



# BEHAVIORAL HEALTH NEWS AND EVENTS

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the source for  
**BEHAVIORAL  
HEALTH IN  
TENNESSEE**

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## Message from the Executive Director

COVID-19 created a new reality that mandated significant adjustments to the way we live our daily lives. For many people, it has meant working from home or providing virtual school for their children. For others, it has meant their place of employment closed and all of a sudden, they were unemployed. And still others have been unable to visit loved ones as frequently, or in some cases, at all. We could not have anticipated or prepared for all the adjustments that were required in a very short period of time. We have learned about the physical symptoms of COVID-19 and are learning about the potential long term affects. But we are just beginning to understand the mental health impact of COVID-19.



**Ellyn Wilbur**  
Executive Director

*A June 2020 survey from the Centers for Disease Control and Prevention of 5412 US adults found that 40.9% of respondents reported "at least one adverse mental or behavioral health condition," including depression, anxiety, posttraumatic stress, and substance abuse, with rates that were 3 to 4 times the rates 1 year earlier. Remarkably, 10.7% of respondents reported seriously considering suicide in the last 30 days. The sudden interpersonal loss associated with COVID-19, along with severe social disruption, can easily overwhelm the ways individuals and families cope with bereavement. (Czeisler MÉ, Lane RI, Petrosky E, et al. Mental health, substance use, and suicidal ideation during the COVID-19 pandemic: United States, June 24 -30, 2020)*

Economic uncertainty, interpersonal loss and social isolation are difficult to manage in the best of circumstances but in an environment where there is no definite time frame for resolution, they become even more challenging. It is important to understand that these stressors impact both individuals who have experienced COVID-19 illness and loss as well as those who have not.

In a recent CBS Sunday Morning episode (11/1/20) Dr. Vivian Pender, president elect of the American Psychiatric Association said, "We're in the midst of a mental health epidemic right now, and I think it's only gonna (sic) get worse.....I think in a way the worst is yet to come, in terms of mental health. There's gonna (sic) be tremendous grief and mourning for all the lost people, and the lost opportunities, and the lost dreams and hopes that people had."

The more commonly reported mental health effects of COVID-19 have been anxiety, depression, substance use and suicidal thoughts. The medical community understands the importance of assessing behavioral health needs when seeing patients for other illnesses and have increased their efforts to make sure that these issues do not go untreated. The general public needs to understand what these symptoms are and know what to do if they or their loved ones experience them. And as a society, we must begin to acknowledge the importance of mental health to overall health and wellness.

At this point in time, we don't know a lot about the long-term impact of COVID-19 and what treatment might be required. The good news is that we *do* know that the mental health symptoms that result *can* be treated successfully!

There is a full cadre of service providers in Tennessee ready to help individuals who need

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# TAMHO

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treatment for behavioral health symptoms. Mental health providers in TN have continued to meet the needs of Tennesseans since the pandemic began in March. Their organizations have well-trained staff who can provide intervention, support and resources to neighbors and friends who might need mental health help during these uncertain times...and they can offer these services through telehealth.

For help finding services in each of the 95 counties in Tennessee, visit our website: <https://www.tamho.org/#services>

or <https://www.tn.gov/behavioral-health/mental-health-services.html>

**\*\*If you or someone you love is in a crisis, call 855-CRISIS-1 (855-274-7471). This service is available 24 hours a day, 7 days a week.**

## TAMHO Member Organization Happenings . . .



## Centerstone receives \$2 million grant award to further develop and implement system-wide Zero Suicide initiative

Media Release | Centerstone

Centerstone, a not-for profit health system with nationally available mental health and substance use disorder services, has been awarded a Zero Suicide grant award from the Substance Abuse and Mental Health Services Administration (SAMHSA). The award will provide Centerstone with \$400,000 each year for the next five years, a total of \$2 million. One of 15 nationally awarded grants, the funds will be utilized by Centerstone to further develop and continue implementation of the Zero Suicide prevention initiative throughout its health system.

Centerstone's Zero Suicide initiative will enhance and expand suicide prevention and intervention strategies designed to raise awareness of suicide, establish referral processes, and improve care and outcomes for adults age 25 and older in Florida, Indiana, Illinois, and Tennessee, the areas served by Centerstone's physical footprint. The grant comes at a critical time, as suicide rates have been on the rise nationally among all age groups, especially among adults between the ages of 25 and 44, whose rate of suicide has surpassed that of older adults and far exceeds the national average. In 2018, suicide claimed the lives of more than 48,000 Americans and was the 10th leading cause of death.

"We're fortunate to have been utilizing the Zero Suicide approach in Tennessee since 2014 and in other Centerstone states over the past few years. This new grant award will allow us to advance the field of suicide prevention and ultimately have a much bigger impact," says Becky Stoll, vice

president of crisis and disaster services and project director for Zero Suicide.

As part of the grant, Centerstone's clinical staff will screen all individuals receiving care for suicidal thoughts and behaviors, conduct comprehensive risk assessments of individuals identified at risk for suicide, implement effective, evidence-based treatments that specifically treat suicidal ideation and behaviors. Clinical staff will also be trained to provide direct treatment in suicide prevention and evaluate individual outcomes throughout the treatment process.

Centerstone will also work with Veterans Health Administration (VHA) community-based outpatient clinics, state department of Veterans affairs, and national SAMHSA and Veterans Administration (VA) suicide prevention resources to engage and intervene with Veterans at risk for suicide but not currently receiving VA services.

Work to implement the grant is scheduled to begin by August 31, 2020 — just in time for National Suicide Prevention Month which is observed annually in September.

## Therapeutic Preschool Ribbon Cutting

[Link to Original Article](#)



On Wednesday, July 15th, the McNabb Center celebrated the opening of its Therapeutic Preschool program in Chattanooga.

The Therapeutic Preschool program provides early intervention services to children ages 2-5 who have been abused or neglected, or who have experienced trauma of any kind. It is especially important that these children receive the treatment they need to address their Adverse Childhood Experiences (ACEs) in a safe and therapeutic environment.

Chattanooga's therapeutic Preschool program was made possible by Helen Ross McNabb Foundation fundraising, including private philanthropy, United Way funds, Community Foundation of Greater Chattanooga grants, Robert F. Stone Foundation grant, First Horizon and UNUM.



## Centerstone's Research Institute names Dr. Shane Kuhlman as Chief Psychology Officer

Press Release

NASHVILLE, Tenn. — Centerstone, a national leader in behavioral health and addiction services, has named Dr. Shane Kuhlman as chief psychology officer for Centerstone's Research Institute, effective October 5.

As the chief psychology officer for Centerstone's Research Institute, Dr. Kuhlman will collaborate with colleagues throughout Centerstone's strategic business units to build clinical models and pathways for the treatment of specific mental health disorders. He will utilize his research and clinical expertise to guide decision-making for evidence-based practices, and he will collaborate with educational training leadership to build training programs and educational materials to provide ongoing professional development for Centerstone's clinical staff.



"I am grateful to be welcomed into the Centerstone family as the chief psychology officer for the Research Institute," said Dr. Kuhlman. "I am excited to be a part of a system that believes we can provide, develop, research and evaluate effective mental health treatments with the goal of changing people's lives."

Before arriving at Centerstone, Dr. Kuhlman served as a research and clinical fellow with the Center of Excellence for Suicide Prevention at the Canandaigua VA Medical Center in Canandaigua, New York. He has also served in project director roles for research and implementation programs through the University of Rochester Medical Center, the University of South Alabama and the University of West Florida.

Dr. Kuhlman holds a PhD in Combined Integrated Clinical & Counseling Psychology, and a Master of Science degree in Applied Psychology from the University of South Alabama. His research efforts have primarily focused on suicide prevention, and have been published in many academic publications, including Journal of Interpersonal Violence, Journal of American College Health and The Journal of Crisis Intervention and Suicide Prevention.



## Alliance one of Several Organizations Sponsoring Walk Against Community Gun Violence taking Place on November 14, 2020

**PLEDGE TO PROTECT**

**901**

**STOP GUN VIOLENCE IN OUR COMMUNITY**

**UNITY WALK  
AGAINST GUN VIOLENCE**

Saturday, November 14, 2020, assemble at 9:30 am – walk at 10:00 a.m. for a 2 Mile Rt. - Beginning and ending at the Juvenile Court and Forensic Center parking lots located at Poplar Ave. and N. Orleans St. Rain date November 21, 2020  
**Masks and social distancing mandatory!**

**YOUR VOICE MATTERS!**

**PLEDGE TO**

- ✓ See something, hear something, say something
- ✓ **YOUR CALL COUNTS!**
- ✓ Solve problems peacefully with respect
- ✓ Never resort to physical or verbal violence
- ✓ Know where your children are. Keep them in school.
- ✓ Check on your neighbors and get to know them.
- ✓ Join or start a Neighborhood Watch Group in your neighborhood.

**RESOURCES**

- YWCA Domestic Violence Shelter – 901.725.4277
- Alliance Healthcare Services – 901.369.1410
- Childreppers – 901.528.0244 (2274). Call or text for anonymous tip on violence.
- Family Safety Center Crisis Line – 901.249.7611
- F.F.I.N. (Freedom From Unnecessary Negatives) – 901.577.3169
- Volunteer to help stop the violence. We're here for suspicious crime activity – 901.437.7361.
- Memphis Area Women's Council – Memphis Says No More – 901.376.3866
- Moms Demand Action – [tennesseemomsdemandaction.org](mailto:tennesseemomsdemandaction.org)
- Shelby Co. Crime Victims & Rape Crisis Center – 901.222.3990

**PARTNERS/SPONSORS**

\*Alliance Healthcare Services \*Childreppers \*F.F.I.N. (Freedom From Unnecessary Negatives) \*Juvenile Court of Memphis and Shelby County \*La Bonheur Children's Hospital \*Let's Go to Success \*Memphis Shelby Crime Commission \*Moms Demand Action \*Philly's Williams (MVA Agency) \*Shelby County Crime Victims & Rape Crisis Center \*SafeWay's \*Shelby County District Attorney's Office \*Shelby County Health Department \*Southeast Neighborhood Development District \*T1 Health Science Center

## Statewide Happenings . . .

### School based behavioral health program expanding to all Tennessee counties

Laken Bowles | News Channel 5 | 9/23/2020 | [Link to original Article](#)

NASHVILLE, Tenn. (WTVF) — The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) says its school-based behavioral health program is expanding to all 95 counties in the state.

The department says the program provides liaisons for face-to-face consultation with classroom teachers whose students are at-risk for Serious Emotional Disturbance (SED), behavior problems or substance use disorders.

Liaisons also provide training and education for classroom teachers and serve as a link between schools and families.

“With the COVID-19 pandemic affecting so many facets of life, there has never been a time of greater focus on the mental health of our children, youth, and young adults. It is both fortunate and fortuitous that Governor Lee and the General Assembly budgeted the funding to expand this much-needed service,” said TDMHSAS Commissioner and Licensed Clinical Social Worker (LCSW) Marie Williams.

Currently, the program serves elementary, middle and high schools in 36 Tennessee counties. To expand the program, the department says Gov. Bill Lee budgeted and the Tennessee General Assembly appropriated an increase of \$3 million for the current fiscal year.

[Click here for more information.](#)

### Tennessee to start mobile health clinic program after receiving \$10 million grant

#### *The state received a federal grant to open mobile health clinics to help distressed counties across Middle and East Tennessee*

WBIR | [Link to Original Article](#)

If the coronavirus outbreak has shown Tennesseans anything, it's how important medical facilities are to communities. It's also shown that some counties are more equipped to handle medical and mental health needs than others.

The federal government is giving the Tennessee Department of Mental Health and Substance Abuse Services a \$10 million grant for a pair of mobile health clinics that will serve a total of 10 counties, as part of Project Rural Recovery. The clinics will serve five counties in Middle Tennessee and five counties in East Tennessee.

Funding will be spread over five years, and the clinics will help serve the behavioral and physical health needs of their counties.

The department said it selected the counties to get services based on whether they were considered distressed and based on their need for services.

In East Tennessee, the mobile health clinic program will serve Claiborne, Cocke, Grainger, Hancock and Jefferson counties, according to a release from the department. In Middle Tennessee, Lawrence, Lewis, Marshall, Perry and Wayne counties will get services.

The department also said it would work with community behavioral health providers, such as Buffalo Valley Inc. and the Helen Ross

McNabb Center, to provide mental health services in the counties.

"We are truly grateful to our federal partners, our governor for his leadership, our community providers, and our team at the department," said TDMHSAS Commissioner Marie Williams. "This grant is going to have a legendary impact for years to come."

## TDMHSAS Expands Behavioral Health Safety Net to Children

### *New mental health services available for uninsured Tennessee Children*

9/10/2020 | [Link to Original Article](#)

NASHVILLE, Tenn.— The Tennessee Department of Mental Health and Substance Abuse Services and its community mental health provider partners are excited to expand the state's Behavioral Health Safety Net to uninsured children.

The program offers an array of essential mental health services for uninsured Tennessee children age three to 17. Services are available for family incomes at or below 138 percent Federal Poverty Level. Governor Bill Lee and the Tennessee General Assembly appropriated \$7.6 million in new state funding in the current fiscal year to create the Children's Behavioral Health Safety Net (BHSN).

"The Behavioral Health Safety Net is a foundational program to meet the mental health needs of uninsured Tennesseans, and we are so grateful to Governor Lee and the General Assembly for investing and expanding this program to our children. Uninsured children in any county will have the ability to get services through our community mental health providers, and that is amazing," said TDMHSAS Commissioner Marie Williams, LCSW.

Services available through the Children's BHSN include assessment and evaluation, individual therapy, group therapy, family therapy, case management, transportation, family support services, medication management, and pharmacy assistance and coordination. A total of 14 community mental health centers with 136 locations statewide are participating in the program.

The creation of the Children's BHSN complements the state's investment in the TDMHSAS School-Based Behavioral Health Liaison program. Gov. Lee and the General Assembly appropriated more than \$3 million in new state funding to expand the program to cover all 95 Tennessee Counties.

To find a Children's BHSN provider in your area, visit this link: [TN.gov/behavioral-health/BHSN](https://www.tn.gov/behavioral-health/BHSN)



### THE ANDREA CHASE MEMORIAL FUND

A life lived helping others, giving back to her profession and community. A life that impacted all who knew her and whose legacy is excellent behavioral health services.

Andrea began her career as a Mobile Crisis Responder and Children and Youth Intensive in Home Services Specialist. She held positions as a Children and Youth CTT Therapist, School Based Therapist and Drug Court Therapist before entering the administrative side of behavioral health. Andrea was committed to the highest quality care for those who needed services. After serving CAREY as a Site Director, Andrea became the Clinical Director and member of the Executive Team. She would have served at CAREY for 20 years in October 2020.

Andrea's leadership and drive for excellent services resulted in several game-changers for the behavioral health system. She helped bring numerous evidence-based treatments to CAREY to enhance staff skills and improve outcomes for clients. One highlight of Andrea's effort was bringing the very first early psychosis program in the country that served rural communities. Andrea helped transform CAREY's system to offer Same Day Access and Just in Time medication appointments.

Andrea served on TAMHO's Children and Youth Committee for 14 years and chaired that committee for several years. Her expertise was sought in other areas and she went on to serve on TAMHO's Quality and Compliance, Health Innovations and Family First Prevention Committees. Andrea was generous with her time and knowledge and served as a mentor to many within and outside of CAREY.

During her career, she has been involved with the local Rotary Club, Northwest Commission on Children and Youth and several other local advocacy/charitable groups. Maintaining a philanthropic heart and giving to others, she was very supportive of special causes. Andrea was extremely devoted to her profession and her family, especially her nieces and nephews.

A memorial fund has been created in memory of Andrea Chase. As an avid supporter of children, young adults, families and education, the use of funds may range from assisting with services to children and young adults to potentially providing scholarships for students seeking degrees in behavioral health. You can make a tax-deductible donation to:

CAREY Counseling Center  
Attention: Richard French, Fiscal Director  
Post Office Box 30  
Paris, Tennessee 38242

In the memo section, please write "Andrea Chase Memorial Fund"

## Tennessee Department of Health Joins New CDC Suicide Prevention Program | Tennessee One of Nine Programs Funded for Suicide Prevention

Press Release | Tennessee Department of Health | [Link to Original Release](#)

NASHVILLE, Tenn. – The Tennessee Department of Health today announced receipt of a \$750,000 funding award for suicide prevention efforts over the next five years. The Centers for Disease Control and Prevention’s new Comprehensive Suicide Prevention Program includes a focus on vulnerable populations at increased risk for suicide. This funding will provide a comprehensive public health approach based on data and science to address risk factors that contribute to suicide. TDH is one of only nine organizations in the U.S. chosen to receive this funding. (continued...)

“Suicide can impact anyone and any family, regardless of status, position or location, and the impact of these tragic deaths is magnified because they are preventable,” said Tennessee Health Commissioner Lisa Piercey, MD, MBA, FAAP. “We are grateful for this opportunity to expand our work to prevent suicide and empower others to serve as a resource for someone in crisis and help save lives in Tennessee.”

Suicide is a growing public health crisis that took more than 48,000 lives in the United States in 2018, according to the CDC. In Tennessee, TDH data show 1,220 people died by suicide in 2019, including 32 children aged 17 and under. Within the past six years, Tennessee’s overall suicide rate increased by 24 percent, from 14.4 deaths per 100,000 people in 2014 to 17.9 in 2019.

“Suicide takes a toll on too many Tennessee families, and we are excited about this opportunity to make a positive intervention and potentially save lives,” said Tennessee Department of Mental Health and Substance Abuse Services Commissioner Marie Williams, LCSW. “This grant pairs perfectly with recent investments in suicide prevention budgeted by Governor Bill Lee and the Tennessee General Assembly to expand the Tennessee Suicide Prevention Network and serve youth and young adults with suicide prevention and mental health promotion activities.”

In this comprehensive suicide prevention approach, TDH will expand existing efforts and implement new activities. Plans include increasing engagement of partners through a multidisciplinary stakeholder group with representatives of vulnerable populations; expanding the number of people trained to identify and support those at risk of suicide; increasing students’ coping and problem solving skills by training teachers to implement the Good Behavior Game in the classroom; increasing surveillance efforts to identify those at risk of suicide and strengthening access to care by providing tele-health training to mental health care providers.

Building on several years of data collection and cross-sector collaboration, TDH officially launched its Suicide Prevention Program in 2019 as authorized by the Suicide Prevention Act of 2018 (TCA 68-3-703). Program work has included forming a Suicide Prevention Stakeholder Task Force Team; developing a statewide survey to identify gaps in mental health programs and determine what support is needed for those at risk of suicide; studying suicide-related emergency visits and developing a rapid prevention response model to prevent youth suicide; and providing suicide prevention training to groups across the state.

Learn more about suicide prevention work in Tennessee in the 2020 TDH Suicide Prevention Report available online at [www.tn.gov/content/dam/tn/health/program-areas/vipp/TDH-2020-Suicide-Annual-Report.pdf](http://www.tn.gov/content/dam/tn/health/program-areas/vipp/TDH-2020-Suicide-Annual-Report.pdf).

## TDMHSAS Secures Additional Federal Grants to Support Behavioral Health Needs

### *Additional disaster grants on top of millions in recent federal funding*

TDMHSAS | October 13, 2020 | [Link to Original Article](#)

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) has secured an additional \$7.2 million in federal grant funding to respond to mental health and addiction concerns caused by COVID-19 and recent natural disasters.

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) has awarded the department an additional \$3.5 million to continue to address mental health concerns caused by COVID-19. This funding supplements a previous grant of almost \$1 million. Crisis counseling services through this program are available in all 95 Tennessee counties.

[Find COVID-19 Counseling Services in Your Area](#)

SAMHSA also awarded the department \$3.7 million dollars to respond to the mental health effects of flooding in 2019. In February and March 2019, 59 Tennessee counties sustained significant damage from severe weather, and FEMA responded with a disaster declaration. Funding under this grant will support mental health crisis services, Behavioral Health Safety Net services, and substance abuse treatment and recovery services.

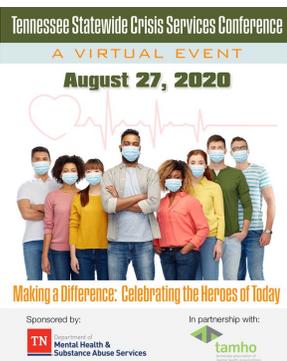
[See the counties covered by the 2019 disaster declaration](#)

“Whether it’s the ongoing effects of a natural disaster or the immediate effects of the COVID-19 pandemic, we know Tennesseans are hurting and need help. In our time of need, we are so grateful for the support of our partners in federal government and the leadership of Gov. Bill Lee and the Tennessee General Assembly,” said TDMHSAS Commissioner Marie Williams, LCSW. “Our amazing network of mental health and addiction treatment providers are perfectly positioned to take this funding, meet the need in their communities, and get people on the road to recovery.”

These latest grant announcements come on top of a \$2 million grant from SAMHSA to respond to the behavioral health impacts of COVID-19 and a \$500,000 grant from FEMA to respond to the impacts of tornadoes in March.

Anyone finding themselves experiencing a mental health crisis should call [Tennessee’s Statewide Crisis Line](#) at **855-274-7471** or text “TN” to **741-741**. People who need treatment for substance use or help maintaining their recovery from addiction can receive a free and confidential referral by [calling](#) or [texting the TN REDLINE](#) at **800-889-9789** or call their insurance carrier.

## Crisis Conference 2020



Article Reprinted from TDMHSAS Newsletter

The Statewide Crisis Services Conference was held virtually Aug. 27. Speakers and session leaders included: TDMHSAS Director of Crisis Services & Suicide Prevention Jennifer Armstrong; Miles Adcox; Dr. Kelly Posner; Babs Tierno, MA; Joanne Perley, MPH; Sean Jones, MSSW; Dr. Stacy Dixon; James Wright; Denise Ryan; and Becky Stoll.

West Tennessee Crisis Providers and law enforcement partners discussed successes, barriers, and lessons learned. Heather Land, TN-based comedienne, author, and singer, provided lunchtime entertainment. TDMHSAS leadership led a tribute to Tennessee’s crisis services heroes, with additional entertainment provided by Reagan Strange and Travis Atkinson.

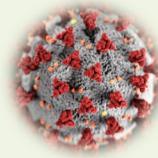
The Statewide Crisis Services Conference was held virtually Aug. 27. Speakers and session leaders included: TDMHSAS Director of Crisis Services & Suicide Prevention Jennifer Armstrong; Miles Adcox; Dr. Kelly Posner; Babs Tierno, MA; Joanne Perley, MPH; Sean Jones, MSSW; Dr. Stacy Dixon; James Wright; Denise Ryan; and Becky Stoll.

West Tennessee Crisis Providers and law enforcement partners discussed successes, barriers, and lessons learned. Heather Land, TN-based comedienne, author, and singer, provided lunchtime entertainment. TDMHSAS leadership led a tribute to Tennessee’s crisis services heroes, with additional entertainment provided by Reagan Strange and Travis Atkinson.

Some responses from some of the 240 participants:

“I love the Virtual Conference experience. Although I do greatly miss

## Resources for Responding to the COVID-19 Pandemic



**Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS)**

<https://www.tn.gov/behavioral-health/covid19.html>

**Tennessee Department of Health (TDH)**

<https://www.tn.gov/health/cedep/ncov.html>

**Tennessee Department of Children’s Services (TDCS)**

<https://www.tn.gov/dcs/covid-19.html>

**Bureau of TennCare**

<https://www.tn.gov/tenncare/information-statistics/tenncare-information-about-coronavirus.html>

**State of Tennessee, Office of Governor Bill Lee**

<https://www.tn.gov/governor/covid-19.html>

**CDC—Center for Disease Control**

[https://www.cdc.gov/coronavirus/2019-ncov/index.html?fbclid=IwAR0I2J49LBcZEPm3CnbLDISdfVw29QXT\\_0KL\\_aj7vr0IoSGPxy9rUxw4jwg](https://www.cdc.gov/coronavirus/2019-ncov/index.html?fbclid=IwAR0I2J49LBcZEPm3CnbLDISdfVw29QXT_0KL_aj7vr0IoSGPxy9rUxw4jwg)

**SAMHSA—Substance Abuse and Mental Health Services Administration**

<https://www.samhsa.gov/coronavirus>

**WORLD HEALTH ORGANIZATION**

<https://www.who.int/>

**The National Council**

<https://www.thenationalcouncil.org/covid19/>

being able to be with my peers in person to discuss what topics are being presented."

"Wonderful experience. One of the best virtual conferences/setups I have participated in."

"I am renewed to go back to work tomorrow not only with clients but with coworkers and with family in my personal life also."

"It was so enjoyable as a crisis worker; I would love if you continued with a virtual option in upcoming years so more can participate."

## Early Psychosis Conference 2020



Tennessee Department of Mental Health and Substance Abuse services (TDMHSAS), in partnership with the Tennessee Association of Mental Health Organizations (TAMHO), hosted Tennessee's third Early Psychosis Conference this September. Due to the COVID-19 pandemic, we went virtual and found that we were able to go even bigger and bolder, with multiple attendees calling it "the best virtual conference I have attended." We had 362 conference registrants from Tennessee, Maryland, North Carolina, South Carolina, Mississippi, Pennsylvania, Virginia, California, Utah, Texas, and many more states.

We are grateful to our planning committee, who helped us create an original vision for this unprecedented event, featuring sessions on both First Episode Psychosis and Clinical High Risk for Psychosis. This committee included: Jessica Mullins, Jules Wilson, Benita Hayes (TDMHSAS), Krystal Fortney (Vanderbilt University Center of Excellence), Olivia Heath (CMI Healthcare Services) Kaelin Large (Alliance Healthcare Services), Hailey Pruett (Carey Counseling Center), Alexandra Russell, Lindsay Stone, Sharletta Wentworth (Helen Ross McNabb), and Kaylee Wilson (Mental Health Cooperative). Thanks as well to the planning team at TAMHO who handled all the behind the scenes work, including coordinating logistics of a virtual conference.

Our theme was "Fueling the Flame of Recovery," which Kaelin expounded on: "Just like fire, recovery can be painful; it hurts and is uncomfortable at times. But the story doesn't stop at that pain, that temporary discomfort eventually moves into renewal and regrowth. Just as a forest bounces back teeming with new life, recovery often provides new skills, relationships, and a new outlook on life. Recovery, just like fire, is collective and inclusive; while every spark and twig is important, they cannot become a blaze on their own. In the same way, it takes a community with all types of roles and supports to help fuel the flame of recovery."

We kept this beautiful image of recovery in mind with each step of planning. People with lived experience served on the planning committee, were invited to speak, and provided entertainment. Thank you to the stand-up comedians, Latin dance instructors with the Global Education Center, trauma-informed yoga instructor, art therapists, cooking instructor through Dabble Studio, and spoken word poets from Southern Word for sharing your craft with us.

## IPS Conference 2020



Everyone involved in this year's Statewide IPS Conference would like to thank the more than 240 people who attended, and if you missed out, you still have time to absorb the knowledge and insight from the conference!

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), in partnership with the Tennessee Department of Human Services, Division of Vocational Rehabilitation (TDHS) and the Tennessee Association of Mental Health Organizations (TAMHO) was proud to present the 2020 Statewide IPS Conference: Wellness Through Employment to a virtual audience in September. This year brought new and unexpected challenges, the Tennessee IPS community continues to spread the philosophy of recovery and wellness through employment. Despite the hardships that have arisen, IPS programs are increasing in team size, service capacity, and employment rate.

This year's conference was a celebration of achievements and a sharing of knowledge and best practices. If you missed out, the sessions from the conference are available for you to view until December 17. Just register at this link, and you'll get access to the full conference. Thanks for your support of IPS in Tennessee. Learn more at this link: <https://www.tn.gov/behavioral-health/ips>

To access OnDemand sessions, please log in using your previous login info and click OnDemand. If you haven't registered previously and would like to view sessions, use this link to register: <https://event.vconferenceonline.com/microsite/html/event.aspx?id=1674>. Then Log in, and click OnDemand.

## Peer Wellness Updates



It's conference season! During the IPS Conference on September 18th, "Wellness through Employment,"

I had the pleasure of co-facilitating with PWC Leanne Crawford in the presentation "Putting it All Together: Wellness in 8 Dimensions," PWC Leanne Crawford also facilitated "Helping Clients Manage On-the-Job Stress," and PWC's Carrie Trawinski, Kenneth Hawkins, and Julie Fann co-facilitated the two "Get Up and Get Moving" physical activity sessions. I had the supreme honor and privilege of interviewing Dr. Peggy Swarbrick, keynote for the IPS conference, in a Q & A session. Dr. Swarbrick created the 8 Dimensions of Wellness model as well as the Peer Wellness Coaching model that we utilize, and her work and research informs everything we do as Peer Wellness Coaches. Dr. Swarbrick was gracious and generous and I consider the experience an unforgettable career highlight!

**Dina Savvenas**



PWC's Carrie Trawinski and Julie Fann also successfully co-presented an informative webinar, "Introduction to Motivational Interviewing" for IPS Staff with lots of great feedback. All of the PWC's are busy at their agencies, providing services via telehealth and telephone and also in person, whenever possible. We hope that you are getting creative with your wellness tools and making time to engage in your own self-care, because time invested in wellness is always time well spent!

There's a PWC opening at CHS/Knoxville – anyone interested in applying can visit: <https://www.cherokeehealth.com/careers/open-positions/peer-wellness-coach>.



Follow My Health My Choice My Life on Facebook: <https://www.facebook.com/MHMCML/>

## Tennessee Co-Occurring Disorders Collaborative (TNCODC)



TNCODC Strategic Initiative recently completed two of its fall events. The first was a 101 training on October 20th to be utilized for staff grant compliance of Co-Occurring Disorder training. The training was conducted by Dr. Vickie Harden of MTSU and was very well received. The training recording will be available on the TNCODC website.

**Mariam Hashimi** On November 4th, TNCODC hosted a Q&A panel with steering committee members from each region of the state as well as Donathan Knowles, Program Specialist at TMDHSAS. The panel shared their experiences around implementing the COD process and completing the COMPASS-EZ. Attendees walked away with tips and strategies to increase their COD capacity. These tips will be shared in a FAQ documents to be available on the TNCODC website.



## SYSTEM OF CARE ACROSS TENNESSEE NETWORK (SOCAT-N) ANNOUNCEMENT OF FUNDING



System of Care Across Tennessee Network (SOCAT-N) program is a four-year, federally funded discretionary grant from the Substance Abuse and Mental Health Administration (SAMHSA). SOCAT-N aims to provide funding for local implementation of an intensive care coordination model, using a High-Fidelity Wraparound approach, to Lake, McNairy, Benton, Perry, Jackson, Grundy, Fentress, Monroe and Hancock and selected surrounding counties.

### Program Description

System of Care Across Tennessee - Network (SOCAT-N), aims to ensure Tennessee families have

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



access to community-based services for children, youth, and young adults with mental, emotional, and behavioral health needs that are coordinated across systems, individualized to a family's unique needs, strengths, and culture, where the families are the primary decision makers in the care of their children. SOCAT-N, in partnership with the Council on Children's Mental Health (CCMH), aims to put in place policies, organizational structures, training and technical assistance, and funding mechanisms that support the implementation and expansion of a children's mental health system in Tennessee, grounded in system of care values and principles. Through partnerships with local behavioral health providers, SOCAT serves families through a High-Fidelity Wraparound approach with Family Support Services and access to Youth and Young Adult resources.

Tennessee Department of Mental Health and Substance Abuse Services Funding Opportunities Page: <https://www.tn.gov/behavioral-health/department-funding-opportunities.html>

Proposals are due: November 27, 2020

## Nationwide Happenings . . .

### Facebook to launch mental health portal to connect users to info, support



*Instagram, WhatsApp and Messenger will also get new tools to help support users' emotional health during the coronavirus pandemic.*

Alison DeNisco Rayome | CNET | [Link to Original Article](#)

As the coronavirus pandemic exacerbates mental health problems worldwide, Facebook is launching a new emotional health resource center with expert guides and information, to connect users of the social media platform and the other apps it owns with services and support, the company said in a blog post on Monday.

Emotional Health will be a centralized resource center on the Facebook app with tips and information from experts worldwide, including NAMI, Kids Help Phone and It's OK To Talk. The hub will be available globally, with information about your area from mental health officials.

You'll find mental health-related features across the other apps owned by Facebook as well. The World Health Organization Digital Stress Management Guide, which provides tips to reduce stress, is now available on the WHO Health Alert chatbot on WhatsApp. On Messenger, you'll find stickers designed with WHO to facilitate conversations about mental health, as well as suicide and self-harm prevention on the app through Crisis Text Line. And on Instagram, you'll find new mental well-being guides for teens and other groups.

### TAMHO Masks are a Fashion "Do!"

Jimmie Jackson, Executive Director/CEO, Professional Care Services, shows off his TAMHO mask!



# Now Showing

*Did you know* that approximately 100,000 young people experience a first episode of psychosis in the U.S. each year? Treating psychosis early is not only possible, it often leads to a more successful recovery. That's why it's important to break the stigma around mental health, particularly psychosis, so young people can get the services they need.

Members of the First Episode Psychosis Initiative (OnTrackTN) and Clinical High Risk for Psychosis teams collaborated with TDMHSAS, Psych Hub and TAMHO to create an accurate depiction of what it's like to be a young person struggling with their mental health and seeking out services. The videos are also offered in Spanish. To learn about the OnTrackTN program, visit <https://bit.ly/2lkFkCB> and you can access the videos to the right.



[AFTER 1ST EPISODE](#)

[CLICK HERE FOR SPANISH SUBTITLES](#)



[CLINICAL HIGH RISK](#)

[CLICK HERE FOR SPANISH SUBTITLES](#)

## TDMHSAS posts new Videos:



[HOW DOES IPS WORK?](#)



[2020 STATE EMPLOYEE APPRECIATION DAY](#)

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# TAMHO WHITE PAPER Addresses Tennessee's Mental Health Workforce Shortage

Access the complete white paper online on the TAMHO website home page at [www.tamho.org](http://www.tamho.org).

Contact TAMHO for printed copies.



## 2020 & 2021

### ANNUAL CONFERENCES

December 10, 2020

December 9-10, 2021

ADDRESS 42 Rutledge Street, Nashville, TN 37210  
PHONE 615-244-2220  
TOLL FREE IN TN 800-568-2642  
FAX 615-254-8331



## New Look ... New Resources ...



### CONTACT US

Tennessee Co-Occurring Disorders Collaborative  
42 Rutledge Street • Nashville, TN 37210-2043  
(615) 244-2220, ext. 14  
Toll free in Tn. (800) 568-2642 • FAX (615) 254-8331

[www.tncodc.com](http://www.tncodc.com)

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**ADDRESS** 42 Rutledge Street  
Nashville, TN 37210

**PHONE** 615-244-2220  
**TOLL FREE IN TN** 800-568-2642  
**FAX** 615-254-8331

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**Executive Director** | Eilyn Wilbur | [ewilbur@tamho.org](mailto:ewilbur@tamho.org)  
**Director of Policy and Advocacy** | Alysia Smith Knight | [asmithknight@tamho.org](mailto:asmithknight@tamho.org)  
**Director of Member Services** | Teresa Fuqua | [tfuqua@tamho.org](mailto:tfuqua@tamho.org)  
**Director of Administrative Services** | Laura B. Jean | [ljean@tamho.org](mailto:ljean@tamho.org)  
**Project Manager—TNCODC** | Mariam Hashimi | [mhashimi@tamho.org](mailto:mhashimi@tamho.org)  
**Statewide Peer Wellness Coach** | Dina Savvenas | [csavvenas@tamho.org](mailto:csavvenas@tamho.org)  
**Project Assistant** | Carrie Ligon | [cligon@tamho.org](mailto:cligon@tamho.org)