



Todd Bridges Shared Message of Life After Recovery At 2019 Team Cares Luncheon



Actor and Comedian Todd Bridges spoke about overcoming childhood trauma and addiction at the recent Team Cares Luncheon held on Wednesday, May 22 at The Roostertail, in Detroit.

The former childhood star and 80's pop icon, best known for his role as Willis on the hit TV sitcom *Diff'rent Strokes*, shared his story of recovery from addiction and strides to maintain sobriety and positive mental health, to more than 300 attendees. Bridges highlighted his bout with depression which began when he could no longer find work because he was type-casted by his childhood persona.

After years of struggling and time in jail, Todd decided that it was time for change. He has maintained his sobriety by reminding himself that he has value as a person, and he is not responsible for what others think. The actor hinted that we may see him on the small screen again soon and ended the luncheon by taking picture and mingling with the guests.

The NFL Alumni Detroit Chapter also attended the luncheon in support of Team Cares Inc. Retired Detroit Lions Ron Rice and Joique Bell signed autographs for attendees after the luncheon.

The event was sponsored by Team Cares, Inc., the non-profit affiliate of Team Wellness Center to help fund programming.

In this issue...

Urgent Care	Pg. 2
Narcarn Heroes	Pg. 2
Oral Health	Pg. 3
Capuchin Kitchen	Pg. 4
Member Story	Pg. 5
Golf Outing	Pg. 6
Wayne State	Pg. 7
Team Technology	Pg. 8



Team Wellness Center Opens Psychiatric Urgent Care Unit



Team Wellness Center (Team) recently expanded its crisis services by opening a Psychiatric Urgent Care Unit at the Team East clinic located at 6309 Mack Ave. Detroit, MI 48207. The unit was developed in response to the growing community demand for 24-hour emergency mental health and addiction crisis response.

Services on the unit are provided by a multi-disciplinary team and include psychiatric assessments; lethality assessments and clinical therapy for issues ranging from depression, grief, substance abuse, anxiety, to trauma, and other behavioral health issues.

The goal is to stabilize the symptoms of acute mental illness and substance abuse and to engage or re-engage individuals in treatment services; addressing the immediate problems that led to the crisis; while avoiding costly emergency department or inpatient stays. Individuals are placed under continuous watch during clinical evaluations and interventions until the episode has passed.

A mobile outreach team can also be dispatched to emergency departments at hospitals following a mental health crisis or overdose. Once individuals are medically cleared, they can be transported to the unit to immediately begin treatment. The unit will also be used to divert individuals with mental illness from emergency departments or jail and into the appropriate outpatient care. Hospitals, emergency service personnel, law enforcement, and/or court officials have already begun to make referrals to the unit.

Team Wellness Center accepts Medicaid and most commercial insurances. Walk-ins are also welcome. For more information call Team at 313-331-3435.

Employees Named “Narcans Heroes”

Congratulations to Juan “Joey” Holiday (top far left) and Vincent Hall (bottom far left) for being honored as Narcans Heroes by the Detroit Wayne Mental Health Authority.

The two were recognized at the DWMHA annual community luncheon along with other providers and law enforcement who have used Narcan to save the lives of people who have overdosed.





Tobacco Use and Oral Health

By Dr. Arielle Golden

Where did you get that smile?



Team Wellness Center's

DENTAL CLINIC

(313) 626-2400

HOURS OF OPERATION
TUESDAY – THURSDAY 8:30 AM-5:00 PM
 3646 Mt. Elliott, Detroit 48207

CALL OR TALK WITH YOUR CARE COORDINATOR
 TO SCHEDULE AN APPOINTMENT

SERVICES INCLUDE:

- Simple Extractions
- Fillings
- Dentures/Partials
- Oral Screenings
- Teeth Cleanings
- Root Canals
- Referrals to Specialists

It is well known that smoking has serious negative effects on your overall health, including lung cancer, breathing problems, COPD, etc. However, tobacco-containing products have also been associated with immediate and long-term adverse oral effects. Oral cancer, tooth loss, staining, abrasion, gum disease, bleeding gums, calculus/tartar, cavities, bad breath, dry mouth, changes in taste, and delayed healing are just some of the ways smoking can impact oral health.

Although cigarettes are the most common form of tobacco use, there are several other forms including pipes, hookah, cigars, cigarillos, smokeless tobacco (oral snuff and chewing tobacco), and newer products such as e-cigarettes. Misconceptions around some of these forms have led many to believe they are safer forms of tobacco use. However, research has linked all these forms of tobacco use to carcinogens (cancer-causing agents). E-cigarettes have often been suggested as a means of quitting. However, a study of e-cigarettes showed that after 1 year, e-cigarette users were less likely to quit smoking compared to smokers who never used e-cigarettes.

Quitting is the only way to limit tobacco-related risks and complications. It may take several serious attempts before a smoker can quit forever. Rather than looking at a slip back to smoking as a failure, it should be considered an opportunity to learn from experience and be better prepared to quit the next time. Know your reasons for quitting, talk to a doctor, understand what to expect, and get help through online and in-person support groups.

For more information about the link between oral health and tobacco use, you can visit the American Dental Association website www.mouthhealthy.org. For more information about quitting, you can visit the Center for Disease Control at www.cdc.gov; the National Cancer Institute at www.cancer.gov; or the American Cancer Society at www.cancer.org.





Partnership Spotlight: Capuchin Soup Kitchen

Founded in 1929, the Capuchin Soup Kitchen serves Metro Detroit by providing food, clothing, and human development programs to the people of the community.

The Capuchin Services Center at 6333 Medbury assists 228,000 Detroiters annually with emergency food and clothing.

The two kitchen/dining room sites at 1264 Meldrum and 4390 Conner serve full-course, nutritious meals to hundreds of men, women, and children each day in spacious and clean settings.

Capuchin also has an array of other programs that include substance abuse recovery, urban farming, spiritual care and after school programs.

Team Wellness Center is proud to partner with Capuchin Soup Kitchen to serve individuals with mental illness and substance use disorders experiencing hunger and homelessness.

Working Together



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





Member Story: Call Me, Rob

While serving 7 years in prison, I decided that I wanted to change my life. When I learned about the many programs at Team Wellness Center, I knew that I wanted them to be a part of my plan. I was ordered to seek mental health and substance use treatment as a condition of my parole. When I was released from prison in August of 2017, I became a part of Team Wellness.

Leaving incarceration was difficult for me because I did not have family or social supports. However, when I began working with a Case Manager at Team, they helped me to focus on the positive and not the negative things going on in my life.



It was so helpful to have someone that I could talk to. They gave me feedback that kept me headed in the right direction. Knowing that they were there for me helped me with my recovery.

Without Team Wellness Center and the services they provide I would not have been successful in my recovery. They gave me a sense of direction and helped me find purpose in my life.

I have been discharged from parole, but I have decided to continue to get services from Team. I have been able to get and maintain housing. I have been able to stay employed and have been promoted at my job several times. Most importantly I have been able to stay clean and take care of my mental health. My motto in life now is “leave the old behind and pay it forward”.

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 Approved Service designed to provide members with the opportunity to acquire marketable skills, complete formal trade training, and build work 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.





Join Team Wellness Center and Team Cares Inc. for the
5th Annual Team Cares Golf Outing

Monday, August 5th
8:30 a.m. Registration
9:00 a.m. Shotgun Start

TPC Michigan
1 Nicklaus Dr.
Dearborn, MI 48120

To Register contact: Shawn Siddall
at shawn.siddall@t-mhs.com

Sponsorship Levels:

- 1. Major Sponsor: \$1,000**
(Team of four signage on hole, cart, and logo
Displayed prominently in event program)
- 2. Hole Sponsor/Foursome: \$700**
(Team of four, signage on hole)
- 3. Foursome: \$600**
- 4. Cart Sponsor: \$350**
- 5. Hole Sponsor: \$200**
- 6. Individual Golfer: \$175**
- 7. Dinner Only: \$100**
- 8. Business Card Sponsor: \$50**
(Business card displayed in event program)



Michigan

All proceeds go to Team Cares Inc.



Team Wellness Center Partners with Wayne State University to Serve Detroit's Homeless

Team Wellness Center will participate in Wayne State University's Detroit People and Transitions in Housing-3 (DPATH-3) research project. The project will explore the composition and service needs of the homeless community in Detroit, Michigan.

Researchers will examine differences in composition and social service characteristics across three decades. The project aims to identify distinct subgroups and patterns within the homeless population, the services available to the population, and unmet needs during each time period.

Team was chosen as a partner for the project because of their innovative approach to serving homeless individuals with mental illness and substance use disorders. The agency's 24hour CMH program serves approximately 100 homeless men and women each night.

This is one of many partnerships between Team Wellness Center and Wayne State University. Both agencies are excited about this important research project.

BACK TO SCHOOL AND SPORTS PHYSICALS (313) 331-3435



BACK TO SCHOOL PHYSICALS

SPORTS PHYSICALS



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.



Assistive Technology...the person served better by technology

You have probably heard the term Assistive Technology. So, what is it? In an over-simplified sense, it is technology that assists challenged individuals to overcome some of life's daily barriers that place them at a disadvantage at work or school.

We can certainly identify with Assistive Technology such as the disability button on automated doors that will open the door long enough and wide enough for a wheelchair to pass through. In the mental health industry, we are acquainted with other forms of disability that are not only physical. We encounter conditions like dyslexia, ADHD, brain injury, hearing voices and memory loss. Any of these problems can make organization, concentration, word finding or orientation, difficult.

Word Prediction Software is an example of technology used to assist individuals who have cognitive limitations. The software accomplishes this by allowing an individual to recall appropriate words. It predicts logical words, improves grammar and sentence structure based on the contextual meaning of that sentence. This technology is also used in Microsoft Word and other software word processors.

Auditory Feedback Devices are also used to assist individuals who have cognitive limitations that prevent them from accomplishing essential job tasks. They accomplish this by allowing an individual to focus solely on sound being produced by a computer or other device and by limiting the amount of disruptive background noise in their work environment.

One will be amazed at how uplifting assistive technology can be for the people who need it the most. Your confidence on a treatment team will only soar if you continue to devote time on ideas that will advance others. Team is very comfortable with thinking outside the box. Join the conversation and send your brainstorming ideas and ideas for assistive technology to us at: brainstorming@t-mhs.com.

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

Compass Editor: Karlton Akins