



the source for BEHAVIORAL HEALTH IN TENNESSEE

# BEHAVIORAL HEALTH NEWS & EVENTS

Volume 7, Issue 3  
July 2019

[www.tamho.org](http://www.tamho.org)

TENNESSEE ASSOCIATION OF MENTAL HEALTH ORGANIZATIONS

## Message from the Executive Director

### Mental Health First Aid

Mental Health First Aid (MHFA) is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. Mental Health First Aid was created in Australia in 2001 by Betty Kitchener, a nurse specializing in health education, and Tony Jorm, a respected mental health literacy professor. In the United States, the program is operated by National Council on Behavioral Health.

Just as CPR training helps a person with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. In both situations, the goal is to help support an individual until appropriate professional help arrives.

Since its beginning, several courses have been developed to address the needs of special populations:

**#BetheDifferenceforVeterans:** For some members of the military, the struggle doesn't end when they leave the battlefield. Mental Health First Aid for Military Members, Veterans and their Families teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural factors related to military life.

**#BeTheDifference for Youth:** Youth Mental Health First Aid is an 8-hour public education program that introduces adults to the distinct risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help youth in crisis or experiencing a mental health challenge.

**#BeTheDifference for Public Safety:** Mental Health First Aid for Public Safety provides law officers and staff with more response options to help them de-escalate incidents and better understand mental illnesses so they can respond to mental health-related situations appropriately without compromising safety.

**#BeTheDifference for Older Adults:** Mental Health First Aid for Older Adults addresses the specific mental health challenges people aged 50 and older experience and teaches participants how to notice and respond to an older adult who may be living with a mental illness or addiction.

**#BeTheDifference for Fire and EMS:** Mental Health First Aid for Fire and EMS focuses on the experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their families' lives and the communities in which they live.

**#BeTheDifference for Rural Communities:** Mental Health First Aid for



Ellyn Wilbur  
Executive Director

Rural Communities teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural and environmental factors related to life in rural areas.

**#BeTheDifference for Higher Education:** Away from support systems that have been in place for the better part of their lives, college students may be at elevated risk for developing certain mental health and substance use issues. Mental Health First Aid for Higher Education teaches students, professors and other school faculty how to notice and respond to mental health and addiction challenges commonly experienced by youth in higher education settings.

**#BetheDifference for Teens:** This in-person training teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling. It's equipping young people with the knowledge and skills they need to foster their own wellness and to support each other. In partnership with Lady Gaga's Born This Way Foundation, this program is being implemented in the United States.

More than 1.5 million people have been trained in MHFA through 12,000 instructors throughout the USA and the momentum continues:

- Walgreens has announced they will work with the National Council to train more than 300 Walgreens team members within human resources in Mental Health First Aid as part of its commitment to workplace mental wellness.

- The US Chamber of Commerce Foundation recently announced its partnership with National Council to expand MHFA in the workplace, underscoring their belief that businesses of all sizes and in all sectors can benefit from empowering their employees with mental health awareness tools and skills.

This is such an important resource to educate the public about how to respond to signs of mental illness. All of us have friends and neighbors who could benefit from this knowledge. There are MHFA instructors across the state who are ready to assist. Please help us spread the word!

For more information:

<https://www.thenationalcouncil.org/about/mental-health-first-aid/>

<https://www.uschamberfoundation.org/mental-health-work>

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

<https://www.mentalhealthfirstaid.org/become-an-instructor/>



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Jimmie Jackson | Professional Care Services of West TN
- Immediate Past President**  
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Florence Hervey | Case Management, Inc.

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- Tennessee Mental Health Consumers' Association**  
Nashville | Anthony Fox, Executive Director
- Tennessee Voices for Children**  
Nashville | Rikki Harris, Chief Executive Officer

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- Executive Director | Elynn Wilbur
- Director of Policy and Advocacy | Alysia Williams
- Director of Member Services | Teresa Fuqua
- Director of Administrative Services | Laura B. Jean
- Project Manager TNCODC | Patrick Slay
- Statewide Peer Wellness Coach | Dina Savvenas
- Meeting Assistant | Carrie Ligon

**TDMHSAS Budget Sees Increased Funding**

*\$23,469,000 provided for behavioral health services*

Governor Lee’s budget for TDMHSAS increased funding for behavioral health services by \$23,469,900. This is the largest budget increase for TDMHSAS that most of us can remember.

The breakdown of the new funding is provided below.

We encourage you to write Governor Lee to thank him and let him know how much we appreciate his support of behavioral health.



**For a letter:**

Honorable Bill Lee  
Governor, State of Tennessee  
State Capitol, 1<sup>st</sup> Floor  
600 Martin Luther King Jr. Blvd.,  
Nashville, TN 37243

**For an email:**

bill.lee@tn.gov

**Approved FY20 Cost Increases**

Program	State Funding
Behavioral Health Safety Net	\$5,000,000
Creating Homes Initiative	\$3,000,000
Recovery Court Expansion	\$1,700,000
Women’s Residential Recovery Court	\$2,000,000
Criminal Justice Liaisons	\$1,000,000
Pre-Arrest Diversion Infrastructure Program (Capital Budget)	\$1,500,000
Tennessee Recovery-Oriented Compliance Strategy (TN-ROCS)	\$600,000
Naltrexone in Recovery Courts	\$2,000,000
Community Behavioral Health Medical Director	\$350,000
Tennessee Suicide Prevention Network	\$625,000
Youth and Young Adult Mental Health and Awareness Promotion	\$500,000
Regional Mental Health Institutes	\$6,194,900
East TN Inpatient Funding	\$1,000,000
County Jail Naltrexone	\$500,000
<b>Total</b>	<b>\$25,969,900</b>

**TNCODC Strategic Initiative Updates**

After serving as the Project Manager for the Strategic Initiative (SI) for close to three (3) years, Patrick Slay will be leaving TAMHO in July.

He has done a great job and we will miss him! Patrick plans to take some time off and at some point in the future, return to Career Counseling.



**Patrick Slay**

Please join us in thanking Patrick for a job well done as he winds down his activities with the Strategic Initiative. The job description and details for this position is posted on [www.cnm.org](http://www.cnm.org).

**Recent Regional COD Learning Community Meetings**

The West TN COD Learning Community meeting was held on April 30. The meeting addressed two topics, “Reducing Stigma” and “Action Planning with the COMPASS-EZ”. Two guests presented on their programs: Melinda Hardin, NAMI Tennessee, presented on NAMI’s





programs and resources for overcoming the stigma and Sundra Harris, Mental Health America of the MidSouth, presented on the Erasing the Stigma/IC Hope program. An open topic discussion was held on action planning with the COMPASS-EZ, focusing on sections one and two of the tool: “Program Philosophy” and “Program Policies”. 19 agencies participated with a total of 31 attendees.

The Middle TN COD Learning Community meeting was held on May 7. The meeting addressed two topics, “Stages of Change/Stage Matched Intervention” and “Action Planning with the COMPASS-EZ”. Kathryn Benson, LADAC II, NCAC II, QCS, presented on Stages of Change/Stage Matched Interventions. An open topic discussion was held on action planning with the COMPASS-EZ, focusing on sections one and two of the tool: “Program Philosophy” and “Program Policies”. 15 agencies participated with a total of 36 attendees.

The East TN COD Learning Community meeting was held on May 16. The meeting addressed two topics, “Peer Support Services” and “Action Planning with the COMPASS-EZ”. A panel of five providers discussed their approach to Peer Support Services and Certified Peer Recovery Specialists talked about the “day-in-the-life of a peer”. Unfortunately, Lisa Ragan, Director of Office of Consumer Affairs and Peer Recovery Services at TDMHSAS, was not able to attend as she was to present on the Certified Peer Recovery Specialist Program and discuss the key aspects of overseeing Peer Support Services. An open topic discussion was held on action planning with the COMPASS-EZ, focusing on sections one and two of the tool: “Program Philosophy” and “Program Policies”. 14 agencies participated with a total of 31 attendees.

The next round of meetings will be scheduled once the new Project Manager is in place.

**Training on Stages of Change/Stage Matched Interventions – Available as Recorded Videos**

Live trainings on Stages of Change/Stage Matched Interventions were recorded on June 25 for future 24/7 viewing by anyone in the learning community. The training was conducted in person by Dr. Ken Minkoff. An audience of 16 individuals from 7 agencies attended this interactive day. The trainings were separated into three 1-hour sessions. Additionally, two 1-hour sessions were recorded where the audience reviewed

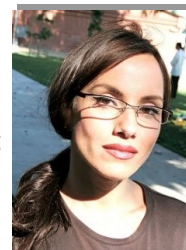
an adult case study and simulated a case staffing, creating a treatment plan and next steps for the client and treatment team.

The recorded videos should be available by late July and will be available through the Strategic Initiative website.

**My Health, My Choice, My Life — Peer Wellness in Tennessee**

Here’s what’s happening around Tennessee for the My Health My Choice My Life Peer Wellness Initiative:

We had our Quarterly Team Meeting on June 25<sup>th</sup> at Ridgeview BHS in Oak Ridge to plan out some big goals for the new Fiscal Year. We are in the process of securing facilities and locking in dates for Chronic Pain Self-Management Trainings in West and Middle TN in the next few months. We will announce those statewide, as we always do, and the announcements will also go out to all CPRS’s in the state via Constant Contact from Michelle Webster.



Dina Savvenas



We were updated just last week in the most current version of the Tobacco Free Program by the University of Colorado, and we look forward to utilizing the new version of this program as well as training others in this curriculum statewide.

We are no longer utilizing the Well Body Program, but are implementing a new wellness workshop called NEW-R (Nutrition and Exercise for Wellness and Recovery) and we are excited about that!

If you would like to see pictures of us in action, browse our Recipe Guide for healthy meal and snack ideas, or find a Peer Wellness Coach in your area, please visit: <https://www.tn.gov/behavioral-health/my-health-my-choice-my-life.html>

**The trusted voice for Tennessee’s behavioral health system for sixty years.**

TAMHO member organizations serve adults and children with a range of emotional disorders, mental illnesses, and addiction disorders.

- ADOPTION SERVICES
- CRISIS SERVICES: CRISIS RESPONSE, CRISIS RESPITE, WALK-IN CENTER SERVICES
- CRITICAL INCIDENT STRESS DEBRIEFING
- DISASTER RESPONSE
- FAMILY SUPPORT SERVICES
- ILLNESS MANAGEMENT AND RECOVERY (IMR)
- INPATIENT SERVICES
- INTEGRATED MEDICAL CARE
- INTENSIVE COMMUNITY-BASED SERVICES: CONTINUOUS TREATMENT TEAM (CTT), COMPREHENSIVE CHILD AND FAMILY TREATMENT (CCFT), PROGRAM OF ASSERTIVE COMMUNITY TREATMENT (PACT)
- INTENSIVE OUTPATIENT SERVICES
- OPIOID USE DISORDER TREATMENT
- OUTPATIENT TREATMENT: PSYCHIATRIC EVALUATION, MEDICATION MANAGEMENT, INDIVIDUAL THERAPY, FAMILY THERAPY, SUBSTANCE USE TREATMENT
- PEER RECOVERY SERVICES
- PREVENTION SERVICES
- PSYCHOSOCIAL REHABILITATION
- RESIDENTIAL TREATMENT SERVICES
- SCHOOL-BASED SERVICES
- SPECIALTY TREATMENT SERVICES
- SUPPORTED EMPLOYMENT
- SUPPORTED HOUSING
- TENNESSEE HEALTH LINK
- THERAPEUTIC FOSTER CARE
- TRAUMA FOCUSED TREATMENT

With the implementation of Tennessee Health Link in 2016, most TAMHO members also coordinate physical care as well as provide interventions for mental illness, addictions and co-occurring disorders.



# TAMHO MEMBER ORGANIZATION HAPPENINGS

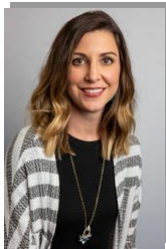
## Children’s Mental Health is Important. Parents Must Insure They are Covered | OPINION

*Access to health care services can be the difference between life and death for a child with mental health needs.*

ARTICLE REPRINT | The Tennessean / OPINION | May 19, 2019 | GUEST COLUMNIST Rikki Harris, Tennessee Voices for Children (TVC) | <https://www.tennessean.com/story/opinion/2019/05/19/tennessee-children-mental-health-tenncare/3671494002/>

May 9 was National Children’s Mental Health Awareness Day.

At Tennessee Voices for Children, we believe that access to health care services can be the difference between life and death for a child with mental health needs. Rates of youth suicide are rising, and 80% of children who need help will not get it. Sources say that one in three children on TennCare has a mental health condition, a higher than average prevalence rate.



Rikki Harris

One of the leading causes of disability in young people is neuropsychiatric disorders.

Neuropsychiatric conditions are mental disorders that are usually caused by diseases of the nervous system and include ADHD, autism, eating disorders and depression. These diseases can be debilitating for a child.

In addition to poorer educational and employment outcomes, untreated mental health issues increase the likelihood that a young person will become involved in the juvenile justice system, leading to a higher risk of entering the criminal justice system as an adult. Studies show that greater access to mental health services will also decrease the high rate of incarceration in America.

Half of all mental health conditions begin by age 14, so early intervention programs can be highly effective for young people, leading to better days in school, stable employment, and better quality of life.

Recently, there were reports that more than 100,000 children have been disenrolled from TennCare. Several years ago, TennCare hit a peak in its membership when the program paused annual eligibility redeterminations. Since eligibility redeterminations restarted, Tennessee is experiencing a decline in the number of children covered, although TennCare reports that there are now more children on TennCare than before the pause.

Regardless of varying positions on disenrollment of children from TennCare, it is time now to ensure that all eligible children are covered and maintaining enrollment. With the services provided to children from TennCare, as well as from federal children’s

program CoverKids, our state is well-suited to provide the care that children need to help them become healthy and productive members of our communities.

Children on TennCare will enjoy better health, reduced mortality, and fewer hospitalizations and emergency department visits. They will do better in school, have higher reading scores and are more likely to complete high school and college. These children are more likely to become healthy adults, leading to reduced health care costs and increased savings for the state. By ensuring that every eligible child is enrolled in TennCare and CoverKids, we can help children reach their full potential. If you think your child is eligible for TennCare you should call 855-259-0701.

The need for mental health services is on the rise in Tennessee. Parents can be their child’s best advocate to ensure that they have help. Parents and caregivers are empowered to take an active role, and in fact be in the driver’s seat when it comes to their child’s healthcare. Families must speak boldly about barriers to accessing care and ask for what they need to support their child’s well-being.

So, to celebrate Children’s Mental Health Awareness Day, Tennessee Voices for Children kicked off our MEGAPHONE CAMPAIGN. Please join us in magnifying our voice and maximizing our reach so that all Tennessee children will have access to mental health care if they need it. Mental health is real and treatable. The time is now to be a voice for the voiceless.

*Rikki Harris is CEO of Tennessee Voices for Children.*

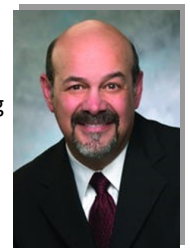
## How to Prevent and Heal Childhood Trauma | OPINION

*When ignored, adverse childhood experiences can lead to toxic stress response in which the body’s stress systems go on “high alert” and stay there.*

ARTICLE REPRINT | The Tennessean / OPINION | May 15, 2019 | GUEST COLUMNIST Dr. Bob Vero, Regional CEO of Centerstone | <https://www.tennessean.com/story/opinion/2019/05/15/adverse-childhood-experiences/3678104002/>

Evidence shows that children who experience traumatic events have a higher incidence of physical, mental, economic and social challenges as they age. Societal issues stemming from childhood trauma are now so pervasive that policymakers are taking note.

I am heartened that Nashville Mayor David Briley has declared an Adverse Childhood Experiences (ACEs) Awareness Day for the city. This action was an important recognition for



Bob Vero, Ed.D.

many Tennesseans, one that moves us a step closer to preventing childhood trauma while also helping individuals and communities heal past hurts and successfully reclaim their futures.

Adverse Childhood Experiences, commonly referred to as ACEs, are traumatic childhood events like physical and emotional abuse or neglect, sexual abuse and family issues, including mental illness, addiction, divorce and incarceration. Being impacted by poverty, racism and bullying qualify as ACEs, too.

#### **There is now action to address ACEs**

When ignored, ACEs can lead to a toxic stress response in which the body's stress systems go on "high alert" and stay there. Without a safe, stable, nurturing adult around to help buffer the impact, toxic stress can negatively impact brain development and factor into a wide range of current and future physical and behavioral health problems.

More than half of adults in our state experienced trauma as a child. A report from The Sycamore Institute says nearly 60% of Tennesseans have experienced one or more ACEs. That led to a \$5 billion impact on our state economy through medical costs and lost productivity from employees missing work in 2017.

Fortunately, there is growing recognition—and action—to address adverse childhood experiences.

Collaborations like All Children Excel (ACE) Nashville facilitate partnerships among providers, caregivers and the community to help prevent and reduce the impact of ACEs and improve community health. Increased collaboration and awareness drives discussion, action and positive change.

Building Strong Brains Tennessee is a statewide initiative to create culture change so that the state's overarching philosophy, policies, programs and practices focus on utilizing the latest brain science to prevent and mitigate the impact of ACEs.

#### **Learn to ask the right questions.**

As a health care administrator, I know focused prevention of ACEs is crucial. At Centerstone, our Early Childhood Services team works with expectant parents in fourteen Tennessee counties to reduce toxic stress during pregnancy and teach bonding techniques that will boost their baby's brain development. Other related services include postpartum depression treatment, family therapy and fatherhood engagement plans.

Where the impact of ACEs is already present, the next best step is trauma-informed care that begins to heal the pain of childhood adversity. It starts not by asking an individual, "What's wrong with you?" but rather "What happened to you?" In our services to incarcerated parents, taking that approach while teaching mindfulness and other therapeutic coping techniques is resulting in positive, hopeful outcomes.

I hope that every Tennessean will commit to recognizing ACEs and countering childhood trauma. Find a local ACEs education event through the Tennessee Commission on Children and Youth ([www.tn.gov/tccy](http://www.tn.gov/tccy)). Look for ways in everyday life to build resilience and recovery capital in the children you encounter.

Investing in kids and being a positive role model guides them and our entire state toward greater success and wellbeing.

Dr. Bob Vero is Regional CEO of Centerstone ([centerstone.org](http://centerstone.org)), overseeing the not-for-profit healthcare organization's operations in Tennessee and Georgia. He is also Co-chair of Nashville Mayor David Briley's Behavioral Health and Wellness Advisory Council.

## **United Health Foundation Partners with Helen Ross McNabb Center and The University of Tennessee Medical Center to Fight Opioid Abuse in Tennessee**

ARTICLE REPRINT | United Health Group / OPINION | July 10, 2019 | <https://www.unitedhealthgroup.com/newsroom/2019/2019-07-10-uhf-mcnabb-univ-tenn-partner.html>

cid=IC:UHG:OA:7.10.19:standard:NAT:Newsroom

The United Health Foundation today announced a three-year, \$1.05 million grant to Helen Ross McNabb Center to expand The University of Tennessee's Medical Center's Emergency Room Substance Misuse Harm Reduction and Engagement Program. The goal of the partnership is to reduce the prevalence of opioid overdose throughout East Tennessee by engaging patients entering the emergency department and increasing access to providers and behavioral health services.

On the rise

"Every day we see the devastating effects of substance abuse and addiction on East Tennesseans," said Jerry Vagnier, president/CEO of the Helen Ross McNabb Center. "We are grateful to have a partner like the United Health Foundation to help us expand the reach of our resources and services to meet the needs of our neighbors and their families. Together we will improve the lives of the people we serve."

Tennessee ranks 38th in drug-related deaths with a rate of 22 per 100,000 in 2018, according to America's Health Rankings. The drug-related death rate in Tennessee has nearly doubled over the previous 12 years.

New hires

The three-year grant partnership will support Helen Ross McNabb Center's mission by:

Educating all individuals seeking care at UT Medical Center's Emergency Room about available resources and services to help address their substance abuse/addiction, particularly individuals addicted to opioids;

Engaging more than 250 patients per year with the goal of 100 of those patients accepting a referral to outpatient, residential or other treatment options per year, and

Hiring addiction and peer support specialists to work within the emergency department to directly engage patients with needed resources and support.



“The United Health Foundation has built a critical partnership with the McNabb Center and the University of Tennessee Medical Center to provide resources for substance abuse addiction,” said Tennessee Governor Bill Lee. “These efforts provide much-needed support in the fight against the opioid crisis and will do significant work in creating pathways to healing.”

For the United Health Foundation, partnering with Helen Ross McNabb Center and UT Medical Center was the right thing to do.

“Helen Ross McNabb Center and The University of Tennessee Medical Center work every day to help individuals and families fight substance abuse and addiction, and we are honored to partner with them in their efforts,” said Heather Cianfrocco, United Health Foundation board member and CEO of UnitedHealthcare’s Community Plans. “Through this partnership, we are helping to expand access to mental and behavioral health services which are critical to helping build healthier communities right here in Knoxville.”

Earlier this year UnitedHealthcare, a UnitedHealth Group company, partnered with Shatterproof, a national nonprofit, to introduce oral

## New Centerstone Roles for Shelton, Lockman



Richard C. Shelton, MD

ARTICLE REPRINT | Nashville Medical News | June 24, 2019 | <https://www.nashvillemedicalnews.com/new-centerstone-roles-for-shelton-lockman--cms-3127>

Behavioral health organization Centerstone recently announced Richard C. Shelton, MD, has been named the chief science officer for the organization and Jennifer Lockman, PhD, has been tapped to lead Centerstone's Research Institute as CEO. The new positions took effect June 1.



Jennifer Lockman, PhD

Shelton served as CEO for the Research Institute for three years, during which time he elevated the role of science in the care being delivered around the nation. A graduate of the University of Louisville Medical School, he is currently the Charles Byron Ireland Professor, vice chair for Research, and head of the Mood Disorders Research Program in the Department of Psychiatry and Behavioral Neurobiology at the University of Alabama at Birmingham.

Lockman joined Centerstone in 2007 and most recently oversaw the Research Institute's clinical research program, serving as a liaison with external researchers and creating new methods for measuring clinical outcomes. After completing her doctorate in counseling psychology from Purdue University, she completed her psychology internship at the University of Rochester Medical Center and a competitive research postdoctoral fellowship at the VISN 2 Center of Excellence for Suicide Prevention. She maintains a research program and professional practice in suicide prevention.

## Knoxville Top Workplaces: McNabb Center Received Top Honors

ARTICLE REPRINT | Knoxville News Sentinel | June 25, 2019 | Jim Gaines | <https://www.knoxnews.com/story/money/business/2019/06/25/2019-knoxville-top-workplaces-winners-announced/1558490001/>

Helen Ross McNabb Center received top honors at the Knoxville News Sentinel's Top Workplaces Awards breakfast. The Center was recognized as the #1 top workplace in the large business category and Jerry Vagnier, president and CEO, was awarded the Leadership award in the same category.



The Helen Ross McNabb Center's team of board members and staff smile at the Knoxville News Sentinel's 2019 Top Workplaces Awards Ceremony at the Foundry in World's Fair Park in Knoxville.

"Leaders that make good role models set a high standard for themselves and then live out the standard daily in their own life," Vagnier said.

The Top Workplaces Awards are based solely on employee feedback gathered through a third-party survey administered by Energage, a leading provider of technology-based employee engagement tools. The anonymous survey measures several aspects of workplace culture, including alignment, execution and connection.

The Center's mission focuses on "improving lives," and that includes employees. Made up of more than 900 professionals, the Center is committed to providing an empowering workplace for its employees.

tamho  
tennessee association of mental health organizations

The trusted voice for Tennessee's behavioral health system for sixty years.

[www.tamho.org](http://www.tamho.org)

### Mark your calendar and plan to join us for the TAMHO Annual Conference!

December 12-13, 2019  
December 10-11, 2020  
December 9-10, 2021

Franklin Marriott Cool Springs  
Franklin, Tennessee



### TRAINING AND EDUCATION RESOURCES

[WWW.TAMHO.ORG/CONFERENCE-RESOURCES](http://WWW.TAMHO.ORG/CONFERENCE-RESOURCES)

## An Individual Placement and Support (IPS) Success Story

ARTICLE REPRINT | FACEBOOK | May 14, 2019 | Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) | <https://www.facebook.com/TNMentalHealthSubstanceAbuseServices/videos/458537601565985>

It took a full year of hard work, searching, and persistence, but it all paid off for John. Hear how he and his employment specialist at Carey Counseling Center, Inc. kept their search going and found the perfect fit through the Individual Placement and Support model of Supported Employment. And now, after a year on the job, John is an integral part of the team at A&J Salvage in Union City.

Individual Placement and Support (IPS) is a model of supported employment for people with serious mental illness (e.g., schizophrenia spectrum disorder, bipolar, depression). IPS supported employment helps people living with behavioral health conditions work at regular jobs of their choosing.

In partnership with the Tennessee Department of Human Services-Vocational Rehabilitation and our network of community providers, TDMHSAS offers services in the Individual Placement and Support (IPS) Supported Employment model. People receive assistance in obtaining employment, and once employed, supports are provided to assist in maintaining the job.

Learn more at <https://www.tn.gov/behavioral-health/mental-health-services/employment-services/employment-services/supported-employment.html>.



John, Carey Counseling Center

## MEMBER HIGHLIGHT

### June Winston

Executive Director | **LOWENSTEIN HOUSE**

June Winston has spent the last 35 years at Lowenstein House in Memphis, Tennessee.

June started as Program Director at Lowenstein House in October of 1984. In 1987, she was promoted to the position of Executive Director.



June Winston

She shares that her favorite memories during her time at Lowenstein House include any time spent with their members — the consumers we serve, whether it's through outings, special events or any activity in which their accomplishments are celebrated. June's door is always open to the Lowenstein members and she sincerely wants to hear how they're doing. June recently shared that the people they serve have endured so much in life and to be able to see them achieve goals they may have never thought possible, or just simply enjoy life, makes it all worth every effort.

When asked what people might be surprised to learn about her, June noted that she is a retired Delta Airlines employee. She

worked part-time for the airlines for 10 years —just long enough to retire with full flight benefits. During her time with Delta Airlines, she met many people, got to travel, and on top of all that, she noted that it was an easy and enjoyable job that she refers to as her “free flight benefits” job and now provides the fortune of having flight benefits for life.

When asked what her favorite thing to do when she's not working, June replied “traveling of course!” and planning family trips. Her family thinks of her as the official family travel agent — a role she doesn't mind a bit. She also shared that she enjoys researching her family history through Ancestry.com.

June is a great asset to TAMHO representing Lowenstein House as an Affiliate member of the Association. She is always willing to step up and serve wherever she or her staff are needed.

Thanks to your service to the behavioral health community!

**Let's not talk about why it won't work, let's talk about how we can make it work.**

**I want us to always see the possibilities. —June Winston**



**Lowenstein House**

Mental Health Rehabilitation • Support • Recovery





# STATEWIDE HAPPENINGS

## TDMHSAS Releases Crisis Intervention Team in Tennessee Report

*Specialized mental health training for law enforcement to improve outcomes.*

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) today released a report on the usage of the Crisis Intervention Team techniques across the state noting the successes seen in areas where the specialized training for law enforcement is improving outcomes for residents living with mental illness.

Funded by a federal grant to TDMHSAS from the U.S. Department of Justice, the study of CIT in Tennessee was conducted by the National Alliance on Mental Illness Tennessee with the support of the Tennessee Department of Correction and a statewide taskforce of stakeholders including law enforcement, mental healthcare professionals, advocates, and families.

“We know that community partnerships and training are essential to improving outcomes for people living with mental illness and the law enforcement professionals who keep communities safe,” said TDMHSAS Commissioner Marie Williams, LCSW. “This report puts a spotlight on this homegrown success story and shows the way for new communities to create successful CIT programs.”

The implementation of the CIT model began in Memphis in 1988. Since then, it has spread to 18 of Tennessee’s 95 counties. The



co-chair of CIT International, retired Memphis Police Major Sam Cochran, was part of the CIT in Tennessee Taskforce.

The report details the current picture of Crisis Intervention Team strategies for community policing and partnerships to improve outcomes for Tennesseans living with mental illness. The report also includes tools for communities that are interested in expanding CIT to their area.

“It’s been so exciting to see all these different individuals come

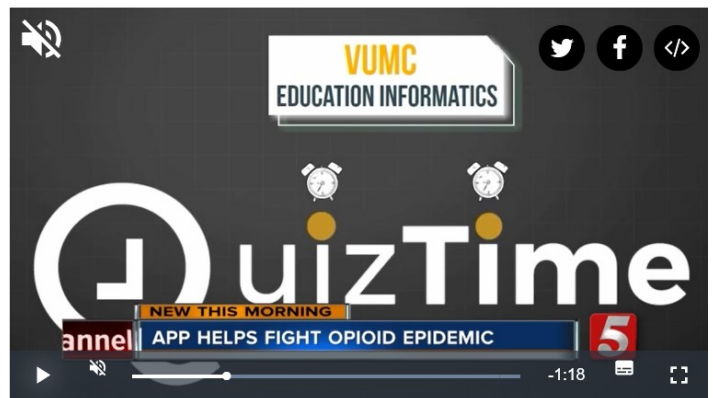
together and their absolute passion for CIT. The stakeholders who contributed to this report have a significant investment in this model and a passion to do whatever they can to help other communities create CIT partnerships,” said TDMHSAS Director of Consumer Affairs and Peer Recovery Services Lisa Ragan, MSSW.

View the full report at [https://www.tn.gov/content/dam/tn/mentalhealth/documents/Advancing\\_CIT\\_Programs\\_in\\_Tennessee\\_ALL.pdf](https://www.tn.gov/content/dam/tn/mentalhealth/documents/Advancing_CIT_Programs_in_Tennessee_ALL.pdf).

## Questions to Medical Pros Keeping Them Up-To-Date

ARTICLE REPRINT | NewsChannel5 Nashville | July 8, 2019 | Kristen Skovira | <https://www.newschannel5.com/news/vanderbilts-quiz-time-app-sends-opioid-related-questions-to-medical-pros-keeping-them-up-to-date>

This summer, doctors and educators are fighting the opioid



epidemic, one question at a time. Every day, clinicians and pharmacists across Tennessee are faced with questions about opioids. Now, there's a new app, called "Quiz Time" built to prepare medical professionals for those very questions.

"You pick your time that you want your question delivered to you right on your phone," said Dr. David Edwards, Pain Clinic Director at Vanderbilt University Medical Center.

The program sends one question a day by email or text to participating health professionals. Answer the question right or wrong and get immediate feedback.

Please visit <https://www.newschannel5.com/news/vanderbilts-quiz-time-app-sends-opioid-related-questions-to-medical-pros-keeping-them-up-to-date> to view the full story and video link.





**PLANNING & POLICY COUNCIL**

Schedules for the **Statewide Planning and Policy Council** and **Regional Council** meetings and information are available online at:

<https://www.tn.gov/behavioral-health/research/data--research-and-planning/planning/planning/council-overview/2019-regional-council-meeting-schedule.html>

**DIRECT QUESTIONS AND INQUIRIES TO:**

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**Amy Holland**  
(615) 253-3785  
Amy.Holland@tn.gov



**TCCY Announces New Podcast**

*A new source for information for those dedicated to improving child well-being in Tennessee*

TCCY recently announced its new podcast *Roots and Wings*.

The podcast will be another source of information for all of us who are dedicated to improving child well-being in our state... one more opportunity to encourage all of us to help Tennessee children to be safe, healthy, educated, nurtured, and engaged toward achievement of their fullest potential ... one more chance to consider issues, solutions and innovation to support children – and, to support the success of our communities and Tennessee prosperity.



The first episode is available... to give it a listen, go to:

<http://www.buzzsprout.com/335633>

**Tennessee Department of Health Raises Awareness About Human Trafficking**

*The Red Sand Project*

The Tennessee Department of Health – Reproductive and Women’s Health team has joined forces key stakeholders and community partners across the state to raise awareness about human trafficking, that is a serious public health issue. We have partnered with local and statewide organizations to form a Red Sand Committee, utilizing resources from the <https://redsandproject.org/>. The TN Red Sand Committee has come together to take the lead in creating a comprehensive Tennessee specific Human Trafficking Awareness Resource Guide. This resource guide will contain resources, activities, data and much more for Tennessee public health educators and community partners. This guide will be ready for use in June 2019.

The Tennessee Department of Health – Reproductive and Women’s Health team and the TN Red Sand Committee has deemed July

29<sup>th</sup> – August 3<sup>rd</sup>, 2019 as the week that we will spread awareness about Human Trafficking.

During this week local health departments and community partners will host educational/ awareness events about human trafficking. We are asking that each partnering agency designate one day, during that week, to participate in the spotlight event called the Red Sand Project initiative. The TDH and several other partnering agencies have chosen July 31, 2019 as the day that they will host events where red sand will be poured. July 31<sup>st</sup> is World Day against Trafficking in Persons and we would like to stand as a nation, to raise awareness.

**What is the Red Sand Project?**

The Red Sand Project is participatory artwork that uses red sand to create a sidewalk intervention that jumpstarts opportunities for people to question, connect and take action against vulnerabilities that can lead to human trafficking and exploitation. The premise



of the project is to pour red sand in cracks in high foot-trafficked areas to show that the most vulnerable people in our communities carry the greatest risk of losing their freedom. The process of filling sidewalk cracks with sand requires you to be mindful of something that is usually overlooked. People will walk by and ask what you are doing? At that point, we have an opportunity to engage individuals in dialogue about human trafficking and how it is a public health issue here in Tennessee. Below you can find more information about the Red Sand Project and ways that other states have implemented this initiative. To open the link [<https://redsandproject.org/>] you will have to use Google Chrome.

Please contact, Amber Jackson, for more information. [Amber.jackson@tn.gov](mailto:Amber.jackson@tn.gov)



## Moving Forward Together!

### 2019 IPS Conference

Approximately 125 IPS professionals from across Tennessee recently attended the 2019 IPS conference in Franklin, Tennessee.

Opening remarks were provided by Commissioner Marie Williams, and the Department of Human Services (DHS) Commissioner, Danielle Barnes. Deputy Commissioner Matt Yancey, Assistant Commissioner Rob Cotterman, Deputy Commissioner Cherelle Campbell-Street of DHS and Assistant Commissioner Mandy Johnson also of DHS participated in the conference by presenting awards.

The conference is a collaborative effort between DMHSAS and DHS-VR and provides opportunity for direct service staff, VR counselors, IPS statewide leadership, and IPS community affiliates to celebrate progress made in serving individuals who pursue competitive work opportunities through the IPS Supported Employment initiative. Presenters at this year's conference included Melody Riefer, Senior Program Manager for Advocates for Human Potential; Alice Chamberlain, Frontier Health; Brandi Long, Carey Counseling Center; Toshia McGhee Helen Ross McNabb; LaTonya Mosely, Pathways Behavioral Health Services; Tiffanie Whitaker, Mental Health Cooperative; Jules Wilson, TDMHSAS; Jessica Mullins, TDMHSAS, and Jim Jones, Pathways Behavioral Health Services.

Please visit <http://www.tamho.org/2019-ips-conference> to view handouts and other event details.



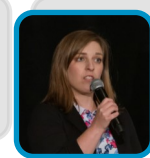
**MARK LIVERMAN, RUTH BROCK, DEPUTY COMMISSIONER MATT YANCEY, COMMISSIONER DANIELLE BARNES, COMMISSIONER MARIE WILLIAMS**



**RIEFER**



**WILSON**



**MULLINS**



**JONES**

## 2019 CHAMPION AWARDS

### Employer IPS Champion

Sean Bain

### Working Member IPS Champion

Joseph Ryan

### IPS Team Leader IPS Champion

Caroline Sands

### Vocational Rehabilitation Counselor IPS Champion

CL'audia Anthony

### Employment Specialist IPS Champion

LaTonya Mosely



**CASSIE BELTER, NICHOLE PHILLIPS, ALICE CHAMBERLAIN, BRANDI LONG, ROSHIA MCGHEE, LATONYA MOSLEY, TIFFANIE WHITAKER**



**BAIN**



**SANDS**



**ANTHONY**



**MOSELY**

Joseph Ryan was unavailable for photos.



This project is funded under a Grant Contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.

Photos by Tony Young at His Image Design.  
[Click Here for full gallery.](#)



**Individual Placement and Support**

*Recovery through Employment*

## Building Capacity for Post-Disaster Community Recovery

*Helping Communities Recover in the Months and Years to Come After a Disaster*

The 2019 Disaster Preparedness and Behavioral Health Conference was once again a huge success. TAMHO, the Department of Mental Health and Substance Abuse Services, and the Tennessee Department of Health partnered to host the 3rd annual event.

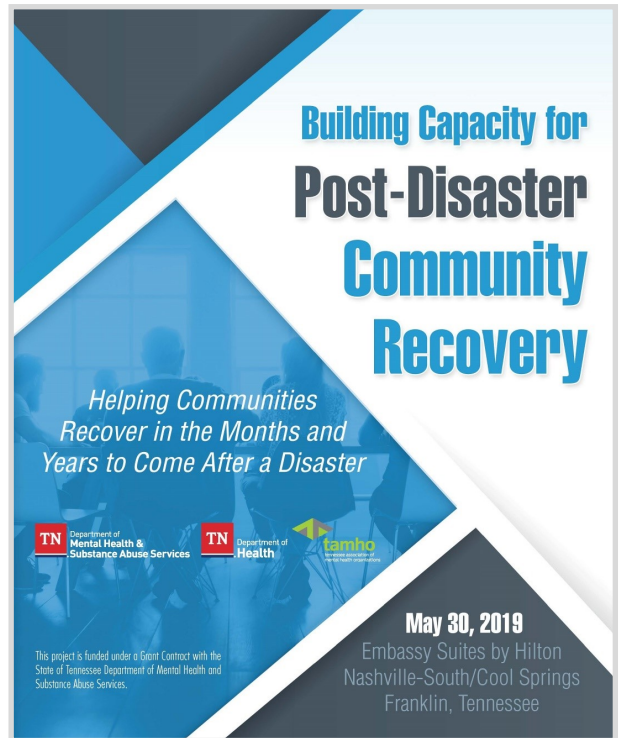
Welcome and opening remarks were provided by State Department representatives. This year the partner organizations were excited to add representation by the Office of Emergency Management Services with Mr. Cecil Whaley providing remarks.

Keynote speaker Joshua Barnes addressed the group during the Opening General Session and throughout the day's sessions providing a national perspective in comparison to what's being seen around disaster response.

Other speakers and panelists include James E. Tabor, Jr. representing the Health Coalitions; Kandy Templeton, Candace Allen, Lacy Monday, and Kristi Tipton providing highlights on behavioral health service provision; and, Mary Katsikas along with Janet Watkins and Mike Hermann with the Tennessee Department of Education addressing the long-term impact of disaster on children.

A huge thanks to James E. Tabor, Jr., for facilitating the table-top exercise that without a doubt strengthened Tennessee's response capacity for post-disaster recovery efforts.

Thanks to TDMHSAS representatives Dennis Temple and Anita Bertrand for their leadership in developing this event.



**WHALEY**



**HERMANN and WATKINS**



**BARNES**



**TEMPLETON, MONDAY, TIPTON, ALLEN**



**TABOR**

Photos by ROLAND'S Photography. Click [here](#) for full gallery.

*This project is funded under a Grant Contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.*



# Statewide Crisis Response — *The First Line of Hope*

## 2019 Tennessee Statewide Crisis Services Annual Conference

TAMHO and the Tennessee Department of Mental Health and Substance Abuse (TDMHSAS) partnered to host the 4<sup>th</sup> annual Statewide Crisis Response Conference held at Embassy Suites in Franklin, TN June 27<sup>th</sup>.

The theme for this year's Tennessee Statewide Crisis Services Annual Conference, *The First Line of Hope*, was seen in the message of every speaker throughout the conference. The keynote address by Mr. Kevin Berthia, a self-proclaimed 'grateful suicide survivor and suicide prevention advocate,' began the event with his story of pain and triumph through hope.

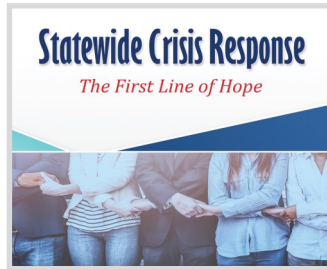
The Department was also excited to meet and introduce Captain Michael King, the newest Regional Administrator for Region 4 from SAMHSA, and were delighted to learn how he plans to work with Tennessee moving forward.

A huge highlight of the conference were five TEDTalk style presentations by those with lived experience in mental health, substance abuse, and suicide attempts and ideation,

highlighted with two outstanding spoken word presentations by youth poets affiliated with Southern Word.

After lunch Dr. Arie Nettles with Vanderbilt University Medical Center, Becky Stoll with Centerstone, as well as Glen Gaugh and Raquel Shutze with Youth Villages addressed Unconscious Bias, Providing Safer Suicide Prevention Care, and Youth At-Risk of Action on School and Community Violence, respectively. To top off this day of engagement and education, Dina Savvenas with TAMHO taught us all the Joy of Bellydance! Though it is impossible to thank these speakers enough for their time and dedication, all present left the day with their cup more full with hope and inspiration to continue their journey.

The TDMHSAS would like to extend their gratitude to every person serving the Tennessee Crisis Continuum. This conference serves as a thank you for the advocacy, compassion, and dedication that is conveyed to the citizens of Tennessee during their most vulnerable times.



**BERTHIA    MURPHY    KING    SAVVENAS**



**NETTLES    STOLL    SHUTZE    GAUGH**



**BENNETT    JEFFERIES    FLATT    WILLIAMS**



**SOUTHERN WORD**



**STATEWIDE CRISIS SERVICES SUPERVISORS**

## TENNESSEE CRISIS SERVICES EMPLOYEE RECOGNITIONS

### LEADING THE FIRST LINES OF HOPE . . .

#### 1st Quarter

**Angela Duncan**

Volunteer Behavioral Health System



#### 2nd Quarter

**Monica Carney**

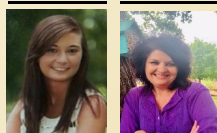
Alliance Healthcare Services

**Duncan    Carney**

#### 3rd Quarter

**Elizabeth King**

Quinco Mental Health Center



#### 4th Quarter

**Stephanie Powers Guy**

Volunteer Behavioral Health System

**King    Powers Guy**



Photos by ROLAND'S Photography. [Click here](#) for full gallery.

This project is funded under a Grant Contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.



# NATIONWIDE HAPPENINGS

## “Mental Health for Us” Launched Ahead of 2020 Election Season

Nonpartisan initiative from leading organizations shines spotlight on mental health and addiction

Eight of the nation’s most prominent mental health and addiction organizations united today to launch *Mental Health for US*, a landmark nonpartisan initiative designed to elevate mental health and addiction in policy conversations during the upcoming election season.

Nearly one in five Americans live with mental illness and one in 12 live with addiction. In 2017, 70,237 Americans died from a drug overdose. Every day, an estimated 17 veterans die by suicide, and more than 46% of homeless adults within the U.S. live with severe mental illness. By educating the public on the severity of America’s health crisis, *Mental Health for US* seeks to be a catalyst in effectively and holistically addressing mental health and addiction to reduce suicide and overdose deaths.

The movement launched at The American Foundation for Suicide Prevention’s 10th Annual Advocacy Forum by former U.S. Representative and co-chair of the *Mental Health for US* initiative Patrick J. Kennedy (D-R.I.). Former U.S. Senator Gordon H. Smith (R-OR), a long-time mental health advocate, will also serve as co-chair.

The eight coalition leaders for Mental Health for US are:

- The Kennedy Forum
- The American Foundation for Suicide Prevention
- The Jed Foundation
- Mental Health America
- National Alliance on Mental Illness
- National Council for Behavioral Health
- One Mind
- Thomas Scattergood Behavioral Health Foundation

“Nationwide, families are being ripped apart by deaths of despair from suicides and overdoses,” said Rep. Kennedy, founder of The Kennedy Forum. “This election cycle, as all eyes are on policymakers, we want to unite the American people in demanding legislative action from our government to adequately address the worst public health crisis of our time.”

*Mental Health for US* presents a comprehensive policy platform with three main focus areas:

**Prevention:** Stakeholders on the local, state, and national levels must unite to foster healthy environments for all Americans that support mental health as a part of overall health.

**Access and Intervention:** All people with mental illness, including substance use disorders and eating disorders, deserve

timely access to affordable treatment and recovery services that treat the mind and the body.

**Recovery:** Recovery from mental health and substance use disorders is not one-size-fits-all. A wide variety of recovery services, treatments, and supports should be available to those who need them.

Voters are encouraged to join *Mental Health for US* by signing a statement of support, sharing their stories, distributing resources and tools to encourage active civic engagement, and attending grassroots events to engage candidates. The first events will take place in Iowa and New Hampshire in the fall of 2020.

Organizations and policymakers are also encouraged to get involved—resources include communications toolkits, policy and issue briefs, and more.

“The suicide rate has skyrocketed over the past 20 years because mental health and substance use disorders often go undetected and undertreated,” said Sen. Smith. “Suicide is the tenth leading cause of death in America. Now more than ever, we need our government leaders to stand up and champion systemic change. We have to make our voices heard.”

Later this year, *Mental Health for US* will provide all presidential candidates polling 1% or above in a national poll tracked by RealClearPolitics the opportunity to get on the record about these issues by responding to a mental health and addiction survey. Candidate responses will be published verbatim on the initiative’s website.

In addition to co-chairs Kennedy and Smith, the *Mental Health for US* bipartisan honorary advisory board includes:

- Former U.S. Rep. Mary Bono
- Former U.S. Under Secretary of the Army Patrick J. Murphy
- Former U.S. Rep. Jim Ramstad
- Former U.S. Surgeon General David Satcher, MD, PhD

Initial champion sponsors of the *Mental Health for US* initiative include The Kennedy Forum, the American Foundation for Suicide Prevention, and Kaiser Permanente.

Any organization that supports the initiative’s mission is welcome to join as a member. In addition to the founding leaders, *Mental Health for US* coalition members include:

- Active Minds
- Advocates for Opioid Recovery
- Anxiety and Depression Association of America
- Black Girls Smile
- Black Mental Health Alliance
- Bring Change to Mind
- Center on Addiction + Partnership for Drug-Free Kids

- Child Mind Institute
- Columbia University Department of Psychiatry
- Dil to Dil: Heart to Heart
- DMAX Foundation
- Peg’s Foundation
- Psych Hub
- Project HEAL
- Shatterproof
- Stephanie Becker Fund
- The Voices Project

If your organization is interested in joining, contact [info@mentalhealthforus.net](mailto:info@mentalhealthforus.net).

Watch a livestream video of the *Mental Health for US* announcement [here](#).

**About Mental Health for US**

*Mental Health for US* is a nonpartisan educational initiative focused on elevating mental health and addiction in policy conversations by empowering grassroots advocates and improving candidate and policymaker health literacy. The initiative is powered by a coalition of stakeholder groups from around the country dedicated to uniting the American people to make systemic, long-term change with civic engagement tools and resources. For more information, visit [www.mentalhealthforus.net](http://www.mentalhealthforus.net).

**New Partnership Will Bring Mental Health First Aid to Businesses**

The National Council for Behavioral Health and the U.S. Chamber of Commerce have launched a partnership to help companies offer a workplace mental health training program.

Mental Health First Aid at Work helps businesses of all sizes provide employees with mental health awareness tools and skills. This partnership will bring mental health resources to more workplaces around the country.


“At the U.S. Chamber Foundation, we know that when employees are empowered to live their healthiest lives, they are more engaged and productive at work,” said Marc DeCoursey, senior vice president, U.S. Chamber Foundation. “Mental Health First Aid at Work will help companies continue to build a culture of health for their employees and communities.”

The National Business Group on Health estimates that in 2018, 41 percent of missed work days by employees were attributed to mental health issues. Mental Health First Aid at Work is a training program that teaches participants how to notice and support an individual who may be experiencing a mental health or substance use concern or crisis and connect them with the appropriate employee resources. More than 1.7 million people across the

country have been trained since the National Council brought the program to the United States in 2008.

“There is no health without mental health,” said Charles Ingoglia, president and CEO of the National Council. “We have already trained nearly 2 million people across the country, but our partnership with the Chamber Foundation will enable us to bring MHFA at Work to even more workplaces – helping to build healthier employees, workplaces and communities.”

Learn about how you can bring the training to a business in your community. Visit <https://go.thenationalcouncil.org/TWbMq0a01000k730R1pfF0>.



**HILL DAY**  
SEPT. 17-18, 2019 WASHINGTON, DC

Plan to join hundreds of your fellow providers, consumers, practitioners and advocates for those living with mental illnesses and addictions at National Council Hill Day 2019, **September 17-18 at the Hyatt Regency Hotel in downtown Washington, D.C.**

At Hill Day 2018, over 600 advocates met with more than 250 legislators on Capitol Hill to speak up for the important population that you serve. Since then we have seen several of our legislative priorities advance in Congress. Hill Day 2019 offers an opportunity for you to continue this momentum and speak up for the vulnerable populations you serve.

Registration is open. Add the dates to your calendar today. *(Note: This year Hill Day 2019 will be held on Tuesday and Wednesday, not Monday and Tuesday).*

**Questions?** Email Michael Petruzzelli at [MichaelP@TheNationalCouncil.org](mailto:MichaelP@TheNationalCouncil.org).

We'll see you at Hill Day!

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Please contact the TAMHO office for more information about TAMHO, member organizations, collaborative arrangements with TAMHO, or contributing to the content of future editions of the Newsletter.

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