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Noble

News & Views

A monthly report for those in support of

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

November 2020

Upcoming Events

Mental Health First Aid

Thursday, December 3, 2020 or

Thursday, January 7, 2021;

8 AM - 2 PM

[See page 4 of this bulletin for more information.](#)

Sustaining Compassion Without Fatigue: 3-part Webinar Series

Monday, December 7

trumed.org/calendar/events/sustaining-compassion-without-fatigue-3-part-webinar-series/

These Are Not Normal Times

Thursday, December 17, 11 AM

trumed.org/calendar/events/these-are-not-normal-times-tips-to-be-well-anyway/

Awareness Dates

December

Dec 1 World AIDS Day

Dec 6 - 12 National Handwashing Awareness Week

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

Spotlight on: Crisis, Hospital Diversion, Assertive Community Outreach/Projects for Assistance in Transition from Homelessness (PATH)

At Truman Medical Center (TMC) Behavioral Health, our compassionate care extends outside of our walls and into the community. Through our Crisis, Hospital Diversion (HD), Assertive Community Outreach/Projects for Assistance in Transition from Homelessness (ACO/PATH) teams, we provide services to an array of individuals, who are experiencing mental health and substance use symptoms. These individuals are a particularly vulnerable population group, whose mental health, substance use, physical health and housing instability place them at high risk for health, safety and other concerns.

In an emergency or crisis, healthcare providers must have the assistance necessary to support and safeguard a patient's physical or emotional needs. This support may include immediate emergency department evaluation for acute physical and mental health crises and need for hospitalization, and access to personal, social or spiritual support services. The Crisis and HD teams provide mental health assessments, case management and support in the Truman Medical Centers/University Health Emergency Department (ED) 24 hours, seven days a week. The HD team assists high utilizers of emergency departments by providing case management and an array of temporary services that have been successful in reducing hospitalizations and frequent emergency department use. The Crisis team plays a unique role by providing on-site 24 hour crisis assessments and consultation to medical providers in Truman Medical Centers/University Health Emergency Department.

The ACO/PATH teams connect homeless individuals with outpatient services, housing, health coverage and other benefits, particularly Supplemental Security Income and Social Security Disability. Completion of these application processes lays the groundwork for qualifying for Medicaid, housing benefits and other supports that can help this population attain stability within the community. Collectively, through referrals and street outreach, the ACO/PATH team assists more than 400 homeless individuals a year, enrolling approximately 250 in case management

The Crisis and HD teams provide mental health assessments, case management and support in the Truman Medical Centers/University Health Emergency Department 24 hours, seven days a week.

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Noble

News & Views

Fast Facts about MENTAL HEALTH

- At least 8.4 million Americans provide care to an adult with an emotional or mental illness.
- Caregivers spend an average of 32 hours per week providing unpaid care.
- One in eight of all visits to U.S. emergency departments are related to mental and substance use disorders.
- Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity.
- Depression is the leading cause of disability worldwide.

**www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Impact-Ripple-Effect-FINAL.pdf; data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats.*

A note from our COO...

This has been a stressful year for all of you – for many reasons – and as we celebrate Thanksgiving, I know it is set to be one unlike any other. The pandemic has caused so much disruption to our lives, and it will now impact Thanksgiving plans.

For example, all of us in the TMC/UH Behavioral Health Senior Leadership have made the difficult choice to observe the holiday only with those in our immediate households to minimize the potential that we could spread COVID-19. Having these types of conversations with family members and friends can be stressful, and I know many of us are in the same boat.

Being well over 250 days into our organization's response to COVID-19, we've learned a lot of lessons along the way, and more than anything, I have found that I've developed even more gratitude for you than I had before the pandemic began.

Amid the unknown, you can be certain we are continuing to monitor our appropriate response level

to COVID-19. Beyond our guiding principles of acceptance, bearing hope, and compassion, our ongoing response is led by two thoughts:

Client care matters – those we serve that depend on us to meet their essential needs. We build vital connections and provide services tailored to work toward our client's needs.

Staff safety matters – as an essential worker, your well being is of utmost importance. You are our most important asset in providing exceptional, essential care.

As we find new ways to make new memories this year, please know that I am available to address any concern you have related to our response to the pandemic, especially if you believe you are at higher risk of contracting COVID-19.

Thank you so much for your dedication to our work.



Sharon Freese, RN, BSN, MSW

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and supportive services. Beginning in 2018 and every year since the REACH Foundation has awarded TMC BH a \$50,000 grant to continue providing assistance with enrollment in health coverage and other publicly supported benefits.

Successes

- **ACO/PATH** continues to be one of the largest submission sources of Social Security/Disability Income (SSI/SSDI), Outreach, Access, and Recovery (SOAR) applications in the state of Missouri.
- **ACO/PATH** includes a comprehensive team of homeless outreach, community psychiatry, hospital diversion, Community Mental Health Liaisons (CMHL) and Emergency Department crisis counselors.
- Up to 73% of Crisis, HD, ACO/PATH patient exits went to permanent housing.
- **Dr. Thomas Chaffee** has been added to the Crisis, HD, ACO/PATH teams. He has been meeting regularly with clients in the community and has been providing emergency psychiatric care.
- **HD team** reduced average ED visits by 74% from initial screening to three-month follow-up and 83% from initial screening to six-month follow-up.
- **Crisis, HD, ACO/PATH** teams continued to provide service during the COVID 19 pandemic when others were limited. The team was a central part of a collaborative TMC BH effort to deliver food and essential supplies during the community wide quarantine.



Thomas Chaffee, MD

In the News

'Political fatigue is real': Mental health experts give advice on how to avoid stress from 2020 election. TMC Behavioral Health's Aaron Crossley, LMSW, spoke to Fox 4 News about election fatigue and how to handle it. [//fox4kc.com/your-local-election-headquarters/political-fatigue-is-real-mental-health-experts-give-advice-on-how-to-avoid-stress-from-2020-election/](https://fox4kc.com/your-local-election-headquarters/political-fatigue-is-real-mental-health-experts-give-advice-on-how-to-avoid-stress-from-2020-election/)



Employment News

Congratulations to **Russell Anderson** who has joined the Truman Medical Centers/UH Equity, Diversity and Inclusion division. He transferred from his role as Special Projects Coordinator, Center for Trauma Informed Innovation, and will now be the new Senior Program Manager for both CHRO and the Chief E,D&I Officer.



Russell Anderson

Welcome New TMC Behavioral Health Staff Members



(left to right) Stephanie Barrera, RN, Inpatient; Zach Burrow, Community Assistance Program; Teresia Mwaura, Inpatient; Caroline Tanui, Inpatient; Jamie Jackson, Inpatient; Eva Sipic, New Frontiers; Kaitlyn Lickteig, Lakewood Counseling; Chijioke Julius(CJ) Osueke, Inpatient; and, Marquan Reese, Inpatient.

CTII Cup of Compassion

Join us for a 20-minute Cup of Compassion each Thursday at 12:30 PM. The TMC Center for Trauma Informed Innovation team will give you tips for reinforcing your resilience and support your self-care with a practice to try in this short break from the day. Can't make it at 12:30 PM on Thursdays? No problem—catch the replay anytime. While you're there, subscribe to CTII's YouTube Channel at <https://bit.ly/ctiiyoutube>.

In the Community

Grain Valley Mayor Issues Proclamation for Hero Mary Hieronymus



The Mayor of Grain Valley, Missouri, issued a special Mayoral Proclamation for TMC Behavioral Health's Mary Hieronymus who saved the life of nine-month-old Fae Johnson. Fae was choking on a French fry in the backseat of her car at a Sonic, and her mom and grandma were attempting to dislodge the object when Mary drove by. She noticed signs of distress and immediately rushed to assist. Mary performed the Heimlich maneuver, which dislodged the obstruction from Faye's blocked airway. Congratulations to Mary for this well-deserved recognition.

TMC Behavioral Health Workforce Committee Cultivates College Connections

The Truman Medical Center (TMC) Behavioral Health (BH) Workforce Committee members serve as a conduit for students from colleges and academic organizations to a career in behavioral health throughout Kansas City, MO, and beyond. Led by **Dianne Asher, LCSW, LCAC, LSCSW**, members connect with college undergraduate and graduate programs and offer to provide students with information about working in behavioral health. The BH Workforce Committee also works with academic or professional organizations seeking to provide members with networking opportunities. Assisting students determine their career path provides TMC BH with the opportunity to recruit qualified, passionate additions to our workforce. If you have an alumni connection for the committee, please contact Diane Asher at **816-404-5733**.



A Cup of Compassion

Thursdays @ 12:30pm

SHOW ME
HOPE
MISSOURI

Mental Health First Aid Offers Skills-Based Training for Crisis Support

Mental Health First Aid, funded by the National Council for Behavioral Health, is a skills-based training course offering basic tools on how to help someone experiencing a mental health or substance use-related crisis. Participants will learn risk factors, warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. This Mental Health First Aid training offers the latest information and resources including: access to electronic resources for up to three years, MHFA certificate of completion, and an interactive zoom course with videos, activities, and discussions.



Class dates are **Thursday, December 3, 2020, OR Thursday, January 7, 2021; from 8 AM to 2 PM.** TMC Behavioral Health staff may register in Relias; TMC Health Sciences District staff may register in MC Strategies. For more information, contact: **Lara Ashbaugh** (Lara.Ashbaugh@tmcmcd.org) or **Kreasha Williams** (kreasha.Williams@tmcmcd.org).

Congratulations to Recently Published TMC BH Team Members

Congratulations to Truman Medical Center (TMC) Behavioral Health's **Apurva Bhatt, MD**, resident; **Jeffrey Metzner, MD**, medical director; and **Abbie Chestnut, JD**, assistant general counsel for Truman Medical Centers/ University Health. Their contributions to the article "**Association of Changes in Missouri Firearm Laws With Adolescent and Young Adult Suicides by Firearms**" was published in the November 4, 2020, issue of the *Journal of the American Medical Association (JAMA) Network Open*, a peer-reviewed medical journal by the American Medical Association.



Apurva Bhatt, MD



Jeffrey Metzner, MD

SHOW-ME
H O P E
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.



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 **Nancy White** for her leadership over the intake and engagement team during the past year as it has grown and expanded its role in connecting clients to services. - *Jenna Harper*

Kudos to the **Recovery Health Services** team for providing exceptional customer care as evidenced by the glowing feedback they received from client surveys. - *Sharon Freese*

Kudos to **James Glenn** and **Amber Takens** for their attention to detail in managing the funding we've received for our response to COVID-19. - *Sharon Freese*

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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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.