

## GET OUT THE VOTE!



In this midterm election, the stakes have never been higher. With mental health and addiction issues at the forefront, we must speak out!

**We must be heard! Your voice -- your vote -- matters!**  
And when you speak, be an informed voter.

Remember the four P's:

### Know your Plan

How are you getting to the polls? When are you voting? Early voting for the **November 6** election runs **October 17, 2018** through **November 1, 2018**.

### Know your Place

Know where to vote. To confirm your voting location, go here: <https://tnmap.tn.gov/voterlookup/> or here: <https://www.govotetn.com/>

### Know the Politicians

Learn about the people who are running in your district and state.

### Know your Policies

What matters most to you in your elected leaders? Find out where they stand on important issues like health care.

**It's your voice. It's your right. On November 6, use them.**



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## GoVoteTN App

The easiest way for Tennessee voters to find their Election Day polling locations, view and mark sample ballots, see their elected officials, districts and county election commission information as well as access online election results is through the GoVoteTN app. Voters can download the free app in the App Store or Google Play to view voter specific information. State law allows voters to use the GoVoteTN app inside polling locations.

## TAMHO Advocates

TAMHO organizations have been busy meeting candidates who are running for positions in the November 6 election. Pictured here is a sample of those visits:

Four outside photos: TAMHO staff attended a Health Forum where Senatorial candidates Marsha Blackburn and Phil Bredesen spoke, along with gubernatorial candidates Karl Dean and Bill Lee

Bottom second from left: Susan Phillips (Volunteer) and gubernatorial candidate Bill Lee

Bottom third from left: Brian Buuck (Ridgeview) meeting with Bill Lee

Bottom second from right, meeting with gubernatorial candidate Karl Dean: Kimberly Sowell (Volunteer), Chris Wyre (Volunteer), Rikki Harris (TVC), Alysia Williams (TAMHO), Ken Stewart (Centerstone), Karl Dean, Ellyn Wilbur (TAMHO), Phyllis Persinger (Volunteer), Danielle Smith (Volunteer), Jennifer Jones (TMHCA), Ann Stamps (Volunteer), Robert Edmonds (Volunteer), Laura Tedesco (Volunteer)



**TAMHO LEADERSHIP**

**EXECUTIVE COMMITTEE**

- President**  
Teresa Kidd, PhD | Frontier Health
- President Elect**  
Jerry Vagnier | Helen Ross McNabb Center
- Immediate Past President**  
Brian Buuck | Ridgeview
- Treasurer**  
Richard French | Carey Counseling Center
- Secretary**  
Liz Clary | Peninsula Behavioral Health

**BOARD OF DIRECTORS**

- Alliance Health Services**  
Memphis | Laurie Powell, Executive Director
- Carey Counseling Center**  
Paris | Robert D. Vaughn, Executive Director
- Case Management, Inc.**  
Memphis | E. Florence Hervey, Chief Executive Officer
- Centerstone of Tennessee**  
Nashville | Robert N. Vero, EdD, Chief Executive Officer
- Cherokee Health Systems**  
Knoxville | Dennis S. Freeman, PhD, Executive Director
- Frontier Health**  
Gray | Teresa Kidd, PhD, CEO
- Helen Ross McNabb Center**  
Knoxville | Jerry Vagnier, CEO
- Pathways Behavioral Health Services**  
Jackson | Pam Henson, Executive Director
- Peninsula-a Division of Parkwest Medical Center**  
Knoxville | Liz Clary, Vice Pres. – Behavioral Services
- Professional Care Services of West TN, Inc.**  
Covington | Jimmie Jackson, Executive Director/CEO
- Quinco Mental Health Center**  
Bolivar | Marlin Medlin, Executive Director
- Ridgeview**  
Oak Ridge | Brian Buuck, Chief Executive Officer
- Volunteer Behavioral Health Care System**  
Murfreesboro | Chris Wyre, CEO/President

**ASSOCIATE MEMBERS**

- Vanderbilt Community Mental Health Center**  
Nashville | George Hunter, Executive Director

**AFFILIATE MEMBERS**

- AIM Center**  
Chattanooga | Rodney Battles, President
- Generations Mental Health Center**  
McMinnville | Kathy G. Campbell, President/CEO
- LifeCare Family Services**  
Nashville | Kenny Mauck, CEO/Executive Director
- Lowenstein House, Inc.**  
Memphis | June Winston, Executive Director
- Tennessee Mental Health Consumers' Association**  
Nashville | Anthony Fox, Executive Director
- Tennessee Voices for Children**  
Nashville | Rikki Harris, Chief Executive Officer

**TAMHO STAFF**

- Executive Director** | Ellyn Wilbur
- Director of Policy and Advocacy** | Alysia Williams
- Director of Member Services** | Teresa Fuqua
- Director of Administrative Services** | Laura B. Jean
- Project Manager TNCODC** | Patrick Slay
- Meeting Planner Assistant** | Carrie Ligon

**TennCare Work Requirements**

In 2018, the Tennessee General Assembly enacted Public Chapter No. 869, directing TennCare to submit a waiver amendment to CMS to authorize the creation of work and community engagement requirements for certain TennCare enrollees. Accordingly, in Amendment 38, TennCare will request authority to establish reasonable work and community engagement requirements for non-pregnant, non-elderly, non-disabled adults enrolled in the TennCare program, who do not have dependent children under the age of six.

Under TennCare’s proposal, affected enrollees will be expected to engage in qualifying work or community engagement activities for an average of 20 hours per week. Qualifying activities can include paid employment, certain educational activities, job search or job skills training activities, and community service in approved settings. TennCare will seek to align its community engagement requirement with the requirements of other public assistance programs (i.e., SNAP and TANF) to the extent possible. TennCare will also seek to link individuals to existing community resources and supports whenever possible to help members achieve their education- and employment-related goals. Impacted members who fail to comply with the requirement will be subject to suspension of benefits until compliance is demonstrated.

In accordance with Tennessee Public Chapter No. 869, TennCare will seek the necessary approval from the U.S. Department of Health & Human Services to utilize funds from the state’s TANF program to fund any costs associated with the work and community engagement initiative.

TennCare’s public notice of its proposed waiver amendment for work and community engagement requirements is available here: <https://www.tn.gov/content/dam/tn/tenncare/documents2/Amendment38ComprehensiveNotice.pdf>

The text of TennCare’s draft waiver amendment is available here:

<https://www.tn.gov/content/dam/tn/tenncare/documents2/Amendment38.pdf>

TAMHO submitted the following comments:

October 26, 2018 | Dr. Wendy Long | Director, TennCare | 310 Great Circle Rd | Nashville, TN

Submitted via email and to public.notice.tenncare@tn.gov

Dear Dr. Long,

We are writing today to provide comments regarding Amendment 38 of the TennCare II Demonstration which will impose work requirements on certain individuals enrolled in the TennCare program.

TAMHO represents the community behavioral health providers who are the cornerstone of the public behavioral health system and the TennCare behavioral health network. The majority of individuals served by our members are TennCare eligible. Our experience with this population suggests that many individuals want to work and would work if inherent barriers could be removed. Those barriers include availability of jobs close to where people live, availability of public transportation to and from the job site, the introduction of or re-familiarization of work skills that are consistent with available employment opportunities, the reluctance of employers to hire individuals with felonies or other criminal charges in their past, and lack of child care for individuals with children over the age of 6 but still too young to stay at home alone. Removing these barriers would lead to more individuals getting and keeping jobs and we believe that resources should be devoted to address them.

We would like to see the exemptions expanded to include

- 1) individuals who are the sole caretaker for another person
- 2) individuals who have been in opioid treatment anytime in the past 12 months and
- 3) individuals who are in substance abuse treatment after a hospitalization or residential treatment stay. Based on best practices for substance abuse treatment and the commitment that is required to remain in recovery, we believe a 12-month period following an IP or RTC stay should be the time period covered by the exemption.

We also recommend:

- that a pilot project be implemented to identify any unanticipated issues
- full implementation be postponed until the TennCare Eligibility Determination System is fully functional in order to assure that information can be properly collected and verified.
- that the Administration implement a self- attestation process to reduce the significant administrative and financial requirements that will be borne by members, providers and the TennCare system overall

Thank you for letting us provide comment on this Amendment.

Sincerely,

Ellyn Wilbur | Executive Director

## TNCO DC Update



Patrick Slay  
Project Manager  
Tennessee Co-Occurring Disorders Collaborative (TNCO DC)

### Recent Regional COD Learning Community Meetings

The Middle TN COD Learning Community meeting was held on August 15. The topic was “Trauma Informed Care”. Alexine Batts, LPC-MHSP, NCC – Co-Chair of ACE Nashville Trauma Informed Care Subcommittee, presented on Trauma Informed Care with background information on ACEs/Building Strong Brains. Also, agencies shared their own client experiences with Trauma Informed Care. Ten (10) agencies participated with a total of 30 attendees.

The West TN COD Learning Community meeting was held on August 28. The topic was “Veterans’ Services and Resources”. Three guests presented on their programs: Joseph Kyles, Coordinator for Veterans Services, with the Shelby County Veterans Services, Patricia C. Hines, LCSW, Veterans Justice Coordinator, with the Veterans Justice Outreach Program, and Denesse Torpoco, Readjustment Counseling Outreach Specialist, with the Memphis Veterans Center. Thirteen (13) agencies participated with a total of 29 attendees.



The East TN COD Learning Community meeting was held on September 11. The topic was “Trauma Informed Care”. Amy Rowling, Violence Prevention Health Educator, with the Knox County Health Department, presented on Trauma Informed Care with background information on ACEs. Also, agencies shared their own client experiences with Trauma Informed Care. Seven (7) agencies participated with a total of 19 attendees.

### Upcoming COD Learning Community Events

All three regional meetings have the same agenda:

- Welcome new treatment providers to the Learning Community
- Learn from all participating agencies about: available services, resources and referral sources
- Discuss the path to improving COD capability, sharing learnings from the last two years
- Share learnings on utilizing the COMPASS-EZ in improving COD capability

Schedule

- Middle-Nashville, November 13, Tuesday, 9:30-12:00
- West-Memphis, November 29, Thursday, 9:30-12:00
- East-Knoxville, December 5, Wednesday, 9:30-12:00

### Teleconferences/webinars on Developing and Improving COD Capability for New Providers

TDMHSAS’ Office of Criminal Justice Services has added 27 new providers to the Learning Community, as they are now required to work toward COD capability, including completing and submitting the COMPASS-EZ by December 31, 2018. To support this effort and to help in developing and improving COD Capability, teleconferences/webinars have been scheduled to offer the new providers background on the process and the opportunity to pose questions to our COD Consultant, Dr. Ken Minkoff. It will be a two part series of calls. The first topic is an overview of the Strategic Initiative and the CCISC model (Comprehensive Continuous Integrated System of Care). The second Topic covers the 12-steps for Agencies Developing Co-occurring Capability and the COMPASS-EZ.

## TAMHO Hires Statewide Peer Wellness Coach and Trainer



Dina Savvenas

Dina Savvenas has been hired to be the Statewide Peer Wellness Coach and Trainer. She will begin her new role on November 26, 2018.

Dina, a Johnson City, TN native, earned a BS in Psychology and an MA in Storytelling from ETSU. She has worked as a case manager for victims of domestic violence and began working at Frontier Health as a Peer Wellness Coach for the TDMHSAS Wellness Initiative My Health My Choice My Life in 2015.

She received several honors in this position, including keynote status for the 2017 Art for Awareness in Nashville and she recently received the “Advocate of the Year” award at the 2018 Certified Peer Recovery Specialist Conference in

Manchester, TN.

Dina is committed to serving peers receiving services in the state of Tennessee and also to her team of Peer Wellness Coaches. Dina is personally committed to wellness, enjoys acting and theatre Arts, belly dance, and being active in the great outdoors.

Welcome, Dina!



## TAMHO MEMBER ORGANIZATION HAPPENINGS

### Domestic Violence Victims have Resources in East Tennessee (WBIR-TV)

*After a deadly shooting in Crossville, local leaders are reminding potential victims of domestic violence about the many resources East Tennessee has to offer.*

ARTICLE REPRINT | WBIR | Daniel Sechtin | September 21, 2018 | <https://www.wbir.com/article/news/local/domestic-violence-victims-have-resources-in-east-tennessee/51-597023999>

"We have a 24/7 crisis line, so we're able to have an advocate available at all times of the night and day," said Catherine Oaks of the Helen Ross McNabb Center. Oaks says, recently, their hotline and sheltering services have been busier than normal. "We are having to turn people away at shelter every day because there's just not enough space. And that's a problem across the state," she said. According to Oaks, shelters across the state are working together to make sure no victim is refused the help they need. She said one of the first resources anyone needing help should seek is the Family Justice Center. The center offers a myriad of options including legal services, counseling and help contacting law enforcement.

### Professional Care Services awarded a 3-Year Mental Health Awareness Project Grant

PRESS RELEASE | Professional Care Services of West TN, Inc. | September 18, 2018

(COVINGTON, TN) — The Substance Abuse and Mental Health Services Administration awarded a grant in the amount of \$368,000 to Professional Care Services of West TN, Inc. (PCS) to increase mental health awareness by providing community members with a variety of evidence-based trainings on mental health issues. Funded through 2021, the Mental Health Awareness Project will focus on the tradition-based culture found in the rural communities of Tipton, Lauderdale, and Fayette Counties in West Tennessee. In these areas, there is less exposure to national movements and as a result, there is a deep-rooted stigma about mental illness ingrained into these cultures. As a result, PCS' goal is to increase the mental health competence of community stakeholders intervening with those who have mental illnesses, increase appropriate referrals for those with serious persistent mental illness or a serious emotional disturbance, and increase the likelihood of treatment for these individuals. Stakeholders targeted for training include employees at hospitals, government agencies, and other community agencies. The

trainings are intended to increase capacity of community partners in each county to more accurately identify and refer to crisis and mental health services when mental health needs are identified. The trainings will also provide skills and strategies when responding to the population of focus and will include de-escalation techniques that are safe to administer. This grant was written in response to the requests of PCS' community partners for trainings on how to best intervene in situations involving those with mental illness.

Professional Care Services is a nonprofit organization with offices in six counties in West Tennessee and has been providing outpatient mental health services in these rural areas since 1972. Through its six locations, PCS offers a broad range of traditional out-patient mental health services to adults and children. Clinical services may include mental health assessment, individual and group counseling/therapy, family therapy, psychiatric evaluations and medication management. Services are provided by medical doctors, nurse practitioners, master's level therapists, certified prevention specialists, and care coordinators.

The mission of PCS is to enhance the quality of life of every individual that we treat. Our trained professionals seek to deliver compassionate, quality care to each patient, family, and community we serve by providing comprehensive mental health treatment and co-occurring services. PCS is dedicated to helping individuals and families achieve wellness by living healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention for all, early identification and intervention for those at risk.

### Serving Those Who Serve

ARTICLE REPRINT | Nashville Medical News | September 11, 2018 | Cindy Sanders | <https://www.nashvillemedicalnews.com/serving-those-who-serve--cms-2660>

Governor Bill Haslam was on hand along with other officials last month for the official grand opening of the new Steven A. Cohen Military Family Clinic at Centerstone. Located in Clarksville, the center seeks to be a resource for veterans and families in a post-9/11 world.

"Clarksville is home to one of the largest populations of retired military in the country," said Lisa Eggebeen, MSSW, LCSW, clinic director for the Cohen Clinic at Centerstone. "The need for mental healthcare services in this region and among this population is great, and this clinic will be an incredible resource for the community. We are pleased that we can provide timely and



compassionate care that changes people's lives for the better."

The new 10,000-square-foot facility offers outpatient treatment for post-traumatic stress, depression, anxiety, adjustment and transition issues, relationship issues, children's behavioral issues, anger, grief and loss. The clinic provides behavioral health and case management services for veterans, regardless of their discharge status or role. Additionally, services are available to veterans' families and to the families of active duty military including spouses, children, parents, siblings or caregivers without regard to ability to pay.

The staff of the Cohen Clinic at Centerstone has been trained in military competencies to meet the unique challenges of the armed services community and their families. Currently, the clinic has four full-time therapists but has pledged to add staff as needed to meet demand and see patients in a timely manner.

While the ribbon cutting ceremony was in August, the clinic began seeing patients earlier this spring and has already worked with more than 200 service members and their families. New clients are given an intake screen when they initially contact the clinic and should expect their first appointment within a week.

The clinic is a partnership between national behavioral healthcare provider Centerstone and the Cohen Veterans Network (CVN), a not-for-profit organization serving veterans and their families through a nationwide system of mental health clinics. CVN, which was established in 2016 with a \$275 million commitment from philanthropist Steven A. Cohen, has now funded 10 clinics across the nation with this being the first in Tennessee.

"We're honored Cohen Veterans Network selected Centerstone for this partnership," said Bob Vero, EdD, CEO of Centerstone. "Our organizations share a commitment to providing specialized care to veterans, service members and their loved ones. This clinic expands the ways Centerstone serves military families, and we look forward to working with the Cohen team to continue to explore how we can leverage our resources and expertise to reach more people in need."

Centerstone also announced a new executive director for Military Services in August. Jodie Robison, PhD, LPC-MHSP, NCC was tapped to fill the position previously held by Col. (Ret) Kent Crossley, who is retiring this month. Robison has more than 18 years of behavioral health and management experience. She will oversee Centerstone's military-related services, programming, operations, business development and fundraising activities from the behavioral health organization's Nashville headquarters. Before her new appointment, Robison served as the lead clinician for the Cohen Family Clinic at Centerstone and prior to that as director of clinical services for Centerstone's Military Services.

Robison first joined Centerstone in 2007 as a behavioral health worker in Pediatric Integrated Care before establishing her own private behavioral health practice in 2012. Active in the military community, she is both a military spouse and parent. Professionally, she has collaborated with numerous military-related organizations throughout her career.

"My entire life has been around the military, and I've made it my mission to serve those who've been willing to sacrifice so much for me and my family," said Robison. "I'm committed to helping provide our service members and their loved ones with the support and services they need to lead the most fulfilling lives possible."

Robison received her master's in counseling and personnel services from the University of Maryland and her doctoral degree in human services, social and community services from Capella University. She is a member of the American Counseling Association, American Mental Health Counseling Association and Tennessee Licensed Professional Counselors Association.

## Centerstone Adds Norton, Reid to Key Positions

ARTICLE REPRINT | Nashville Medical News | September 24, 2018 | Cindy Sanders | <https://www.nashvillemedicalnews.com/serving-those-who-serve--cms-2660>



Kevin Norton



Johnel Reid

National not-for-profit behavioral health provider Centerstone has recently made two significant additions to its staff.

Kevin Norton has been tapped to take on the role of chief operating officer, effective Sept. 1, as long-time COO Barry Hale retires. Norton has 25 years of experience in behavioral health, having begun his career as a therapist. Most recently, he served as CEO for Lahey Health Behavioral Services and in the same role for Northeast Behavioral Health, Inc. where he led the integration of the organization into Lahey. He earned an undergraduate degree from SUNY at Fredonia, a Master of Science in Counseling Psychology from Salem State University in Massachusetts and his MBA from Suffolk University in Boston. He has served on a number of national boards.

Johnel Reid joined the organization over the summer as vice president of public affairs and will oversee Centerstone's marketing and communications efforts, along with strategic brand management. She has 15 years experience in healthcare communications and strategic planning with prior executive roles including stints with Franklin-based Community Health Systems and Nashville-based HCA. Reid earned her undergraduate degree from Longwood University in Virginia.



## Frontier Health Receives 2018 SunTrust Foundation “Lighting the Way” Award



The Frontier Health Foundation recently announced that Frontier’s Employment Services Program was nominated and selected for the SunTrust Foundation 2018 "Lighting the Way" award. The Frontier Health Foundation is one of 36 non-profits from around the nation nominated for outstanding work to help advance people in our communities and received \$75,000 of the SunTrust Foundation's \$2.7 million community investment program.

*The Frontier Health Foundation was the only non-profit in the region selected for this award and the \$75,000 will directly support their*

*Employment Services program. "The SunTrust Foundation has generously recognized that Frontier Health's Employment Services are changing lives in Northeast Tennessee. We are so grateful, not only for the Lighting the Way Award, which will enable us to expand the services that help individuals move toward self-sufficiency, but also for the recognition of the incredible efforts and impact which our Employment Team has on the lives of those they serve" says Dr. Teresa Kidd, President and CEO.*

The Employment Services Program helped 275 people last year with job skills, job placements and employment retention. Employment placements such as CNA's, Receptionists, store associates, and direct support team members have been placed throughout our region through this program. The program also provides training on interview skills, computer skills and social skills for individuals re-entering the workforce and on the job training to help individuals and employers have a positive outcome overall.

Congratulations, Frontier Health!



*Teresa Kidd, PhD, President and CEO, Frontier Health, accepts SunTrust Foundation "Lighting the Way" Award*

## PCS Receives MHAT Funding, Provides STAR Services

Professional Care Services (PCS) was recently notified that they would receive federal funding for 3 years for Mental Health Awareness Training or MHAT. This announcement of funding came from SAMHSA and was targeted at providing mental health training in Fayette, Lauderdale, and Tipton Counties. Specifically, law enforcement personnel, hospital staff, and various other community agencies will be trained in Youth and Adult Mental Health First Aid, QPR, and/or CPI de-escalation.

The overarching goals of MHAT are to increase competence of community stakeholders in intervening with those who have mental illness, increase appropriate referrals for those with SPMI or SED, and increase referrals for treatment when needed. In addition to providing trainings in mental health intervention strategies, this effort will work to reduce stigma in our communities.

In other news from PCS, on September 10, 2018 the Covington location began providing STAR services within the Tipton County School System. STAR stands for School-Based Therapy & Assessment Referral. The STAR staff includes two Master’s level therapists and three care coordinators. These five individuals are providing therapy and care coordination to those referred either by the school, parent, or other PCS staff.

## Helen Ross McNabb Center Celebrates new Veterans Housing



The Helen Ross McNabb Center celebrated its most recent Veterans Housing project on Oct. 29 with a ribbon cutting.

The 10-unit apartment complex marks the third Veterans Housing project implemented by the McNabb Center and Foundation, and it was made possible through City of Knoxville, Knox County, Tennessee Housing Development Agency, and private philanthropy. The permanent, supportive housing will provide homes for military veterans who are homeless or at risk of becoming homeless.

# STATEWIDE HAPPENINGS

## Bruce E. Davis, Ph.D. appointed as Deputy Commissioner of Clinical Services for the Department of Intellectual and Developmental Disabilities

In this role, Davis will oversee the department's clinical and health services operations.

Dr. Davis has been the Director of Behavioral and Psychological Services for the department for 6 years. He also served as the department's Protection from Harm Director in 2008. From 2008 – 2012, he was the Director of the Behavioral Health and Intellectual Disabilities clinic at Vanderbilt. Dr. Davis is a member of the board of directors of NADD-An Organization for Persons with Developmental Disabilities and Mental Health Needs and is also active in the local TN-NADD chapter. In 2016, he was DIDD's recipient of the Governor's Excellence in Service Award. He has over 31 years of clinical experience working with people who have co-occurring intellectual disabilities and mental health disorders. Dr. Davis is a Licensed Professional Counselor, Licensed Senior Psychological Examiner, and Licensed Behavior Analyst in Tennessee. He is also an accomplished trainer and has presented papers at numerous conferences over the course of his career.

Dr. Davis's expertise has long been valued by this department, and his contributions thus far to the people we support cannot be overstated. We are pleased to have him step into this new role and continue his focus on the health and wellbeing of Tennesseans with disabilities.

## Welcome new TDMHSAS Staff and Congrats to those Recently Promoted



**Bev Fulkerson,**  
Deputy Assistant  
Commissioner for  
Substance Abuse  
Services



**Kezia Mills,**  
Assistant General  
Counsel for Middle  
Tennessee Mental  
Health Institute



**Mark Liverman,**  
Director of  
Employment &  
Wellness



**Tony Jackson,**  
Director of  
Prevention & Early  
Intervention  
Services



**Jessica Mullins,**  
Project Director for  
Youth and Young  
Adult Initiatives

## Recovery Month a Time to Better Understand Mental Health and Substance Addictions

ARTICLE REPRINT | Commissioner Marie Williams | Commercial Appeal | October 1, 2018 | <https://www.commercialappeal.com/story/opinion/2018/10/01/mental-health-month-recovery-month/1479201002/>

One What does recovery mean to you? Does it mean sore muscles after an intense workout? Does it mean a moment's peace after you put the kids to bed? Does it mean finding something of value that you lost long ago?

For Tennesseans living with mental health and substance abuse issues, recovery means that and so much more: it is the process through which people are able to live, learn, work, and fully participate in their communities.

As we look back on Recovery Month (September) in Tennessee and across the country, it's a special time to celebrate the achievements of people who are in recovery living with mental illness and addiction, to encourage those in treatment that there is hope, and to remove the stigma for those living with untreated issues and encourage them to reach out for the help that they need.

No matter how a how person connects to treatment resources through the community of behavioral health providers, whether it's through private insurance, TennCare, veterans' benefits, services funded by the Department of Mental Health and Substance Abuse Services, or another method, one thing is certain: There is hope for a life of recovery. The examples are all around us.

People at work, in school, in the line at the grocery store, in the pew next to you at church, they're all living lives of recovery every day. It's no different from someone with diabetes managing their insulin levels. Behavioral health conditions are often chronic, but with proper assessment, intervention, medication, wraparound services, and recovery supports, these conditions can be overcome for we all know that recovery is real.

In a time when addiction and mental illness are touching more and more families, we join together with our neighbors to celebrate recovery and advocate for increased access to recovery pathways. One such attempt is through our Tennessee Together campaign.

Led by Gov. Haslam and supported by the Tennessee General Assembly, TN Together is focusing on stories of recovery this month by featuring the stories of three families touched by opioid addiction. One is a young woman and her mother living with a multi-generational cycle of addiction. Another is a young man and his parents who are simply thankful for each new day.

The third is a mother who overdosed and nearly died from the addiction she developed after taking prescription medication she received after her last pregnancy. They all have several things in common: good families, good homes, a lot of hard work, and immense gratitude for their new life in recovery. You can view the videos at this link.

If you want to take the first step to a life of recovery from addiction issues, call the Tennessee REDLINE at 1-800-889-9789. If you're experiencing a mental health crisis and need help, please call our statewide crisis line at 1-855-CRISIS-1. It is through the partnership of our faith-based organizations, community behavioral health partners, peers with lived experience in recovery, and family members that we will continue to make Tennessee a recovery-friendly state.

—Commissioner Marie Williams, TDMHSAS

# NATIONAL HAPPENINGS

## Community Health and Prosperity: Making the Business Case



Jerome M. Adams, MD, MPH was sworn in as the 20th Surgeon General of the United States in September 2017. He is the former State Health Commissioner in Indiana. Dr. Adams, a Maryland native, has bachelor's degrees in both biochemistry and psychology from the University of Maryland, Baltimore County, a master of public health degree from the University of California at Berkeley, and a medical degree from Indiana University School of Medicine.

Dr. Adams' motto as Surgeon General is "better health through better partnerships." As Surgeon General, Dr. Adams is committed to maintaining strong relationships with the public health community and forging new partnerships with non-traditional partners, including business and law enforcement. He believes that

communities that are healthier are more prosperous. That is why he has commissioned a report demonstrating the intersection between health and the economy.

He wants to hear about your ideas, examples, and data and has an open request for information until November 5, 2018.

Please [submit your stories to Docket No. CDC-2018-0082](#) in the Federal Register.

## 1 in 3 College Freshmen Faces Mental Health Woes

ARTICLE REPRINT, PRESS RELEASE | Randy Auerbach | American Psychological Association | Sept. 13, 2018 | <https://www.apa.org/news/press/releases/2018/09/freshmen-mental-health.aspx>

As if college were not difficult enough, more than one-third of first-year university students in eight industrialized countries around the globe report symptoms consistent with a diagnosable mental health disorder, according to research published by the American Psychological Association.

"While effective care is important, the number of students who need treatment for these disorders far exceeds the resources of most counseling centers, resulting in a substantial unmet need for mental health treatment among college students," said lead author Randy P. Auerbach, PhD, of Columbia University.

"Considering that students are a key population for determining the economic success of a country, colleges must take a greater urgency in addressing this issue."

Auerbach and his co-authors analyzed data from the World Health

Organization's World Mental Health International College Student Initiative, in which almost 14,000 students from 19 colleges in eight countries (Australia, Belgium, Germany, Mexico, Northern Ireland, South Africa, Spain and the United States) responded to questionnaires to evaluate common mental disorders, including major depression, generalized anxiety disorder and panic disorder.

The researchers found that 35 percent of the respondents reported symptoms consistent with at least one mental health disorder as defined by the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition. Major depressive disorder was the most common, followed by generalized anxiety disorder. The findings were published in the *Journal of Abnormal Psychology*<sup>®</sup>.

"The finding that one-third of students from multiple countries screened positive for at least one of six mental health disorders represents a key global mental health issue," said Auerbach.

Previous research suggests that only 15-20 percent of students will seek services at their respective counseling center, which may already be overtaxed, according to Auerbach. If students need help outside of their school counseling center or local psychologists, Auerbach suggested that they seek internet resources, such as online cognitive behavioral therapy.

"University systems are currently working at capacity and counseling centers tend to be cyclical, with students ramping up service use toward the middle of the semester, which often creates a bottleneck," said Auerbach. "Internet-based clinical tools may be helpful in providing treatment to students who are less inclined to pursue services on campus or are waiting to be seen."

Future research needs focus on identifying which interventions work best for specific disorders, said Auerbach. For example, certain types of depression or anxiety may be best treated with certain types of internet interventions, whereas other disorders, such as substance use, may require treatment in person by a psychologist or other mental health professional.

"Our long-term goal is to develop predictive models to determine which students will respond to different types of interventions," said Auerbach. "It is incumbent on us to think of innovative ways to reduce stigma and increase access to tools that may help students better manage stress."

Article: "The WHO World Mental Health Surveys International College Student Project: Prevalence and Distribution of Mental Disorders," by Randy Auerbach, PhD, Columbia University; Jordi Alonso, MD, PhD, and Gemma Vilagut, PhD, IMIM Hospital del Mar Medical Research Institute, Barcelona; Pim Cuijpers, PhD, Amsterdam Public Health Research Institute; David Ebert, PhD, Friedrich-Alexander University Erlangen Nuremberg; Penelope Hasking, PhD, Curtin University; Matthew Nock, PhD, Harvard University; Dan Stein, PhD, University of Cape Town; Alan Zaslavsky, PhD, Ronald Kessler, PhD, Stephanie Pinder-Amaker, PhD, and Nancy Simpson, PhD, Harvard Medical School; Philippe Mortier, MD, PhD, Koen Demyttenaere, MD, PhD, and Ronny Bruffaerts, PhD, Katholieke Universiteit Leuven; Corina Benjet, PhD, National Institute of Psychiatry Ramon de la Fuente Muniz; Jennifer Greif Green, PhD, Boston University; and Elaine Murray, PhD, Ulster University. *Journal of Abnormal Psychology*, published Sept. 13, 2018.

## Sixth Annual SOCAT Conference

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), in partnership with the Tennessee Commission on Children & Youth (TCCY) and the Tennessee Association of Mental Health Organizations (TAMHO) hosted the Sixth Annual System of Care Across Tennessee (SOCAT) Conference: Connecting 4 Children, Young Adults, & Families.

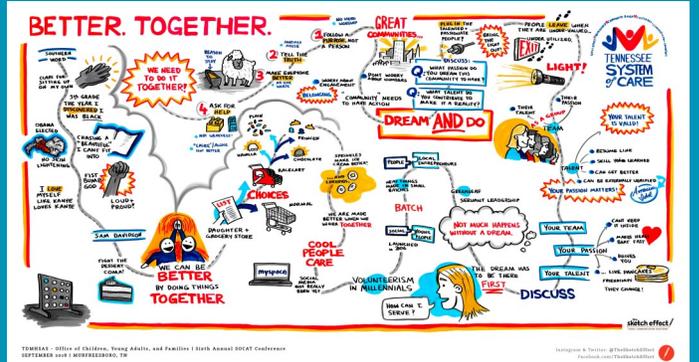
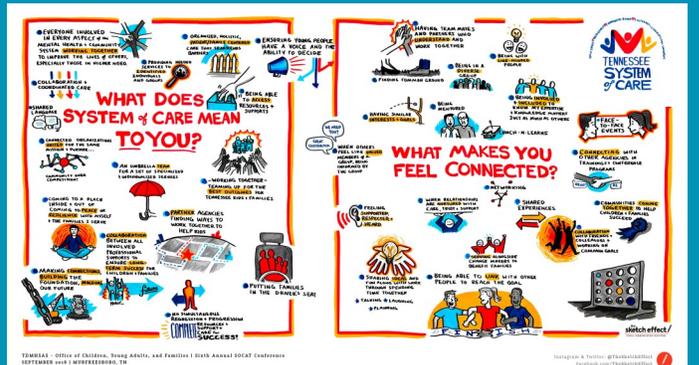
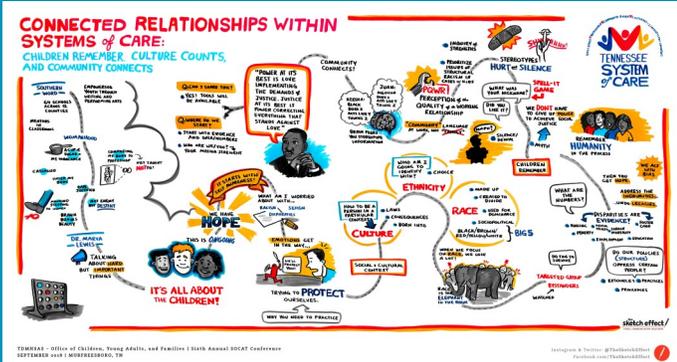
The four tracks were: Infant and Early Childhood; Engaging Youth and Young Adults; All About Families; and, Evidence-Based & Evidence-Informed Practices.

The 2-day event included learning and networking opportunities, along with fun and inspiration from Southern Word poets and an interactive artist board from The Sketch Effect (below).

Thanks especially to excellent sessions from speakers, the conference was a wonderful success!



### Thank you to our SOCAT 2018 Speakers!



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Health care's behavioral health conference is here once again - [NatCon19 registration is live](#), and we're excited to see you all in Nashville from March 25-27, 2019. We will be celebrating the National Council's 50th anniversary, and your hard work and dedication to making life better for those with mental illness and substance use disorders. NatCon19 will feature a thought-provoking Addictions track and renowned speakers like Atul Gawande, M.D., the CEO of Amazon, Berkshire Hathaway and JPMorgan Chase' not-for-profit health care initiative. Make sure to reserve your spot so you don't miss this special event in the country music's capital city.

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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  
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**Tennessee  
Co-Occurring  
Disorders  
Collaborative**

TNCODC serves as the primary statewide structure to oversee and coordinate the planning, development, and implementation of all phases of the co-occurring disorders collaborative activities and initiatives to include ensuring consistency, accountability, and sustainability of co-occurring disorder strategies and provide strategic and operational recommendations through a committee and sub-committee structure.

The **TNCODC Presentation Sub-Committee**, chaired by Jim Jones, Pathways Behavioral Health, will be responsible for the review and edit of the existing brief, intermediate, and advanced co-occurring disorders presentations used for education and awareness outreach. The group will also be responsible for the consideration and creation of specialty group presentations.

The **TNCODC Personal Stories Sub-Committee**, chaired by Jeff Fladen, NAMI Tennessee, will be responsible for the gathering and consideration

of personal stories of individuals, families, and the community that relay the impact of COD through lived experience.

The **TNCODC Work Force Development Sub-Committee**, chaired by Charlotte Hoppers, Grace House of Memphis, will be responsible for the review and consideration of specific outcomes noted in the TNCODC Steering Committee’s Strategic Planning process related to Work Force Development. .

Check one . . .

- Count me in as a volunteer to serve on a TNCODC Sub-Committee.**
  - Presentations     Personal Stories     Work Force Development
- I’m interested but need more information. Please call me.**
  - Presentations     Personal Stories     Work Force Development

**Name:** \_\_\_\_\_

**Affiliation:** \_\_\_\_\_

**Desk Phone:** \_\_\_\_\_

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Email or fax this form to [TFUQUA@tamho.org](mailto:TFUQUA@tamho.org) or 615-254-8331.



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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.

# 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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