

# Healthy KC Resource Guide



IN PARTNERSHIP WITH BLUE CROSS AND BLUE SHIELD OF KANSAS CITY

# Congratulations on your organization's commitment to behavioral health and wellness in the workplace.

This resource guide identifies five categories that affect behavioral health in and out of the workplace: Emotional Intelligence, Leadership & Coaching, Leadership Training, Resilience Building & Mindfulness, Diversity & Inclusion, Family Services, Addiction & Support Groups, and Therapy, Psychiatric Services, & Trauma. This resource guide contains a wealth of local organizations and companies to help your organization on your journey of behavioral health.

Click on the name of the organization to visit their website, where available.

## EMOTIONAL INTELLIGENCE, LEADERSHIP, COACHING

RESOURCE COMPANY	CONTACT/TITLE
<u>Advent Health -- Community Wellness</u>	Lisa Cummings Wellness Manager (913) 676-2072 lisa.m.cummings@adventhealth.com www.adventhealthkc.com/wellness
<u>Advent Health -- Behavioral Health Services</u>	Greg Helsel greg.helsel@adventhealth.com (913) 789-3990
<u>Alive &amp; Well Communities</u>	
<u>Children's Mercy</u>	(816) 234-3674
<u>CommCARE Behavioral Health</u>	Sean Gordon Business Liaison
<u>CultureCo</u>	JT Galloway, CEO jt@coculturellc.com 816-806-8485
<u>Josh Wolf</u>	Josh Wolf joshwolfemg@gmail.com (816) 668-2677
Juliet J Hawley MS Behavioral Health/ Wellbeing Consultant	(816) 820-4917 julietjhawley@gmail.com
<u>Lockton</u>	Kelly Reed, Ph.D. kmreed@lockton.com (816) 960-9171
<u>Midwest Alliance for Mindfulness</u>	Tracy Ochester tracy.ochester@mindfulness-alliance.org
<u>New Directions Behavioral Health</u>	Jean Hallem jhallem@ndbh.com (972) 810-3273
<u>Rare Transformation</u>	Kim Specker kim.specker@raretransformation.com
<u>Resilience Builders</u>	Marsha Morgan Founder and President, marsha@resiliencebuild.org (816) 301-1964

<u>Skillpath Seminars</u>	Cameron Bishop CEO cbishop@skillpath.com (913) 748-5080
<u>Spangler Associates</u>	Nancy Spangler President nspangler@spanglerhealth.com (816) 820-1870
<u>Spirit of Namaste Health and Wellness Center</u>	Lisa Adams, RN spiritofnamaste@gmail.com (816) 808-6203
<u>Synergy Services</u>	Corky McCaffrey, Community Engagement Coordinator cMcCaffrey@synergyservices.org (816) 505-4945
<u>TeamTech</u>	Kathleen Harnish McKune, Founder kathleen@teamtechinc.com (913) 706-8797
<u>VisionPursue</u>	Jon McGraw (316) 200-3200 jmcgraw@visionpursue.com
<u>Workplace Healing</u>	Mindy Corporon & Lisa Cooper co-founders lisa@workplacehealing.com, (913) 481-7193

## LEADERSHIP TRAINING

RESOURCE COMPANY	CONTACT/TITLE
<u>CommCARE Behavioral Health</u>	Sean Gordon Business Liaison
<u>CultureCo</u>	JT Galloway CEO jt@coculturellc.com (816) 806-8485
<u>Josh Wolf</u>	Josh Wolf joshwolfemg@gmail.com (816) 668-2677
Juliet J Hawley MS Behavioral Health/Wellbeing Consultant	(816) 820-4917 julietjhawley@gmail.com
<u>LeaderFuel Center</u>	Denise Mills Chief Mindset Officer denise.mills@leaderfuelnow.com (913) 980-4545
<u>Leadership Innovations</u>	(816) 210-6400 info@leadkc.com
<u>Lockton</u>	Kelly Reed, Ph.D. kmreed@lockton.com (816) 960-9171
<u>New Directions Behavioral Health</u>	Jean Hallem jhallem@ndbh.com (972) 810-3273
<u>Rare Transformation</u>	Kim Specker kim.specker@raretransformation.com,
<u>Resilience Builders</u>	Marsha Morgan Founder and President marsha@resiliencebuild.org (816) 301-1964
<u>Skillpath Seminars</u>	Cameron Bishop CEO cbishop@skillpath.com (913) 748-5080
<u>Spangler Associates</u>	Nancy Spangler President nspangler@spanglerhealth.com (816) 820-1870

<p><u>Spirit of Namaste Health and Wellness Center</u></p>	<p>Lisa Adams RN spiritofnamaste@gmail.com (816) 808-6203</p>
<p><u>TeamTech</u></p>	<p>Kathleen Harnish McKune Founder kathleen@teamtechinc.com (913) 706-8797</p>
<p><u>VisionPursue</u></p>	<p>Jon McGraw (316) 200-3200 jmcgraw@visionpursue.com</p>
<p><u>Workplace Healing</u></p>	<p>Mindy Corporon &amp; Lisa Cooper co-founders lisa@workplacehealing.com (913) 481-7193</p>

## RESILIENCE BUILDING, MINDFULNESS

RESOURCE COMPANY	CONTACT/TITLE
<u>Advent Health -- Community Wellness</u>	Lisa Cummings Wellness Manager (913) 676-2072 lisa.m.cummings@adventhealth.com www.adventhealthkc.com/wellness
<u>CommCARE Behavioral Health</u>	Sean Gordon Business Liaison
<u>Gateway of Hope</u>	Dacia Moore, MA, LPC, NCC Executive Director daciam@gwhope.org (913) 393-4283
<u>Johnson County Mental Health</u>	Jamie Katz, MPH, CPP Prevention Coordinator Jamie.Katz@jocogov.org (913) 715-7884 JCMHCinfo@jocogov.org,  (913) 826-4200 Emergency 24/7 Crisis Line: 913-268-0156
<u>Lockton</u>	Kelly Reed, Ph.D. kmreed@lockton.com (816) 960-9171
<u>Midwest Alliance for Mindfulness</u>	Tracy Ochester tracy.ochester@mindfulness-alliance.org
<u>Mindful Momentum</u>	Robin Todd robin@mindful-momentum.com (816) 820-0363
<u>Mindfulness in the Heartland</u>	Amy Zoe Schonhoff amy@mindfulheartland.com
<u>New Directions Behavioral Health</u>	Jean Hallem jhallem@ndbh.com (972) 810-3273
<u>ReDiscover</u>	Tricia Bohle VP of Marketing and Development tbohle@rediscovermh.org (816) 347-3295 - or - Shane Young Training & Development Coordinator

<u>Resilience Builders</u>	Marsha Morgan Founder and President marsha@resiliencebuild.org (816) 301-1964
<u>Small Changes Big Shifts</u>	Dr. Michelle Robin mrobin@yourwellnessconnection.com (913) 269-5165
<u>Spangler Associates</u>	Nancy Spangler President nspangler@spanglerhealth.com (816) 820-1870
<u>Spirit of Namaste Health and Wellness Center</u>	Lisa Adams RN spiritofnamaste@gmail.com (816) 808-6203
<u>StressOS, a service of Right Angle Advisors, Inc.</u>	Lori Worthington President (816) 225-6354 lori@rightangleadvisors.com
Synergy Services	Corky McCaffrey Community Engagement Coordinator cMcCaffrey@synergyservices.org (816) 505-4945
VisionPursue	Jon McGraw (316) 200-3200 jmcgraw@visionpursue.com



## DIVERSITY & INCLUSION

<b>RESOURCE COMPANY</b>	<b>CONTACT/TITLE</b>
<u>Alive &amp; Well Communities</u>	
<u>Allied Global Inclusionworks</u>	Rob Hoffman Director robh@alliedglobalservices.com
<u>Disability Inclusion of Greater Kansas City</u>	Darla Wilkerson CEO darla@gkcbln.org (816) 284-3224
<u>Lively Paradox</u>	1 (800) 914-9205 info@livelyparadox.com
<u>Lockton</u>	Kelly Reed, Ph.D. kmreed@lockton.com (816) 960-9171
<u>New Directions Behavioral Health</u>	Jean Hallem jhallem@ndbh.com (972) 810-3273
<u>Resilience Builders</u>	Marsha Morgan Founder and President marsha@resiliencebuild.org (816) 301-1964
<u>VisionPursue</u>	Jon McGraw (316) 200-3200 jmcgraw@visionpursue.com

## FAMILY SERVICES, ADDICTION, SUPPORT GROUPS

RESOURCE COMPANY	CONTACT/TITLE
<u>Advent Health -- Behavioral Health Services</u>	Greg Helsel greg.helsel@adventhealth.com (913) 789-3990
<u>Child Abuse Prevention Association (CAPA)</u>	info@capacares.org, Eastern Jackson County (816) 252-8388  Kansas City (816) 601-0550
<u>Children's Mercy</u>	(816) 234-3674
<u>Comprehensive Mental Health Services</u>	Lori Byl Chief Clinical Officer
<u>Cornerstones of Care</u>	(855) 778-5437, option 5
<u>First Step for HELP by CommCARE at 888-279-8188</u>	Michelle Watson Director of Clinical Services
<u>HCA Midwest</u>	1 (844) 207-4511
<u>Heartland Center for Behavioral Change</u>	(816) 421-6670 info@heartlandcbc.org
<u>Homeroom Health</u>	(816) 601-2375 homeroomhealthinfo@kccare.org
<u>Johnson County Mental Health</u>	Jamie Katz, MPH, CPP Prevention Coordinator Jamie.Katz@jocogov.org (913) 715-7884 -- or -- JCMHCinfo@jocogov.org (913) 826-4200 Emergency 24/7 Crisis Line: 913-268-0156
<u>KC Care Health Center</u>	(816) 753-5144
<u>Mattie Rhodes Center</u>	(816) 471-2536
<u>Mental Health America of the Heartland MHAH</u>	Stacy Davis, MA Director Mental Health Promotion (913) 222-5933 sdavis@mhah.org
<u>NAMI Johnson County</u>	namijoco@gmail.com (913) 210-0630

<u>New Directions Behavioral Health</u>	Jean Hallem jhallem@ndbh.com (972) 810-3273
<u>ReDiscover</u>	Tricia Bohle VP of Marketing and Development tbohle@rediscovermh.org (816) 347-3295 - or - Shane Young Training & Development Coordinator
<u>Samuel Rodgers</u>	(816) 474-4920
<u>Southwest Boulevard Family Health Care KC</u>	(913) 722-3100
<u>Swope Health</u>	(816) 923-5800 In Crisis 1-888-279-8188
<u>Synergy Services</u>	Corky McCaffrey Community Engagement Coordinator cMcCaffrey@synergyservices.org (816) 505-4945
<u>The University of Kansas Health System - Psychiatry and Behavioral Sciences</u>	(913) 588-1227
<u>The University of Kansas Health System - Turning Point</u>	Moira Mulhern CEO, mmulhern2@kumc.edu (913) 574-0900
<u>Truman Medical Center Behavioral Health</u>	Leslie Carto, Director External Communications (816) 404-5709
<u>Wyandot Behavioral Health Network</u>	Randy Calstrom President/CEO randy.callstrom@wyandotbhn.org (913) 233-3300

## THErapy, PSYCHIATRIC SERVICES, TRAUMA

RESOURCE COMPANY	CONTACT/TITLE
<u>Advent Health -- Behavioral Health Services</u>	Greg Helsel greg.helsel@adventhealth.com (913) 789-3990
<u>Alive &amp; Well Communities</u>	
<u>Child Abuse Prevention Association (CAPA)</u>	info@capacares.org, Eastern Jackson County (816) 252-8388  Kansas City (816) 601-0550
<u>Children's Mercy</u>	(816) 234-3674
<u>CommCARE Behavioral Health</u>	Sean Gordon Business Liaison
<u>Comprehensive Mental Health Services</u>	Lori Byl Chief Clinical Officer
<u>Cornerstones of Care</u>	(855) 778-5437, option 5
<u>First Step for HELP by CommCARE at 888-279-8188</u>	Michelle Watson Director of Clinical Services
<u>Gateway of Hope</u>	Dacia Moore, MA, LPC, NCC Executive Director daciam@gwhope.org (913) 393-4283
<u>HCA Midwest</u>	1 (844) 207-4511
<u>Heartland Center for Behavioral Change</u>	(816) 421-6670 info@heartlandcbc.org
<u>Homeroom Health</u>	(816) 601-2375 homeroomhealthinfo@kccare.org
<u>Johnson County Mental Health</u>	Jamie Katz, MPH, CPP Prevention Coordinator Jamie.Katz@jocogov.org (913) 715-7884 -- or -- JCMHCinfo@jocogov.org (913) 826-4200 Emergency 24/7 Crisis Line: 913-268-0156
<u>KC Care Health Center</u>	(816) 753-5144
<u>Mattie Rhodes Center</u>	(816) 471-2536

<u>Mental Health America of the Heartland MHAH</u>	Stacy Davis, MA Director Mental Health Promotion (913) 222-5933 or sdavis@mhah.org
<u>NAMI Johnson County</u>	namijoco@gmail.com (913) 210-0630
<u>New Directions Behavioral Health</u>	Jean Hallem jhallem@ndbh.com (972) 810-3273
<u>ReDiscover</u>	Tricia Bohle VP of Marketing and Development tbohle@rediscovermh.org (816) 347-3295 - or - Shane Young Training & Development Coordinator
<u>Resilience Builders</u>	Marsha Morgan Founder and President marsha@resiliencebuild.org (816)301-1964
<u>Samuel Rodgers</u>	(816) 474-4920,
<u>Signature at Liberty Hospital</u>	(816) 691-5103
<u>Southwest Boulevard Family Health Care KC</u>	(913) 722-3100
<u>Swope Health</u>	(816) 923-5800, In Crisis 1-888-279-8188
<u>Synergy Services</u>	Corky McCaffrey Community Engagement Coordinator cMcCaffrey@synergyservices.org 816-505-4945
<u>The University of Kansas Health System - Psychiatry and Behavioral Sciences</u>	(913) 588-1227
<u>The University of Kansas Health System - Turning Point</u>	Moira Mulhern CEO, mmulhern2@kumc.edu (913) 574-0900
<u>Tri-County Mental Health Services</u>	(816)478-0400
<u>Truman Medical Center Behavioral Health</u>	Leslie Carto, Director, External Communications (816) 404-5709
<u>Wyandot Behavioral Health Network</u>	Randy Calstrom President/CEO randy.callstrom@wyandotbhn.org (913)233-3300

