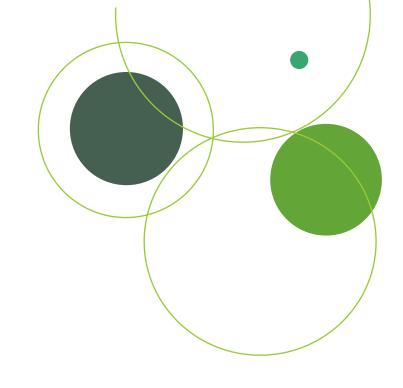


Children and Youth Services decorated the Washington campus yard with pinwheels for Child Abuse Prevention Month in April.

-Pictured Provided by Kate Grant, CYS Program Specialist



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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 4th Tuesday of each month at 10:00 at the Human Services Office or via teams <u>Click here to join the meeting.</u>

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 65th 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 concerns 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.

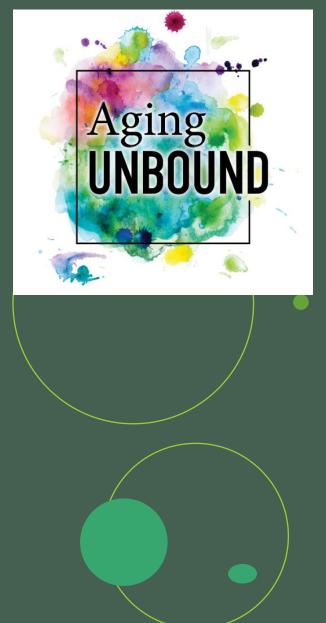
This is the time to acknowledge the contributions of past and older adults in our County. Older adults play a positive and vital role in our County-as Volunteers, Mentors, family members, civic leaders and members of t

he workforce.

This years 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.





Annual Beacon Health Options Recovery Award

				ngt	on Cou	nty, PA					
2023											
Sunday	Monday	Tuesday		Wedn	esday	Thursday	Friday	Saturday			
	1	2			3	4	5				
	Show some love to someone in your life,	WHS Mental Health Awareness Day	Mental Partnership Health Navigating the Juvenile Justice Awareness System with MH		Pa Care Partnership Motivational Speaker Gab Boursso 12 to 1:30 pm	Youth Move Pa Thrive for Hope 4pm <u>https://us06web</u> zoom.us/I/9291 9602424	Take time to laugh,	Journal your feelings,			
7	8	9			10	11	12	1			
Take A Walk.	Do sam et hing you enjay.	CSP Meeting 10:30 am via zoom Contact Dave Jenco at 724-239- 3993 ext. 201	Youth Move PA 12:00pm 2:00m (signup online) Stand Against Stigma Virtual Workshop	PA Care Partnership Over coming Social Stigma @ 12:00pm MHS of WC 56 th Annual Dinner by invitation		"You don't have to see the whole staircase, just take the first step."	BHDS MH Awareness Day Washington Crown Center 10am-4pm	BHDS MH Awareness Day Washington Crown Center 10am-6pm			
14	15	16			17	18	19	2			
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 <u>Social</u> <u>Media</u> and the News,	WC BHDS MH & Suicide Awareness Color Run @ WP Stone Pavilion 11-2			
21	22	23			2.4	25	26	2			
Focus on finding the positive.	Practice Forgiveness.	MHA MH Awareness Night Washington Wild Things Stadium 7:00pm	vareness ght 2023 MH Awareness Walk sblington I Twin Lake Park Activity Center & Ald Things adium OOpm		NAMI Keystone PA/Washington Meeting 6pm 95 W. Beau St. Suite 300 Wash, PA	PA Care Partnership Speaker Kevin Puskaric and Jamal Ford on Substance Abuse 12-1:30pm Nami Support	Recharge yourselfDo som ething you enjoy.				
							Group 2:30- 430pm - Ct. House Sq.				
28	29	30			31		at the state of the				
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."				""The Washington County Commissioners" Avental Health Avaenters Proclamation will be on 5/18/23 at 2pm.	P			
	DATES:	Out of the David	more Walk Dr	00.00	at 9 am, Washingto	D.		— v —			

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 form 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!

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

