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...
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.

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.

Fast Facts about MENTAL HEALTH

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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.
Referrals 816-404-5709 or BehavioralHealthKC.org

**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/ 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 KKFI’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.

**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**

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

**Kudos!**

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

1. Thanks to the **CAP nurses** for gathering information on clients with scheduled injections so that they can stay on their medications. *Bethany Zaiger*
2. 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*
3. Thank you to the **runners** for taking food and medication to our clients. *Sharon Freese*
4. Thank you to **Dianne Asher** for providing training to staff and to CTII for providing support for staff during this difficult time. *James Glenn*
5. Thank you to the **door screeners. James Glenn and other leadership**
6. Kudos to the **BH Registration Team** who has successfully implemented a process to work from home.
7. Thanks to **Sharon Freese** who has helped staff to maintain calm and to keep things running smoothly. *Jennifer Waterman*
8. Kudos to **Bethany Zaiger** who handled some serious concerns brought to her by the CAP team nurses. *Lance Foster*
9. Thank you to **Aaron** who has stayed late to assist with COVID-19 process and communications. *Sharon Freese & James Glenn*
10. Kudos to **all staff** for stepping in during this difficult time. *Tamika Babes*
11. Kudos to **EVS staff. Leadership**
12. Kudos to **Create Kitchen** for making meals for TMC staff. *Roxanne Pendleton*
13. Kudos to the **employment specialists, housing locations and PEER Center staff** for keeping the food ready for runners.
14. Kudos to **Senior Leadership** for standing tall during the COVID-19 crisis. *Stacy Truitt*
15. Kudos to **Mira** and all of her work in the group home AND with the food pantry. *Dena Sneed*
16. Kudos to the **therapists** for adapting to providing telehealth services. *Jennifer Osborne*
17. Kudos to **Futures staff** for finding super creative ways to engage youth virtually! *Sarah Kaiser*
18. Kudos to the **food pantries** who are filling 60 orders daily. *Rob Ellis*
19. Kudos to **Succotash**, who partnered with TMC to donate hot meals to be delivered to families. *Leadership*
20. Kudos to **Mark Van Meter** for organizing a member buddy system where members are calling each other for support. *Rob Ellis*
21. 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*
22. Kudos to **Healing Canvas Building staff** for being so welcoming to off-site BH staff, **Off-site BH Staff Working at Canvas**
23. 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.
24. Kudos to our **staff** for meeting our clients’ needs and to our **residents** for following the stay-at-home request. *Kelle Sullivan*
25. Kudos to the **Crisis Prevention Team** for keeping the ED staffed 24/7 to continue serving our clients! *Cass Davis-Guinn*
26. Kudos to **James Glenn** for working with our funders to keep us afloat. *Dianne Asher*