TENNESSEE DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

Update

VOLUME 19 NO. 2 OCTOBER 2016

Commissioner Varney Retires Oct. 21

Governor Haslam appoints Marie Williams to lead Department

A letter from E. Douglas Varney, who has served TDMHSAS since 2011

It has been my honor and privilege to have worked with the dedicated, passionate leadership and employees of this Department and our wonderful community partners to insure that families and individuals with mental health and addiction issues get the help they needed. I am humbled that Governor Haslam provided me with the opportunity to serve in his administration and will be forever grateful for the support and passion he has shown for the people that we serve.

During my time with the Department, I am especially proud that together we have been able to implement a major East Tennessee Mental Health System transformation, improve the medical and business operations of our state hospitals, and make significant progress addressing the prescription drug epidemic. Along the way, we expanded recovery courts, tripled federal discretionary grant funding to help veterans, expanded suicide prevention efforts, strengthened adult and children crisis services, and established mental health and substance abuse best practice guidelines.

None of these accomplishments would have been possible without the hard work, dedication, and passion of the caring individuals working in this field. I feel as if we have made great strides for those Tennesseans struggling with mental health and substance abuse issues, and that is what matters most to me. I know you will all carry on with the great work we have been doing and continue to improve the public behavioral health system in the state of Tennessee. Your work saves lives and truly does make a difference!

> *"Doug's passion for helping those with mental health and substance abuse issues has made a tremendous impact on the state. Doug has helped change the lives of some of our most vulnerable citizens, and for that I am grateful."*
>
> Governor Bill Haslam

Tennessee, Georgia Collaborate; Kick Off Community of Practice

States are focused on peer support and recovery services for youth and young adults

By Matt Yancey, Director of Special Projects, Mental Health Services

This June, representatives from two of the nation's largest state mental health authorities joined forces to create a Community of Practice. The aim is to innovate and solve problems, expand knowledge, and develop a collective and strategic voice for peer support and recovery services. The Tennessee-Georgia Community of Practice brings together thought leaders, subject matter experts, and key stakeholders from both the Tennessee Department of Mental Health and Substance Abuse Services and the Georgia Department of Behavioral Health and Developmental Disabilities.

"We know that when practitioners are connected and relationships are formed,

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Dear friends,

As we observed Recovery Month in Tennessee and across the nation last month, I'm reminded of all the great work that's going on in our communities. More Tennesseans than ever before are living a life of purpose in recovery from their mental health challenges and substance use issues.

Our fall issue of *Update* highlights some of the success going on around us. Most notably, we've launched a partnership with the State of Georgia to bring a collective and strategic voice for peer support and recovery services specifically for youth and young adults. It's a direction that I'm glad we are headed, one that is needed and one that I know will flourish and lead to even more breakthroughs.

We're also shining a light on other meaningful efforts such as the opening of Bailey Home in Chattanooga, a welcoming place for adults recovering from mental illness and the efforts of providers like those in Oak Ridge who cycled for a second year in a row for mental health awareness.

Though Recovery Month has passed, I hope we will continue to celebrate and support recovery in every community. The more we can increase awareness and understanding, the more we reduce stigma, and, in turn, help more people recover.

Be well,

E. Douglas Varney, Commissioner

TN Department of Mental Health & Substance Abuse Services

Our VISION

To be one of the nation's most innovative and proactive state behavioral health authorities for Tennesseans dealing with mental health and substance abuse problems.

Our MISSION

Provide, plan for, and promote a comprehensive array of quality prevention, early intervention, treatment, habilitation, rehabilitation and recovery support services for Tennesseans with mental illness and substance abuse issues.

TENNESSEE DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

Update

October 2016

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Update is published online at
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TN Department of Mental Health & Substance Abuse Services

Published online at http://www.tn.gov/behavioral-health/ by the Tennessee Department of Mental Health and Substance Abuse Services. Publication Authorization #339454.

Turner Receives Governor's Service Award

Congratulations to Dr. Kevin Turner, Western Mental Health Institute.

Dr. Turner, pictured here with Governor Bill Haslam and wife Crissy, is among the first recipients of the Governor's Excellence in Service Award. Those honored "are at the forefront of making our goal of providing the citizens of Tennessee with the highest quality service at the lowest possible cost a reality," said Governor Haslam.

Dr. Turner was selected by Department leadership to receive the award.

Celebrating Tennessee's IPS Community

The Tennessee Statewide Individual Placement and Support (IPS) Supported Employment Conference was held May 10 in Franklin. It highlighted the community successes and expansion of the IPS initiative, a collaboration between Tennessee Department of Mental Health and Substance Abuse Services and Department of Human Services' Vocational Rehabilitation Program.

The conference provided opportunities for community mental health agencies to sit down with their local Vocational Rehabilitation staff to brainstorm, problem solve, and build relationships. During the conference, an awards luncheon was held honoring several IPS Champions across the state.

Champion Award Winners: (Front row, left to right) **Employer IPS Champion**: *Melanie Fly, Hilton Nashville Downtown;* **IPS Team Leader IPS Champion**: *Cristi Blalock, Frontier Health;* **Employment Specialist IPS Champion**: *Evelyn Rolan, Ridgeview Behavioral Health Services;* **Working Member IPS Champion:** *Richard Moore;* **VR Counselor IPS Champion**: *Shelia Hinton, DHS Vocational Rehabilitation Program. Back row, left to right: Statewide IPS Trainer Mark Liverman; Cherrell Campbell-Street, Assistant Commissioner, Division of Rehabilitation Services, DHS; Sejal West, Assistant Commissioner, Mental Health Services, TDMHSAS; Program Supervisor Ruth Brock, DHS; and Katie Lee, Director of Wellness and Employment, TDMHSAS.*

Biggest Takeaways:

> *"The Awards Luncheon provided a great atmosphere to celebrate people working on their recovery through employment, staff who work hard to help people with their employment goals, and employers from the community who are supporting people as they re-enter the workforce."*
>
> Katie Lee, TDMHSAS Director of Wellness & Employment

> *"Collaboration is the key to successful placements."*
>
> Shalonda Wilson, Vocational Services Coordinator, Lowenstein House, Memphis

Meeting in Tennessee, August 2016

Continued from page 1…

Community of Practice

learning occurs. There's something very powerful about being connected to behavioral health colleagues in a different, yet similar State. Tennessee looks forward to problem solving, sharing expertise, and developing new peer support practices through our Community of Practice with Georgia," said Commissioner E. Douglas Varney, Tennessee Department of Mental Health and Substance Abuse Services.

"The State of Georgia is very excited to partner with Tennessee in developing a Community of Practice," said Commissioner Frank Berry, Georgia Department of Behavioral Health and Developmental Disabilities. "This multi-state collaboration will go a long way in identifying and leveraging best practices relative to a recovery-oriented system of care. We look forward to the learning experience."

During the kick-off meeting held June 24 in Atlanta, attendees received broad overviews of each state's mental health authority. Participants were introduced to the primary tenets of a Community of Practice, established community expectations, and began identifying key priority areas for the work ahead. By the end of the meeting, the Tennessee-Georgia Community of Practice determined that peer support and recovery services' financing, infrastructure, policy, culture, and continuous learning would serve as the focus areas.

"Peer support and recovery services are fundamental to our work within the Division of Mental Health Services," said Sejal West, Assistant Commissioner, Tennessee Department of Mental Health and Substance Abuse Services. "Through this partnership, we look forward to developing our young adult and family peer support programming, exploring non-traditional financing strategies, and creating additional learning opportunities for Tennessee's network of peer support providers."

> *"A Community of Practice is a group of people who share a concern or a passion for something they do and who make a commitment to interact regularly and learn how to do it better."*

The Tennessee-Georgia Community of Practice will also include site visits to providers implementing innovative, cross-cutting peer support and recovery services. "Face-to-face learning opportunities are critically important for the adult learner," said Monica Johnson, Director of Behavioral Health, Georgia Department of Behavioral Health and Developmental Disabilities. "By arranging for Community of Practice representatives to visit providers in action, whether it is at one of Georgia's Resiliency and Support Clubhouses or one of Tennessee's Peer Support Centers, we are deepening the knowledge base on how to better serve and support those in recovery."

For more information on the Tennessee-Georgia Community of Practice, please contact Matt Yancey at Matt.Yancey@tn.gov.

More about the Community of Practice on page 6

From Crisis to Hope: Best Practices of Crisis Response in Tennessee

The first-ever statewide Tennessee crisis conference was held June 28 in Nashville. The conference provided opportunities for crisis service providers to share best practices, to network with fellow peers, and to instill refreshed optimism and passion for the sometimes challenging work that they do. The conference began with a welcome from Commissioner E. Douglas Varney. General session speakers were Kevin Hines, author of *Cracked Not Broken, Surviving and Thriving After a Suicide Attempt* and former professional athlete Joe Williams, author of *The Enemy Within*. The afternoon consisted of several break-out sessions, including Developing a Coordinated Community Response System, Best Practices for Crisis Safety Planning, and Assessing Risk in Crisis Situations. A Crisis Team Leadership Meeting also took place.

Biggest Takeaway:

> *"The feedback from attendees has been awesome. It is not every day they get to hear how valuable and appreciated they are. Crisis responders are on the front lines, saving lives every day and need more opportunities to be celebrated. We hope/plan to provide conferences like this moving forward."*

Melissa Sparks, TDMHSAS Director of Crisis Services & Suicide Prevention

Crisis service providers: Karen Malone, Robin Craig, and Breana Nease

Commissioner Varney welcomes attendees.

Morenike Murphy and Maria Bush, Office of Crisis Services and Suicide Prevention

TN Peer Wellness Coaches Host Health Fair at Alternatives Conference, CA

Tennessee's Peer Wellness Coaches hosted a two-day Health and Wellness Fair at the 30th annual peer-led Alternatives Conference Sept. 19-23 in San Diego. They provided fitness tests, body mass index measurements, smoking information, alcohol and drug abuse assessments, lifestyle risk assessments, and peer wellness coaching to the 190 people who came through the fair. This is the second year in a row that Tennessee's Peer Wellness Coaches have participated in the SAMHSA-funded Alternatives Conference. After hosting a Health and Wellness Fair at the 2015 conference in Memphis, they were asked to return to the 2016 event.

Pictured are TN's Peer Wellness Coaches (left to right) in San Diego: Julie Fann and Dina Savvenas, Frontier Health; Jessica Collins, Helen Ross McNabb Center; Leanne Crawford, Cherokee Health; and Mark Bresee, Park Center. The group was accompanied by Lisa Ragan, TDMHSAS Director of Consumer Affairs and Peer Recovery Services.

Suicide Prevention Conference

Empowering Faith Communities to Foster Resilience: Promoting Safe Stable Nurturing Relationships and Environments

Conferences were held in Nashville and Murfreesboro. Both focused on the impact of Adverse Childhood Experiences on children's development and included general sessions, a Community Action Panel, and suicide prevention training. Participants left with community resources. The conferences were brought to the community by the Suicide Prevention and the African American Faith Communities Initiatives Committee, the Rutherford County Suicide Prevention Coalition, and TSPN.

Panel members Pamela Wood, Judge Sheila Calloway, Carol Pitman, Debra Stafford, Jennifer Croft, Elder Troy Merritt, Jr. Not pictured: Sheriff Daron Hall.

System of Care Annual Conference Focused On Collaboration

The 4th annual System of Care conference in July focused on furthering collaboration in the State of Tennessee. The conference reached a broad audience, with participation from Managed Care Organizations, the Department of Education, the juvenile justice system, non-profits, and saw an increase in the number of youth and families present. Speaker Dr. Dennis Embry used scientific research to provide evidence for low-cost, evidence-based interventions for children and youth with mental health issues. Other sessions addressed topics of integrated health, transition aged youth, early childhood, suicide prevention, cultural competence, juvenile justice, and family engagement. The conference ended on a high note with Grammy Nominated artist, storyteller, and motivational entertainer LynnMarie Rink entertaining the audience with songs and stories of hope.

TN-GA Community of Practice Meets a Second Time

On Aug. 26, the Tennessee-Georgia Community of Practice convened its second face-to-face meeting at the Tennessee Tower in Nashville. With more than 20 members in attendance, this gathering brought additional agencies into the fold, including the Tennessee Mental Health Consumers' Association, Tennessee Voices for Children, and the Bureau of TennCare. Throughout the day, Community of Practice members discussed engaging young adults more effectively, state and national supporting evidence, and diversified funding streams for peer support and recovery services.

"The second meeting for the Tennessee-Georgia Community of Practice allowed members to take a deeper dive into its focus areas," said Lisa Ragan, Director of Consumer Affairs and Peer Recovery Services, Tennessee. "Through these ongoing discussions, we are learning how peers and family members can expand workforce capacity, and more importantly, how those with lived experience increase the value of care for those in need."

Meeting in Georgia, June 2016
Front row: Brenda Donaldson, TN; JaVonna Daniels, GA; Jewel Gooding; GA Will Voss, Tennessee Voices for Children; Todd Jones, GA; Wendy Tiegreen, GA; Kisha Whitfield, GA - Integrated Concepts for Families; Dawne Morgan, GA; Lisa Ragan, TN; Ana Martinez, GA; and Sue Smith, Georgia Parent Support Network. Back row: Susan McLaren, Georgia State University, Ellen Dean, GA; Kisha Ledlow, TN; Sejal West, TN; Carmen Coates, GA - Families Advocating for Voices of Resilience; Danté McKay, GA; Matt Yancey, TN; Chad Jones, GA- Viewpoint Health; Kristal Davidson, GA; and Kristy Leach, TN.

Assistant Commissioner Bragg Wins Leadership Award

Head of Substance Abuse Services Earns National Recognition

The National Association of Alcohol and Drug Authority Directors recognized Assistant Commissioner Rod Bragg with its Exceptional Leadership and Support of Substance Abuse Prevention and Treatment Award. It was presented at the association's 2016 annual meeting and conference in Salt Lake City, Utah.

"I feel extremely honored to receive this award from my peers across the nation," said Rod. "Knowing that individuals are positively affected by the department's prevention services, that many of those who receive clinical treatment services are living positive, productive lives, keeps me motivated to do this work."

Rod is thankful for his team of dedicated professionals who work every day making a difference in the lives of Tennesseans struggling with addiction. "I have a philosophy that if what I am doing does not make a difference in a person's life, it is not worth doing," said Rod.

Congratulations Rod!

2016 Legislative Summary

The 2016 Legislative Summary has been posted to our website. Go to tn.gov/behavioral-health and click on or search '2016 Legislative Summary'. Mental health and substance abuse related bills from the 2016 Session include:

- Expanding the definition of "healthcare provider" for the purposes of Telehealth
- Requiring public school employees to attend an annual in-service training in suicide prevention and requiring school districts to adopt a suicide prevention policy
- Urging the development and implementation of additional specialized mental health crisis intervention training for law enforcement officers
- Exempting counselors or therapists from providing counseling or therapy services from counseling or serving a client as to goals, outcomes, or behaviors that conflict with sincerely held principles of the counselor or therapist
- Increasing regulation on pain management clinics
- Establishing Class C felony for sixth offense DUIs

Visit the online summary for an in-depth overview. The 110th Tennessee General Assembly will convene Jan. 10, 2017.

Walgreens Joins the Fight Against Rx Drug Abuse

Walgreens has begun collecting unused prescription drug with the hope of reducing accidental poisoning and drug overdoses. House Speaker Beth Harwell and other state leaders joined in the Tennessee launch of Walgreen's Safe Medication Disposal Program at a south Nashville Walgreens. The program has been initiated in nearly 300 pharmacies in 21 states. Tennessee Walgreens locations:

Athens: 1302 Congress Parkway
Bartlett: 6697 Stage Road
Chattanooga; 2289 Gunbarrel Road
Columbia: 1202 S. James Campbell Boulevard
Cookeville: 500 S. Willow Avenue
Elizabethton: 214 Broad Street
Hendersonville: 198 E. Main Street
Hixson: 5478 Highway 153
Jackson: 1332 N. Highland Avenue
Jefferson City: 132 E. Broadway Boulevard
Knoxville: 121 N. Northshore Drive
Memphis: 1863 Union
5080 Stage Road
6310 Poplar Avenue
4154 Elvis Presley Boulevard
3670 Riverdale Road
Murfreesboro: 106 W. Northfield Boulevard
Nashville: 5555 Edmonson Pike
3130 Clarksville Pike
Oak Ridge: 1299 Oak Ridge Turnpike

U.S. Surgeon General Tours Tennessee, Talks Addiction

Dr. Burley Participates in Opioid Panel Discussion

Dr. Howard Burley was among colleagues at Meharry Medical College for a panel discussion on clinician prescribing behavior for opioids, led by U.S. Surgeon General Vivek Murthy. It's a conversation the Department's Chief Medical Officer says has shifted. "There seems to be a perception in the public that the current opioid epidemic is getting more attention because the demographics are different than what we've seen historically," said Dr. Burley. "The reality is that the stigma that existed in the 70s, 80s, and 90s is still prevalent today. We need to ensure that clinicians and prescribers are educated in the proper use of opioids and continue to work to overcome stigma issues across all genders and ethnicities."

Important areas of focus for the medical field:

- Maintaining and updating the Controlled Substance Monitoring Database in Tennessee
- Using the Centers for Disease Control and Dept. of Health pain guidelines for prescribing
- Ensuring the appropriate use of medically-assisted treatment
- Continuing to advance and increase opioid education in medical schools

Dr. Howard Burley with U.S. Surgeon General Vivek Murthy

Assistant Commissioner Rod Bragg Meets with Murthy, Community Leaders

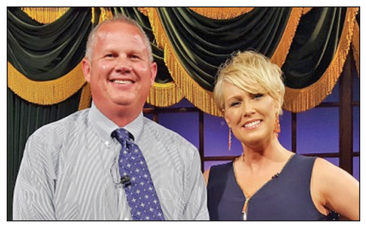
U.S. Surgeon General Murthy spoke to about 350 practitioners during grand rounds at the University of Tennessee Medical Center in Knoxville as a part of his Turn the Tide Rx nationwide tour. After the speech, he then met with community leaders including chief medical officers of Knoxville-area hospitals, members of law enforcement, elected officials, and advocates. Assistant Commissioner Rod Bragg was among those in attendance. Murthy also toured an intake center and outpatient treatment center which provides medication-assisted treatment.

Thanks to TBN for Covering Substance Abuse

Medical Director Dr. Stephen Loyd and Assistant Commissioner Rod Bragg and recently joined host Hope Loftis for discussions on the issue of prescription drug abuse in Tennessee and what the department is doing to address the problem.

Bragg shared some of the key strategies the department has implemented, resulting in a reduction in doctor shopping in the state by 50%, and a drop in the number of prescriptions being written for pain meds.

Dr. Loyd shared his own personal experience as a physician who knows about addiction firsthand. After becoming addicted to prescription pain killers, Dr. Loyd sought treatment and returned to practicing medicine. His ability to share his personal experience offers hope for anyone who is caught up in the disease of substance use.



Dr. Stephen Loyd with "Joy in Our Town" host Hope Loftis.

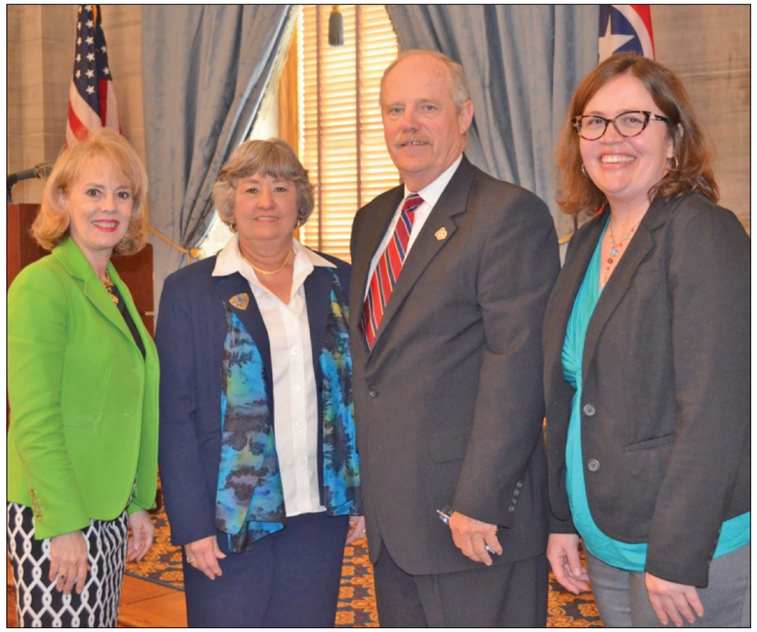
Dr. Chappell Recognized for Excellence in Collaboration

Dr. Edwina Chappell was honored by Children and Family Futures as a 2016 National Collaborative Excellence Award recipient.

This award recognizes successful efforts in creating, enhancing, and promoting organizational change and effective collaborative practices to address substance use disorders among families involved in the child welfare, substance use treatment, and/or judicial systems. She received this award along with four others at the Child Welfare League of America 2016 National Conference in August where she presented on The Village That Keeps Families Together Using a Community Ecological & Strengths-Based Approach. The presentation, co-led by Dr. Kathryn Mathes, Centerstone Research Institute; Crystal Parker, Bureau of TennCare; and Kristi Ward, Centerstone; was based on the work of these partners in keeping children safely and successfully at home rather than in state custody when the parent has a substance use issue through the Therapeutic Intervention, Education, and Skills (TIES) grant project.

Tennessee Supports Children with Incarcerated Parents

Annie E. Casey Foundation: TN is third in the U.S. for number of parents jailed, 144,000 children affected



Commissioner Varney, along with Dawn Eaton from The Family Center, Linda O'Neal with the Tennessee Commission on Children and Youth, and Carly Southworth from Big Brothers Big Sisters of Middle Tennessee, joined together at the Tennessee Capitol to address the Annie E. Casey Foundation report on the devastating toll parental incarceration has on kids, families and communities.

In Tennessee, 144,000 children — 10 percent of all children — had a parent in jail or prison in 2011-2012. Kentucky and Indiana are the only states who had more children with incarcerated parents. Five states tied with Tennessee at 10 percent: Alaska, Michigan, New Mexico, Ohio, and Oklahoma. The report found children with incarcerated parents are significantly less likely to live in neighborhoods that are able to be supportive of families, both while a parent is jailed and after the parent's release.

Having a parent in jail is one of the Adverse Childhood Experiences (ACEs) that undermine the development of a child's brain, impacting both mental and physical health. Children with an incarcerated parent are more likely to experience additional ACEs, including higher incidence of exposure to parental substance abuse, parental divorce or separation, domestic and neighborhood violence, and parental mental illness.

The Tennessee Commission on Children and Youth, an independent state agency created by the Tennessee General Assembly, is the Casey Foundation's KIDS COUNT partner in the state. The Commission's primary mission is to advocate for improvements in the quality of life for Tennessee children and families. KIDS COUNT, a storehouse of data and trend analysis, is an initiative of the Annie E. Casey Foundation, the nation's largest philanthropy devoted exclusively to disadvantaged children. Read the full report and others here: http://www.aecf.org/resources/a-shared-sentence/

MTMHI Community Welcomes Rob Cotterman

On June 16, Middle Tennessee Mental Health Institute officially welcomed Rob Cotterman as its new CEO. Gathering for a reception were community members, staff, and providers.

Above: Rob Cotterman with Tamora Young, United Healthcare

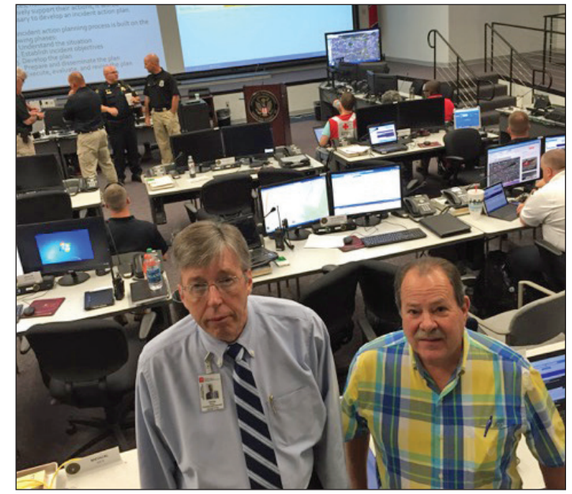
Top Right: Rob Cotterman with John Arredondo, Assistant Commissioner of Hospital Services, and Robin Nobling, Executive Director of NAMI Davidson County.

Bottom Right: Rob Cotterman with Commissioner Varney and Deputy Commissioner Williams

Western Staff is Active in the Community

Belinda Douglas, Western Mental Health Institute Psychiatric Nurse Practitioner, was recently asked to participate in a panel discussion for World Elder Abuse Awareness. Belinda, second row, center, has also been very active in speaking to Rotary Clubs about mental health awareness and associated stigmas.

Psychiatric Nurse Practitioner Belinda Douglas and Lisa Roy, Assistant Superintendent for Quality Management, (pictured center, left to right) participated in the June 14 Ripley Rotary Club Meeting at Rolling Hills Country Club. They stand with Lee English, Ripley Rotary Club President, and Club member Judy Conrad. CEO Roger Pursley is also a regular speaker at Rotary functions.



The Importance of Preparedness

Moccasin Bend participates in disaster drills

If and when disaster strikes, staff at Moccasin Bend Mental Health Institute plan to be prepared. In June, Psychiatric Administrator Charles Dickins (left) and Safety Officer David Walker participated in a disaster drill in which an earthquake centered in the Memphis area reverberated across Tennessee. As the drill played out, Moccasin Bend prepared opened its doors to behavioral health patients from health systems across the region to make room elsewhere for the critically injured.

Psychiatric Administrator Charles Dickins and Safety Officer David Walker standing in the operations control center.

Welcome Kathy Berger to MBMHI

New Nurse Executive at Moccasin Bend Mental Health Institute

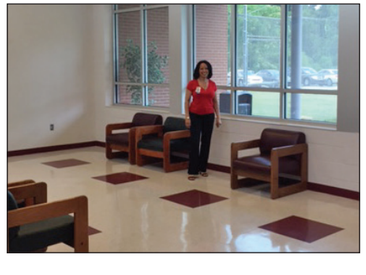
Working with patients and developing good patient care is Kathy Berger's focus and passion in her new leadership role at Moccasin Bend. Since her appointment in spring 2016, Kathy has been encouraging her colleagues to take pride in their work. "It's been very encouraging to see the nursing staff getting more satisfaction from the care they provide our patients and gaining more personal fulfillment from the important work they do," said Kathy. "Our main focus is providing the best patient care and inspiring staff to take more responsibility for the care they provide."

Kathy's nursing career began at age 17 when she worked as a nurse's aide in a nursing home. She currently holds an Associate and Master degree in nursing. Kathy also brings experience in managing medical surgery and intensive care units and serving as a Joint Commission coordinator.

In her free time, Kathy enjoys gardening and loves hiking and exploring the greater Chattanooga region. Kathy has been married for 36 years and has two children and two grandchildren.

Moccasin Bend Opens Day Room

"The Unit 6 expansion has made a dramatic improvement in the environment for our patients creating a light-filled, spacious, and more therapeutic milieu," said CEO Mary Young. "Many of our Unit 6 patients require the use of walkers or wheelchairs so the additional 600 square feet of dayroom space also significantly increased the safety for our patients by reducing the risk of falls. It also includes a covered patio allowing for our patients to enjoy time outside without direct sun exposure."



Lillian Mitchell, Unit 6 Nursing Manager, stands in the new space.

MMHI Clinical Director Awarded for Teaching Excellence

S. Taylor Williams, M.D., Clinical Director for Memphis Mental Health Institute, received the 2016 Golden Apple Award for Psychiatry Attending by the University of Tennessee Health Science Center (UTHSC). UTHSC Medical Students annually select faculty members in each specialty who they feel have provided teaching excellence.

MMHI has a long standing history of participating in medical education dating back to March 1960 when the University of Tennessee signed a 25-year contract signifying a cooperative agreement with the Tennessee Department of Mental Health. This contract specified that UT and the state psychiatric hospital located in Memphis would cooperate in both research and training of medical students and resident physicians.

MMHI Staff Members Join National Honor Societies

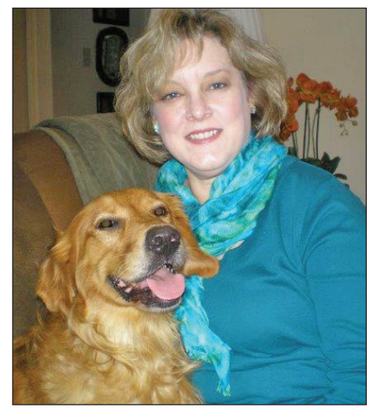
Two Memphis Mental Health Institute staff members were honored for their academic success at the University of Memphis. Tammy Ali-Carr, Assistant Superintendent for Quality Management, and John Hayden, Information Manager 1, were inducted into the University of Memphis' Lamda Gamma chapter of Kappa Delta Pi Honor Society and the Pinnacle Honor Society, which specifically recognizes adult, non-traditional honor students.

Tammy graduated in May with a Master of Science in Social Work degree and a 4.0 grade point average. She has worked at MMHI more than 14 years. She was also awarded membership in The Gold Key, an international academic honor society and Phi Alpha, the honor society for Social Workers. Tammy had previously earned a Masters of Health Services Administration degree and feels that her MSSW will afford her the opportunity to relate to hospital systems and operations from both a clinical and administrative perspective.

John is seeking a Master of Professional Studies degree in Training and Development. His Masters project addresses network security awareness and how to take a proactive approach by bridging security guidelines with ethical concepts. He has worked at MMHI for more than 15 years and is a United States Navy veteran.

Want to see your news and accomplishments in the Update?

Email: leslie.judson@tn.gov



Handler Vicki Harrison and her therapy dog, Abby.

Animal Therapy Returns to Memphis

Animal Therapy has returned to Memphis Mental Health Institute after a 20-year hiatus. Bobby Golden, Adjunctive Therapy Director, was tasked with exploring the possibility of bringing animal therapy back to MMHI. Mid-South Therapy Dogs and Friends will provide the opportunity for MMHI patients to experience the magic of the human/animal bond. This volunteer organization provides animal-assisted activities and animal-assisted therapy at hospitals, schools, rehabilitation centers, etc. Many of MMHI's present Adjunctive Therapy staff have witnessed the positive effects this form of therapy has provided patients in the past and welcome the return of this program.

Staff Briefs

Welcome to the Department

Ila McDermott

Ila McDermott has joined the Division of Planning, Research and Forensics as Program Manager for the Office of Planning. Some of her primary responsibilities will include managing the Statewide and Regional Councils, writing the Three-Year Plan, Joint Annual Report, assisting with the development of the Mental Health Block Grant, and coordinating the annual statewide needs assessment and legislative proposal process.

Ila received her Masters of Education from Tennessee State University and Bachelor of Science in Psychology from the University of Tennessee, Chattanooga and is a Tennessee Certified Prevention Specialist II. She has more than 15 years of experience in providing intervention, prevention, mental health counseling, and substance abuse treatment services in schools, courts, children services, substance abuse treatment programs, and the community in various roles such as a teacher, probation officer, counselor, admissions director for a substance abuse treatment program, family treatment drug court group facilitator, and Director of Early Learning Schools. She is currently in pursuit of her LADAC/Licensure for Alcohol and Drug Abuse Counselor.

Scott Denno, Pharm.D.

Scott Denno, Pharm.D. is 2016-2017 TDMHSAS PGY 1 Managed Care pharmacy resident. Originally from Lexington, KY, Scott graduated from Belmont University in May. As a Belmont student, Scott served on the national Academy of Managed Care Pharmacy student pharmacist committee and also competed in the national Pharmacy and Therapeutics competition. His rotations during pharmacy school at Vanderbilt Psychiatric Hospital and the pharmaceutical consulting company Xcenda led him to pursue the residency. "The residency is truly unique throughout the country and provides a great variety of learning opportunities. While I am excited for anything the residency can introduce me to, I am most excited for clinical psychiatric pharmacy experience at the state hospitals, opportunities for formulary management, and chance to experience legislative policy." Prior to entering pharmacy school, Scott biked across the United States to raise funds, awareness, and build affordable housing with the charitable organization, Bike and Build. Scott's residency is through June 2017.

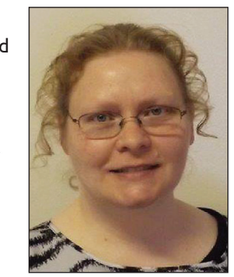
Britney Bongang

The Office of Forensic and Juvenile Court Services welcomes Britney Bongang as our new Administrative Services Assistant. Ms. Bongang is new to the Nashville area having relocated from Atlanta where she previously worked with the U.S. Attorney's office in the Immigration Court and with Roytec Industries. She is completing her bachelor's degree in Psychology. She can be reached at Britney.bongang@tn.gov and 615-770-1787.

Promotions

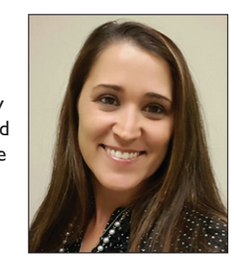
Western Human Resources Promotes New Leadership

Pattie McEunn



Pattie McEunn has been promoted to Human Resources Director at Western Mental Health Institute. She has been working at Western Mental Health Institute for over fifteen years. She started in 2001 as a Psychiatric Technician and has performed in various roles/positions throughout her service. She joined the Human Resources Department in July 2005. She obtained her Bachelor's degree in 2008 and her Masters of Education degree in 2015. Mrs. McEunn and her husband are very active in their church and serve as Sunday School Superintendents.

Tiffeny Greene



Tiffeny Greene has been promoted to Assistant Human Resources Director at Western Mental Health Institute. Tiffeny is a native of Bolivar, TN, and began her career at WMHI on March 3, 2003 as a Clerk 3 in the Timekeeping/HR Department. She has served multiple positions within the Human Resources Department. In addition to her HR service, she has held additional roles throughout the facility including Executive Housekeeper, Food Service Manager and assisting with the Maintenance Dept. Outside of work she enjoys time spent with family and various outdoor hobbies such as horseback riding and playing softball.

Meet Our Crisis Services Outstanding Employee

Cheryl Hunley is a Team Leader at Frontier Health

by Mike Machak

When a crisis situation occurs in the Tri-Cities region of Tennessee, there's a good chance Cheryl Hunley is somehow involved offering compassionate care to the area's most vulnerable citizens in these challenging situations.

As an eight year crisis services veteran in the Emergency Services Division at Frontier Health, Cheryl is a first responder in situations where someone may be a threat to themselves and others or are under the influence of drugs and/or alcohol. She is this issue's Outstanding Crisis Employee.

"Cheryl is a major asset … a team leader," said Frontier Health's Kristy Tipton. "She is a sought after ally with our local emergency rooms and area providers, because she is such a strong advocate for her clients, the providers, and the crisis team. She has strong compassion for individuals and families that are in crisis situation."

Cheryl lead a pilot project at Frontier Health making crisis assessments available to staff in the field on electronic devices in real time, and she worked with the department and regional mental health institutes to update the use of telemedicine within the state system.

"In my experience, advocacy is imperative with our patients in a medical setting as there are still many misconceptions about mental health and chemical dependency," said Cheryl. "I advocate for good medical care and for the dignity and rights of my patients."

Cheryl is certified as a Mandatory Prescreening Agent in Crisis Assessment and frequently supports and engages in community events and fundraising which benefits individuals and families in the region. "I truly care for the people we serve who struggle with severe and persistent mental illness," said Cheryl. "Their stories keep my desire alive to offer assistance and to relieve suffering howsoever I am able."

Cheryl Hunley

Cheryl's success can be summed up in three words: advocacy, compassion, and leadership. Thank you for the work that you do, Cheryl.

TO NOMINATE A COLLEAGUE

For information on this award including how to nominate a colleague, visit: tn.gov/behavioral-health/topic/for-crisis-service-providers. Completed forms are placed in a pool of applicants and reviewed by a special TDMHSAS committee.

Ashley Judd to Speak at Stigma Stops Now Event

Submitted by Frontier Health

Golden Globe and Emmy-nominated actress, Ashley Judd, is the keynote speaker for the Frontier Health Foundation inaugural gala, STIGMA STOPS NOW, scheduled for Nov. 4 at the Millennium Center in Johnson City. "Not only is she an extraordinary and celebrated actress, she is a tremendous voice for mental health awareness and ending social stigma," said Joy McCray, Frontier Health Foundation Director. A live Stigma Stops Now pre-Gala presentation will be held at East Tennessee State University for students and community members.

A non-profit corporation, the Frontier Health Foundation serves to help promote sustainability of the highest quality mental health, addiction, and intellectual disabilities services for individuals in Northeast Tennessee and Southwest Virginia. The Foundation is organized exclusively for charitable, educational and scientific purposes.

You can purchase tickets for the Gala at: StigmaStopsNow.com.

Supportive-Living Facility Opens in Hamilton County

The home offers safe, affordable housing for Tennesseans living with mental illness

Submitted by Helen Ross McNabb Center

The Bailey Home, a new supportive-living facility in Chattanooga, held a ribbon cutting in June. The Bailey Home was created by the Helen Ross McNabb Center through a $340,300 grant from UnitedHealthcare Community Plan of Tennessee. Its purpose is to help adults recovering from mental illness live healthier and more independent lives. The Bailey Home will provide comprehensive support services to each resident through onsite and community resources. The new facility has five bedrooms. It will house 10 clients at full capacity.

In 2013, UnitedHealthcare Community Plan of Tennessee committed $1 million in grant funding to help support organizations that provide safe, affordable, quality and appropriate housing for people living with mental illness after having been discharged from a mental health facility.

The State of Tennessee has been a leader in encouraging the creation of housing options for people with mental illness and co-occurring disorders. Since 2001, the Tennessee Creating Homes Initiative has leveraged public, private, and nontraditional funding sources to create more than 4,600 housing options for Tennesseans diagnosed with mental illness and co-occurring disorders.

Youth Move K.H.R.O.M.E. Shines in Rutherford Co.

Submitted by Youth Move K.H.R.O.M.E

Youth Move K.H.R.O.M.E. (Kids Helping Rutherford County and Others Morph into Excellence) is a youth-driven community group in Rutherford County who has been busy spreading awareness about bullying and suicide prevention and winning awards. The youth were honored at the 2016 Faith Awards for making an impact in the Murfreesboro area. They are active in the community - giving presentations and spreading the word about bullying and suicide prevention.

Keep up the great work, Youth Move K.H.R.O.M.E!

Educating the community in bullying and suicide prevention

Participating at Youth Fest at Stephens Chapel United Methodist Church

Tennessee Recovery Courts Help Clean Up Trash

Davidson County Misdemeanor Recovery Court Graduates pictured with Judge Casey Moreland (third from left) during a trash pick-up day in Nashville.

Roane County Recovery Court Group serves the community at a recent trash pick-up event. Pictured, left to right, are: Ernest B., Traci G., Stephanie L., Billy M., Lauren W., Ashley Freeberg, Roane County Recovery Court Coordinator, and Brad S.

Ridgeview Behavioral Health Services Ride for Hope

Submitted by Ridgeview Behavioral Health Services

Ridgeview Behavioral Health Services presented the 2nd Annual Ride for Hope as part of Mental Health Month in May. The event was held in cooperation with the Department of Mental Health and Substance Abuse Services, the Department of Children's Services, provider agencies, and mental health advocates. Riders departed from DCS in Clinton and rode 16.8 miles to Willow Brook Elementary in Oak Ridge, where riders had a brief celebration with students (pictured). They then concluded with a 2.7 mile ride to Ridgeview's climbing tower where a community celebration for mental health awareness took place featuring vendor booths, musical guests, and dignitaries. Anderson County Mayor Terry Frank presented a proclamation as riders rode by the Anderson County Courthouse.

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Department Undergoes Organizational Change

There have been some organizational changes within the Department in recent months.

The Division of Administrative Services and the Office of Licensure has been combined into the Division of Administrative and Regulatory Services (DARS).

DARS oversees the Department's licensing, contract monitoring, general services, and procurement responsibilities. DARS coordinates major maintenance, capital outlay projects, information technology, and provides consultation and administrative oversight for the Regional Mental Health Institutes. Leading the new Division is Assistant Commissioner **Cindy Tyler**. Cindy has worked with the Department for 17 years, starting as a staff attorney. She served as Legal Director from 2001 to 2009, when she became Director of the Office of Licensure.

Cindy Tyler

Cindy brings with her substantial knowledge of the operations of the Department, including the regional mental health institutes, which will serve the Department well as she assumes this new position.

Alex King has been promoted to Director of Licensure. Alex has been with the Department for four years, having previously served as the Executive Assistant to the Commissioner and Deputy Commissioner and then as the Assistant Director of Licensure.

Alex is a graduate of the University of Tennessee at Chattanooga and graduated from Nashville School of Law in May.

Alex King

Lindsey Vawter recently joined the Division of Administrative and Regulatory Services as the Assistant Director of Licensure. She previously worked for the United States Department of Justice, the Tennessee House of Representatives, and the Division of Finance and Administration. She is a licensed attorney and graduated Cum Laude with her J.D from the Charlotte School of Law. Lindsey lives in Mount Juliet with her fiancé and their dog, Dexter. She is an intern on the board at Mental Health America of Middle Tennessee, a mentor for the TNAchieves program, serves as a provisional member in the Junior League of Nashville, and is a graduate of the Young Leaders Council.

Lindsey Vawter

Are you 16-25 years old?

Do you have personal experience with mental illness, substance abuse, foster care, juvenile justice, and/or are you at risk of homelessness?

Would you like to ....

Inspire change in your city and state?
Educate lawmakers? **Connect** with peers?
Use Your Voice to help others?

If this sounds like you, we would love to have you on our team!

The State of Tennessee is embarking on a new initiative for 16-25 year olds transitioning into adulthood. Youth and young adults who have "been there" and who have a passion to help others are needed to drive this movement!

For more information and to get involved, call or text Will Voss at (615) 925-9224 or email ihbt@TNVoices.org

Ty Thornton Promoted to Director of Legal Services, General Counsel

Ty Thornton has been promoted to Director of Legal Services. Ty joined the Department in October 2010 as an Assistant General Counsel in the Division of General Counsel and recently served as MTMHI's interim facility attorney. He works directly with the Director of the Office of Investigations and the Office of the Attorney General and Reporter. In addition, Ty provides counsel and support for other Central Office projects and initiatives, including the Department's Corporate Compliance Program. Prior to joining TDMHSAS, Ty worked for more than five years at the Office of the Tennessee Attorney General and Reporter. He has extensive labor and employment litigation experience in state and federal courts and administrative tribunals. Ty's legal knowledge and experience will continue to be a valuable asset to the Department as he assumes his new role. In addition to his law degree, he holds a Bachelor of Science in Business Administration with a concentration in Accounting from the University of Tennessee, Knoxville.

Josh Carter is Western Mental Health Institute's New Hospital Administrator

Josh Carter has been selected as Hospital Administrator for Western Mental Health Institute. Josh has 14 years of Professional Administrative experience with the State of Tennessee. He served as Assistant Human Resource Director at WMHI for nine years before being promoted to Psychiatric Hospital Human Resource Director in March 2015. His professional experience in Human Resources and Employee Relations will be a great asset in his new role as the Hospital Administrator. Focuses will be staff development, training, compliance, and supervision. Josh is continuing his education through leadership training offered by the State with LEAD Tennessee and Alliance for upper management and supervisors. He received his Bachelor's Degree in Business Administration at the University of Tennessee at Martin in 2001.

Bob Micinski Retires

Bob Micinski, Assistant Commissioner of Administrative Services, retired from the Department after 22 years of service in a number of roles including as Chief Executive Officer at Middle Tennessee Mental Health Institute.

"We are extremely grateful for his years of service," said Commissioner Varney. "Please join me in wishing him well in his retirement."