It's important to note that force does not just mean physical force, but includes manipulation, coercion, threats, and situations where a person is unable to give consent.

How Does Sexual Assault Impact Mental Health?

Sexual assault can have a variety of short- and long-term effects on a victim's mental health. Many survivors report flashbacks of their assault, and feelings of shame, isolation, shock, confusion, and guilt. People who were victims of rape or sexual assault are at an increased risk for developing:

- Depression
- PTSD
- Substance Use Disorders
- Eating Disorders
- Anxiety

Having a previous history of being a victim and negative reactions from family, friends, and professionals worsen the impact of sexual violence on mental health. Because sexual trauma can have such a serious impact on mental health, it's important that services and supports consider and address the trauma that many individuals have experienced.

Other Resources On Sexual Assault:

Rape, Abuse, & Incest National Network (RAINN)
<https://www.rainn.org/>
24/7 Hotline: 800-656-4673

National Sexual Violence Resource Center (NSVRC)
<http://www.nsvrc.org/>

End Rape on Campus
<http://endrapeoncampus.org/>
For support: 424-777-3762

To read the full article and get the statistical data and graphs, please visit: [Sexual Assault and Mental Health | Mental Health America \(mhanational.org\)](#)

**April
2024**



Month

BIPOC Health
Month

Sexual Assault and
Mental Health
Month

Alcohol Awareness
Month

Week

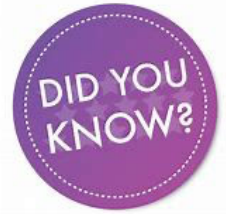
Volunteer Week
(Apr. 14th – 20th)

Day

National Alcohol
Screening Day
(Apr. 6th)

To learn more visit: [2024-
National-Observances.pdf](#)
(mhanational.org)

April is Alcohol Awareness Month



The Importance of Alcohol Awareness Month

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcoholism or alcohol abuse.¹ They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit.¹ Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

With this in mind, Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

These organizations—many of which are part of National Council on Alcoholism and Drug Dependence’s (NCADD) National Network of Affiliates—launch campaigns on social and traditional media during the month of April to draw attention to the causes of alcoholism, the signs and effects of the condition, how to talk to a loved one about a drinking problem, and how to find treatment options.

These campaigns can include advertising, especially in areas that are prone to abusive alcohol consumption like college campuses. According to the 2018 National Survey on Drug Use and Health (NSDUH), 54.9% of full-time college ages 18 to 22 students drank alcohol in the past month among, 36.9% engaged in binge drinking in the past month, and 9.65% engaged in heavy alcohol use.²

Programs like Alcohol Awareness Month exist to ensure that families and communities have the resources, information, and options available to control the crisis of alcoholism. If you feel you or a loved one may be struggling with alcoholism, don’t worry, you’re not alone. We understand how overwhelming it can be to consider seeking help for addiction and we’re here to take that burden off your shoulders. Our admissions navigators are available 24/7 to discuss your alcohol addiction treatment options and answer any questions you may have about the process. Call us today at 866-343-4751 or get a text to take the first step toward recovery and a healthier life.

To read the full article and get the statistical data and graphs, please visit: [What Is Alcohol Awareness Month?](#)

What does *BIPOC* mean?

POC is widely used as an umbrella term for all people of color, but now a different acronym is suddenly gaining traction on the internet – *BIPOC*, which stands for Black, Indigenous, People of Color. People are using the term to acknowledge that not all people of color face equal levels of injustice. They say *BIPOC* is significant in recognizing that Black and Indigenous people are severely impacted by systemic racial injustices.

To learn more visit:
[BIPOC Definition & Meaning - Merriam-Webster](#)



Dear Valued Referral Sources,

Sometimes we forget to thank the people around us for making our life a little easier and a little happier. Sometimes we forget to tell them how much we appreciate them. Don't miss an opportunity to say thank you! On behalf of WHS, we thank you for your business and referrals!

Sincerely,

Jennifer Campbell, MSW, LSW

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WHS Center for Mental Health & Wellbeing



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Jennifer Campbell, MSW, LSW – Clinical Manager
Outpatient Services P: 724-627-2526

Amber Cline, RN – Inpatient Assistant Nurse Manager P: 724-229-2425

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