



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



A note from Commissioner Williams

Fall is here, but one thing that isn't falling is the level of stress that a lot of us are feeling. Whether you're stressed about educating a child, caring for a parent, feeling the effects of now 6+ months of pandemic precautions, or simply worried about what's next, **you are not alone!**

How can you deal with what you're feeling and get through it? First you have to validate what you're feeling. Stress can affect us in a lot of different ways -- for some it's behavior changes -- maybe your temper flares in unexpected ways or your use of alcohol might have increased -- for others it's isolation, trouble sleeping, or physical symptoms like fatigue or headaches. Take a moment and take stock of the last

week: how many days were good days? How many were not good days? If you look at the cause of the not good days, you might find stress at the root of it.

Now that you've validated what you're feeling, talk about it with someone you trust. That can be a spouse, a loved one, a coworker, a neighbor, or a friend. This needs to be someone who knows you at your best and can help you chart a course to get back there. Being open and honest about how you're feeling is a true sign of strength.

If talking it through doesn't produce the change you need, there is help available. The state of Tennessee and many other employers offer Employee Assistance Plans for free or very low cost counseling and therapy ([Link for state employees](#)). If you're a front-line healthcare worker or first responder (that includes **everyone** who works in behavioral health!), there is an emotional support line just for you. Call 888-642-7886 or [visit this link to learn more](#).

In addition to a daily meditation and my faith, I find solace in the opportunity that the current moment presents. It's both a momentous challenge and an unparalleled opportunity to positively impact the lives of the people we are called to serve. I take inspiration from the talent, dedication, and devotion with which you all serve the people of Tennessee. May God continue to bless our work and our state.

-Marie

JACKSON CHAMBER
Connect Here

WOMEN
IN BUSINESS
Let's Who Lead.

Coping during
A Focus on M

Marie Williams

Sept. 9
10 - 11 a.m.

Virtual Event via Zoom
Free to attend - RSVP required

Want to hear more? Watch this video of a presentation Commissioner Williams recently gave to the Jackson Chamber of Commerce.

TDMHSAS expands Behavioral Health Safety Net to children

TDMHSAS 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)

BEHAVIORAL HEALTH SAFETY NET FOR CHILDREN

TN Department of Mental Health & Substance Abuse Services

NEW SERVICE FOR FY2021

Behavioral Health Safety Net for Children provides essential outpatient mental health services to uninsured Tennessee children ages 3-17 and helps connect clients to long-term coverage.

AVAILABLE SERVICES

- Assessment and Evaluation
- Individual, Group, and Family Therapy
- Case Management
- Family Support Services
- Medication Management
- Pharmacy Assistance and Coordination
- Transportation

ELIGIBILITY REQUIREMENTS

- Primary Qualifying Mental Health Diagnosis
- No other behavioral health coverage
- Family income limit of 138% FPL
- Age 3 to 17 years
- Tennessee Resident
- Not in a long-term inpatient or residential facility or in state custody

IMPORTANT FACTS

- 136 Office Locations Statewide
- Outpatient Services Only
- Is not insurance or part of TennCare
- Outreach Coordinator at each agency

PROVIDER NETWORK

WEST		MIDDLE	EAST	
Alliance Healthcare Services 901-369-1400	Pathways Behavioral Health 731-541-8200	Centerstone of TN 877-467-3123	Centerstone of TN 877-467-3123	Helen Ross McNabb 865-637-9711 423-266-6751
Carey Counseling 800-611-7757	Professional Care Services 877-727-2778	Mental Health Cooperative 615-726-3340	Cherokee Health 866-231-4477	Mental Health Cooperative 423-697-5950
Case Management, Inc. 901-821-5600	Quinco Community MHC 800-532-6339	Volunteer Behavioral Health 877-567-6051	Frontier Health 855-336-9327	Peninsula 865-970-9800
Cherokee Health Systems 866-231-4477			Ridgeview 800-834-4178	Volunteer Behavioral Health 877-567-6051

Link for more information: tn.gov/behavioral-health/bhsn

Click the image above to view a one-pager on the BHSN for Children program.

TDMHSAS Takes School-Based Mental Health Service Statewide

TDMHSAS is expanding its School-Based Behavioral Health Liaison program to all 95 counties in the state. Governor Bill Lee budgeted and the Tennessee General Assembly appropriated an increase of \$3 million for the current fiscal year to expand the program.

School Based Behavioral Health Liaisons provide face-to-face consultation with classroom teachers who enhance learning environments for children who have or 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.

Liaisons currently serve elementary, middle, and high schools in 36 Tennessee counties. In state fiscal year 2020 which ended June 30, liaisons served about 7,500 children and youth and 2,500 teachers. Liaisons held more than 11,000 individual counseling sessions and 7,300 individual consultations.

“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 Marie Williams, LCSW.

To learn more about the School Based Behavioral Health Liaison Program, visit: [TN.gov/behavioral-health/sbbhl](https://www.tn.gov/behavioral-health/sbbhl)

Get an inside look at what will be TN's first Women's Residential Recovery Court

Ellen Abbott, Director of Criminal Justice Services, leads a tour of the space that will become Tennessee's first Women's Residential Court (WRRRC). See the architectural drawings and hear from Commissioner Williams and Judge Angelita Blackshear Dalton, future Residing Judge of the WRRRC.

*"The longer a person is in a program,
the better their chances are of practicing their recovery.
We are here to give them long-term treatment
to help them with their addiction."
- Judge Seth Norman*





Darren Layman named Director of Project Rural Recovery

Please join us in welcoming Darren Layman to the Department as the Project Director for the Project Rural Recovery SAMHSA grant.

Darren holds a master's degree in Organizational Management and has more than 20 years of experience managing programs and leading staff in a regulatory state agency and health system. In Darren's most recent position, he was responsible for managing the operational, financial, and personnel components and functions of 21 primary care clinics within The University of Washington (UW) Medicine System, UW Neighborhood Clinics and Urgent Care, UW Medical Center-Northwest Primary Care clinics, and UW Medicine Rural Health Clinics.



Darren will be overseeing and monitoring the Project Rural Recovery SAMHSA grant the department received to implement two integrated mobile health clinics

in 10 rural Tennessee counties with the help of community partners Helen Ross McNabb and Buffalo Valley, Inc. We look forward to Darren being a part of the team and leading a grant that merges physical and behavioral healthcare for the most vulnerable Tennesseans.

To get an update on Project Rural Recovery, watch the video below.



Lygia Williams retires

Please help us thank Lygia Williams, a legend in suicide prevention whose career spans fifty years in public and private sectors.

The importance of suicide prevention has always been in the forefront of her passion whether she was teaching, providing direct service, working as the Director of Serious and Persistent Mental Illness in a community mental health center or as a Vice President of a national mental health company, and during her tenure as a public servant working for the State of Tennessee. As a member of the Office of Crisis Services & Suicide Prevention, Lygia



spearheaded the development of the [Be the One](#) suicide prevention campaign and [Shield of Care](#), a groundbreaking curriculum developed for juvenile justice staff that is now used all over the country. She also led the Suicide Prevention Resource Center's Zero Suicides in Health and Behavioral Healthcare initiative.

As a suicide attempt survivor, Lygia has advocated for people to share their "lived experiences" throughout her career. She holds a graduate degree in clinical psychology and worked in both child and adult services. We are so grateful for the work she completed and the ongoing efforts that will continue to carry her torch. Thank you, Lygia!

Crisis Conference 2020

Tennessee Statewide Crisis Services Conference
A VIRTUAL EVENT
August 27, 2020

Making a Difference: Celebrating the Heroes of Today

Sponsored by: In partnership with:

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 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."

Highlights: Suicide Prevention Awareness Month



Congratulations to the Power of Putnam for being named the Upper Cumberland Regional Award Winner at the TSPN 2020 virtual awards celebration. To check out the other winners, visit [TSPN on facebook](#).



Staff at the Jackson-Madison Regional Health Department were among the Tennesseans who wore teal and purple for World Suicide Prevention Day Sept. 10! Thanks for helping spread the word about suicide prevention!



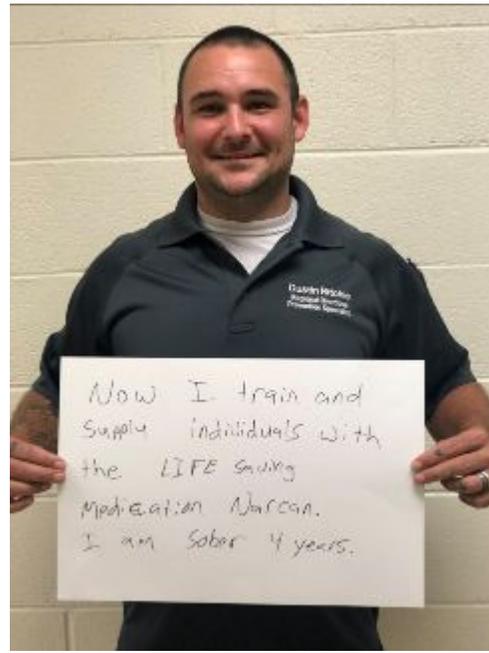
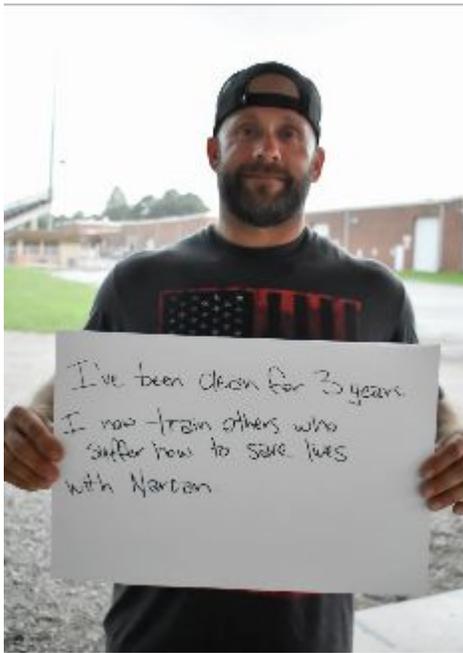
The City of Franklin, with Find Hope Franklin, is taking an active role in speaking about mental health and suicide prevention. Click to watch the special presentation that focuses on sharing information and resources and reducing stigma.

Highlights: Recovery Month

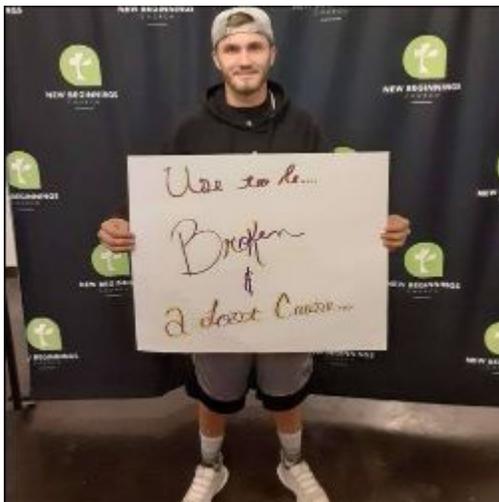
Tennessee is shining during National Recovery Month! Spend a few minutes on social media to find inspiring recovery stories like these.



Smithville mom Lydia Pricas shares how she lost custody of her son due to her addiction and even attempted suicide. She says thanks to God she has been in recovery since Jan. 12, 2016 and has regained her family, has a great job, a new daughter, and says her life today "is better than I ever dreamed possible."



Regional Overdose Prevention Specialists Matt Brown and Dustin Ritchie overcame their addictions, and now they are focused on helping others. (Franklin County Prevention Coalition)



One of the powerful testimonies by the men at Mosaic Recovery Center

Tennessee Recovery Navigators mark two-year milestone

Just in time for Recovery Month, the program that connects people with addiction treatment, peer support celebrates helping nearly 3,800 Tennesseans



The Tennessee Recovery Navigators are celebrating two successful years of connecting people who come into emergency rooms with treatment for substance use disorder. Navigators are people with lived experience of addiction and at least two years in recovery who are able to use their history to relate to the patients they meet.

“Our Tennessee Recovery Navigators are true way-makers and chain-breakers,” said TDMHSAS Commissioner Marie Williams, LCSW. “They are taking their lived experience of addiction and their new life in recovery and saying to thousands of people, ‘Take my hand. I will show you the way.’”

Congratulations to the Navigators! Keep up the GREAT work!

To read the press release in its entirety, [visit our Newsroom](#).

Learn more at [TN.gov/recoverynavigator](https://www.tn.gov/recoverynavigator).

Highlights: International Overdose Awareness Day 2020

Governor Lee proclaims August 31 as Overdose Awareness Day

Thank you, Gov. Lee!

"International Overdose Awareness Day is an opportunity for all Tennesseans to stand beside those who have lost loved ones to an overdose and those who have a substance use disorder and are diligently working toward recovery."

Click the image below to view the proclamation.



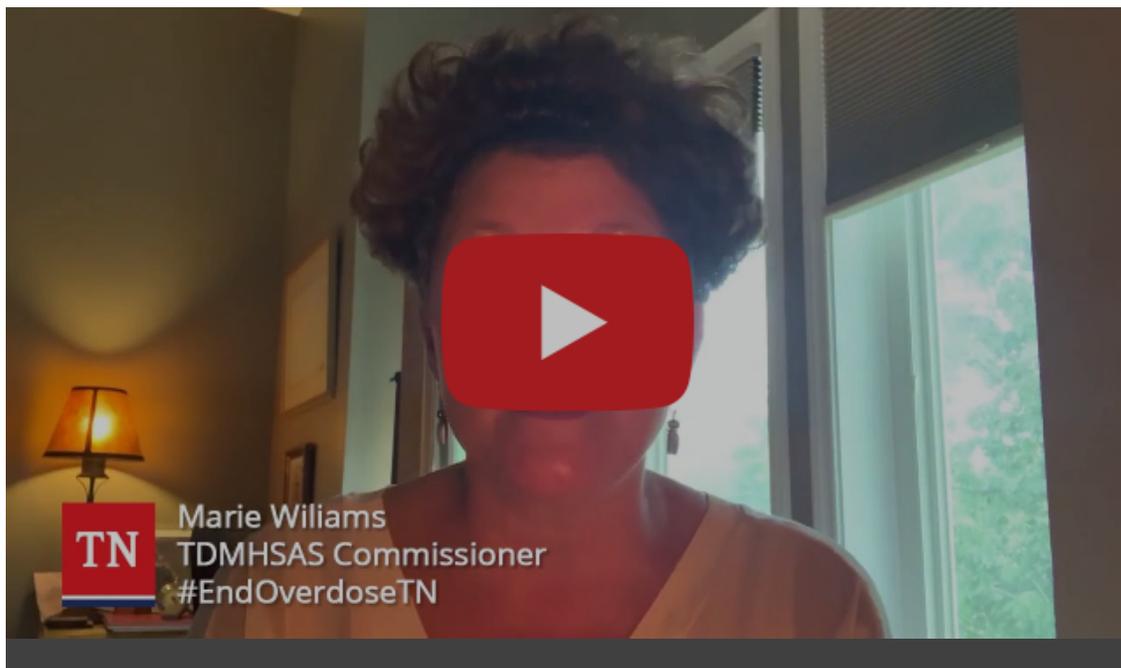
From the proclamation:

"WHEREAS the number of lives lost to overdose would be greater if not for programs established by the state, supported by federal government agencies and carried out by partners in communities across the state by increasing public awareness, addressing stigma and reducing harm; and WHEREAS, community-based programs from the Tennessee Department of Mental Health and Substance Abuse Services

including Regional Overdose Prevention Specialists have distributed at least 160,000 units of the overdose reversal medication naloxone, resulting in 16,000 documented lives saved since October 2017, Tennessee Recovery Navigators have seen more than 3,700 patients in emergency departments, some after experiencing overdose, since June 2018, and Faith Based Initiatives have 635 current Certified Recovery Congregations;



Buildings and bridges all over Tennessee lit up in purple! View more photos from International Overdose Awareness Day in this [Facebook album](#). And make sure to visit tntogether.com/ioad. This new resource offers highlights from IOAD 2020, the newest data and research, ideas for ongoing activities, and more!



Commissioner Williams recorded this video for International Overdose Awareness Day 2020, but her message is relevant every day.

[Watch more IOAD 2020 videos at this link.](#)

RMHI Spotlight

*Submitted by Janice Daniels, RN, Psychiatric Hospital Nursing Unit Manager
Middle Tennessee Mental Health Institute*

Recently, 10 members of the Unit I Team were “caught in the act” of providing excellent care. A patient and her family felt so strongly about the care, they wrote multiple letters to the Administration. Below are some excerpts:

“I am writing this letter to inform you of your staff’s great superiority. They show it in their hard work and most certainly in everything they accomplish on a daily basis.”

“The fact is that only through their deep compassion and true sense of altruism that I came out of my profound state of despair.”

“In fact, truthfully, they made me feel like I was a family member or at the very least a good friend they were caring for and not a patient.”

“I just have to say that your staff makes and almost impossible job possible through their tireless dedication.”

“...went above and beyond what I could ever have anticipated in keeping in contact with me and my son.”

“I have never had such a good experience with anyone who worked in a hospital setting and feel so strongly about the positive interactions we had...”

The following staff were recognized in these letters:

Social Workers Nikesha Rivera and Brandon McKnight

Psychiatric Technicians Cassidy Roberts, Roger Victory, Marsheta Wallace, and Stephanie Givens

RN Kate Dahl

EVS Technician Keva Richardson

PHNUM Jan Daniels

Physicians Faisal Siddiqui and Hamilton Small.

Please help me thank and congratulate these Unit I Team members for their commitment to excellent care, their support of one another during this very challenging time, and for their positive representation of MTMHI and TDMHSAS!

"We are what we repeatedly do. Excellence, then, is not an act but a habit"
- Aristotle

RIP provides Positive Solutions for Families

Congratulations to the new graduates of the Positive Solutions for Families (PSF) training led by the Regional Intervention Program. PSF is an evidence-based parent training that is designed to promote positive and effective parenting methods which will in turn promote children's social and emotional development while also addressing the challenging behavior and mental health needs of all children.

We appreciate everyone's hard work in this effort! Graduates are:

TDMHSAS, RIP Nashville: Kristen Mengelberg, Nona Joseph, and Aryana Ash
Helen Ross McNabb, RIP Knoxville: Tori Hardin

Volunteer Behavioral Health, RIP Franklin/Gallatin: Shea Duke

Volunteer Behavioral Health, RIP Cleveland: Afton Wilson and Lindsay Brinkley

Volunteer Behavioral Health, RIP Gallatin/Smyrna: Marlo Korhnak

Tennessee Voices, Early Childhood Programs: Kelli Celsor and Katherine Bell
University of Memphis, RIP Memphis:

Robin Welsh, Jennifer Davis, and Mary Teresa Spencer

Chula Vista Elementary School District, Parenting Implementation Program – CA site: Chelsea Gould, Hilda Rosales, Victoria Zavala, Armida Demars, Karla Naanep, Yadira Calderon, and Neyra Velazco

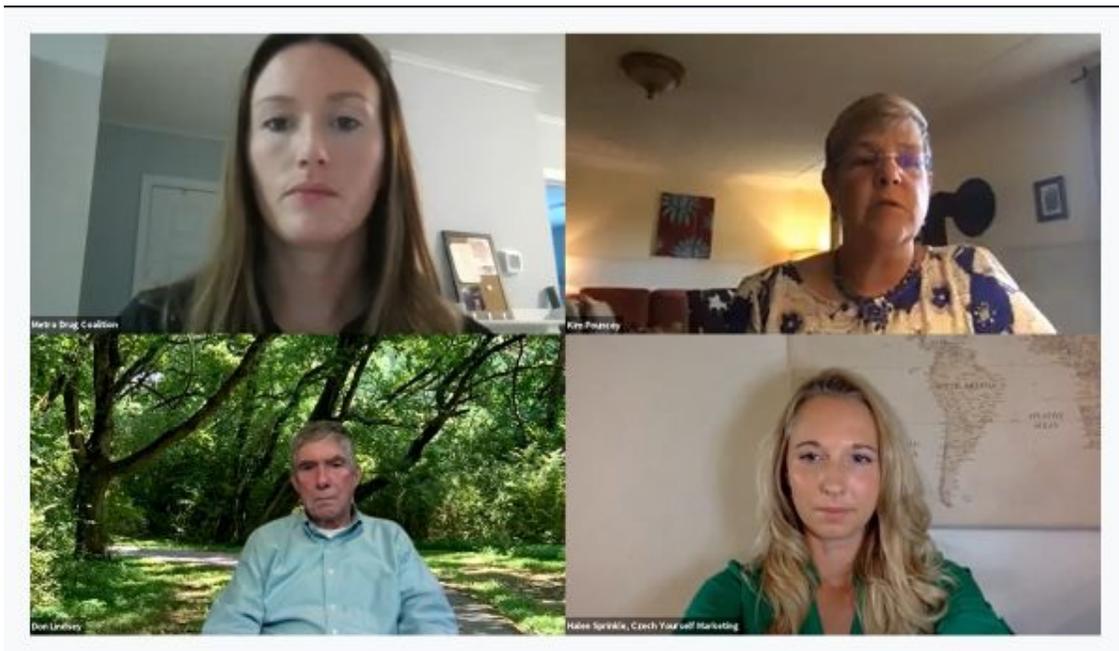
Coalition News

Carter County Coalition gives back on 9/11



With the help of volunteers, local corporations, and the Mott Foundation, youth at the Carter County Drug Prevention Coalition spent Sept. 11 giving back to the community. They helped complete several service projects at Red Legacy Recovery. Way to go! And thanks to everyone who served.

Metro Drug Coalition educates vape retailers



Submitted by Deborah Crouse, MDC

The mission of Metro Drug Coalition (MDC) is to improve the health of greater Knoxville area. One way we are trying to do that is to increase compliance and awareness of legal nicotine sales. Both federal and state laws have recently changed to reflect a new legal tobacco/nicotine purchase age of 21 years. We know that changes in laws can create confusion and also lead to a breakdown in processes.

In August, MDC created a free workshop for vape shop owners in Knox County in an effort to promote the new law but also help small business owners properly market to the 21+ demographic. The goal was to help stores and their employees increase the rate of compliance in Knox County. MDC educated the vape retailer community on all legal changes. Kim Pouncey with *TopShelfEd* trained attendees on proper methods of ID checking. Kim is a well-known leader in safe alcohol service and was excited to lend her expertise to the world of vaping and electronic nicotine device sales.

We acknowledge responsible and appropriate marketing is also a very important piece of compliance. We contracted Halee Sprinkle with *Czech Yourself Marketing* as the keynote presenter. Sprinkle specializes in small business marketing. She provided valuable insight to shop owners to help grow and develop business that focuses on marketing to those individuals of legal purchase age, not minors.

This training was held virtually due to the current pandemic. We are looking

forward to making this training available as a virtual toolkit through the MDC website and social media. For more information about this training, please contact Katie Linley at klinley@metrodrug.org.

Memphis Area Prevention Coalition hosts opioid summit

SHELBY COUNTY OPIOID SUMMIT



ChurchHealth



VIRTUAL EVENT

OCTOBER 22 & 23

SOMEONE DIES EVERY 2 DAYS IN SHELBY COUNTY DUE TO THE OPIOID CRISIS

Hear from local experts about root causes, prevention and intervention strategies, and most importantly, long-term solutions to combat the opioid crisis.

REGISTER ON EVENTBRITE

DAY 1



DAY 2



WHO SHOULD ATTEND

Students, Teachers, Therapists, School Counselors, Social Workers, Psychologists, Peer Specialists, Addiction & Mental Health Professionals, Treatment Centers, Churches, Outreach Ministries, Physicians, Nurses, Pharmacists, Law Enforcement, Judges, Media Representatives, Individuals in Recovery & Families.

For more information, visit memphisprevention.org



This project is funded under a Grant Contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.

**Don't forget . . .
October 4 - 10**



**Mental Illness
Awareness Week!**

*October 4-10 is Mental Illness Awareness Week

*Oct. 8 is National Depression Screening Day

*Oct. 10 is World Mental Health Day

Red Ribbon Week is Oct. 23-31!

**Celebrate
Red Ribbon Week®
(October 23-31)**

www.redribbon.org



The TN CPRS program is Roaring into the Future!

TN Certified Peer  Recovery Specialists

**ROARING INTO
THE FUTURE**
With 20/20 Vision

Celebrating 10 years of the Tennessee CPRS Conference

Join us virtually!
October 8-9, 2020

There is power in peer support! The 10th annual TN Certified Peer Recovery Specialists Conference will be held virtually Oct. 8-9. The theme for this year's conference is "Roaring into the Future with 20/20 Vision!" If you'd like you learn more about peer support in Tennessee, this *free* conference is a great opportunity! [Find registration information on our website!](#)

TDMHSAS Planning and Policy Council meetings

Planning and Policy Council meetings have taken place via conference call due to COVID-19. To listen to recordings of past meetings, and to verify the schedule and plans for upcoming meetings, please visit the department website at these links: ([Statewide and Committee meeting schedule](#), [Regional Committee meeting schedule](#)). Regional meetings are scheduled to resume in October.

Region VI	Tuesday, Oct. 13	1:30 p.m. - 3:30 p.m. CST	Pathways 238 Summar Drive Jackson, TN 38301
Region III	Thursday, Oct. 15	10 a.m. - 12 p.m. EST	AIM Center 472 W. MLK Blvd. Chattanooga, TN 37402
Region VII	Tuesday, Oct. 27	11:30 a.m. - 1:30 p.m. CST	Lowenstein House East 6590 Kirby Center Cove Suite 103 Memphis, TN 38115
Region IV	Wednesday, Nov. 4	11 a.m. - 1 p.m. CST	TAADAS 1321 Murfreesboro Pike Suite 130 Nashville, TN 37217
Region V	Thursday, Nov. 5, 2020	9:30 a.m. - 11:30 p.m. CST	TAADAS 1321 Murfreesboro Pike Suite 130 Nashville, TN 37217
Region I	Tuesday, Nov. 17, 2020	10 a.m. - 12 p.m. EST	Frontier Health Corporate Offices 1167 Spratlin Park Drive Gray, TN 37615
Region II	Wednesday, Nov. 18, 2020	11:30 a.m. - 1:30 p.m. EST	Helen Ross McNabb Center, Training Room 201 West Springdale Avenue Knoxville, TN 37917

For support for frontline workers ...

COVID-19 EMOTIONAL SUPPORT LINE FOR HEALTHCARE WORKERS

Need to talk to someone about feelings of stress, anxiety, sadness, or depression related to work? The COVID-19 Emotional Support Line for healthcare workers can help.



888-642-7886

Calltakers are available: 6 a.m. - 10 p.m. (CT), 7 a.m. - 11 p.m. (ET)

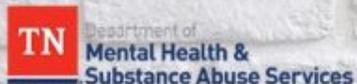


For questions about addiction treatment/referrals ...

TN
REDLINE
1.800.889.9789
CALL OR TEXT







In the event of a mental health emergency ...

STATEWIDE

CRISIS LINE

HELP IN A MENTAL HEALTH CRISIS

855-CRISIS-1 [TN.gov/CrisisLine](https://www.tn.gov/CrisisLine)

855-274-7471 

24/7 • 365 DAYS



MENTAL HEALTH CRISIS LINE **855-CRISIS-1**



Learn about the [TN "Face It" campaign](#) and find shareable graphics on [tn.gov](#).

*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!

Celebrating 10,000+ likes on facebook!



Find us on
Facebook

Thanks to our [Facebook family](#) for "liking" us and sharing our posts!



Follow us on
Instagram



Website



Facebook



Instagram



LinkedIn