Upcoming Events

September 22 - 23  Mid-America Addiction Technology Transfer Center (ATTC) Network training opportunity: Providing Peer Based Recovery Support Services for Pregnant and Parenting Families

September 23  Orientation to Trauma Informed Care

October 7  Sustaining Compassion Without Fatigue

November 4 & 5  Building Resilient, Trauma Informed Cultures

December 9  Conflict Management

Spotlight on:

Futures Community Program

Truman Medical Center (TMC) Behavioral Health’s Futures Community Program team is a lively, diverse, passionate and compassionate group of peer staff, case managers, therapists and supervisors working collaboratively for our clients.

Futures Community Program provides outpatient behavioral health services to youth and young adults up to age 25 and their families in a caring and trauma-informed manner. If clients trust us with their journey, we do not take that for granted. We work hard to provide a psychologically safe gathering space for them at “The Loft” on the 3rd floor of the Healing Canvas building.

For the most part, one can easily identify a youth’s and young adult’s physical needs; however, the mental and emotional needs may not be as easy. Mental wellness allows youth and young adults to think clearly, to develop self-confidence and self-esteem, and to have a healthy emotional outlook on life. To help our clients accomplish this level of wellness, we provide the following services:

Individual and Family Therapy

Individual and family therapy provides a safe place to help youth, young adults, and families talk about things that may be causing stress, worries, anger, sadness, or other problems.

Community-based Case Management

Community-based Case Management provides advocacy and support to youth, young adults and their families,
A note from our COO...

As of this writing, we are 159 days into our response to COVID-19. I know for me personally, the reality that our response will last for quite a bit longer has begun to set in, and I can feel it happening for others, too.

The kind of collective, long-term stress we’re experiencing now is—to put it plainly—exhausting. Now that the school year is starting, another layer of complexity has been added to this unforgettable year. If you’re struggling, you are not alone, and what you are experiencing is a normal reaction to completely abnormal circumstances.

One way we’re supporting the mental wellbeing of our community during this adverse situation is by participating in a statewide initiative called Show Me Hope. Anyone community member who is stressed by COVID-19 can call 816.404.6222 to be connected with a crisis counselor here at TMC Behavioral Health. In addition, they can call the Disaster Distress Helpline at 800.985.5990 or text TalkWithUs to 66746. We are delighted to be able to join our other sister Community Mental Health Centers (CMHCs) in the area to provide this service in a coordinated, comprehensive manner.

I would be remiss if I didn’t touch base with you too about the follow up that has occurred as result of the two Equity Town Halls that were hosted here at TMC Behavioral Health for staff. These town halls initiated some great first steps. One of these first steps has been to begin developing the use Appreciative Inquiry (AI) around the topic of racial equity in our organization. In short, AI is a strengths-based approach to create self-determined, organizational change through engaging people from all strata of the organization. Our approach has even caught the eye of TMC’s Diversity and Inclusion Council, and they hope to employ this method across the greater hospital system.

There is still work to be done on this, and more information will be soon to follow. Please be sure to reach out to your supervisor or Senior Leadership for any support you might need during these troubled times. If there are any ideas you have on our response to COVID-19, please continue to send them BHCV19@tmcmed.org.

Thanks for the work you do for those we serve.
Success Stories

The Futures Community Program cultivates an environment where staff and clients feel psychologically safe to have candid and transparent conversations. Due to recent events, the team decided to host a conversation around Black Lives Matter. For the younger ages, Team Leader Vladimir Sainte, LCSW, facilitated a conversation after watching Zootopia together. Program Director Tiffany Sturdivant, LCSW, facilitated a conversation with our older youth after watching Just Mercy. It was a safe and engaging way to create a space for our clients and staff to speak about race relations in our community.

Utilizing telehealth with youth and young adults takes a certain level of Jedi Mind Tricks. However the Futures staff was up to the task! They created innovative forms of engagement that was shared with all of the Community Mental Health Centers around the state of Missouri. In honor of Children’s Mental Health Month, our peer staff held a yard sign competition for our youth and young adult clients. They were provided with the art supplies and given one task: to create a yard sign illustrating what COVID superpower did they develop within and what positive message did they want to share about mental health. The colorful yard signs were featured in itsTru staff newsletter and on our social media.

In the Community

Thank you Representative Barbara Anne Washington for asking two members of our TMC Behavioral Health team, Vladimir Sainte and Jarita Lindsey-Carter to be part of your town hall. The panel discussion was on the topic of how to identify and cope with mental health issues. Vlad and Jarita were joined on the panel by representatives from Swope Health, Samuel Rodgers Health, and Missouri Department of Mental Health.

Welcome New TMC Behavioral Health Staff Members

Sherrie Stafford, Community Mental Health Liaison, Crisis Department and Officer Marc Canovi on one of their monthly “calls for service” to check on those with mental health or substance use issues and to get them needed services.

New! Orientation to Trauma Informed Care video is now on YouTube

The Center for Trauma Informed Innovation (CTII) has released a new 42-minute video to Trauma Informed Care on YouTube at: https://youtu.be/OhbFckAinbM. The webinar-style video provides viewers with an overview of trauma, including the prevalence and impacts, as well as a review of the basic concepts of trauma informed care and ways to support resilience. This video is shared with Truman Medical Center/University Health staff in corporate orientation, and will also now be shared with CTII clients. We encourage staff to share the video and spread awareness and understanding of the impact of trauma and steps we can all take to build resilience.
Noble News & Views

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

September is Recovery Health Month

The 2020 National Recovery Month theme, “Join the Voices for Recovery: Celebrating Connections,” reminds people in recovery and those who support them, that we all have victories to celebrate and things we may wish we had done differently. This is true of everyone and, as in most cases, we cannot do it alone.

Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family, throughout our lives have experienced peaks and valleys. But, with strength, support and hope from the people we love, we are resilient.

Kudos!

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

Kudos to Victoria Hardy, Vladimir Sainte’ and Andrea Lopez. Without the three of them, Futures would not run as smoothly as it does. They make me look good on a daily basis. Each one will step up based on the task that is needed and it is often applicable to their strengths. They take initiative, and are innovative. They are dedicated to our staff, and families and they show up every day. It is a blessing to be able to work with them. - Tiffany Sturdivant

Kudos to Swope Health Behavioral Health for their donation of 100 Bombas socks. Quality socks that last are very appreciated by our clients who are homeless. - Robbie Phillips

Kudos to Ragazza Food and Wine, E&J Gall Winery and Southern Glazers, who provided food to feed 80 staff members in their effort to support and thank healthcare workers during the pandemic. - Sharon Freese