

Jayhawk Breakfast Rotary Club Mental Health Series Resources

May 2022

Mental Health Panel, May 5, 2022

Identifying signs of depression and anxiety

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/addressing-your-mental-health-by-identifying-the-signs-of-anxiety-and-depression>

Anxiety Disorders

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/addressing-your-mental-health-by-identifying-the-signs-of-anxiety-and-depression>

Understanding Anxiety Disorders and Effective Treatment

https://www.apaservices.org/practice/good-practice/fyi-anxiety.pdf?_ga=2.13038258.40907736.1653500769-906241135.1652459810

Depression

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/addressing-your-mental-health-by-identifying-the-signs-of-anxiety-and-depression>

How psychotherapy and other treatments can help people recover from depression

<https://www.apa.org/topics/depression/recover>

Alcohol Use Disorder

<https://www.mayoclinic.org/diseases-conditions/alcohol-use-disorder/symptoms-causes/syc-20369243>

Substance Use Disorder

<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

Substance Abuse Treatment Center Locator

<https://findtreatment.samhsa.gov>

SAMHSA's national helpline (treatment referral routing service):

1-800-662-HELP

Lawrence, Kansas Mental Health Resources

Mental Health Outpatient Clinics

Bert Nash Community Mental Health Center 200 Maine Street Lawrence, KS 66044 785-843-9192 https://bertnash.org/	KU Child & Family Services Clinic 2021 Dole Human Development Center 1000 Sunnyside Avenue University of Kansas Lawrence, KS 66045 785-864-4416 https://kuclinic.ku.edu/
KU Psychological Clinic 1415 Jayhawk Blvd. Fraser Hall, Room 340 Lawrence, KS 66045 785-864-4121 http://psychclinic.ku.edu/	Heartland Community Health Center 346 Maine St., Unit 150 Lawrence, KS 66044 1-785-841-7297 https://heartlandhealth.org/

Outpatient Substance Abuse Treatment Services

DCCCA 3312 Clinton Parkway Lawrence, KS 66047 1-785-841-4138 https://www.dccca.org/

Other Helpful Resources

[MyStrength.com](https://mystrength.com) - For those who are feeling anxious, fearful, stressed, or depressed, you are not alone. Douglas County offers an online tool called myStrength that can help. It is available 24/7 and it's free. Visit [myStrength.com](https://mystrength.com) and use access code: Douglas County.

[PsychologyToday.com](https://psychologytoday.com) therapist finder. Find Local Providers based on location, areas of specialty, insurance, gender, types of therapy, client age range, price, ethnicity served, sexuality, language and faith.

[Psychologist Locator](#) through the American Psychological Association.

[Psychologist Locator](#) through the Kansas Psychological Association

Contact your health insurance company for a list of covered providers.

LEAP, May 12, 2022, Amber Watts, PhD

Lifestyle Empowerment for Alzheimer's Prevention (includes practical strategies to boost brain health and decrease risk of Alzheimer's Disease, class sign-ups for brain health boot camp and Mediterranean diet course and sign-up for My Alliance which offers weekly tips, resources and additional resources)

<https://www.kumc.edu/research/alzheimers-disease-research-center/community-outreach/lifestyle-empowerment-for-alzheimers-prevention.html>

Email: kuadrcleap@kumc.edu

Visit: www.kumc.edu/kuadc/leap

The Sexual Trauma and Abuse Care Center, May 19, 2022, Megan Engleman

<http://stacarecenter.org/>

24-hour hotline: 785-843-8985

Volunteer opportunities: contact Phil Garcia, phil@stacarecenter.org

Questions: Megan Engleman, megan@stacarecenter.org

Donate via their website or Venmo @thestacarecenter

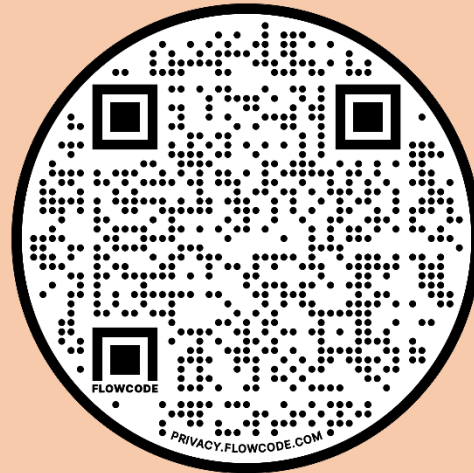
The STA Care Center

@thestacarecenter



venmo

Amazon Wish List



Kansas Suicide Prevention Headquarter/Headquarters Counseling Center, May 26, 2022, Meg Hasselman

<https://www.ksphq.org/help/>

Crisis Hotline 24/7: 785-841-2345

National Suicide Prevention Lifeline 24/7: 800-273-8255; AFTER JULY 16: Dial 988

Crisis Text Line: Text KANSAS to 741741

For more information regarding training or to schedule a training, contact:

Meg Hasselman, meg@ksphq.org

Erica Molde, erica@ksphq.org

Helpful Steps When Looking for Residential Treatment

1. Determine if residential treatment is the right level of service

When most people decide to utilize treatment in order to stop using substances of abuse, they think of entering a 28-day residential program. However, there are specific criteria that must be met in order for someone to meet medical necessity for this level of treatment. Most treatment programs will have some form of a screening process and more in-depth assessment to make sure that the person entering treatment meets the criteria.

If the person doesn't meet criteria for residential treatment, they will need to begin treatment at an outpatient program or begin by working with a private therapist who is licensed as an addiction therapist.

2. Determine the method of funding treatment

How someone pays for treatment will help determine what programs they have available to them. Below are descriptions of the primary funding options for treatment programs in Kansas

Self-Pay

- Cost of treatment in KS generally runs from \$10,000—\$20,000
- Some programs require partial payment up front
- Some programs are willing to enter into payment plan agreements
- Some programs will offer discounts on the cost of treatment if clients pay out of pocket

Commercial Insurance

- Not all programs will be in-network with all insurance plans
- Most programs will accept out-of-network plans
- Level of coverage varies widely among insurance carriers and plans
- Make sure you know what your plan covers
- Most programs will run a "verification of benefits" prior to scheduling an admission. This will give you some idea of your coverage and out of pocket costs before scheduling the intake appointment
- Some programs will require a cash deposit if you have a high deductible or other out-of-pocket responsibility

Medicaid (KanCare)

- Not all programs accept Medicaid
- Publicly funded programs such as those at DCCCA and Mirror, do accept Medicaid
- Pays for all aspects of treatment
- There is no out-of-pocket expense for the client

Block Grant Funds

- Not all programs accept block grant funds
- Publicly funded programs such as those at DCCCA and Mirror, do accept block grant funds
- Must be at 200% or less of the federal poverty level
- Must be a resident of KS
- There are a limited number of residential beds per year, per agency that can utilize block grant money

There are additional funding sources for people who do not have insurance and cannot self-pay. Most of these are targeted toward clients who meet specific criteria, such as women who are pregnant or veterans. You can find out more information about these programs by contacting one of the publicly funded agencies directly or by contacting Heartland Regional Alcohol and Drug Assessment Center (RADAC).

3. Begin the search for the right fit

There are a number of ways to begin the search for a treatment program that will best serve the person seeking services.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has an online treatment locator that allows the user to enter specific criteria such as payment source or distance from home and then search for programs that match:

<https://findtreatment.samhsa.gov/>

Most treatment programs have websites and you can do a Google search for "residential addiction treatment" and include the area or city that you are most interested in. You will want to scroll through the first few pages of results. There will be links to programs from all over the country who pay to show up in these searches and you'll want to filter those out as you make your list (unless, of course you're looking for something in another state)

There are also websites such as Rehabs.com which allow you to search by city or state to find treatment centers. These websites usually include actual client reviews, which can be helpful

There is also a list on the back of this page of many good treatment programs in the Kansas City metro area.

A note about detox

The withdrawal process from some substances (particularly alcohol and opiates) can be very dangerous and possibly lethal. Withdrawal in a medically monitored detox program is the safest way to withdraw. Not all residential programs are also licensed to provide this service, so we are providing a list of detox programs in the region. Residential programs that also provide detox are indicated in the list of residential treatment programs that follows. A phone screening can help determine if the person seeking services is an appropriate candidate for medical detox. The staff at the detox program can help coordinate the transition to the preferred residential program.

If someone is in active withdrawal and exhibiting symptoms that could be physically dangerous, the best course of action is to get them to the nearest emergency room.

PROGRAM	FUNDING ACCEPTED	WEBSITE	PHONE
Cottonwood Springs	Private Pay, Commercial Insurance, Medicaid	cottonwoodsprings.com	913.353.3000
New Vision (at University of Kansas, Saint Francis)	Private Pay, Commercial Insurance	kutopeka.com/services/new-vision-drug-alcohol-withdrawal-treatment	785.571.9278
Advent Health	Private Pay, Commercial Insurance, Medicaid	adventhealth.com	913.676.2000

Each of the programs below offers a residential, 28-day treatment program. They all differ in size, treatment approach, accommodations, etc. We recommend that you visit a few websites to get an idea of whether or not a program is right for the person seeking treatment. This is also not an exhaustive list of programs in the area. You might find additional resources on your own. The table below indicates funding accepted as well as whether or not the program also provides medical detox and whether or not the program supports medication assisted treatment (MAT).

PROGRAM	FUNDING ACCEPTED	WEBSITE	PHONE	DETOX AVAILABLE	SUPPORT MAT
Arista Recovery (residential program and detox opening soon)	Private Pay, Commercial Insurance, Medicaid	aristarecovery.com	913.914.9008	YES	YES
DCCCA, Inc. (multiple locations in KS)	Medicaid, Block Grant, Commercial Insurance, Other Public Funds	dcca.org	785.841.4138	SOCIAL DETOX	YES
Denovo Recovery	Private Pay, Commercial Insurance, Missouri Medicaid	denovorecovery.com	855.978.7128	NO	Only for taper
Gold Bridge Treatment Center	Private Pay, Commercial Insurance	goldbridgetc.com	913.837.4653	NO	YES
Midwest Recovery	Private Pay, Commercial Insurance	midwestrecoverycenters.com	877.630.0539	YES	NO
Mirror, Inc. (multiple locations in KS)	Medicaid, Block Grant, Commercial Insurance, Other Public Funds	mirrorinc.org	316.283.6743	NO	YES
Sunflower Wellness Retreat	Private Pay, Commercial Insurance	sunflowerwellnessretreat.com	844.488.0588	NO	YES
Valley Hope	Private Pay, Commercial Insurance	valleyhope.org	800.544.5101	YES	NO