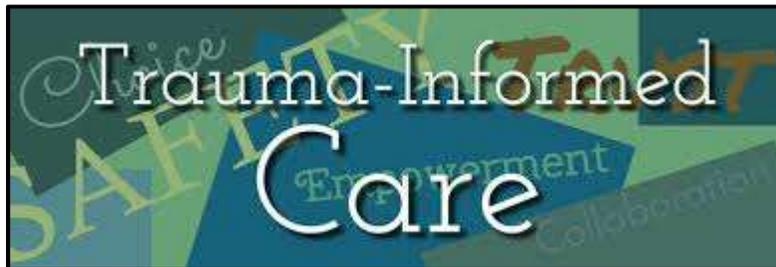


# THE COMPASS

Finding your path to WELLNESS



## Team Continues Commitment to Providing Trauma Informed Care in 2019



Experiencing trauma, especially during childhood, significantly increases the risk of serious health problems. This includes chronic lung, heart, and liver disease as well as depression, sexually transmitted diseases, tobacco, alcohol, and illicit drug abuse throughout life.

Trauma-informed care is based on the understanding that many people have suffered traumatic experiences. We are responsible for being sensitive to this fact, regardless of whether a person is being treated specifically for the trauma. Therefore, everyone here at TWC should initially approach all members as if they have a trauma history, regardless of the services for which the members are being seen.

Here are the core principles of a trauma-informed approach to care:

- Member Empowerment - Using an individuals' strengths to empower them in the development of their treatment.
- Choice - Informing members about their treatment options so they can choose the options they prefer.
- Collaboration -Maximizing care coordination between staff, members, and their families in a manner that reduces duplication of services and increase communication.
- Safety - Developing an environment and activities that ensure members' physical and emotional safety
- Trustworthiness - Creating clear expectations with members about what treatments entail, who will provide services, and how care will be provided.

### In this issue...

Flu Season	Pg. 2
Dental Care	Pg. 3
ABC Mobile Vision	Pg. 4
Employment	Pg. 4
Member Story	Pg. 5
Bocce Fundraiser	Pg. 6
REAL Michigan	Pg. 7
Telepsychiatry	Pg. 8



## Get Ready for Flu Season

According to the United States Centers for Disease Control and Prevention (CDC), this year's flu season is anticipated to be the worst flu season since 2009. As we are already in the middle of flu season (October – May) and are now approaching peak activity, Team Wellness Center would like to provide our members and partners with tips on how to treat common flu.

1. **GET THE FLU VACCINE** - The flu vaccine is the number one recommendation by doctors and the CDC to help fight the flu epidemic. The vaccine causes antibodies to develop in the body that will provide protection against the most common strands of the flu.
2. **STAY HOME AND GET PLENTY OF REST** – As soon as you feel the onset of flu symptoms stay home. Take the day off from work or school to give your body the down time needed to recover. Not only is this a good practice for yourself to recover, this practice will help reduce the spreading the virus.
3. **DRINK PLENTY OF FLUIDS** – The more liquids the better. This practice will help keep your respiratory system hydrated and turn the thick mucus into thin liquid and will help prevent this mucus from reaching your lungs.
4. **TREAT YOUR SYMPTOMS** – Treat your symptoms; coughs, aches, fevers, etc. with over the counter medications. Ask your doctor which medications are right for your symptoms.
5. **BREATH IN STEAM AND USE A HUMIDIFIER** – The steam will help open your airways, ease congestion and make it easier to breath. The humidifier will put moisture in the seasonal dry air that can also ease congestion and coughs.

Remember to call your doctor if your condition worsens or if you have the below symptoms:

- Drainage from your ear
- Pain in your face or forehead along with thick yellow or green mucus for more than a week
- A temperature of higher than 102 in older children and adults
- Wheezing, shortness of breath, vomiting



Flu shots are available at two  
Team Wellness Center sites:

**EASTERN MARKET**  
2925 Russell St.  
Detroit, MI 48207  
(313) 396-5300

**Team East**  
6309 Mack Ave.  
Detroit, MI 48207  
(313) 626-2400



## The Importance of Dental Care for Behavioral Health Patients

### By Dr. Prabhjot Singh



Dental health is a vital part of overall health. Oral exams can reveal signs and symptoms of larger systemic diseases like diabetes, cancers, and AIDS, among others. In fact, about 90% of systemic diseases can present oral signs and symptoms.

Poor oral health is also a risk factor for conditions such as heart attack, stroke and poorly controlled diabetes. Overall health and oral health are closely linked, making oral hygiene, checkups and treatment an essential part of every person's routine.

There also exists a strong interaction between behavioral health and oral health. People with severe mental illness have a 2.7 times greater risk of losing their teeth. Psychiatric illness can lead to poor oral health because of poor nutrition, poor oral hygiene and difficulty accessing dental care.

There is also a strong correlation between mental illness and consumption of sugary drinks, tobacco use and alcohol use; all of which increase the severity and prevalence of tooth decay (cavities), gum diseases, bone diseases, and subsequent infection and tooth loss. Alcohol and tobacco use greatly increase the risk of oral cancers as well.

Oral care and regular dental visits are important for every person, but especially for the behavioral health patient. Understanding your condition and the implications on your dental health is important in learning what you are at risk for and how to minimize those risks.

Dental health is directly related to overall health and should be a priority! The first step is education and learning how to manage your condition. By working with your physician and dentist, patients can live a healthier and happier life.



## Partnership Spotlight: ABC Mobile Vision



Many people have very limited options when it comes to getting eye exams or eyeglasses. Transportation, cost, insurance, and accessibility can all be barriers that prevent people from seeing an eye doctor.

ABC Mobile Vision is a mobile vision clinic that travels to agencies and schools throughout Wayne County, providing comprehensive eye exams and eyeglasses to thousands of citizens.

ABC bills the patient's Medicaid insurance directly, so there is no out of pocket cost for the patient. In cases where a specialist is needed, ABC refers patients to the Kresge Eye Institute.

With the support of Team Cares Inc., Team Wellness Center and ABC Mobile Vision can provide vision services to patients who are under insured or uninsured. Since June of 2018, more than 100 free eye exams and eyeglasses have been provided through this partnership.

## Looking for a Job? Team Can Help!

The Individualized Placements and Supports (IPS) Supportive Employment Program assists members with gaining employment within the community and enrolling in skilled trades training classes. The program is a Medicaid Billable Service designed to provide members with the opportunity to build employment experience, educational experience and volunteer experience.

Trainings include; Manicurist, Auto Mechanic, Electrician, Computers, Tax Preparation Servsafe, Cottage Law Entrepreneurship and More!

To enroll call Trudy Williams today at 313-506-0001.





## Member Story: Life After Incarceration

I have been a part of Team Wellness since November of 2017. I was incarcerated for 5 years and shortly before I was released, I met Ms. Trudy at a job fair at Adrian Correctional Facility. After talking with her about the returning citizens program, I was given the information to contact Team Wellness.

When I was released from prison, I had nothing. I was homeless, no clothes, money, or help; I was just out here. When I arrived at Team Wellness I was introduced to a positive, productive environment.

My care team assisted me in getting documentation, insurance, clothing, mental health care and physical health care. I had a 5-year-old son that I hadn't seen since I was incarcerated, and Team supported me in regaining my visitation rights.

Soon after coming to Team I was able to get a job and now that I am employed, I can support myself and provide for my family. I am currently being assisted with obtaining housing and transportation which could not have happened without the blessing of meeting Ms. Trudy and being brought into the family of Team Wellness.

Since joining Team Wellness my life has made a dramatic change for the better. I have learned that dedication, determination, and discipline will lead to motivation, accomplishments, and structure. I am truly honored and grateful for Ms. Trudy, Jewel, the entire supported employment staff, my Care Team and all my brothers and sisters here at TEAM.

### Watch MI Healthy Mind TV Show



Watch Sundays At Noon  
on TV20 Detroit



Watch Sundays at 7:00 a.m.  
in Traverse City/Cadillac



Watch Sundays at 8:30 a.m.  
on FOX 47/Lansing



Watch Sundays at Noon on WOTV & WXSP in Grand Rapids





Join Team Wellness Center and Team Cares Inc. for our

# Annual Bocce Tournament

*Food, Fun, Open Bar, Raffles, Cash prizes  
and of course, BOCCE!*

**Monday, February 25th**  
**1 to 5 p.m.**

**Palazzo di Bocce**  
**4291 Lapeer Rd**  
**Lake Orion, MI 48359**

To Register contact: Shawn Siddall  
at [shawn.siddall@t-mhs.com](mailto:shawn.siddall@t-mhs.com)

**Packages:**

1. Banquet only: Dinner, drinks: \$50
2. Individual: Dinner, drinks, game play: \$80
3. Court Sponsorship: Prominently displayed company sign \$250
4. 4-person team: Dinner, drinks, game play for 4 individual \$300
5. Court sponsor & 4 Person Team: \$500

Proceeds go to Team Cares Inc.





## Team Wellness Center Partners with REAL Michigan to Train Peers



Recovery, Education, Advocacy & Leadership (REAL) Michigan is a recovery community organization formed to support all pathways to recovery from Substance Use and Co-occurring disorders. REAL achieves its mission through organizing recovery-focused policy advocacy activities, initiating recovery-focused community education and outreach programs, and providing peer-based recovery support services.

A key task of REAL is to support the development of the Peer Recovery Support workforce. They do this by providing professional development to peers through their Recovery Training Institute (RTI). The RTI offers participants the education and practical training experience required to receive certification as a state (Michigan) Peer Recovery Mentor.

Team Wellness Center is partnering with REAL Michigan to develop peer-support services and we recognize the positive effects that peer-based services can have on health outcomes. If you are interested in being trained as a Certified Peer Recovery Mentor and are in recovery from a Substance Use Disorder, speak with our Director of Clinical Support, Ms. Diane Deschamps or call her at 313-332-0257 ext. 603.

## Children's Behavioral Health at Team Wellness Center

Team Wellness Center provides comprehensive behavioral health services for families and children ages 5 to 17. If your child is struggling with unexpected or unexplained behavioral changes, Team can help!

Individual and Family Therapy  
 Psychiatric Evaluation  
 Medication Reviews  
 School Support (IEPs, Behavioral Plans, Truancy)  
 Parenting Strategies,  
 Foster Care Support



To make an appointment or for more information, call us today 313-331-3435.



## Telepsychiatry...welcome to the 21st century

Yesterday I needed to log into my online account and was prompted with the choice to chat or video-chat with a representative. Welcome to the 21st century! The instant connection between people who are hundreds, or thousands of miles apart has been readily available to us for the past 18 years.

When you consider that the elderly and otherwise home-bound population must coordinate a ride for their healthcare appointments, including both routine and urgent ones; one can begin to appreciate the convenience of a virtual house-call.

The pioneers of medicine were doctors that came to the house. Today, it is not possible for a doctor to get to everyone that needs them, in a timely manner, due to distance and the number of patients they would need to see.

With telemedicine the doctor doesn't have to travel to the patient, the patient doesn't have to travel to the doctor and a doctor who normally sees 3 patients in an hour, can now see 8 to 10 patients within that same hour.

Telemedicine is instrumental in expediting the diagnosis, patient monitoring, referral follow ups and other interventions. It also reduces the cost of treating barrier-prone patients even when that difficulty is the anxiety of being in public or crowded places.

This technology enables distant practitioners to facilitate treatment of difficult or rare cases all over the country. Secure Internet access and the availability of Wi-Fi signals in remote areas, makes Telemedicine a natural next step in practitioner flexibility.

Team is positioning itself to join the growing population of providers that can identify patients that would benefit from telemedicine for at-home healthcare services. Expect to see and hear more about telepsychiatry at Team Wellness in the very near future.

TEAM TECHNOLOGY

## Contact Us

Eastern Market  
2925 Russell St.  
Detroit, MI 48207  
313-396-5300

Team East  
6309 Mack Ave.  
Detroit, MI 48207  
313-331-3435

Team Southgate  
14799 Dix-Toledo Rd.  
Southgate, MI 48195  
734-324-8326

Primary Care & Dental  
6309 Mack Ave.  
Detroit, MI 48207  
313-626-2400

Team Wellness Center  
Tony Pollicella, CEO  
Pamela Jastrabek, President/COO  
Michael Hunter, Vice President/CIO

[www.teamwellnesscenter.com](http://www.teamwellnesscenter.com)

Compass Editor: Karlton Akins