

## Inside this issue

- Cover Story: UHBH Receives Funding for Recovery Health and Wellness Center
- A note from the COO
- Community Impact: Amethyst Place
- New Season of "Essential Conversations" Podcast
- PEER Navigator Pilot Program at Lucile H Bluford Library



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# Noble News & Views

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

Mar/Apr 2022

## Awareness Dates

### April

Sexual Assault Awareness Month  
Stress Awareness Month

### May

Mental Health Awareness Month

### June

PTSD Awareness Month

## Events

### These Are Not Normal Times: Tips To Be Well Anyway

April 21, 2022 at 12 pm

### Building Resilient, Trauma Informed Cultures Two-Day Training Class

June 22-23, 2022, 8:45 am - 4 pm

### Mental Health KC Conference to feature UH staff—registration open to all

May 12 & 13, 2022

Cerner Innovations Campus  
Cost: \$50 (must pre-register, includes  
8.25 contact hours of continuing edu-  
cation, lunch on Thursday, and snacks  
throughout the conference)

More information about Mental Health  
KC and registration for the conference  
can be found at [www.mentalhealthkc.org/conference/](http://www.mentalhealthkc.org/conference/).

## University Health Receives \$2.5M Federal Funding to Build Center for Recovery and Wellness

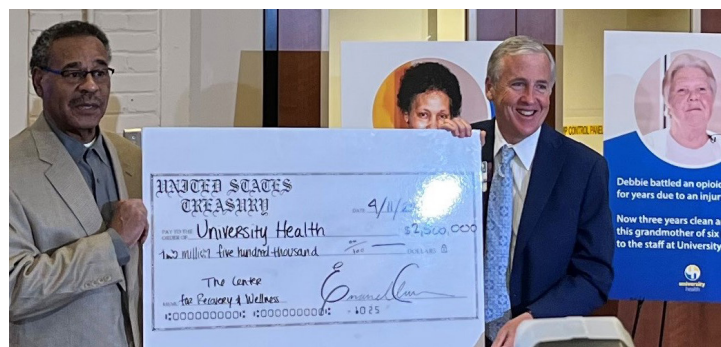
During a press conference held on April 11, Congressman Emanuel Cleaver presented Charlie Shields, University Health President and CEO, with \$2.5 million in federal funding to create a state-of-the-art substance use treatment center in the Health Sciences District. This new facility, to be named the **University Health Center for Recovery and Wellness**, will be a fully-integrated substance use disorder clinic that will enable University Health Behavioral Health to expand and ensure rapid access to high-quality care. It also will serve as the primary training site for future medical clinicians, better equipping them to identify and treat substance use disorders regardless of specialty.

Shields kicked off the event with a staggering statistic from The Substance Abuse and Mental Health Services Administration (SAMSHA), which estimates that more than 23 million Americans have a problem with drugs or alcohol, yet only about two million of them are receiving treatment.

Congressman Emanuel Cleaver, a long-time supporter of University Health, opened his remarks by sharing a personal story of a family member struggling with substance use issues, and confirming his support for this new treatment center by saying, "This treatment center is something our community needs desperately."

It was Cleaver's vote on an appropriations package for projects in the Fifth Congressional District that secured needed funding for this facility. Moving it forward was part of a bipartisan effort with the support of Senator Roy Blunt. According to Cleaver, "I voted to support funding that reflects our values as a nation: prosperity, justice and opportunity. Whether that opportunity is for new jobs, more stable housing, or a chance to live a life without the crushing weight of substance abuse."

Also in attendance at the press conference was Douglas Burgess, MD, medical director of Addiction Services who is board certified in psychiatry and addiction psychiatry. Dr. Burgess is a key part of University Health Behavioral



Congressman Cleaver presents Charlie Shields with check for \$2.5 million dollars.

continued on page 2

# Noble

## News & Views

### This just in...

## UHBH receives CARF accreditation

We are pleased to announce that University Health Behavioral Health's Crisis Services, Employment Services and New Frontiers departments recently received a three-year accreditation from Commission on Accreditation of Rehabilitation Facilities (CARF).

CARF accreditation is a public seal of trust and commitment to quality based on internationally accepted standards. Achieving this accreditation demonstrates University Health Behavioral Health's commitment to providing exceptional, personalized care.

An organization receiving the highest level of CARF accreditation has undergone a detailed peer review process, and has demonstrated to a team of surveyors, during an on-site visit, its commitment to providing the community with the highest level of programs and services. For more information on CARF, visit [www.carf.org](http://www.carf.org).



## A note from our COO...

The months of March and April celebrate social workers and counselors, so I'd like to take a moment to express my gratitude for each of our team members who dedicate their professional lives to serving our clients every day. Their jobs are vital to assisting people of all backgrounds maneuver through – and eventually overcome – their unique challenges. University Health Behavioral Health has some of the best and brightest social workers and counselors around, so please reach out to one today and say thank you.



I'm also excited that in just a couple of weeks we'll be observing Mental Health Awareness Month, a time dedicated to breaking the stigma of mental health. During the month of May, we'll explicitly celebrate our team members for the ways they embody our Noble Cause principles of acceptance, bearing hope, and compassion, as well as the practices of building relationships and demanding excellence.

This year, Mental Health Awareness Month will serve as a kick-off to reevaluating the language used in our Noble Cause mission statement. Each of us entered this profession to provide excellent, supportive service to our clients. However, these are hard jobs, and I want to make sure the language used when referencing the Noble Cause is clear, not only in addressing the needs of clients, but also the needs of each other as colleagues.

**It's been a hard two years, and our clients will only be as well as our staff.** Starting now until the end of the year, you'll begin to see the implementation of some innovative mental health and wellness initiatives and resources that address the ever-changing overall health needs of our staff. These will be funded through a large, \$5 million grant we were awarded through the Substance Abuse and Mental Health Services Administration (SAMHSA), and will include one-on-one coaching, group resilience circles, and even a resilience room for finding quiet respite during the workday.

This is an exciting time to be in the behavioral health field, because now more than ever, people everywhere can see the importance of the work we do. I believe our brightest days are ahead of us, and I'm grateful that you will be here to see them.

Thank you for the work you do each day!

Sharon Freese, COO, University Health Behavioral Health

*continued from page 1*



*Dr. Burgess speaks to the media.*

Health's Recovery Health Services, a specialized program designed to treat patients with a dual diagnosis of behavioral health issues and substance use disorders.

"Our goal is to treat the entire person, whether that person is a middle-class mother from a nearby suburb or a young man who is struggling just to get by in this world," Burgess said. "Shame and stigma are major barriers to early and effective interventions," Burgess said. "We hope this state-of-the-art facility will reflect the quality and respect with which our patients deserve to be treated."

The funds received will kick-start a fundraising campaign that will enable University Health to build the new facility. "I anticipate the new center will be up and running in two years," Shields said. "We are hopeful that University Health's Center for Recovery and Wellness will make its mark on the region by treating more patients who currently are suffering from substance abuse disorder, as well as educating future providers so Missourians have the treatment options they deserve," he added.

## Community Impact: Amethyst Place

For several years, University Health Behavioral Health has provided technical assistance in implementing trauma informed caring practices to local non-profit organizations via the Mid-America Addiction Technology Transfer Center (ATTC).

**Amethyst Place**, which provides supportive housing to mothers in recovery and their children, sought our expertise to create a culture of trauma informed caring. The collaboration between staff members at Amethyst Place and the Center for Trauma Informed Innovation (CTII) has resulted in several remarkable transformations. Sarah Knopf-Amelung, Director of Resource and Program Development at Amethyst Place, said this about our partnership:

*"Our work with Andrea and Kreasha has been transformative. Not only do we have these great products and policy changes – we also have the less tangible yet even more pivotal changes to our organizational culture. Infusing trauma informed principles into all facets of what we do individually and together has been a paradigm shift. We are so excited to see what further transformations happen in the next chapter of our collaborations together."*



## “Building Resilient, Trauma Informed Cultures” Class Brings Together Key Members of Community

On March 9 and 10, the Trauma Awareness and Resiliency Steering Committee (TARSC) joined forces with three University Health staff to host this year’s first training webinar, “Building Resilient, Trauma Information Cultures.”

Facilitated by the Center for Trauma Informed Innovation (CTII), the webinar brought together 16 community members from several organizations looking to learn about the positive impacts of becoming a trauma informed organization. Those organizations represented included the **University of Missouri-Kansas City, the University of Kansas, Overland Park Police Department, Mercy and Truth Medical Missions, Osawatimie State Hospital, Parsons State Hospital and Training Center, and Growing Futures Early Education Center.**

During the two-day event, participants took a deep dive into the concepts of building trauma awareness and sensitivity. They explored how the principles of trauma informed care integrate with equity, diversity, inclusion, accessibility, and justice work, and considered the implications of trauma informed care implementation in their own unique settings.

Attendees discussed the importance of creating cultures of belonging to ensure everyone in an organizational system feels physically and psychologically safe, as well as the ways in which self-care is not solely an individual priority, but also an organizational imperative.

And the work continues. “Participants are now going back to their organizations and communities better equipped with best practices, research, training materials, and strategies to evaluate their processes,” said Andrea Dalton, Certified Leadership Coach and Senior Consultant at CTII. “Having a trauma informed lens will enable the implementation of trauma informed caring in multiple aspects of their work and lives.”

Interested in joining the CTII for the next training session in June? Learn more about the class here: <https://brtic-june2022.eventbrite.com>. University Health Behavioral Health staff may register at no cost – email Andrea Dalton at [andrea.dalton@uhkc.org](mailto:andrea.dalton@uhkc.org) for a code and registration instructions.

## New Season of “Essential Conversations” Podcast is Now Live

Join Roxanne Pendleton and Andrea Dalton for the newest season of the Trauma Informed Caring Podcast, a member of the family of “Essential Conversations” podcasts brought to you by the Mid-America Addiction Technology Transfer Center (ATTC) and funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



*Pictured left to right: Andrea Dalton, De'Andrea Chatmon and Roxanne Pendleton*

The podcast is produced by De'Andrea Chatmon of University Health Behavioral Health and the Mid-America ATTC.

This season explores varied perspectives on trauma informed caring in leadership, nurturing knowledge and inspiring courage for practical transformative action for all leaders. We acknowledge that leadership is more than a title, and each person is leading in unique ways in their individual lives and communities.

In each episode, our guests share highlights of the various ways they are living out trauma informed caring, as well as important lessons learned.

New episodes are released on Fridays through March and April. Read more about each episode and catch up on previous seasons of the podcast here: <https://attcnetwork.org/centers/mid-america-attc/podcast>.



**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Peer Navigator Pilot Program Kicks Off at Kansas City Public Libraries

When we think about our local libraries, we often think about books, reading, and late hours of studying for that college exam. However, over the last decade, libraries have evolved to become a sanctuary for the community, serving those in need: the homeless and/or those struggling with a behavioral health disorder. The library has also become the go-to place for assistance with resources such as housing, utilities, taxes, employment and food, and has been serving as a safe place to go during extreme weather when one has nowhere else to go.

To meet the growing needs of the community, the **Kansas City Public Libraries (KCPL)** employ social workers, behavioral health professionals and security guards to assist their patrons. As the need has continued to grow beyond capacity, Mirna Herrera, Peer Manager and Special Projects Coordinator in the Center for Trauma Informed Innovation (CTII) at University Health, recently launched a partnership with the KCPL to implement a Peer Navigator Pilot Program in the Lucile H. Bluford Library, one of its busiest branches.



Mirna Herrera, Peer Manager and Special Projects Coordinator in the CTII.

## About the Peer Navigator Program

*In the library setting, Peer Specialists are called Peer Navigators. They connect patrons – who are often homeless or experiencing a behavioral health crisis – who come to the library for assistance with resources. Through the unique rapport developed by sharing their own personal lived experiences, Peer Navigators are able to build on that trust to deescalate situations that may otherwise require security intervention. Peer Navigators are also there to share their own recovery journey with patrons (and library employees) to inspire hope and decrease stigma about mental illness and substance use disorders.*



“The University Health Behavioral Health Peer Team is made up of seven Certified Peer Rehabilitation Specialists,” said Herrera. “The Peer Team will provide up to 40 hours of on-site peer support per week, as well as trainings for the library staff that focus on compassion fatigue and trauma informed care.”

This program, almost four years in the making, is modeled after existing programs that have proven extremely effective in other public libraries around the country, such as the ones in Denver, Washington D.C. and San Francisco.

The Peer Navigator pilot program will run from March until the end of June. The Lucile H. Bluford branch was chosen for the pilot as it has experienced an increase in incidents requiring staff intervention and security.



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### 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**

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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.