




September 2024

Washington County Department of Human Services

September 2024
is National Suicide Prevention Month

S	M	TU	W	TH	F	S
1 YOUR FEELINGS MATTER Leave a positive review online	2 Think Positive Do something for yourself	3 Treat yourself to your favorite meal	4 * SPREAD * Kindness Pick up litter in a public place	5 You are strong Talk Saves Lives Free training 3-4	6 Write a letter of thanks for someone Wear Teal and Purple	7 Leave spare change in the vending machine
8 Text a positive affirmation to someone	9 You are strong	10 KEEP going Compliment someone	11 Talk Saves Lives Free training 2-3	12 DON'T FORGET TAKE A BREAK Call someone you miss	13 <i>everything will be OK</i> Wear Teal and Purple	14 Spend quality time with your family
15 REACH OUT FOR SUPPORT	16 Talk Saves Lives Free training 9-10	17 <i>with a bit DON'T QUIT</i>	18 Hold the door for someone	19 Suicide Prevention Proclamation at 10AM	20 Learn more about AFSP https://afsp.org and register for Walk Wear Teal and Purple	21 Reflect on the positives in your life
22 I am enough Deliver a surprise gift	23 SELF LOVE Participate in a self-care activity	24 Washington County Pathfinders Meeting 10-11 Talk Saves Lives Free training 1-2	25 YOU ARE NOT ALONE Make someone laugh	26 You are enough	27 <i>Keep Going</i> Wear Teal and Purple	28 WASHINGTON OUT OF THE DARKNESS WALK
29 Check out Prevent Suicide PA for training opportunities https://papalearning.com/	30 KEEP GOING			 Use this QR code to register for Talk Saves Lives	 Register for the Out of the Darkness Walk afsp.org/washingtonpa	

Did you know that Washington County has a Suicide Prevention Task Force called the Pathfinders? If you interested in more information reach out to washoopathfinders@gmail.com

It's okay to be not okay. Crisis Services are available 24/7 1-877-225-3567 or 988

IN THIS ISSUE

- PG. 2
Dates to Remember and Announcements
- PG. 3
What's the Buzz at the Department of Human Services
- PG. 4
Employee Spotlights-DHS
- PG.5
Crossroads and Catholic Charities
- PG. 6
Catholic Charities (continued)
- PG. 7
Suicide Prevention Awareness Month

Event Schedule



SEPT. 1st	PRINTSCAPE COMMUNITY DAY Printscape Arena 12pm-5pm
SEPT. 6th	RIVER BEND FARMERS MARKET 313 3rd St. California PA 15419 4pm-7pm
SEPT. 6th	STARS EVENT 19 N. St. Washington PA 15301 9am-3pm
SEPT. 14th	PEACE FROM DV WALK 267 E Beau St Washington PA 15301 9am-12pm
SEPT. 28th	OUT OF THE DARKNESS WALK Main Street Pavilion 9am

BRIDGE TO SUCCESS

APPRENTICESHIP READINESS PROGRAM OPEN HOUSE

Presented By:



DATE: September 19, 2024
TIME: 6-8pm
LOCATION: 501 Mckeogh Ave
Charleroi, PA 15022

<https://www.eventbrite.com/e/bridge-to-success-apprenticeship-readiness-program-open-house-tickets-977049741077>



THE AGENDA:

- Learn about our pre-apprenticeship program and how it can prepare you to enter union apprenticeships
- Meet and greet with our instructors and staff
- Tour our facility
- Gift card basket raffle
- Get answers to all of your questions
- Find out how to apply

Whether you are just starting out or looking to make a career change, this program could be the gateway to apprenticeships that provide family sustaining wages, better benefits and an invaluable skill. We look forward to welcoming you to take the first step toward a brighter future.



GRAND OPENING

SEPTEMBER 26, 2024
12:00 PM - 3:00 PM

WASHINGTON DRUG & ALCOHOL COMMISSION

RECOVERY CENTER

90 WEST CHESTNUT STREET
LOWER LEVEL | SUITE 110
WASHINGTON, PA 15301

TOUR THE SPACE
MEET OUR STAFF
FREE NARCAN + DETERRA
COMMUNITY RESOURCES
REFRESHMENTS
+ MORE!



WDAC
Washington Drug & Alcohol Commission



WALK WITH US

TO PREVENT SUICIDE

REGISTER TODAY

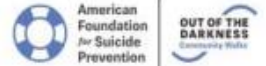
Washington County Out of the Darkness Walk

September 28, 2024

Main Street Pavilion, 139 S. Main Street, Washington, PA
For more information, email rebecca.salsbury@co.washington.pa.us



Register at
afsp.org/WASHINGTONPA



SENIOR Expo 2024

Thursday, September 26
10:00 a.m. to 2:00 p.m.



Morning coffee and pastries

Compliments of: UPMC LIFE CHANGING MEDICINE and UPMC HEALTH PLAN

More than 100 vendors and representatives from local, state, and federal agencies to answer questions and provide information concerning older adults, including:

Social Security * Transportation * Medicare * Legal Services
In-Home Services * Legislation * Consumer Protection
Long-Term Care * Utility Services

ENTERTAINMENT * FREE HEALTH SCREENINGS

Schedule of Special Events

9:00 - 10:00 a.m. Coffee and Pastries & Donuts

10:30 a.m. Welcome: Mary Harris, Executive Director, Southwestern PA Area Agency on Aging, Inc.

- State Senator Camera Bartolotta
- State Representative Tim O'Neal
- Washington County Commissioners: Nick Sherman, Electra S. Janis, and Larry Maggi
- Civil Knox, General Mgr, Washington Crown Center

11:00 a.m. - 12:00 p.m. Bobby Shawn - Entertainment

12:30 p.m. - 1:30 p.m. Jack Nicora - Entertainment

1:45 p.m. Door Prizes

Sponsored by:



Southwestern Pennsylvania Area Agency on Aging, Inc.



Senator
Camera Bartolotta
and
Representative
Tim O'Neal

Senator Camera Bartolotta
DISTRICT OFFICE:
95 West Beau St., Ste. 107
Washington, PA 15301
724-225-4380

Representative Tim O'Neal
DISTRICT OFFICE:
190 North Main St., Ste. 308
Washington, PA 15301
724-223-4541



Washington County Board
of Commissioners
Nick Sherman
Electra S. Janis
Larry Maggi

Washington Co. Office
95 West Beau Street, Ste. 605
Washington, PA 15301
724-228-6724

Southwestern Pennsylvania
Area Agency on Aging, Inc.

Washington Co. Office
150 West Beau Street
Washington, PA 15301
724-228-7080

Corporate Office:
305 Chamber Plaza
Charleroi, PA 15022
724-489-8080

What's the Buzz at the Department of Human Services



Representatives from the Department of Human Services had the opportunity to attend the Love Our City Festival, a 3-day family event hosted by Champion Christian Center. The event was filled with worship services, live music, children's activities, food box giveaways, a car giveaway, backpack giveaways and much more.



Jonathan Dawson, Human Services Clinician, Bobbi Cumpston, Director of Veterans Affairs, and Orissa Bey, CYS Prevention Caseworker attended FlightFest on August 10th at the Washington County Airport. The event was filled with children's activities, live music, vendors, food trucks, and plane rides. All proceeds from the event were donated to VetPets, a nonprofit local organization that trains service dogs for local veterans.



Washington County Behavioral Health and Developmental Services (BHDS) attended the Washington County Fair August 10th-17th. Washington County has enjoyed conducting mental health awareness outreach activities at the Washington County agricultural fair for several years. Utilizing giveaways like the duckyies with the slogan "talk about it", lollipops, raffle prizes, and maybe even squeeze pouches of applesauce, they can encourage fairgoers to just stop at the table. Some individuals stop only for the raffle prizes and other may be recipients of services wanting to share their thoughts and appreciation. Others are interested in learning about the many resources. Through the staff and volunteers from the provider system, BHDS can host the table for eight hours a day each day of the fair and in doing so make contact with hundreds of individuals annually. For BHDS the fair can be fruitful and fun.



Washington County, Pennsylvania received a phone call from Polk County, Wisconsin Behavioral Health Director, Lisa Lavasseur, who was interested in learning more about the Centralized Intake Unit/Help Center of Washington County, PA. Clinical Unit/Interim Centralized Intake Unit Director, Rebecca Salsbury, reviewed the integration of Human Services and the comprehensive holistic screening, which focuses on the social determinants of health utilized to assist with identifying and connecting residents to resources. A Help Center Coordinator is available to assist residents with navigating the human services system, identify potential resources and follow-up to ensure successful connection by calling 724-228-1234 or visiting the office at 95 West Beau Street, Suite 300, Washington, PA, 15301 between the hours of 8:30-4:15.

Employee Spotlights

Crystal Schmidt, BHDS CASSP Coordinator

Crystal attended Waynesburg University for undergraduate, graduate, and two certificate programs. She completed her undergraduate in psychology with a minor in child development, graduate in clinical mental health and received a drug and alcohol certificate and clinical supervision certificate. Crystal expressed that the most rewarding part of her job is being a part of the solution for aiding, supporting, and advocating for the children and families within our community. She stated that she looks up to her sister Valerie personally and professionally, even though she does not work in the mental health field. Crystal expressed that Valerie has excelled professionally and is breaking barriers as a woman in the gas and oil field. Within the mental health field Crystal looks up to Dr. Michael Crabtree. She mentioned that Dr. Crabtree serves as an active member of our community in various roles which all add to the advancement within the mental health field. Crystal enjoys attending concerts, kayaking, and being in or around water. Her favorite movie is Snow White, and her favorite TV show is Outer Banks.



Julie Bower, Children & Youth Services Casework Supervisor

Julie attended Southern New Hampshire University where she received her bachelor's degree in psychology. Julie expressed that the most rewarding part of her job is being a positive factor in the lives of children and families. She enjoys helping them overcome challenges in their lives and seeing children find permanency. Julie stated that she looks up to Kristin Young because she has been a wealth of wisdom since Julie took the role of supervisor. Julie enjoys doing arts and crafts and playing her guitar and ukelele. She is currently taking a hiatus from TV and has been reading fiction books instead.

Not Pictured

Carla Miller, Human Services Office Assistant

Carla attended Penn State Behrend where she received her bachelor's degree in psychology. Carla expressed that the most rewarding part of her job is helping people. She is the first-person people see when they come into our office. Carla stated that she looks up to Tracy Hoppole Ward, a previous supervisor. Carla enjoys baking and creating new desserts. Her favorite TV series is Virgin River on Netflix.



Start Your Path To Recovery

We are a trusted provider of treatment for substance use disorder. With more than 120 locations across 10 states, one of our centers is located near you and ready to offer convenient, comprehensive, and high-quality care.

800-805-6989
SCHEDULE AN APPOINTMENT TODAY



Crossroads

Guest Columnist: Jessica Borosky, Community Engagement Manager

Crossroads is an organization that provides Mediated Assistant Treatment (MAT) to individuals struggling with an opiate addiction. We are able to offer Suboxone, Sublocade, Subutex, Brixadi, and Vivitrol as treatment options. Crossroads originated in South Carolina in 2005, although we have since expanded to 9 states. We serve all of Western and Eastern Pennsylvania with having 53 centers across the state. In Washington County we have 3 centers being in Washington, Charleroi, and Canonsburg. In order to access our services, you can call our 24/7 call center at 866-376-3897. We get patients seen on the same day by offering instant intakes 7 days a week. Our services include Hepatitis C treatment, care management services, and smoking cessation. We also have certified recovery specialists on staff. Crossroads is apart of the Centers of Excellence.

Catholic Charities of the Diocese of Pittsburgh

Guest Columnist: Marion Ahlers, Chief Reputation Officer

For 114 years, Catholic Charities, Diocese of Pittsburgh, has been a steadfast source of support for individuals and families across Southwestern Pennsylvania. Covering Allegheny, Beaver, Butler, Green, Lawrence, and Washington counties, our mission is deeply rooted in a commitment to helping those in need, regardless of their background or circumstances. Each year, we serve approximately 23,000 people, touching the lives of 69,000 individuals in the process. Our approach is simple yet profoundly impactful: with the support of our generous community, we welcome, prioritize immediate need, and invite to long-term stability.

First and foremost, we welcome any person in distress, offering them a safe space where they are met with compassion and respect. It doesn't matter who they are or what their story is—we are here to help. Our doors are always open to those who find themselves in difficult situations, and we are committed to providing the support they need. If we're not the ones best equipped to meet a particular need, we find the trusted experts who can.

Our second priority is addressing immediate needs, especially for those at risk of harm. Whether someone is facing homelessness, hunger, or any other urgent crisis, we are here to offer immediate assistance. We understand that in times of distress, people need quick and effective solutions, and our team is ready to step in and provide the necessary care.



But our work doesn't stop at meeting immediate needs. We invite every person we serve to partner with us for long-term stability. We know that lasting change takes time and effort, and we are committed to walking alongside individuals and families as they work toward a more stable and secure future. Our programs are designed to provide ongoing support, helping people not just to survive but to thrive.

One of the key aspects of our approach is recognizing that one size does not fit all. Each county we serve has its own unique challenges, and we tailor our services to meet the specific needs of each community. In Washington County, for example, we offer a range of programs including anger management, parenting classes, basic needs assistance, and pregnancy and parenting support. However, one of the most significant needs we address in this region is mental health.

Mental health is a growing concern nationwide, and the statistics are sobering. In 2021, 5.4 million people participated in a mental health screening, revealing a staggering 500% increase in need over 2019. This surge in demand highlights the urgent need for accessible mental health services, especially as 25% of adults in the U.S. – about one in four – suffer from a diagnosable mental disorder in a given year. Despite the prevalence of these conditions, only 46.2% of those affected receive treatment.

At Catholics Charities, we are committed to filling this gap. Our counseling services in Washington County have become one of our most vital offerings, providing much-needed support to individuals and families struggling with mental health challenges. We believe that everyone deserves access to quality mental health care, regardless of their financial situation. That's why we offer sliding scale fees for those who do not qualify for funding, ensuring that cost is not a barrier to receiving the help they need.

Our work is made possible through the generosity of our supporters, and we are deeply grateful for the contributions that allow us to continue serving our community. Whether it's through donations, volunteering, or simply spreading the word about our services, every act of support helps us reach more people in need.

If you or someone you know could benefit from our programs, we encourage you to reach out. For more information on any of our services, please call us at 724-228-7722 or visit our website at www.ccpgh.org. Together, we can make a difference in the lives of those who need it most, offering hope, healing, and a path to a brighter future.




National Suicide Prevention Awareness Month

Guest Columnist: Rebecca Salsbury, Human Services Clinical Unit and Interim Help Center Director

September is National Suicide Prevention Awareness month. Suicide can be a sensitive topic, but talking about suicide is critical to its prevention. All month-long individuals across the world will unite to promote suicide prevention awareness by spreading hope and sharing vital information to all people affected by suicide. Washington County Suicide Prevention task force (Pathfinders) has developed a September calendar of events which included free trainings and resources. You are invited to attend a virtual Talk Saves Lives presentation to learn more about the impact of suicide, identify contributors to suicide and protective factors, understand how suicide may impact certain communities differently, how to recognize suicide warning signs be provided examples on how to start a conversation about suicide with someone you're concerned about and list ways to seek and offer support and crisis resources for yourself or others. Join us on September 28th for Washington County 3rd Out of the Darkness Walk. Pre-register now at afsp.com/washingtonpa.

Suicide Prevention Alliance hosted their annual conference August 7-8 in Harrisburg, PA titled "The Impact of Suicide". The conference consisted of two keynote speakers and twelve break-out sessions on topics ranging across the life span. The keynote speakers were Dr. Frank Campbell and Dr. DeQuincy Meiffren-Lezine. Dr. Campbell highlighted the more prevention (specifically for loss survivors) the less intervention needed. Dr. Campbell stated, "suicide places the deceased psychological skeleton in the survivor's closet". The presentation focused on the historical attitude regarding suicide and the importance of having resource readily available to individuals, specifically survivors experiencing trauma-induced grief that follows suicide loss. The conference provided the opportunity for individuals across the state to share opportunities and brainstorm ways to overcome barriers as it relates to implementation of suicide prevention. Suicide Prevention Alliance will host Suicide Prevention Day at the Pennsylvania State Capital on October 2, 2024, from 10-12.

If you or someone you know is in crisis, contact Washington County Crisis Services 24/7 by calling 1-877-225-3567 or 988.



TALK SAVES LIVES
An Introduction to Suicide Prevention

Talk Saves Lives: An Introduction to Suicide Prevention is the American Foundation for Suicide Prevention's (AFSP) flagship suicide prevention education program that provides participants with an understanding of suicide as a leading cause of death, including the most up-to-date research on prevention, and what can be done in communities to save lives. This 1-hour presentation may be tailored for more targeted audiences in a variety of settings (e.g. 2SLGBTQIA+ communities, older adults, firearm owners, etc.), and is available in person and virtually.

Participants will be able to:

- Describe the impact of suicide
- Identify contributors to suicide and protective factors
- Understand how suicide may impact certain communities differently
- Describe how to recognize suicide warning signs
- Provide examples of how to start a conversation about suicide with someone you're concerned about
- List ways to seek and offer support and crisis resources for yourself or others

To request a program in your community, please contact your local AFSP chapter: afsp.org/chapters

afsp.org/TalkSavesLives

