

THE COMPASS

Finding your path to WELLNESS



Team Wellness Center Expands Opioid Treatment Program as Overdoses Spike During Pandemic

Team Wellness Center recently announced the expansion of the Medication-Assisted Treatment (MAT) program which offers help to people addicted to opioids. We are now offering same-day appointments for people seeking help at the Eastern Market clinic.

The expansion comes as the number of opioid overdoses in Michigan continue to increase during the COVID-19 pandemic. According to data from the Michigan Department of Health and Human Services, EMS responses for opioid overdoses increased by 33% from April through May over the same period in 2019.

Medication-Assisted Treatment combines prescription medication with behavioral therapy to treat symptoms of opioid dependence and withdrawal. It has been proven to be one of the most effective options for treating opioid addiction because it reduces the physical effects of dependency and reduces the chances of relapse following treatment.

“The medications used to help individuals recover from opioid addiction are FDA approved, highly studied, regulated and safe.” said Dr. John Head, Medical Director of Team Wellness Center. “When people take them as prescribed, they can continue to go to work, take care of their children, and live productive lives while they receive treatment.”

Local substance use and mental health providers can refer individuals to the program. Those who are battling opioid addiction or have a loved one who has become dependent on the use of these pain medications can also contact Team Wellness Center directly.

For more information about the Medication-Assisted Treatment program and to make an appointment or referral call Team Wellness Center at 888-813-TEAM (8326).

To get the help you need, Call:

888-813-TEAM

24 Hours a Day, 7 Days a Week

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



Team Wellness Center (Team) in conjunction with Team Cares Inc. has kicked off their coat drive for 2020. The “Team Cares Coat Drive” will run through December 21st.

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 Sunday, November 1st with Ferndale based Fuse Technologies donating 100 coats to the effort. Anyone who wants to donate new coats or clean, gently used coats can drop them off Monday through Friday, 9 a.m. to 5 p.m. at all 3 Team Wellness Center locations:

- 2925 Russell St. Detroit MI 48207
- 6309 Mack Ave. Detroit MI 48207
- 14799 Dix-Toledo Rd. Southgate, MI 48195

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/

Members Vote for the First Time

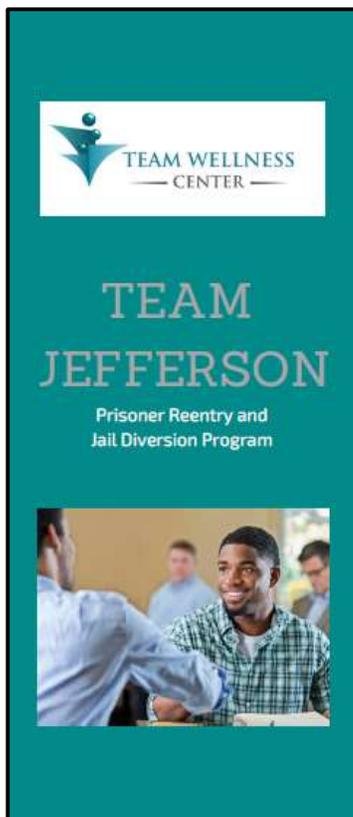
More than 100 members registered to vote during voter registration events at Team’s Eastern Market and Jefferson locations. Team staff also provided voter education and transportation to the polls for Members on election day.

Congratulations to the members who made their voices heard by exercising their rights to vote in 2020!





Returning Citizens Get More than a Second Chance at Team Jefferson



Every day men with mental illness and substance use disorders are released from state prison or county jail. Unfortunately, many of them return to the community without the resources they need to be successful. In 2019 Team Wellness Center launched a new program offering transitional housing and several additional supports at the agency's newest location at 11105 E. Jefferson.

The program titled "Team Jefferson" was started in response to the increasing number of men with mental illness and substance use disorders in the criminal justice system. According to the Michigan Department of Corrections, more than 25% of Michigan's roughly 38,000 state prisoners received mental health treatment in 2019.

Team Jefferson offers male returning citizens a safe, structured, and stable place to stay while they access vital services such as mental health and substance use treatment; case management; vocational training; employment and housing assistance.

Case managers in the program help individuals apply or re-apply for public benefits such as Medicaid and help to get documents such as a birth certificate, social security card or identification (ID) which are necessary to apply for a job.

The program works in conjunction with Team Wellness Center's wider array of programs. Returning citizens can take advantage of daily transportation to Team's East campus where they have access to a primary care physician, dentists, and a pharmacy.

Part of the success at Jefferson can be contributed to collaboration between Team and officials from the criminal justice system. Judges and jail administrators determine the conditions of release and refer individuals to the program while Team develops a treatment plan. This gives returning citizens a greater chance of successfully completing the program.

For referrals and immediate placement to Team Jefferson or for more information about the program call 313-332-0257.





Partner Spotlight: Vehicles for Change

Since 1999, Vehicles for Change has provided the tools necessary to achieve financial stability for families through their car donation and reentry internship programs.

Their Full Circle Auto Repair & Training Center trains returning citizens to become skilled auto mechanics and ensures reentry is a time of success, empowerment and support.

Team Wellness Center is proud to partner with Vehicles for Change to help provide employment training for people with mental illness and returning citizens.

Through this partnership, members receive ASE certified classroom training as well as hands-on training under the supervision of a master mechanic. At the completion of their internship, 100% of the program graduates are immediately hired within the automotive industry.

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: Change for the Better

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, with no clothes, money, or support; I was just out here. When I arrived at Team Wellness Center 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 dramatically changed 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.

Sincerely, Changed for the Better

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.

To enroll call Sanaa Dakhlallah at 313-331-3435.





Team Offers Mental Health First Aid Training, Virtually!

Team Wellness Center is committed to helping our community better understand mental health and addiction. Therefore, we are excited to continue to offer free Mental Health First Aid Training to agencies and groups at no cost. The training is now available virtually.

Mental Health First Aid teaches individuals how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

More than 2 million people across the United States have been trained in Mental Health First Aid by a dedicated base of more than 15,000 Instructors. Mental Health First Aiders are teachers, first responders, veterans, neighbors, parents, and friends. Mental Health First Aiders are anyone who wants to make their community healthier, happier, and safer for all.

Most of us know how to help if we see someone having a heart attack. We would start CPR, or at the very least, call 9-1-1. However, too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of addiction.

Mental Health First Aid takes the fear out of talking to someone about mental health and substance use problems. Students are presented with an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorders.

When more people are equipped with the tools they need to start a conversation, more people can get the help they need. Mental Health First Aiders can even save lives.

If you would like to learn more or schedule a class, please reach out to:

Diane Deschamps, BA
Director of Clinical Support
Certified Mental Health First Aid Instructor
Certified Crisis Worker
(313) 396-5300 ext. 409





Team Southgate Launches Mental Health Program for Children and Teens

Team Wellness Center recently announced the launch of a behavioral health program for children and teens at the Southgate clinic located at 14799 Dix Toledo Rd, Southgate, MI 48195.

On Monday November 23rd, Team Southgate officially began providing several services for children and teens including psychiatric evaluation, therapy, psychiatry, case management, and school support.

Our team of experts will use research and evidence-based techniques to help youth and their families cope with behavioral health issues such as bullying, depression, trauma, sexual abuse, suicidal thoughts, substance use and significant changes in mood.

The program was started in response to the growing need for child and teen mental health and substance use services in the Downriver area. In recent years, communities across Wayne County have seen increases in youth suicide and opioid abuse among teens.

School closures and social distancing during COVID-19 have also caused an increased anxiety and depression in children and teens. Telehealth services are also available for families who may have concerns about visiting the clinic during the pandemic.

For more information about the children and teen behavioral health program and to make an appointment or referral call Team Southgate at 888-813-TEAM (8326).





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 Jefferson
11105 E. Jefferson
Detroit, MI 48214
313-396-5300

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

Primary Care & Dental
6309 Mack Ave.
Detroit, MI 48207
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