

THE COMPASS

Finding your path to WELLNESS



Thank You for Helping Us Celebrate Mental Health Awareness Month

May was Mental Health Awareness Month and Team Wellness Center (Team) led a campaign to encourage Wayne County residents to get back to taking care of their mental health. Team joined agencies around the world in calling attention to the importance of addressing mental health issues and early intervention during the month.



As we have all been focused on COVID-19, some of us have forgotten the importance of mental health. Many people are experiencing increased anxiety, stress, depression, and other mental health issues, but they are not seeking help due to fears associated with the pandemic.

Throughout the month of May, Team used social media to promote May as Mental Health Awareness Month and remind people of the importance of getting help. Members and the community supported the campaign by following @TeamWellnessCenter on Facebook and sharing Team's posts on their own Facebook pages.

Beyond social media, the agency sent emails and letters to their members and other stakeholders with information on how to access mental health services.

Team Wellness Center staff and members also participated by acknowledging each other as mental health heroes via email and on social media using the hashtag #MyMentalHealthHero.

We sincerely appreciate our staff who have been on the frontlines providing care for others during the entire pandemic. They are true heroes and Mental Health Month serves as a reminder that they are needed now, more than ever.

To get the help you need, Call:

888-813-TEAM

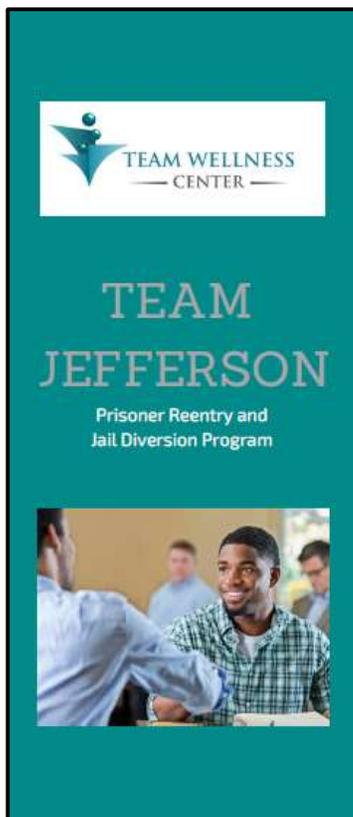
24 Hours a Day, 7 Days a Week

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Team Jefferson Has Immediate Availability For Justice Involved Men



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.





COVID-19 Vaccines Now Available at Team Wellness Center



America is rounding the corner and heading towards the end of the Coronavirus (COVID-19) pandemic. In order for us to truly get back to normal people need to get the COVID-19 vaccine.

There are many ways that you or your loved one can get the vaccine including opportunities at Team Wellness Center. Members receiving services at Team are eligible to get vaccines through the pharmacies located at our Team East and Southgate clinics.

If you are still looking to get a COVID-19 vaccine, contact your case manager today. You can also call us at 888-813-TEAM(8326) and ask to be connected to one of the participating pharmacies.

Team Wellness Center and WAVE Project Bring Mobile Showers to Detroit's Homeless



Team Wellness Center is hosting mobile shower events for the homeless. The events will take place each Saturday from 12 Noon – 2 p.m. at 3646 Mt. Elliott St. Detroit, MI 48207.

Team is partnering with WAVE Project, a metro Detroit nonprofit founded in 2018 that provides mobile showers to those in need. More than 20 showers are provided at each event to homeless individuals with mental illness and substance use disorders.

Food and hygiene kits are also provided to attendees during the events and social workers are available to assist people looking for help with their mental illness or addiction.

WAVE Project is also looking for volunteers to help during the event. People interested in volunteering can sign up for the events at www.waveproject.org on the volunteer page. A full set of personal protective equipment will be provided to each volunteer.

For more information about the March mobile shower events at Team Wellness Center go to www.teamwellnesscenter.com/mobileshowers or call 888-813-TEAM(8326).



Partnership Spotlight: Legal Aid and Defender Association, Inc.

Founded in 1979, the National Alliance on Mental Illness, (NAMI) is the nation’s largest grassroots mental health organization.

A nationwide organization, NAMI has become the nation’s voice on mental illness with affiliates in every state and in more than 1,100 local communities across the country.

NAMI Michigan and its affiliates are dedicated to the improvement of the quality of life for persons, families, and others, who are affected by mental illness, including children with serious emotional disorders, through support, education, advocacy, and research.

Team Wellness Center is proud to partner with NAMI Michigan to educate the community about mental health and advocate on behalf of people with mental illness.

NAMI Michigan President & CEO Kevin Fischer sent Team Wellness Center staff a special mental health awareness month message acknowledging them for providing continuous service during the COVID-19 pandemic.

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





As Mental Illness and Addiction Increases due to the Pandemic, Team Wellness Center is Hiring to Meet the Need

With mental illness and overdose deaths across Wayne County climbing amid the COVID-19 pandemic, Team Wellness Center announced plans to increase capacity to provide services by hiring for 40 positions across its network of treatment facilities.

The company is currently hiring for the following positions: licensed therapists, social workers, registered nurses, psychiatric nurse practitioners, crisis call center agents, and peer support specialists. Team Wellness Center is also seeking to add security personnel and culinary staff.

The need for mental health and substance use services was already increasing prior to COVID-19, but it has accelerated during the pandemic. Team is adding staff to treat more people while continuing to offer affordable, quality, community-based care.

For those looking for work, Team Wellness Center operates two outpatient clinics in Detroit and another in Southgate. The agency also operates a crisis stabilization unit, primary care & dental clinic, and residential jail diversion treatment program. Positions are open at all locations.

Licensed therapists are the greatest need for the agency and they are needed in each clinic to provide in-person services. As more people are opting for virtual appointments, Team Wellness Center is also accepting applications from licensed therapists who desire to work remotely and provide telehealth services.

Job applicants can apply at <https://teamwellness.aidaform.com/application> or send resumes to hr@t-mhs.com.

For a full list of available positions go to www.teamwellnesscenter.com/careers.

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.





Join Team Wellness Center and Team Cares Inc. for the
7th Annual Team Cares Golf Outing

Monday, August 2, 2021
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: \$2,000**
(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.



When was the Last Time You Saw a Dentist?

Many people avoid going to the dentist because they do not have insurance or an accessible dental clinic in their community. However, doing so can result in poor oral hygiene and small dental problems that can become incredibly painful if not treated. Many studies have shown that poor oral health can be linked to complications with diseases such as heart disease, diabetes, stroke, bacterial pneumonia, and low birth weights. Good oral health is a necessity for good overall health.

Team Wellness Center provides dental services in our Primary Care and Dental clinic located on our Team East campus in Detroit. From exams and routine cleanings to fillings and root canals, we are here to help you keep your teeth healthy and keep you smiling.

Our dentists specialize in the diagnosis, treatment, and prevention of a variety of dental conditions. We use modern technology and techniques to make every visit comfortable and successful.

Services include exams, x-rays, cleanings, fluoride treatments, sealants, fillings, crowns, extraction, root canals, complete & partial dentures, space maintainers, and mouth guards.

Our staff is also experienced in serving individuals with unique dental needs such as: seniors, children (ages 1 and up), people with mental illness, and people with substance use disorders.

To make an appointment call 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 888-813-TEAM(8326).



Technology and Mental Health

Cost pressures require that more be done for less and providers therefore must find innovative ways to deliver services. E-mental health is not just about technology, but it represents a cultural change in mental healthcare by empowering patients to exercise greater choice and control.

Mental health professionals have historically been reliant on face-to-face consultations in clinic settings away from the normal lives of their members. Mobile apps are now available that allow patients to record their mood, behavior, and activities in real-time using measures such as the PHQ-9 depression scale.

Patients can track their condition using their own mobile device over time and share this information with their clinician. Sensors such as accelerometers, gyroscopes, microphones, and cameras, which are now standard parts of smartphones and other mobile devices, mean that it will be possible to continuously and passively collect objective data that can give additional insight into a person's behavior and activities.

In mental healthcare, assessment and diagnosis is still largely based on subjective clinical judgements about symptoms and behavior. Technological innovations have the potential to bring more objectivity and reliability to these processes of assessment, diagnosis, and monitoring.

It is critical, however, to consider the challenges of introducing new technology to mental healthcare. The so-called 'digital divide', describing a gulf between those who have ready access to a computer and the internet and those who do not, means that some groups of patients (for example, older adults, people who are homeless and people with intellectual disabilities) could experience barriers to accessing mental healthcare delivered using technology. Therefore, providing devices and training must continue to be part of the conversation.

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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Provided for DWIHN