



tamho

tennessee association of
mental health organizations

BEHAVIORAL HEALTH NEWS AND EVENTS

WWW.TAMHO.ORG

Message from the Executive Director

TAMHO'S HOPE AND VISION FOR 2023

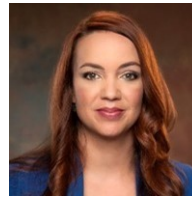
As a child who grew up in the church, I often heard, *"Write the vision and make it plain, so that when you read it, you will run with it."* That statement is so profound, and I often refer to it as an adult. In fact, there has been lots of research on how to successfully set and keep goals, and one proven strategy involves writing them down.

As we wind down the month of January, I'm curious. Did you get excited when the new year rolled around? Did you reflect on the previous year and take time to celebrate your accomplishments? Did you write out goals for 2023 and make a plan to track them? If so, you are ahead of many of us, but if not, you are not alone. In fact, several friends and colleagues have joked, "My New Year's resolution is NOT to make a New Year's resolution!" We can all understand that sentiment; we are often too busy and consumed to take this important time, and it feels that resolutions are often broken, so why try? If that is you, I want to challenge you to take the next few minutes, and ask yourself the following questions (for extra points, write down your answers to the last two questions):

- What did I accomplish last year that I am most proud of?
- How did I celebrate that accomplishment?
- What is one thing I will accomplish in 2023?
- How will I celebrate that accomplishment?

One accomplishment TAMHO is most proud of is our effort to improve the public behavioral health workforce. TAMHO had serious concerns about workforce shortages and developed a written policy agenda, which addressed staff compensation by advocating for rate improvements within the public system. Through our advocacy and the support of the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) and TennCare, the General Assembly approved Governor Lee's Fiscal Year 2023 Budget, including unprecedented rate increases for behavioral health providers in both the TennCare and TDMHSAS budgets.

This year, we will be supporting the TDMHSAS budget request to further bolster the workforce through improved rates and other workforce initiatives as well as TennCare's request for crucial improvements to Tennessee's mobile crisis system. In addition, we will be elevating the conversation that, in order to continue providing life-saving and life-changing services through Community Mental Health and other nonprofits, we must have a cross-systems strategic plan. I am hopeful, and hope you will join my optimism, that as we develop the vision for comprehensive behavioral health services in our state, we will be able to accomplish more than ever before!



Alysia Smith Knight

the source for
BEHAVIORAL HEALTH
IN TENNESSEE

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TAMHO

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Ben Middleton | Centerstone Tennessee

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Nashville | George Hunter, Executive Director

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Tennessee Voices
Nashville | Rikki Harris, Chief Executive Officer

TAMHO STAFF

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Director of Member Services | Teresa Fuqua

Director of Administrative Services | Laura B. Jean

Project Assistant | Carrie Ligon

Statewide Peer Wellness Coach | Dina Sawenas

Director, Collegiate Recovery Network | Nathan Payne

Project Manager TNCODC | Mariam Hashimi

Public Health Emergency (PHE) Unwinding

While the Public Health Emergency (PHE) will likely be extended, TennCare redeterminations will begin April 1st, 2023. The recently passed Omnibus Spending Bill included guidance about Medicaid renewals, decoupling the Medicaid moratorium on terminations from the COVID-19 PHE. Beginning April 1st, TennCare has 12 months to renew the entire population, which is nearly 1.7 million covered lives. The first step is to auto-renew as many individuals as possible, using approved databases like IRS, SNAP, Social Security, Equifax etc. Anyone not auto-renewed in this process will receive a renewal packet by email or mail based on selected communication preferences. After receiving the packet, enrollees will have 40 days to respond. Completed packets can be dropped off at the DHS County Office, or returned by mail, fax, phone, or online, with the latter being the quickest method. No response results in termination. After termination, individuals have 90 days to re-enroll and request reimbursement for the period in which they were not

enrolled. Providers should encourage clients to open and respond to all mail from TennCare and make a TennCare Connect Account. A full renewal cannot be done through the app; the app is only for notices, confirmations, and updates. Additionally, providers should encourage clients to update their addresses. TennCare will send communication to every enrollee. The enrollee should receive an email or a letter in the mail as the renewal process begins. If a client receives no communication, reach out to TennCare. Anyone no longer eligible for TennCare will be auto-referred to healthcare.gov, who will contact them. TAMHO will share information as TennCare progresses the unwinding plan. Please let us know if you have any questions.

More information, resources, and materials can be found at

- <https://www.tn.gov/tenncare/information-statistics/unwinding-the-phe-for-partners.html>
- [Renewals \(tn.gov\)](#).
- [TennCare to Restart Renewals: \(tn.gov\)](#)

The 2nd Inauguration of Tennessee Governor Bill Lee

Nashville Tennessean | January 21, 2023 | Melissa Brown and Adam Friedman | <https://www.tennessean.com/story/news/politics/2023/01/21/bill-lee-inauguration-tennessee-governor-speech/69791361007/>

On Saturday, January 21st, Governor Bill Lee was inaugurated for his second, four-year term as Tennessee State Governor. Members of Tennessee's 113th General Assembly recessed in preparation for the inauguration. Tennesseans were invited to join the festivities, starting with the "Leading the Nation" Reception at the Wildhorse Saloon on Friday, January 20th. The weekend inaugural celebration began with

the Inaugural Worship Service at the Ryman followed by the Inaugural Ceremony at the Legislative Plaza, drawing a crowd of 1,500 people. According to *The Tennessean*, "Lee mentioned transportation and energy infrastructure, environmental conservation, protecting children in foster care, and fiscal



Governor Bill Lee stands with First Lady Maria Lee during the inauguration Ceremony at Legislative plaza Saturday, January 21, 2023, in Nashville, Tenn. *George Walker IV / The Tennessean*.

responsibility as some of the top issues he's focused on for his next term." The celebration concluded with the First Couple's Inaugural Dinner at the Grand Hyatt and the Inaugural Ball at the Fisher Center. Governor Lee's State of the State Address will take place on Monday, February 26th.

My Health, My Choice, My Life

Peer Wellness in Tennessee

We, at My Health My Choice My Life, are dedicated to helping Tennesseans receiving MI/SUD services live longer, healthier, happier lives and reach their self-directed full potential. We focus on all 8 Dimensions of Wellness, as developed by Dr. Peggy Swarbrick, with a strong emphasis on the Physical Health dimension. We added several new curriculums last year, including *First Aid Arts*, for trauma recovery, *A Matter of Balance*, for fall prevention, *Mindful Recovery Facilitator*, for stress-management and cultivating mindfulness, and we continue to deliver the *Chronic Disease Self-Management Program*, *Diabetes Self-Management Program*, and *Chronic Pain Self-Management Program*, *Tobacco Free*, *Nutrition and Exercise for Wellness and Recovery*, and *Whole Health Action Management*. We most recently added *Enhancing Your Immune Health* to our repertoire, and it is a wonderful program developed by Dr. Peggy Swarbrick and her team at Collaborative Support Programs of New Jersey and the UIC Center on Mental Health Services Research and Policy.

Enhancing Your Immune Health teaches users how the immune system works and how to apply practical skills for better immune health. Its central message is



Dina Savvenas



that people can lessen their vulnerability to colds, flu, and infections by adopting a healthier lifestyle that includes adequate sleep, less stress, and a well-balanced diet. Also covered are immunity aids backed by research evidence and the role of vaccinations and annual screenings in enhancing immune health. People are encouraged to set goals to improve sleep, reduce stress, and choose foods and supplements that support immune function. It is designed for people in recovery from mental health conditions, but it can be used by anyone wanting to understand and enhance their immune health.

You can learn more about the self-guided program and download all of the materials at:

[Enhancing Immune Health \(center4healthandsdc.org\)](https://center4healthandsdc.org)



Tennessee Collegiate Recovery Network

The Tennessee Collegiate Recovery initiative is moving into the spring semester with lots of opportunities for both students and faculty to participate in outreach and trainings. We kicked off the new year with some great trainings done in partnership with Roane State and Motlow State to educate an upcoming cohort of nursing students on how to better support those living in long term recovery. Additionally, in partnership with UT, the initiative has also started a weekly mental health and all recovery meeting for students on campus. Moving forward we have multiple outreach and training events planned for Greek life on campuses across the state, these



Nathan Payne

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



outreach events are both educational as well as engaging for students. As always, the goal of the Initiative is to expand and create opportunities for open dialogue on campus to better support students living in long term recovery or seeking it, we have no doubt that these events among many others will do just that.

For more information on the initiative and how your organization can get involved, contact Nathan Payne, Director, Collegiate Recovery Initiative at 615-712-4343; npayne@tamho.org.

The Tennessee Co-Occurring Disorders Collaborative (TNCODC)

Strengthening individuals, families, and communities with hope, access to services, and recovery.

In November, TNCODC conducted a training regarding the COMPASS-EZ. The event was held virtually on November 2nd, 2022. The training focused on a basic review of COD and COMPASS-EZ principles with Ken Horvath, Program Manager at TDMHSAS. Participants also had time for questions and answers. The recording is available upon request.



Mariam Hashimi



This quarter, TNCODC is working with Dr. Minkoff, ZIA Partners, to further the strategic planning and work that has been done so far with the TNCODC. Each learning community will have a session with Dr. Minkoff to better understand the progress and strengths that each agency has gained while part of the TNCODC. Each region's meeting dates are below. Please contact Mariam Hashimi, TNCODC Project Manager to register for these sessions.

Listening Session with Dr. Kenneth Minkoff:

1. [TNCODC Middle TN Learning Community: February 22nd, 2023 11:00am-12:30pm Central](#)
2. [TNCODC East TN Learning Community: February 23rd, 2023 9:30am-11:00am Central/ 10:30am to 12:00pm Eastern](#)
3. [TNCODC West TN Learning Community: March 1st, 2023 11:00am-12:30 Central](#)

COD is always seeking feedback regarding future events and resource development. Please email Mariam Hashimi, TNCODC Project Manager, with any comments or questions you may have at mhashimi@tamho.org.

www.tncodc.org

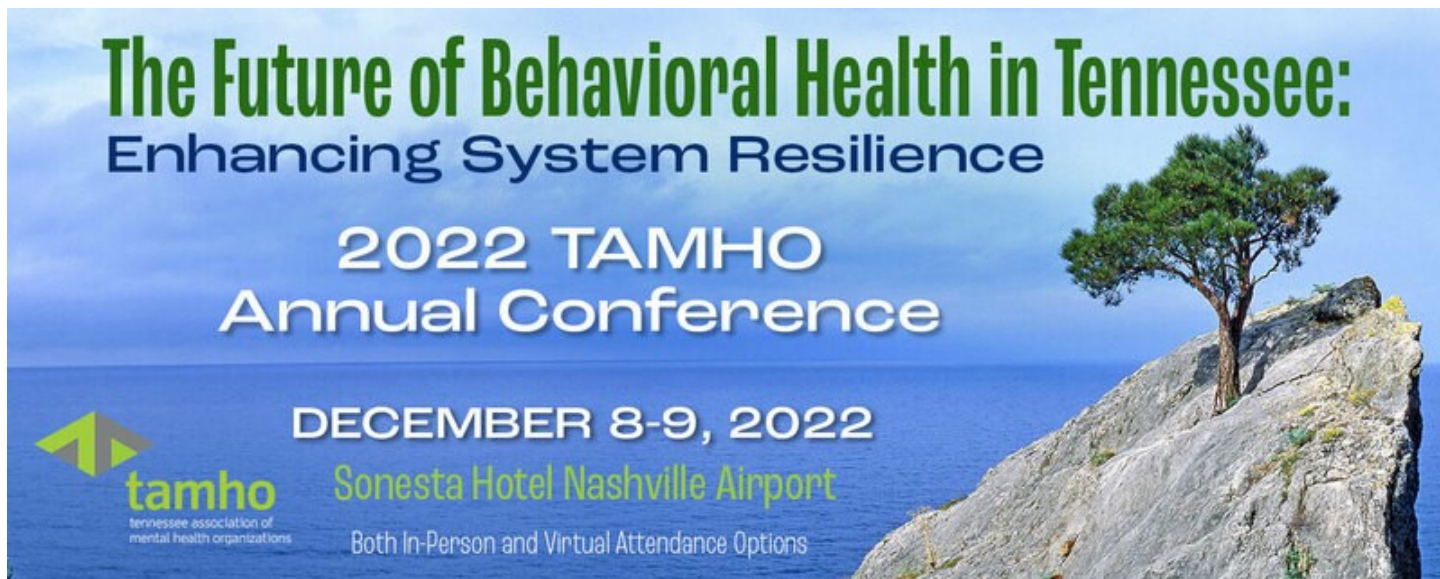


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TAMHO 2022 Annual Conference and Awards and Recognition Ceremony



Subject Matter Experts

OPENING GENERAL SESSION | How to Replenish Yourself and Those That Work with You

Quint Studer, Founder, Healthcare Plus Solutions Group, Pensacola, FL



Studer

GENERAL SESSION | Innovations in Workforce Development

Ben Middleton, Chief Executive Officer, Centerstone Tennessee, Nashville, TN

Alana Morris, LPC-MHSP, Clinical Education and Supervision Liaison, Centerstone Tennessee, Nashville, TN

Kristie Hammonds, BSW, MBA, Chief Executive Officer, Frontier Health, Gray, TN

Rikki Harris, MAMFT, MACE, Chief Executive Officer, TN Voices, Goodlettsville, TN



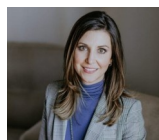
Middleton



Morris



Hammonds



Harris

GENERAL SESSION | Innovation in Crisis Response Services

Sean Jones, Clinical Manager, Carey Counseling Center, Paris, TN

Jennifer Armstrong, Director, Office of Crisis Services and Suicide Prevention, TDMHSAS, Nashville, TN

Lindsay Stone, MA, Senior Director of Children and Youth Mental Health Programming, McNabb Center, Knoxville, TN

Janice Davidson Winger, LCSW, Chief Operating Officer, Alliance Healthcare Services, Memphis, TN

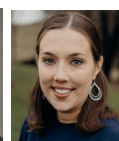
Laura Tedesco, MSSW, LCSW, Senior Vice President Crisis Services, Volunteer Behavioral Health Care System, Murfreesboro, TN



Jones



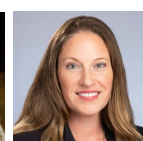
Armstrong



Stone



Winger



Tedesco

GENERAL SESSION | Opioid Abatement in Tennessee

Brian Buuck, CEO, Ridgeview Behavioral Health, Oak Ridge, TN

Mary Shelton, Executive Director, Opioid Abatement Council, Nashville, TN



Buuck



Shelton

TAMHO's Highest Honors and Recognitions

The Tennessee Association of Mental Health Organizations (TAMHO) bestowed its highest honors during their Annual Conference at the Sonesta Nashville Airport Hotel in Nashville, Tennessee. In total, ten awards were bestowed upon exceptional organizations, individuals, and agency programs during the ceremony.

TAMHO 2022 Frank G. Clement Community Service Award | County Mayor Bill Brittan (nominated by McNabb Center)

The TAMHO Frank G. Clement Community Service Award honors individuals who have provided exemplary leadership and volunteer service on behalf of TAMHO or a TAMHO member organization to greatly benefit the community at large. Individuals nominated for this award are frequently known as the “unsung heroes” who provide a valuable resource that strengthens the community based behavioral health system and supports the mission of TAMHO and its members.



Brittan

nominee's impact on delivering outstanding quality care to those they serve in Tennessee and demonstrating significant potential for future leadership and a continued desire for professional growth.

TAMHO 2022 Distinguished Service Award | Beverly Vann (nominated by Alliance Healthcare Services)

The TAMHO Distinguished Service Award honors extraordinary and long-standing dedication and achievement on behalf of TAMHO or a TAMHO member corporation. Consideration is given to the longevity of service and the significance of overall contributions to the community behavioral health organization, TAMHO, and the community-based system at the community and state level.



Vann

TAMHO 2022 Dorothea Dix Professional Service Award | Virginia Naseri (nominated by Frontier Health)

The TAMHO Dorothea Dix Professional Service Award honors a behavioral health professional who has provided significant contributions over an extended period of time to the behavioral health system that will have a far reaching and long-lasting positive impact on the quality and/or scope of behavioral health services in Tennessee.



Naseri

TAMHO 2022 Personal Courage Award | Alonzo Cheeks, CPRS (nominated by TN Voices)

The TAMHO Personal Courage Award honors an individual who exemplifies courageousness in facing personal challenges presented by mental illness in order to provide effective leadership, advocacy, or support for programs that serve others through the public service delivery system.



Cheeks

TAMHO 2022 Andrea R. Chase Impact Award | Barry Rorex (nominated by McNabb Center)

The TAMHO Andrea R. Chase Impact Award honors outstanding individuals from TAMHO member organizations whose efforts are frequently unrecognized but are truly needed for the system to be successful. Andrea supported the entire CAREY Counseling Center team, so this award recognizes a wide range of individuals including clinical and administrative support staff who play such a critical role in the care delivery system. Like Andrea, individuals recognized exemplify the belief that everyone can experience recovery and lead a full and productive life.



Rorex

TAMHO 2022 Outreach and Engagement Award | VBHCS Co-Responder Program (nominated by Volunteer Behavioral Health Care System)

The TAMHO Outreach and Engagement Award honors TAMHO member organizations for their ongoing creative and innovative efforts utilized in outreach and engagement with their respective communities.



TAMHO 2022 Emerging Leader Award | Sharon Ward (nominated by Alliance Healthcare Services)

The TAMHO Emerging Leader Award honors individuals who have demonstrated significant potential for leadership and continued service. Individuals such as, but not limited to, therapists case managers, or other front-line staff who provide exemplary service directly to clients and whose contributions benefit the community through client care are considered for celebration of their striving to grow professionally while continuing to impact those in need of care. Selection of the recipient is based on the significance of the contribution in terms of the



Ward

TAMHO 2022 Innovation and Creativity Award | Celebrating Families (nominated by Volunteer Behavioral Health Care System); Children's Crisis Continuum (nominated by McNabb Center); and, Emergency Department Outreach Project (nominated by Peninsula Behavioral Health)

The TAMHO Innovation and Creativity Award honors the many ways TAMHO member organizations have gone above and beyond the standard to find creative and groundbreaking ways to provide services which demonstrate excellence, innovation and quality are alive and well in the public behavioral health system



TAMHO President's Award

TAMHO President, Phyllis Persinger, a TAMHO 2022 Gratitude Award and the TAMHO 2022 President's Award

TAMHO President, Phyllis Persinger, opened the ceremony by reflecting on the continuing unprecedented times within the Association and member organizations faced noting the honor of having been in a leadership position. The President of TAMHO has the privilege of recognizing an individual or organization with the TAMHO President's Award. Ms. Persinger noted that, in addition to the President's Award, this year, she would be presenting a TAMHO Gratitude Award.

TAMHO 2022 Gratitude Award

In August of 2011, Ellyn Wilbur assumed the role of TAMHO's Executive Director and carried the torch for it to be the trusted voice for Tennessee's Behavioral Health System. In that role, she led TAMHO to many accomplishments and helped the organization get through one of our greatest challenges — the pandemic and its "unprecedented times." Through it all, Ellyn kept TAMHO together, and kept the organization striving to be its very best, helping others live up to their greatness and be their very best. With gratitude and appreciation, the TAMHO Gratitude Award was presented to retiring Executive Director, Ellyn Wilbur.



Wilbur

TAMHO PRESIDENT'S AWARD:

Improving upon a system as complex as behavioral health care requires dedicated partnerships, tenacious teamwork, and capable collaboration in the best of times. In challenging times, it takes even more.

The three recipients of this year's TAMHO President's Award, nicknamed the "Unprecedented Times Award," have embodied these ideas, enacting critical initiatives that close gaps in care and get services to Tennesseans in need. They have done it through a pandemic.

Together, with the Governor's office, Commissioner Marie Williams of the Tennessee Department of Mental Health and Substance Abuse Services and Director Stephen Smith of TennCare have worked together with their dedicated teams in remarkable ways to address unique challenges. One of the most innovative endeavors was the Public Behavioral Health Workforce Workgroup formed to attract and retain talent to combat the workforce shortage in our sector.

Commissioner Williams and her team also submitted historic requests in the TDMHSAS budget requesting provider rate increases and \$18 million of recurring funds in the FY 2023 budget! During the pandemic, she led the way for quality telehealth care and with her team, ensured that agencies had access to PPE. She continues to be an advocate for comprehensive, compassionate mental health care in our state.



Department of
Mental Health &
Substance Abuse Services



Williams

Director Stephen Smith with the Tennessee Department of Finance and Administration Bureau of TennCare and his team initiated the Well Child Collaborative to increase preventative well-child visits, extended post-partum coverage to pregnant women for 12 months, and created a dental benefit for adults on TennCare. His TennCare budget included \$7 million for direct service provider rate increase and additional



Division of
TennCare



Smith

improvements to mobile crisis services, substance use services and intensive in-home services for children at risk for out of home placements. This has been an incredible step towards improving workforce shortages and the behavioral health system. The Honorable Governor Lee and the Governor's office have been champions for mental health in Tennessee with the formation of the Mental Health Trust Fund, work with the school system, expansion of the Behavioral Health Safety Net for adults and children, investments in housing for those living with mental illness, initiatives for suicide prevention, work with the criminal justice system and, continued, solutions-focused work with both Commissioner Williams and Director Smith to improve the health and lives of Tennesseans and to bolster our behavioral health system.



The Honorable
Governor Bill Lee

Your willingness to speak openly about and prioritize mental health issues helps reduce stigma and ensure more people reach out for the help they need —without shame, without fear, and without hesitation. This saves lives.

These three represent the incredible commitment to Tennesseans, providing the opportunity to address serious mental health issues, work toward recovery from substance use disorders, and to live their best lives. We know there is more work to be done, but we would be remiss if we did not recognize, reflect, and appreciate this momentous time, this momentous effort, and the great results the recipients achieved so far.

Special Thanks to Our Wonderful Sponsors

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TAMHO Expo Hall

Fun, Networking, and Valuable Resources

The TAMHO Expo Hall had 32 booths with vendors showcasing amazing products and services in fun and creative ways. We encourage you to consider these sponsors when searching for products and services they offer.

TAMHO Leadership Transitions and Recognitions

TAMHO Recognizes the 2022 Leadership Team

Thank you to the 2022 leadership team for their dedication to the success of TAMHO. .

President—Phyllis Persinger | Volunteer Behavioral Health Care System

President Elect—Kristie Hammonds | Frontier Health

Immediate Past President—E. Florence Hervery | CMI Healthcare Services, Inc.

Treasurer—Jason Lay | McNabb Center

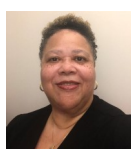
Secretary- Brad Nunn, PhD | Centerstone of Tennessee



Persinger



Hammonds



Hervery



Lay



Nunn

Committee and Section Chairpersons:

Jerry Vagnier, Legislative Committee

Katherine Lewis,

Addictions Committee
Paula Hudson, Compliance and Quality Committee
Amy Olson, Children and Youth Section

Julie Spears & Angie

Hampton, Fiscal and Administrative Section

Sean Jones, Crisis Services Committee
Brad Nunn, Ph.D., Healthcare Innovations Work Group



Vagnier



Lewis



Hudson



Olson



Spears



Hampton



Jones



Nunn

TAMHO Elects Leadership Team for 2023

Join us in welcoming the following individuals to the TAMHO 2023 Leadership Team:

President—Kristie Hammonds | Frontier Health

President Elect—Ben Middleton | Centerstone Tennessee

Immediate Past President—Phyllis Persinger | Volunteer Behavioral Health Care System

Treasurer—Jason Lay | McNabb Center

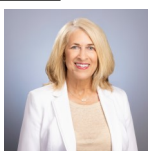
Secretary—Laurie Powell | Alliance Healthcare Services



Hammonds



Middleton



Persinger



Lay



Powell

Committee and Section Chairpersons:

Jerry Vagnier, Legislative Committee

Katherine Lewis,

Addictions Committee
Paula Hudson, Compliance and Quality Committee
Amy Olson, Children and Youth Section

Julie Spears & Angie

Hampton, Fiscal and Administrative Section

Laura Tedesco, Crisis Services Committee
Brad Nunn, Ph.D., Healthcare Innovations Work Group



Vagnier



Lewis



Hudson



Olson



Spears



Hampton



Tedesco



Nunn



TN HOPE LINE

Connect with compassionate, trained, and loving listeners for help, hope, & encouragement.

ARE YOU LONELY? AGE 60+?

M-F 9-3CT

844-600-8262

A partnership of The Governor's Office of Faith-Based and Community Initiatives, Tennessee Baptist Mission Board, and Tennessee Commission on Aging and Disability

Planning and Policy Council

Planning and Policy Council meetings return in 2023. To verify the schedule and plans for future meetings, please visit the Department website at these links:

[Statewide and Committee Meeting Schedule](#)

[Regional Committee Meeting Schedule](#)

DIRECT QUESTIONS AND INQUIRIES TO:

Avis Easley, Director of Planning

(615) 253-6397

Avis.Easley@tn.gov

Amy Holland, Administrative Services Assistant

(615) 253-3785

Amy.Holland@tn.gov

TDMHSAS is committed to providing individuals with disabilities an equal opportunity to participate in and benefit from TDMHSAS programs, activities and services. To request reasonable accommodations or modifications, please contact Amy Holland at amy.holland@tn.gov at least 10 business days prior to the meeting.

Requests for accommodations or modifications made after the deadline will be honored to the maximum extent feasible, but it may not be possible to fulfill them.



Call or text for emotional support for healthcare workers, first responders, and teachers . . .

COVID-19 EMOTIONAL SUPPORT LINE FOR TENNESSEE



Need to talk to someone about feelings of stress, anxiety, sadness, or depression related to work? Calltakers with the COVID-19 Emotional Support Line can help.



Tennesseans working in education, healthcare, or first responder roles can call or text:

888-642-7886

Calltakers are available: 6 a.m. - 10 p.m. (CT), 7 a.m. - 11 p.m. (ET)
The COVID-19 Emotional Support line is a collaborative project among National Association of Social Workers-TN Chapter and the following groups:

Questions about addiction treatment and referrals . . .

TN REDLINE



1.800.889.9789

CALL OR TEXT



In the event of a mental health emergency . . .

STATEWIDE

CRISIS LINE


HELP IN A MENTAL HEALTH CRISIS

855-CRISIS-1 [TN.gov/CrisisLine](https://www.tn.gov/CrisisLine)
855-274-7471  **Department of Mental Health & Substance Abuse Services**

To speak with a TDMHSAS Consumer Advocate . . .

Need help with mental health or substance use services?
Call the TDMHSAS Office of Consumer Affairs and Peer Recovery Services

HELPLINE
1-800-560-5767




We can help with:

- finding mental health and substance abuse resources in your area
- questions about insurance
- finding housing options
- communicating with mental health and substance abuse providers
- questions about the Certified Peer Recovery Specialist program
- filing a complaint

We are available

- Monday through Friday
- 8:00 a.m. – 4:30 p.m. CT
- Closed on state holidays

 **Department of Mental Health & Substance Abuse Services**

OCA.TDMHSAS@tn.gov | [TN.gov/behavioral-health](https://www.tn.gov/behavioral-health)

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tennessee association of
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CONTACT TAMHO TO LEARN MORE

ADDRESS: P.O. Box 1274, Brentwood, TN 37024

EMAIL: tamho@tamho.org

PHONE: 615-244-2220

TOLL FREE IN TENNESSEE: 800-568-2642



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CONTACT US

Tennessee Co-Occurring Disorders Collaborative
P.O. Box 1274
Brentwood, Tennessee 37024

615-244-2220
800-568-2642 toll free in TN

www.tncodc.com

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Executive Director

Alysia Smith Knight | asmithknight@tamho.org

Director of Policy and Advocacy

Chloe' Ligon | cmligon@tamho.org

Director of Member Services

Teresa Fuqua | tfuqua@tamho.org

Director of Administrative Services

Laura B. Jean | ljean@tamho.org

Project Assistant

Carrie LaFave | clafave@tamho.org

Statewide Peer Wellness Coach

Dina Savvenas | csavvenas@tamho.org

Director, TN Collegiate Recovery Initiative

Nathan Payne | npayne@tamho.org

Project Manager—TNCODC

Mariam Hashimi | mhashimi@tamho.org



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tennessee association of
mental health organizations

ADDRESS 201 Seaboard Lane, Suite 100
Franklin, TN 37067

PHONE 615-244-2220

TOLL FREE IN TN 800-568-2642

www.tamho.org