

THE COMPASS

Finding your path to WELLNESS

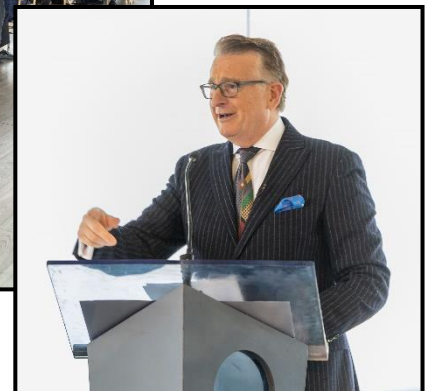


The Honorable Franklin Deese Speaks at the 2022 Team Cares Luncheon

Team Wellness Center in conjunction with Team Cares Inc. hosted the 2022 Team Cares Luncheon on Tuesday, October 18, 2022, at the Roostertail in Detroit. The luncheon serves as the annual fundraiser for Team Cares Inc. a 501c3 organization.

The keynote speaker for the 2022 Team Cares Luncheon was the honorable Franklin Deese who rose to become an entrepreneur and eventually the Mayor and City Manager of Marshville, N.C. after serving more than 10 years in the North Carolina prison system. Fox 2 News Anchor Charlie Langton served as the emcee for the event.

Six community leaders were honored at the event their commitment to advancing criminal justice reform and supporting returning citizens. Honorees included Michigan State Senators Stephanie Chang and Sylvia Santana, Michigan State Representative Tenisha Yancey, Wayne County Sheriff Raphael Washington, DWIHN CEO Eric Doeh, and Genesee County Sheriff Chris Swanson.





2,500 Coats Donated During the Fifth Annual Team Cares Coat Drive



Thank You to Our Staff and Community Partners for your Support of the Fifth Annual Team Cares Coat Drive. This was the largest coat drive so far with more than 2,500 coats collected. Several community partners supported the drive by purchasing coats and/or collecting donations.

In addition to coats, several partners also donated hats, gloves, sweatshirts, and other items. Team Wellness Center staff also donated coats and traveled throughout Wayne County to pick up donations.

Team Wellness Center in conjunction with Team Cares Inc. kicked off the fifth annual coat drive on November 1st, 2022. The event ran through December 19th. The coats and other items are 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.

Team Wellness Center members in need of a coat can contact their case manager directly or call 888-813-TEAM(8326) for more information.

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 teamwellnesscenter.com and local news outlets to know when our warming center is activated or call our helpline at 888-813-TEAM(8326) for more information.

Team Wellness Warming Center Location

Eastern Market
2925 Russell St.
Detroit, MI 48207

Team East
6309 Mack Ave.
Detroit, MI 48207





Why Primary Care Should Be Primary

Different care settings provide different kinds of support. Emergency visits or hospital stays can meet someone's immediate or acute needs. Primary care is geared to help you for the long haul through your everyday health needs.

By design, primary care is the “go-to” resource for helping people and families with a wide range of health issues throughout their lives. Primary care is the first step in almost any healthcare journey and the place to get back to after an acute or urgent situation.

Regular checkups with a primary care provider (PCP) are the gateway to good health — sometimes preventing more complex illnesses from developing, identifying concerning health risks early, and building a partnership toward a healthier life.

When you're injured or don't feel well, your PCP can help you start to feel better or connect you to a specialist who can. When you are feeling well, your PCP can help you set health goals and provide health education personalized to your concerns.

Primary care providers are also the ones to go to for preventative care. At visits with your PCP you can monitor your blood pressure, stay current on recommended vaccinations, and get recommended screenings, such as blood tests.

If you have one or more chronic conditions that need careful management such as diabetes or heart disease, your PCP can help you understand your medications or treatment steps and highlight healthy habits to put into practice.

PCPs stay up on news and other developments in medicine, such as pharmaceuticals, vaccinations and diagnostic and treatment options. You can talk to your PCP to learn more about medical news of interest to you.

Because PCPs see patients of various ages, conditions and backgrounds from the same geographic area, their offices are often the first to notice and treat spikes in influenza or other common illnesses affecting the community. In this way, primary care serves the health of the public as well as the health of individual patients.

You can make the most of primary care in your own life by visiting your provider for a regular check-up. In general, “regular” means once a year. However, some patients should be seen more often while others might need to be seen less. Talk with your provider about what's right for you.

If you don't have a primary care provider, call 313-626-2400 today and make an appointment with primary care at Team Wellness Center. Let us help you make primary care primary!



Partner Spotlight: Charles R. Drew Transition Center

The Charles R. Drew Transition Center is a pre-vocational center within the Detroit Public Schools Community District.

This is a unique post-secondary vocational center for moderate and severely cognitively impaired, visually impaired, hearing impaired, physically impaired, otherwise, health impaired, and students with autism ages 18-26.

Drew is a Center-Based educational facility that has created a continuum of services for students with disabilities to ensure students have access to an age-appropriate learning environment.

Team Wellness Center is proud to partner with Charles R. Drew Transition Center and to offer integrated behavioral health, primary care, and dental services to students and their families.

Together, we are preparing students for the world of work and to become productive citizens with the necessary skills that will increase their quality of life.

Working Together



The Team Wellness Center Mobile Care Unit provides dental care at Drew Transition Center.

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





What Are Opioids?

According to the CDC, Overdose deaths remain a leading cause of injury-related death in the United States. Most overdose deaths involve opioids and there has been a lot of news and conversation about opioids for years now. However, most people don't know what opioids are.

So, what exactly are opioids?

Doctors often prescribe opioids to treat chronic and acute pain. When used appropriately, they can be an important component of treatment. However, serious risks are associated with their use. These risks include misuse, opioid use disorder (addiction), overdoses, and death.

Common prescription opioids include:

- **Hydrocodone** (Ex: *Vicodin, Lortab*); **Oxycodone** (Ex: *OxyContin, Roxicodone, Percocet*): Commonly prescribed for a variety of painful conditions, including dental and injury-related pain
- **Morphine** (Ex: *DepoDur, Astramorph, Duramorph*): Often used before and after surgical procedures to alleviate severe pain.
- **Fentanyl**: Used to treat severe pain and often comes in patch form. 50 to 100 times more potent than Morphine.
- **Codeine**: Often prescribed for mild pain. Can also be used to relieve coughs and severe diarrhea.

Heroin is an illegal narcotic used recreationally to achieve effects like those caused by prescription opioids. It is highly addictive and users quickly build a tolerance for it and need more each time to feel the same results. Heroin is stronger, cheaper, and easier to get than prescription pills. It is also more dangerous than prescription pills because you never know what it is cut/mixed with.

If you have been prescribed opioids, you can help prevent misuse by first starting a conversation with your doctor. Protect yourself, loved ones, and others by:

- Talking to your doctor about your questions and concerns regarding opioid medications.
- Asking about the risks and benefits of prescription opioids, so you and your doctor can together decide what's best.
- Ask your doctor about non-opioid options for pain relief.
- Let your doctor know about any other medications you take or have been prescribed.

If you or someone you know may be misusing opioids or is at risk of an overdose, help is available. Call us today to find out how we can help you overcome opioid use disorder.

Team Wellness Center Crisis Hotline
888-813-TEAM(8326)





Member Story: Bond develops between Detroit police officer and homeless man

Detroit Police Department's Unsheltered Response Unit is a new branch of the department devoted to helping homeless people in the city recover. With over 1,500 homeless people within the city limits, it has led to a special bond between an officer and one of the men he's sworn to protect. It's an unlikely friendship between corporal Marcus Harris II and Adrian Hugh that was created through DPD's unsheltered response team.

"I was just staying there trying to ride out the storm and God sent me Marcus out of nowhere," said Hugh. Adrian had just moved here from California when he had fallen down on hard times after being robbed of everything, including his ID and social security card. When he had nowhere to go, he was sleeping at a closed gas station on Detroit's East side and that's where he met Marcus.

"It's something about his spirit that grabbed onto me. I was like, I gotta help this brother out. He's one of our own. He's sleeping outside in the city of Detroit. We gotta help him out," said Officer Harris. Thanks to the goals and mission of the Unsheltered Response Unit, officers were able to find resources to get Adrian the help he needed.

They got him off of the streets and helped him to get back crucial documents that had been taken away. "We got Adrian at Team Wellness right now. Getting him set up for housing. And that's our job, to get people set up for housing, get their documentation such social security, birth certificate," Officer Harris explained.

Fast forward just weeks later and not only is Adrian back on his feet, but he's also working his way to a new job and soon, a new home. "I been homeless for a year and a half altogether, sleeping out on the streets. I'm very blessed and feel very fortunate to have Officer Harris in my life now," Adrian told Local 4.

Through all of it, Adrian is maintaining his relationship with Officer Harris, in what has become somewhat of a brotherhood. "Talk every day pretty much. He'll call me and say 'hey Officer Harris how you doing? Just calling on you to say how you doin' and I'll call him to say what's going on. How's your mental over there? You're doing good? Stay positive," said Officer Harris.

"I'm not the crying type. But when he offered to help me, I literally had to turn around and wipe the tears out my eyes," said Hugh. Adrian would like to thank Team Wellness and the Neighborhood Service Organization who also had a part in helping him bounce back.

Williams, V. (n.d.). Bond develops between Detroit police officer and homeless man.
[www.Clickondetroit.com. https://www.clickondetroit.com/news/local/2022/11/01/bond-develops-between-detroit-police-officer-and-homeless-man/](https://www.clickondetroit.com/news/local/2022/11/01/bond-develops-between-detroit-police-officer-and-homeless-man/)



Diante Davis Named 2022 Crain's Allied Health Hero



Congratulations to our friend and colleague Diante Davis who was posthumously named the 2022 Crain's Allied Health Hero for his commitment and dedication to serving and ensuring the safety of our members, staff, and visitors.



Children, Teen, & Families Program Hosts First Trunk or Treat Event

Team Wellness Center held 2nd annual Trunk or Treat events on Saturday, October 29, 2022, at Team Southgate. Children and their families were treated to candy, refreshments, games, entertainment, music, and a cookout.

Team Wellness Center staff provided information and behavioral health resources for children, teens, and their families. Other agencies and businesses also set up tables and distributed candy and information.



Detroit Mental Health Co-Response Partnership



Team Wellness Center is proud to be a part of the citywide Detroit Mental Health Co-Response Partnership. Team joins the Detroit Police Department, Detroit Wayne Integrated Health Network and several other agencies as a part of the Co-Response expansion.

The objective of the Detroit Mental Health Co-Response Partnership is to address the City of Detroit's mental health crisis through partnerships and polices, utilizing a detailed approach driven by data and informed by the community.



Wellness, Recovery, and Resiliency

At Team Wellness Center, we are dedicated to helping our members and staff gain the skills and resources needed to reach their health care goals. We are guided by the question, “What can we do for you today?”, which start with our belief in the power of Wellness, Recovery, and Resiliency.

Wellness is the quality or state of being in good health. Recovery is a return to a normal state of health, mind, or strength. Resiliency is the capacity to withstand or to recover quickly from difficulties.

As a provider and employer, we value Wellness, Recovery, and Resiliency. We recognize and support all aspects of health rather it be mental, physical, emotional, or spiritual. This is why we will continue to offer outstanding supports and services to our members and our staff.

We want to assist individuals in working towards their individualized goals and create opportunities for people to support one-another. This means that we will be developing goals, strategies, and actions to guide member and staff towards achieving wellness, recovery, and resiliency.

What does wellness, recovery, and resiliency mean to you? How can Team Wellness Center help you achieve one or all three of them? We look forward to having conversations about you and your health care goals in the new year. Be on the lookout for more trainings, workshops, resources, and new opportunities for discussion.

Wellness

Recovery

Resiliency

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

Team Wellness Center
Tony Pollicella, CEO
Michael Hunter, President
Elizabeth Cichon, Vice President
Karlton Akins, Compass Editor

www.teamwellnesscenter.com



Provided for DWIHN