

Inside this issue

- Crossroads Counseling
- Lakewood Counseling
- Project Echo
- Kudos

Noble

News & Views

A monthly report for those in support of

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

July 2020

Upcoming Events

Saturday, July 25 at 9:30 am

Minority Mental Health Event

with **Jarita Lindsey-Carter** and
Vladimir Sainte

Morning Star Youth and Family
Life Center

Kansas City, Missouri

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:

Crossroads Counseling

Truman Medical Center Behavioral Health's Crossroads Counseling offers individual and group therapy for children, adolescents and adults. Crossroads providers help their patients with a variety of mental health concerns and phase-of-life challenges through a collaborative and trauma-informed approach. Our unique role as a Community Mental Health Center (CMHC) associated with a hospital system supports a whole-person, integrated care approach that is the standard of best practice for healthcare. Community partnerships with area schools and other organizations enables the Crossroads team to expand their reach and help those most in need in Kansas City, Missouri.



Crossroads Counseling (left to right) Erica Brandli, PLPC; Dallas Larue, LPC; Abbey Gripka, PhD; Diane Morgan, LCSW; Ashlee Jones, PsyD; Jennifer Osborne, PhD; Jennifer Webster, LCSW; Linda Lock, LCSW; Tracey Baugher, LCSW; Erica Fisher, LCSW; Brittany McCrary, LCSW; and Matthew Baker, PLPC. NOT pictured: Rachel Hills, LPC; Dara Gill-Fletcher, LCSW; Joah Williams, PhD; Jessica Doane, LMSW; and, Melaney Courtice, LCSW.

continued on page 2

Noble

News & Views

Fast Facts about MENTAL HEALTH

- 1 in 5 students face a mental health condition.
- 25% of female college students binge and purge to manage their weight. Up to 35% of college students engage in self-injury.
- Anxiety, depression and stress were the primary student concerns who visited college counseling centers during the 2017-2018 academic year as reported by clinicians.
- Nearly 73% of students with a mental health condition experienced a health crisis on campus, but more than 34% reported their college didn't know about it.
- 50% of students who stopped attending college because of mental health-related reasons did not access mental health services and supports on campus.

Source: *2020 Innovative Educators; www.innovativeeducators.org/blogs/news/just-the-facts-10-concerning-mental-health-stats-about-college-students

A note from our COO...

As I read through this particular edition of NN&V, I'm struck by the many smiling faces on each page.

Each smile represents the care you provide to those we serve every day as we live out our Noble Cause.

That being said, I do recognize that behind a smile can also be fear, anxiety, or concern for what the day may bring within the context of the current crises of our world.

Getting out of bed some days right now may feel like an accomplishment, and I want to thank you for bringing your "A" game these last few months in spite of the whirlwind around us.

It's not easy, but it is worth it to our clients.

Our counseling services staff are no exception to this drive toward excellence, and I'm happy they are highlighted this month. When most in our community were staying home, they were providing important virtual health services in order to ensure those we serve were connected to the support they need.



Sharon Freese, RN, BSN, MSW

No matter what your smile is really saying, please know we are here to support you during these continuously difficult times. Please reach out to your Senior Director for support. As well, you can continue to share any thoughts or ask questions about our ongoing response to COVID-19 at

BHCV19@tmcmed.org.

continued from page 1

Lakewood Counseling

TMC Behavioral Health's Lakewood Counseling offers a comprehensive range of child, adolescent and adult mental health services including therapy and medication services. Our compassionate team of providers and support staff help our clients identify their strengths, manage symptoms, and build stronger life skills, relationships and supports. Located in Lee's Summit, MO, Lakewood Counseling also hosts educational events such as the Annual Lakewood Symposium for area educators, healthcare and mental health providers, offering their expertise in relevant adolescent behavioral and psychological topics. Lakewood Counseling has a long-standing tradition of offering quality care and education to the families in their community.



Lakewood Counseling (left to right) Supavan Brown, PhD; Gentry Cobb, LCSW; Sarah Cleary, PhD; Mary Huckaby, LCSW; Rebecca Hensley-Ward, PsyD; Lori Collins, LCSW; DeAndrea Chatmon, BS; Christina Acevedo-Bugatti, LMSW; and, Richard Nobles, PhD. NOT pictured: Rachel Linnemeyer, PhD and Helen Kim, LCSW.

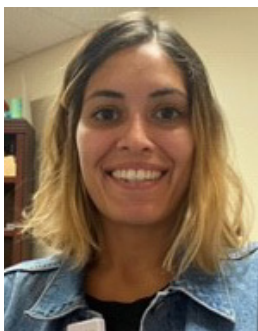
Success Stories

In FY 2020, more than 90 percent of Metropolitan Community College (MCC) students who received services from TMC Behavioral Health, completed a minimum of one class that semester. The majority of these students completed more than one class and/or obtained a "C" or better in class. In the past four years, the success rate has been 90 percent or above with only one year falling below that at 88 or 89 percent. Kim Fernandes, Director, Student Disability Services, MCC, appreciates the ongoing partnership with TMC Behavioral Health. "I am so appreciative of this contract and the wonderful services TMC BH provides for MCC," she said.

Since 2015, Lakewood Counseling and Crossroads Counseling, as a partner of the Independence School District, provide onsite individual and group therapy for homeless youth.

Lakewood Counseling and the Independence School District initiated this program at Van Horn High School and have since expanded to include Crossroads Counseling and Truman High School.

Currently Christina Acevedo-Bugatti, LMSW, Lakewood Counseling, and Jessica Doane, LMSW, Crossroads Counseling, provide this vital service.



Christina Acevedo-Bugatti, LMSW



Jessica Doane, LMSW

In the News

TMC Behavioral Health's **Vladimir Sainte, LCSW**, was featured on WDAF Fox 4 News addressing mental health as a barrier to getting help and the stigma of violence associated with mental health issues. <http://my.tvey.es/j2KHn>



Drs. Brown, Nobles and Hensley-Ward provide expertise for project ECHO

Drs. Supavan Brown, Richard Nobles and Rebecca Hensley-Ward are subject matter experts in the Show-Me ECHO, which is a Missouri-funded project operated by the Missouri Telehealth Network at University of Missouri – Columbia, School of Medicine. Project ECHO educates and trains primary care providers,



Drs. Supavan Brown, PhD



Richard Nobles, PhD



Rebecca Hensley-Ward, PsyD

educators and social agencies about treatment of chronic, common and complex diseases in rural and underserved areas and to monitor treatment outcomes. Drs. Brown, Nobles and Hensley-Ward present to and consult with the members of the project about their specific behavioral health topics. Dr. Nobles presented on the Role of Psychological Assessment in Pain Management, and Dr. Brown provided information regarding psychological issues related to hypertension. Dr. Hensley-Ward represents TMC BH as an expert in management and treatment of suicidality.

TMC Behavioral Health to provide crisis support to help those affected by pandemic in Missouri

Truman Medical Center (TMC) Behavioral Health is participating in the Crisis Counseling Program (CCP) called Show Me Hope Missouri. This is Missouri's mental health response to the Covid-19 pandemic. TMC Behavioral Health is one of the more than 20 agencies participating in Missouri.

Sharon Freese, COO of TMC Behavioral Health, recognizes the importance of providing these services to our community. "We are used to being on the front lines of providing care to our community," she said. "But these are incredibly difficult times, especially for those who are most susceptible both mentally and physically, to the risks of this pandemic. The additional support will help us expand our reach to those in the most critical need of our services."



This initiative is funded by the Federal Emergency Management Agency (FEMA) to provide crisis counselors to deliver short-term interventions for stress management, resource referrals and assist with the recovery process to citizens feeling the stress and emotional strain caused by COVID-19. Titled: Show Me Hope, the crisis counseling program will begin outreach immediately and will focus on assisting Missourians with building hope and resiliency for the future.

Behavioral Health Committee Corner

Quality Focus	Committee	Chair(s)/Point of Contact
Clinical Quality	Clinical Practice Subcommittee: Zero Suicide Taskforce	Jennifer Keller-McDaniel Stephen Gray
Risk Management	Community Relations Death Review Patient & Employee Safety	Aaron Crossley Melinda Teglia/Jeff Metzner Bethany Zaiger/ Gino Taylor
Technical Assist/ Support	EMR/Measurement Development	Jennifer Waterman Jena Harper
Workforce	Employee Engagement Trauma Awareness and Resiliency Committee (TARSC) Workforce Development Subcommittee: Certification	Rob Ellis Lara Ashbaugh Dianne Asher/ Gino Taylor Gino Taylor

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.



Congratulations to TMC Behavioral Health's **Aaron Crossley, LMSW**, as one of the newest members of the Health Forward Foundation's Community Advisory Committee (CAC). The CAC reviews the foundation's overall performance, nominates board members, and provides key input to Health Forward initiatives.



DeAndrea Chatmon serves as the Community Support and Engagement Specialist for both Crossroads and Lakewood Counseling. She is the compassionate voice that connects adults and adolescents to therapy services and provides resources for appropriate levels of care. In addition to this vital role, DeAndrea also serves as the face of Guest Relations for Behavioral Health. She consistently demonstrates calm and professionalism while juggling all of her duties.

Kudos to **Jennifer Haley, Markita Phillips, Tameisha Martin, Tamika Bables, and Stacy Truitt** in Employment for their innovative work in creating and presenting the Business Liaison position, a pilot position that will improve access to employment and support clients in staying employed longer.

Kudos to **Atiya Harris, Brooke McKinney and Marion Petty** in Housing for placing 10 Supported Community Living clients in housing last month.

Kudos to **Lara Ashbaugh, Jacob Santen, Jacob Schneider, Lydia Bonakies, Katie Kaufamn, Shara Embree, Erin Keeha-Majeske, and Robert Szbados** for helping to facilitate groups at New Frontiers.

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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