

Inside this issue

- Trauma Informed Learning Collaborative
- Employment
- Elizabeth Eckford Little Rock Nine
- Welcome New Employees

Noble

News & Views

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

March 2020

Upcoming Events

The events listed below have
been cancelled:

April 8 The TMCBH We Rise KC
Breakfast

April 28-29 The Missouri Children's
Trauma Network Training Summit

May 1 Mental Health KC 2020

May 8 The Annual Spring Sympo-
sium, hosted by Lakewood Counseling
Services

**These events are still scheduled
to date:**

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*

Wyandotte Health Foundation Creates a Trauma Informed Learning Collaborative

Implementing Trauma Informed Care (TIC) can be slow, hard work. So this year, the Caritas Clinics, Mercy & Truth Medical Missions, and Vibrant Health have come together through an innovative grant provided by the Wyandotte Health Foundation (WHF): the Trauma Informed Learning Collaborative. TMC Behavioral Health's Rev. Roxanne Pendleton, M.Div., is a lead TIC facilitator for two of the three clinics listed, and collaborate with Jamie Wehmeyer of Resilience Builders to lead the TIC Learning Collaborate for all WHF grantees.

The goals are to share best practices with one another, support one another through the challenges of culture transformation, and sustain momentum in successfully implementing TIC. Areas of focus include creating trauma-informed physical spaces, helping patients and staff regain calm when triggered, addressing compassion fatigue and secondary trauma for staff, and moving from trauma awareness and sensitivity to being fully responsive and trauma informed in every aspect of clinic work.

Ultimately, this collaboration will serve as a key anchor in building more resilient and trauma-informed communities. Visit behavioralhealthkc.org/services/trauma-informed-care for more information about TIC at TMC Behavioral Health.



TMC Behavioral Health's Rev. Roxanne Pendleton, M.Div., Senior Projects Coordinator, Center for Trauma Informed Innovation, is a Trauma Informed Care (TIC) leader for the Wyandotte Health Foundation's Trauma Informed Learning Collaborative.

Fast Facts about MENTAL HEALTH

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 19.3% of US adults with mental illness also experienced a substance use disorder in 2018 (9.2 million individuals).
- The rate of unemployment is higher among US adults who have mental illness (5.8%) compared to those who do not (3.6%).
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers.

A note from our COO...

As I think about bearing hope, I think of how each of you have stepped up to the plate to continue being available for your clients. As part of an essential hospital, the services you provide day-to-day are essential in the lives of those we serve. It's this level of commitment and care that makes us stand out.

There is a lot of activity as we adjust to our new (for now) normal. Leadership huddles daily around how we can support staff and respond to the COVID-19 emergency in a way that is in line with Our Noble Cause. Every afternoon, pertinent information for the next day will be sent to our staff in an email.

We created BHCV19@tmcmcd.org to open up an additional line of communication with you; use this address to direct any questions you might have about COVID-19 and its impact on our work together.

Understandably, there is concern about continuing to provide care for those we serve during these unprecedented times. For now, please explore creative means to provide service for our clients, and as always, creative ideas are welcome; also send them to BHCV19@tmcmcd.org.



Sharon Freese, RN, BSN, MSW

Information is changing rapidly, at different times during the same day. Please be sure to read each email update thoroughly. I'm proud to see how our teams have rallied together to take on this challenge. Thank you for the work you do – now and always. – in dedication to acceptance, bearing hope, and compassion toward those we serve.

Elizabeth Eckford of Little Rock Nine visits Truman Medical Centers

Members of our TMC Behavioral Health team spent time with Little Rock Nine member, Elizabeth Eckford during her visit to the HSD hospital campus. Dianne Asher, Director of Workforce Development, said "Tonight I met a true American hero! I had the honor and great privilege of having dinner with Ms. Elizabeth Eckford of 'the Little Rock Nine.' I am at a loss for words to comprehend the courage she displayed at 15 and still does today to end racial injustice in this country!"



Sitting (left to right): Elizabeth Eckford, Kreasha Williams, (top right) Dianne Asher, Elizabeth Eckford, (bottom) Russell Anderson, Elizabeth Eckford.

Spotlight on: Employment

What a Difference a Job Makes!

The Employment Services Department's mission is to provide individuals the tools they need to become independent through employment. Each year, our department serves approximately 400 unique clients by providing various work related supports: employment groups, shopping, interview practice, resume writing, intermittent case management support, job search & placement, on-the-job support, employer networking including job fairs. Throughout the years, we average assisting 200+ consumers with obtaining competitive employment.

Employment is vital to maintaining good overall mental health. Conversely, unemployment increases the risk of extended mental health problems including a rise in mental health symptoms, hospital admission and criminal activities. The long term effect is the increase in consumer self-sufficiency and a decrease in the amount of time and resources.

Our clientele have the most severe and persistent mental health diagnosis, education ranging from no high school diploma to having a Master's Degree and some with felonies including those recently released from jail. The Employment Specialist job is very rewarding but not necessarily easy!



Seated (left to right): Markita Phillips, Jennifer Haley, and Jamie Abrajan. Standing (left to right): Julie Sudario, Tameisha Martin, Terner Ervin, Patricia Nunn, and Ryan Trickey

Our funding partners include the Jackson County Mental Health Tax Levy, the State of Missouri Vocational Rehabilitation Services and the Department of Mental Health. Each partner has been financially instrumental in helping us provide steady, quality services to the community. It is because of their continued support that we are one of the biggest employment programs in Kansas City.

Kudos

Visit [facebook.com/trumedBH](https://www.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.

Julian Seyal

Madison Prismantas (see story page 4)

Welcome New TMC Behavioral Health Staff Members!

Tameisha Martin, Employment

Lindsey Williams, CAP

Ana Broadwater, ACO

Rhonda Barber-Groves, RHS

Lily Sieben, RESCA

Gloria Little, BH



Thank you to TMC Behavioral Health staff Shalisse Williams and Yann Aguirre who worked tirelessly to screen visitors to Healing Canvas.

Behavioral Health Committee Corner

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

*Meetings held monthly unless noted otherwise.

TMC Behavioral Health committee creates exclusive coffee blend

Members of our planning committee visited the Roasterie Kansas City Air Roasted Coffee to help create an exclusive blend for the WE RISE KC 2020 breakfast (now postponed).

It's hard to fit the robust flavors of acceptance, bearing hope, and compassion into one cup, but I think our committee members nailed it!



Aaron Crossley, TMC BH, top left, and Emily Parrish, TMC Charitable Foundation, left, attend a cupping at the Roasterie Kansas City

Madison Prismantas awarded Employee of the Quarter

Madison Prismantas has a lot on her plate as a Recovery Coach at TMC Behavioral Health. But that doesn't stop her from giving her undivided attention to her clients. It's that empathy that earned her TMC's "Employee of the Quarter" honors. Listen to what one of Madison's clients says:

"The rare thing about Madison's advocacy for us is the consistency with providing the highest quality professionalism she exhibits during our interactions with her. Madison accompanies us to our meetings with physical health providers to be present and available to attending staff should we suddenly switch between alter-personalities. Further, Madison makes time available for a second meeting each



month to discuss our budget for the months ahead; Madison designed a budget template in Excel which has all of our bills listed with columns for dollar amounts in several categories; this template provides us with a great method for developing our monthly budget." In our view, Madison is a high-quality employee deserving of an award.

We couldn't agree more. Congratulations Madison!

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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We have our own Facebook page!

www.facebook.com/trumedBH

