

# THE COMPASS

Finding your path to WELLNESS



## Team Wellness Center is Now a CCBHC



A CCBHC is a Certified Community Behavioral Health Clinic. Being a CCBHC means that Team Wellness Center can now provide the necessary services to any individual in need of mental health or primary care services in Wayne County, regardless of ability to pay or insurance status.

The CCBHC model gives us a boost in our ability to provide care by removing transportation barriers and offering a mobile outpatient clinic and mobile crisis response units in the community. We are also able to improve our formal collaboration with other coordinating agencies and complement delivery of any treatment that is not provided on site. This includes offering new services at our campuses, such as mobile mammograms.

As a CCBHC, our efforts to improve recovery for substance use disorder, like Medication Assisted Treatment (MAT) and primary care receives a significant opportunity to bring services to the member, with enhanced tools like tele-health and other assistive technology.

While Team has already been providing integrated care on site, we are proud to have the formal status of a CCBHC. Below is a list of just some of the services available to qualified individuals regardless of insurance status:

- Crisis mental health services
- Screening, assessment, and diagnosis, including risk assessment
- Patient-centered treatment planning
- Outpatient mental health and substance use services
- Primary care/dental screening and monitoring of key health indicators/health risk
- Targeted case management
- Psychiatric rehabilitation services
- Peer support and family supports
- Supportive services including housing and employment assistance
- Intensive, community-based mental health care for veterans and active members of the armed forces

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## Team Wellness Center Offers New Treatment for Women Facing Postpartum Depression



In January of 2020 Team Wellness Center (Team) launched a new treatment program for women experiencing Postpartum Depression (PPD). Team is the first healthcare center in Michigan to become certified to administer Zulresso, which is the first medicine specifically approved by the U.S. Food and Drug Administration to treat PPD.

Postpartum Depression is a major depressive episode that can occur in women during pregnancy or after giving birth. PPD is estimated to affect approximately one in nine women who have given birth in the U.S., and more than 13% of women in Michigan.

The Zulresso program is a 60-hour program where the patient stays at Team Wellness Center's Psychiatric Urgent Care unit. Women in the program are under the supervision of trained healthcare providers for the duration of their stay.

Hospitals, primary care doctors, OBGYN's, mental health providers and other medical professionals can refer individuals to the program. Those who are battling symptoms related to PPD or have a loved one who may need help can also contact us directly.

For more information about the Zulresso program and to make an appointment or referral call Team Wellness Center at 888-813-TEAM.



*From left to right nurses Emily Deters, Vincent Hall, and Patricia Sandridge pose for a photo during National Nurses Month at the Eastern Market Clinic*

## Team Wellness Center Honors Nurses During National Nurses Month

**NATIONAL  
NURSES MONTH**

**MAY 2020**



*Nurses Carin Wayne, Heather Thornsberry, and Jacqueline Tringali pose for a photo during National Nurses Month at the Southgate Clinic*



## Team Wellness Center Mental Health Clinics Remain Open During COVID-19 Crisis



As Wayne County deals with the ongoing and rapidly evolving Coronavirus (COVID-19) pandemic many people with mental illness may be experiencing increased anxiety, stress, or depression. Some may even have difficulty accessing services or getting medications.

Team Wellness Center which serves more than 15,000 Wayne County residents remains committed to serving the community. Our clinics in Detroit and Southgate will remain open with their normal schedules and programming. Each clinic has an onsite pharmacy that will remain open to the public.

The Psychiatric Urgent Care Unit located at our Team East location (6309 Mack Ave. Detroit, MI 48207) will continue to be fully operational and available to people in a mental health or addiction related crisis, as well as hospitals and law enforcement.

Our 24-hour call center and crisis hotline is available to anyone who needs mental health or addiction support. For more information or clinic hours call us at 888-813-TEAM.

## May is Mental Health Awareness Month

Team Wellness Center recognizes May as Mental Health Awareness Month. In addition to encouraging all staff and members to recognize May as Mental Health Month, we have launched a special social media campaign using the hashtags #MentalHealthMonth and #NotAlone.



We are asking people to join us in promoting mental health awareness by following @TeamWellnessCenter on Facebook, sharing our Facebook post, or creating your own message each day of the month on your personal social media sites.

Team is also participating in national campaigns led by Mental Health America, the National Alliance of Mental Illness (NAMI), and the National Council for Behavioral Health. To learn more about these campaigns, go to their mental health month pages at the links below.

[www.mhanational.org/mental-health-month](http://www.mhanational.org/mental-health-month)

[www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month](http://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month)

[www.thenationalcouncil.org/mental-health-month/](http://www.thenationalcouncil.org/mental-health-month/)



## Partnership Spotlight: Legal Aid and Defender Association, Inc.

Legal Aid and Defender Association, Inc. (LADA) is a 501(c)(3) nonprofit organization that provides comprehensive civil legal services to residents of Wayne, Oakland, and Macomb counties who cannot afford an attorney.

Founded in 1909, LADA is the oldest provider of free civil legal assistance to low-income residents of Michigan. They have a full-time staff of attorneys, paralegals, and legal support staff.

The mission of LADA is to provide holistic, innovative legal services that improve the quality of life and empower vulnerable and underserved individuals, families, and communities.

Team Wellness Center is proud to partner with Legal Aid and Defender Association to offer monthly on-site legal assistance to our members, staff, and the community.

Together we have helped people stay in their homes, fight for rightful government-provided benefits, and address other civil legal matters.

## 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: From Hopelessness to Hopefulness

In my life I have faced many obstacles and controversy, but I have learned that tough times don't last, tough people do. Determined to succeed in finding gainful employment, I walked into the office of Mr. Marcus Orr at Team Wellness Center. Right from the very beginning, Mr. Orr was confident in his ability to assist me in finding a decent paying job. I can recall his first words when I told him how desperately I need a job, "You are going to be all right."

Little did I know, that the obstacles we would face, would be enormous. That same day, the governor announced a statewide lockdown to prevent the spread of Coronavirus and Team Wellness Center announced its plans to support the governor in her efforts to keep people safe. Despite everything going on, Mr. Orr went right to work. After first obtaining consent from his immediate supervisors, we began the grueling process of looking through numerous online job listings. Our search lead us to several small jobs, but none of them matched my personal employment goals.

One day while passing through the lobby at Team Wellness Center, I was approached by my care coordinator Mr. Elmer Bracken. He informed me that Amazon was hiring and that I should pursue this lead immediately. I went to Mr. Orr with this information and he helped me go online and complete the application process. Shortly thereafter, Amazon contacted me and hired me.

With the help of Team Wellness Center, I have come to know the benefits of hard work and discipline. The past two months have tested my confidence and ability to stay the course. However, I learned that with proper morals, a clear goal, and a solid foundation to build from, we can overcome all adversities in life.

- P. Johnson

## 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  
**6<sup>th</sup> Annual Team Cares Golf Outing**

**Monday, August 3, 2020**  
**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](mailto: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.



## 24-Hour CMH Program Provides Support for the Homeless



There are many people with mental illness in our community who are homeless, losing their current housing, or simply need a place to lay their head while they seek help.

The 24-Hour CMH program at Team Wellness Center exists to offer a clinically-based approach to providing treatment to people with mental illness while addressing the social determinants that adversely affect their recovery such as homelessness.

The 24-Hour CMH program is not a traditional shelter. To be a part of the program individuals must have a mental illness or co-occurring substance use disorder. Members participating in the program are required to be assigned a treatment team, develop an individualized plan of service, and adhere to the Overnight Program rules. Members of the program are also required to receive treatment and therapy in accordance with their plan.

If you or someone you know are experiencing homelessness while living with mental illness, please call us at 888-813-TEAM(8326) to find out how the 24-Hour CMH program can help.

## 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!

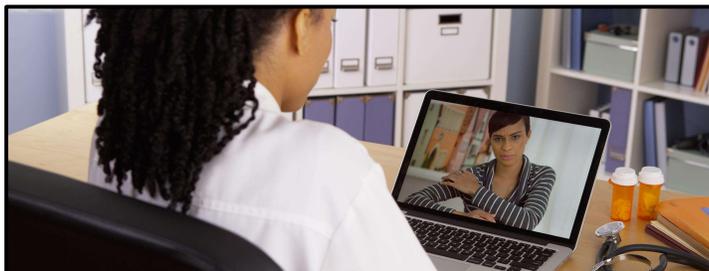
Individual and Family Therapy  
 Psychiatric Evaluation  
 Medication Reviews  
 School Support (IEPs, Behavioral Plans, Truancy)  
 Parenting Strategies,  
 Foster Care Support



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



## Telehealth Services Now Available at Team Wellness Center



To improve access to care during the COVID-19 pandemic, Team Wellness Center offers telehealth services to Metro Detroiters with mental health and co-occurring substance abuse issues.

The “Stay-at-Home” order and concerns about social distancing have caused many people to cancel or miss healthcare appointments. For people with mental illness, this also means that they are not getting the vital medications needed to help manage their condition.

To address these needs, we have added a full array of telehealth services. Mental health screening, therapy, psychiatry, medication reviews, primary care and more are available via telephone consultation and in privacy-protected online video sessions.

We began offering telehealth services to respond to the needs of clients who lack transportation or just do not want to leave home during the COVID-19 crisis. In the first month, we provided more than 10,000 telehealth services.

People can call Team Wellness Center 24-hours a day to schedule a same-day or next-day telehealth appointment. For more information or to make an appointment or referral call 888-813-TEAM(8326).

**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