

## About TMC Behavioral Health

Trumed.org

**TMC**



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### **Truman Medical Center Behavioral Health. We're here to help.**

For more than four decades, Truman Medical Center (TMC) Behavioral Health has been a leader in providing mental health and substance abuse services to the people of Kansas City and Eastern Jackson County. Driven by a mission of providing our services that promote wellness, TMC Behavioral Health recognizes that emotional well-being and physical health are closely connected. Services address the many and varied issues through the continuum of life – from birth to bereavement – that impact the health and happiness of individuals and families.

#### **Helping People Deal with Life's Problems**

TMC Behavioral Health delivers services at six community outreach clinics in the Kansas City metropolitan area as well as at our main Hospital Hill location near downtown Kansas City. Our unique role as a hospital-based mental health center supports a whole-person, integrated health model of service delivery that is increasingly the standard of best practice for healthcare. Whether the client is a child struggling with attention-related difficulty or an older adult grieving the loss of independent functioning, TMC Behavioral Health has services that can help improve overall quality of life:

*The National Alliance  
on Mental Illness  
reports that about  
one in 17 Americans  
lives with a serious  
mental illness. ■*

**Mental Health Crisis and Outreach Services** provided 24 hours a day, seven days a week.

**Mental Health Assessment** to identify each person's needs and services that can help.

**Therapy and Counseling** with specialized services for children, young adults, families and older adults to help them cope with their unique life circumstances.

**Inpatient Mental Health Treatment** to assist adults in getting mental health symptoms under control and minimize disruption to their lives. TMC provides 78 total inpatient mental health beds and operates a 12 bed mental health Emergency Department.

**Occupational Therapy** to help persons regain, develop, or master everyday skills in order to live independent, productive, and satisfying lives.

**Medication Services** when these can help manage symptoms of mental illness.

**Rehabilitation and Employment Services** to help persons with serious mental illnesses build supportive relationships, social and leisure interests, and gain employment.

**Substance Abuse Treatment** to help persons understand and reduce the harm that is caused by using drugs and/or alcohol.

**Case Management/Life Coaching** to address practical needs that impact mental health and function in day-to-day lives.

**Peer Support** that helps people with mental illnesses learn from the experiences of others who live with these illnesses and regain a sense of hope for the future.

### **Life Can Be Better**

TMC Behavioral Health's strong commitment to providing access to quality services for our diverse community, regardless of their ability to pay has resulted in a number of initiatives that take mental health treatment into neighborhoods and to diverse and historically underserved populations; and have an increasing emphasis on overall health. We deliver:

- Mental health outreach and treatment to more than 100 homeless persons each year.
- Mental Health intervention in partnerships with HUD, Salvation Army, and area shelters to provide decent housing for displaced persons concurrent with treatment.
- Services for older adults living in the historic Northeast Kansas City neighborhoods.
- Psychiatric services at Mattie Rhodes Counseling Center and at the Kansas City Free Health Clinic.
- Services for young adults aged 15 – 25 to build skills for productive futures while addressing current mental health needs.
- Screening and treatment for patients of TMC's medical and specialty clinics to increase identification and treatment of unaddressed mental health needs, particularly depression.
- Outpatient care for older adults in Eastern Jackson County.
- School and community-based services to help area children experience success in home, school and community.
- An employment program recognized in Missouri as an exemplary model for supporting mental health recovery by helping people get and keep jobs they can succeed in.
- Mental health and substance abuse treatment for persons incarcerated in the Jackson County and Kansas City Municipal corrections facilities, with follow-up services upon release.
- Wellness programming for persons with serious mental illnesses to improve nutrition, exercise, access to preventive healthcare and other lifestyle changes.

**For more information, visit [Trumed.org](http://Trumed.org)**



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