

BEHAVIORAL HEALTH NEWS & EVENTS



ISSUE 02 | APRIL 2013



Ellyn Wilbur
Executive Director
TAMHO

Message from the Executive Director

Friends and Colleagues,

On behalf of the TAMHO Board of Directors and staff, I am happy to present our second issue of the TAMHO newsletter. We hope you find the contents timely and informative.

As the end of the 107th General Assembly draws to a close, we are grateful that Governor Haslam and his administration have acknowledged the importance of behavioral health by supporting continued funding for recovery services. While we are disappointed in Governor Haslam's decision not to expand Medicaid, we look forward to hearing more about his plan to assist the 180,000 uninsured individuals who need access to necessary physical and behavioral health services. TAMHO providers know first-hand the challenges involved in providing services to so many individuals without insurance and hope there will be a speedy resolution to this important issue that impacts all of us.

Please watch for information about an event we will host later this year that will focus on the use of evidence based treatment approaches with children and their families. We are excited to add this special event to our schedule of educational opportunities this year.

We invite your feedback on the newsletter and look forward to hearing from you soon.

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Governor Haslam Says No to Medicaid Expansion

Prefers the use of Federal funds to subsidize private insurance

Tennessee Governor Bill Haslam has announced that he won't pursue expanding the state's Medicaid program to help cover the uninsured as part of the federal Affordable Care Act.

In an address to the Tennessee General Assembly on March 27th, Haslam informed state lawmakers that he prefers to pursue a third option to use federal money to help those newly eligible for Medicaid join private insurance plans. Haslam told lawmakers he would not pursue this path without their approval. Several bills have been introduced in the Legislature that would block the expansion of TennCare, the state's Medicaid program.



**The Honorable
Bill Haslam**
Governor
State of Tennessee

Following Haslam's remarks, Lt. Gov. Ron Ramsey stated, "I applaud Governor Haslam's decision to reject Obama's medicaid expansion. Without bold reform of the Medicaid program tailored to Tennessee's unique situation, there can be no compromise on this issue."

"Four out of every ten dollars the federal government spends comes out of the back pockets of future generations. Tennessee must receive assurances that have not been forthcoming. Gov. Haslam has laid out a plan for what true health care reform looks like. I commend him for his continued thoughtful and measured approach to this complex issue," Ramsey said.

In December, Haslam announced that Tennessee would not be setting up its own health insurance exchange, another component of the Affordable Care Act, allowing instead the federal government to set one up on the state's behalf.

Governor Haslam Announces Priorities for the 2013 State Budget

Behavioral Health Fares Well

Tennessee Governor Bill Haslam recently announced his priorities for the 2013 legislative session building on momentum from his past proposals focused on attracting and growing Tennessee jobs, pursuing meaningful education reform, managing an efficient and effective state government, and strengthening public safety.

"In working together over the past two years with the Legislature, we've accomplished a lot for the people of Tennessee, and I look forward to working with the 108th General Assembly in the same way", Haslam said. "Our proposals represent our top priorities of making Tennessee the number one state in the Southeast for high quality jobs, continuing to improve education, being the best managed state in the country, and keeping our citizens safe."

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) is pleased that as part of the governor's proposed budget, he included additional funding for the following new programs:

- \$1,560,000 for a Drug Court Initiative to provide recurring funds for eight (8) additional adult drug courts and four (4) juvenile drug courts in several previously unserved Judicial Districts.
- \$525,000 for Lifeline Programs to provide non-recurring funds to establish programs that will work with individuals in recovery to locate support and recovery services and will establish group programs in communities not currently served by 12-step programs.
- \$204,000 to support implementation of the Incompetent Defendant Act.

In addition, the governor restored \$2,100,000 in recurring funds for Crisis Services and \$1,377,300 in non-recurring funds for Peer Support Services.

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We are appreciative of the community providers who deliver these needed services to Tennesseans of all ages and look forward to the final budget, whereby we will continue all of our pivotal behavioral health work.

Tennessee is Called Upon to Assist with Assessing the State of America's Mental Health System

Centerstone of Tennessee's CEO Addresses the U.S. Senate Committee on Health, Education, Labor and Pensions

On Thursday, January 24th, Dr. Vero testified before the US Senate Committee on Health, Education, Labor and Pensions at the invitation of Senators Lamar Alexander and Tom Harkin providing the community mental health provider voice for the event. He shared some of his personal experiences working within community mental health and the common trials those with mental health and addiction disorders face in seeking treatment for and overcoming their conditions.



Robert N. Vero, Ed.D.
Chief Executive Officer
Centerstone of Tennessee

"I commend Senator Alexander and Senator Harkin for convening this hearing to explore the strengths and weaknesses of our nation's mental health system, which is a vital lifeline for millions of Americans," said Dr. Vero. "I'm honored to have been chosen as the community mental health provider voice for this important event."

Other hearing participants include:

- Ms. Pamela Hyde, Administrator, Substance Abuse and Mental Health Services Administration, Rockville, MD
- Dr. Thomas Insel, Director, National Institute of Mental Health at the National Institutes of Health, Bethesda, MD
- Michael Hogan, Ph.D., Former Commissioner, New York State Office of Mental Health, and Chairman, President's New Freedom Commission on Mental Health, Delmar, NY
- George DelGrosso, M.A., Executive Director, Colorado Behavioral Health Council, Denver, CO
- Larry Fricks, Senior Consultant, National Council for Behavioral Health, Cleveland, GA

As part of his testimony, Vero offered the provider perspective on issues including gaps and barriers to care in mental health, specifically regarding the lack of access to services for children and youth, barriers to engaging whole families in care, as well as those pertaining to the successful prevention of violence and challenges that are linked to state or federal policies and regulation. He will provide suggestions on government actions that can assist in overcoming these challenges including encouraging greater collaboration and coordination among healthcare providers, improving healthcare IT incentives in mental healthcare, and ensuring funding for vital services such as crisis response. Vero also will share some of his personal experiences working within community mental health and the common trials those with mental health and addiction disorders face in seeking treatment for and overcoming their conditions.

Dr. Vero has worked in community mental health care for nearly four decades and has been with Centerstone since 1981. As CEO of Centerstone of Tennessee, he oversees more than 50 facilities and 160 partnership locations that serve more than 50,000 individuals of all ages each year. Dr. Vero received his B.A. in Psychology and M.S. in Counseling from Creighton University in Omaha, Nebraska. He earned his Doctorate in Human Development Counseling from George Peabody College of Vanderbilt University in Nashville, Tennessee.

The hearing can be viewed at
<http://www.help.senate.gov/hearings/hearing/?id=b2048a10-5056-a032-529c-340d7ae5f237>.



TAMHO Supports Federal Legislation to Improve Mental Health Services

Excellence in Mental Health Act | SB 264 (Stabenow and Blunt) / HB 1263 (Matsui and Lance)

Bipartisan legislation introduced in Congress would provide federal recognition and support for community behavioral health organizations that meet the criteria to become Federally Qualified Behavioral Health Centers (FQBHCs).

The Excellence in Mental Health Act, introduced by Senators Debbie Stabenow and Roy Blunt, would expand access to mental health and addictions care by supporting FQBHCs in treating all individuals regardless of their ability to pay, with a comprehensive array of outpatient behavioral health services and screening for key diseases like hypertension or diabetes. Under this legislation, FQBHCs would be paid a bundled per-visit rate that shares risk with the federal government and meets their cost of providing services.

This important legislation would go a long way toward supporting community providers of mental health and addictions services in a budget climate that has seen steadily decreasing state funding for behavioral health services over the last 4 years.

New Tennessee Law Aims to Reduce Prescription Pill Abuse

April 1, 2013 is the effective date for all prescribers and dispensers

Abuse of prescription opioids (pain relievers) is the number one drug problem for Tennesseans receiving state-funded substance abuse treatment services. Leaders from the Department of Mental Health and Substance Abuse Services and the Department of Health, in conjunction with many other state departments, have begun a collaborative initiative to reduce substance abuse in our state. A key strategy to address this is the passage of the Prescription Safety Act.

The Tennessee Prescription Safety Act requires all prescribers and dispensers of controlled substances to register with the Controlled Substance Monitoring Database (CSMD) and check a patient's history before prescribing pain medications. The Act applies to schedule II, III, IV or V controlled substances. Some exceptions to the rule will apply, such as: hospice care, non-refillable medication following surgery or non-refillable prescriptions of less than a seven-day supply.

The Tennessee Prescription Safety Act of 2012 can be accessed on line at http://tn.gov/mental/policy/persc_drug_docs/TN%20Prescription%20Safety%20Act%20of%202012_Public%20Chapter%200880.pdf.

The Tennessee Prescription Safety Act was signed into law by Governor Haslam on May 9, 2012. In prescriptions per capita, Tennessee is the second leading state in the nation. The percentage of treatment admissions due to prescription opioids jumped from 5% to 28% in Tennessee from 2000 to 2010, a 23% increase. Compare this to an increase of 7% on a national level during the same period and Tennessee's prescription opioid abuse epidemic becomes painstakingly clear.

Additional information is available on the Department of Mental Health & Substance Abuse Services website (http://tn.gov/mental/policy/presc_drug_abuse.shtml).

For information to register with the Controlled Substance Monitoring Database (CSMD), please visit <http://health.state.tn.us/boards/Controlledsubstance/index.shtml>.

For more information regarding the CSMD, you may contact the CSMD Administrator at CSMD.admin@tn.gov or call 615-253-1305.



E. Douglas Varney
Commissioner
Tennessee Department
of Mental Health and
Substance Abuse
Services

TENNESSEE ASSOCIATION OF MENTAL HEALTH ORGANIZATIONS

The Voice for Behavioral Healthcare in Tennessee

"Keeping the Promise" since 1958.

The Tennessee Association of Mental Health Organizations (TAMHO) is a statewide trade association representing Community Mental Health Centers and other non-profit corporations that provide behavioral health services. These organizations meet the needs of Tennessee citizens of all ages who have mental illness and/or an addiction disorder. 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.

TAMHO member organizations provide mental health and addictions services to 90,000 of Tennessee's most vulnerable citizens each month. Services provided by the TAMHO network include:

Prevention, Education and Wellness: Includes programs for the prevention of addictions, violence, and suicide; early intervention; mental health and drug courts, jail diversion and community re-entry initiatives.

Psychiatric Rehabilitation: Programs that include peer support, illness management and recovery services, supported employment, and supported housing.

Community Based Services: Services include mental health case management, Programs for Community Treatment (PACT), intensive in-home services, school based services, therapeutic foster care, and jail liaison services

Clinic Based Services: Services include psychiatric evaluation and medication management; monitoring of core health indicators; individual, couples and family psychotherapy; psychological assessment; specialized treatments for trauma and addiction disorders and co-occurring disorders; partial hospitalization; intensive outpatient services; and forensic services.

Residential Services: Includes residential treatment services, group homes, independent housing.

Inpatient Services: Includes hospital based mental health and addiction disorder treatment services.

Crisis Services: Includes clinic based walk-in services, hospital based emergency evaluation, mobile crisis services, crisis respite, and crisis stabilization services.

Important Dates and Events

Please visit the TAMHO website calendar page at <http://www.tamho.org> for the most current listing of TAMHO meetings and events.



June 6-7, 2013

Introduction to the DSM-5 | Trevecca Nazarene University, Nashville, Tennessee | visit <http://tlpca.net/cde.cfm?event=402094>

Summer 2013

TAMHO Child and Family Summit | Details Forthcoming

December 3-4, 2013

TAMHO Annual Meeting and Awards & Recognition Ceremony | Embassy Suites Hotel and Conference Center | Murfreesboro, Tennessee | SAVE THE DATE – Details Forthcoming

April 8-10, 2013

National Council for Behavioral Health Conference '13 | Las Vegas, Nevada | visit www.thenationalcouncil.org/cs/conference2013 for details

April 15-17, 2013

Tennessee Conference on Social Welfare (TCSW) | Vanderbilt Marriott Hotel / Nashville, Tennessee

April 18-19, 2013

2013 Annual TLPCA Conference | Trevecca Community Church | Nashville, Tennessee | visit <http://tlpca.net/cde.cfm?event=402026>

April 28, 2013

NAMI Tennessee 1st Annual Women's Veteran's Summit | visit www.namitn.org for details

May 9, 2013

TSPN Suicide Prevention Symposium | Trevecca Nazarene University | Nashville, Tennessee | visit www.tspn.org for details

Contact the TAMHO Office to add your statewide or national conference promotional information.

Fast Facts

Fascinating facts and interesting information



tamho
tennessee association of
mental health organizations

TAMHO member organizations see an average of 90,000 people each month

TAMHO members provide services to someone in need every 4 seconds

90% of the 9,100 people surveyed in FY2011 indicated they were pleased with the quality and appropriateness of care they received from a TAMHO provider

TAMHO Advocacy Day Draws Record Participation

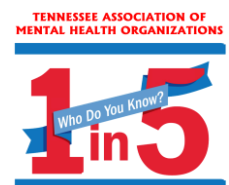
Advocate voices ring out a strong message for behavioral health

TAMHO member organizations scheduled more than 90 visits with Tennessee legislators on its annual Advocacy Day held March 19, 2013. This was an opportunity to thank the members of the General Assembly for their continued support of behavioral health and to advocate for the 1 in 5 individuals who experience mental illness or substance use disorders.

Our members offered support for Medicaid Expansion to help those currently without insurance coverage access care if they need it. We feel strongly that expanding Medicaid is the right thing to do for Tennessee.

In addition, TAMHO supported: the expansion of pilot programs between school systems and behavioral health providers; the requirement that services delivered via telehealth be reimbursed; and that pregnant women be granted priority and specific protections if they seek treatment for substance use. TAMHO opposed legislation that places additional limitations on advance practice nurses and medical assistants.

Additional photos are available at <http://tamho2013advocacyday.shutterfly.com>.



TAMHO Members Join Other Stakeholders in Crafting TDMHSAS' Newly Released Best Practice Guidelines for Children and Adolescents

Relevant information and education for professionals who deliver behavioral health services to children and adolescents

Over twenty-six TAMHO providers participated on workgroups with other agencies and providers under the leadership of the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), to complete a revision of "Behavioral Health Guidelines for Children and Adolescents from Birth to 17 Years of Age," an extensive 500-page document that will provide relevant information and education for professionals who deliver behavioral health services to children and adolescents who range in age from birth to 17.

"This Best Practice Guide is a great reference document for all people who provide mental health and substance abuse services for children and families in our state," said TDMHSAS Commissioner E. Douglas Vamey. "I especially want to thank Dr. Edwina Chappell and the more than 100 stakeholders who were involved in producing this report for their tireless effort and continued support throughout this process. This truly will be an invaluable resource."

TAMHO Selected to Convene Group for "Same Day Access to Care" Grant

Seven member agencies will receive technical assistance

Through a competitive process, seven TAMHO members were awarded a highly sought after opportunity to receive a year of technical assistance from the National Council on Community Behavioral Health to learn how to streamline their access-to-care processes. The goals of the initiative are to reduce client waiting time, decrease no-shows and cancellations, increase client engagement and improve overall access to care. Participating agencies include Carey Counseling Center, Centerstone of Tennessee, Comprehensive Counseling Center, Professional Care Services of West TN, Quinco Mental Health Center, Ridgeview, and Volunteer Behavioral Health Care System.

The technical assistance is being provided by a team from MTM Services, national consultants in data driven decision making and service access re-design. We look forward to hearing from the Same Day Access participants later this year!

TAMHO Selected to Convene Group for a National "BHBusiness Mastering Business Operations" Project

One of 21 Networks Nationwide Comprised of More Than 500 Participating Organizations

TAMHO was recently informed by SAMHSA, AHP, NIATx, National Council for Behavioral Health and SAAS of having been selected to convene a group in the "BHBusiness Mastering Business Operations" network between March–August 2013. The Tennessee group will be participating in one of 21 networks comprised of more than 500 participating organizations based on region, not on state. The designated South Region is comprised of agencies from Tennessee, Georgia, Alabama, North Carolina, and Louisiana. Tennessee will be represented within the delegation by four agencies – Helen Ross McNabb Center, Inc.; Southeast Mental Health Center; Tony Rice Center Inc.; and, Tennessee Voices for Children.

The network will receive technical assistance to help master Strategic Business Planning Network Mastery of agile strategic planning in times of upheaval; Environmental scanning, market analysis, and the SWOT analysis; identifying key services and the cycles of research, development, and implementation essential to new business development; developing a strategic business plan that includes customer value proposition, financial model, key resources, assets, and business processes.

People in the News

Notable Achievements at TAMHO Member Agencies

Mental Health Cooperative's Cynthia Lucas Named Volunteer of the Year

Cynthia Lucas was named Volunteer of the Year by the Nashville Prevention Partnership, a community coalition that brings together organizations and individuals to reduce substance abuse in the Nashville area.

Ms. Lucas began her work with the Mental Health Cooperative in 2002 as a Peer Specialist. She currently works at the Crisis Stabilization Unit (CSU), a 15 bed facility that sees an average of 125 people per month. Some 97% of individuals who visit the CSU are discharged to a lower level of care. Ms. Lucas was chosen for this award for her dedicated work in helping individuals in crisis recognize and address their substance use problems.

The Nashville Prevention Partnership seeks to increase public awareness of the knowledge about and consequences of substance abuse. Through their educational campaigns and initiatives, they increase awareness and knowledge of the consequences of substance abuse.

Congratulations, Cynthia!

AIM Center Hires New President Rodney Battles

The AIM Center Board of Directors recently announced the hire of a new President. Rodney Battles, who officially began work on January 2, 2013, comes to the AIM Center after 16 years as President of Fellowship Hall in Greensboro, NC. Mr. Battles has more than 29 years diverse experience as a healthcare executive in general and acute care hospitals, behavioral and specialty hospitals, including both inpatient and outpatient settings.

Mr. Battles' hire is the result of a search for a successor to Bonnie Currey, who has retired. Ms. Currey wrote the original federal grant to start the AIM Center in 1987 and was hired as President in 1988. Her leadership has directed the program through several transformations, most recently with the completion of a successful capital campaign and renovation of the facility at 472 W. M L King Boulevard in Chattanooga.

AIM Center's clubhouse model approach to psychiatric rehabilitation has been recognized by local, state, and national entities as a cost effective solution to helping people with mental illness recover and reclaim their lives. AIM Center helps 1,300 individuals a year enhance their recovery.



left to right
Bonnie Currey-
Stamps
Retiring CEO
Rodney Battles
President
AIM Center
Chattanooga

People in the News

Notable Achievements at TAMHO Member Agencies

Helen Ross McNabb Center Promotes Jerry Vagnier to President

Helen Ross McNabb Center, Inc. has announced Jerry Vagnier's promotion to President. Vagnier is well known in the community as a servant-leader both professionally and personally. His contributions to the field of behavioral health care in East Tennessee spans nearly 30 years. Each year marks progression and achievement in both improving current programs and creating new innovative systems of care.



Jerry Vagnier
President
Helen Ross
McNabb Center
Knoxville

Vagnier has worked tirelessly to advance the Center's simple yet powerful mission of, "improving the lives of the people we serve." He has been instrumental in providing the

framework to grow the Center's continuum of care both programmatically and geographically. Vagnier's vision and creative ability to find solutions for needs in our community shows his outstanding leadership and professionalism.

"Jerry has worked for the Center for more than 25 years, helping the Center flourish every step of the way. He has played an integral part in designing systems of care that keep a steady pace in the challenging health care environment, particularly behavioral health care," states Andy Black, Helen Ross McNabb Center CEO. In his new position as President, Vagnier will oversee the Center's ongoing operations and his responsibilities will increase as the Center continues to grow.

12th Annual Coalition of Mental Health and Substance Abuse Services Day on Capitol Hill

Empowerment: Restoring Lives, Rebuilding for the Future

The Tennessee Coalition of Mental Health and Substance Abuse Services brought together almost 400 behavioral health consumers, their family members, service providers and other interested stakeholders and advocates to present a unified voice on behavioral health issues to the Tennessee General Assembly on March 5, 2013.

Special guests included a keynote address by Iraq war veteran, Captain Luis Montalvan who told his story of recovery with the help of his faithful service dog, Tuesday, after sustaining wounds in Iraq. Montalvan is recovering from PTSD, traumatic brain injury (TBI), a spinal cord injury (SCI) and substance abuse. Describing the event, Coalition Chair Bob Benning said, "in bringing Capt. Montalván to this event, our hope is to inspire those with behavioral health issues to take encouragement and strength from his story of recovery. Mr. Montalvan is a true American hero and his story is one that we think will empower others." Other distinguished guests included Lt. Governor Ron Ramsey, House Speaker Beth Harwell, Mental Health and Substance Abuse Services Commissioner Douglas Varney, an inspiring consumer panel led by Anthony Fox, a Legislative Skills Training presented by Sita Diehl, Robin Nobling and Kim Baldwin as well as special entertainment by Park Center's Rhythm Beaters and High School Junior, Tanner Primm.



The Tennessee Coalition for Mental Health & Substance Abuse Services is an alliance of more than twenty state wide behavioral health organizations that comes together for the sole purpose of ensuring mental health and substance abuse services and supports are accessible to all individuals, regardless of age, and maintained at a funding level that assures quality care to those in need.

TAMHO Member Presents School-Based Mental Health Program at 25th Annual Children's Advocacy Days

Kathy Benedetto, SPE, LPC, LMFT, Senior Vice President of Children's Services at Frontier Health along with Greg Wallace, Ed.D. Project Director at Johnson City Schools presented the Hero's Initiative to more than 600 advocates at the 25th Annual Children's Advocacy Days.

The Hero's Initiative is system of care approach that brings together the Johnson City Schools, the Johnson City Police Department, Johnson City Juvenile Court, and Frontier Health to "implement an integrated, comprehensive, community-wide plan designed to create a safe, respectful, and drug-free school environment and promote pro-social skills and healthy childhood development in the youth." This timely, outcome-driven presentation informed, inspired and provided an opportunity for Children's Advocacy Days participants to discuss with the General Assembly a bill, supported by both TAMHO and TCCY --SB 1260 (Crowe) HB 1105 (Hill)--that would establish a pilot project for the purpose of developing model comprehensive school safety and mental health services through LEAs in each of the three grand regions.

Children's Advocacy Days, a program of the Tennessee Commission on Children and Youth, is a two-day event focusing attention on issues affecting children and providing citizens information to strengthen their policy advocacy for children.



Kathy Benedetto
Senior VP of TN Children's
Services
Frontier Health
Gray, Tennessee

Tennessee Co-Occurring Disorders Collaborative Promotes Education and Awareness Statewide

Encourages others to help lead in promoting the impacts of COD on individuals, families, and communities

The Tennessee Co-Occurring Disorders Collaborative serves to strengthen individuals, families, and communities through education and awareness of co-occurring disorders. The efforts are being achieved through the creation of a common understanding of the impact and treatment of co-occurring disorders in Tennessee's communities and through sharing knowledge about the conditions, available resources reduction of stigma, and accurately directing people to timely and effective prevention, treatment, and support.

Founded in 2012 by NAMI Tennessee and the Tennessee Association of Mental Health Organizations, the Collaborative has expanded to include: Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), Tennessee Voices for Children, Tennessee Association of Alcohol, Drug and Other Addiction Services (TAADAS), Tennessee Coalition for Mental Health and Substance Abuse Services (TCMHSAS), Tennessee Association of Alcohol and Drug Abuse Counselors (TAADAC), and, Mental Health America of Middle Tennessee. Additional statewide behavioral health related associations and advocacy organizations interested in adopting the Collaborative's resolution and supporting the mission are encouraged to contact the Collaborative.

Become a leader in promoting education and awareness of co-occurring disorders. Contact the Collaborative to learn more about presentations and information that you or your organization can use statewide or within your local region or communities to expand education and awareness.

Tennessee Co-Occurring Disorders Collaborative

**Strengthening Individuals, Families, and Communities
Through Education and Awareness**

42 Rutledge Street, Nashville, TN 37210-2043
(615) 244-2220 | (800) 568-2642 toll free in TN



Click here to access a copy of the COD Talking Points Flyer that can be copied and shared with others.

TAMHO Member Agencies Recognized for Programs of Excellence

Six of TAMHO's member organizations demonstrate that TAMHO members value excellence, innovation, and quality in their service delivery system.

CAREY COUNSELING CENTER – Project Homeless Connect – Carey Counseling Center facilitated a one-day event that brought together 22 service providers to help homeless individuals with mental health information, housing resources, applications for benefits, veterans' services, eye exams, blood pressure checks, financial assistance, legal aid, clothing, utility assistance, foreclosure prevention and career services. The families served that day left with tangible results and the tools necessary for a new start.

CENTERSTONE OF TENNESSEE – Supportive Services for Veteran Families (SSVF) – Centerstone's Supportive Services for Veteran Families Program helps low-income veteran families at risk of homelessness transition to or maintain permanent housing. Because homelessness is often compounded by mental illness, addiction or physical conditions, Centerstone also offers outreach and case management services to those in need. Additional support services are provided to help with employment, healthcare and housing needs. Funds are available to assist with security deposits, rent, utilities and moving costs. This program's success was noticed by the National Center on Homelessness among Veterans and has been selected to mentor and orient new homeless prevention programs for veterans that are being created across the country.

FRONTIER HEALTH – Benzodiazepine Program – Misuse and abuse of prescription controlled substances is a significant problem across the state of TN with significantly elevated numbers in East TN. Frontier Health developed a program to address a large part of this problem by implementing a multi faceted program designed to lower the number of Benzodiazepine prescriptions written by the medical staff at Frontier. There are many elements to this program but some involved requiring the medical staff to consider and document a patient's substance abuse history, indicate the specific symptoms to be addressed by the medication, the expected length of use, and to review a substance abuse agreement with the individual being seen. Patients who have been prescribed a high dose of this medication for more than 6 months are reviewed on a regular basis and required to be involved in an appropriate clinical therapy in order to continue the benzodiazepine medication. An important aspect of this program is that staff is not allowed to accept or

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maintain samples of this type of medication, nor stimulants, narcotic analgesics or other controlled substance medication. Since the beginning of this program in 2009, Frontier Health has reduced the rate of Benzodiazepine use by 47%, with approximately 3300 fewer patients on this medication.

HELEN ROSS MCNABB CENTER – Team EXCEL – In 2006 the Helen Ross McNabb Center saw a need to expand and enhance wellness programs for student athletes at the University of Tennessee. They began the Team EXCEL program that is designed to provide mental health and substance abuse prevention, education and treatment services within the University’s Sports Medicine department. Services are integrated and timely, delivered through a multi-disciplinary team with participants from McNabb and UT’s Sports Medicine department. Typically services are provided in the student-athlete’s environment within 48 hours of request, with more urgent availability if necessary.

PENINSULA BEHAVIORAL HEALTH – Peninsula Outpatient Pharmacy – Peninsula became aware that many of the individuals they served were unable to successfully navigate insurance limitations for medications and some were unable to get to the pharmacy to get their prescription filled. Others did not have a way to pay for their medications. They believed that there was a strong correlation between an individual getting prescribed medication and remaining in the community with a good quality of life. In 2009, they made the decision to open an Outpatient Pharmacy at their Knox clinic. The pharmacy was created from the ground up. They were able to reduce costs through the Federal 340b Program and with support and assistance from medical and case management staff, individuals were able to get the medications that were prescribed for them. Patients report a 20% improvement in customer service scores and their hospital readmission rate has reduced by 24%. They now have a trusted relationship with a pharmacy that values them and understands their unique needs.

VOLUNTEER BEHAVIORAL HEALTH CARE SYSTEM – My Recovery.vbhcs.org – Volunteer made the decision to bring technology into their recovery program by providing web-based peer-to-peer recovery support and e-therapy. Recovery coaches and therapists work closely to ensure that each participant can access strength based treatment and recovery support. This service provides technology based options via instant messaging and electronic mail to those who have barriers to seeking treatment. It provides outreach to service men and women and their families with on-line chat rooms and blog sites that provide recovery information, support and treatment services. Through these efforts, they have served more than 180 individuals with more than 450 virtual recovery meetings having occurred and 1,300 chats. 76% of the participants report abstinence from drugs and 80.6% report abstinence from alcohol at 6 -month follow up.

Introduction to DSM-5

June 6-7, 2013 | Trevecca Nazarene University | Nashville, Tennessee

Registration and Sponsorship Information

Visit <http://tlpca.net/cde.cfm?event=402094>.

DSM-5 Paperback Edition

The Trevecca Bookstore will have the paperback version of the DSM-5 available for sale at the training. The cost will be \$125.99 plus tax. Retail cost is \$149.99 plus tax.



Certification for Peer Support Staff is Being Redesigned

Name Change – “Peer Recovery Specialist”

Certification for Peer Support staff is being redesigned! Changes include a name change to *Peer Recovery Specialist* and the issuance of a special invitation to those with lived experience of mental health, substance use, or co-occurring disorders to participate.

Additional details can be found at:

<http://www.state.tn.us/mental/recovery/oca3.shtml>

BEHAVIORAL HEALTH NEWS & EVENTS



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