



June 2022

Issue 9

Washington County Department of Human Services



IN THIS ISSUE

PG. 2

Dates to Remember and Announcements

PG. 3

Washington County Department of Human Services



PG. 4-5

Provider Spotlight-Area Agency on Aging information provided by Leslie Grenfell, Executive Director

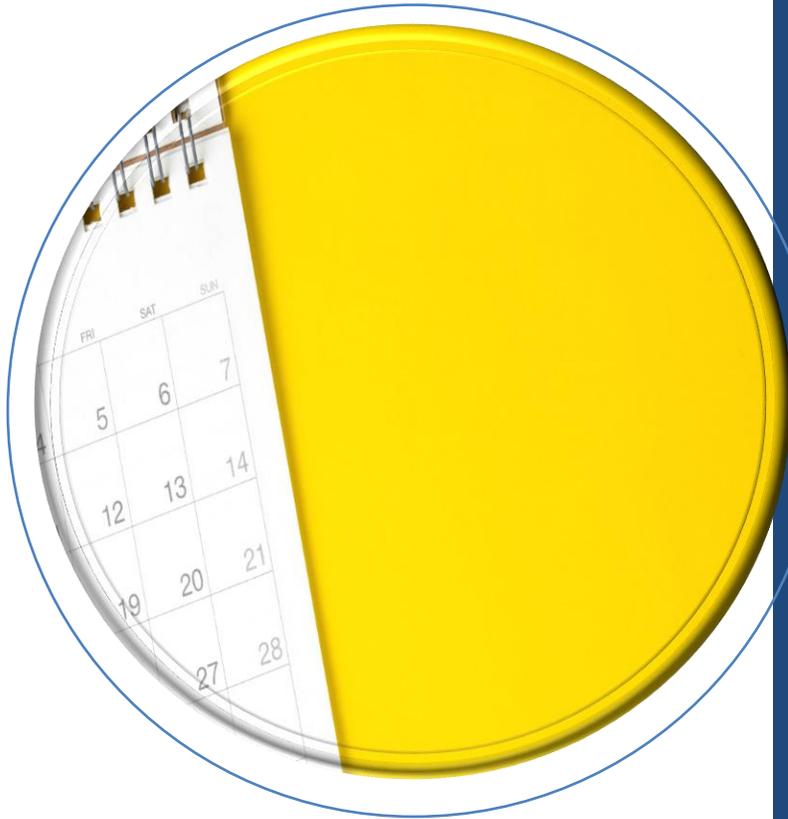
PG. 6

PRIDE Month-Persad Guest Columnist-Christine L. Bryan

PG. 7

PTSD Awareness Month and Out of Darkness Walk

*The rainbow is a symbol of the LGBT. The different colors are used to represent togetherness.



Dates to Remember

June is

PRIDE Month

PTSD Awareness Month

June 1st-WCDHS Town Hall Meeting at 3:00PM [Join Here](#)

June 1st- Free Training Opportunity: How can Technology Improve How We Predict and Prevent Suicidal Thoughts and Behaviors [Register Here](#)

June 6th – National Hunger Awareness Day

June 11th-Washington Pride PA at Main St. Pavilion gates open at noon

June 18th- Autistic Pride Day

June 28th-Out of the Darkness Committee Planning Meeting at 2:00PM [Join here](#)

June 30th-Washington County Department of Human Services Community Launch Event from 11-1 

WASHINGTON
PRIDE
PA



JUNE 11, 2022

GATES OPEN AT NOON

MAIN ST. PAVILION

139 SOUTH MAIN STREET WASHINGTON, PA 15301

FOR MORE INFORMATION PLEASE EMAIL PRIDEINFO@WASHAPRIDE.COM
WWW.WASHAPRIDE.COM



PBS KIDS FAMILY & Community Learning **PLAY & LEARN SCIENCE!**

CITY MISSION

56 West Wheeling Street
Washington, PA 15301



Every Monday in June
5:00 PM to 7:00 PM
Dinner Provided

Come to Eat, Learn and Play together. We will be exploring a new area of science every week and completing new experiments!

Reserve your spot by calling Leah Dietrich- 724-222-8530 ext 212 or email ldietrich@citymission.org



Powered by a **Ready To Learn Grant**

Washington County
Department of Human Services Community
Launches 1-2-3-4



Guest Columnist information provided by
Jessica Spahr, Centralized Intake Unit Director

Washington County Department of Human Services is hosting the Human Services Community Launch Event on Thursday, June 30, 2022 at 95 West Beau St, Washington, PA 15301 from 11:00am to 1:00 pm. This free, family-friendly community event will include lunch, visits from local mascots, children's activities, and a launch passport to earn free raffle basket tickets. WCDHS is also hosting a children's coloring contest with prizes awarded in each group (for more information, to download the coloring sheet or to cast your vote please visit: www.co.washington.pa.us/886/Human-Services-Coloring-Contest).

The Department of Human Services, which includes Centralized Intake, Clinical Evaluation and Care Management Units, Aging Services, Behavioral Health and Developmental Services, Children and Youth Services, Veterans Affairs, and Housing and Homeless Coordination, supports individuals and families throughout their lifespan and can provide a wide variety of supports and services. The recent changes within the department provide increased opportunities for prevention and team-planning to better serve the residents of Washington County. The newly implemented changes, proposed by Human Services Administrator Kim Rogers, have been unanimously supported by the Board of Commissioners, Diana Irey Vaughan, Chair, Larry Maggi, Vice Chair, and Nick Sherman, Commissioner.

The Human Services Community Launch event will provide the residents of Washington County an opportunity to explore and learn about the supports available and meet the staff in the Human Services Department while enjoying a fun filled afternoon. If you need assistance connecting with any human services supports, please contact Centralized Intake Unit at **724-228-1234**. We also encourage residents to explore the new electronic resource, www.washingtonpa.findhelp.com.

Join us!
FREE EVENT

Blast off with us as we launch our new human services system to better serve our residents throughout their lifespan.

APPROVED BY CHIEF CLERK FOR POSTING

HUMAN SERVICES COMMUNITY LAUNCH
Date: June 30, 2022
Time: 11:00 AM – 1:00 PM
Location: 95 W. Beau Street
Washington, PA 15301

NEED HELP?
We are here to help.
Who are we?
Centralized Intake Unit
Clinical Evaluation Unit
Care Management Unit
Aging Services
Behavioral Health & Developmental Services
Children & Youth Services
Housing & Homelessness Coordinator
Veterans Affairs

FUN! Event Attractions
Staff Meet & Greet
Lunch Provided
Raffles
Coloring Contest
Children's Corner
Tours

Please use the QR code or link provided below for more information on how to enter our event coloring contest. Prizes awarded for first place in each age group for our coloring contest.
www.co.washington.pa.us/886/Human-Services-Coloring-Contest

Washington County
Department of Human Services
(724) 228-1234
www.washingtoncountyhumanservices.com/
washingtonpa.findhelp.com/

Washington County Commissioners
Diana Irey Vaughan, Chair
Larry Maggi, Vice Chair
Nick Sherman, Commissioner

Area Agency on Aging

Spotlight information provided by Leslie Grenfell, Executive Director

In January 1974, the Southwestern Pennsylvania Area Agency on Aging was designated as the local administrative agency for Planning and Service Area 08, which is comprised of Fayette, Greene, and Washington counties.

The agency's mission is to promote the wellbeing of older adults through a planned, coordinated, and collaborative program of health and social services. Our agency staff and network of community-based partner agencies provide services to about 14,000 people each year.

The Area Agency on Aging primarily serves adults aged 60 and older who live in Washington, Fayette, and Greene counties. However, some of our programs benefit people who are under the age of 60. For example, our Domiciliary Care Program provides housing and other assistance to adults aged 18 and older.

The Area Agency on Aging provides a variety of services, such as:

- Home Delivered Meals
- In-Home Services (personal care, home support, personal emergency response system)
- Adult Day Care
- Senior Community Centers (nutritional meals and activities)
- Caregiver Support Program
- PA Medi (Medicare/ Medicaid insurance counseling)
- Domiciliary Care
- Protective Services
- Person-Centered Counseling
- Ombudsman
- Health and Wellness Programs
- Senior Community Services Employment Program





The starting point for accessing most services is our Information and Assistance Unit, which can be reached at 1-800-734-9603. To report the abuse, neglect, or financial exploitation of an older adult, call 1-800-537-2424.

Through our **Caregiver Support Program**, we assist persons caring for an older adult in the community. The program provides education, information on community resources, and limited financial reimbursement for caregiving expenses. We can also help older adults who are the primary caregivers of their grandchildren or other related children who are 18 years of age or younger.

Health and Wellness Programs encourage seniors to live active, healthy lives. Some of the programs offered at our Senior Centers and other community sites include Healthy Steps for Older Adults; Eat Smart, Move More, Weigh Less; and Tai Chi exercise classes.

Person-Centered Counseling (PCC) is a service that guides people struggling with multiple life challenges to make their own choices and regain control over their daily lives. People who are having difficulty paying bills; those who need assistance maintaining their homes or seeking other housing options; or those who need more personalized help completing applications or accessing services and supports may benefit from PCC.

Our agency ensures that older adults have ongoing and meaningful input into service planning and delivery through participation on the Advisory Council and the Senior Action Council. The Advisory Council meets regularly to exchange information, provide feedback on programs and services, identify service gaps, and recommend enhancements. The Senior Action Council advises the agency on issues of concern to the older minority community to ensure accessible and equitable service provision.

Persad Center
5301 Butler Street, Suite 100
Pittsburgh, PA 15201
412-441-9786
PersadCenter.org



PRIDE Month

Guest Columnist information provided by
Christine L. Bryan, Director of Communications & Development

June marks the start of Pride month which is when the LGBTQ (lesbian, gay, bisexual, transgender, queer) community honors the 1969 Stonewall Bar uprising, an event that was led by transgender women of color in New York City. In major cities across the world, Pride encompasses a month-long series of events. Today, celebrations including pride parades, marches, picnics, parties, workshops, concerts, and other events. In a survey released by Gallup in 2021, a record number of U.S. adults—5.6% or 18 million—identify as LGBTQ, an increase propelled by the younger generation.

In 1972, Jim Huggins along with his partner Randy Forrester, started a licensed counseling center dedicated to serving the LGBTQ+ community. “Back then, homosexuality was still considered a mental illness in mental health circles,” Huggins notes. “So if you went to a therapist, the goal was to ‘cure’ you of being gay instead of helping you to adjust to your minority status and the discrimination and prejudice that you may have experienced.” The agency was named Persad, which stands for Personal Adjustment, because many of the clients were in the closet and using the LGBTQ initials could potentially out and harm them. As the counseling side of the agency was establishing itself in the 80s, more and more of Persad’s clients began to get gravely ill. And then they started dying. Huggins recalls. “As soon as we realized the disease was here in Pittsburgh, we broadened our basic mission of mental health services to support those infected with HIV/AIDS, as it came to be known.” Persad also never turns anyone away who needs our help.

“Persad is an amazing and safe place to come to and feel no judgement, only love.” ~J.D.

Today, Persad Center is the nation’s second-oldest licensed outpatient counseling center in the U.S. focusing on the LGBTQ+ community and people living with HIV/AIDS. Persad works to improve the lives and well-being of the community through counseling, psychiatry, groups and social supports. Despite multiple gains, members still experience stigma, shame, trauma, and associated impacts.

Ensuring that Persad’s specialized services are available to meet the unique situations faced by members of our community is vital for providing transformative services. Since March 2020, Persad has been able to address the significant increase in mental health and substance abuse/addiction services by offering a Teletherapy option. For many, Teletherapy can be just as effective as in-person therapy and can provide greater access to care especially as some people are unable to use traditional therapy due to physical disabilities, geographic location, or scheduling issues. The Covid-19 health crisis also demonstrated that the ability to seek medical care at home can help protect vulnerable populations and allow people to access treatment in the privacy and safety of their own home.

“A great place for misunderstood people to feel a sense of belonging.” D.H.

Our therapists continue to observe a marked increase in anxiety or depressive disorders, difficulty sleeping or eating, increased alcohol consumption and substance use, and worsening chronic conditions due to worry and stress. Persad Center is especially seeing older LGBTQ+ adults in isolation who struggle to access care and satisfy basic needs and LGBTQ+ youth who are now having to spend more time in unsupportive environments, including home environments where they face family rejection. At Persad, approximately 48% of our clients identify as transgender or non-binary.

“A safe space for us. Always a friendly face and a smile. Thank god for this place.” ~J.O.

As the oldest LGBTQ+ organization in Western Pennsylvania, Persad Center remains committed to making sure that the important work that we do every day continues to be a beacon of hope and health for our community for the next 50 years.

“Thank you for being there and offering your services when I was young. I had a therapist and attended a support group about 30 years ago. I will never forget Persad and the people I met there. You saved my life.” ~ Anonymous

PTSD Awareness Month

Spotlight information provided by Angie Mattes, Director of Veterans Affairs

June is Post-Traumatic Stress Disorder (PTSD) awareness month. A month to focus on raising awareness, accessing treatment, and finding support. PTSD can develop after a natural disaster, a car accident, the death of a loved one or combat.

Any traumatic event can trigger this disorder. PTSD can affect all people no matter the age, ethnicity, gender or race. While symptoms can present differently some common signs include:

- Flashbacks
- Withdrawing from family and friends
- Avoiding people, places or objects that may remind the person of the traumatic event
- Alteration in mood, such as anger, sadness, or guilt

There are many treatment options for PTSD including: Cognitive Processing Therapy, Eye Movement Desensitization and Reprocessing, Exposure Therapy, Medications and Group Support. Most important to note is that it is never too late to start treatment. After treatment many people feel they have a better quality of life. For support options please visit the National Center for PTSD. No one has to handle this on their own. Get educated on how you can; help yourself, help a loved one, raise awareness and stop the stigma.

Out of the Darkness Suicide Prevention Community Walk

Join us for the Washington County Out of the Darkness Walk on October 2 at the Washington Wild Things Park. Proceeds bring local and national suicide prevention and awareness programs of the American Foundation for Suicide Prevention directly to our community.

[Register Now!](#)

Join our planning meeting on June 28th to find out how you can help!

[Join here](#)

We are now accepting submissions for the July, August, and September issue. Please reach out to Rebecca Salsbury at Rebecca.Salsbury@co.washington.pa.us if you are interested in being a guest columnist or if you know of any upcoming events!

Walk to Fight Suicide



Washington County Out of the Darkness Walk

October 2, 2022

Wild Things Park
1 Federal Way, Washington, PA 15301

Register at
afsp.org/WashingtonPA



American
Foundation
for Suicide
Prevention



OUT OF THE
DARKNESS