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Noble

News & Views

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

Mar/Apr 2021

Awareness Dates

March

Social Work Month

National Drug and Alcohol Facts Week;

March 22 - 28

April

Alcohol Awareness Month

National Autism Awareness Month

National Minority Health Month

Stress Awareness Month

World Autism Awareness Day; April 2

May

Mental Health Month

Children's Mental Health Awareness

Week; May 3 - 9

National Women's Health Week; May

10 - 16

Children's Mental Health Awareness

Day; May 7

National Hospital Week; May 9 - 15

Events

Mental Health First Aid Training

July & November dates TBA

Virtual Career Fair - April 15

see page 3

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

Spotlight on: Child and Adolescent - Autism

In recognition of Autism Awareness Month, TMC Behavioral Health (BH) is featuring the work of our teams at Crossroads Counseling and Lakewood Counseling who care for our clients with Autism Spectrum Disorder (ASD). Our work with ASD clients focuses on learning and implementing evidence-based practices. The assessment, diagnosis and care of clients takes place primarily in our outpatient clinics; however, our team also has worked with clients in school and at home, collaborated with school staff and other providers to help them successfully achieve their goals.

Success Stories

"Justice Loeffler (pictured right) is a client with ASD who successfully completed the employment program through TMC/UH Employment Services. Justice loves to cook meals for his family. However, he did not want to pursue culinary positions. Justice and I did some brainstorming and landed on coffee. Justice loves everything about coffee and mentioned a place called RJ's Coffeeland.

We approached RJ's about openings and their wholesale business. A few more visits and conversations turned into a created position for Justice. We talked about his attention to detail, quality, inventory skills, and his tenacity to keep trying and adapt to improve processes. Justice spoke with the employer about his diagnosis in the final interview, which sparked a great conversation between them.

Justice was hired specifically to focus on the wholesale business. His initial duties were to bag coffee beans, label the bags, and fulfill orders. Justice picked up the job fast and the employer was happy to have someone who could run that process and save them time which they then used to expand selling their product. Justice's position survived the pandemic. He has since learned to use the roaster and flavor coffee beans, providing even more time for the employer to expand their sales and reopen the café, which closed due to the pandemic."

Terner Ervin, MS

Senior Employment Specialist, TMC/UH Employment Services



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Fast Facts about MENTAL HEALTH

- Mental and behavioral disorders are among the leading causes of disability in the U.S., accounting for 13.6% of all years of life lost to disability and premature death.
- An estimated 43% of people with any mental illness receive mental health treatment/ counseling.
- Racial/ethnic minority youth with behavioral health issues are more readily referred to the juvenile justice system than to specialty primary care, compared with white youth.
- Approximately 50% to 75% of youth in the juvenile justice system, which has a disproportionate representation of racial/ethnic minorities, meet criteria for a mental health disorder.
- The U.S. population is continuing to become more diverse. By 2044, more than half of all Americans are projected to belong to a minority group (any group other than non-Hispanic White alone).

Sources: www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Diverse-Populations.pdf; www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts

A note from our COO...

Masks. Distancing. Zoom. Quarantine.

Some words that were not all-that-common before the pandemic have become nearly ubiquitous throughout the last year.

Surely, we are forever changed, and some aspects of the way we do business and provide great client care have changed. However, as community transmission rates continue to go down and vaccine efforts go forward, there is a sense of settling back into something that feels normal.

What I'm most excited about is having you on-site more often. If you're like me, it's harder to connect over a video call than if I can feel your energy in the room next to me. Some conversations are best had in person, and it's easier to make connections face-to-face (even if we still don face coverings for a while longer).

I so appreciate everyone's flexibility during this last year, and as we look forward with an eye on normalizing operations, I know you'll do what you always do: **accept** people as they are today, **bear hope** for their future, and use **compassion** to empower those we serve.



Sharon Freese

Success Stories *continued from page 1*

"I recently worked with a 16-year-old boy, with Attention Deficit Hyperactivity Disorder (ADHD) and generalized anxiety. He was struggling at home and at school with all the changes due to COVID-19. I taught him how to assertively communicate his feelings to teachers, peers and his guardians. We used relaxation strategies and activities that supported his strengths to improve his self-esteem and comfort in new routines. He responded very well and said that he found therapy to be a helpful, positive experience. His guardian's relationship with him improved significantly, as he shares much more openly now with her about his thoughts and feelings. She also said that she better understands how to support him. His grades have also improved. He continues to see Dr. Myers and his resident for medication management, and this young man has said that he will resume therapy in the future if he notices himself feeling very anxious or "down" again."

Rachel M. Linnemeyer, PhD
Licensed Psychologist, Lakewood Counseling

"I have a 17-year-old female patient with ASD, referred to me because she was experiencing odd movements and strange motoric freezing episodes. She had been through a variety of therapists for treatment of psychosomatic symptoms without much benefit. Through the incredible support I received from our staff (nurses Kim, Lois and Elizabeth) and clinic administration, we did a thorough workup in the outpatient clinic that is typically only performed in an inpatient setting. This provided valuable information and evidence showing that her movements are not psychosomatic but are biological. Now she is being treated with medication that has been helpful for her attention, academics and socialization, as well as the extreme anxiety associated with her autism and movement disorder.

When I met her just under a year ago, she had been declining academically and socially, and both she and her parents were pessimistic about getting any answers. They had been unable to get the necessary help, documentation or guidance, so they had essentially lost hope that she would ever be able to live independently or hold a job. Now, both she and her parents are optimistic about the future for the first time in years. She has been excelling both socially and academically. She now believes that she may be able to hold a job in the future, which she has told me is one of her greatest desires. She is now set up for success."

Trenton Myers, MD
Child and Adolescent Psychiatry, Attending Physician

In the Community

TMC Behavioral Health's Community Mental Health Liaison, **Sherrie Plummer Stafford, LPC**, was presented with a plaque in appreciation of her service as co-chair of the Mid America CIT Council (MACIT). Pictured with her is **Sergeant Aly Abdelgawad** of the Raymore Police Department.



In the News



"COVID can be considered a worldwide trauma," says **Rev. Roxanne Pendleton**, Senior Project Coordinator for TMC Behavioral Health's Center for Trauma Informed Innovation and Crisis Counselor with the Missouri Show Me Hope Crisis Counseling Program. Roxanne recently shared some essential tips on how to cope with all we've lost in the last year on 41 Action News - KSHB-TV.

Welcome New TMC Behavioral Health Staff Members

Kiva Bly, Housing Specialist
Haley Eagen, Recovery Coach
William Rock, Housing Specialist
Shae Schuller, Recovery Coach
Remona Taylor, Behavioral Health Specialist
Karla Vega, Recovery Coach
Timothy Wheeler, Behavioral Health Specialist

TMCBH celebrates Social Work Month

In honor of Social Work Month, TMC Behavioral Health would like to recognize our incredible social workers. Each of you exemplify our Noble Cause of acceptance, bearing hope and compassion. We appreciate your dedication to our clients and community.



Light a Candle

On Friday, March 12, TMC Behavioral Health staff and community marked the anniversary of COVID-19 in Kansas City by lighting a candle (or shining a light) to honor all who care for others, to remember loved ones we have lost, and to shine the light of hope for healing. A live video program hosted by Rev. Roxanne Pendleton was part of the service.



April 15 Virtual Career Fair

TMC Behavioral Health Workforce Committee is sponsoring a Virtual Career Fair on **Thursday, April 15, at 4:30 to 6 pm**. Current or recent graduates are invited to join and learn more about the many roles for individuals with a degree in Counseling, Psychology or Social Work. If you or someone you know would like to attend please register by visiting facebook.com/trumedBH/events.

One year of COVID-19

When COVID-19 hit, the staff at TMC Behavioral Health rose to the challenge of keeping those we serve engaged in vital services and connected to life-giving resources.

We are incredibly grateful to our funders – including **Health Forward Foundation, Greater Kansas City Community Foundation, Jackson County Children Services Fund, the Missouri Department of Mental Health, and the Jackson County Community Mental Health Fund** – all of whom provided flexibility in how our allocated dollars could be used, which enabled us to accomplish some amazing things:

- Instituting the TMC Behavioral Health “Reverse Food Pantry,” in collaboration with Harvesters, which provided more than 14 tons of food, weighing the equivalent of two elephants!
- Delivering needed resources from pharmacies and other community institutions through our ad hoc Runners Team, comprised of members of our homeless outreach team, paired with transportation options, such as Uber Health, for clients to access needed resources in the community on their own.
- Utilizing staff differently, who fearlessly stepped up to the plate to contribute where they were most needed, such as screening patients as they entered the building.
- Implementing Telehealth options in lightning speed to become the largest provider of Telehealth services within TMC/UH while also providing mobile technology for clients to stay connected.

Total Pounds Distributed: 28,833 lbs
Total Households Served: 1,298
Total Individuals Served: 1,605
Total Children Served: 582
Total Seniors Served: 114



Kudos!

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

A Recovery Health Services client sends a “HUGE KUDOS” to “whoever runs **Futures!**” Her older children are in Futures and she is “so pleased” with the continuity of care and support the kids have been receiving. Thanks for continuing to do GREAT work with our young people! Your work is not going unnoticed!

- Kimberly Jackson

SHOW-ME
HOPE
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.

CTII Cup of Compassion

Need a self-care break in your day? The TMC Center for Trauma Informed Innovation team provides tips for reinforcing your resilience and supporting self-care with a practice to try in just 20 minutes. While you're there, subscribe to CTII's YouTube Channel at <https://bit.ly/ctiiyoutube>.



A Cup of Compassion

Thursdays @ 12:30pm

SHOW-ME
HOPE
MISSOURI

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!



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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.