

May 2023

Issue 20

# Washington County Department of Human Services



Children and Youth Services decorated the Washington campus yard with pinwheels for Child Abuse Prevention Month in April.

-Pictured Provided by Kate Grant, CYS Program Specialist

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# Car Seat Safety & Installation Checks

FIND A SEAT CHECK NEAR YOU!  
Car Seat Checks are by appointment only!  
Please contact your chosen location for availability.

**3/10**  
IPM-3PM  
NORTH HUNTINGDON EMS/RESCUE  
11259 CENTER HIGHWAY  
NORTH HUNTINGDON, PA 15642  
Call Kristen Urso at  
412-885-0266 or email  
kurso@paaap.org for appointments.

WASHINGTON BUDD BAER  
71 MURLAND AVENUE  
WASHINGTON, PA 15301  
Call Kristen Urso at  
412-885-0266 or email  
kurso@paaap.org for appointments.

**3/23**  
IPM-3PM

**5/11**  
4PM-6PM  
ROSS/WEST VIEW EMS AUTHORITY  
5325 PERRYVILLE AVENUE  
PITTSBURGH, PA 15229  
Contact Mark Ford at  
mford@rvems.org for appointments.

LLOYDSVILLE VOLUNTEER FIRE DEPT  
901 JEFFERSON STREET  
LATROBE, PA 15650  
Contact Jaci Brice at 724-518-6949 or  
jbrice@hsnetwork.org for appointments.

**5/18**  
IOAM-IPM

**5/25**  
IPM-3PM  
PETERS TOWNSHIP FIRE DEPT  
245 E MCMURRAY ROAD  
MCMURRAY, PA 15317  
Call 724-941-4176 for appointments.



Washington County

Department  
of  
Human  
Services

## Do you need our HELP?

We are dedicated to  
finding the help needed  
for Washington County  
residents, addressing  
the following needs and  
more:



- Food
- Housing
- Transportation
- Childcare
- Employment
- Education
- Mental/Physical Health
- Finance / Legal

**1234 HELP CENTER** *Call* (724) 228-1234

**HELP** is as easy as 1234!

## Shine the Light

on  
Mental Health & Suicide Awareness



Presented By Washington County Behavioral Health & Developmental Services

Saturday, May 20th, 2023

Registration 11:00 am-12:00pm, Run starts at 12:00pm; Event  
12:00-2:00pm

Join us in our efforts to increase awareness & eliminate stigma



Washington Park /Stone Pavilion  
Park Road, No 1, Washington, PA 15301

OPEN TO PUBLIC

Additional Activities Include: Depression & Suicide Screening;  
speakers, music, refreshments & Prize Raffles

ALL PARTICIPANTS MUST PRE-REGISTER

<https://forms.office.com/g/KWF57J2XA7>

Free event/Free t-shirts to those who pre-register (limited supply)

One t-shirt per household

For additional information please contact

Christina at 724-250-4135

Children under the age of 18 MUST be accompanied by a responsible adult



Sponsored by The Pennsylvania National Strategy for Suicide Prevention

# WALK WITH US

TO PREVENT SUICIDE

## REGISTER TODAY

Washington County Out of the Darkness Walk

September 30, 2023

For information, email [rebecca.salsbury@co.washington.pa.us](mailto:rebecca.salsbury@co.washington.pa.us)

Register at  
[afsp.org/WASHINGTONPA](http://afsp.org/WASHINGTONPA)



## What's the Buzz at Washington County Department of Human Services

### Meet Kourtney Boardley, Human Services Coordinator



Kourtney Boardley is a Human Services Coordinator at Washington County Department of Human Services. She was born in Washington County but spent most her life in Texas and New Mexico. Kourtney is a graduate of Eastern New Mexico University where she earned a Bachelor's degree in Psychology and a minor of Criminal Justice. Throughout her career, she has been given many opportunities to assist the community which turned into her main passion. While helping other is important to her during work hours, Kourtney can be found assisting anyone who may need help during her personal time as well. When not working, Kourtney enjoys spending time with her family at cookouts, playing cornhole and going to concerts. She has a fur family of three dogs, Bella, Jackson, and Penny who she considers her fur babies. She enjoys gardening, listening to music, cooking, and traveling to new places in her spare time.

### Pathfinders

#### Washington County Suicide Prevention Task Force

Washington County Pathfinders is a group a dedicated individuals that are committed to reducing the number of suicide and offering support to those who have been touched by suicide within the community. We actively seek efforts, which consist of training/programs focused on suicide prevention and mental health and awareness events.

The Pathfinders meet the 4<sup>th</sup> Tuesday of each month at 10:00 at the Human Services Office or via teams [Click here to join the meeting.](#)

Register now for the 2nd annual Out of the Darkness Walk on September 30, 2023.

Look for information on the 1st Annual Survivors of Suicide Loss Day on November 18th.

[Registration Open](#)





**Information provided by**

**Mary Lynn Spilak, Director of Aging Services of Washington County**

Only 17 million Americans lived to their 65<sup>th</sup> Birthday when Older Americans’ Month was established in 1963. At that time one-third of them lived in poverty and there were few programs to meet their needs. This was a growing concern and President John F. Kennedy designated May as Older Americans’ Month. In 1965 the older Americans’ Act was signed into law giving seniors services to maintain independence. In 2020, over 50 million Americans are 65 years of age or older. The services include home-delivered and congregate meals, caregiver support, community-based assistance, prevention health services, elder abuse and much more.

This is the time to acknowledge the contributions of past and older adults in our County. Older adults play a positive and vital role in our County—as Volunteers, Mentors, family members, civic leaders and members of t

he workforce.

This year’s theme is “Aging Unbound”. With this theme, there will be opportunities to explore an array of aging experience without being boxed in by expectations and stereotypes. There are positive aspects of growing older and why everyone has a role to play in combating ageism—and how we all benefit when older adults remained engaged, independent, and included in their communities.

Aging Services of Washington County will be celebrating Older Americans’ Month throughout our Senior Community Center Network. The Washington County Board of Commissioners will be proclaiming Older Americans’ Month on May 18, 2023, at 2:00pm at ground level of the Crossroads Building at 95 W. Beau Street, Washington, PA 15301

For additional information on Services at Aging Services of Washington County call (724) 228-6856.



# Mental Health Awareness Month

Guest Columnist Information provided by

Mary Jo Patrick-Hatfield, Mental Health Program Director

May is Mental Health Awareness Month!

In May of 1949 the United States Congress recognized the first Mental Health Awareness Month in recognition of the importance of mental health awareness related to our military troops. Since that time, focus has shifted to the importance of Mental Health and Mental Wellness for all.

May is the perfect month for Mental Health Awareness with the sunshine of spring and the new life that we see everywhere from the trees to the butterflies, reminding us that as the cold and dark of winter passes there is the hope of new opportunity for all.

The World Health Organization conceptualizes mental health as a “state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community. The National Alliance for Mental Illness (NAMI) suggests the following practices of Self Care:

- Understand how stress affects you-Common signs include Headaches, low energy, aches and pains, insomnia, stomach problems, aches and pains
- Protect your physical health-Exercise daily, eat well get enough sleep, avoid alcohol and illegal drugs
- Recharge yourself-Do something you enjoy
- Practice good Mental Habits-Avoid feelings of guilt, notice the positives in life and gather strengths from others.

Washington County Behavioral Health and Developmental Services (BHDS) understands the while each person chooses his/her own journey to mental health, it is rarely completed alone. Services and supports can provide the resources that one needs along the path to health and wellness. Washington County BHDS currently serves over 10,000 individuals throughout a provider network with services ranging from traditional case management and counseling to evidence-based peer supports and rehabilitation programs as well as tangible supports to assist with basic needs such as socialization, employment and housing.

Please Join BHDS at Color Run 2023 on May 20, 2023!

The best is yet to come.



Annual Beacon Health Options Recovery Award

Washington County, PA						
2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Show some love to someone in your life.	WHS Mental Health Awareness Day	PA Care Partnership Navigating the Juvenile Justice System with ME Challenge @7:00pm sign up online	PA Care Partnership Motivational Speaker Gab Boppes 12 to 1:30 pm	Youth Move Pa Thrive for Hope 4pm <a href="https://upflow.zoom.us/j/97971402424">https://upflow.zoom.us/j/97971402424</a>	Take time to laugh.
Journal your feelings.						
Take A Walk.	Do something you enjoy.	CSP Meeting 10:30 am via zoom Contact Dave Jenice at 724-239-3993 ext. 201	Youth Move PA 12:00pm zoom (signup online)	PA Care Partnership Overcoming Social Stigma @12:00pm	"You don't have to see the whole staircase, just take the first step."	BHDS MH Awareness Day Washington Crown Center 10am-4pm
			MHS of WC 5th Annual Divorcer by Invitation			BHDS MH Awareness Day Washington Crown Center 10am-6pm
Notice the positives in life.	Take care of your physical health.	Get a good night's sleep.	"Your present circumstances don't determine where you go; they merely determine where you start."	Youth Move Pa Life Through My Lens Workshop Zoom (signup online) 3:30-5:30pm	Take a break from Social Media and the News.	WCBHDS MH & Suicide Awareness Color Run @ WP Stone Pavilion 11-2
Focus on finding the positive.	Practice Forgiveness.	MHA MH Awareness Night Washington Wild Things Stadium 7:00pm	PA Families 2023 MH Awareness Walk Twin Lake Park Activity Center B Pavilion #7 set up at 10 am walk starts at 11 am.	NAMI Keystone PA/Washington Meeting 6pm 95 W. Beau St, Suite 300 Wash, PA	PA Care Partnership Speaker Kevin Puskaric and Janal Ford on Substance Abuse 12-1:30pm	Recharge yourself...Do something you enjoy.
Be your best self.	Don't be afraid to ask for help. We all need help sometime.	Listen to a Mental Health Podcast or Read.	"By taking care of myself I have so much more to offer the world than I do when I am running on empty."		NAMI Support Group 2:30-4:30pm - Ct. House Sq.	
<p><b>SAVE THE DATES:</b> Out of the Darkness Walk 9/30/23 at 9 am, Washington PA Stomp the Stigma 5K 7/1/23 at 9 am, Peters Township, South Park Fairgrounds</p>						

# Washington County Anti-Human Trafficking

**Guest Columnist-Leslie L. Ridge, Esq., First Assistant District  
Attorney**

DA Walsh is happy to announce that the Anti-Human Trafficking Website is LIVE! First Asst. DA Ridge worked closely with students from W & J College as well as members of the Washington County Anti-Human Trafficking Taskforce to develop this website. DA Walsh hopes the website brings about greater awareness and provides victims, the community, and law enforcement with helpful resources.

[Washington County Anti-Human Trafficking Webpage](#)

