

Noble

News & Views

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

HAPPY Holidays

December 2022

A Message from our COO



At the beginning of this year, I was determined to support myself and others in transitioning to moving our thinking beyond merely surviving the pandemic to establishing a measure of normalcy and prepare us for the future.

I'm so proud of what we've been able to accomplish over the last twelve months as we look to a brighter future. I've been reflecting recently on just how much

we were able to get done in spite of an ever-changing, always-moving world. As we get ready to begin a new year together, I wanted to share just a few highlights of what we've accomplished together:

Supporting Staff Wellbeing

As an organization, we piloted multiple opportunities to support staff wellbeing and improve our culture within UH Behavioral Health, including:

- **Revamping the Noble News Flash:** In the past, the Noble News Flash was utilized to send infrequent updates that were pertinent to the organization. Now, they are sent regularly with an emphasis centered on staff wellness and improving our organizational culture, with timely updates regarding staff changes, diversity initiatives, and resources for self-care.
- **Offering wellbeing pilot opportunities:** Several different options were explored this year in order to see which might be most meaningful to staff. Some of the offerings included one-on-one and group wellness coaching, team leader affinity groups, leadership development toolboxes, and coaching centered on the results of personal strengths assessments. If there are staff who would still like to explore these options or if your organization would like to explore new opportunities for staff wellness, contact Vlad at vladimir.sainte@uhkc.org.
- **Creating a leadership position focused on staff wellness:** Vladimir "Vlad" Sainte, who had formerly worked as a team leader in the Futures department, returned to the organization as our newly minted Senior Project Coordinator for BH Employee Wellness. Vlad has created or implemented many of the above initiatives as we seek to move into the new year with an intentional focus on how leadership can create an environment in which staff wellbeing is valued and supported.



Expanding Service Offerings

This year, we were able to enhance and expand existing services while also preparing for future service offerings:

- **Becoming a CCBHO:** UH Behavioral Health outpatient services fully transitioned into a Certified Community Behavioral Health Organization

(CCBHO). The Excellence in Mental Health and Addiction Treatment Expansion Act passed in 2014, which was a bipartisan piece of legislation that put criteria in place for CCBHOs. CCBHOs provide a wide range of addiction and mental health services in their communities, and the CCBHO model revamped how organizations get paid for services, especially to expand services to previously untreated populations. I'm so proud of our staff who took this change in stride and fostered an environment which made the transition so successful.

- **Envisioning the Center for Recovery and Wellness:** Through a congressional appropriation secured through Congressman Cleaver, the planning stages of the Center for Recovery and Wellness began this year. The vision for the Center, to be located at 2020 Charlotte in the Health Sciences District, is to expand capacity for serving more patients with substance use disorders from across the region.
- **Implementing 988:** The new National Suicide and Crisis Lifeline went live in July, and UH Behavioral Health stood ready to begin receiving referrals from local callers to the hotline. Staff from UH Behavioral Health have played significant roles in the design and implementation of increased regional mobile crisis efforts which will play a vital part in responding to referrals made by the hotline staff.
- **Exploring new opportunities with the Department of Mental Health:** During the legislative session, the Missouri General Assembly appropriated \$5 million to permit the formation of a learning collaborative between University Health and the Missouri Department of Mental Health. The purpose of the collaboration is to explore additional ways to support our community's behavioral health needs, such as through:
 - A new psychiatric hospital.
 - The creation of an intensive group home.
 - Real-world workforce development opportunities for students in area colleges in order to prepare the next generation of providers.



I'm so grateful for the work each of you has done to help us achieve all of these accomplishments. My hope for each of you this holiday season is that you find rest and rejuvenation with those you love. May you spend time reflecting on the good work you've done this year and find inspiration from it for the year to come.

Sincerely,

Sharon Freese, COO,
University Health Behavioral Health



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