

In this issue:

- COVID Recovery Funder Spotlight: GKCCF
- SAMHSA Funds CBT Training
- New Maternal Mental Health Hotline
- MO DMH Survey
- Summer Training Course Calendar



universityhealth
BEHAVIORALHEALTH

Noble

News & Views

A bi-monthly report for those in support of
University Health Behavioral Health and our mission.

May/June 2022

Awareness Dates

June

Men's Mental Health Month

PTSD Awareness Month

World Wellbeing Week

June 27-July 1

September

Recovery Month

October

Bullying Prevention Month

Events

See the Summer Training
Calendar on Page 4.

COVID Recovery Funder Spotlight

Greater Kansas City Community Foundation

University Health Behavioral Health (UHBH) is fortunate to have received another round of COVID Recovery funding from the **Greater Kansas City Community Foundation (GKCCF)** in the amount of \$40,000. This is the third round of funding received from GKCCF to address critical, post-pandemic mental health needs. We applied to use the funds to support our inpatient staff through a partnership with **Resilience Builders, LLC**.

Resilience Builders was founded in 2016 to help people learn and create change by understanding the impact that adverse experiences have on personal wellbeing and organizational health.

Team members from Resilience Builders have begun work in our inpatient departments, and initial staff feedback has been extremely positive. Comments from staff focused on stress reduction and improved boundary setting (i.e., "leaving work at work"). The additional funding will enable UHBH to extend the contract with Resilience Builders, allowing us to build on the efforts to create psychological safe spaces for employees by a trusted outside contractor who is familiar with our culture and organization, while progressing towards a more trauma informed inpatient culture.

Resilience Builders will support our inpatient staff in processing the ongoing ripple effects felt by the pandemic through continued interviews/coaching sessions, debriefings on traumatic events, focus groups, leadership support, and trauma informed teachings, among other things. This will help to build the staff's individual resiliency and help address the secondary trauma they may experience while working on the units, especially given the increasingly high level of patient acuity and volatility currently being displayed by patients.



RESILIENCE BUILDERS™



UHBH staff and members of the LGBTQ Specialty Clinic participated in the Kansas City PRIDE parade held June 11, 2022.

Noble

News & Views

MO Department of Mental Health Survey

The Missouri Department of Mental Health recently conducted an in-depth survey of University Health Behavioral Health's Integrated Treatment for Co-Occurring Disorders (ITCD) team. Required by the state of Missouri, this is the first survey completed in several years. The ITCD team serves a growing number of individuals with mental health and substance use issues.

Shawn Holland oversees a team of nine staff members who serve approximately 150 clients with varying intensities of co-occurring conditions, like severe bi-polar disorder and methamphetamine use. "Many clients are referred from intake, homeless services, and other departments," said Holland. "These can be some of the most vulnerable clients with the most severe mental illness, and can often fall through the cracks," he added.

The ITCD team conducts outreach case management, group therapy, case management counseling and group psycho-education.

The survey – a measurement of the quality standard of service provided – consisted of chart reviews and interviews with staff and clients. Historically, UHBH has received a high rating from MO DMH.

The survey results will be published in the next issue of Noble News & Views.

A note from our COO...

In May each year, we observe Mental Health Awareness Month, which serves to reduce the stigma of engaging in mental health treatment along with highlighting the invaluable nature of our mental health workforce. June is Pride Month, which celebrates members of the LGBTQ+ community and commemorates the Stonewall Riot of 1969, a pivotal moment for LGBTQ+ rights within the United States.

The work you do to bring true healing for those we serve is redemptive work, and the months of May and June only serve to highlight the essentially inclusive aspect of what we do.

Ancient Celts had a phrase to describe places where the boundary between heaven and earth seemed gossamer and nearly imperceptible – they called them "thin spaces." I envision University Health Behavioral Health to be one of those places for both our clients and workforce members: a space where everyone feels seen, welcome and appreciated as themselves wholly and truly.

You might not be at a place in your life where you feel safe to express your true self, but please know this until you do: I'm glad you're you, and I'm so happy you're here.



Sharon Freese, COO, University Health Behavioral Health



PRIDE MONTH

2022

SAMHSA Funds Cognitive Behavioral Therapy Training

In an effort to build on the culture of learning and create a consistent, shared language in the ways our providers deliver care, University Health Behavioral Health (UHBH), with funding support from SAMHSA, is launching a 10-week staff training program on the foundations of Cognitive Behavioral Therapy (CBT).

In partnership with the Beck Institute, more than 75 Master's-level staff members will have the opportunity to refresh and elevate their graduate studies around CBT, and participate in in-person learning circles then can be applied to the care they provide to clients.

"Most evidence-based practices have their roots in CBT," said Lara Ashbaugh, UHBH Senior Projects Coordinator. "Providing this training not only will ground our staff in a common language around CBT, but also will give them the tools to grow as clinicians, ultimately enabling them to provide the best treatments possible to our clients."

The training will consist of online coursework through the Beck Institute, paid for with funding from SAMHSA, as well as in-person learning circles where staff can hone their skills and share their unique perspectives with their peers.

For more information on the Beck Institute, go to: beckinstitute.org.



SAMHSA
Substance Abuse and Mental Health
Services Administration

HHS Launches New Maternal Mental Health Hotline

The hotline is the latest move of the Biden-Harris Administration to strengthen both maternal health and mental health; President's FY23 Budget would double the initial investment in the hotline.

Recently, the U.S. Health and Human Services Department's Health Resources and Services Administration (HRSA) announced the launch of the Maternal Mental Health Hotline, a new, confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. With an initial \$3 million investment, the hotline launched on Mother's Day, May 8, 2022, with counselors available to provide mental health support. The President's Fiscal Year 2023 Budget would more than double this initial investment, allowing HRSA to expand the Maternal Mental Health Hotline's expert staffing and build additional capacity in its future phases.

Here are some excerpts from the HRSA press release announcing the hotline, and what it means for new moms experiencing maternal depression: "The Biden-Harris Administration has a bold vision for changing the way we address, treat and integrate mental health—both in and out of healthcare settings," said HHS Secretary Xavier Becerra. "This new Maternal Mental Health Hotline will not only advance our priorities of tackling the nation's mental health crisis, but also support our efforts to ensure healthy pregnancies and support new parents."

Those who contact the hotline can receive a range of support, including brief interventions from trained counselors who are culturally and trauma-informed, as well as referrals to both community-based and telehealth providers as needed. Callers also will receive evidence-based information and referrals to support groups and other community resources.

"Today, we are creating a safe space for expecting and new moms who are experiencing maternal depression, anxiety or other mental health concerns to have confidential conversations and get the support they need," said HRSA Administrator Carole Johnson. "Moms can call or text **1-833-9-HELP4MOMS** and connect with a counselor at no charge. We are going to continue to grow our investments in this resource, as we know it's what women need."



Mental Health KC Conference Features UHBH Staff



The 2022 Mental Health KC Conference was held May 12 & 13, hosting 500 attendees at the Cerner Innovations Campus with the theme of "thriving and maintaining mental resilience during and following the pandemic." Sponsored by the Metro Council of Community Behavioral Health Centers, the conference featured two keynote addresses, more than 30 breakout sessions, and more than 20 sponsor booths to visit. On the first day, Dr. Susan Biali Haas delivered an inspiring keynote address on resilience, drawing from both her professional and personal experiences. The audience was captivated by the conversation on Day 2 with Jason and Diana Kander, who spoke candidly about their experiences surrounding Jason's military service and subsequent PTSD. The breakout sessions featured several UHBH staff:

Lara Ashbaugh: Mental Health and COVID

Mirna Herrera: Community Perceptions of Opioid Overdoses: Brains, Bias and Best Practices

Kip Gibson: Mental Health and LGBTQIA+ Issues panel (which also included Dr. Ryan Cox from UH)

Roxanne Pendleton: First Aid for Moral Injury: Tools & Practices for Caregivers in the Trenches

Robbie Phillips: How Data-Informed Treatment is Impacting Patient Outcomes

In addition, our very own COO, **Sharon Freese**, co-facilitated the panel on Empowering Caregivers as Partners in Care. **Jenna Harper** and **Andrea Dalton** represented UHBH on the planning committee. We hope you can join us for next year's Mental Health KC Conference, and until then, you are invited to check out the twice-monthly webinars offered at no charge to the community on a variety of mental health related topics. Learn more and sign up for email updates at mentalhealthkc.org.

5 Major Mental Health Problems Affecting Men



DEPRESSION

Over 6 million men suffer from depression per year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

ANXIETY

Approximately 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.



BIPOLAR DISORDER

2.3 million Americans are affected by bipolar disorder. An equal amount of men and women develop the illness. The age of onset for men is between 16 to 25 years old.

PSYCHOSIS AND SCHIZOPHRENIA

Approximately 3.5 million people in the U.S. are diagnosed with schizophrenia and it is one of the leading causes of disability. Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.



EATING DISORDERS

Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder. Men with eating disorders are less likely to seek professional help than women.

Source: Mental Health America

HUD Awards UHBH Nearly \$2M in Continuum of Care Funding

The Department of Housing and Urban Development (HUD) recently announced awards for Continuum of Care (CoC) funding. The CoC program is designed to promote community-wide commitment to the goal of ending homelessness. University Health Behavioral Health has three programs that utilize this funding, and each program was awarded just over the amount requested. Congratulations to the UHBH housing staff on these awards!

Haven of Hope – Expansion (Permanent Supportive Housing [PSH]):

- Ask: \$1,432,430
- Award: \$1,442,967

TruFutures (Rapid Re-Housing [RRH] for Transition Aged Youth [TAY]):

- Ask: \$189,863
- Award: \$192,827

TruRoots (Permanent Supportive Housing [PSH] for Transition Aged Youth [TAY]):

- Ask: \$270,835
- Award: \$272,212

TOTAL ASK: \$1,893,128

TOTAL AWARD: \$1,908,006

Tweaks to Intake Process Connect Clients to Resources Quicker

Given the growing demand and need for mental health services, University Health Behavioral Health (UHBH) recently refined its intake process to improve the way we engage with the client and deliver resources.

These refinements to the process have reduced wait times for clients from the time they walk in our doors for an assessment until they get connected to Community Assistance Program (CAP) staff for their treatment plan.

The current wait time in the Kansas City Metro is approximately two-to-three months. With these improvements, our process is now 10 days. Statistics show that the shorter the wait time, the more likely the client is to continue care.

Summer Training Calendar

How to Keep Caring: Strategic Support for Caregiver Trauma and Fatigue

This training is made up of three short webinars on secondary trauma, compassion fatigue and burnout.

Link for the collection on Eventbrite: <https://www.eventbrite.com/cc/how-to-keep-caring-series-392169>

Held via Zoom from 1:30 pm – 3 pm on the following dates:

- Self-Care for Secondary Trauma: July 14
- Healing Compassion Fatigue: July 28
- Navigating Burnout: August 11

Registration is free to attend. If you would like a certificate of attendance for CEUs (typically accepted by most credentialing boards), we have reduced the cost to \$39/session; to receive the certificate, you must be present for the full session and complete an evaluation at the end. University Health staff and Metropolitan Community College staff may receive a certificate of attendance at no cost to you; please register using your UHKC or MCC email address to verify eligibility.

All sessions will be held on Zoom from 1:30 pm - 3 pm Central Time. You may opt to attend the full series or only one or two of the sessions. You must register for each session you will attend. Registration closes one hour prior to each session.

Workshop Facilitator Training: Compassion Without Fatigue

To register: <https://cwf-wft-2022.eventbrite.com>

July 20, 21 & 22 – Register by July 11, 2022

8:30 am – 4 pm each day

Location: Kauffman Foundation Conference Center (in-person only)

\$750*/person, includes all training materials to deliver Compassion Without Fatigue to multiple audiences, as well as breakfast and lunch each day.

Participants will review the research and evidence that informs the Compassion Without Fatigue training, have an opportunity to receive expert coaching in delivering the training from those who created it, and consider how this training can be part of an overall implementation plan for trauma informed care.

**Scholarships are available. Apply via the Scholarship link on the Eventbrite listing.*



universityhealth
BEHAVIORALHEALTH

UHBH Crossroads Counseling

300 West 19th Terrace
Kansas City, MO 64108

UHBH Lakewood Counseling

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

UH Truman Medical Center

2301 Holmes Street
Kansas City, MO 64108

UH Lakewood Medical Center

7900 Lee's Summit Road
Kansas City, MO 64139

For more information, call

816-404-5709

or go to

BehavioralHealthKC.org

Are you on ?
UH Behavioral Health is too!



Follow and like our page at
facebook.com/universityhealthbh



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.