



Dear Colleagues, Partners, and Friends,

This month is of course Mental Health Month, a time to pause, reflect, support, and celebrate. The celebration of just how far we've come in our state is certainly where our thoughts are this month. Just in this newsletter alone, the new funding announcements, ribbon cuttings, and grand openings-- it's amazing the pieces that continue to be added to our continuum of already amazing services in Tennessee. We travel to conferences, as you do no doubt, and hear from other states where systems aren't as robust, services are still developing, and we're truly grateful that we're from the Volunteer State. Whatever role you play, you're a part of a life-changing network, and that's something to celebrate.

One of the most inspiring and exciting things I've seen in the last few months has been the response to our Tennessee Behavioral Health Pathways Scholarship. You might remember, Governor Bill Lee and the Tennessee General Assembly gave us \$3 million in new state funding last August for this program. We partnered with TAMHO and TAADAS to operationalize the program, and the response was overwhelming. Going in, we knew the need was great, but in just a few short weeks, we received almost 800 applications. And the stories of what this scholarship means to the recipients are just as impactful as the number of applicants. [Watch this short news story featuring the story of a scholarship recipient](#) who shares how the scholarship came at the perfect time and is helping her stay on the path to help others like her.

As we enter the summer months, our wish is that you continue to see the outcomes and impact of your work and know how the lives you touch are forever changed by what you do.

Have a blessed day,

Marie

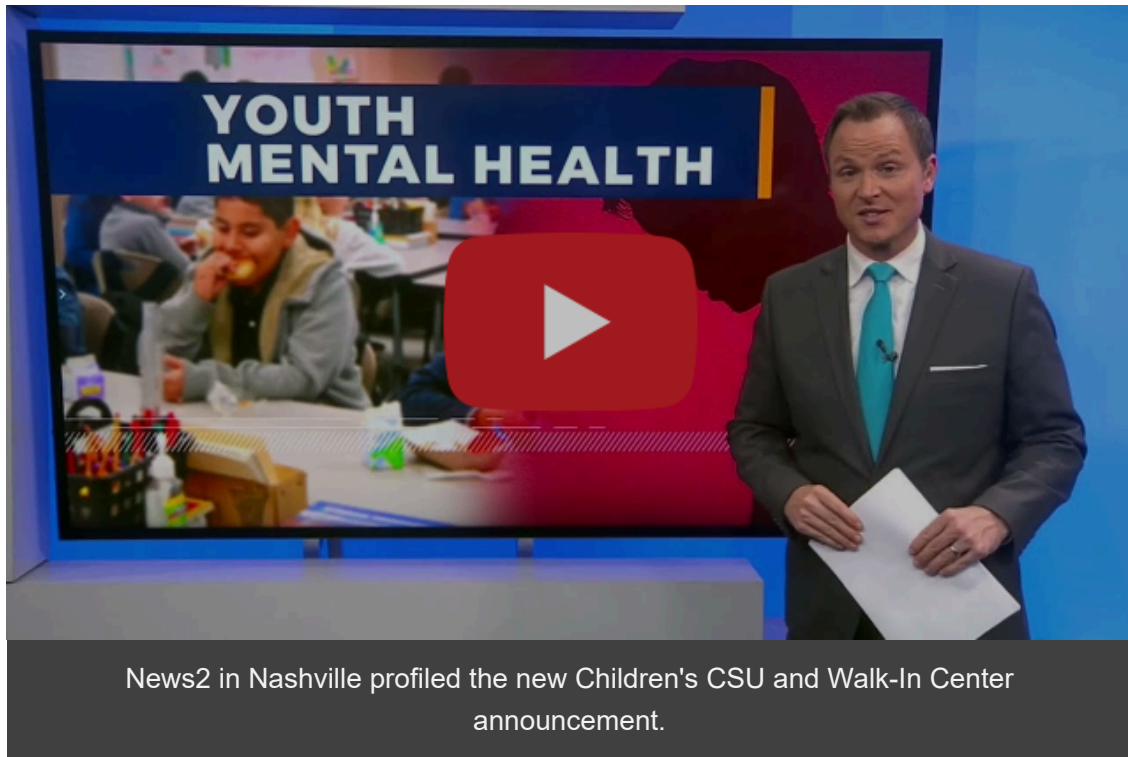
New Children's CSU Grantees Announced

TDMHSAS is excited to announce the community mental health centers that are receiving grant contracts to open two new Crisis Stabilization Units and Walk-In Centers for Children. TDMHSAS will work with Mental Health Cooperative in Nashville and Alliance Healthcare Services in Memphis to open these new options for families with children in crisis.

Crisis Stabilization Units (CSU) offer intensive, short-term stabilization for someone experiencing a mental health emergency. Crisis Walk-In Centers offer face-to-face, 24/7/365 evaluation for those who are experiencing a mental health emergency. Both of these services are available free of charge regardless of insurance coverage.

Governor Bill Lee and the Tennessee General Assembly budgeted \$5 million in new state funding for the creation of these centers. Knoxville is home to the state's first CSU/WIC for children operated by the McNabb Center and funded

with a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) and state infrastructure dollars.



Mental Health Awareness Month



STATE OF TENNESSEE
PROCLAMATION
BY THE GOVERNOR

WHEREAS, mental health encompasses a person's emotional, psychological, and social well-being, affecting their thoughts, feelings, ability to handle stress, maintain relationships, respond and adjust to daily life changes, and participate fully with family, peers, and community life; and

WHEREAS, a lack of mental health awareness and pervasive stigma of mental illness prevents people from reaching out for the help they so desperately need, resulting in untold pain, hardships, or worse; and

WHEREAS, Tennessee recognizes and supports a comprehensive public behavioral health continuum for the Tennesseeans with the least means to obtain prevention, education, early intervention, treatment, and recovery support services; and

WHEREAS, since 2019, the State of Tennessee has dedicated nearly \$180 million in new funding to the Department of Mental Health and Substance Abuse Services, including more than \$60 million to bolster the community behavioral health workforce by creating numerous new recruit and trainee positions and \$3 million for the creation of the Tennessee Behavioral Health Strategy, which will support the state government and the behavioral health workforce; and

WHEREAS, the prudent management of the Behavioral program generated additional federal funding by way of direct savings, which will be invested in to create different behavioral systems including the public behavioral health system starting in the next fiscal year 2022-2023; and

WHEREAS, the Tennessee Department of Mental Health and Substance Abuse Services, Tennessee Association of Mental Health Organizations, community mental health providers, caregivers and family members, and faith-based organizations across the state work to meet a sense of urgency, make space for recovery, and restore independence;

NOW, THEREFORE, I, Bill Lee, Governor of the State of Tennessee, do hereby proclaim May 2021 as

Mental Health Awareness Month

in Tennessee and encourage all citizens to join me in this special observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this fourth day of April 2021.

Bill Lee

Governor

Dr. Margaret
Secretary of State

May is Mental Health Awareness Month, and it serves as an important time to highlight the significance of mental health and its impact on overall well-being. Highlighting mental health during the month helps raise awareness, promote early intervention, encourage open conversations to reduce stigma, and empower communities. [Click this link or the image above to view Governor Bill Lee's proclamation for Mental Health Awareness Month.](#)

IPS Employment Works Event

New event for Mental Health Awareness Month celebrates the role of employment in wellness and recovery



Department leaders gathered with community providers to celebrate the accomplishments of everyone involved with the Individual Placement and Support (IPS) supported employment program in the last year. IPS is an evidence-based model for supported employment that has been proved to have more than double the success rate compared to standard supported employment services. The FY23 accomplishments and success stories were featured in the [2024 Employment Works Report which was presented at the event](#) at IPS provider Dismas House in Nashville on May 21.

The event featured the success story of Bobby Anderson. With IPS and other supports from Dismas, Bobby went back to school and recently earned a Master's Certificate in Responsible Human Resource Management from Austin Peay State University. Bobby is using the supports from IPS to pursue higher education with a goal of working to help people like him after incarceration.

[Learn more about IPS supported employment services in Tennessee at this link.](#)



RIP-Nashville Celebrates Children's Mental Health Acceptance Week



To celebrate Children's Mental Health Acceptance week, RIP Nashville held its first ever Spring Festival on May 4th. The rain may have ended the party a little early, it still was a huge success with more than 120 attendees. The festival featured 14 local organizations including Metro Action Commission, TN Voices, Department of Health, Tennessee Early Intervention Services, Autism

Tennessee, and SOCAT to name a few. Children and families enjoyed playing games and activities.

RIP Staff had meaningful conversations with attendees about children's mental health and how RIP strives to support families and children. We currently have 3 families who attended the event begin the enrollment process. We are thrilled with the success of the event and want to thank each and every one of you who shared with colleagues, clients, and friends. We look forward to seeing you there next year!

[If you want to learn more about RIP and how it helps families, visit this link: https://tn.gov/parenting-that-works](https://tn.gov/parenting-that-works)

Local coalitions celebrate Mental Health Awareness Month with students



In observance of Mental Health Awareness Month and Teen Self-Esteem Month, the Cheatham County Coalition visited two middle schools, Cheatham Middle School and Harpeth Middle School, to develop a culture of positive mental health. Students were invited to write positive messages on slips of paper, each one contributing to the growing chain symbolizing the power of kindness and how we are all linked together. Through these activities, the Coalition addresses the critical link between self-esteem, mental well-being, and substance use.

Knoxville Ribbon Cuttings



McNabb Center Opens EmPATH Unit

Congratulations to the team at the McNabb Center for cutting the ribbon on their new EmPATH Unit! The goal of the Emergency Psychiatric Assessment, Treatment and Healing (EmPATH) Unit is to quickly and compassionately stabilize patients experiencing a behavioral health crisis and provide comprehensive transition and discharge planning. The 23-hour unit provides individuals 18 years and older immediate access to psychiatric services in a calm, supportive, trauma-informed, therapeutic environment. For a behavioral health crisis, EmPATH serves as an alternative to the traditional visit to an emergency department. The program includes a walk-in triage/reception center and a compassionate, multidisciplinary team comprised of psychiatrists, nurse practitioners, master's level clinicians, nurses, mental health technicians and peer specialists to provide constant monitoring and support. This EmPATH Unit is the first in the State of Tennessee.



Metro Drug Coalition opens Phase 2 of The Gateway and Celebrates Karen Pershing

Metro Drug Coalition had the official ribbon cutting for Phase 2 of The Gateway on April 30. The Gateway is a recovery community center which first opened in September of 2022. Since then, staff at The Gateway have provided more than 50,000 services to the recovery community. Phase 2 of this amazing facility expands services with a coffee shop, which will employ people in early recovery, a gym and recreation area, and a serenity room, which is open as a public meeting space. [Learn more about The Gateway at this link.](#)

The celebration was also an opportunity to honor the accomplishments, legacy, and influence of MDC's Executive Director Karen Pershing. Karen is stepping back but sticking around in a new role as Director of Grants and Government Relations. Commissioner Williams shared the following about Karen: "I believe we're all made for a time and a place to live with purpose, and Karen has truly and faithfully lived out her purpose through her work with Metro Drug Coalition. We're excited for this new chapter for you, Karen, and we know your endeavors will continue to improve lives of East Tennesseans affected by addiction."

Faith Based-Initiatives Celebrates 30,000+ Treatment Referrals

The TDMHSAS Office of Faith-Based Initiatives is celebrating a huge milestone! Last month, our Lifeline, Hybrid Lifeline, Faith-Based, and Collegiate Recovery coordinator team surpassed 30,000 referrals to treatment and recovery services since 2014! This team of 25 individuals with lived experience and diverse backgrounds have helped change the perception of recovery across the state of Tennessee and have provided access to a different trajectory of life for countless generations. Thank you to all who have played a part in this great work over the years! Connect with the people who serve your area at this link: [TN.gov/behavioral-health/faith](https://www.tn.gov/behavioral-health/faith)

Nathan Payne Named New Assistant Director of Faith-Based Initiatives



A familiar face is officially joining the department in a new role! Nathan Payne is the department's new Assistant Director of [Faith-Based Initiatives](#). Nathan worked for several years doing community-based outreach in the TDMHSAS Lifeline Peer Project. Most recently, [he established the department's Collegiate Recovery Initiative](#) holding trainings for more than 2,000 recovery allies across more than 30 campuses of higher learning in Tennessee. Nathan is a person in long-term recovery whose passion is being the support that individuals need to feel heard, validated, and empowered in understanding their own passions and striving to reach their full potential. Nathan received his bachelor's degree in

sociology and political science and his master's degree in Clinical Mental Health Counseling from Tennessee Tech University. He's also a Certified Peer Recovery Specialist, and in his free time, he enjoys ultra running, blacksmithing, bladesmithing, and woodworking.

National Prescription Drug Take-Back Day

National Prescription Drug Take Back Day was a success across Tennessee with prevention coalitions, agencies, and law enforcement coming together to safely dispose of expired/unwanted medication.

Lauderdale County



The District Attorney's Office along with the Anti-Drug Coalition of Lauderdale County held its Drug Take Back event at the Lauderdale County Justice Complex where 60.6 pounds of expired/unused medication was turned in for safe disposal. Over 60 Prescription Medication Lock Boxes were distributed for home use to everyone who dropped off unused or outdated medication at the Take Back.

Cheatham County



The Cheatham County Community Enhancement Coalition took part in April's Drug Take Back Day Event and was able to successfully dispose of 393 pounds of medication. The Coalition set up three disposal sites in prominent locations (Ashland City, Pleasant View, and Kingston Springs) to make drop-off more convenient for community members. Coalition staff were able to connect with many community members to discuss year-round safe medication disposal and storage, giving out over 40 resource kits and 25 lockboxes

Opioid Abatement Council Updates

During the first quarter of 2024, all 95 counties received their annual disbursement from the Opioid Abatement Trust Fund. The total statewide disbursement was **\$31,073,223**. Wondering how much funding your county received in 2024? Visit [Tennessee Abatement Fund 2024 County Payment Amounts](#)

The next Quarterly Opioid Abatement Council meeting is scheduled for June 18 at 9:00 AM CT in Memphis at CMI. All meetings are open to the public. This meeting will be held in-person and virtually. [Meetings \(tn.gov\)](#).

The Opioid Abatement Council approved the Community Grant Grantee contract on April 25, 2024. The target date for the majority of the Grantee

contracts to be signed is July 1, 2024. More information may be found at [Our Work \(tn.gov\)](#)

To receive the Opioid Abatement Council's newsletter, please submit the form here [Contact Us \(tn.gov\)](#)

Middle Tennessee Mental Health Institute Hosts Annual Events

MTMHI Revives Annual HoopFest After Five-Year Hiatus



After a five-year hiatus due to COVID-19, MTMHI proudly brought back its annual HoopFest. This exciting event pairs two staff members with two patients to form top-notch basketball shooting teams in the Nashville area. Held at both the Main Hospital and Forensic Services Program, each team competed to make the most shots from the free throw and three-point lines. The team with the highest score earned a certificate and bragging rights for the year. The gym was alive with energy as patient and staff spectators cheered louder than at an NBA championship game. The atmosphere was filled with smiles, laughter, and encouragement. Special thanks to Jason Gordon, Director of Rehabilitation Services, for coordinating the event, and heartfelt appreciation to all the patients and staff who participated in this outstanding event.

MTMHI Hosts 3rd Annual Staff Appreciation Fish Fry



On May 2nd, 2024, MTMHI held its 3rd Annual Fish Fry to celebrate and appreciate staff. The event was a resounding success, filled with music, fun, laughter, delicious food, and a strong sense of camaraderie. The delicious food is but a token of our gratitude for the hospital staff's unwavering commitment to patients. A special shout-out goes to Genieve Graham for coordinating the event, along with the staff, Nursing and General Services Departments, whose hard work made this event possible.

Rooted in Recovery



Moccasin Bend recently kicked off the spring season with Garden Parties on the subacute units. Patients and staff members worked on planting some small gardens on the courtyards of the units. Everyone also enjoyed refreshments and other fun activities.

Coalitions in the Community



Memphis Area Prevention Coalition hosted the Alcohol, Tobacco, and Other Drugs Summit on April 26th at the University of Memphis. They had more than 300 attendees, all eager to learn and connect. Throughout the day, experts in addiction medicine and prevention strategies shared their knowledge and insights.

Shout Out!

MBMHI's Jake Boswell awarded Preceptor of the Year for 3rd Time



Congratulations to Moccasin Bend Mental Health Institute Pharmacist Jake Boswell! He was recently named Preceptor of the Year by South College. This is Jake's third time getting this award with previous recognition in 2021 and 2020. Thanks for all your hard work Jake!



Tasha Robinson at Western Mental Health Institute wrote in to send a shout out to everyone on Unit G2 and Marvin Coby, Randy Moore and Denise Motley of B1. She said: "Thank you for your proactive attitude and willingness to assist with patient care."

If you'd like to "shout out" to a TDMHSAS colleague, please send an email to Kearston.Winrow@tn.gov. Tell us who you'd like to recognize and why.

Save-the-Dates

Planning and Policy Council Meetings

Statewide Planning & Policy Council

Tuesday, June 11, 2024

10:00 a.m. - 12:00 p.m.

Middle Tennessee Mental Health Institute

Conference Center

221 Stewarts Ferry Pike

Nashville, TN 37214

To verify the schedule and plans for future meetings, please visit the department website at these links:

[Statewide & Committee Meeting Schedule \(tn.gov\)](#)

[Regional Council Meeting Schedule \(tn.gov\)](#)

TDMHSAS is committed to providing individuals with disabilities an equal opportunity to participate in and benefit from TDMHSAS programs, activities, and services. To request reasonable accommodations or modifications, please contact Amy Holland at amy.holland@tn.gov at least 10 business days prior to the meeting. Requests for accommodations or modifications made after the deadline will be honored to the maximum extent feasible, but it may not be possible to fulfill them.

Resources

In the event of a mental health emergency ...

Call or text 988 and press 0 to speak to a crisis counselor.

You can also chat with 988lifeline.org.

There is hope.

There is hope.

There is hope.

There is hope.



988 SUICIDE & CRISIS
LIFELINE

For questions about addiction treatment/referrals ...

A vertical advertisement for the TN REDLINE. The background is a white brick wall. The text "TN REDLINE" is prominently displayed in large, bold letters. "TN" is black, and "REDLINE" is red. To the right of "REDLINE" is a red icon of a rotary telephone. Below this, the phone number "1.800.889.9789" is written in large black digits. Underneath the number is a red button with the text "CALL OR TEXT" in white, and a black button with a white telephone handset icon. At the bottom, there are three logos: the TN Department of Mental Health & Substance Abuse Services, the TAADAS logo, and the TN TOGETHER logo with the tagline "ENDING THE OPIOID CRISIS".

To talk with a TDMHSAS Consumer Advocate ...

Need help with mental health or substance use services?

Call the TDMHSAS Office of Consumer Affairs and Peer Recovery Services

HELPLINE

1-800-560-5767

We can help with:

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



We are available

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



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

OCA.TDMHSAS@tn.gov | TN.gov/behavioral-health



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

OUR MISSION: CREATING
COLLABORATIVE PATHWAYS
 TO RESILIENCY, RECOVERY & INDEPENDENCE
 FOR TENNESSEANS LIVING
 WITH MENTAL ILLNESS AND
 SUBSTANCE USE DISORDERS

OUR VISION:

A STATE OF RESILIENCY, RECOVERY, AND INDEPENDENCE
 IN WHICH TENNESSEANS
 LIVING WITH MENTAL ILLNESS
 AND SUBSTANCE USE DISORDERS THRIVE

AS A DEPARTMENT, WE VALUE:

<p>CUSTOMER FOCUSED: <i>An unwavering commitment to keep patients and those who serve them at the forefront of every decision.</i></p>	<p>COMPASSIONATE AND EFFECTIVE LEADERSHIP: <i>The commitment to make effective decisions and inspire others through active listening and empathy.</i></p>
<p>INTEGRITY: <i>Honesty and truth in all we do.</i></p>	<p>SOLUTIONS AND OUTCOMES-ORIENTED: <i>The commitment to positive outcomes and meaningful changes in response to the critical needs of the Tennesseans we serve.</i></p>
<p>INSPIRED PURPOSE: <i>The call to action in service of a cause greater than one's self.</i></p>	<p>PARTNERSHIP: <i>Beyond teamwork, collaboration based on mutual success to the benefit of the Tennesseans we are blessed to serve.</i></p>

We hope you've enjoyed this issue of the Update! If you have news to share (a story idea, accomplishment, provider news, etc.) or if you'd like to be added to the distribution list, please email: the Office of Communications at OC.TDMHSAS@tn.gov.

And please connect with us on social media!



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