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Noble

News & Views

A monthly report for those in support of

Truman Medical Centers (TMC) Behavioral Health and our mission.

October 2020

Upcoming Events

November 2, 9 & 16

Compassion without Fatigue
via Zoom video conferencing
2 pm to 3 pm, register by Nov. 1
trumed.org/calendar/events/

November 4 & 5 Building Resilient,
Trauma-Informed Cultures

Awareness Dates

November is:

- National Homeless Month
- National American Indian/ Native
American Heritage Month

November 15-22 National Hunger
and Homelessness Awareness Week

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

Spotlight on: Inpatient Services

Truman Medical Center (TMC) Behavioral Health offers compassionate inpatient care in a safe environment for those struggling with mental health and/or substance induced crisis, including those at risk of hurting themselves or others. Our 66 inpatient beds are located at TMC/UH in downtown Kansas City, Missouri, and the TMC/UH Lakewood campus in Eastern Jackson County, Missouri.

Once admitted by transfer from an area emergency department, our patients receive round-the-clock nursing care and daily program structure, which provides a safe environment during treatment. Our experienced team of providers tailors the care plan to address the needs of each patient. Comprehensive services can include: individual and group therapy, education about medication, nutrition, pain management, wellness, and recreation, music and art therapy. When needed, TMC/UH staff can make a referral to one of TMC Behavioral Health's outpatient services or day programs. Ultimately our goal is to help our patients achieve the fullest and most productive life possible.

Success Stories

The National Roster Music Therapy Program at TMC Behavioral Health Inpatient Services, also known as Behavioral Health Acute Care (BHAC), began in 2017. It is accredited through the Certification Board for Music Therapists (CBMT) and the American Music Therapy Association (AMTA). This full-time, six-month program has been designed to help students confidently prepare for board examination and entrance into the workforce. Since its conception the internship has had six music therapy students who have successfully completed their internship, passed their board exams and found employment as music therapists, even with some of the current struggles of COVID-19. Our program strives to provide high-quality education to its students and excellent care to our patients at Truman Medical Centers.



TMC Behavioral Health Acute Care (BHAC) COVID Response

The BHAC units at both Health Sciences District and Lakewood have been working diligently with the rest of the organization to ensure there is no transmission of the COVID-19. In March and April, the challenge was

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News & Views

Fast Facts about MENTAL HEALTH

Behavioral health's impact on chronic conditions:

- More than one-quarter of adults in the U.S. experience some type of behavioral health disorder in a given year.
- Approximately 29% of adults with a medical condition also have some type of mental health disorder.
- Between 15% to 30% of people with diabetes also have depression, resulting in worse outcomes, such as higher body-mass index and increased risk of other conditions.
- Up to 33% of those who suffer a heart attack later experience depression.
- Comorbid depression affects 15% to 25% of people with cancer.

Behavioral Health: Fixing a system in crisis;
www.modernhealthcare.com/reports/behavioral-health/

A note from our COO...

Like many of you, I began this year with optimism. A new year often means a fresh start, and we were in the middle of accomplishing so much through our strategic framework which we had implemented in mid-2019. In fact, between July and December last year, we accomplished 84% of the objectives outlined for completion during that time (as a refresher, you can see the original plan here: <http://bit.ly/FY20StrategicPlan>). I'm working on getting a report out to you in a Noble News Flash soon, so please be watching your inbox for the report as we celebrate our collective impact together.

Of course, we had no idea COVID-19 would rear its ugly head. However, whether we knew it or not, utilizing a strategic framework to organize our intentions served us well as we had to pivot on a dime to address the immediate realities of COVID-19 along with other urgent cultural moments such as the impact of George Floyd's death. Indeed, that's why we used a strategic framework as our template for implementing strategic growth initiatives because a framework serves as a

GPS of sorts. While it shows what is thought to be the best path forward, it allows for rerouting and course correction when obstacles or setbacks are encountered.

We've adjusted – and readjusted – a lot this year. I know that's exhausting for all of us. Therefore, we've pushed pause on implementing a new strategic plan for this current fiscal year, so that we can focus on taking intentional time to reflect, exercise our own resilience, and be ready to begin the new year fresh in January. In the meantime, here is an easy-to-use template for building a self-care action plan: [https://rems.ed.gov/docs/Building_a_Self-Care_Action_Plan_Handout\[1\].pdf](https://rems.ed.gov/docs/Building_a_Self-Care_Action_Plan_Handout[1].pdf).

If you'd feel comfortable, I'd love to hear one or two strategies you've written down. I'll be jotting my own down soon and will share some with you next month.



Sharon Freese, RN, BSN, MSW

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to keep existing patients who tested negative from new admissions that were tested, but hadn't received their results. Our nurses set up an admission pattern where patients that had tested negative were on unit 2D and those new admissions that didn't have their results were admitted to unit 2C. Now we are able to access test results prior to patients being admitted. Due to this diligence and the safety precautions taken by the workforce, we are proud that our BHAC units have **not had one internal transmission of the COVID-19 virus** from employee-to-patient, patient-to-patient, patient-to-employee. The nursing team took time to educate outside disciplines on the importance of PPE including masks.

Shara Embree, MT-BC, Music Therapist

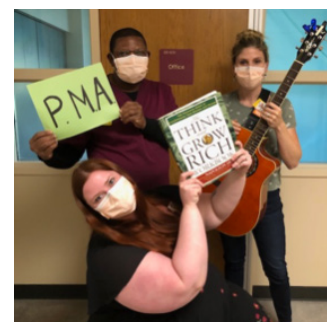
"Working in behavioral health as a music therapist has been a great learning experience and I love it. I feel as if I am really making a difference in people's lives. A few years ago I decided it was time to further my knowledge and pursue a master's degree in counseling. As I have been going through the master's program I have noticed how much of my time at TMC has prepared me. I already have a good base of knowledge that I have been using to interact with the content I am learning. Fortunately, my program allowed me to take an extra year to complete the master's program, which has made it more doable around my busy schedule."



Inspiration Group

"Don't let your situation define you, let your strength define you." – Julius Olubo pictured right with Brittany Slaughter and Rachel O'Brien.

The idea for an inspiration group began in October of 2019. Now celebrating its first year anniversary, the inspiration group has been a wonderful success in motivating patients. The group focuses on giving patients hope and helping them identify their strengths in order to define who they are.



In the News

Our very own **Vlad Sainte, LCSW**, appeared on KMBC Channel 9 this month and offered families some valuable advice to help children deal with the cancellation of holiday traditions.



In the Community

Kitchen Assistant Training (KAT) Program launches new video

TMC Behavioral Health's Employment Services launched a new video during October's Healthcare Food Services Week to promote this unique program to our community. Visit <https://youtu.be/oNrcA-ZwdwGQ> to view.



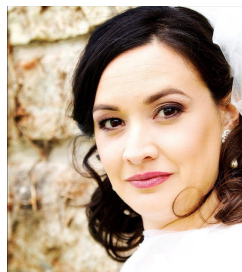
CTII Cup of Compassion

Join us for a 20-minute Cup of Compassion each Thursday at 12:30 pm. The TMC Center for Trauma Informed Innovation team will give you tips for reinforcing your resilience and support your self-care with a practice to try in this short break from the day. Can't make it at 12:30 pm on Thursdays? No problem—catch the replay anytime at <https://bit.ly/CupofCompassion>. Sponsored by the Missouri Show Me Hope Crisis Counseling Program.



Employment News

Congratulations to **Francesca Parra** for her promotion to Operations Coordinator for the Ambulatory Medication Clinics. Many of you may be familiar with Francesca from years of dedication, hard work, and excellent service in scheduling and registration. Welcome Francesca to your new role at TMC Behavioral Health!



Center for Trauma Informed Innovation Partners to Build Resilient Communities

As part of an Affordability Breakthrough Challenge, that began in January 2020, the Preservation of Affordable Housing (POAH) agency, located in Boston, MA, was awarded a \$2.5 million grant. TMC Behavioral Health's **Center for Trauma Informed Innovation (CTII)** is one of five national groups selected to benefit from this grant. The challenge included a Trauma-Resilient Communities project that explored trauma-informed innovations in resident services, property management and physical design. CTII Special Projects Coordinator **Russell Anderson, MPA**, is excited about the upcoming partnerships. "CTII's mission is to advance resilience, compassion, and wellbeing by helping agencies implement trauma-informed practices within their day-to-day operations," said Anderson. "We are excited to welcome POAH and the other partnering organizations into our ever-expanding network committed to building personal and community resilience."

TMC Behavioral Health Awarded Enrollment Assistance Grant

Truman Medical Center Behavioral Health is a recipient of a \$50,000 REACH Foundation Enrollment Assistance grant to help consumers enroll in HealthCare.gov and other public benefits including Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), and Women Infants and Children (WIC). Organizations were selected based on experience with the health insurance marketplace and skills in overcoming barriers to coverage due to language, literacy, documentation and other issues. The REACH Healthcare Foundation is dedicated to improving health coverage and access to quality, affordable healthcare for uninsured and medically underserved people.

REACH
healthcare foundation

Welcome New TMC Behavioral Health Staff Members



Alli Rodriguez, RHS; Ryan Tomlinson, Inpatient; Yolanda Stocks, HCH; Ami Jester, Inpatient; Andy Emrich, Intern; and, Abigail Anane-Dapaah, Inpatient.



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

- Kudos to **Camille Smith, Karlie Davis** and **Robert Wells** for passing their licensure exams for a Licensed Master Social Worker (LMSW)/ Licensed Clinical Social Worker (LCSW) - *Jennifer McCutcheon*
- Kudos to **Tara Knutsen, Tiffany Sturdivant** and their teams for a successful Jackson County Children Services Fund (JCCSF) site visit. - *James Glenn*
- Kudos to **Amber Taken** for coordinating and managing the details of the grant with Encore. - *James Glenn*
- Kudos to **Dianne Asher** for helping cover and manage the group homes throughout the summer months. - *Sharon Freese*
- Thank you to TMC Behavioral Health's **Vladimir Sainte, Aaron Crossley** and **Alex Raine** for their help with this community message about the importance of flu shots! - *TMC/UH PR and Marketing*



YOUR TURN TO BE
OUR HERO.

Get your flu shot today!

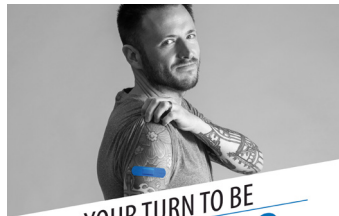
Alex Raine



YOUR TURN TO BE
OUR HERO.

Get your flu shot today!

Vladimir Sainte



YOUR TURN TO BE
OUR HERO.

Get your flu shot today!

Aaron Crossley

SHOW-ME
H O P E
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.

Essential Conversations

IN SOCIAL SERVICES 2020

Introducing a new podcast series intended for behavioral health and substance use disorder (SUD) providers. During each episode, a subject matter expert provides timely information and tips designed to help the BH and SUD workforce. **James Glenn, MSW**, TMC Behavioral Health Business Strategies, facilitates the Essential Conversations series. Find these at: attcnetwork.org/centers/mid-america-attc/podcast.

Episodes available:

- Self-care: In the first episode we discuss the importance of self-care for BH leaders with **Dena Sneed**, Director of TMC Behavioral Health's Center for Trauma Informed Innovation.
- Race & COVID-19: During this episode we discuss how to have a conversation about race in the workplace, featuring experts **Marla Smith**, Heartland Family Service in Iowa and **Vladimir Sainte**, Team Leader at TMC Behavioral Health.
- The Importance of Housing and Employment During and Post-COVID
- A Psychiatrist View of Supporting Recovery in 2020 and Beyond
- Post Pandemic Trends in Mental Health and Substance Use Disorder



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

Are you on f ?
TMC Behavioral Health is too!



Follow and like our page at
facebook.com/trumedbh



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.