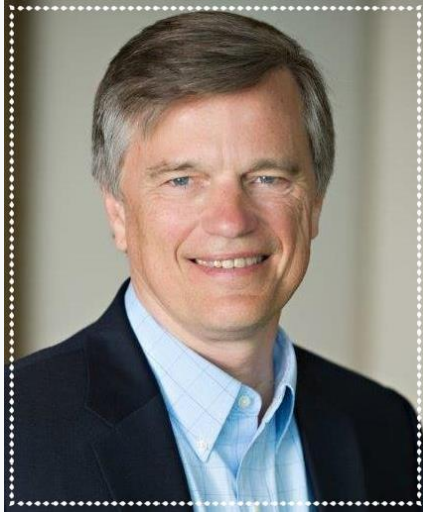




Wyandot

Behavioral Health Network

A Message From Our CEO: The Importance of Grit



Our lives have changed a lot in the last four months. A year that started out with such optimism took a sudden turn when COVID-19 emerged in Kansas City. We're all still trying to make sense of this new reality where we're spending more time at home and away from our friends and family. We're all growing weary and we wish life could get back to the way it used to be. But as Wyandotte County experiences another increase in the number of positive cases of COVID-19, it's important for us to realize that this virus likely isn't going to go away anytime soon. This virus is new and unpredictable. It will take a while to fully understand what needs to happen to get the virus under control. While we all worry about our physical well-being, we also need to focus on our emotional well-being.

Over the past few months, there has been one word that I keep coming back to when I think about weathering this COVID-19 storm: Grit. Having grit means being courageous, having endurance and being resilient. This community has grit. We don't succumb to hardships. We stand up, dust ourselves off and lean on those closest to us for support as we push forward. At both the individual and community level, we are strong.

Strength comes from having a solid support system. During times like these, we need to utilize our support systems. Talk to someone about your fears. Talk about how you're doing. And check on the people you care about and see how they're doing. Now is the time for empathy and grace. Now is the time to lean in. We may not always be able to be physically together, but we can still support each other and lift each other up.

We're all coping with the trauma brought on by COVID-19. We've all lost something, whether it's the loss of a loved one, the loss of a job or the loss of stability and routine. It's important for all of us to find healthy ways to cope and re-energize ourselves. We need to be taking care of ourselves, body and mind. We need to be talking to others for support. When you're feeling overwhelmed, take a break. Go for a walk. Listen to music. Whatever works for you. And if you think you need more help, reach out.

It may take a while, but this storm will pass. For now, find your support system. Find your grit. And let's all keep moving forward, together.

Randy Callstrom
President/CEO

Robert's Place 
Celebrating **5 Years** of Helping Kids in Crisis



Robert's Place opened on August 31, 2015 to provide temporary, emergency shelter for children and youth who are in crisis in Wyandotte County. The 7-bedroom home can serve up to 10 children at one time. Robert's Place is meant to feel like a family home, equipped with plenty of toys, games and other activities to let kids just be kids.

We'll be celebrating 5 years of Robert's Place throughout the month of August. Stay tuned for more stories, memories & ways to continue helping local children in crisis.



Beacon Homes is a permanent supportive housing program run by Kim Wilson Housing, in partnership with Wyandot Center. The program provides affordable housing for individuals with a history of being chronically homeless.

Supportive Housing: Meeting People Where They Are

Tucked inside a modest brick building, a small team has been working for years to help individuals in Wyandotte County who have a history of being chronically homeless. The goal of Beacon Homes, a permanent supportive housing program, is to meet people where they are. The program provides affordable housing, as well as supportive services, to help adults on their journey to independent living.

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Alive & Thrive Receives Funding for Second Year

Wyandot Behavioral Health Network has received a \$215,000 grant from Wyandotte Health Foundation to continue the work of a program that supports grassroots efforts to help communities prevent and heal from trauma. This marks the second consecutive



year that the Foundation has awarded its Cross-Sector Collaboration grant to the program Alive & Thrive Wyandotte County.

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Alive & Thrive Wyandotte County is a network of organizations and individuals that stimulates and supports grassroots-driven actions to help communities prevent and heal from trauma.

**FCC VOTES TO DESIGNATE
988 AS NATIONAL
SUICIDE PREVENTION
LIFELINE**

Last week, the FCC voted to designate 988 as the new, 3-digit National Suicide Prevention Lifeline. Wyandot Behavioral Health Network CEO Randy Callstrom applauded the FCC's decision.

"This is a huge step because when people are in crisis, they don't always know where to go for help. If 988 can become as familiar to us as 911 is, then we can save thousands of lives."

All phone service providers must begin directing all 988 calls to the existing National Suicide Prevention Lifeline by July 16, 2022. For the time being, anyone needing help should call the existing Lifeline number at 1-800-273-8255 (TALK).

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Trainings and Webinars

Presented by  METRO COUNCIL
Community Connections. Health. Culture.

Coping with Anxiety

w/ Kori Hintz Bohn
Thursday, Aug. 13
3:30 - 4:30 p.m.

Helping Grieving Children During Traumatic Events

w/ Steve Sewell
Thursday, Aug. 27
3:30 - 4:30 p.m.



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