

## Inside this issue

- Recovery Health Services
- In the Community
- In the News
- Supportive Housing Announcement

# Noble

## News & Views

A monthly report for those in support of

Truman Medical Centers (TMC) Behavioral Health and our mission.

April 2020

## Upcoming Events

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

**June 3** Navigating Change Training

**July 15-16** Building Resilient, Trauma Informed Cultures Training

## Awareness Months

**May** Mental Health Month

**June** PTSD Awareness Month

**September** Recovery Month

**September 6 - 12** Suicide Prevention Week

**September 10** Suicide Prevention Day

*For more information about upcoming events, visit [facebook.com/trumedBH/events](https://facebook.com/trumedBH/events)*

## Spotlight on: TMC Recovery Health Services

### Caring for Those Experiencing Substance Use Disorders in our Community and Beyond

Truman Medical Center's Recovery Health Services (RHS) provides services to clients who are diagnosed with a substance use disorder and those with both substance use and mental health diagnoses. Currently, RHS serves more than 800 clients and offers a range of treatments and programs including: assessment and treatment planning, individual, group, and family therapy; Medication for Addiction Treatment (MAT) such as Suboxone for opioid use and Vivitrol for alcohol use disorders; integrated dual disorder treatment, and relapse prevention. To better serve our clients, RHS has increased services in the following areas:

- Increased access to **MAT** for clients by providing the services of a full-time Mental Health Advanced Nurse Practitioner.
- Additional funding from **COMBAT**, which is for people residing in Jackson County struggling with addiction of illegal substances. This funding helps pay for an individual's group and individual sessions while enrolled in treatment. COMBAT helps RHS continue to provide the best care to the underserved or people with no income or insurance.
- **Comprehensive Substance Treatment and Rehabilitation (CSTAR)** Certification, which now allows treatment of alcohol use disorders in addition to other substance use disorders.

Although opioid use disorder is still a major health concern, RHS providers have seen a significant rise in stimulant use or methamphetamine use disorder. The RHS team is currently working

#### Success Story

*Recently, a patient who had moved here from Philadelphia with opioid use disorder and benzodiazepine use disorder was in need of urgent access to treatment. She contacted several substance use disorder treatment facilities in the area but was repeatedly told that her condition was too complicated and they could not meet her level of care. After engaging with Engaging Peers in Care Coordination (EPICC), the peer recovery coach reached out to RHS and we were able to treat her the next day. The patient said "I am so happy to have found this place. This is the first time I have been treated like a human since I moved to Kansas City." This is not an isolated case. No matter how complicated and severe their condition may be, clients know that RHS will find a way to quickly meet their needs.*

*continued on page 2*

# Noble

## News & Views

### Fast Facts about MENTAL HEALTH

- Nationally, co-use of methamphetamines and opioids has increased. In 2018, 34% of opioid users also reported using methamphetamines – up from 19% in 2011.
- In Missouri, methamphetamine deaths are increasing and mirror national trends. Treatment admissions for stimulants are also increasing.
- Missouri seizures of meth labs decreased from about 507 in 2015 to about 50 in 2018 due to shifts from home labs to other countries manufacturing and sending to US.

Source: The Missouri Institute of Mental Health

### A note from our COO...

I believe you are the best expert of your own experience. You have an impactful story of strength to tell.

The current situation has presented us with opportunities to explore the depths of our own resilience. Your ability to take this situation in stride has been evident, and I'm grateful to be working alongside you during these times.

We've been able to do some incredible things in a short amount of time. The Peer Center space has been made into a reverse pantry from which thousands of pounds of food has been made available to our clients. In tandem, our runners team has made nearly 840 deliveries and wellness checks. Clients have received 27 injections, seven labs, and three wound checks through the care of our community nurses.

Many of the innovative things we've been able to accomplish – such as telehealth options many of you are

providing at home – has been due to our staffs ingenuity and the generosity of funders who have made funds more flexible so we can address the COVID-19 crisis head on and with greater agility. A huge thank you to them.



Sharon Freese, RN, BSN, MSW

I look forward to sharing in more detail next month the great things we were able to accomplish through this unrestricted funding. When you have a chance, I'd love for you to visit our Facebook page and share your wisdom of coping during this time. What has worked for you to reduce anxiety and to increase mindfulness? How have you been surprised by your own strength? Please share your own story of resilience during these difficult times to honor and celebrate our collective wisdom.

### TMC Recovery Health Services continued from page 1

on implementing Contingency Management Therapy, which is an evidence-based treatment for stimulant use disorders.

During this challenging time of Covid19, RHS physicians, counselors, and ancillary staff are working hard to offer quality substance use treatment and mental healthcare. By reaching out virtually and in person to our clients through support groups, medication checkups, and even continuing to accept new patients in person, we are ultimately increasing access to care for those with immediate treatment needs.

- **Doug Burgess, MD**, medical director of TMC's addiction services, is a leading educator across the Midwest on best practice use of Suboxone, ultimately increasing access to treatment to those who need it. Dr. Burgess was named one of **Ingram's Magazine Top Kansas City Doctors** and has been practicing in our community for nine years.
- Through a partnership with University of Missouri-Kansas City (UMKC) School of Nursing, TMC BH is in its second year as a **Mid-America Addiction Technology Transfer Center (ATTC)**, one of only 16 centers internationally. The ATTC Network, supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), is an international, multidisciplinary resource for professionals in the addictions treatment and recovery services field.
- RHS is one of six organizations participating in the **Engaging Peers in Care Coordination (EPICC)** Program. EPICC provides individuals who present at hospitals with opioid overdose with an immediate connection to community care and support upon discharge.



Doug Burgess, MD



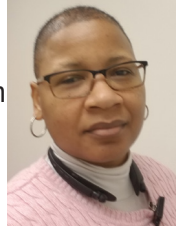
## Employment News

### Supportive Housing Announcements

**Stacy Truitt** has been promoted to Associate Director of Supportive Housing. She will oversee all of the housing locators and housing grant management in addition to her duties overseeing Employment Services.



**Sarah Kaiser** has accepted the position of Associate Director for the clinical side of Supportive Housing. She will oversee the Group Homes, ReSCAs, and the scattered site HUD team.



TMC Behavioral Health's **WE RISE KC 2020** breakfast blend is for sale and the proceeds support our Noble Cause. Visit [theroasterie.com/product/we-rise-blend/](http://theroasterie.com/product/we-rise-blend/) to order yours today!



## In the News



TMC Behavioral Health experts **Sarah Kaiser, LCSW**, and **Vladimir Sainte, LCSW**, offered advice and ideas for families sheltering at home on *You Matter* by Pat McGonigle, Fox 4 News.

**Roxanne Pendleton**, Senior Projects Coordinator for TMC BH's Center for Trauma Informed Innovation, was on KKF's 90.1 FM's Cowtown Conversations program to talk about taking care of your mental health during stressful times.

**Vlad Sainte, LCSW**, talked to Kelly Eckerman on KMBC about how to talk to your kids about the pandemic and sheltering at home; visit [kmbc.com/article/therapist-offers-ways-parents-can-talk-to-children-about-covid-19](http://kmbc.com/article/therapist-offers-ways-parents-can-talk-to-children-about-covid-19).

## In the Community

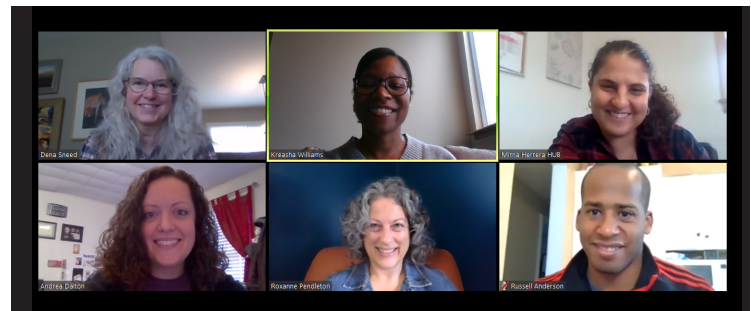
**Dr. Stephen Jarvis**, Associate Chief Medical Officer and Chair of Psychiatry, in the community, transports a client to the hospital.



Behavioral Health community nurse **Dawn Ezzell, RN**, and her colleagues are taking injections to clients who can't leave their homes. Thank you, Dawn, and all of our healthcare heroes.

The **TMC BH Reverse Food Pantry**, in partnership with *Harvesters - The Community Food Network*, was developed in response by the BH team to meet the

immediate need of providing food to clients. To date, they've completed orders for **394 households**, which translates to **691 individuals served**. Along with the food, the deliveries include medications and other important necessities.



No matter where they are, the **Center for Trauma Informed Innovation (CTII)** team continues to advance resilience, compassion, and well-being for TMC staff and community partners.

## 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.

## Kudos!

Visit [facebook.com/trumedBH](https://www.facebook.com/trumedBH) to read more about our staff who exemplify Our Noble Cause of acceptance, hope and compassion to those they serve.

- Thanks to the **CAP nurses** for gathering information on clients with scheduled injections so that they can stay on their medications. *Bethany Zaiger*
- Thanks to everyone on inpatient who are showing up every day. Rob thanks the **inpatient recreation, music and art therapists** for showing up and providing great groups. Dr. *Jeffrey Metzner and Rob Ellis*
- Thank you to the **runners** for taking food and medication to our clients. *Sharon Freese*
- Thank you to **Dianne Asher** for providing training to staff and to CTII for providing support for staff during this difficult time. *James Glenn*
- Thank you to the **door screeners**. *James Glenn and other leadership*
- Kudos to the **BH Registration Team** who has successfully implemented a process to work from home.
- Thanks to **Sharon Freese** who has helped staff to maintain calm and to keep things running smoothly. *Jennifer Waterman*
- Kudos to **Bethany Zaiger** who handled some serious concerns brought to her by the CAP team nurses. *Lance Foster*
- Thank you to **Aaron** who has stayed late to assist with COVID-19 process and communications. *Sharon Freese & James Glenn*
- Kudos to **all staff** for stepping in during this difficult time. *Tamika Bables*
- Kudos to **EVS staff**. *Leadership*
- Kudos to **Create Kitchen** for making meals for TMC staff. *Roxanne Pendleton*
- Kudos to the **employment specialists, housing locators and PEER Center staff** for keeping the food ready for runners.
- Kudos to **Senior Leadership** for standing tall during the COVID-19 crisis. *Stacy Trutt*
- Kudos to **Mirna** and all of her work in the group home AND with the food pantry. *Dena Sneed*
- Kudos to the **therapists** for adapting to providing telehealth services. *Jennifer Osborne*
- Kudos to **Futures staff** for finding super creative ways to engage youth virtually! *Sarah Kaiser*
- Kudos to the **food pantries** who are filling 60 orders daily. *Rob Ellis*
- Kudos to **Succotash**, who partnered with TMC to donate hot meals to be delivered to families. *Leadership*
- Kudos to **Mark Van Meter** for organizing a member buddy system where members are calling each other for support. *Rob Ellis*
- Kudos to the **intake team, Breonna** for helping Robbie with the homeless COVID-19 project, **screeners, Steve Gray, Sarah Schwab, all the runners** for a great job, and to Leadership for support. *Tara Knutsen*
- Kudos to **Healing Canvas Building staff** for being so welcoming to off-site BH staff. *Off-site BH Staff Working at Canvas*
- Kudos to everyone who has helped out in our group homes during this time; to **New Frontiers** for providing lunches and extra staff to run groups and give our clients new people to see and to break up their days.
- Kudos to our **staff** for meeting our clients' needs and to our **residents** for following the stay-at-home request. *Kellie Sullivan*
- Kudos to the **Crisis Prevention Team** for keeping the ED staffed 24/7 to continue serving our clients! *Cass Davis-Guinn*
- Kudos to **James Glenn** for working with our funders to keep us afloat. *Dianne Asher*

## 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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[www.facebook.com/trumedBH](https://www.facebook.com/trumedBH)

