

August
2022



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Psychiatrist,
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Vision

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\$350,000 Grant to ESH Will Provide Psychiatry Help to Area Youth

Created in 2017, the Clay County Children's Services Fund has been collecting funding through a voter approval of a sales tax to provide grants to organizations that offer services that protect the well-being and safety of children and youth and strengthen their families. Seeing a service gap for children's psychiatry care, the Excelsior Springs Hospital applied for a grant through the Fund which has been awarded in the full amount of \$350,000.

"The proposed project is for hospital-based outpatient and mental health services in Excelsior Springs," said ES Hospital CEO Kristen DeHart. "These services will be provided by LPCs/LCSWs with wraparound social services by a case manager. The goal is to be able to offer mental health services to an area where there are limited resources and children are put on wait lists to get the critical care they need."

Working with the Excelsior Springs School District, Good Samaritan Center, Clay County Public Health, and Clay County Family Courts, the hospital plans to accept referrals and provide outpatient

therapy to children and their parents. Classes in Conscious Discipline will help families learn how to approach problems with skills in composure, assertiveness, encouragement, choices, empathy, positive intent, and consequences. These classes will be offered between October and April of the program school year.

The hospital engaged in its first OP Behavioral Health Program in 2019 by contracting with Senior Life Solutions, a Behavioral Health Program targeted toward seniors. At that time the hospital explored opportunities to expand the services, focusing on adolescent ages. The program discussions were postponed as COVID-19 prevailed. However, now that the Clay County Children's Services Fund grant has been awarded, it allows these services to become established, eliminating the need for children to be added to a wait list or fail to receive care due to transportation barriers. The hospital's goal is to create a program that is sustainable over time, providing a healthier community of care continually for everyone.

Hello and Happy August!

It's that great time of year again – The back-to-school pictures are filling up our social media accounts - Such a fun transitional season for families and especially the students. I am very excited to be working with our partners at the Excelsior Springs School District and the Excelsior Springs Community Center to keep our community members, students and instructors safe in this new school year.

We are pleased to introduce new Physicians and programs at ESH. Featured this month, Dr. Roshan Dasari joins our ESH family and will be leading the charge for our Behavioral Health Program. ESH is the proud recipient of a very generous grant provided by the Clay County Children's Services Fund. The Grant funding will be used to provide foundational support to assist our children who face mental health and/or substance use pressures. These services will be provided in an outpatient setting and we are excited to be nearing the date to be ready to provide additional behavioral support. This very important service line will be ready to accept referrals in the early part of October.

Mental health challenges in youth are real, widespread, and have increased over the decades. Despite the conditions being treatable and preventable there has been limited access and limited availability of resources. I love that our team acknowledges the need and has enthusiastically stepped up to add this service to our portfolio of care options.



Kristen DeHart, CEO, Excelsior Springs Hospital

Our goal is to rid the stigma around mental health/illness, one patient at a time, and making our community healthier, more resilient, and more fulfilled. We believe it's not only our medical obligation to this community, but our moral obligation.

I look forward to introducing Dr. Dasari to our community. As always, If there are questions or suggestions that you have, our team would love to hear from you! Prayers and cheers for our teachers, students and those going "back to school". Be Safe!

Kristen DeHart

PEER SPOTLIGHT

**BRIANNA
TUCKER**

**Radiology
Technician**



- *Way to rock CT boards! We are all SO proud of you!*
- *Congratulations on passing your Computed Tomography Boards! We all knew you could do it!*
- *Thank you for helping me my first few days!! VERY much appreciated!*
- *You teamwork, calmness under pressure, patience and your ability to calm the patient and keep them happy should definitely be commended. You are the best.*

Dr. Roshan Dasari Begins New Adventure at ESH



Hospital welcomes Psychiatrist Roshan Dasari, left, pictured on vacation with his family.

After growing up in India, Dr. Roshan Dasari knew that in order to get an education in psychiatry, he would need to do that in the United States. In 2001, Dr. Dasari left India to come to the United States to study psychiatry. By 2005, he was studying Psychiatry at Kansas University, where he also met his wife.

“The education that I received from KU was fantastic,” Dr. Dasari said. “I had the opportunity to work at three VAs, Topeka Hospital, community hospitals and centers and pediatric care.”

In 2009 Dr. Dasari started his residency in Iowa and began working in telemedicine. It was amazing to him to see how he was able to offer psychiatry and give quality care to clients without transportation needed. After providing care in this manner for over a decade, Dr. Dasari was yearning to return to face to face client care. This is what led him to pursue the position that he now has with Excelsior Springs Hospital.

“Dr. Dasari joins our team with a wealth of knowledge that will help us build a foundation of psychiatry care for citizens of all ages,” said ES Hospital’s CEO Kristen DeHart. “Along with a grant that has been received to provide immediate care to our community’s youth, Dr. Dasari will help us build a program that will be used for years to come to benefit patient care.” (See *\$350,000 Grant to ESH page 1.*)

Dr. Dasari’s background and experience working in rural health offers the hospital important insight in creating a psychiatry program that will serve patients best. To become its own department, the hospital will offer accessible, psychiatric outpatient care for citizens throughout the area in the near future.

“I already feel like I’m home. The love and warmth this community has shown already has made me feel like I’m a part of it, which is how ‘community’ ought to be,” Dr. Dasari said.



HEALTH CARE
FOUNDATION

*SAVE
THE
DATE!*

Please Join Us For Our
**ANNUAL DINNER
& AUCTION**
Thursday, October 27



HEALTH & WELLNESS

All classes are held at ES Community Center

Friday, August 19th - 11:30 AM
Senior Support and Services presented by the
Good Samaritan Center

Wednesday, August 24th - 11:30 AM
Introduction to Dermatology presented by
Dr. Tarantino

Tuesday, August 30th - 11:30 AM
Understanding Benefits and Financial Support
presented by Jessica Marshall & Krysta Beattie

BLOOD DRIVE

DONATIONS SAVE LIVES

Excelsior Springs Hospital
Wednesday, August 24, 2022
9:00 AM - 1:00 PM

Community Room, 1700 Rainbow Blvd.

Appointments are preferred. Book your appointment today
at savelifenow.org/group, enter **Group Code: KCND**.

For additional details contact Chris Riegel at
816-629-2739 or criegel@esmc.org.

Medical eligibility questions? Call 1.800.688.0900



877.468.6844 • savelifenow.org



#cbcc

SPECIALTY PHYSICIAN CLINICS - AUGUST 2022

We encourage patients to call 816-629-2700 prior to your scheduled appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Surgery - Dr. Nespor	2 Rheumatology - Dr. Chaudhry	3 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	4 Podiatry - Dr. Shemwell Rheumatology - Dr. Daud	5 Pain Management - Dr. Hamilton Urology - Dr. Aberger
8 Cardiology - Dr. Madrigal Pain Management - Dr. Hamilton Surgery - Dr. Nespor Urology - Dr. Kozminski	9 Rheumatology - Dr. Chaudhry Orthopedics - Dr. Walker	10 GI Clinic - Dr. Cornette	11 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	12 Pain Management - Dr. Hamilton Pulmonary - Dr. Patel
15 Oncology - Dr. Beeki Pain Management - Dr. Hamilton Surgery - Dr. Nespor	16 Rheumatology - Dr. Chaudhry	17 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	18 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel Rheumatology - Dr. Daud	19 Pain Management - Dr. Hamilton
22 Pain Management - Dr. Hamilton Surgery - Dr. Nespor	23 Rheumatology - Dr. Chaudhry Orthopedics - Dr. Walker	24 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	25 Podiatry - Dr. Shemwell	26 Pain Management - Dr. Hamilton Urology - Dr. Aberger
29 Oncology - Dr. Beeki Surgery - Dr. Nespor	30 Rheumatology - Dr. Chaudhry	31 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette Urology - Dr. Kozminski		



Did you know you can
now pick up your
prescriptions at the
Lawson Primary Care?

Prescriptions / Transfers
Call 816-629-3576

FRIENDSHIP AND MENTAL HEALTH

Why Friendships Are Good for Our Mental Health

July 30th is the International Day of Friendship! *Everyday Health: Why Friendships Are So Important for Health and Well-Being* compiled data on the science behind good friendships and the mental health benefits. Many notable scientists have made it their life's work to study the benefits of relationships on both physical and mental health. If you want to know more regarding the doctors and their data, we recommend reading the full article.



One point to note is that relationships can be draining or supportive. The emphasis here is on friendships being a two-way street. Make sure your social circles are positive.

- **Friends Can Help Boost Self-Esteem:** Friends can improve your self-confidence and self-worth. A good friend will celebrate your successes and cheer you on.
- **Strong Social Connections Help Offset Life Stressors:** Having a friend to recount your day to or share a hug with can go a long way in helping us buffer stress.
- **Friendships May Help Protect Cognitive Health:** Research involving older adults found that having a large social network protects cognition and reduces the risk of dementia. However, more research is needed to say why that is.
- **Friends Help Us Cope with Grief of All Kinds:** Having people in our lives and social support is

- **CONTD:** probably the number one thing helping people get through traumatic times. Lonely people have more trouble bouncing back from life's challenges.
- **Friends Can Encourage Healthy Behaviors:** Having positive relationships with people who make healthy choices can motivate you to make similar healthy choices. For instance, if friends are into physical activity, you may be drawn into that.
- **Healthy Friendships Tend to Make Us Happier:** A solid social circle (measured by study participants' cellphone activity) was a better predictor of happiness and general wellness than fitness tracker data, such as heart rate and physical activity.

Like most things, friendships don't look the same for everyone, whether chosen friends or family members, quality matters over quantity, and the benefits follow positive social support!



WE ARE YOUR HOSPITAL'S PROGRAM

We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

CONTACT US

If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.

816-629-2629