

TDMHDD Update

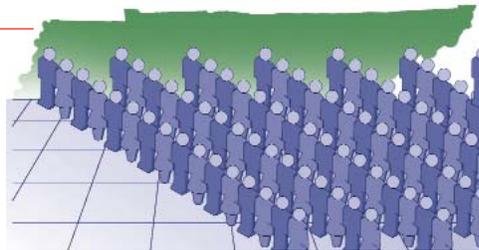
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JANUARY/FEBRUARY 2006

MENTAL HEALTH SAFETY NET Aids Disenrolled SPMI Tennesseans

The Mental Health Safety Net was developed to provide essential mental health services to those persons who were disenrolled from the TennCare Program due to TennCare Reform and were identified as Severely and Persistently Mentally Ill (SPMI). The department was appropriated \$11.4 million to cover core, vital mental health services that people with serious mental illness must attain to continue leading functional, productive lives.

Persons who are registered into the Mental Health Safety Net are eligible to receive services such as assessment, evaluation, diagnostic, and therapeutic activities; case management; psychiatric medication management; lab work related to medication management; and pharmacy assistance and coordination. Some individuals who had previously received housing services through AdvoCare were also eligible for limited transitional housing support. In addition to these services, \$33.4 million was appropriated for pharmacy services that include discounts on generic and brand name drugs plus one atypical antipsychotic drug per month with a \$5 co-pay. In addition, \$2.6 million was designated to make



Lithium and Depakote available for the SPMI population with a \$5 co-pay.

The number of persons originally identified as eligible for the Mental Health Safety Net was approximately 21,000 out of the 191,000 persons who were disenrolled. When the department determined there would

The most recent expansion of the Mental Health Safety Net population allowed for the registration of any of the 191,000 disenrolled persons assessed as SPMI.

be sufficient dollars available for the inclusion of additional eligible individuals, the Mental Health Safety Net population was expanded. The most recent expansion occurred on December 5, 2005, allowing for

the registration of any of the 191,000 disenrolled persons assessed as SPMI.

The success of the Mental Health Safety Net would not have been possible without the commitment and hard work of the 20 mental health agencies that agreed to be providers. Through their diligence and outreach to the target population,

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Project Tenn-K Going the Extra Mile for Katrina Evacuees

While the nation watched Hurricane Katrina make landfall across the Gulf coast, no one imagined the degree of devastation to come or the impact that the hurricane would have on every state in the country. We didn't know that thousands of people had already made their way to Tennessee for shelter from the storm and that many more were to come.

TDMHDD received its first Katrina related call on August 31, 2005. A group of 60 adults with disabilities, along with supervisory staff and family members, devised an evacuation plan to a Tennessee state park, only to later find out they had no group homes to return to in Louisiana, and they could not stay at the park indefinitely. The question of where they were going remained eminent. Within hours, all individuals were assessed by staff from the regional office of the Division of Mental Retardation and a local mental health crisis response team and housed on the grounds of a state mental retardation facility.

The overall situation quickly escalated as the number of evacuees across the state grew, and evacuee flights began arriving from New Orleans and Houston. Leadership staff joined the Tennessee interdepartmental collaborative effort to evaluate the availability of housing, treatment resources and state capabilities. TDMHDD Emergency Services Coordinator staff reported to the State Emergency Operations Center to coordinate mental health staffing of

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POST-TRAUMATIC STRESS DISORDER

PTSD—Dealing with the Aftermath of Katrina

Many affected by Hurricane Katrina will go on to suffer from a condition known as Post-Traumatic Stress Disorder (PTSD). At the Ochsner Clinic Foundation in New Orleans, Dr. Barry Goldman stated, "There has been a virtual explosion in the number of patients I am seeing with post-Katrina depression, stress, anxiety and insomnia. I have written more antidepressant, sleep and anti-anxiety prescriptions in the last seven weeks than I have in the last months."

This does not solely reflect those directly involved or at "Ground Zero" of one of the most devastating hurricanes in the history of U.S. weather recording. The National Institute of Mental Health (NIMH) reported, in November 2005, that volunteers were also experiencing PTSD.

Individuals suffering from PTSD may experience one or more of the following symptoms: hopelessness, helplessness, depression, sleeplessness, anxiousness, physical pain, confusion, fear, anger, grief, shock, guilt, mistrust of others and loss of confidence in self. PTSD

typically develops only in a small percentage of persons after exposure to an event in which grave physical harm occurred or was threatened. Repeatedly experiencing the event through flashbacks and nightmares is often a common occurrence for PTSD sufferers. There are treatment options available, and medications, as well as cognitive and behavioral psychosocial treatments, such as talk therapies, are proven to be effective.

In Tennessee, the state provides information and links to crisis counseling and other forms of assistance at <http://www.tnanytime.org/hurricane.html>.

The American Psychiatric Association (APA) has a listing of Web links giving information on PTSD and other information including:

KatrinaHealth.org at <http://www.katrinahealth.org>;

Professional Resources for Service Providers During Disasters at http://www.nimh.nih.gov/about/dirupdate_hurricanekatrina-coping.cfm; and

Hurricanes Katrina, Rita and Disaster Relief Information at http://www.samhsa.gov/Disaster/professional_disaster.aspx

TAMHO AWARD HONORS DEPARTMENT

TDMHDD was honored by the Tennessee Association of Mental Health Organizations (TAMHO) in December with a Certificate of Merit for department efforts for the Mental Health Safety Net designed to aid Severely and Persistently Mentally Ill (SPMI) people disenrolled from TennCare in Tennessee. TAMHO is a statewide trade association representing community mental health centers and other non-profit organizations that provide behavioral health services. The awards ceremony on December 1, 2005 was held at the Country Music Hall of Fame & Museum in Nashville.



Deputy Commissioner Joe Carobene (far right) accepts the department's Certificate of Merit from TAMHO. Others standing with Carobene, from left to right are: Dr. Alan Lynch, M.D., Co-Chair, TAMHO Medical Advisory Committee and Chief Medical Officer, Mental Health Cooperative, Nashville; Charles R. Blackburn, CAE, Executive Director, TAMHO; Karen H. Rhea, M.D., Co-Chair TAMHO Medical Advisory Committee and VP Medical Services, Centerstone; and Bob N. Vero, EdD, TAMHO President and COO, Centerstone

SAFETY NET...cont.

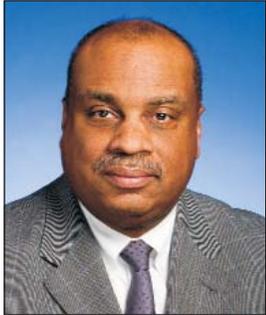
they have registered more than 10,481 persons. The department had regular networking meetings with the agencies to elicit their input on the progress of the project and to respond to their informational and educational needs regarding the operation of the Mental Health Safety Net.

The department was recently honored for its organizational efforts regarding the Mental Health Safety Net by receiving a Certificate of Merit award from the Tennessee Association of Mental Health Organizations on December 1, 2005 at their Annual Award and Recognition Ceremony (See article at left).

If you have questions regarding the Mental Health Safety Net, please contact Dennis Wenner at 615/532-6732. ■

— HAPPENINGS —

WELCOME DR. HOWARD BURLEY AND DR. JASON CARTER TO THE OFFICE OF CLINICAL LEADERSHIP



Dr. Howard L. Burley is TDMHDD's new chief medical officer. Before coming to the department, Dr. Burley was vice president of Advocare of Tennessee. Dr. Burley is certified in Psychiatry and Addiction Psychiatry by the American Board of Psychiatry. He holds a B.S. from Howard University and a medical degree from Meharry Medical College. Other positions held include director of mental health services for Corrections Corporations of America; medical director of Residential Dual Treatment

Services and Out-Patient Services, Cumberland Heights Alcohol and Drug Treatment Services; the Metro Nashville Health Department Downtown Clinic; and Alcohol and Drug Abuse Services at Meharry Medical College. His expertise is in managed care, clinical psychiatry and co-occurring disorders. Contact Dr. Burley at (615) 532-6564 or Howard.Burley@state.tn.us.

Dr. Jason Carter is TDMHDD's new chief of pharmacy. Dr. Carter comes to the department from the Memphis Mental Health Institute and the University of Tennessee Health Science Center, (Memphis) College of Pharmacy. Dr. Carter has a Pharm.D. degree from the

UT College of Pharmacy. He brings a wealth of experience in pharmacy practice and psychopharmacology to the department. Contact Dr. Carter at (615) 532-6736 or Jason.Carter@state.tn.us.



WELCOME TO OPIE STAFF

Jill Hudson has been appointed director of the Office of Public Information and Education (OPIE) and is the department's public information officer. Prior to this position, Hudson served as a lobbyist for the Epilepsy Foundation of America, as well as communications director for a member of Congress. Contact Hudson at (615) 532-6597 or Jill.M.Hudson@state.tn.us.

Joining Hudson in OPIE is a new publications editor, Lorene Lambert, who brings over 27 years of experience working for the state of Tennessee and more than 30 years of experience in publishing, photography and art fields. Lambert also serves as the department's publications and printing liaison with state Records Management and General Services' Central Printing. Contact Lambert at (615) 253-4812 or Lorene.Lambert@state.tn.us.

SUICIDE PREVENTION LEADERS



Recipients of the Ken and Madge Tullis Regional Suicide Prevention Awards. From left to right: William and Dianne Young, Lisa Daniel, Dr. David Gilliam, Elizabeth Haren, Sam Bernard, Judith J. Johnson and Linda Moran.

On September 14, 2005, the Tennessee Suicide Prevention Network (TSPN) presented the first *Ken and Madge Tullis Regional Suicide Prevention Awards* during the annual *Suicide*

Prevention Awareness Month ceremony at the Old Supreme Court Chambers in the State Capitol. Recipients, chosen by the Advisory Council representatives from each of the TSPN's eight administrative regions are as follows:

Sam Bernard	Ph.D., survivors & first responders network advocate	Southeast
Lisa Daniel	Crisis director, mobile, Quinco Mental Health Center	Rural West
Judith J. Johnson	Volunteer for TSPN	Mid-Cumberland
Elizabeth Haren	LPC-MHSP	Northeast
David M. Gilliam	MD, medical examiner for Blount County Suicide Prevention Action Team	East Tennessee
Brad Martin	Editor, <i>Hickman County Times</i> Hickman County Suicide Prevention Task Force	South Central
Linda Moran	Suicide prevention trainer	Upper Cumberland
Dianne & William Young	Pastors, Healing Center	Memphis/Shelby Co. Area

— HAPPENINGS —

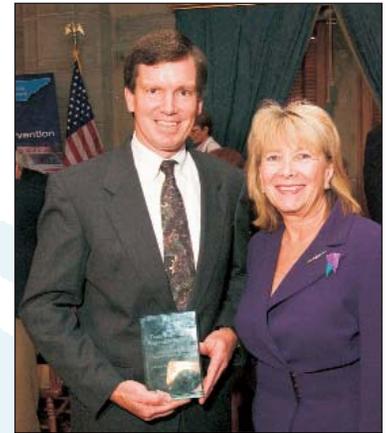
SUICIDE PREVENTION LEADERS

Each regional winner was also eligible for the statewide *Ken and Madge Tullis Suicide Prevention Award*. Dr. David Gilliam was selected, and the award was presented by TDMHDD Commissioner Virginia Trotter Betts and Benjamin T. Harrington, Executive Director of the Mental Health Association of East Tennessee and chair of the Tennessee Suicide Prevention Network Advisory Council.

The annual *Madge and Ken Tullis Suicide Prevention Awards* are open to any person within Tennessee, excluding TSPN employees, who make vital contributions to

suicide prevention and survivor programs. The Tullises have been long-time prevention activists. Dr. Ken Tullis is an award-winning psychiatrist specializing in addictions and is the director of the suicide prevention program at Lakeside Behavioral Health System in Memphis. Dr. Tullis is also a charter member of Suicide Anonymous, a twelve-step program for people at risk, and the author of *Seduction of Suicide* and *The Courage to Live Workbook*.

Dr. David Gilliam, recipient of the statewide Ken and Madge Tullis Suicide Prevention Award. Commissioner Betts was one of the presenters for the event.



SERVICE AWARD & EMPLOYEE OF THE YEAR HONORS

In December, Commissioner Virginia Trotter Betts presented service awards during a departmental lunch to employees who have served the State of Tennessee from 5 to 35 years, for a combined work total of 440 years of experience.

During the ceremonies, Rodney Sanders was honored as *TDMHDD Employee of the Year*. Sanders is a procurement officer for the Central Office and is the telecommunications liaison for the department.

Sanders handles everything from ordering supplies and materials to setting up accounts with Central Stores, installing telephones and cable systems, tracking cell phones, scheduling movers and reconstruction of cubicles. Sanders also prepares monthly



Rodney Sanders (top) Honored as Employee of the Year by Commissioner Betts

Beverly Perdue (right) Honored for 35 Years of Service by Commissioner Betts



reports and processes contracts. His work with F&A has also helped other state agencies set up proper policies and procedures. Sanders' dedication and dependability makes a daily difference in the working environment of his fellow employees. Yet, he is quick to tell you, "I'm only doing my job."

Also, of particular note, is recognition for 35 years of service given to Beverly Perdue, a Management Systems administrative services assistant, who has served all but four of those years in TDMHDD. Perdue's Central Office duties include keeping time records, preparing and keying information on pay equity, making reservations for state cars, answering phones and completing a variety of forms for construction and engineering projects.

REORGANIZATION ALIGNS TDMHDD SERVICES & POLICY

The TDMHDD Office of Special Populations has been reorganized to become the Office of Special Populations and Minority Services. Children's Services, Diversity and Faith-Based Initiatives, Title VI, Co-Occurrence, Geriatrics and the RMHI Nurse Executives are now under the leadership of Executive Director, Dr. Frieda Outlaw.

The TDMHDD Office of Policy and Strategic Initiatives is now the Office of Policy, Forensics and Criminal Justice, and Consumer Affairs under the leadership of Executive Director, Marthagem Whitlock. Research,

Program Support and Legislative Programs also now reside in this division.

The departure of two key senior staff members, Janice Spillman and Joseph Brenner in the Office of Planning, Legislation and Regulation, means additional realignment of programmatic responsibilities compatible with streamlining department efficiency. Core staff have assumed responsibility for certain functions formerly housed within the Office of Planning, Legislation and Regulation. They are as follows:

Marie Williams, Executive Director, Office

of Recovery Services, assumes planning responsibilities.

Cindy Tyler, Office of Legal Counsel, assumes regulatory and ethics responsibilities.

Marthagem Whitlock, Executive Director, Office of Policy, assumes legislative responsibilities.

Vital functions will be continued under this realignment, and executive directors will proceed to fill key vacant positions within these divisions.

— HAPPENINGS —

FAREWELL TO JANICE SPILLMAN AND JOSEPH BRENNER, JR.

At the end of December, director Janice Spillman and senior legal counsel Joseph Brenner, Jr. retired from the Office of Planning, Legislation and Regulation (OPLR). They take with them a tremendous amount of institutional knowledge of the department and the history of Tennessee's mental health program development.

Janice Spillman's parting words included praise for coworkers and thankfulness for the scope of work that made life better for those with mental disorders and disabilities.

According to Deputy Commissioner Joe Carobene, "I have known Janice since June 1972, when she was working in the division of Mental Retardation Services as a young, masters level social worker. I first noticed her passion for ensuring services for persons with mental retardation, and the

only thing that has changed is her extension of this passion to benefit a larger group of people served by this department. Janice's tremendous contributions to the department include being a model state employee who strives for excellence and has little time for those who do not."

Janice plans to pursue remodeling projects at home and enroll in a master gardener course. She also plans to do volunteer work next fall with a domestic violence program. If you would like to contact Janice, she can be reached via email at JaniceSpillman43@bellsouth.net.

Joseph Brenner, Jr. began working for the department in 1974 in the *then* new forensics program. He is known as the most knowledgeable attorney in Tennessee on mental health and developmental disability

law. During Brenner's tenure, a new law to decentralize the evaluation of people charged with crimes, and revisions to substantial pieces of law governing the civil rights of persons subject to commitment were implemented. A new licensure law and changes to contract, zoning, property, conflict resolution, and more, with regard to persons with mental illness or developmental disabilities, were also refined so that TDMHDD will continue to lead the way to helping Tennesseans.

Brenner said in a parting message to staff, "I've thought that our department was the best place to work in government because its people and leaders defied the bureaucratic model. We're its people and we should be proud that we see our mission as giving people what they need to help them live life fully."

Commissioner's Corner

MMHI Lawsuit Update: A fifteen-year federal civil rights lawsuit and settlement against the Memphis Mental Health Institute (MMHI) has been dismissed, effective Dec. 21, 2005, resolving all U.S. Department of Justice issues with MMHI and TDMHDD. The original Consent Decree, entered in 1996, called for changes in staffing, treatment planning, discharge planning, and non-psychiatric medical care. Congratulations to the leadership and staff of MMHI, as well as the TMHDD Central Office staff, who worked closely together to achieve this resolution!

Cherokee Internship Program

Accredited: One of Tennessee's major mental health providers, Cherokee Health Systems (CHS), has received a five-year, full accreditation of its Psychology Internship Program from the American Psychological Association (APA). The CHS program is a 12-month, 2000-hour internship for diverse and intensive clinical training within a community health environment. Students are exposed to a range of clinical opportunities from traditional outpatient to primary behavioral

care and psychosocial rehabilitation. CHS is a clinical practicum site for doctoral, clinical and counseling students from UT. The psychology internship program is also approved as a member of the Association for Psychology Post-Doctoral and Internship Centers (APPIC). For more information, visit the CHS Website at www.cherokeehealth.com.

SPAN USA Honors Suicide Prevention

Leaders: At the September 8-10, 2005, National Awareness Event of the Suicide Prevention Action Network USA (SPAN USA), national and local advocates were awarded for their leadership with *Grassroots, Founders and Allies for Action* awards. In the *Allies for Action* category, Commissioner Virginia Trotter Betts was among the four honorees. Her commitment to suicide prevention dates back to her involvement with former Surgeon General David Satcher's initiatives on mental health, including his landmark report on suicide prevention and planning of the 1998 Reno Conference for the National Strategy for Suicide Prevention. SPAN USA is a non-profit organization based in Washington D.C. and is one of the USA's most effective

grassroots suicide prevention organizations. Visit www.spanusa.org to learn more.

Four Tennessee "Voices for the Voiceless" Revealed:

The American Journal of Nursing, January 2006 issue, recognizes TDMHDD Commissioner Virginia Trotter Betts and assistant commissioners Frieda Hopkins Outlaw, Lynn McDonald, and Candace Gilligan as leaders in the fields of mental health and nursing. The profile article honors the four as "psychiatric clinical nurse specialists [who] have taken lead roles in state government mental health services" on behalf of people who are often the most voiceless of the nation's citizens.

"Nursing input is essential," Betts remarks in the article. "Someone is going to make health policy, so it might as well be someone who knows something about it."

Nurses have an extremely important role in patient and consumer health care, and Betts feels leaders with nursing backgrounds are effective in assuring that quality services are established and maintained statewide.

Project Tenn-K...cont.

evacuee flight arrivals, shelters, and fixed and mobile assistance sites. Emergency management began the implementation of county disaster plans, and many mental health professionals responded to the need for assistance in various locations such as hotels and churches. In those early weeks, over 180 community and hospital provider staff documented 1,353 hours of individual and group crisis counseling services to more than 3,800 individuals statewide.

On September 11, 2005, Tennessee was declared eligible to apply for a 60-day Federal Emergency Management Agency (FEMA) Crisis Counseling Immediate Services Program grant to continue services to evacuees in the state. Project Tenn-K, a grant funded at \$127,584, provided 22 positions in 5 community mental health agencies throughout the state to provide individual and group crisis counseling, educational materials, and information and referral services to persons within the community. Targeted populations included children, individuals experiencing loss or separation from loved ones,

consumers of mental health and/or substance abuse services, persons with physical disabilities and medical needs who had been displaced, and persons with untreated addiction. Individuals leaving shelters were followed into the community and provided assistance with the transition to temporary or permanent Tennessee homes.

A major goal of the FEMA Crisis Counseling Program was to help disaster victims deal with traumatic events and learn coping skills to prevent long-term psychological problems. Before ending on November 11, 2005, Project Tenn-K provided crisis counseling to more than 4,500 individuals, held 25 crisis counseling groups and distributed more than 5,000 packets of educational materials. Less than 10% of individuals seen were referred for formal behavioral health services; approximately 75% of those persons had a previous history of treatment in their home states. Although the Project Tenn-K grant is complete, community behavioral health providers continue to provide clinical treatment and community support to evacuees requiring these services. ■

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Contact the department's EEO/AA Coordinator at 615-532-5680, the Title VI Coordinator or the ADA Coordinator at 615-532-6700 or 1-800-560-5767 for inquiries, complaints or further information. Persons with hearing impairments should call 615-532-6612

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