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Noble

News & Views

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

Jan/Feb 2021

Awareness Dates

February

Black History Month

National Eating Disorder Awareness
Week; February 22 - 26

March

National Drug and Alcohol Facts Week;
March 22 - 28

April

Alcohol Awareness Month

National Autism Awareness Month

National Minority Health Month

Stress Awareness Month

World Autism Awareness Day;
April 2

May

Mental Health Month

Children's Mental Health Awareness
Week; May 3 - 9

National Women's Health Week; May
10 - 16

Children's Mental Health Awareness
Day; May 7

**For more information
about upcoming events, visit
facebook.com/trumedBH/events**

Spotlight on: Intensive Residential Treatment Services

The Intensive Residential Treatment Services (IRTS) at Truman Medical Center (TMC) Behavioral Health has many successes from 2020 to celebrate, yet Kellie Sullivan, Certified Therapeutic Recreation Specialist (CTRS), Group Home Manager, was able to narrow it down to the following **Top Ten Accomplishments**:

1. Out of 295 days of the COVID-19 Response in 2020, there was a negligible amount of residents diagnosed with COVID-19.
2. Our residents had very few hospitalizations for medical reasons the entire year (two of which were orthopedic procedures).
3. Our residents had very few psychiatric hospitalizations throughout the year, a new record for us.
4. We provide up to 5,000 medications per month and our error rate is under one percent.
5. The residents' garden at Tracy Group Home was named one of the best in the city by the Kansas City Community Gardens.
6. Approximately 70% of our discharged residents moved to more independent housing and three more are waiting for openings at their next placement.
7. We have organized COVID-19 testing at least five times with assistance from so many people, but especially the team at the COVID-19 Testing Hut at HSD and we are very grateful.
8. In November we had a mock Joint Commission survey that went extremely well with many compliments from the surveyors and a very short list to work on.
9. Our team handled a low number of MRSA and two C.Diff infections without spread to other clients.
10. Because of our team and their dedication, we have referrals from many other behavioral health organizations in the greater Kansas City area, guardian's offices, and Department of Mental Health Hospitals. TMC Behavioral IRTS Group Homes are seen as one of the best programs in the city.



TMC Behavioral Health's IRTS team offers a different group home environment. In a traditional group home or residential care setting, clients are cared for in order to stabilize them and keep them safe. With TMC Behavioral Health IRTS, the care team provides treatment to help our clients move forward to independent housing and teach them the skills needed to get there. Congratulations to our IRTS Group Homes team on a year of many accomplishments and quality care provided for our clients.

Noble

News & Views

Fast Facts about MENTAL HEALTH

- African Americans are 10% more likely to report serious psychological distress compared to non-Hispanic whites.*
- African Americans with Bipolar Disorder (BPD) are more likely to be misdiagnosed with schizophrenia, receive less adequate treatment for BPD, receive inpatient services, have more manic symptoms than depressive symptoms and report more incidents of unfair treatment.**
- African Americans are more likely to be victims of violent crime, making Post Traumatic Stress Disorder (PTSD) a common mental health disorder in this population.**
- In 2014, the suicide rate for African American men was four times greater than for African American women.*
- In 2014, 6.8% of non-Hispanic black male youth and 2.2% of non-Hispanic black female youth ages 15-19 committed suicide.*

*Office of Mental Health (OMH) Mental Health African Americans 2017

**National Alliance on Mental Illness (NAMI) African American Mental Health

A note from our COO...

I'm incredibly grateful for the unique, personal experience each of you brings to your role here at TMC Behavioral Health. That's why we're updating the format, content, and distribution frequency of the "Noble News and Views" this year so that more voices within the organization might be amplified.

Some of those changes might be apparent already. Each edition will focus on a particular awareness initiative or celebration associated with the month. We highlight Black History Month and those pioneers whose contributions impact our work today in the article below.

The *Noble News and Views* will now be published every other month. On the off months, be on the lookout for a *Noble News Flash* with a personal story from one of your colleagues. I'm grateful that Tiffany Sturdivant got her important thoughts on paper about what the phrase "Black lives matter" means to her. If you are an employee, be watching for her full story to be delivered straight to your inbox!



In December, 2020, Sharon received her first dose of the COVID-19 vaccine after those who were more at risk of contracting the novel coronavirus had received theirs.

Spotlight on: Black History Month

Black Americans' contributions to the field of mental health have long been overlooked. To honor Black History Month, TMC Behavioral Health would like to recognize these notable professionals and their significant contributions to mental healthcare.

Herman George Canady was a prominent Black clinical and social psychologist and was the first psychologist to study the influence on bias in IQ testing. He also helped to provide an understanding of testing environments that were suitable to help Black students succeed.

Mamie Phipps Clark was the first African American woman to earn a doctorate degree in psychology from Columbia University. Dr. Kenneth Clark was the first black president of the American Psychological Association. The Clarks are best known for the "Doll Study" in which more than 200 Black children participated and provided evidence to help end school segregation.

James P. Comer, MD, MPH is the Maurice Falk Professor of Child Psychiatry at the Yale University School of Medicine's Child Study Center and founder of the Comer School Development Program; and co-founder and past president of the Black Psychiatrists of America. In 2014, Dr. Comer was nominated by President Barack Obama to serve on the President's Commission on Educational Excellence for African Americans.

Jennifer Eberhardt, PhD, is a professor of psychology at Stanford University and an expert on the consequences of the psychological association between race and crime. Her research of implicit bias, criminal justice, and the education system initiated implicit bias training for police officers. In 2014, Dr. Eberhardt's work earned her the famous MacArthur "Genius Grant" Fellowship.

Harriette Pipes McAdoo, PhD, worked with her husband, researcher **John Lewis McAdoo**, on the Family Life Project, which studied middle-class Black families in the Washington, DC, area. Her research challenged harmful racial stereotypes and earned her a spot in the White House Conference on Families, appointed by President Jimmy Carter.

Dr. Beverly Daniel Tatum is author of "Why Are All the Black Kids Sitting Together in the Cafeteria and Other Conversations About Race", one of her many works that focuses on racism's effects on the American education system. She received the American Psychological Association Award for Outstanding Lifetime Contribution to Psychology in 2014.

For complete information on these and other notable Black pioneers in mental health plus Mental Health America Resources For Black and African Americans, please visit www.mhanational.org/black-pioneers-mental-health.

In the News

TMC Behavioral Health Futures Recovery Coach, **Kathy Estes**, spoke to KCUR about the pressures young people are facing as they continue to navigate new ways of learning.

TMC Behavioral Health Team Leader, **Vladimir Sainte** tells KSHB how a little distraction, in the form of a football game, is healthy.



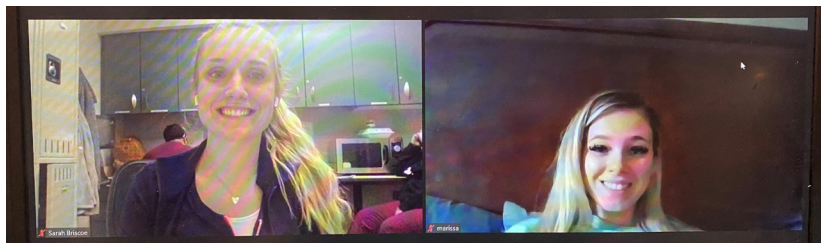
In the Workforce

Searching for College Connections

The TMC Behavioral Health (TMC BH) Workforce Committee members serve as a conduit for students from colleges and academic organizations to a career in behavioral health throughout Kansas City, MO, and beyond. Led by **Dianne Asher, LCSW, LCAC, LSCSW**, members connect with college undergraduate and graduate programs and offer to provide students with information about working in behavioral health.

The TMC BH Workforce Committee also works with academic or professional organizations seeking to provide members with networking opportunities. Assisting students determine their career path provides TMC BH with the opportunity to recruit qualified, passionate additions to our workforce. If you have an alumni connection for the committee, please contact Dianne Asher at **816-404-5733**.

Welcome New TMC Behavioral Health Staff Members



Sarah Briscoe, RN, Behavioral Health Acute Care (BHAC) and **Marissa Ludwig, RN**, Geriatric Psychiatry Acute Care (GPAC).

CTII Cup of Compassion

Need a self-care break in your day? The TMC Center for Trauma Informed Innovation team provides tips for reinforcing your resilience and supporting self-care with a practice to try in just 20 minutes. While you're there, subscribe to CTII's YouTube Channel at <https://bit.ly/ctiiyoutube>.

Helping teens tackle the tough questions

Behavioral Health partners with local group to talk about suicide prevention

What would you do if a friend posted suicidal thoughts on social media? What if one of your parents said they just didn't want to live anymore? What would you say if you saw someone being bullied because they were seeing a therapist?



Tiffany Sturdivant, MSW, LCSW

These are three of the thought provoking questions that teens try to answer through a series of videos. TMC Behavioral Health partnered with the *Zero Reasons Why* teen suicide prevention campaign to create the videos, shedding light on this important topic.

Zero Reasons Why uses video and storytelling to prevent teen suicide and drive productive conversations to affirm there are zero reasons why suicide is an option.

"What I appreciated about it, was that it allowed us to highlight the concern regarding suicide in our community, and the reality that it knows no color nor socioeconomic status," said Tiffany Sturdivant, Program Director for BH Futures Community Program, a service geared toward youth and young adults.

To view the videos, please use this link: <https://vimeoopro.com/overflowstorytellinglab/truman-crisis-series>. Password: #ZRW. They are also posted on the BH Facebook page -facebook.com/trumedBH.

Inspiration for 2021

Thank you for sending your inspirational songs for 2021. We will continue to update the playlist as more songs are received. Enjoy at: <https://open.spotify.com/playlist/56Hg-wi6lh3mqHKxWFYltwK>



A Cup of Compassion

Thursdays @ 12:30pm

SHOW ME
HOPE
MISSOURI

Being black and the COVID-19 vaccine

I cry COVID tears a lot. Yesterday was no exception. My day started out as usual, coffee and checking social media to see what took place while I was asleep. It is my normal morning ritual. I should also mention that I am... African American. But, I prefer to be called... black. I am a cis-gender female. I have a chronic medical condition. And, I have experienced, first hand, the health disparities and subsequent medical trauma that many African Americans experience. But, when I was first offered an opportunity to get the COVID vaccine, I immediately knew my answer. YES, YES, and YES.

You can read her full story on TMC's blog, Vital KC, here: <https://www.trumed.org/vital-kc/posts/being-black-and-the-covid-vaccine/>



Samantha Silveira

Truman Medical Center's Futures Receives Children's Services Fund Awards

The Children's Services Fund of Jackson County has awarded Truman Medical Center (TMC) Behavioral Health two significant financial awards to support our work with Jackson County's youth. TMC Behavioral Health received \$100,000 to support its community-based assessments for case management, therapy, and other mental health services at Hope Leadership Academy charter school. The team works to remove barriers to receiving care and the stigma in receiving mental health services for children and youth in Jackson County under 19.

TMC Behavioral Health's TruFutures Front Door Mobile Intake received \$150,620 to support our mobile intake services at different community locations and tackle any stigma to getting needed care. Our team includes a dedicated therapist and a peer health navigator to work with youth and make sure they stay engaged.



CHILDREN'S
SERVICES
FUND
OF JACKSON COUNTY

SHOW-ME
H  **P**
MISSOURI

**Have you been affected
by COVID-19?**
We're here to help.

Call **816-404-6222** to learn
more about our counseling
services.

For immediate care, call the
Disaster Distress Helpline:
800-985-5990.



Kudos!

Visit facebook.com/trumedBH to read more about those who exemplify Our Noble Cause of acceptance, hope and compassion to those they serve.

Congratulations to our very own **Octavian Jones (Tay)** for her promotion to Sr. Airman in the US Air Force this week. We salute you Tay and appreciate your service. - *Jennifer Waterman*

Kudos to **Desiree Summers** and **Cheryl Kearney** for their outstanding leadership over registration during these challenging times. Your hard work and determination to ensure the best customer service to our clients and staff is greatly appreciated. Thank you both for all you do! - *Jennifer Waterman*

Kudos to **Nona Perry** for her hard work on iMiH (billing system conversion). Nona's dedication and commitment to the success of her team and this project has not gone unnoticed. Thank you Nona! - *Jennifer Waterman*

Truman Medical Centers Behavioral Health Services

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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

Are you on f ?
TMC Behavioral Health is too!



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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.