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Noble

News & Views

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

August 2020

Upcoming Events

September 22 - 23 Mid-America Ad-
diction 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

Awareness Dates

September Recovery Month

September 6 - 12 Suicide Prevention
Week

September 10 Suicide Prevention
Day

November National Homeless Month

November 15-22 National Hunger
and Homelessness Awareness Week

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

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,



Pictured left to right: Andrea Lopez, MS, LPC, Team Leader; Vladimir Sainte, MSW, LCSW, Team Leader; Tiffancy Sturdivant, MSW, LCSW, Program Director; Victoria Hardy, MA, LPC, Team Leader

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News & Views

Fast Facts about MENTAL HEALTH

Mental Health America (MHA) has screened nearly 5 million Americans for mental health conditions beginning in 2014. Here are some topline results since the beginning of the COVID-19 pandemic in mid- to-late February:

- There have been at least 88,405 additional positive depression and anxiety screening results over what had been expected (using November 2019-January 2020 average as a baseline).
- More than 21,000 people considered self-harm or suicide in May.
- Special populations are experiencing high anxiety and depression, including LGBTQ, caregivers, students, veterans/active duty, and people with chronic health conditions.
- Younger populations (teens and young adults 25<) were experiencing higher rates of anxiety and depression more than any other single age group. Anxiety rates for this age group were around 80% of screened participants; 90% of screened participants in this age group were also experiencing symptoms of depression.

Mental Health America <https://nationalhealthcouncil.org/blog/mental-health-america-data-shows-impacts-of-covid-19-on-mental-health/>

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

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connects them to various resources, and may work with other agencies to help young people meet their needs.

Family Support Provider (FSP)

The FSP is part of the community-based case management service. FSPs have a broad base of lived experiences and a diverse view of community cultures. The FSP will listen to concerns and frustrations of the caregivers and will empower the family to express their needs.

Transition Peer Outreach Worker (TPOW)

The TPOW is part of the community-based case management service. The TPOW who has lived experience, can often relate to young people and share experiences with them in a unique way. TPOWs play an important role in helping youth and young adults navigate not only the journey toward health and wellness, but also the transition from adolescence to adulthood.



Sharon Freese, RN, BSN, MSW

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@tmcmcd.org**.

Thanks for the work you do for those we serve.

Advisory Councils

H.O.P.E (Helping Our Peers Excel)

H.O.P.E. is made up of young adults age 15 to 25 from all walks of life, who have a desire to create change within Futures Community Program and beyond. Our responsibility is to break the stigma about mental health, first beginning within ourselves, and then branching out into the community.

F.A.I.T.H. (Families Advocating & Inspiring Through Hope)

F.A.I.T.H. is a collective of parents, friends and families who are advocating for our youth and young adults at the local, state, and federal levels to ensure quality mental healthcare. We are striving to ensure the TMCBH Futures Community Program team provides family-driven services.

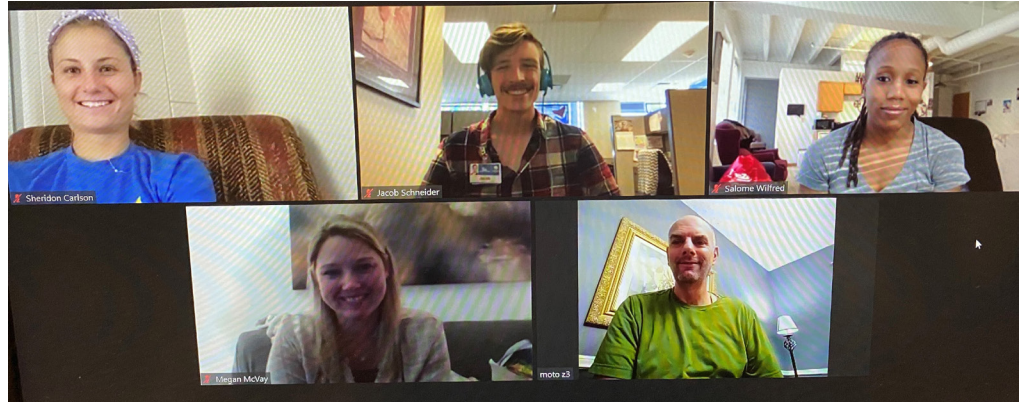
Success Stories

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.

Welcome New TMC Behavioral Health Staff Members

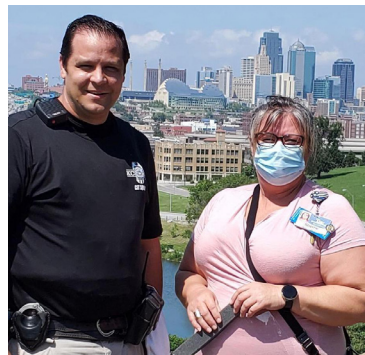


Top Row: Sheridan Carlson, Inpatient; Jacob Schneider, New Frontiers; and Salome Wilfred, RISE Program. Bottom Row: Megan McVay, Crisis; and Walter Shannon, Inpatient. Not pictured: Jacqueline Mitchell, Inpatient.

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.



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.



SHOW-ME
H  **PE**
 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 or
 text **TalkWithUs** to **66746**.

Essential Conversations

IN SOCIAL SERVICES 2020

Introducing a new podcast series intended for behavioral health and substance use disorder providers. During each episode, a subject matter expert provides timely information and tips designed to help the BH and SUD workforce. Find these at: attnetwork.org/centers/mid-america-at-tc/podcast.

Episodes now available:

- Self-care: In the 1st episode we discuss the importance of self-care for BH leaders with Dena Sneed, Director of TMC Behavioral Health's Center for Trauma Informed Innovation.
- Race & COVID-19: During this episode we discuss how to have a conversation about race in the workplace, featuring experts Marla Smith, Heartland Family Service in Iowa and Vladimir Sainte, Team Leader at TMC Behavioral Health.

Upcoming episodes:

- The Importance of Housing and Employment During and Post-COVID
- A Psychiatrist View of Supporting Recovery in 2020 and Beyond
- Post Pandemic Trends in Mental Health and Substance Use Disorder



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

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*

816-404-5709

or

BehavioralHealthKC.org

**Are you on f ?
 TMC Behavioral Health is too!**



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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.