



CARE Center

We CARE

Your Recovery & Wellness Newsletter

Third Quarter 2019 - 2020

Our Commitment to Service

SPHS has committed to consumers throughout our area that our programs will continue to provide quality and comprehensive services with a minimum of disruption throughout this period of uncertainty. We have implemented the following procedures in support of both our staff and those we serve:

- Travel restrictions have been implemented for staff as well as screening procedures directed by our Human Resources department for any staff person that may have potentially faced exposure. Staff who are exhibiting symptoms are encouraged to stay home. Needs of staff are assessed by supervisors daily to provide guidance and encourage self-care, which we recognize as especially important during this time of increased need.
- Mental Health, Substance Abuse, and Victim Services including outpatient, community treatment, case management, and crisis diversion services will continue to be provided with necessary modifications. Measures have been put in place at each location to reduce risk including increased hand sanitizing stations in common areas. These areas are expected to be disinfected frequently, and individual offices are sanitized between each appointment.
- Physical layouts have been reconfigured to encourage social distancing for both staff and consumers. This includes waiting rooms and conference rooms where psycho-educational groups are held. Consumers of outpatient services are encouraged to remain in their vehicles and sign in via telephone if possible. They are called via

cell phone to enter the premises at the time of their appointment to reduce the number of individuals utilizing our waiting areas at any given time.

- Needs of consumers are reviewed on a case by case basis to determine if tele-health services are appropriate and if so, this additional option is encouraged. There has been increased interest and requests for telephone and tele-health services, which have been implemented with utmost concern for quality and confidentiality. Consumer feedback on this service modification has been positive and is anticipated to continue for as long as necessary to meet needs. Collaboration with other service providers is continuous to ensure that each client is receiving the proper level of care.

SPHS identifies its sustained operations as mission critical and believes it is essential to continue service provision to vulnerable individuals in our communities during this international public health emergency.

Our plan focuses on planning and preparation, deployment, and sustainability, as well as adaptability. The nature of this situation is that while it is sudden and intense, it is also evolving and unfortunately absent of a defined end point. Therefore, ongoing assessment and evaluation, with accompanying changes in service deployment, can happen constantly. Underlying each and all of our efforts is to assure the safety of our clients, our staff and our communities.

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

[spreads through close contact]

TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

INFORMATION + UPDATES:
[HEALTH.PA.GOV](https://www.health.pa.gov)

 **pennsylvania**
DEPARTMENT OF HEALTH
Created 02/25/2020

STTARS Program Launches New Campaign to Engage LGBTQ+ Community



1 IN 2 TRANSGENDER PEOPLE WILL BE SEXUALLY ASSAULTED

Sexual violence doesn't discriminate.

Neither do we.

We see you.

We believe you.

We are here for you.

1.888.480.7283



CARE Center
STTARS Program

Paid for with Pennsylvania Taxpayer Dollars. Campaign created by Fenway Health.
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*CDC, The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation.

With funding from the Pennsylvania Commission on Crime and Delinquency (PCCD), the STTARS Program has begun a new outreach campaign to increase engagement in sexual violence services among survivors in the LGBTQ+ communities of Washington and Greene Counties. This population has been identified as underserved and highly vulnerable based on rates of victimization reported in the Uniform Crime Report (UCR) and the National Intimate Partner and Sexual Violence Survey (NISVS).

Utilizing a campaign adapted from Fenway Health System in Boston, we are hoping to reduce the stigma associated with sexual assault and

encourage survivors to access the discreet, free, and confidential supportive services that are available in our area. The project also strives to be in line with the goals set in the 2018 Live Healthy PA's LGBT Health Needs Assessment, which seek to:

- **Support connections to LGBT competent providers**
- **Encourage Health Screening Discussions**
- **Identify Community Wide Mental Health Supports**
- **Partner with LGBT Community Based Organizations**

For more information on this project or other sexual violence prevention and treatment services, please contact the STTARS Program at 724-229-5007 or 724-627-6108.



If you visit the corporate offices of SPHS on a Tuesday, you will be welcomed with a smile by Tracy Greenwood, who volunteers as a greeter each week for the Charleroi offices. Tracy has become a valued member of the SPHS team, also working at the CARE Center in Washington as part of the housekeeping staff a few days per week.

Tracy is a shining example of what life in mental health recovery looks like. She points to the obstacles that she's had to overcome to get where she is now, such as creating a sense of safety and trust and being able to believe in herself. She credits understanding her own needs and engaging in self-care as assisting her in maintaining her recovery. Some things that Tracy takes part in as part of her self-care routine are cleaning, attending church, regularly checking in with her therapist, and actively participating in recommended treatment. She also enjoys spending time with family and friends. Tracy still sets goals for herself in her personal journey including improving her overall physical health.

We applaud Tracy for her success and for sharing her story in order to reduce the stigma associated with discussing mental health issues and encouraging wellness in our communities!



January Recognized as Human Trafficking Awareness Month

As part of its ongoing commitment to bring awareness to the issue of Human Trafficking, STTARS Program staff partnered with the Boards of Commissioners in both Greene and Washington Counties to proclaim January as Human Trafficking Awareness Month. To report suspected Human Trafficking in your area or to request assistance, call the National Human Trafficking Hotline at 1-888-373-7888, or text 233733.



Pictured above are Greene County Commissioners Betsy Rohanna-McClure, Mike Belding, and Blair Zimmerman with STTARS Program staff. Pictured below are Washington County Commissioners Larry Maggi, Diana Ireya-Vaughn, and Nick Sherman, with members of the Washington County Human Trafficking Task Force.



April is
**Sexual Assault
Awareness Month**



April 2020 is SAAM's 19th anniversary. The goal of SAAM is for individuals and organizations to raise public awareness of sexual harassment, assault, and abuse, and to educate communities on how to prevent it. This year continues the theme of "I Ask" in order to promote consent and the conversations that should surround it. For more on this year's Sexual Assault Awareness Month Campaign visit the [National Sexual Violence Resource Center \(NSVRC\)](#) website. For more information on how you can promote sexual violence prevention in Washington and Greene Counties, call the STTARS Program at 724-229-5007.

Together, we can ensure
that our community receives the
resources it needs.

United States®
Census
2020

Learn more at 2020census.gov.

We are excited to announce that we are partnering with the U.S. Census Bureau to support the 2020 Census. As a partner, we will be working to make sure our community is accurately represented in the upcoming decennial count.

Responding is easy.

Beginning in mid-March 2020, people will be able to respond to the census online, by phone, or by mail. They can choose the option that works best for them.

Responding is safe.

Personal information provided on the census is kept confidential by law. An individual's responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against people by any government agency or court in any way.

Responding to the census is important.

The 2020 Census will influence funding for community services for the next 10 years. Data from the census helps determine where more than \$675 billion is spent each year in states and communities. That includes money for things like:

- Housing and food assistance
- Libraries and community centers
- First responders
- Medicare and Medicaid
- Hospitals
- Schools

Paid for with Pennsylvania tax payer dollars.