

THE COMPASS

Finding your path to WELLNESS



Team Wellness Center Helps Children Cope with Pandemic

Team Wellness Center continues to provide essential mental health services during the COVID-19 pandemic. This includes behavioral health programs for Wayne County children and teens experiencing stress and anxiety.

School closures and social distancing during COVID-19 are needed to protect children and teens from the virus. However, they have also caused increased anxiety and depression in young people.

Stay-at-Home orders and concerns about the spread of COVID-19 have also caused many parents to cancel or miss important healthcare appointments. For youth with mental illness, this also means that they are not getting vital medications needed to help manage their condition.

Our clinics in Detroit and Southgate offer several services for children and teens including psychiatric evaluation, therapy, psychiatry, case management, and school support. Telehealth services are also available for families who may have concerns about visiting during the pandemic.

As we approach one year since the start of this pandemic, social isolation and concerns about the world around them are taking a toll on children and leaving them feeling vulnerable. Children and teens respond to stress and anxiety in diverse ways. Parents who notice unexplained/unexpected behavioral changes in their children or just feel something is not right can call us for help.

The Detroit children's behavioral health center is located at 3646 Mt. Elliott, Detroit MI 48207. The Southgate clinic is located at 14799 Dix-Toledo Rd. Southgate, MI 48195.

For more information about the children and teen behavioral health program go to www.teamwellnesscenter.com/children. 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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Thank You to Our Staff and Community Partners for your Support of the Third Annual Team Cares Coat Drive



Team Wellness Center in conjunction with Team Cares Inc. held our third annual coat drive in 2020. The “Team Cares Coat Drive” officially kicked off on November 1st and ran through December 21st.

Several of our community partners supported the drive by purchasing coats or collecting donations. In addition to coats, some partners also donated hats, gloves, socks, and toiletries. Staff members also donated coats and traveled throughout Wayne County to pick up donations.

The coats and other items are being 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. More than 500 coats were collected in this year’s coat drive.

Members in need of a coat can contact their case manager directly or call 888-813-TEAM(8326).

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.
Detroit, MI 48207

Team East
6309 Mack Ave.
Detroit, MI 48207





Partnership helps Detroit Police & Homeless Outreach Workers Support Citizens with Mental Illness



Team Team Wellness Center, the Detroit Wayne Integrated Health Network (DWIHN), Detroit Police Department (DPD) and the City of Detroit's Housing and Revitalization Department (HRD) announced a new partnership that will bring additional behavioral health support to police officers, 911 call takers and homeless outreach workers when they encounter citizens experiencing mental health challenges.

The partnership, announced in December, will help identify individuals with mental health needs so the agencies can provide an appropriate co-response and connect these individuals with support services. The new partnership has three major components designed to support police officers and housing department employees in the areas they are most likely to encounter someone experiencing mental health challenges.

Team Wellness Center, DPD and DWIHN have established a Crisis Intervention Team (CIT) co-response partnership, which currently operates in downtown Detroit and in the 7th and 9th police precincts. This team of behavioral health specialists from Team Wellness Center and CIT trained DPD officers patrols hot-spot locations, provides outreach services to those experiencing mental health and/or substance use issues and helps connect individuals to supportive services in addition to co-responding to police runs.

The 911 Integrated Response will have embedded clinicians in Detroit's 911 Call Center. They will directly connect callers who are experiencing behavioral health emergencies to support services and assign calls for service to the CIT Co-response units when appropriate.

The Detroit Homeless Outreach Team (DHOT) will consist of a DWIHN behavioral health clinician and street outreach provider who will conduct preventative outreach to connect unsheltered residents with mental health services, coordinating with a DPD Neighborhood Police Officer (NPO) when needed.





Partner Spotlight: Detroit Medical Center (DMC)

Team Wellness Center is proud to partner with Detroit Medical Center (DMC). Since 2018, individuals that go to DMC emergency rooms for substance abuse and/or mental health care, have been stabilized by DMC medical staff and then referred to Team.

Our Crisis Addiction Response Team (CART) dispatches a mobile outreach team to DMCs emergency departments at Receiving and Sinai Grace hospitals to support individuals during a mental health or opioid related crisis. CART picks the person up, brings them to a clinic where the outpatient team develops a treatment plan and assists them as needed.

Through this partnership, both Team Wellness Center and DMC ensure that people in a mental health or substance use related crisis get both urgent and continuous care in a safe community-based setting.

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: Staying Clean and Staying Alive

A few years ago, I was married and had a house. I had a good job and a bunch of family and friends around me to spend time with. Everything was going good, but sometimes things just change.

I began taking pills and using heroin. I thought it was the drugs making me happy, until the point where all I did was use drugs. I lost everything I had. My wife, my house, and my job. I had no family and no friends.

Suddenly I was living in an abandoned house, using drugs with other addicts. I used to look at the others there and think, "These people are sick!" The truth is, they were sick. They were addicted and so was I. I made the choice to get clean, stay clean, and stay alive.

I began looking for help, but most of the help that was out there just did not work for me. I found out about Team Wellness Center and went there to see if they offered anything that I had not tried before. They told me about the MAT (Medication-Assisted Treatment) program and the Suboxone clinic. I had never heard of these programs, but I was willing to try something new to get clean.

I joined the MAT program and began to get Suboxone treatment for my addiction. At the same time, I started working with Dr. Head and talking things out with others in therapy and group sessions.

The treatment helps me to cope and continue to work on myself while I get help from others. I am back to work and mending relationships with my family and friends. Soon I will have a house again and I plan to keep it. I made the choice to stay clean and stay alive. I am so glad that I made that choice.

Sincerely, Staying Clean and Staying Alive

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.



Get Ready for the COVID-19 Vaccination

The COVID-19 vaccine is here and people have started to receive the first vaccinations, signaling the beginning of the end of this pandemic. Due to limited supplies, frontline health care workers were first to get the vaccine, but now, eligibility in Michigan has expanded to people 65 years of age and older, along with a larger group of essential workers.

Local health departments, health systems, and other vaccination sites are working hard to roll-out vaccines to everyone and soon it will be your turn. There are a few things you should do to prepare for getting the COVID-19 vaccine.

- **Learn About the Vaccine** – It is always a good idea to read up (from reputable sources) about the vaccine. The Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), and health care systems are great places to get the facts.
- **Eat Before You Go and Get Plenty of Rest** – The night before your appointment, make sure to get a good night's sleep. You should also eat before you go and drink water. Do not go to your appointment hungry or thirsty.
- **Be Ready for a Second Appointment** – Both vaccines being distributed now (Pfizer and Moderna) require two shots, spaced a few weeks apart. Getting both vaccinations during this time frame is important to ensure that you receive full protection from COVID-19. Be sure that you can make your second appointment.
- **Monitor Your Side Effects** – You may experience side effects like injection site pain, body aches, chills, and a headache, but they should go away after 24 to 48 hours. These side effects show that your body is creating an immune response and that the vaccine is working.
- **Keep Your Vaccine Record Card** – At your appointment, you will receive a vaccination card with your name, date of vaccination, and type of vaccine written on it. You will need to show this card at your second appointment as you must receive the same type of vaccine for your second dose.
- **Continue to Follow CDC Guidelines** – Even after you get the vaccination it will be important to continue wearing a face mask in public, practicing social distancing, and washing your hands frequently to reduce the spread of COVID-19.

Getting vaccinated is vitally important to protect you, your family, and the community. When a large portion of the population has been vaccinated, which could be later this year, we will be able to go back to life the way it was.



Team Wellness Center's Dr. Christine M. Post, D.O. Provides Telepsychiatry for Children and Teens



To improve access to mental health care for children and teens, Team Wellness Center offers telepsychiatry services to Michigan families with young people experiencing behavioral issues.

A full array of telepsychiatry services are available via telephone consultation and in privacy-protected online video sessions. This gives young people and their families access to psychiatry, mental health screening, therapy, medication reviews, and more from anywhere at any time.

Youth telepsychiatry at Team Wellness Center is provided by Dr. Christine M. Post, D.O., a board-certified child psychiatrist with more than 25 years of experience. She joined Team in 2018 as the agencies leading psychiatrist for children and teens.

Dr. Post has been practicing psychiatry in since 1994 and has provided services to more than 30 community mental health agencies and several school districts. She began offering telepsychiatry services as a part of Team Wellness Center's response to the needs of parents who lack transportation or just do not feel safe leaving their home during the COVID-19 crisis.

Dr. Post attended the University of Florida where she earned a bachelor's degree in health services. She earned her medical degree at the Michigan State University College of Osteopathic Medicine and completed her residency training at the Detroit Psychiatric Institute.

Parents can call 24-hours a day to schedule a same-day or next-day telepsychiatry appointment for their children. For more information or to make an appointment call us 888-813-TEAM(8326).



How COVID-19 is changing healthcare IT

The COVID-19 pandemic has fostered new consumer/patient expectations around technologies including telehealth and data sharing; paving the way for a future in healthcare centered on ease of access.

We will continue to see a push to integrate healthcare records from all providers into one repository. This will prove to be more achievable now that we have spent a greater amount of time with patients remotely.

The expectation from the patient is going to be heightened, as well. As an active participant in this new service delivery, they are realizing the benefits of being seen without the barriers of transportation and extended waiting room periods. Getting care away from the clinic or doctor's office is showing to be the preferred method.

When the pandemic ends, telehealth will certainly continue, if only to avoid driving 15 miles for an appointment. Now that patients have experienced telehealth there is this new comfort level with the technological approach and we anticipate that it will be the preferred method of care for a lot of recipients. The task will be to educate certain patients on why they cannot have a particular service as telehealth, due to the rules of Medicare/Medicaid and other payer sources.

The expense of implementing technology in healthcare has reduced considerably. Open architecture and routine widgets have made it easier for developers to exchange and make use of information. Also, use of the cloud and standardized approaches to care will continue to help foster the new technological side of healthcare delivery.

Team Wellness Center will be here to help staff and members understand how COVID-19 is changing healthcare IT and what these changes mean for you.

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
313-626-2400

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