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# Noble

## News & Views

A monthly report for those in support of  
Truman Medical Centers (TMC) Behavioral Health and our mission.

February 2020

## Upcoming Events

**Feb. 23 - March 1** National Eating Disorders Awareness Week

**March 11-12** Building Resilient, Trauma Informed Cultures Training

**April 8** Sustaining Compassion Without Fatigue Training

**April 8** We Rise KC Breakfast Fundraiser for Behavioral Health

**May 6** Conflict Management: Escaping the Drama Triangle Training

**May 8** Lakewood Spring Symposium - A Fine Line: Differentiating Between Normal Adolescent and Risky Behaviors

**June 3** Navigating Change Training

**July 15-16** Building Resilient, Trauma Informed Cultures Training

**For more information about upcoming events, visit**  
[facebook.com/trumedBH/events](https://facebook.com/trumedBH/events)



A Free Community Breakfast Supporting TMC Behavioral Health Services

**WEDNESDAY, APRIL 8, 2020**

**8:30 – 9:30 a.m. Breakfast and Program**  
**Sheraton Kansas City Hotel at Crown Center**

Please join us for a free community breakfast in support of Truman Medical Centers' Behavioral Health Services. Attendees will hear from participants, passionate volunteers, dedicated board members and staff who have committed their lives to hope and healing. You'll be inspired by the life-giving hope Truman offers our community. Thanks to generous sponsors, this community event is offered free of charge.

RISE WITH US!

Full event details at [TMCgiving.org/RISE](https://TMCgiving.org/RISE)

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## News & Views

### Fast Facts about MENTAL HEALTH

- Across the U.S. economy, serious mental illness causes \$193.2 billion in lost earnings each year
- 20.1% of people experiencing homelessness in the U.S. have a serious mental health condition
- 37% of adults incarcerated in the state and federal prison system have a diagnosed mental illness
- 70.4% of youth in the juvenile justice system have a diagnosed mental illness
- 41% of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder

Source: National Alliance on Mental Illness (NAMI)

### A note from our COO...

**F**our years ago this month, I stepped into some big shoes and had the pleasure of taking on the role of Chief Operating Officer of TMC Behavioral Health (TMC BH). I had a lot to learn and am still learning how best to live out our principles of acceptance, bearing hope and compassion.

Altogether, I've worked in multiple positions at TMC BH for almost 28 years, and every day, I realize more and more what makes it home: the caring staff and the inspirational journeys of those we serve.

This is a place of belonging, and I'd be thrilled to call it home for another three decades.

One way this belongingness is exemplified is through the work of our various committees. From our Employee Engagement Committee to our Zero Suicide Taskforce, there are so many ways for your voice to be heard. You can find a list of committees on the last page of this report, and I would love for you to consider how you might best make an impact on this organization to which you belong.

Finding a sense of belonging is the power of having a home.

Our Supportive Housing Team provides that for those we serve every day. I believe everyone deserves a home, because a home provides hope. Almost 30 years of research shows a home is an essential intervention for someone's journey toward wellness. In the last two-and-a-half years, we've increased our units of supportive housing available for our clients by almost 300, and we're not finished yet providing housing as healthcare. You'll see some exciting initiatives in play below in this month's department spotlight.

I'd also like to congratulate our Supportive Housing Team in securing more than \$1.5 million this year from the US Department of Housing and Urban Development (HUD) to continue providing this critical intervention.

Thank you for finding a home here. It means so much to me that you are a part of our TMC BH family.



**Sharon Freese, RN, BSN, MSW**

### Spotlight on: Housing

**T**here is a vital connection between housing and healthcare for homeless populations. All evidence shows that mental and physical health suffers without stable, quality housing. So in October 2017, TMC Behavioral Health began **500 in Five**; a campaign to provide an additional 500 units of affordable, supportive housing for those we serve within the next five years. Having just completed our second year, we are ahead of schedule with an additional 284 units of supportive housing already created.

Taking a "Housing First" approach, we place homeless individuals into housing and then build recovery on top of the stability created by being housed. By leveraging our relationships with more than 30 landlords, we have direct access to more than 400 units and in total, provide services and support to clients in nearly 800 units. We are also

able to connect our clients to services and resources within TMC including: primary and specialized medical care, behavioral healthcare, outpatient and inpatient psychiatric services, employment services and benefit acquisition assistance. Within the community (through partnerships) we increase access to meals, housing, employment, legal and wellness services.

Financially, there is a health cost to the individual experiencing homelessness. With a high rate of substance abuse- at least 27% of the homeless population (likely more); and managed and or mismanaged symptoms, the national cost of "doing nothing" for a homeless individual is \$56,000/person/year (\$153/person/day). The local cost of housing a person in permanent supportive housing is between \$32-\$44/person/day.



## Welcome New TMC Behavioral Health Staff Members!



We're grateful to have these new employees on our team.

Back row: **Kara Row Callahan** (Music Therapy), **Asia Hardy** (Futures), **Terry Stanley** (Intake), **Amy Pichetti** (Geri-Psych), **Justina Bayless** (Occupational Therapy) Front row: **Mackenzie Clawson** (Futures), **Haley Scharrer** (New Frontiers), **Darcy Maher** (Crisis), **Rona Dendish** (Geri- Psych), **Jordyn Johnston** (Recovery Health Services)

### Success Story...

#### Provided by Supportive Housing Team

*"Carl\* was in his early 50s when he entered into our TMC Behavioral Health Supported Housing Program. He was homeless, with complicated medical issues including Kidney disease, HIV, Major Depressive Disorder, and Substance Use Disorder. Without a place to call his own, Carl was unable to address his medical issues; he was not seeing a doctor for his kidney disease nor his HIV. His mental health and substance use were not being treated, and he used cocaine and alcohol heavily as a form of self-medication.*

*Approximately five years later, and with our help, Carl now has a place to call home. He keeps his kitchen stocked with food, manages his medications and keeps regular daily dialysis appointments. Carl has been sober for more than three years and is working toward earning his GED, so he can get a job. Congratulations to our Housing team and to Carl for great results and continued success!"*

*\*name changed to protect privacy*

### Futures Program Congratulates Vladimir Sainte, LCSW

With more than ten years of experience as a therapist, Vladimir Sainte, LCSW, Team Leader in TMC Behavioral Health Futures Program, has made an invaluable impact on the Kansas City community through his work as a counselor and crisis clinician. Sainte is now impacting the literary world, as a published author and illustrator of children's books.



As featured on KCUR 89.3, Sainte's first book, *Just Like a Hero*, is about an African American boy who powers his way to good self-esteem. The second in the series, recently released, is called *It Will be Okay*. It's about Alma, a Latina girl who learns to combat fear and anxiety. For that one, Sainte created an antagonist, a fear monster named Mr. Limbo, who watches Alma on monitors as she huddles in a corner and texts that no one likes her. As in "Just Like a Hero," the child character learns tools to care for herself.

For the complete article please visit: [www.kcur.org/post/kansas-city-childrens-book-author-gives-kids-hope-shields-and-other-emotional-super-hero-tools#stream/0](http://www.kcur.org/post/kansas-city-childrens-book-author-gives-kids-hope-shields-and-other-emotional-super-hero-tools#stream/0)

### Child and Adolescent Psychiatry Welcomes Maria Otayza-Navato, MD

Maria Otayza-Navato, MD, has accepted the role of Medical Director for TMC Behavioral Health Child and Adolescent Psychiatry. She will office three days a week at Lakewood Counseling, Lee's Summit, and two days a week in the Futures Clinic at the Healing Canvas Building. Dr. Otayza-Navato looks forward to being closely involved with staff and operations in both clinics. Congratulations to Dr. Otayza-Navato in her new role.



Visit **facebook.com/trumedBH**

to read stories about our staff (listed right) who exemplify Our Noble Cause of acceptance, hope and compassion to those they serve.

**Jamie Abrajan**  
**Terner Ervin**  
**Derek Farmer**

**Jennifer Haley**  
**Brooke Owsley**  
**Markita Phillips**

## Behavioral Health Committee Corner

Quality Focus	Committee	Meeting Day/Time*	Chair(s)/Point of Contact
Clinical Quality	Clinical Practice Subcommittee: Zero Suicide Taskforce	TBD/TBD 2nd Monday, 2 p.m.	Jennifer Keller-McDaniels Stephen Gray
Risk Management	Community Relations Death Review Patient & Employee Safety	1st Wednesday, 2 p.m. PRN/PRN/PRN 2nd Tuesday, 1:30 p.m.	Aaron Crossley Melinda Teglia/Jeff Metzner Bethany Zaiger/ Gino Taylor
Technical Assist/ Support	EMR/Measurement Development	3rd Thursday, 9:30 a.m.	Jennifer Waterman Jena Harper
Workforce	Employee Engagement Trauma Informed Care Steering Workforce Development Subcommittee: Certification	3rd Wednesday, 12 p.m. 4th Friday, 11:30 a.m. 1st Friday, 12 p.m. 2nd Monday, 1 p.m.	Rob Ellis Lara Ashbaugh Dianne Asher/ Gino Taylor Gino Taylor

\*Meetings held monthly unless noted otherwise.



Our first Mental Health First Aid class graduates along with instructors Theresa Cummings and Kreasha Williams: Front row, left to right: Ingrid Chivers, Brenda Ester, Lynn Patterson, Alison Kendall, Payton McGee, Brandi Wilmes, Haley Scharrer, Tonya Webb and Theresa Reyes-Cummings. Back row, left to right: Kreasha Williams, Greg Carlew, Alexis Long, Beth Hill, Nichole Gunnels, Krissy Pratt, and Wed Dent.



BH Certification Committee at work: Jenna Harper, Sarah Kaiser, Jodi Gusman, Gino Taylor, Cass Davis-Guinn, and Rob Ellis.



Aaron Crossley, LMSW, Project Coordinator, presenting housing as a healthcare intervention at the Independence City Council on Monday, February 10. Aaron, along with representatives from the Community Services League, GKCCEH, and Empower Missouri spoke about homelessness and housing in Kansas City.

## Truman Medical Centers Behavioral Health Services

### TMC Health Sciences District

2301 Holmes  
Kansas City, MO 64108

### Healing Canvas Building

300 West 19th Terrace  
Kansas City, MO 64108

### TMC Lakewood

7900 Lee's Summit Rd  
Kansas City, MO 64139

### Lakewood Counseling

300 SE 2nd St  
Lee's Summit, MO 64063

**816-404-5709 or**  
**BehavioralHealthKC.org**

## OUR NOBLE CAUSE

Dedicating our professional lives to accepting people as they are today, bearing hope for their future, and using compassion to empower those we serve.

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