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FINDING THAT R TOGETHER

MENTAL AND BEHAVIORAL **HEALTH RESOURCE SECTION PAGE 25**

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BLACK MEN SPEAK

HEALTH STRENGTH AND HOPE

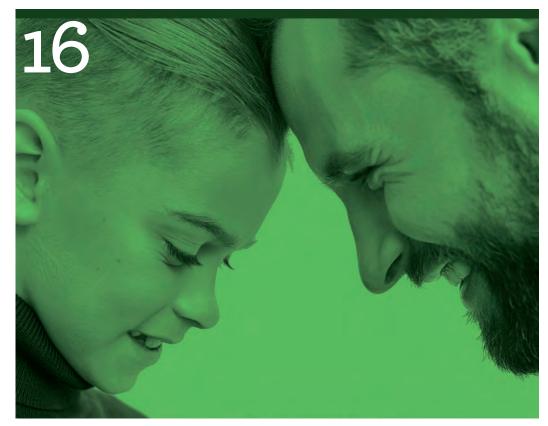
Our Health Matters and Swope Health Center invite you to join the conversation as we present a special edition, Black Men Speak: Health, Strength and Hope this November at a formal Town Hall event.

Sponsors receive broad exposure and will be counted among invaluable partners, all working to raise awareness and improve the life and health of Black men and boys in the Kansas City region.

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JERON L. RAVIN, CEO, SWOPE HEALTH | BLACK MEN SPEAK: HEALTH STRENGTH AND HOPE EDITORIAL DIRECTOR RUTH RAMSEY, PUBLISHER, OUR HEALTH MATTERS





COVER STORY

Finding That Happy Place Together

By Dr. Kirby Randolph, Stacy Davis, MA and OHM Staff

Two out of every five adults report feeling anxious or depressed. It is reported that the average delay from the onset of mental health symptoms to treatment is 11 years. That's a long time of needless suffering. Any major stresses or recent life changes can trigger these symptoms. We share insights and resources to help you get the support you need.



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MENTAL HEALTH + EXERCISE Exercise Can Help Ease Mental Health Symptoms

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Psychology Must Act to Address Health Inequities

The American Psychological Association Many policymakers agree that health inequities are systemic and avoidable. So what are the next steps?

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Feelings Matter In Season and Out of Season

How are you feeling? I'm just checking on you. Are you okay? You want to talk about it? I didn't want anything in particular; I was just thinking about you. Have you ever reached out to someone because you felt they needed cheering up, or maybe you just needed someone to listen and say something that would make your day? Our mental health is just as important as our physical health. When we are mentally healthy, our feelings, our actions and relationships find a "happy place".

According to the National Alliance on Mental Illness (NAMI), each year, about 1 in 5 U.S. adults have some type of mental illness. About 1 in 20 have symptoms that make it hard to live their life. And more than half of us will be diagnosed with a mental health problem at some point in our lifetime. Not to mention the after-effects of COVID-19 which left in its path, fear, confusion, economic and long-term mental health challenges. It's a new normal many are struggling with.

We themed this edition,"Finding That Happy Place Together" to help you understand it's not easy to ask for help, but that it is exactly what you need to do if you feel alone, depressed, or not able to handle whatever it is that has disrupted your balance. Be sure to read Jennifer Collier Ed.D., PHR, Interim Superintendent, Kansas City Public School's strategy to support students, their families and community, on page 8; learn how First Call helps people struggling with substance use disorders chart a path to recovery, page 12; and welcome a nationally recognized health care provider to our region, Optum, page 5.

There are many individuals, programs, services and professional licensed counselors available to help us on our mental health journey. Don't hesitate to reach out to someone. To help you get started we've listed a few mental and behavioral health providers and support services in our resource section. Always consult with your medical provider for



advice and guidance.

As fall arrives, let's take some time to refresh and spend time with someone who makes us feel good about ourselves!

Stay safe. Stay healthy.

amsly

Ruth Ramsey, Publisher and CEO

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Send us your suggestions for health topics you would like to see in *Our Health Matters.* Also share what you enjoy about the magazine. Email us at info@kcourhealthmatters.com or write to us at

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PACE YOURSELF DON'T JUMP INTO DOING INTENSE EXERCISE, TAKE IT SLOW TO AVOID INJURING YOURSELF.

NEVER WORK OUT TO THE POINT THAT YOU FEEL ILL.

START OFF SLOWLY AND BUILD UP TO HELP KEEP YOU ON TRACK AND CONSISTENT.

IF YOU GET OFF YOUR ROUTINE, DON'T GET DISCOURAGED, KEEP GOING.

Our Health Matters »SERTEMBER 2022

Exercise Can Help Ease Mental Health Symptoms

Try these tips to get and stay moving. By OHM Staff

t is well-known that exercise provides a host of benefits to our physical health. Regular exercise such as walking or working out can also help manage depression and anxiety symptoms.

HERE'S HOW:

During exercise, our bodies release natural, feel-good endorphins (hormones released in the brain) that help relieve stress.

It helps to direct the mind away from negative thoughts that leave you feeling anxious and depressed.

Exercise also boosts the energy level and can help you sleep better.

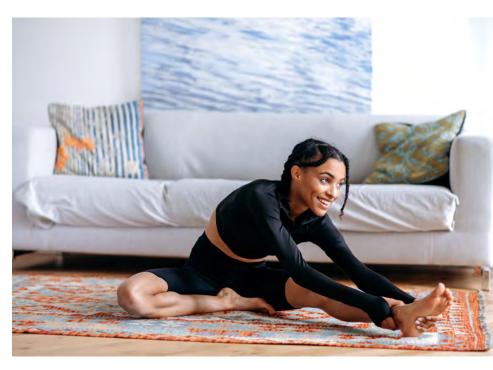
BEFORE YOU GET STARTED

Talk to your health care provider to determine what type of exercise program

would work for you. Be sure to discuss the types of activities you can do safely, and how long you should exercise each day or multiple days per week.

Let's keep it real, at times, it can be easier to think about exercising than doing it. Remember, exercise is physical movement. Try these cost-effective, energyburning suggestions to get you going.

- Household chores. Try 10 minutes of energetic dusting, mopping, sweeping or scrubbing
- Play with the kids or your pets
- Dance, dance, dance!
- Incorporate some chair exercises and hand weights. Check with your medical doctor for best examples to follow online.



- If you have stairs in your home, and are physically able, walk up and down the stairs for a few minutes.
- Park farther from entrances. It's a good way to get your steps in.

Exercise is not meant to replace therapy sessions or medication. As always, maintain open communication with your health care provider.

Want to learn more about the benefits of exercise and your mental health? Visit mayoclinic.org and The American Heart Association at heart.org. •

Sources: The American Heart Association, Mental Health America, The Mayo Clinic

DARE TO BELIEVE

Dr. Collier details five focus areas for Kansas City Public Schools.

t Kansas City Public Schools, we want every child to have the resources they need to thrive socially, emotionally and academically. The ongoing COVID-19 pandemic has had a disproportionate impact on students of color and their families. As school starts this fall, we know that we must address that trauma as we teach our students. My five focus areas as Interim Superintendent – my "big rocks" this year – are centered around child wellbeing:

We always knew that the work would continue when we regained accreditation, and we are fully committed to maintaining the momentum and progressing toward greater success. Jennifer Collier, Ed.D., PHR

1. LITERACY: Next month, we will kick off "KCPS Loves to Read," a literacy campaign that encourages students and their families to read together. It is imperative that we prioritize literacy and do more to prepare our students as readers, writers and effective communicators, as literacy is the passport to a promising future.

2. NUMERACY: We know that to maintain accreditation, we must continue to improve student achievement in math. This year, we will be working toward our NUMBERS (3Ls) endorsement. This will help us ensure every KCPS student graduates with the foundational skills needed to pursue college and jobs.

3. CULTURALLY RESPONSIVE PRACTICES: Our students deserve to see their identities and culture centered in their

learning. This doesn't always happen for children of color. Together, KCPS staff will be reading Zaretta Hammond's "Culturally Responsive Teaching & The Brain" during our district book study.

4. SOCIAL EMOTIONAL WELLNESS: All students in grades 10-12 will complete a "Mental Health First Aid" course. All students in grades 7-9 will engage in conflict resolution training. We have also increased our trauma support staff so that schools are adequately served.



By Jennifer Collier Ed.D., PHR Interim Superintendent Kansas City Public Schools

5. PARENT/FAMILY ENGAGEMENT: KCPS has hired family and community engagement liaisons at all schools. Our "FaCE" liaisons can help connect our families with the many resources available to them through KCPS.

Our theme this year is "Dare to Believe." By nurturing our children, their families and this community, we can and we will achieve great things. •

Dr. Jennifer Collier, Interim Superintendent, is entering her 23rd year as an educator in the Kansas City Public School district. She has served in several roles over the years, including, teacher, Assistant Principal, Principal, Chief HR Officer and Deputy Superintendent. She has a passion for seeing students, staff and families thrive through collaboration, collective will, and strategic action. OUR KIDS MATTER

A Call to Action

Childhood and youth mental health finally getting attention. By OHM Staff

Recently, the Surgeon General called attention to widespread mental health challenges among youths and laid out expansive actions to protect them. The advisory provides a number of recommendations for all types of individuals and groups to improve the problem. One of the more meaningful ways to launch support is through community-based organizations.

There are thousands of community organizations doing heroic work to support the mental health of children and young people. While numerous groups address different parts of the problem, service different youth populations, and implement different solutions, all community organizations can keep the following recommendations in mind as they continue their work.

Below are examples of the ways we can all participate in improving the health and mental wellness of today's youth.

- Educate the public about the importance of mental health and reduce negative stereotypes, bias and stigma around mental health. Partner with trusted messengers such as faith leaders and health care professionals to speak to community members about youth mental health needs.
- Implement evidence-based programs that promote healthy development, support children, youth and their families to increase their resilience. Consider launching youth enrichment programs like mentoring and after-school programs, skill-based parenting and family relationship approaches.
- Ensure that programs rigorously elevate mental health-related outcomes. Track outcomes around anxiety, depression and suicide (including ideation, plans and attempts) around risks and protective factors like social connectedness, economic support.
- Address the unique mental health needs of at-risk youth, such as racial and ethnic minorities, LGBTQ+ youth and youth with disabilities. For youth serving organizations think about how and to whom program services are offered. Recruit staff from the community being served.
- Elevate the voices of children, young people and their families. Youth are experts in their own lives, so engage them in community-based mental health efforts. Explore youth advisory councils, peer support programs and other ways to involve in every phase of planning and implementation.

Read the full report to learn more about how you can support youth in your community. •

Source: Protecting Youth Mental Health: The U.S. Surgeon General's Advisory



Removing Mental Health Stigma One Story at a Time

RESPECT Institute speakers share their personal experiences.

e all want to be treated with dignity and respect. Persons who suffer from mental illness are no different. **RESPECT Institute** founder, Joel Slack started the program while training and consulting at the Fulton State Hospital, in 2001.

He knew that respect is a powerful tool for persons in recovery. What started as a program to engage Fulton State Hospital patients in the new employee orientation program, has grown into an awareness and education movement.

RESPECT Institute speakers are knocking down the stigma behind mental illness with each group they present to.

RESPECT Institute Program Comes to KC

RESPECT started in Kansas City more than 20 years ago with Trena Fowler, Rehab Director, at the Center for Behavioral Medicine (CBM), Kellie Sullivan, Director of Crossroads Group Home and Ruthe Workcuff, Case Manager, Swope Health as program facilitator.

Invite a Speaker or Become a Speaker Yourself.

RESPECT speakers are available to present to large and small groups — high school classrooms, civic organizations, church groups, hospital groups, auxiliaries, law enforcement and emergency personnel, mental health professionals and advocacy groups.

If you would like to invite a speaker to share their story, contact Ruthe Workcuff at

RWorkcuff@swopehealth.org or call 816-599-5291. You may also contact Katie Andrews, statewide RESPECT coordinator, Missouri Mental Health Foundation, at 800-364-9687, or email katie.andrews@ missourimhf.org.

Personal Story from RESPECT speaker, Ms. Adrian

Ms. Adrian grew up in poverty in Chicago, Illinois. She had an alcoholic mother

and a heroin addict father. It was so bad she ran away from home when she was 13 years old. Being out on the streets led her to trouble with the law and going to prison several times. Adrian didn't realize that she had a mental health issue. At her last prison stay in Iowa, she got help with anger management and learned tips on re-entering the population. She got tired of going in and out of prison. Adrian learned that she could not mix street drugs with her mental health prescriptions, and that she needs to stay on her mental health meds. She has now been clean and sober for 22 years. She is planning to leave Kansas City to go to Texas where she has a son in prison. Adrian plans to volunteer at the Salvation Army to work with homeless women and share her story to help others. •



By Ruthe Workcuff Community Support Targeted Case Manager Swope Health RESPECT Facilitator



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***** BEST MATERNITY HOSPITALS 2022 Newsweek Statista I

first call

Together, Healing is Possible

Removing barriers and connecting people to support.

By Megan Fowler, LCSW, LSCSW

Director of Recovery Services at First Call

hat better time than now to focus on well-being, connection, and a sense of purpose? In a post-acute COVID world, we have settled into a new way of life, centering our intentions on what is most valuable.

For people struggling with substance use disorders, it can seem like the world is outpacing

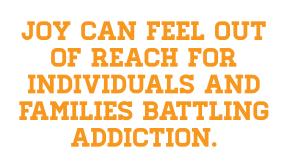
them in their quest to discover what, in fact, creates joy. Joy can feel out of reach for individuals and families battling addiction. The isolation, turmoil and the disease of addiction produces a sense of hopelessness that can only be healed through

community support and resourcefulness. Recovery is attainable.

For many, residential care and extended inpatient programs have become increasingly inaccessible. People who face economic barriers seeking recovery from their addiction, or are uninsured or underinsured should know that there are programs to fill gaps in the continuum of care to help them find healing.

• First Call provides community education, recovery, harm reduction, and prevention services to individuals and families impacted by substance use disorders. Their services are at no cost, or on a sliding scale. They never turn anyone away for inability to pay.

• First Call monitors a crisis call line that is available 24/7 to anyone seeking prevention and treatment resources. Recovery Advocates provide



individualized care through early recovery to build and enhance a sense of mutual support and create healthy coping skills.

 First Call also provides harm reduction strategies like naloxone, the life-

saving drug that reverses the deadly effects of opioids, and test strips that detect the presence of fentanyl in substances prior to ingestion.

We all are in some way impacted by addiction whether as an individual, a family member, or at the community level. Removing the stigma around receiving and accessing support is critical to understanding that mental health and addiction coexist. If you or someone you know needs help with a substance use disorder, visit firstcallkc.org or call 816-361-5900. • 9.22.2022

Doors open at 5:45 pm Program at 6:30 61 E 14th Street Kansas City, MO 64105

Join us for dinner, a live auction and a conversation with James Beard award winning Chef Gregory Gordet as we raise money to bring hope and healing to individuals and families impacted by alcohol, drugs and addiction.

irst call

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HEALTH EQUITY

Psychology Must Act to Address Health Inequities

Task force calls for psychology to transform education, practice and research to address equity. The American Psychological Association, August 2, 2022 Press Release

MINNEAPOLIS — Psychology must take concrete steps to expose and mitigate the impacts of systemic and structural factors that affect physical and mental health, according to a new report from the American Psychological Association.

There is overwhelming evidence that environmental, social and behavioral factors—all areas of psychology's expertise—contribute to health disparities and lead to differences in quality of life, access to treatment, quality of care and overall health outcomes.

Structural racism, which influences the circumstances in which people live and work and is intensified by political, economic and social influences, is a key driver of health inequities, according to a report from APA's Presidential Task Force on Psychology and Health Equity. To access the full report, go to https://www.apa. org/pi/health-equity/report.pdf

The report was accepted Thursday by APA's governing Council of Representatives by a vote of 161-0, with two abstentions, at its meeting in Minneapolis, which coincided with APA2022, the organization's annual convention.

The task force report lays out a roadmap for actions by APA, psychologists and others to address health inequities in education and training, research, publications and professional practice. Task force members were appointed by APA Past President Jennifer F. Kelly, PhD.

"Health inequities are not inevitable; they are systemic and avoidable," the report authors wrote. "These factors include racism, sexism, and other forms of discrimination; chronic stress, adverse or traumatic early childhood events; exposure to violence, including institutional violence; crowded housing conditions, greater exposure to environmental hazards, and lack of health insurance or underinsurance; and other social determinants of health that differ systematically by population."

"Psychology can make a huge contribution to advancing health equity," Kelly said in releasing the report. "The task force has made bold and concrete recommendations for all of psychology, from reaching, recruiting and mentoring students of color in becoming psychologists, to advocating for creative payment models to bring effective mental health and medical care to underserved communities, to rethinking how we conduct and publish our science."

The report recommends developing strategies to increase the racial and ethnic diversity of the psychology workforce to better address the mental health needs of communities of color – noting that more than 80% currently identify as white. It also calls for creating outreach and recruitment programs aiding communities of color, implementing more flexible training programs to support students with multiple life demands, and promoting culturally relevant methods and principles for health equity research in all psychology programs.

Other task force recommendations include:

- Advocating for greater federal and private research funding about health equity.
- Adopting new language and practices for academic journals to reduce bias and ensure consistent reporting of demographic characteristics.
- Increasing the representation of scholars from underrepresented backgrounds on APA journal and publication boards.
- Developing continuing education courses that include training objectives related to health equity.

- Developing professional practice guidelines focusing on social determinants of health and addressing treatment barriers and service delivery challenges.
- Identifying and promoting practice innovations to improve the way that mental health services are provided to diverse populations and communities, including incorporating psychologist practices into community settings.
- Expanding access to care through mobile apps, telehealth and other emerging technologies.

The report builds upon the Task Force's Resolution on Advancing Equity in Psychology (https://www.apa.org/about/policy/ advancing-health-equity-psychology), which was unanimously approved by the APA Council of Representatives in 2021. •

Members of the APA Presidential Task Force on Psychology and Health Equity were:

Kisha B, Holden, PhD MCRW (co-chair), Morehouse School of Medicine

Geoffrey M. Reed, PhD (co-chair), Columbia University Vagelos College

Margarita Alegría, PhD, Massachusetts General Hospital and Harvard Medical School

Art Blume, PhD, Washington State University

Jo Linder Crow, PhD, California Psychological Association

Terry S. Gock, PhD, MPA, Independent practice organizational consultant

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John M. Ruiz, PhD, University of Arizona

Idia Thurston, PhD, Texas A&M University Leo Wilton, PhD, MPH, University of New York at Binghamton

HAPPY PLACE *TOGETHER*

BETTER POLICIES, MORE FUNDING AND MORE MENTAL HEALTH PROVIDERS WILL EXPAND SERVICES TO UNDERSERVED POPULATIONS. BY DR. KIRBY RANDOLPH, STACY DAVIS, MA AND OHM STAFF

"OUR COUNTRY FACES AN UNPRECEDENTED MENTAL HEALTH CRISIS. TWO OUT OF EVERY FIVE ADULTS REPORT FEELING ANXIOUS OR DEPRESSED. [EVEN] BEFORE THE PANDEMIC, RATES OF DEPRESSION AND ANXIETY WERE INCHING HIGHER. BUT THE GRIEF, TRAUMA AND PHYSICAL ISOLATION OF THE LAST TWO YEARS HAVE DRIVEN AMERICANS TO A BREAKING POINT."

STATEMENT FROM THE WHITE HOUSE ON THE STRATEGY TO ADDRESS OUR NATIONAL MENTAL HEALTH CRISIS - MARCH 1, 2022



The mental health crisis in this country affects people of all ages, gender identities and income levels. Our youth have experienced increased social isolation, anxiety and learning loss because of the pandemic.

Even with students returning to full in-person learning, and society having opened back up, the effect on overall mental health has remained.

The Federal government is making "critical investments to expand access to mental health services."

Some key points of the plan include:

Strengthening System Capacity. Increase the number

of mental health providers to address "mental health deserts". These areas are formally defined as Mental Health Professional Shortage Areas.

One-third of Americans live in these areas and are not receiving services they need or are being underserved. For a person dealing with serious mental illness, this can be a life-or-death situation.

Bringing more providers into behavioral health. The fiscal year 2023 budget will include an investment of \$700 million in programs. Program examples include funding for the National Health Service



Corps, Behavioral Health Workforce Education and Training and the Minority Fellowship Program. All will provide training, access to scholarships and loan repayment to mental health and substance abuse practitioners committed to practicing in rural and other underserved communities.

Investing in behavioral health support staff. This fall, the Department of Health and Human Services (HHS), is expected to award more than \$200 million to increase the number of community health workers and other health support workers to work in underserved communities.

Launching the "988" crisis response line. With funding from the American Rescue Plan —\$180 million — has been provided to support local capacity to respond appropriately to [mental health] crisis calls, and establish more community-based mobile crisis response teams.

One important part of the plan is to connect more Americans to mental health care. Fewer than half of Americans with mental health conditions receive treatment. Did you know that the average delay from the onset of mental health symptoms to treatment is 11 years? That's a long time of needless suffering.



COMMON MENTAL HEALTH SYMPTOMS

At some point in our lives, we will all encounter situations that will impact our mental health.

Any major stresses or recent life changes can trigger these symptoms.

- Persistent sadness, feeling anxious, or "empty"
- Feeling hopeless or gloomy
- Feeling guilty, worthless, or helpless
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- · Irritability, feeling restless or having trouble sitting still
- Trouble concentrating, remembering, or making decisions
- Sleep disruptions, early morning awakening, or oversleeping
- Changes in appetite, weight or both
- Thoughts of self-harm

The mental health crisis in this country affects people of all ages, gender identities and income levels.

HOW DO YOU GET STARTED?

Not all mental health symptoms require medical intervention once a situation or circumstance has changed. If symptoms persist and start to have a major impact on your daily life, consult a health care or behavioral health provider.

If you or a loved one need to access mental health services, contact your (or their) health care provider to schedule an in-person or virtual appointment. Describe your symptoms. Be specific about when they started and how long you have had them. Don't forget to disclose if there have been any life events that may be contributors (stress, unexpected death, job loss, etc.).

If you are uninsured or do not have a primary doctor, several community health centers in the Kansas City area offer free to low-cost services and treatment. Visit www. mentalhealthkc.org to find a center near you.

UNDERSTANDING MENTAL HEALTH CONDITIONS

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. If you have — or think you might have — a mental illness, the first thing you must know is that you are not alone.

Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. However:

- 1 in 5 U.S. adults experience mental illness each year
- Since the pandemic, that number has changed to 2 in 5.
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Research suggests multiple causes, such as family history,



environment and lifestyle. Basic brain structure, or an imbalance in the brain may play a role, too.

There are different conditions that are recognized as mental illnesses. Some common types include:

Anxiety disorders: People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or panic, such as a rapid heartbeat and sweating.

Mood disorders: Depression and mood disorders are the most common mental health conditions. These disorders, also called affective disorders, involve persistent feelings of sadness or mood swings from extreme happiness to extreme sadness.

Psychotic disorders: Psychotic disorders involve distorted awareness and thinking. Two common symptoms of psychotic disorders are hallucinations — the experience of images or sounds that are not real, such as hearing voices — and delusions, which are false fixed beliefs that the ill person accepts as true, despite evidence to the contrary.

Eating disorders: Eating disorders involve emotions, attitudes, and behaviors involving weight and food.

Impulse control and addiction disorders: People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing), and compulsive gambling are examples of impulse control disorders.

Personality disorders: People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships.

Obsessive-compulsive disorder (OCD): People with OCD are plagued by constant thoughts or fears that cause them to perform certain rituals or routines. The disturbing thoughts are called obsessions, and the rituals are called compulsions.

Post-traumatic stress disorder (PTSD): PTSD is a condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, or a natural disaster. People with PTSD often have lasting and frightening thoughts and memories of the event, and tend to be emotionally numb.

None of this means that you're broken or that you, or your family, did something "wrong." Mental illness is no one's fault. And for many people, recovery — including meaningful roles in social life, school and work — is possible, especially when you start treatment early and play a strong role in your own recovery process.

YOU'RE NOT ALONE. HELP IS AVAILABLE.

The most important thing is to get help. The 988 crisis hotline is staffed by trained professionals who are a phone call or text away, 24/7. They are available to help individuals experiencing a mental health crisis.

As a community, we can do a better job of listening to those around us when they express how they are thinking or feeling. It's important to take time to listen and find out ways to support each other — to help us all reach a happier place. •

Sources:

Kirby Randolph, Ph.D Assistant Professor of Bioethics Kansas City University

Stacy Davis, MA Director, Mental Health Promotion Mental Health America of the Heartland – mhah.org

The National Institute of Mental Health (NIMH) nimh.nih.gov

National Alliance on Mental Illness NAMI.org

White House Statement on the Mental Health Crisis in America WhiteHouse.gov

Mental Health and the Church

FaithNet offers support and resources for the faith community. By OHM Staff

f your church is looking to start a mental health ministry or strengthen an existing program, the **National Alliance of Mental Illness (NAMI) FaithNet** is here to help.

With increasing numbers of Americans dealing with mental health challenges it's a sure bet that someone sitting in the pews (or logging in) on any given Sunday is struggling. While prayer is a powerful tool, church leaders need tools and resources to outreach to congregants.

Some churches recognize the need to have ministries that address mental health needs but may need help getting something started. Grief ministries (support groups) are an example that help meet this need.

NAMI FaithNet is an online resource that promotes the exchange of information, tools, outreach materials and other resources to help educate faith communities about mental illness.

The interfaith network of NAMI members, friends, clergy and congregations of all faiths encourage and support families living with mental illness.

Training is available:

• **Reaching Out to Faith Communities** is a fourpart, downloadable, self-instruction training designed to encourage and equip NAMI leaders and members to raise awareness, share their story and NAMI resources with local faith groups.

A Ready-to-Use Presentation:

Bridges of Hope is a three-part PowerPoint presentation with instructions and a script. It is created for NAMI members to speak to clergy and faith groups about mental illness, the role of faith communities and NAMI programs.

Additional resources include:

- Service planning materials
- Online support, handouts
- Bulletin inserts and more

How people of faith can help:

• Use NAMI and NAMI FaithNet resources like Bridges of Hope to provide education about mental illness and NAMI programs.

• Invite local NAMI members or mental health professionals to speak to your congregation.

• Equip persons in your congregation to support individuals and families affected by mental illness through prayer, hospital and home visits, support groups and inclusion in worship.

Visit NAMI.org and search FaithNet to get additional information and learn more.

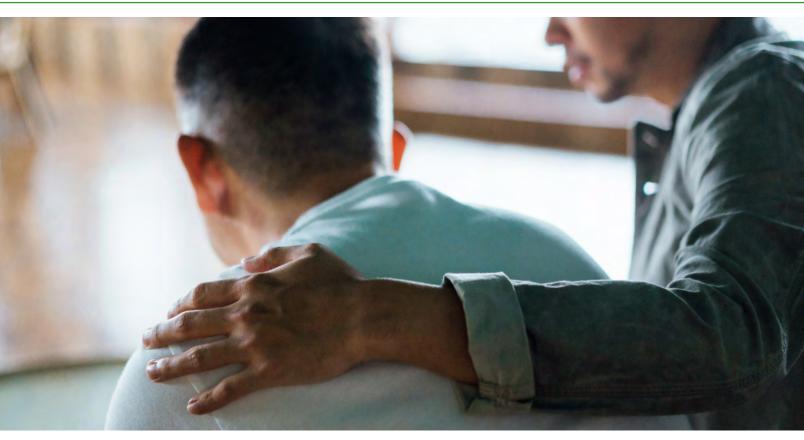
>>> ECONOMICALLY JUST PLACES

Health Forward Foundation envisions a future where how much money someone has no longer determines one's outcomes and everyone has what they need to thrive.

Learn more about our new purpose at HealthForward.org/purpose



MENTAL AND BEHAVIORAL HEAITH RESOURCES MISSOURI + KANSAS



Our Health Matters doesn't want anyone to go through their mental health journey alone. If you need help seek out the support of your doctor, a trusted friend, or licensed professional counselors, to "find that happy place".

This section includes some resources for individuals and families who need access to mental health services, support and information.

Suicide & Crisis Lifeline Call or text 988, or chat 988lifeline.org

NAMI Kansas

West Ridge Mall 1801 SW Wanamaker Rd., Unit G6, Box 164 Topeka, KS 66604

NAMI National Help Line 800-950-NAMI (6264) www.namikansas.org

Mental Health America of the Heartland

739 Minnesota Ave., Kansas City, KS 66101 913-281-2221 www.mhah.org KC CARE Health Center 3515 Broadway, Kansas City, MO 64111 816-753-5144 https://kccare.org

University Health Behavioral Health – Crossroads 300 W. 19th Terr., Kansas City, MO 64111 816-404-5709 www.universityhealthkc.org

University Health Behavioral Health - Lee's Summit 300 SE 2nd St., Lee's Summit, MO 64063 816-404-6170 www.universityhealthkc.org

Swope Health

3801 Martin Luther King Jr. Blvd. Kansas City, MO 64130 Behavioral health – 816-922-1070 swopehealth.org *multiple locations

Samuel U. Rodgers Health Center

825 Euclid Ave., Kansas City, MO 64124 816-474-4920 samrodgers.org

Tri-County Mental Health Services

3100 NE 83rd St., Ste. 1001, Kansas City, MO 64119 816-468-0400 www.tri-countymhs.org *multiple locations

ReDiscover

1555 NE Rice Rd., Lee's Summit, MO 64086 24-hour crisis line – 888-279-8188 Appointments – 844-994-HEAL www.rediscovermh.org *multiple locations

Research Psychiatric Center

2323 E. 63rd St.Kansas City, MO 64130 816-444-8161 https://hcamidwest.com

Kansas Behavioral Health Services

Kansas Department of Aging and Disability Services kdads.ks.gov

University of Kansas Health Systems

Psychiatry and Behavioral Sciences To make an appointment: 913-588-1300 www.kansashealthsystem.com *multiple locations

Wyandot Center

1301 N. 47th St., Bldg A, Kansas City, KS 66102 913-328-4600 24-hour crisis line – 913-788-4200 http://www.wyandotcenter.org *multiple locations

Johnson County Mental Health

6000 Lamar, Ste. 130 Mission, KS 66202 913-826-4200 https://www.opencounseling.com

Bert Nash Community Mental Health Center

200 Maine St. Lawrence, KS 66044 785-843-9192 https://bertnash.org

Lilac Center

*locations in North Kansas City, Mission and Lee's Summit 816-816-221-0305 https://www.lilaccenter.org

Jackson County COMBAT

415 E. 12th St., 9th Fl. Kansas City, MO 64106 816-881-1400 www.jacksoncountycombat.com

The following are a few of the COMBAT-funded program resources. We encourage you to visit https://www.jacksoncountycombat.com/31/Treatment to view a comprehensive listing of COMBAT-funded programs.

DRUG COUNSELING PROGRAMS

Cornerstones Substance-use Treatment Program -Cornerstones of Care has partnered with COMBAT for 20 years to help children and families preempt the onset of drug use or interrupt a potential cycle of substance abuse for adolescents. Cornerstones of Care serves children and youth who suffer from the effects of traumatic experiences such as neglect and physical abuse as well as substance abuse by family members and violence in the home.

Cornerstones of Care - Ozanam Campus 421 E 137th St., Kansas City, MO 64137

Cornerstones of Care - Gillis Campus 8150 Wornall Rd., Kansas City, MO 64114 816-508-1700 cornerstonesofcare.org

Crittenton Adolescent Intensive Outpatient Program

Crittenton's Adolescent Chemical Dependency Intensive Outpatient Program serves young persons, ages 12-19, middle school and high school aged from the Greater Kansas City area, experiencing problems in their lives associated with their use of substances.

St. Luke's Hospital of Kansas City Crittenton Children's Center

10918 Elm Ave., Kansas City, MO 64134 816-765-6600 saintlukeskc.org

Guadalupe Centers Outpatient Treatment Program

The Guadalupe Center's Outpatient Treatment Program is located at the agency's Casa Feliz Counseling Center in Kansas City's Westside neighborhood. This is a Level 3-Drug Counseling program certified by the Department of Mental Health and Division of Behavioral Health, and is staffed by bilingual, Spanish/English, qualified counselors.

Guadalupe Centers, Inc.

2600 Belleview Ave., Kansas City, MO 64108 816-531-6911 guadalupecenters.org

INTENSIVE OUTPATIENT TREATMENT

Benilde Hall Program

Benilde Hall is an all-encompassing program, which provides substance use disorder treatment, mental health treatment, supportive residential housing and a work therapy program for homeless chemically dependent males all in one facility.

3220 E. 23rd St., Kansas City, MO 64127 816-842-5836 benildehall.org

Children's Mercy TIES

The goal of the TIES program is to identify and support pregnant and postpartum women and their families affected by substance abuse in order to reduce drug use, promote healthier families, increase family stability through education and employment, and build on family resources.

Children's Mercy Hospital

3101 Broadway Blvd., Suite 770, Kansas City, MO 64111 816-960-8400 childrensmercy.org

Sheffield Place

Sheffield Place works with high-need homeless families. Because these families have multiple severe needs —substance abuse, mental health, violence, homelessness, lack of education or job skills, and legal issues — Sheffield Place provides critical comprehensive services.

Sheffield Newton Building

1000 Newton Ave., Kansas City, MO 64126 sheffieldplace.org

Sheffield Place

6604 E 12th St., Kansas City, MO 64126 816-483-9927

PARTIAL HOSPITALIZATION TREATMENT

Comprehensive Mental Health Services Substance Use Disorder Program

The CMHS Substance Use Disorder program provides an array of high-quality services to assist those who otherwise cannot afford or access services in overcoming their addictions. The program achieves its purpose by providing residential substance use services, comprehensive day treatment, medication-assisted treatment (MAT), communitysupport services, and wrap-around services such as employment support, housing assistance, financial education, and health/well-being support.

George W. Norman Jr., Recovery Center

4231 S. Hocker Dr., Independence, MO 64055

Gateway Residential Facility

7447 Holmes Rd., Kansas City, MO 64131

Lotus House Residential Facility

421 East College, Independence, MO 64050

Recovery Kansas City (RKC)

7447 Holmes Road, Kansas City, MO 64131 816-254-3652 thecmhs.com

RECOVERY HOUSES

Amethyst Supportive Housing

Amethyst Place provides women recovering from a substance use disorder — and their children — a place to continue their healing. The recovery housing includes 37 fully furnished private apartments, food and hygiene pantry, mobile medical and dental services, clothing closet, household coaching, direct financial assistance, 24/7 campus staffing and randomized drug/alcohol screens.

Amethyst Place

2735 Troost Ave., Kansas City, MO 64109 816-231-8782 amethystplace.org

Footprints Recovery Support Services

Healing House serves as one of the primary room and board providers in Jackson County for people recovering from Substance Use Disorder (SUD).

Madeline's Swaddle House

100 N. Lawn Ave., Kansas City, MO 64123

Agape III 4008 St. John Ave., Kansas City, MO 64123

Sunshine House 4124 St. John Ave., Kansas City, MO 64123

Purple House 4400 St. John Ave., Kansas City, MO 64123

Pink House 4400 St. John Ave., Kansas City, MO 64123

Jessica's House 4420 St. John Ave., Kansas City, MO 64123

Cornerstone 622 Benton Blvd., Kansas City, MO 64123 816-920-7181 healinghousekc.org

RESIDENTIAL INPATIENT

ReDiscover Coed, Women and Children's Treatment Program

The purpose of the Coed Treatment Services and Women and Children's program is to reduce alcohol and/or drug use and reduce crime and violence among residents of Jackson County — with particular focus on Lee's Summit, Blue Springs, southern Kansas City, Raytown and Grandview. ReDiscover's Catherine's Place

3720 Gillham Rd., Kansas City, MO 64111

ReDisccover's Friendship House 3728 Gillham Rd., Kansas City, MO 64111

ReDiscover's Woodland 3211 Woodland Ave., Kansas City, MO 64111

ReDiscover 1579 NE Rice Road, Lee's Summit, MO 64086

ReDiscover's Coed Residential

4111 E. 100th Terrace, Kansas City, MO 64137 816-966-0900 rediscovermh.org

SPECIALIZED BEHAVIORAL HEALTH Girls Night Out (GNO)

GNO crafts social opportunities for healthy social wellbeing, and this program is applicable across multiple social areas (individual, activities, community settings. www.kumc.edu/gno Email: mbeckloff@kumc.edu

Marillac

Marillac helps kids with mental illness and behavioral challenges transform their lives by offering a continuum of specialized behavioral healthcare services for children and adolescents. 913-574-3800

KVC Health Systems

KVC provides expert and compassionate care to youth ages 6 to 18 who are experiencing depression, anxiety, suicidal thoughts, impacts of trauma, and other behavioral and mental health needs. https://kansas.kvc.org | 913-499-8100

The Joshua Center for Neurological Disorder

The Joshua Center is a vital resource of many services for both children and adults who live with Tourette Syndrome, High Functioning Autism, Obsessive Compulsive Disorder, ADHD and other associated neurological disorders. www.joshuacenter.com | 816-763-7605 joshuainfo@joshuacenter.com

REMEMBER, YOU ARE NOT ALONE. LET'S FIND THAT HAPPY PLACE TOGETHER! Visit www.kcourhealthmatters.com/digital-editions/ to view current and past digital editions that provide health information and community resources.



COMPASSIONATE EAR IS AMERICA'S LONGEST RUNNING WARMLINE

Trained Warmline volunteers live successfully with their own mental health diagnoses and are available to callers like you during non-crisis times of need. Let a peer who has "been there" help you learn recovery.

Let a peer who has been there help you learn reco

WARMLINE VOLUNTEERS ALSO HELP YOU:

- Improve strategies to cope with mental illness and its symptoms
- Develop and apply practical problem solving skills
- Find important and appropriate community resources.
- Over 90% of callers successfully resolve issues of concern during their calls.

DON'T WAIT!

If you need someone to listen - reach out to a Compassionate Ear! Volunteers do not handle crisis or suicide calls, but are trained and equipped to transfer those immediately to the appropriate services.

LEADERS IN MENTAL HEALTH ADVOCACY

No referral needed! You speak directly to a Certified Peer Specialist.



Access 9AM-9PM daily 365 days a year, including holidays. Call 913.281.2251 or 1.866.927.6327.

Mental Health America of the Heartland Education and Community Support 913.281.2251 | 1.866.927.6327 | www.mhah.org

Give Your Community a Boost!



- Stay up to date on your shots.
- Use a well-fitted mask.
- Practice social distancing.
- · Avoid crowded indoor spaces.

Missouri Department of Health and Senior Services Office of Minority Health



MoStopsCOVID.com cdc.gov/coronavirus



WHAT'S NEXT?

- OCTOBER 2022 -UNDERSTANDING BONE AND JOINT HEALTH

Bone and joint injuries or conditions such as arthritis, back pain, fractures, hip and knee pain and osteoporosis can lead to chronic pain and disability. We share preventative health tips and describe some of the trending orthopedic treatment alternatives, including minimally invasive bone and joint treatment.

*Edition Sponsorship available. Sponsored content and ads due September 16, 2022

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Download Digital copies of Our Health Matters[™] at: https://kcourhealthmatters.com/digital-editions/

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, CALL 911.

CALL 988: Every person nationwide can dial "988" to reach trained crisis counselors who can help in a mental health, substance use or suicide crisis.

CALL 211: United Way 211 is our city's 24/7 connection to agencies and resources for anyone in a time of need. Calling 211 connects individuals to free and confidential help—from basic needs to mental health resources to utility assistance and more.