

TDMHSAS Programs Serving Children and Adolescents and/or Their Families

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TDMHSAS BEST PRACTICE PROGRAMS

Substance Abuse Treatment Services for Adolescents

The Division of Substance Abuse Services (DSAS) funds two ***Adolescent Outpatient*** programs. These are nonresidential services provided a minimum of once a week and may include group therapy as well as individual therapy. There are nine ***Adolescent Day/Evening Treatment*** programs funded. The services provided include group and individual as well as family therapy.

Substance Abuse Prevention Services

DSAS funds the ***Tennessee Prevention Network***, a statewide prevention program that provides evidence based primary prevention services to high risk individuals. DSAS also funds the ***Comprehensive Alcohol, Tobacco, and other Drug Prevention Services for Youth***, a prevention program consisting of structured, intensive group sessions targeting youth who may be at risk for developing alcohol, tobacco, or other drug (ATOD) use and abuse problems. The ***School Based Liaisons for At-Risk Youth*** program provides face-to-face consultation with classroom teachers to assist them in structuring the classroom to enhance the learning environment for children with Serious Emotional Disturbance (SED), behavior problems, or Substance Use and Abuse Disorders (SUAD). ***Nurses for Newborns*** is an in-home visitation service provided to at-risk mothers and babies to reduce the use and misuse of tobacco, alcohol, and other substances and to increase the early identification and management of maternal depression.

Building Strong Families in Rural Tennessee (BSF)

Building Strong Families in Rural Tennessee (BSF) is a grant project designed to continue addressing the complex needs of *children (ages 0-18) who are in or at-risk of out-of-home placement due to parent/caretaker methamphetamine or other substance abuse*. It operates through TDMHSAS as lead agency in partnership with the Tennessee's Department of Children's Services; Administrative Office of the Courts; Centerstone of Tennessee; and Centerstone Research Institute. BSF continues to implement a trauma-informed, culturally competent continuum of outreach, treatment, education/counseling, and supportive services for children and families utilizing all components of an evidence-based, high fidelity Intensive Family Preservation Services (IFPS) model.

For FFY 2013 and 2014, BSF will serve an additional 80 families total in eight rural Tennessee counties: *Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, Moore, and Warren*. The project supports at-risk families by providing services that reduce the need for out-of-home placement and promote child safety, permanency, and wellbeing. Through a collaborative effort of agencies and organizations, integrated services and enhanced continuity of care will continue providing families with interventions that build skills and capacities contributing to healthy, well functioning families. BSF further provides linkages with social/community support services, including substance abuse treatment programs/recovery supports. BSF In-home Specialists are available 24/7 to provide crisis intervention and intensive services to keep children out of harm's way. BSF collaborative councils, representing all project partners, local service agencies, government agencies and funding stream representatives, individuals in recovery,

parents/caretakers, and other community stakeholders, will continue to work toward sustainability of the project.

BSF has been funded since FFY 2007 through the United States Department of Health and Human Services, Administration for Children and Families, Children's Bureau, Grant # 90CU0051.

Early Childhood Services

The ***Child Care Consultation*** program provides mental health training and technical assistance services through a series of four training workshops: 1) Social-Emotional Development in Young Children; 2) Classroom Strategies for Promoting the Social-Emotional Competencies of Young Children. ***Project B.A.S.I.C. (Better Attitudes and Skills in Children)*** is a school-based, mental health prevention and early intervention service that focuses on the promotion of mental health in children in the earliest school grades plus the identification, assessment, and referral of children with Serious Emotional Disturbances (SED). ***Renewal House*** provides early intervention and prevention services to children at risk of serious emotional disturbances or substance abuse, who reside at Renewal House with their parent. The ***Regional Intervention Program (RIP)*** is an internationally recognized parent implemented program in which parents learn to work directly with their own children. Experienced RIP parents provide training and support to newly enrolled families. RIP is designed for the early treatment of children up to age 6 years who have moderate to severe behavior disorders. This is a parent-implemented program supported by a small professional and paraprofessional staff. Parents serve as primary teachers and behavior change agents for their own child as well as daily operators of the overall program.

Education, Training and Anti-Stigma Efforts

The Office of Children and Youth oversees the ***Child and Family Education Program***, based on the With Hope in Mind program, providing free classes for caregivers about brain biology and specific brain disorders such as Attention Deficit Disorder (ADD)/Hyperactivity Disorder (ADHD) and learn coping skills, such as communication, self-care, problem management, advocacy, and organization and record keeping. ***Erase the Stigma (IC HOPE)*** is a mental health awareness curriculum for youth to promote understanding of mental illness and to reduce the stigma associated with mental illness. ***Violence and Bullying Prevention*** is a violence prevention and resiliency enhancement program designed for youth in grades four through eight.

Family Support Services

DMHSAS funds a variety of programs and supportive services for families of children with mental health needs. The ***Emotional Fitness Centers program*** is a faith-based initiative in Memphis and Shelby County that provides funding for Peer Advocate Liaisons (PALS) in churches in underserved African-American communities to assist parishioners in identifying behavioral health needs and helping to successfully navigate the behavioral health system with the goal of increasing utilization of mental health and substance abuse services. OCY also oversees the ***Family Support and Advocacy Program***, which funds Tennessee Voices for Children's Statewide Family Support Network, a comprehensive family advocacy, outreach, support, and referral service provided statewide. This service also provides

information and training to lay and professional groups. The ***Office of Consumer Affairs (OCA) Ombudsman Program*** offers direct assistance to individuals who are experiencing problems accessing mental health services and supports through Consumer Advocates. OCY oversees the ***Family Support Specialist (FSS) Certification***, which provides state certification for individuals who provide direct caregiver-to-caregiver support services to families of children and youth with emotional, behavioral, or co-occurring disorders. The ***Building Strong Families in Rural Tennessee (BSF)*** extension grant and new ***Therapeutic Intervention, Education & Skills (TIES)*** grant provide intensive in-home services (using high fidelity Intensive Family Preservation Services) to families of children, ages birth to eighteen, who are currently in or at-risk of out-of-home placement as a result of a parent's or caregiver's substance use in select counties in rural and urban Middle Tennessee. ***The Tennessee Integrated Court Screening and Referral Project***, a collaboration between the Office of Forensic and Juvenile Court Services and the Administrative Office of the Courts (see Forensic Services, below), includes placing certified Family Support Providers in four juvenile courts to assist youth in legal trouble and their families in gaining access to mental health, substance abuse and family services.

Forensic Services

The Office of Forensic and Juvenile Court Services provides comprehensive mental health evaluations on forensic issues ordered by juvenile courts on youth alleged to be delinquent, and is collaborating with the Administrative Office of the Courts, Vanderbilt University COE, TCCY, DCS and TVC on a federal grant to train Youth Service Officers to complete mental health and substance abuse screening for youth in juvenile courts.

Housing and Homeless Services

The ***Homeless Outreach Project*** identifies children and youth with SED and their families who are homeless or at risk of homelessness and provides short-term services that links them to more permanent housing as well as mainstream case management, mental health treatment and/or other social services or removes the threat of homelessness.

Mobile Crisis Services

Mobile Crisis is a community-based service that offers twenty-four hours per day, seven days per week toll-free telephone triage and intervention as needed, face-to-face services including prevention, triage, intervention, community screenings by a mandatory prescreening agent, evaluation and referral for additional services and treatment, stabilization of symptoms, mobile services to wherever the crisis is occurring in the community whenever possible and follow-up services for a behavioral health illness, a crisis situation, or a perception of a crisis situation for children and youth under the age of 18 years old.

Respite Services

Planned Respite provides respite consultants in eight regional sites across the state who provide direct respite for caregivers by taking the child out for respite outings. They also train parents in how to access or develop ongoing respite resources, including knowledge of techniques for better managing their

child's behaviors. The *Respite Voucher Program* provides respite vouchers in each of the seven mental health planning regions for families whose children have SED or developmental disabilities.

Suicide Prevention Services

Project Tennessee (fka Jason Foundation) is an intensive two-hour curriculum that provides education for teachers, students and parents about the signs of suicide and gives them the tools and resources needed to identify at-risk youth. *Mental Health 101 (MH 101)* is an educational program for youth in middle and high schools in 18 eastern and middle Tennessee counties. The *TeenScreen* program is a national, evidence-based mental health and suicide risk-screening program for youth. The purpose of the program is to ensure that all parents are offered the opportunity for their teens to receive a voluntary mental health check-up at their school. *Tennessee Lives Count (TLC) Project* is a statewide youth early prevention and intervention program to reduce suicides and suicide attempts for youth and young adults ages ten to twenty four years through statewide Gatekeeper training. The *Tennessee Suicide Prevention Network (TSPN)* is a statewide coalition of agencies, advocates and individuals who oversee the implementation of strategies to eliminate/reduce the incidence of suicide across the life span, to reduce the stigma of seeking help for mental health disorders, and to educate communities throughout the state about suicide intervention and prevention strategies.

System of Care Initiatives

The *system of care model* is an organizational philosophy and framework that involves collaboration across agencies, families, and youth for the purpose of improving access and expanding the array of coordinated community-based, culturally and linguistically competent services and supports for children and youth with a serious emotional disturbance (SED) and their families. *Systems of Care (SOC)* engage families and youth in partnership with public and private organizations to design mental health services and supports that are effective, that build on the strengths of individuals, and that address each person's cultural and linguistic needs. A system of care helps children, youth, and families function better at home, in school, in the community, and throughout life. The Office of Children and Youth oversees four federally funded *System of Care* initiatives in eight counties across the state. DMHSAS is also responsible for partnering with the Council on Children's Mental Health (CCMH) to develop a strategic plan for statewide System of Care expansion.

Therapeutic Intervention, Education and Skills (TIES)

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) was awarded a new grant from the *United States Department of Health and Human Services, Administration for Children and Families, Children's Bureau, Grant # 90CU0069* to address the complex needs of children (age 0-17) who are in or at-risk of out-of-home placement due to parent/caretaker substance abuse. TDMHSAS partnered with the Tennessee Department of Children's Services (TDCS); Centerstone of Tennessee; and Centerstone Research Institute (CRI) to establish and implement an evidence-based, trauma-informed, culturally competent continuum of outreach, treatments, education/ counseling, and supportive services for children and families utilizing all components of a high fidelity Intensive Family Preservation Services (IFPS) program in conjunction with *Seeking Safety*, as appropriate, for participants with a history of trauma. *TIES* will serve at least 300 ethnically/culturally diverse families over a five-

year period in seven to eight Middle Tennessee counties. Rural and urban counties will be targeted. The project will bridge a significant gap in locally available family treatment services.

TIES will integrate project staff into existing behavioral health teams in the target area, ensuring integrated services and enhancing continuity of care for participating families. Using a high fidelity IFPS model, with *Seeking Safety* as appropriate, **TIES** will support at-risk families by providing services that reduce the need for out-of-home placement and promote child safety, permanency, and well-being. Through a collaborative effort of agencies and organizations, families will be provided with interventions that build skills and capacities contributing to healthy, well functioning families. **TIES** will provide in-home counseling, basic skills education, psychosocial education, and linkages with social/community services. Program staff will link parents/caretakers with substance abuse treatment programs/recovery supports and ensure access to needed services. **TIES** Therapists will be available 24/7 to provide crisis intervention and intensive services to keep children out of harm's way. In addition, **TIES** will establish a Steering Committee with representation from all grant partners as well as local service agencies, government agency and funding stream representatives, individuals in recovery, parents/caretakers, and other community stakeholders that will work to ensure sustainability of the project. **TIES** will evaluate project strategies and models and conduct comprehensive project performance measurement, including documentation of fidelity, process, outcomes, cost effectiveness, and follow-up data, and will develop and disseminate a thoroughly documented service model for replication across the state and nation.

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