

## Message from the Executive Director

Mental health and substance abuse issues received extensive attention by the 110th General Assembly this year and significant funding was appropriated to improve our state's response to our opioid crisis. We have included the TDMHSAS legislative summary below for details on the significant financial investment Governor Haslam and the General Assembly allocated to help curtail the epidemic. A huge thank-you is in order.

TAMHO had a very successful legislative year as well. We had several priorities this year but I will focus on just two: episodes of care legislation and expanding authority for prescribers of buprenorphine. As has been described in previous issues of this newsletter, TAMHO members have been very concerned about the episodes of care design for behavioral health. We have met with Healthcare Innovations staff at TennCare since the initiative launched to explain why the one-size-fits-all approach doesn't work for behavioral health. This year, we were successful in passing legislation that took 2 of the 4 behavioral health episodes off the table. Along with other provider groups and stakeholders, we were able to achieve a pause in the implementation of all future episodes.

Our membership supported legislation that would allow a psychiatric nurse practitioner with specific training to prescribe a buprenorphine product in settings such as CMHCs and FQHCs that offer a full continuum of substance abuse and recovery services. Tennessee is the only state that does not allow this and with the significant shortage of physicians available to work in the field of public behavioral health, we continue to believe this would enable more people to receive the services that they need to successfully live in recovery. While this legislation did not pass, a work group has been formed to consider this and other issues that impact access to vital services necessary to address opioid addiction.

Looking ahead, in addition to electing a new Governor, a third of the legislators will also be newly elected. It will be important for them to understand the importance of a strong behavioral health service system and the impact it has on healthy, safe and vibrant communities. We hope you will join us in our efforts.

Please take time out to VOTE! For information about election dates and deadlines, visit the Secretary of State's website: <https://sos.tn.gov/elections>.

- Ellyn Wilbur, TAMHO Executive Director



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## Governor Haslam Signs Tennessee Together Legislation Aimed at Reducing Addiction and Ending Tennessee's Opioid Crisis

On June 29, 2018, Governor Bill Haslam put pen to paper to sign the #TennesseeTogether plan into law. The legislation aimed at reducing addiction and ending Tennessee's opioid crisis was the keystone of his legislative agenda for his final lawmaking session. The plan includes measures to target the crisis in three areas: Prevention, Treatment, and Law Enforcement.

The bill signing event was held at @Blount Memorial Hospital in Maryville to highlight the role of eleven people who will be serving as Tennessee Recovery Navigators. This innovative new program will employ people with lived experience of addiction to work in hospitals in Nashville, Memphis, Chattanooga, Knoxville, and the Tri-Cities. Their main job will be talking with patients who are admitted to hospital emergency departments after an overdose and connecting them with substance abuse treatment resources.



From left to right: Recovery Coaches for Frontier Health Polly Jessen and Monica Tucker, and Crisis Services Director for Frontier Health Kristy Tipton talk with Governor Haslam.

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Project Manager TNCODC | Patrick Slay

Meeting Planner Assistant | Carrie Ligon

## 110th Tennessee General Assembly

*Behavioral health community fares favorably once again this session.*

PARTIAL ARTICLE REPRINT | TDMHSAS Update | May 2018

The 110<sup>th</sup> General Assembly completed its work and officially adjourned after a busy spring for state lawmakers as they worked through the budgetary process and debated legislation. Here's a quick update on TDMHSAS' final FY19 budget and the final version of Governor Haslam's Tennessee Together opioid crisis proposal.

In the FY19 budget, lawmakers included a total of \$23,525,000 in cost increases. Those include:

- \$9.25 million for substance abuse prevention and treatment
- \$6 million targeted provider rate increase
- \$1 million funding for private psychiatric hospitals in East Tennessee
- \$1 million Medication Assisted Treatment in Recovery Courts
- \$300,000 Medication Assisted Treatment County Jail Pilot Project
- \$750,000 Lifeline Peer Project expansion
- \$425,000 Peer Engagement Project
- \$300,000 Courage Beyond services for veterans

The FY19 budget also includes \$4.5 million in recurring funding for the Juvenile Justice Reform Act. In this area, the department will work in coordination with juvenile court judges, the Department of Children's Services, and other stakeholders to develop increased pathways to community care. The goal is to identify areas of need in the state and expand options so that juvenile court judges have more alternatives that keep children and families together.

In all, TDMHSAS' final FY19 budget is \$380,236,100 including \$260,002,600 in state appropriations. The TDMHSAS team is very pleased with the continued support of Gov. Haslam and the General Assembly. The added funding in this budget will continue to help close the gap to make sure that Tennesseans needing substance abuse or mental health treatment can

connect with services regardless of their ability to pay. This budget also increases rates for the network of community providers who are the essential partners.

Governor Haslam's top priority for this legislative session was addressing the opioid crisis, and that is reflected in the \$9.25 million in additional funding for substance abuse prevention and treatment that the administration added to the FY19 budget. The extra funding was part of the Governor's Tennessee Together plan to address the crisis through Prevention, Treatment, and Law Enforcement.

Both bills in the legislative part of the plan passed. The final version of the opioid prescription bill limits the duration and dosage of opioid prescriptions for new patients, with reasonable exceptions for major surgical procedures and exemptions that include cancer and hospice treatment, sickle cell disease as well as treatment in certain licensed facilities. With initial opioid prescriptions limited to a 3-day supply, Tennessee will have one of the most strict and aggressive opioid policies in the nation.

The second bill creates incentives for offenders to complete intensive substance use treatment programs while incarcerated and updates the schedule of controlled substances to better track, monitor and penalize the use and unlawful distribution of opioids. Notably, it adds synthetic versions of the drug fentanyl, linked to an alarming number of overdose deaths, to the controlled substance schedules.

As expected, it was a very busy few months for a lot of members of TDMHSAS' team and a much deserved 'thank you' is extended for their tireless efforts and their immense professionalism in representing TDMHSAS on so many issues. This budget and the other outcomes from the legislative session position TDMHSAS for continued success.

## Mayor Briley Offers Suicide Prevention Training to Metro Employees

In response to newly released data showing that three Nashvillians die by suicide every week, Mayor David Briley has announced a partnership with the Tennessee Suicide Prevention Network

(TSPN) to offer training for all Metro employees in an effort to help identify and provide assistance to persons in crisis. An evidence-based suicide prevention training, QPR (Question, Persuade, Refer) was provided to the Mayor’s Office staff today and is being made available on a monthly basis to all Metro employees in cooperation with Metro Human Resources. Those employees who interact with members of the public or at-risk individuals are especially encouraged to participate.

This is not a quick-fix solution, but it is a way to raise awareness, improve training and try to lessen the tragic toll of suicide on our community. I am grateful to the TSPN for their partnership. You just don’t know when you might need to help someone in crisis, and this training will give our public servants the tools they need to be able to do that in a meaningful way,” said Mayor Briley. According to the Tennessee Department of Health (TDH), there were 158 reported suicide deaths in Davidson County last year, a 44 percent increase since 2014, when 88 Nashvillians died by suicide. The local trend mirrors national statistics, with the Centers for Disease Control and Prevention reporting an increase in suicide rates in 49 of 50 states between 1999 and 2016. “The more Tennesseans who are trained in suicide prevention, the more lives we can save in our state. I would love to see Mayors across the state follow Mayor Briley’s lead in addressing suicide prevention, and I invite businesses and other community providers to get involved and talk to us about how we can help,” said TSPN Executive Director Scott Ridgway.

Suicide is a complex issue affected by multiple factors, including mental illness and prior suicide attempts, access to lethal substances or weapons, poor coping and problem-solving skills, as

well as social and economic problems. The number one risk factor for suicide is undiagnosed depression. “Any suicide is tragic, and it is heartbreaking to know that deaths by suicide are rising fast in our community. Each Nashvillian that dies by suicide is a family member, a neighbor, or a friend,” said Mayor Briley. “It is critical to reach people and get them connected to help before it’s too late.”

Like CPR, this (QPR) suicide prevention training is an emergency response to someone in crisis and recognizes that everyone has a role in recognizing the signs and symptoms of suicide and responding. TSPN recommends that everyone familiarize themselves with the warning signs of suicide (listed at <http://tspn.org/warning-signs>) so they can find help for themselves and those around them if they need it. To request a TSPN training, visit <http://tspn.org/request-training-now>. For anyone who is thinking about suicide, is worried about a friend or loved one, or would like emotional support, the 1-800-273-TALK (8255) Suicide Prevention Lifeline network is available 24/7 across the United States. The Tennessee crisis text service is available by texting “TN” to 741741.

TSPN is the statewide public-private organization responsible for implementing the Tennessee Strategy for Suicide Prevention. TSPN and its volunteers work across the state to organize programs and services promoting suicide prevention awareness, providing suicide prevention & crisis intervention training to community organizations, and conducting postvention sessions for schools & organizations after suicides occur.

## TNCODC Update

### Technical assistance sessions on the COMPASS-EZ with Dr. Ken Minkoff

Technical assistance on the COMPASS-EZ was provided in May and June. These were face-to-face sessions with Dr. Ken Minkoff to provide provider and program level TA and focus on developing improvement plans to make real and measurable progress in improving co-occurring capability. Of the 43 agencies required to submit the COMPASS-EZ to TDMHSAS, 25 scheduled a session. Unfortunately, 5 agencies had late cancellations. Here are the details of the three regions:

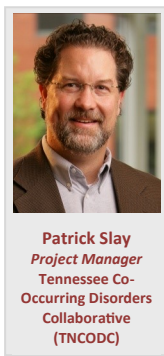
West was held June 6-7 in Memphis with 8 agencies and 24 participants

Middle was held May 22-23 in Nashville with 6 agencies and 16 participants

East was held June 20-21 in Knoxville with 6 agencies and 19 participants

### Recent Regional COD Learning Community Meetings

The West TN COD Learning Community meeting was held on April



19. There were two main areas of focus. The first focus was providing an extended time for each agency to share more in depth information about their programs and services so that everyone could learn what is available and understand possible referral sources. The second focus was on learning about the Memphis Police Department's CIT Program (Crisis Intervention Team). Officer James Lash, CIT officer, gave an engaging presentation with Q&A. 12 agencies participated with a total of 31 attendees.

The East TN COD Learning Community meeting was held on May 1. The topic was MAT. Dr. Mark McGrail and Dr. Brittany Tenbarg presented on Cherokee Health Systems’ implementation of MAT and provided an overview of their approach to addiction medicine using an integrated model of care. Also, agencies currently implementing MAT discussed their status and realities with their implementation. 10 agencies participated with a total of 25 attendees.

### Upcoming COD Learning Community Events

Middle-Nashville, August 15, Wednesday, 9:00-12:00, topic: Trauma Informed Care

West-Memphis, August 28, Tuesday, 9:00-12:00, topic: Veterans’ services and resources

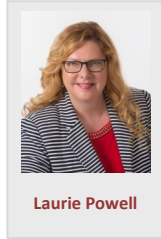
East-Knoxville, September 11, Tuesday, 9:00-12:00, topic: Trauma Informed Care



# TAMHO MEMBER ORGANIZATION HAPPENINGS

## Laurie Powell Named the new CEO for Alliance Healthcare Services in Memphis

Laurie Powell assumed the CEO role at Alliance Healthcare Services July 1, 2018 after Gene Lawrence's retirement. Laurie has 25 years of experience in community mental health at AHS, serving most recently as Deputy Director and Clinical Director. In her leadership role at AHS, she has helped write and implement several grants as well as written policies and procedures that focus on improving the quality of care delivered there.



Laurie is a licensed clinical social worker who received a BS in Psychology from the University of Memphis, a MA in Sociology from the University of Memphis, and a Master of Social Work from the University of TN, Knoxville.

Welcome, Laurie!

## Helen Ross McNabb Center — Award of Excellence Honoree at NatCon18 Gala

*National Council for Behavioral Health Honors Excellence in Addiction Treatment, Behavioral Health Integration, and Advocacy*

ARTICLE REPRINT | National Council for Behavioral Health—BHive | May 1, 2018



The National Council was proud to partner with myStrength to present the Helen Ross McNabb Center located in Knoxville, Tennessee with the 2018 Excellence in Addictions Treatment Award. Upon accepting the award, vice president Mona Blanton-Kitts commented on the Center's neonatal abstinence syndrome (NAS) continuum of care program: "The largest barrier to treatment is [mothers] having to leave their babies. We eliminated this barrier." We are excited to see the Helen Ross McNabb Center continue their great work. Get more information about the Awards of Excellence and this year's honorees.

Decreasing inappropriate use of opioids and supporting evidence-based tools to fight the opioid epidemic, boosting integrated mental health treatment and Mental Health First Aid training for

police are among the themes of this year's National Council for Behavioral Health Awards of Excellence.

Earlier this year, at a gala celebration outside the nation's capital, the National Council for Behavioral Health honored leaders who



used technology to overcome systemic problems, pioneers who built unique community behavioral health practices and elected leaders who put aside partisan differences for the good of their constituents.

Eighteen individuals and organizations were honored during the event at the NatCon18, the National Council's annual conference, outside Washington, D.C.

"The Awards of Excellence honor the best and the brightest in behavioral health," said Linda Rosenberg, president and CEO of the National Council. "We honor the changemakers, the innovators and the visionary leaders. And we honor the advocates, the agitators and the change champions. We honor these leaders because they are not afraid to stand up and say, 'We will be heard!'"

Award categories ranged from the Change Champion Award given to Born This Way Foundation, the organization co-founded by Lady Gaga and her mother, Cynthia Germanotta, to the Doc of the Year, Christian Moher, who reduced opiate prescribing, and to visionaries across the country.



The Scattergood Foundation and the National Council teamed to bestow an Innovation Award on Kristina Saffran, the founder of Project HEAL, a peer recovery program for people living with eating disorders. Saffran was selected by her peers at NatCon18 through a voting process.

## THDA Grant Helps Memphis NonProfit Create Homes for Homeless

Case Management, Inc., will receive a \$225,251 grant from the Tennessee Housing Development Agency to renovate and reopen a South Memphis apartment building for people who are coping with homeless or mental illness.

THDA made the announcement and presented a ceremonial check to Case Management CEO Florence Hervery and her team on site at the property Friday morning. Several elected officials joined the celebration and offered their congratulations as well.

"The plans you have for this property are truly inspirational, and THDA is tremendously proud to be able to support your efforts through our grant program," said Doreen Graves, West Tennessee liaison for THDA. "We're particularly thrilled to see how much these renovations are going to improve the neighborhood in addition to serving the individuals who will be able to call this place home."

The apartment building on Kansas Street will offer eight one-bedroom, one-bathroom units to adults who have experienced or are at risk of homelessness, as well as individuals receiving treatment for mental illness and substance abuse. The property will also be open to youth who are transitioning out of the State's foster care system.

"We as a community are not going to let people fall between the cracks and live on the streets because they're struggling with mental illness, and we owe a huge debt of gratitude to the people like Florence and her team at Case Management who dedicate their professional lives to taking care of these individuals," said Senator Lee Harris. "I also want to thank THDA for directing this attention and funding to our community. It's going to be exciting to watch these dollars put to work on improving the property and the neighborhood."

Among the renovations planned for the property, Case Management, Inc., plans to gut and restore all eight apartments, rewire the building, replace the roof, replace all pipes, add a sprinkler system, and add wheelchair ramps to three ground floor units.

Case Management, Inc., competed against other nonprofits across the state to earn this THDA grant, which is funded from the Tennessee Housing Trust Fund. Every year, THDA replenishes the Tennessee Housing Trust Fund with revenues from its Great Choice Home Loan program.

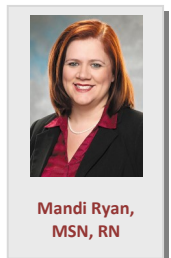
Founded in 1990 as a 501(c)3, Case Management, Inc., currently owns and operates five houses for adults with mental disabilities

and one short-term residence for patients in substance abuse treatment programs. For more information, visit [www.cmiofmemphis.org](http://www.cmiofmemphis.org).

## Centerstone's Mandy Ryan Elected for The Nashville Medical News' Women to Watch Class of 2018

ARTICLE REPRINT | Nashville Medical News | May 2018 | Susan Graham and Cindy Sanders | <https://www.nashvillemedicalnews.com/women-to-watch-class-of-2018-cms-2446>

Growing up in Texarkana, Mandy Ryan's childhood dream was to work in healthcare. The first in her family to go to college, she earned an undergraduate degree in biology from Ouachita Baptist University followed by a registered nursing diploma from the Baptist School of Nursing in Little Rock.



As administrative leader at Centerstone for Health Link - a state program to coordinate services for TennCare members with the highest behavioral health needs - Ryan has helped establish a health home for thousands of patients in Centerstone's 21 outpatient clinics in Tennessee. She also leads several organizational initiatives to foster greater coordination with primary care and is project director for two Substance Abuse and Mental Health Service Administration (SAMHSA) Primary and Behavioral Health Care Integration (PBHCI) grants.

A believer in practicing what she preaches, Ryan makes sure she integrates physical and mental well being into her own life by spending as much time as possible with her "wonderful husband and three awesome kids." Between she and Christopher, a computer consultant, the couple has three children - Sophie, Madelyn and Graham - ranging in age from eight to 13. In addition to staying busy with the kids' activities, Ryan said the whole family loves a good game night. "We try to have that at least once a week," she said with a laugh.

Recharging with family and friends is critical, as Ryan knows there is much more work to be done in improving access, quality and outcomes for those with serious mental illness while reducing costs. "There has been improvement, but there is still more work to be done. Healthcare is always changing ... you must be willing to change and transform to meet the needs of the agency and patients," she concluded.



## McNabb Center Named Top Five Workplace

For the second year, the Helen Ross McNabb Center was recognized with a Knoxville Top Workplaces Award in the large business category, and it was also given the Appreciation Award in the special category.

The Top Workplaces Awards by the **Knoxville News Sentinel** 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.

"Receiving the Top Workplaces Award is an incredible honor for the Helen Ross McNabb Center," said Jerry Vagnier, CEO of the Helen Ross McNabb Center. "I am proud to represent a workplace where employees are passionate about their work, feel appreciated for the work they do and are excited to make a difference in the lives of our clients."

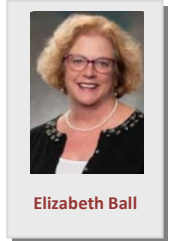
For more information about the Greater Knoxville Area Top Workplaces, please [click here](#).



The Helen Ross McNabb Center's team of board members and staff smile at the Knoxville News Sentinel's 2018 Top Workplaces Awards Ceremony at the Foundry in World's Fair Park in Knoxville.

## Elizabeth Ball Named Clinical Director for Tennessee Voices for Children

Elizabeth joined Tennessee Voices for Children in March of this year. She grew up in Morristown, Tennessee and attended the University of Tennessee at Knoxville before moving to Texas as part of a national volunteer program working with adolescents. Elizabeth finished her undergraduate degree in Government and graduate degree in Social Work at the University of Texas at Austin. She also earned her distinction as a Licensed Clinical Social Worker in Texas. For the majority of her career, Elizabeth has worked with children and families in the mental health and juvenile justice fields. Elizabeth has expertise as a Case Manager, Therapist, Juvenile Probation Officer, Director of Children's Outpatient Clinic, Treatment and Case Management Director, and Quality Assurance Administrator. She also has worked with systems of care communities and programs for 20+ years and in multiple capacities. In 2014, she returned to Tennessee to serve as the Clinical Director and subsequently the Project Director for an Early Childhood Mental Health system of care grant within middle Tennessee. Her background also includes roles in contract management, service standards, program development, clinical supervision, volunteer administration, grants management, and strategic planning. Elizabeth serves on the Board of the Association of Infant Mental Health in Middle Tennessee, and the advisory board of Prevent Child Abuse Tennessee.



Elizabeth Ball



To find resources for children in Tennessee, visit <http://kidcentraltn.com/>.

# STATEWIDE HAPPENINGS

## Commissioner Marie Williams Receives National Recognition

*Mental Health America's George Goodman and Ruth P. Brudney Social Work Award*

Mental Health America's George Goodman and Ruth P. Brudney Social Work Award this year goes to Marie Williams, Commissioner of the Tennessee Department of Mental Health &



Substance Abuse Services (TDMHSAS). Commissioner Marie Williams started her social work career with Catholic Charities, HUD, teaching at the University of Tennessee, and working at a Memphis-based community mental health center. From 2000-2004, she served as the Director of Housing Planning & Development for TDMHSAS before becoming TDMHSAS' Assistant Commissioner for Mental Health Services from 2004-2011. She was promoted to Deputy Commissioner in 2011, and in 2016 she

began leading TDMHSAS as Commissioner. She recently began chairing the Governor's Opioid Workgroup and co-chairing the Statewide Public-Private Emergency Department Boarding Workgroup. She is a current Member of the National Association of Mental Health Program Directors and a Member of the University of Tennessee Social Work Advisory Council.

## Tennessee Suicide Prevention Network (TSPN) to be Receive National Recognition

*Mental Health America receives the second 2018 Innovation in Programming award for their work with the Tennessee Suicide Crisis Lines.*

TSPN will be recognized for all its efforts in suicide prevention, intervention and postvention across Tennessee, between departments, and its fantastic network of (continued on page 8)



The Tennessee Association of Mental Health Organizations (TAMHO) is a statewide trade association representing community mental health organizations and other non-profit corporations that provide and coordinate behavioral healthcare and primary health services. The TAMHO member organizations have been the virtual cornerstone of the Tennessee community-based behavioral health system since the 1950s and continue today as the primary provider network for community based care in Tennessee by serving 60,000 individuals per month.

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



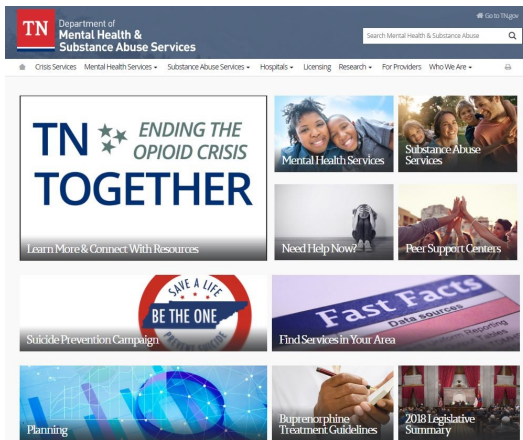


councils and volunteers. Those involved since TSPN’s beginning take great pride in TSPN’s efforts to build robust suicide prevention resources across the state which are modeled and envied across the country.

## TDMHSAS Launches New Fast Facts Web Portal

*Site enables users to interact with department data.*

The Tennessee Department of Mental Health and Substance Abuse today unveiled the new Fast Facts data portal. The redesign of this popular feature allows visitors to TN.gov to interact with data that touches all facets of the department’s mission and vision.



[View the Fast Facts portal at this link](#)

Topics covered by the new Fast Facts resource include substance abuse treatment and recovery services, crisis assessments,

psychiatric hospital admissions, and more. Visitors can hover over their county to learn about services delivered in their area and to locate nearby providers.

“Never before have we had the ability to drill down to the county level and show how we’re touching the lives of Tennesseans,” said TDMHSAS Commissioner Marie Williams. “This portal does an amazing job illustrating the exemplary and life-changing work of our community provider network and our state employee workforce at our regional mental health institutes and central office.”

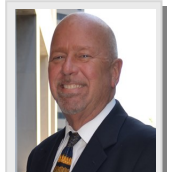
The Fast Facts portal also includes location and contact information for special initiatives including the department’s network of Certified Recovery Congregations and Recovery Courts.

“I am grateful to the vision and dedication of our retiring director of research, Karen Edwards, Ph.D., and her talented team for bringing this data to life,” said Commissioner Williams.

Edwards is retiring after 29 years of service to the state.

## Rob Cotterman has been named interim Assistant Commissioner for the Division of Mental Health Services

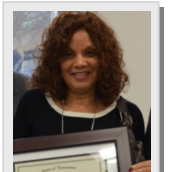
A 37-year veteran of the Department, Rob most recently served as the Director of Hospital Services within the TDMHSAS Division of Hospital Services. Prior, Rob held various leadership positions including Chief Executive Officer of Middle Tennessee Mental Health Institute and Assistant Superintendent for Program Services with Moccasin Bend Mental Health Institute (MBMHI). Rob is excited to take on this duty and will provide valuable leadership to the Mental Health Services team.



**Rob Cotterman**  
Interim Assistant Commissioner  
Mental Health Services  
TDMHSAS

## Taryn Sloss Appointed as Assistant Commissioner for the TDMHDSAS Division of Substance Abuse Services

The Tennessee Department of Mental Health and Substance Abuse Services is very excited to announce that Taryn Sloss has been appointed the new Assistant Commissioner for the Division of Substance Abuse Services (DSAS). Taryn has worked with the department since 2002, holding various leadership roles. Most recently, Taryn served as the Deputy Assistant Commissioner for DSAS. In this role, she assisted in providing overall leadership for the division, working closely with all DSAS program areas (i.e. criminal justice, prevention, treatment and recovery, and faith-based initiatives) and their respective directors and teams. In addition, Taryn has served as the Project Director for both the Tennessee Opioid State Targeted Response (STR) Grant and the Substance Abuse Prevention and Treatment Block Grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Since joining the Department, Taryn has provided exceptional leadership in developing, managing, and maximizing the DSAS budget and also has assisted in successfully securing numerous discretionary grants that support Tennesseans struggling with substance use issues. Taryn is a graduate of The University of Tennessee and LEAD Tennessean.



**Taryn Sloss**  
Interim Assistant Commissioner  
Substance Abuse Services  
TDMHSAS



**TN TOGETHER**  
ENDING THE OPIOID CRISIS

TN Together is a comprehensive plan and set of resources from the State of Tennessee to address the opioid crisis.

<https://www.tn.gov/opioids>

[HB1831 / SB2257](#) | [HB1832 / SB2258](#)

**Infographic on TN Together  
TN Together Plan and Legislation  
Graphic Summary of Amendment 015082**

TN Together is a multi-faceted plan, comprised of legislation, more than \$30 million (state and federal funds) through Governor Haslam's 2018-19 budget and other executive actions to attack the state's opioid epidemic through three major components: 1) Prevention, 2) Treatment and 3) Law Enforcement.

**Prevention**

- Through reasonable limits and appropriate exceptions, decreases supply and dosage of prescription opioids – initial opioid prescriptions will be limited to a three-day supply
- Limits coverage of opioids for TennCare enrollees to an initial five-day supply at maximum daily dosage amounts
- Increases prevention education for elementary and secondary schools through revisions to the state's health education academic standards
- Implements a public awareness campaign to raise awareness about the potential dangers of opioid use and provides resources and support to those struggling with addiction
- Identifies women of childbearing age who are chronic opioid users and provides targeted outreach about risks, contraception and treatment in order to aid in the prevention of Neonatal Abstinence Syndrome (NAS) births
- Establishes a commission to formulate current, evidenced-based pain and addiction medicine competencies for adoption by medical and health practitioner schools
- Creates a collaborative of health care stakeholders to study, formulate and implement best practices around pain management

**Treatment**

- Provides more than \$26 million in funding (state and federal) for treatment and recovery services for individuals with opioid use disorder. Funding services will include:
  - ☑ Recovery services for individuals without existing means to acquire treatment;
  - ☑ Expansion of staffing of peer recovery specialists in targeted, high-need emergency departments; and
  - ☑ Supplying Naltrexone in the state's recovery courts and through a voluntary county jail treatment pilot project to decrease opioid dependence and the risk of overdose
- Ensures TennCare members with opioid use disorder have access to high-quality treatment options
- Improves data access and sharing to better and more timely identify critical hotspots for targeting resources and to increase information about patient and community risks
- Creates a statewide public/private treatment collaborative to collectively serve Tennesseans who are struggling with opioid addiction
- Within the state's correction facilities, expands residential treatment and services for opioid dependence and creates incentives for offenders to complete intensive substance use treatment programs while incarcerated
- Provides funding to the state's zero to three court programs for transportation needs relative to therapeutic and family support services
- Establishes three recovery compliance courts (one in each grand division) to facilitate accountability in recovery support services for offenders


**Law Enforcement**

- Increases state funding to attack the illicit sale and trafficking of opioids through additional law enforcement agents and training
- Updates the controlled substance schedules to better track, monitor and penalize the use and unlawful distribution of dangerous and addictive drugs including fentanyl analogues
- Provides every Tennessee state trooper with naloxone for the emergency treatment of opioid overdose prior to paramedic arrival

### Pregnancy, Insurance: Barriers to Accessing Opioid Treatment

**Opioid agonist therapy (OAT)** is evidence-based treatment for opioid use disorder, often using medications like *buprenorphine* or *methadone*. OAT decreases the risk of overdose death and improves pregnancy outcomes

Surveying OAT providers in 4 Appalachian states in 2017 revealed



91% of opioid treatment programs accepted pregnant patients

53% of buprenorphine providers accepted pregnant patients

OAT providers were less likely to treat pregnant women

Only 1/2 of providers accepted any insurance

Wait times: >2x longer for pregnant women with insurance than for those paying cash

Percentage of OAT providers accepting Medicaid, Private Insurance, & Cash

**Recommendations**

- Train OBs & other providers to prescribe buprenorphine
- Enhance reimbursement rates to improve insurance acceptance

**VANDERBILT** Center for Child Health Policy

Patrick S.W., Buntin, M.B., Martin, P.R., Scott, T.A., Dupont, W., Richards, M., & Cooper, W.O. (2018) Barriers to Accessing Treatment for Pregnant Women with Opioid Use Disorder in Appalachian States. Substance Abuse, DOI: 10.1080/08897077.2018.1488336 • Funded by NIDA K23DA038720



# NATIONAL HAPPENINGS

## Behavioral Health Organizations Host First National Rally to Prevent Suicide

ARTICLE REPRINT | National Council for Behavioral Health—Capitol Connector | April 27, 2018



Recently, thousands assembled on the steps of Capitol Hill to support Congressional bills related to suicide prevention and quality mental health care. Hosted by the National Council for Suicide Prevention (NCSP), the rally featured speakers from suicide prevention organizations, families from those lost to suicide, and individuals with previous suicide attempts. [Read more.](#)

Tennessee Suicide Prevention Network (TSPN) was proud to present at the Rally to Prevent Suicide in DC at the close of AAS18. At the rally, Clark Flatt, President of the Jason Foundation, Inc. — Youth Suicide Prevention and Awareness, spoke. For more information, go to [www.rallytopreventsuicide.org](http://www.rallytopreventsuicide.org).

## Updated Parity Website Explains Mental Health and Substance Use Disorder Coverage

ARTICLE REPRINT | SAMHSA—Email Broadcast — *Updated Parity Website Explains Mental Health and Substance Use Disorder Coverage* | May 1, 2018

Parity laws require insurers to provide comparable coverage for mental health, substance use disorder, and physical health care so people can get the treatment they need. The U.S. Department of Health and Human Services has updated its mental health and substance use disorder parity website, which provides resources to help answer questions about protections under federal Parity laws. The site is a guide for people who



- have been denied coverage,
- reached a limit on your plan (such as copayments, deductibles, yearly visits, etc.), or have an overly large copay or deductible.

[CLICK HERE](https://www.hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html) to visit the parity website or cut and paste this URL into your internet browser <https://www.hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html>.

## 42 CFR Part 2 Fact Sheets Available

The Office of the National Coordinator for Health Information Technology, in collaboration with the Substance Abuse and Mental Health Services Administration, has released [two new fact sheets](#) about the federal statute, [42 CFR Part 2 Confidentiality of Substance Use Disorder Patient Records](#) (Part 2).

The fact sheets were developed to help health information exchange (HIE) organizations and health care providers learn how Part 2 provisions can be used across different environments, including through electronic HIE mechanisms and in provider office settings. [Learn more](#) and [download the fact sheets today](#) <https://www.samhsa.gov/about-us/who-we-are/laws-regulations/confidentiality-regulations-faqs>



Top Photo: Scott Ridgway, TSPN  
Lower Photo: Clark Flatt, Jason Foundation



National Council for Behavioral Health  
**NATCON18**  
APRIL 23-25, 2018 | WASHINGTON, DC  
APRIL 25 | HILL DAY VISITS

**Be  
Heard.**

### Over 600 Advocates Are Heard at Hill Day 2018

The National Council for Behavioral Health, along with 18 Hill Day partner organizations, hosted over 600 advocates who took to Capitol Hill for Hill Day 2018. The National Council and Hill Day partners thank these advocates for unifying their voices in support of key legislative priorities, including the continuation and expansion of Certified Community Behavioral Health Clinics (CCBHCs). Advocates were energized by two days of NatCon18 and a rousing call to action from Senator Debbie Stabenow (D-MI) before flooding congressional offices to voice their support on a host of mental health and addiction-focused legislative issues. [Read more.](#)



**In the event of a  
MENTAL HEALTH EMERGENCY:**

**Call 855-CRISIS-1**

**\*855-274-7471**

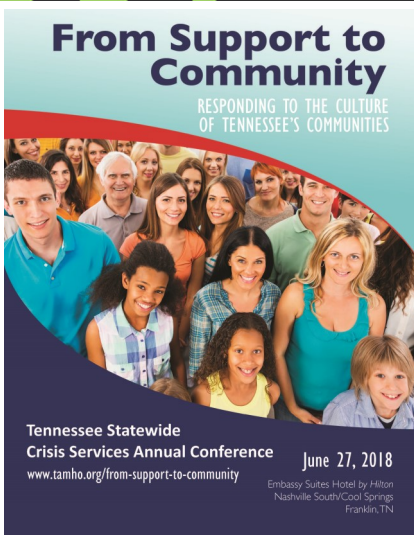
For confidential help from a caring crisis professional  
in your area, available

**24 hours a day, 7 days a week.**

This is a free call.

To learn more about Crisis Services in the State of Tennessee, [visit our website.](#)





## Third Annual Statewide Crisis Services Conference | June 27, 2018

This year's conference, *From Support to Community: Responding to the Culture of Tennessee's Communities*, was attended by over 200 Crisis responders. Topics included the importance of self-care, responding to sudden violent encounters, responding to Crises in the Autism community, the opioid epidemic, and responding to people with developmental and intellectual disabilities. Amazing speakers and fun additions like a selfie station and networking bingo made this event a great success!



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



## Disaster Preparedness for Behavioral Health Professionals

Behavioral health professionals from across Tennessee recently gathered in East, Middle, and West Tennessee to hear Rachel Franklin and Elizabeth Hart speak on Basic Infection Control Assessing and Planning and Infectious Disease and Behavioral Health—Eliminating Fear and Anxiety.



### Basic Infection Control — Assessing and Planning

**Rachel Franklin, MBA, HA, Emergency Response Coordinator**  
Metro Nashville/Davidson County, Nashville, Tennessee

### Infectious Disease & Behavioral Health — Eliminating Fear and Anxiety

**Elizabeth Hart, Associate Director**  
Office of Communications & Media Relations, Tennessee Department of Health, Nashville, Tennessee



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

## Motivational Interviewing: A Tool for Enhancing Patient Engagement and Health Behavior Change

Behavioral health professionals recently met in East, Middle, and West Tennessee to learn motivational interviewing skills to better serve the needs of clients across Tennessee. This program provides an overview of the concepts and “spirit” of motivational interviewing, taught key MI skills and techniques, described how to address ambivalence, “roll with” resistance, and elicit change talk. Case examples, role-plays, and skill were rehearsed during the session.

Thank you to Cherokee Health Systems and to each of the speakers for providing such informative and engaging presentations.

**WEST TENNESSEE | Danielle King, PsyD**, Licensed Clinical Psychologist and Behavioral Health Consultant, Cherokee Health Systems, Memphis, TN

**MIDDLE TENNESSEE | Brittany Tenbarge, PhD**, Licensed Clinical Psychologist and Behavioral Health Consultant, Cherokee Health Systems, Knoxville, TN

**EAST TENNESSEE | David Bull, PsyD**, Licensed Clinical Psychologist and Behavioral Health Consultant, Cherokee Health Systems, Knoxville, TN

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## UPCOMING EVENTS



## Sixth Annual SOC Conference

System of Care Across Tennessee (SOCAT)

September 21-22 2018

Embassy Suites by Hilton—  
Nashville SE Murfreesboro



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# BEHAVIORAL HEALTH NEWS & EVENTS



## TNCODC.COM



**Hope**  
As long as there is life, there is hope.

**ACCESS**  
Staying informed will be helpful  
when services are necessary.

**RECOVERY**  
is real!

- Keep up with current co-occurring disorder events/ trends
- Access the latest perspectives related to the impact of co-occurring disorders on: 1) families, 2) communities; 3) local and state level policy and legislative matters, 4) judicial and criminal justice systems; and, 5) business and workforce
- Order educational and awareness materials
- Sign up with TNCODC to stay current on co-occurring disorder updates
- Request educational presentations
- Download a TNCODC link banner to place on your agency or organization website and so much more!

The TNCODC is funded by a grant from the State of Tennessee, Department of Mental Health and Substance Abuse Services (TDMHSAS). No person in the United States shall on the basis of race, color or national origin, be excluded from participation in, be denied benefits of, or be subjected to discrimination under any program or activity receiving Federal funding assistance. Civil Rights Act of 1964.



The Behavioral Health News & Events is a newsletter publication produced by the Tennessee Association of Mental Health Organizations (TAMHO) that is edited and published quarterly by TAMHO. It is distributed electronically to behavioral health professionals, advocates, members of the Tennessee General Assembly and representatives of various State Departments of Government, as well as key stakeholders in the provision of behavioral health products and services procured by behavioral health agencies, and numerous individuals in local communities and throughout the state and nation who have an interest in the advancement of behavioral health in Tennessee.

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