

THE COMPASS

Finding your path to WELLNESS



Team Wellness Center Expands Call Center to 24-Hour Suicide Hotline

In a Crisis? Call:
888-813-TEAM
24 Hours a Day, 7 Days a Week

Team Wellness Center has expanded the scope of its behavioral health call center to include a direct link to its Psychiatric Urgent Care and suicide prevention assistance, 24-Hours a day. Located in Wyandotte, the call center will handle calls for Team’s four locations and the communities of greater Wayne County.

24-Hour Crisis Hotline

888-813-TEAM is the agency’s new toll-free behavioral health hotline. Individuals in need of mental health or substance use assistance will be able to speak with live, trauma-informed, suicide prevention specialists, who will help them and/or connect them to the appropriate response team.

The expanded call center and hotline comes just in time for Team’s latest social media campaign. September is National Suicide Prevention Month and Team has launched a Facebook campaign to raise awareness about suicide and prevention.

Team also opened a 24-hour Psychiatric Urgent Care Unit in May. The unit is equipped to provide emergency response for mental health crises including addiction and suicidal ideation.

To reach the Team Wellness Call Center call 888-813-TEAM.

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Team Wellness Center Kicks Off Second Annual “Team Cares Coat Drive”



Team Wellness Center (Team) in conjunction with Team Cares Inc. has kicked off their coat drive for 2019. The “Team Cares Coat Drive” will run through December 20th.

Throughout the winter, coats will be distributed at no cost to adults and children with mental illness and behavioral health conditions. Many of whom are homeless and lack the resources to purchase coats to keep them warm during the winter.

The coat drive officially began on Monday, October 28th with Team’s staff donating coats themselves and accepting donations from the community. Anyone who wants to donate new coats or clean, gently used coats can drop them off Monday through Friday, 8:30 a.m. to 5 p.m. at both Detroit Team Wellness Center locations:

- 2925 Russell St. Detroit MI 48207
- 6309 Mack Ave. Detroit MI 48207

Team is also seeking community partners to help with the coat drive. Team will deliver collection boxes to partners who are willing to accept donations at their site or event. To have a donation box placed at your location or a community event call 313-331-3435.

More information about the Team Cares Coat Drive and an updated list of drop-off sites and events can be found at www.teamwellnesscenter.com/coatdrive/

Did You Know Team Wellness is a Warming Center?

Team Wellness Center opens the doors of our Eastern Market and Team East clinics to the community each winter as public warming centers for those seeking shelter from the frigid temperatures. When the National Weather Service forecasts extremely cold weather, visitors can warm up in a heated facility and enjoy hot coffee, play games, watch television, socialize, or just relax while they wait out the cold. Stay tune to www.teamwellnesscenter.com and local news outlets to know when our warming center is activated.

Team Wellness Warming Center Location

Eastern Market, 2925 Russell St.
Team East, 6309 Mack Ave.





How to Floss

By Armanda Hendricks, RDH – Team Wellness Dental Hygienist

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

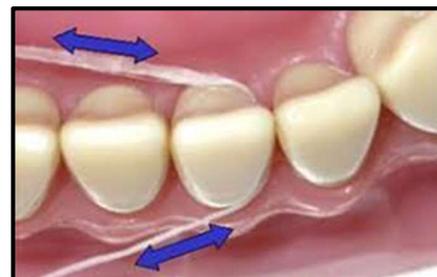
Many people hate flossing. Why? Well, for some people, taking out a piece of floss, wrapping it around their index and middle fingers, placing it between two teeth, and then moving it to remove food or dental plaque can be too much of a process. If you're someone who just doesn't like flossing or you don't fully understand it, it's crucial to remember why flossing is an important part of a healthy smile.

Flossing disrupts and removes biofilm (bacteria filled gunk) that can lead to unhealthy periodontal tissue and interproximal caries. Not to mention at least 90% of diseases/illnesses have an oral manifestation, thus increasing the need for a cleaner healthier mouth. It is better to practice the inexpensive task of flossing than take a chance on not and paying a much higher cost, as the health of the mouth can impact the overall health of the body. The benefits outweigh the risks. Before you discard flossing, I leave you with this. If flossing is not beneficial, then how did one study conclude daily flossing can add 6.4 years to your life expectancy?

You should floss at least once a day, the best time being right before you go to bed to remove any food and plaque from between the teeth and along the gumline.

How to FLOSS

1. Pull 18 to 24 inches of dental floss from the floss dispenser.
2. Wrap the ends of the floss around your middle and index fingers.
3. Hold the floss tightly around each tooth in a C shape; move the floss back and forth in a push-pull motion and up and down against the side of each tooth.



References:

www.colgate.com/en-us/oral-health/basics/brushing-and-flossing/how-important-is-flossing-0816
www.todaysrdh.com/flossing-an-inexpensive-way-to-add-years-to-your-life/



Partnership Spotlight: Detroit Wayne Integrated Health Network

The Detroit Wayne Mental Health Authority has changed its name to the Detroit Wayne Integrated Health Network in an effort to more accurately reflect the direction of the organization, which is taking a more holistic approach to the care it provides to the 75,000 children and adults it serves in Wayne County.

Changing the name of the organization will not affect the citizens or the services that DWMHA offers. They will continue receiving services by their Providers, in the locations they are accustomed to and they will still be able to contact any staff at the Authority, as their contact information will remain the same.

The DWIHN Board of Directors approved the name change several months ago and believes it will fully encompass all the services and supports offered by its provider network which include ensuring quality of care, treatment and consistency to the people we serve. In addition, the organization will continue to focus on establishing itself as a national leader that improves the behavioral and overall health of the communities it serves.

Working Together



Watch MI Healthy Mind TV Show



<p>Watch Sundays At Noon on TV20 Detroit</p> 	<p>Watch Sundays at 7:00 a.m. in Traverse City/Cadillac</p> 	<p>Watch Sundays at 8:30 a.m. on FOX 47/Lansing</p> 
<p>Watch Sundays at Noon on WOTV & WXSP in Grand Rapids</p>		
		



Team Cares Raises Funds for People in Need At 5th Annual Golf Outing



Team Cares Inc. hosted its annual golf outing to benefit people with mental illness and addiction on Monday, August 5th at the TPC Michigan golf course in Dearborn. This year marks Team's 5th annual golf outing where 144 golfers participated representing more than 20 organizations.

Proceeds from the event help to provide housing, meals, clothes, work equipment, shower and laundry facilities, and other quality of life essentials that are not covered by insurance or Medicaid. Addressing social determinants of health such as hunger and homelessness improves the likelihood that a person will be successful in mental health or substance use treatment and recovery.

This year's winning team was captained by State Representative Sherry Gay-Dagnogo. (Pictured right, second person from left.)



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.





More Than 250 Individuals Trained in Mental Health First Aid



Earlier this year, Team Wellness Center launched a new campaign offering free Mental Health First Aid training to the community. Throughout the year, dozens of trainings have been held at BHPI in Detroit and other partner sites. As of October 16th, more than 250 people have completed the training.

In 2018, Team began training staff in Mental Health First Aid, but Team's leadership immediately recognized the need to make this valuable training available to others in the community. For this reason, the training and materials are provided for free.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis. Attendees also learn how to connect someone with the appropriate professional, peer, social, or self-help care.

The class prepares students to recognize when a coworker, neighbor, or friend may be struggling with depression or addiction. It even covers how to support a veteran experiencing PTSD symptoms, or a college student with a serious eating disorder.

Anyone can take the 8-hour Mental Health First Aid course including caring citizens, first responders, teachers, leaders of faith communities, human service professionals, and students ages 16 or older.

To learn more about Team Wellness Center's Mental Health First Aid Training go to www.teamwellnesscenter.com/firstaid.

To register for a training or to find out how the training can be brought to your location contact Diane Deschamps at 734-771-3619 or via email at diane.deschamps@t-mhs.com.

Team Wellness Center presents

Adult Mental Health First Aid Training

Someone you know could be experiencing a mental health crisis. You can help them.

Wednesday, November 20, 2019

8:30 a.m. - 5:00 p.m.

Team Wellness Center
2925 Russell St.
Detroit, MI 48207



This training is free, but registration is required. Walk-ins will not be permitted. To register call 734-771-3619 or email diane.deschamps@t-mhs.com.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students 16 or older, teachers, leaders of faith communities, human resources professionals, and caring citizens.





Primary Care Clinic Expanded Hours and Services

The Team Wellness Center Primary Care Clinic at 3646 Mt. Elliot St. Detroit, MI 48207 has expanded operating hours. The clinic is now open on Mondays from 8:30 a.m. to 5 p.m. and Tuesdays thru Fridays from 8:30 a.m. to 7 p.m.

The clinic has also expanded services to meet the needs of families with children and teens in school. Families can make appointments or walk-in for annual wellness exams and sports physicals.

Urgent Care services are also available including treatment for non-life-threatening illnesses and injuries, such as cuts, bruises, sprains, nausea, vomiting, coughs, and flu.

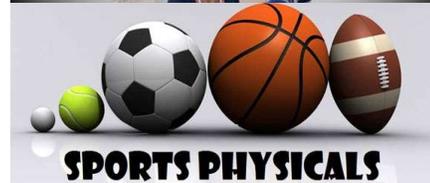
The Primary Care Clinic accepts most major insurances including Medicare and Medicaid. The clinic also serves the uninsured.

To make an appointment call 313-626-2400.

Walk-ins are also welcome.



WELLNESS EXAMS AND SPORTS PHYSICALS (313) 626-2400



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.



A LESSON IN CYBER SECURITY (Today's Wars, Fought with a Mouse and Keyboard)

Cybersecurity has garnered much media attention, but do we really know what it is? Someone once said that a person's word and reputation are more valuable than money! What is in the substance of what we say and who we are? Confidence!

When people have confidence that we can and will do what we say, they are more likely to partner with us and more likely to support us. This support comes in many forms, but today it is rooted in an agreement to pay. With the right words and reputation, we have access to funding. Funding is the items we want to possess, including cash and the reputation is perhaps our credit score!

So, what does all of that have to do with war? Well today wars are clearly fought over the control of capital (money). The entity with the perceived better word and reputation has the most influence over getting the items they want. There is an element of criminal and opposing agencies that are attempting to steal one's identity so they can pretend to be that person and fraudulently reap the benefits of that person's word and reputation.

The healthcare industry has realized this for quite some time. Fears over cybersecurity increasingly compromise our notions of privacy have allowed us to focus more on surveillance and internet filtering. This has become commonplace and accepted at work, at home, and at the governmental level. China is already developing its own network of companies behind a "Great Firewall" to allow it to screen incoming messages and disconnect from the worldwide Internet if needed.

No one can be sure how all of this will pan out, but in the meantime, fight the good fight. Don't share your work login information, change your passwords often, don't click on Links that you did not ask for (no matter who sent them), and remain vigilant!

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.
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