



JANUARY

2022

Issue 4



IN THIS ISSUE

PG. 2

Dates to Remember and Announcements

PG. 3

Mental Wellness Month

PG. 4-5

Provider Spotlight-Washington Communities Inc.

PG. 6

Guest Columnist: Joanna Dragan, Supervisor of Sexual Violence Services, SPHS Care Center STTARS Program



DATES TO REMEMBER

January is Mental Wellness Month!

January 1-Happy New Year!!

January 11-Children Task Force Meeting

January 12- Free Grief Talks: Shattered School-When Death & Grief Impact Students [Register Here](#)

January 14- Free Virtual Youth Mental Health First Aid [Register Here](#)

January 19-21-ACRE Basic Certification with The Arc of PA

ANNOUNCEMENTS

Please be advised of an error in the December Newsletter under the Provider Spotlight, it should read:

Diversified Human Services (DHS) had a successful turnout at the **Monongahela Child Learning Center** on Thursday, October 28.

If you are interested in being a guest columnist or would like a corner feature in our newsletter, please reach out to Rebecca.Salsbury@co.washington.pa.us. We are now accepting submissions for the February, March and April newsletter.



MAKING EMPLOYMENT WORK: ACRE Basic Certification with The Arc of PA

Completing this ACRE certification course (3-day, live webinar training and self-paced, online curriculum) will qualify individuals to provide Supported Employment services with Pennsylvania's Office of Vocational Rehabilitation and Office of Developmental Programs. Our training combines lessons learned from traditional Supported Employment and Customized Employment techniques.

COURSE TOPICS INCLUDE:

- History and values of supported employment services
- Individualized assessments and employment/career planning with an overview of Discovery
- Community research and job development with an overview of Customized Employment
- Developing workplace and related supports & an overview of Systematic Instruction

COURSE REQUIREMENTS:

Attend 3 day webinar with followup activities + complete the online portion of course within 30 days to earn ACRE certification.

Activities include teaching a skill via video conference to another individual, or recording the skill instruction with a household member. Course instructors will provide support and feedback for all course activities.

ACCESS REQUIREMENTS:

Access to a computer or laptop with a webcam. Google Chrome, Safari or Firefox (mobile browsers and internet explorer are not supported). Internet with video streaming capability (minimum 300 kbps)

DATE AND TIME:

January 19-21, 2022
9-12PM + 1-3:30PM (via Zoom)

CERTIFICATION:

ACRE Basic Certificate of Achievement in Employment Services upon completion of all course requirements

COST: \$400 PER PERSON TO REGISTER.

Visit thearcpa.org/acre-training/
• Questions? Contact Jen Hipps at jhipps@includemepa.org

The Arc of Pennsylvania will do its best to fulfill reasonable requests for accommodations. Requests for accommodations must be made at least 30 days prior to the event. To request accommodations, please email registration@includemepa.org. Refunds will not be issued for registrants who fail to attend, or for cancellations after January 12.



Tips for Taking Care of Yourself for Mental Wellness Month and Every Month

It is typical that in January, we begin to set resolutions. What do we want to change or improve for the New Year? Are you the type that makes a long list, focuses on one goal or do you not pay any mind to resolutions at all? Regardless of your resolution style, mental wellness is imperative for everyone. Focusing a few moments every day to enhance mental wellness can lead to an increase in stress management, resilience, and overall sense of well-being. Here are some simple steps that can be added to your daily routine.

1. **Develop an attitude of gratitude** by focusing on something good in every day
2. **Set aside time to do things you enjoy** such as taking a walk, spending time with a pet, or engage in a hobby
3. **Take a break from stress** by setting appropriate boundaries and saying “no” sometimes
4. **Take care of yourself** by exercising, eating well, and scheduling/attending well-checks
5. **Ask for help when you need** by seeking support and talk to people who care about you

*If you feel that you are experiencing a mental health emergency the SPHS Crisis Services are available 24/7 at 1-877-225-3567

Citation:

Hope Haven. (n.d.). *January is Mental Wellness month*. Hope Haven. Retrieved December 9, 2021 from https://www.hopehaven.org/nlog/january-is-mental-wellness-month?gclid=EalalQobChMIgsfR3IDh9AIVQqGGCh1dfA8AEAMYAiAAEgJRKvD_BwE

SPHS Crisis Services

1-877-225-3567



Washington Communities Human Services, Inc.

Washington Communities Human Services, Inc. has been a staple organization in Washington County for over 50 years, providing behavioral health services to consumers since 1968.

WCHS's mission is to exist for the purpose of providing behavioral health services to the residents of the area such as diagnostic, therapeutic, rehabilitative, and developmental solutions. By using evidence-based practices, such recovery-oriented services will be easily accessible and responsive to the communities in which they are provided. As a small nonprofit, WCHS prides itself on treating every patient like they are family by understanding and embracing behavioral health needs. With a quick response time and a community-like atmosphere, WCHS established a prominent connection between Washington County residents for over 50 years.

Washington Communities serves all residents of Washington County, Pennsylvania who seek behavioral health services and meet the criteria for Outpatient Mental Health Treatment, Blended Case Management Services, or Intellectual Disabilities and Autism Supports Coordination.

If a consumer feels as though WCHS services could help them, they should call 724-225-6940 for an initial screening process to schedule a clinical assessment appointment for Outpatient Services. Clinical Assessments can potentially be scheduled as soon as the same day of first contact or whatever is convenient for the consumer.

Our Outpatient Clinical Coordinator will complete an initial prescreening phone call in order to ascertain what kind of services the consumer is seeking or would be potentially recommended for. The OPCC will then schedule an interactive face-to-face clinical assessment. This is to evaluate the nature of a consumer's problems, gather clinical history and work with consumer to figure out the best possible next steps to their concerns. If the consumer needs services that WCHS does not provide, the OPCC will assist the consumer with being directed towards other providers and/or the Washington County Base Service Unit.

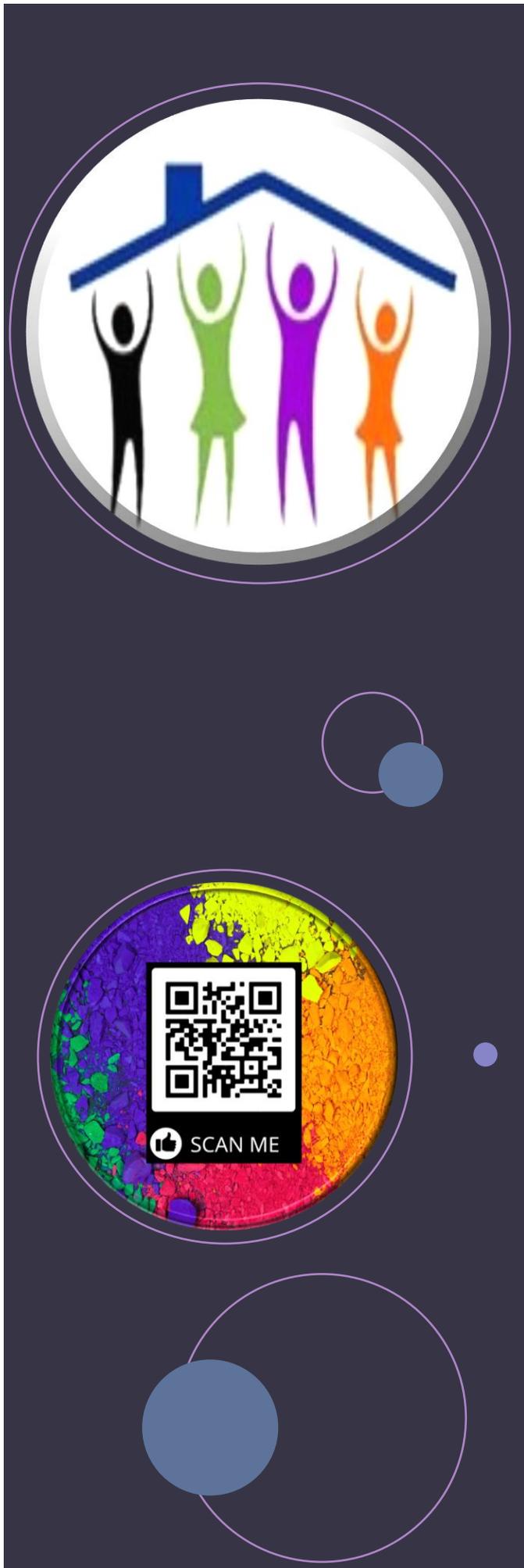
After meeting with an intake coordinator, WCHS will either link the consumer to the agency's specialized services or allow the consumer to be redirected to resources that better suit their needs.

WCHS's qualified staff will work with the consumer to identify goals and to start the process of attaining those goals.

Outpatient Services:

The three currently provided services within our Outpatient Program include:

- **Child, Adolescent and Adult Mental Health:**
 - WCHS's child, adolescent and adult mental health services include individualized treatment options, in person or telehealth services and school-based services for children and adolescents within 4 Washington County School Districts. Telehealth services allow for patients to see a clinician and receive treatment virtually. School based services provide on-site therapy and medication management to participating districts.





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Suite #205

Washington, PA 15301

- **Individual, Family and Group Therapy:**
 - The therapists of WCHS can offer a variety of therapies including Cognitive-Behavioral Therapy (CBT), Trauma- Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavioral Therapy (DBT), and Person-Centered Therapy. Our staff are always offering a variety of groups such as anger management, teen anxiety, mindfulness, stress reduction, and trauma focused group therapy. We have masters level clinicians trained in specialties such as geriatric certification, trauma informed care, and other expertise and licensure.
- **Psychiatric Evaluation and Medication Management:**

WCHS's Adult, Child and Adolescent Psychiatrists and Certified Nurse Practitioners provide consumers with medication needs on-site to ensure the best possible pharmacological interventions for their behavioral health needs. To initiate medication or evaluation services, consumers must first complete a clinical assessment with our master's level clinicians for the purpose of evaluating the consumer's initial presenting problem, gather their psych-social history and recommend coordinated services that will best suit the consumer's needs, whether within WCHS service system or perhaps referring or collaborating with other service providers such as peer support, Partial Hospitalization Programs, inpatient services, etc.

- Washington Communities Human Services, Inc. is excited to announce that we recently have been approved to provide **Mobile Mental Health Treatment (MMHT)** to consumers in the community who are unable to participate in services traditionally at the clinic and meet the criteria for in home / community therapy. This can be done within the consumer's home or within participating local nursing homes. This program should be starting very soon!

Intellectual Disabilities and Autism Supports Coordination:

Supports Coordination is the center of the Intellectual Developmental Delay Program (IDD), and the Supports Coordinator (SC) is the link between the individual, family, and service provider. The SC locates, coordinates and monitors support for individuals diagnosed with IDD. WCHS is currently the largest Supports Coordination Unit within Washington County and has continued to grow and flourish. The department includes two Supports Coordination Supervisors and 12 full time Supports Coordinators. Each SC serve approximately 45-55 consumers each, working with providers, families, employers, medical and therapy staff. WCHS promotes the 'Everyday Lives' philosophy from the Office of Developmental Programs in that we believe that everyone deserves the right to make their own choices in achieving their desired goals.

Blended Case Management (BCM):

Our Blended Case Management Department serves individuals of all ages who have a severe persistent mentally health diagnosis and who are in need of linkages to viable resources in the community such as medical, social, educational and other support services. Our BCM Department, although currently fairly small, provides an incredible quality-driven strength-based approach to linking consumers to resources and services.

Additional Information:

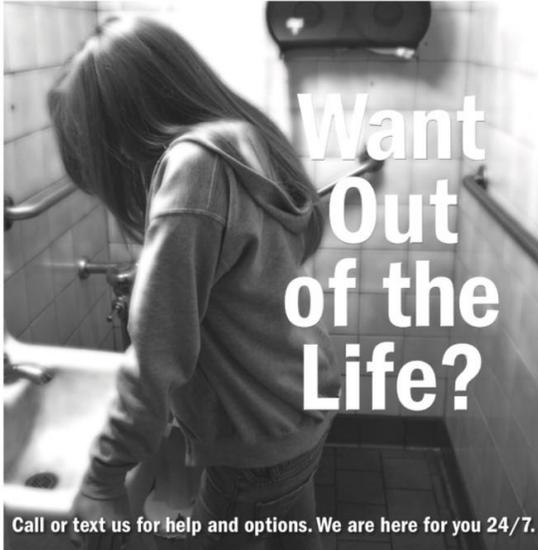
Washington Communities Human Services, Inc. was recently awarded a very generous Washington County Community Foundation grant from an anonymous donor to increase our Marketing and Development efforts as well as to strengthen the operations of the organization.

Our Marketing and Development Specialist, Riley Bitonti, recently joined us this past October and has been enthusiastically increasing the agency's exposure through virtual platforms such as Facebook, LinkedIn, and other social media applications. She will be an important part of spearheading our upcoming rebranding campaign, new website design, and other marketing, public relations, and development efforts.

Our new Chief Operating Officer, Jessica Sphar, who also started this fall is overseeing the daily operations, oversight, and support of all three of the above programs. She has been a much-needed asset to the organization and will be essential to the agency's growth and expansion efforts in the future.

For more information, reach out to Washington Communities at 724-225-6940.

Call the National Human Trafficking
Hotline at 1-888-3737-888
Text the BeFree Text Line at 233733



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Llame al Número Telefónico Nacional Contra
La Trata de Humanos 1-888-3737-888.
Mande un mensaje al 233733.



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Salir
de Este
Estilo
de Vida?

Llame o mande un mensaje para recibir ayuda u otras opciones.
Estamos para servirle las 24 horas del día, 7 días de la semana.

Si usted o alguien conocido, está obligado a hacer cualquier actividad del tipo que no puede escapar, sea para comer, trabajo de casa o de campo, construcción, fábrica, o cualquier otra actividad, llame al Centro Nacional Contra La Trata de Humanos para recibir ayuda y servicios.



Polaris La libertad es tuya hoy.



www.truckersagainstrafficking.org

HUMAN TRAFFICKING AWARENESS MONTH RELEASE 2022

Written by Joanna Dragan, Supervisor of Sexual Violence Services,
SPHS Care Center STTARS Program

January is Human Trafficking Awareness Month. In order to address and prevent this issue, it is important to understand what trafficking looks like and what resources are available.

What is Human Trafficking?

Human Trafficking is a form of modern-day slavery where traffickers profit from the exploitation of others.

Trafficking can take different forms. Sex trafficking includes commercial sexual exploitation of children, as well as instances where an adult is in the sex trade as the result of force, fraud, or coercion.

Labor trafficking occurs when a person is forced or coerced to provide labor or services for the economic benefit of the trafficker.

Where Can Trafficking Occur, Who is Most at Risk, and Why?

Human Traffickers are people who control, sell, or transport others to be exploited for service. They can be anyone, including pimps, family members, smugglers, employers, or gang members. Trafficking can occur in a variety of places including:

- Streets
- Hotels/Motels
- Truck stops
- Online escort services
- Online websites
- Massage parlors
- Migrant camps
- Restaurants
- Salons

Certain populations are at increased risk of trafficking due to the environments from which they come. These can include:

- Youth and adults who are homeless
- Individuals who have a history of trauma and abuse
- U.S. and foreign nationals who are here for work
- People who live in poverty
- Refugees and Migrant Workers
- Those who struggle with substance abuse and mental health issues
- Individuals with physical or cognitive disabilities
- Individuals who identify as LGBTQ+

Individuals vulnerable to trafficking are controlled by their traffickers through a variety of means. These can include:

- Separation from their loved ones
- Verbal, physical, and sexual abuse
- Fear of consequences if they speak out or try to leave
- Fear for their own safety or that of their loved ones
- Concern about debts that need to be paid off
- Lack of documentation or access to documentation
- Denied control over any decisions or body autonomy

The SPHS CARE Center STTARS Program staff has been trained to provide counseling and advocacy to sex trafficking victims in Washington and Greene Counties and serve as a core team member of the Washington County Human Trafficking Taskforce. We offer training for allied professionals and the community regarding trafficking and other sexual violence issues. If you would like to learn more about recognizing the signs of trafficking and supporting survivors of sexual assault, harassment, and abuse, you can call the STTARS Program at 724-229-5007. You can assist our efforts in raising awareness by posting the attached flyers advertising the National Human Trafficking Hotline at your offices and throughout your community.

Additional resources available on Human Trafficking include:

Polaris Project: polarisproject.org

Department of Homeland Security Blue Campaign: dhs.gov/blue-campaign