



E-CONNECT

Summer 2016



A Success Story

Most of us intellectually understand the adage, *Everything Happens for a Reason*, but Karla P. and Scott G. have living proof that it is true. “The day that was the worst day of my life, probably saved my life, and the lives of everyone in my family,”

[Read more.](#)



**Heartland
Center
Launches
*myStrength***

[Read more...](#)



**Heartland
Committee
Organizes
Picnic &
Cultural
Cook Off**

[Read more...](#)



**Heartland
Embraces
Medication
Assisted
Treatment**

[Read more...](#)

Copyright © 2016 Heartland Center For Behavioral Change, All rights reserved.

Heartland Center for Behavioral Change provides behavioral healthcare and substance abuse services to help individuals lead healthier, happier, more productive lives.

Our mailing address is:

1730 Prospect Street

Kansas City, MO 64127

Email us at:

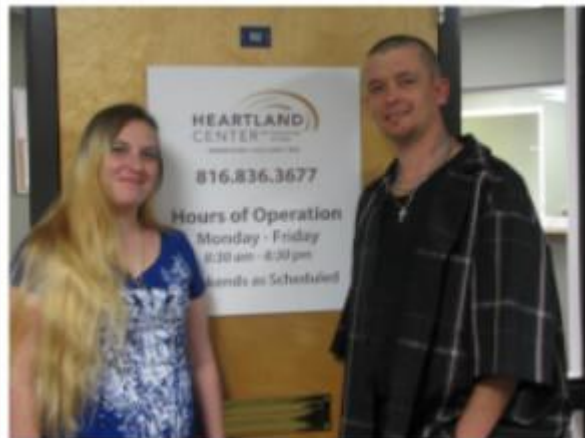
administrator.heartlandcbc.org

Visit our Website at:

www.heartlandcbc.org

Want to change how you receive these emails?

You can [unsubscribe from this list](#).



A Story of Success

Most of us intellectually understand the adage, *Everything Happens for a Reason*, but Karla P. and Scott G. have living proof that it is true. “The day that was the worst day of my life, probably saved my life, and the lives of everyone in my family,” Karla recounts.

That was the day that the Department of Family Services (DFS) removed their five children from the home.

When Karla was pregnant with her last baby, she did not receive any prenatal care. So, when she went to

St. Luke's to deliver, the medical team discovered that she not only tested positive for meth, but she also was about to deliver twins. The hospital authorities alerted DFS about the positive test for meth, and DFS intervened by setting up a safety plan with Karla and Scott to address their drug usage. That was in December, 2015.

"Evelyn Faye, our miracle baby, was in the NICU (neonatal intensive care unit) after she was born because she only weighed four pounds. She was a twin, and no one knew we were having twins! Sadly, her sister, Eva May, died in utero. After I gave birth, Scott and I continued to use as we had before. But when we went to court on February 2, the DFS people told us that we were not fulfilling our end of the bargain," Karla said.

"Well, I went home and proved them right. We used that day, and to our horror the authorities came that night and removed the kids," Scott said. "That's when the nightmare began."

The children were originally placed with family members, but ended up being separated. The younger two were placed with foster parents, and the older two were placed at Drumm Farm Center for Children. That's when the tide turned. "I finally came to the point where I just couldn't go on anymore. I was tired. Very tired. I knew things had to change if Karla and I were ever to get our kids back. Not having our kids was not an option," Scott said. "That's when we went to Heartland Center in Independence."

"Everything changed after that. Karla and I were able to get clean and stay that way. We kept all of our medical appointments for the kids as required by the Court, and we were able to show the authorities that we deserved to have our kids home with us," Scott said.

Scott and Karla said that at Heartland they found a safe place to talk about what was really happening, and get feedback from people who honestly wanted them to succeed in life. The groups and talking to the other clients made all the difference. They said that they needed to be with counselors who understood their problems and with other people who were struggling like they were and finding new ways to cope—without drugs or alcohol.

"I don't know what we would have done without our counselor at Heartland. Whenever something bad happened, instead of using we came here and talked it out. We began to understand about our "stinking thinking" and how we had tricked ourselves for years into thinking we were OK. Heartland and the other clients here have helped us get back on our feet, and prove to the courts that we were capable and worthy of having our kids back," Karla said.

On March 31 Scott and Karla went to court and regained custody of their children, and on April 8 the four older children came home to stay. The baby, Evelyn Faye, after staying seven weeks in the NICU came

home also.

Karla and Scott are very grateful. They believe that their children were removed in order for them to see how harmful their lifestyle really was. "Our oldest daughter was the 'boss' of the family, and we robbed her of her right to be a kid. Now they can all be kids again. We are the adults and ready and able to take care of them," Karla said.

[More stories...](#)



Heartland Center Launches myStrength

Using technology in our everyday life has become so established that often we don't even notice it. Cell phones, email, websites, and online social networks are used by most of us every day. So it's no surprise that the internet has become the go to resource for 72% of the people searching for health information according to the Pew Research Center.

This month Heartland Center will launch myStrength, an anonymous web based resource for our consumers, which 86% of its current users rate as positive or extremely positive. On July 15 we will train about 40 of our staff to effectively use and promote the various applications featured on the website, and after that we will begin introducing this free adjunct to our treatment regime to consumers.

The site offers inspirational videos, recovery oriented articles, daily quotes, journaling space, and other activities that one user says “provides a path and way to track progress toward wellness.” myStrength is that virtual “ear” that listens in the middle of the night, or inspires as consumers ride to work in the mornings when counselors aren’t available. “We don’t see myStrength as a substitute for person to person treatment, but it certainly has the potential for extending our accessibility. myStrength is always there,” Kyle Mead, Vice President of Quality Improvement, stated. “In addition, myStrength has ideas and information for providers to enrich their treatment delivery,” he added.

“We are hopeful that myStrength will be one more effective tool in our consumers’ toolbox. We are grateful that the Missouri Coalition of Community Behavioral Healthcare is supporting this for the first year. We will be carefully tracking how our consumers are using the tool, and whether it is making a difference. I feel confident that we will see more and more technology assisted care in the coming years. myStrength is just the first for us,” Mead said.

[More stories...](#)



Heartland Committee Organizes Picnic & Cultural Cook Off

The Heartland Center Cultural Competency and Accessibility Committee sponsored a Diversity Picnic and Cultural Cook Off on June 10. About 50 staff members from all of the Kansas City Heartland Center locations participated in the event. Aramark donated the food, and the baked beans were a big hit!

As part of the festivities, staff were asked to “leave their mark” by putting their painted hand print on two canvases which are now hanging in the 1730 Prospect break room. Also, staff contributed dishes that were family favorites and showed off not only their culinary skills, but also gave fellow “picnickers” a glimpse into their culture.

All the dishes were entered into the Cook Off and the winners included: Christina Jones, RRC Case Manager, Best Presentation; Helen Hurley, Vice President Correctional Services, Best Tasting; Rocio Lopez, Senior Administrative Professional, Most Authentic, and Margaret Qualls, Regional Administrator, Special Mention.

[More stories...](#)



Heartland Embraces Medication Assisted Treatment

The research is clear. When treating substance use disorders, a combination of medication and behavioral therapies is the most effective course of action for many. Heartland Center continues to embrace medication assisted treatment (MAT) as standard practice.

“Our MAT program continues to grow,” Tressa Dickerson, RN, Program Manager for Kansas City Outpatient Program, said. “In fact, in June we administered 50 shots! We receive referrals for care from our other Heartland programs, and as the effectiveness of Vivitrol gains traction we receive referrals for care from other community programs. Of course, we offer the shot to our own detox clients prior to their discharge. For some, Vivitrol has been lifesaving,” she said.

Vivitrol, one medication in the MAT arsenal, is the extended release injectable form of naltrexone. The manufacturer of Vivitrol, says that the drug is effective in the treatment of alcohol and opioid dependence when used in concert with other treatment modalities such as individual and group counseling. To date over 3,700 consumers in Missouri have received MAT services.

According to the Substance Abuse Mental Health Services Administration, Vivitrol and other forms of MAT have proven to reduce opioid use, alcohol cravings, the incidence of Hepatitis C and HIV, and criminal activity. It also is credited with helping to retain people in treatment longer, and improving birth outcomes for pregnant consumers. (SAMHSA, 2015)

For more information about MAT visit the following websites:

www.samhsa.gov

www.drugabuse.gov

www.dmh.mo.gov

[More stories...](#)

Copyright © 2016 Heartland Center For Behavioral Change, All rights reserved.

Heartland Center for Behavioral Change provides behavioral healthcare and substance abuse services to help individuals lead healthier, happier, more productive lives.

Our mailing address is:

1730 Prospect Street

Kansas City, MO 64127

Email us at:

administrator.heartlandcbc.org

Visit our Website at:

www.heartlandcbc.org

Want to change how you receive these emails?

You can [unsubscribe from this list](#).