

TDMHDD Update

VOLUME 12, NO. 8

JANUARY / FEBRUARY 2008

TDMHDD AWARDED ACCESS TO RECOVERY GRANT

SAMHSA Administrator Terry Cline Presents Check for \$14.2 million

The U.S. Substance Abuse and Mental Health Services Administration Administrator Terry Cline presented a “big check” Friday, December 14, 2007, to Commissioner Betts for \$14.2 million. The check will fund a three year Access to Recovery program that will provide a multifaceted array of treatment and recovery services for Tennesseans with substance abuse problems.

“Access to Recovery provides vital help to Tennesseans trying to start a new life,” said Governor Phil Bredesen. “These funds help give those seeking recovery more treatment options, the ability to choose among treatments they believe will help them succeed, and greater access to services that support recovery.”

Tennessee’s unique proposal will provide enhanced referral collaboration with the criminal justice system, expansion of a statewide culturally competent provider network of both faith and community-based agencies, and the development of a strengths-based case management model that will allow

cont. page 3



SAMHSA Administrator Terry Cline and TDMHDD Commissioner Virginia Trotter Betts present an ATR grant check replica to Dana Smith and Rev. Tina R. Mitchell, Evangelism Pastor, Trevecca Community Church in Nashville.



Commissioner Virginia Trotter Betts



Betts Named President of National Association of State Mental Health Program Directors

Commissioner Betts was recently named President of the National Association of State Mental Health Program Directors. Betts was elected Vice-President in July 2007 having represented the Southern region on the NASMHPD Board of Directors since 2005.

NASMHPD organizes to reflect and advocate for the collective interests of state mental health authorities at the national level. The organization conducts environmental scans in the delivery and financing of mental health services and builds and disseminates knowledge and experience reflecting the integration of public mental health programming in evolving healthcare environments. Carlos Brandenburg, will be retiring in February as Nevada’s mental health administrator leaving a vacancy in the office of President. Maryland’s Commissioner Brian Hepburn was will remain as Secretary, and Virginia’s Commissioner James S. Reinhard continues as Treasurer.

“We look forward to Commissioner Betts’ leadership as President of NASMHPD,” stated Robert W. Glover, Ph.D., Executive Director of NASMHPD. “She brings a wide range of expertise to this role: clinical care; federal and state policies; and financing

cont. page 3

TDMHDD

Names Bruce Emery Assistant Commissioner



TDMHDD is pleased to announce the appointment of Bruce D. Emery, MSW, to lead the Division of Alcohol and Drug Abuse Services. The division serves as the single state authority for substance abuse prevention and treatment and administers the federal Substance Abuse Prevention and Treatment block grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. The division's mission is to reduce substance abuse by promoting prevention, reducing high risk behaviors through community programs and activities, and ensuring that effective quality treatment and recovery services are available for all Tennesseans in need.

Emery brings a wealth of experience and expertise to his new position. He has more than 30 years leadership experience in helping community, state, and national mental health and substance abuse organizations achieve system change. As a former community mental health and substance abuse agency director, regional and state agency program manager and senior executive with both the National

Association of State Mental Health Program Directors and the National Council for Community Behavioral Healthcare, he has helped numerous communities and state departments of mental health and substance abuse develop cutting-edge clinical and administrative programs and services in rapidly-changing environments. Emery holds a Master's degree in Clinical Social Work from the Catholic University of America School of Social Services and a Master's degree in Adult Education from the University of Kentucky.

Among his leadership plans for system change, Emery will focus on developing strong partnerships with service providers, consumers, family members, alcohol and drug abuse service advocates, and affiliated agencies with goals to implement evidence-based and promising practices; achieve performance outcomes to ensure cost effective use of public funds; and use good data to make effective and consumer-centered decisions.

"I have a strong sense that Tennesseans want their alcohol and drug abuse system to offer the best, most responsive services possible," stated Emery. "I'm excited about the potential this new position offers to work with the smart and committed staff of TDMHDD to achieve that goal."

Emery has published on the economic, political, financial, legal and social practices and trends that impact how public substance abuse and mental health systems perceive, plan and organize their services to meet behavioral health care needs. Trained as a domestic family mediator by the Multi-Door Dispute Resolution Center in the District of Columbia Superior Court, his current interests include services for veterans and families of the Iraq and Afghanistan wars and co-occurring substance use and mental disorders.

"TDMHDD is pleased that Bruce Emery has accepted our offer to lead this division. He will be a key member of the department's leadership team and bring to Tennessee a wealth of knowledge and experience for clinical programs and policy initiatives that will serve our citizens well." stated TDMHDD Commissioner Virginia Trotter Betts. "I look forward to working with Bruce to make significant and important positive changes in alcohol and drug services for Tennessee." ■



Dr. Jeanne West-Freeman

West-Freeman Named Interim Chief Officer of Memphis Mental Health Institute

The Tennessee Department of Mental Health and Developmental Disabilities has named Dr. Jeanne West-Freeman interim chief officer of the Memphis Mental Health Institute. West-Freeman will hold the position during the department's national search for a permanent chief officer.

Dr. West-Freeman has 28 years experience working at Memphis Mental Health Institute and 35 years total service to the state of Tennessee. She retired from her position as MMHI's assistant superintendent of program services in 2005 and served as the

director of inpatient and partial services for Parkwood Behavioral Health Systems in Olive Branch, Miss. until October of 2007. Dr. West-Freeman, a licensed clinical social worker, holds a MSSW from the University of Tennessee and a Ph.D. in Social Work from the University of Alabama.

"We are confident Dr. Jeanne West-Freeman has the leadership and management skills to ensure MMHI is providing quality, acute mental health services to those residing in Memphis/Shelby County," stated TDMHDD Commissioner Virginia Trotter Betts. "With over 30 years experience in the field of mental health, we could not have asked for a better candidate, and I am grateful she has agreed to come back on board." ■



Feeling “SAD” During the Winter Months?

IDENTIFYING AND TREATING SEASONAL AFFECTIVE DISORDER

SAD is a mood disorder that follows a seasonal pattern related to variations in sunlight.

The winter season may bring about cold temperatures, dreary days and feelings of depression for many Tennesseans. These feelings may be caused by a condition known as seasonal affective disorder (SAD) which tends to occur more often in the winter months, especially January and February. It is now estimated that 4-6% of the population suffers from SAD. It is four times more common in women than in men, but, when present, men may have more severe symptoms. Young adults are also more likely to suffer from SAD, but it is uncommon in people under 20.

SAD is a mood disorder that follows a seasonal pattern related to variations in sunlight. Along with feelings of depression, symptoms include change in appetite, excessive need for sleep, cravings for sugary and/or starchy foods and avoidance of social situations. If a person experiences these symptoms, a mental health expert can accurately diagnose SAD and treatment options can then be explored. Health care professionals may recommend one of the following treatments:

Increased Light Exposure. Symptoms of SAD are often triggered by a lack of exposure to light and tend to drastically decrease, and even go away completely, when light increases.

Light therapy. Stronger symptoms of SAD may be treated with light therapy, also known as phototherapy, which involves the use of a special light that simulates daylight.

Medications. Medications, such as antidepressants, may be prescribed for individuals with SAD depending on the severity of the symptoms.

“If you are diagnosed with seasonal affective disorder, there are action steps you can take to help relieve and overcome your symptoms,” stated Tennessee Department of Mental Health and Developmental Disabilities’ Commissioner Virginia Trotter Betts. “First and foremost, follow your health practitioner’s recommendations, get plenty of exercise, maintain proper nutrition, and stay involved in activities with family and friends. These actions are worth the effort to promote your health.” ■

Betts Named...cont.

strategies. Her past blend of experiences and her leadership will significantly contribute to further strengthening our relationships with the National Governors’ Association, the National Council of State Legislatures, and other partners to improve mental health services.”

In her post as TDMHDD Commissioner, Betts serves as leader of the State’s public mental health, substance abuse, and developmental disabilities authority charged with planning for and promoting an array of services from prevention to recovery for all Tennesseans. Betts has

focused the department’s resources and programs on quality clinical care and on recovery through a focused commitment to bring science to service and promotion of evidence-based practices in treatment and prevention. TDMHDD provides direct services to clients at the State’s five Regional Mental Health Institutes; contracts with Tennessee community providers for prevention and treatment services; and oversees the mental health and substance abuse service package, delivery, and quality of care services to TennCare enrollees.

For information on the National Association of State Mental Health Program Directors go to www.nasmhpd.org. ■

Check Presentation...cont.

individuals to achieve and maintain recovery by offering consumer choice while improving access to clinical treatment and recovery support.

The first ATR grant, awarded in August 2004, provided 12,800 Tennessee consumers with substance abuse problems, treatment and/or recovery support services, greatly exceeding its three-year target of 8,250 consumers. In addition the number of treatment providers increased with 50 percent of the ATR providers being faith-based organizations.

“Allowing the consumer a voucher to choose the treatment options and providers they believe will help them succeed encourages personal ownership in the recovery process,” said Commissioner Betts. “This grant also enables mission-driven, community treatment and support providers need to serve more consumers across Tennessee. The strong foundation built by prior ATR successes will allow even more Tennessee citizens the opportunity to recover from addiction.”

“Providing people who have substance abuse problems with choices regarding their treatment and recovery supports makes sense,” said SAMHSA Administrator Terry Cline, Ph.D. “It helps empower them from the very beginning in the fight for their life. Access to Recovery provides individuals the flexibility needed to find their own path to recovery.”

ATR is a highly competitive grant process; Tennessee was one of 40 entities to apply, and one of only 18 states chosen. Even more significant, Tennessee is one of only 10 states to be awarded a grant for the second time.

For more information on the Access to Recovery Grants program, visit www.atr.samhsa.gov. ■

— HAPPENINGS —

2007 TAMHO Awards



Three service awards, presented during the TAMHO reception, honored Bob Benning, 20 years; Gene Lawrence, 15 years; and Bob Vero, 15 years.

The Tennessee Association of Mental Health Organizations honored their 2007 Awards recipients on December 13, 2007 at the Country Music Hall of Fame and Museum in Nashville. These TAMHO awards and recognition program offers the TAMHO membership the opportunity to recognize and reward deserving individuals and organizations with TAMHO's highest honors. The 2007 awards winners are as follows:

Frank G. Clement Community Service Award: Joan Ellen & Alex Zucker

Dorothea Dix Professional Service Award: Richard Shelton, MD

Distinguished Service Award:

Leon Lebovitz, PhD, posthumously presented

Personal Courage Award:

Lawrence Wilson

Showcase of Excellence Award:

Victory Center Psychiatric Rehabilitation – Frontier Health
Healing Childhood Trauma – Volunteer Behavioral Health Care System

Service Awards:

Bob Vero, 15 years of service
Gene Lawrence, 15 years of service
Bob Benning, 20 years of service

2008 Yes 2 Kids Conference

The annual Yes 2 Kids Conference March 3-4, 2008, at the Franklin Marriott and Cool Spring Conference Center, presents "Ready for the Journey!" an itinerary aimed at educators, counselors, after-school workers, resource officers and other education and mental health professionals with information on current topics such as preventing bullying, addressing depression and bi-polar disorders, motivation, cultural competency enhancement, and juvenile violence.

The conference features keynote speaker, Vernice Armour, the Marine Corps' first African American female combat pilot; and Chauncey Veatch, the 2007 National Teacher of the Year. Special Guests include Wavelength, an acclaimed theatrical group presenting a humorous and refreshing look at the "Seven Habits of Highly Ineffective Educators."



Students Taking a Right Stand (STARS) of Nashville sponsors the conference along with the departments of Education, Health, Mental Health & Developmental Disabilities, the Tennessee Commission on Children & Youth, and other advocacy groups including Tennessee Voices for Children, Community Anti-Drug Coalitions Across Tennessee, and Volunteer Tennessee. Register online at www.yes2kidsTN.org or call (615) 279-0058 for more information. Hotel registration is separate. Conference fee is \$159 per person.

Staffing Changes at TDMHDD

Willis Farris, MMus, is the new director of the Office of Consumer Affairs. Farris received his Master of Music from Indiana University and taught at MTSU in Murfreesboro, Tennessee. He was previously with NAMI-Tennessee as Faith Outreach coordinator and East Tennessee regional coordinator. Farris also served as director of the PREPS Peer Support Center in Crossville. Reach Farris at (615) 532-6722 or by email at Willis.Farris@state.tn.us.

Amber Gallina joins TDMHDD as director of the Division of Licensure. She came to the department from the Metropolitan Nashville District Attorney's office, where she served as an Assistant District Attorney. A native of Orlando, Florida, she received her law degree from the University of Memphis, her M.A. in counseling from Andrews University, and her B.A. from Southern University. Reach Gallina at (615) 532-6586 or by email at Amber.Gallina@state.tn.us.

Angie McKinney Jones was recently promoted to director of prevention for TDMHDD's Division of Alcohol and Drug Abuse Services. Jones can be reached at (615) 532-7786 or by email at Angela.McKinneyJones@state.tn.us.

Sarah Lingo replaces Angie McKinney Jones as special assistant to the commissioner for policy. Lingo was previously employed by the Tennessee Democratic Party and David Briley's 2007 mayoral campaign. She is a 2003 graduate of the Ohio State University with a B.A. in journalism and a second major in political science. Reach Lingo at (615) 532-6515 or by email at Sarah.Lingo@state.tn.us.

Debbie Shahla was recently promoted to director of planning of the Division of Recovery Services and Planning for TDMHDD. Shahla can be reached at (615) 253-6396 or by email at Debbie.Shahla@state.tn.us.

COMMISSIONER'S CORNER

Kudos to Cherokee Health Systems Claiborne County medical staff who got a surprise January 24th when a patient stopped by the office on her way to UT Hospital and gave birth in one of the exam rooms! Mother and baby are fine, and the Cherokee staff: Dr. Melody Lambert; student nurse practitioner, Liz Chadwell; and nurses, Angela Ramey and Billy Brooks, performed admirably. Congratulations to all for a job well done! (And to add to the excitement, it happened during a TDMHDD licensure audit!)

Daniel Harris, Preaching Minister of Farragut Church of Christ, Knoxville and TDMHDD Commissioner Betts share a message about the way faith communities can respond to help persons with mental illness.

reach
Sunday
a commitment to care

On Sunday, October 7, 2007 The Farragut Church of Christ in Knoxville hosted "REACH Sunday: A Commitment to Care." This special day included a "family discussion" on mental health led by the ministry staff at the Farragut Church and Commissioner Betts and a special worship service focused on the impact of mental illness on people's lives. During the family discussion Paul Phelps, Senior Minister with the Farragut Church shared stories of people he has worked with and ministered to with untreated mental illness and the negative impact this has had on their lives, including the suicide of a friend and fellow minister. Commissioner Betts shared the latest information on prevalence and treatment of mental illness and the many ways in which faith communities can respond.

Commissioner Betts stated, "It is encouraging to see a church discuss mental health and mental illness so openly. We look forward to joining forces with the Farragut Church to better meet the needs of people with mental illness in Knoxville. Together we can work for recovery."

During the worship service, Daniel Harris, the church's preaching minister, challenged members to respond to mental illness with open hearts and with love. Harris also encouraged people in attendance to seek help from mental health professionals AND from God when they or someone they love experience difficulty. During the service, Commissioner Betts also announced an exciting new partnership between the Farragut Church, TDMHDD & Lakeshore Mental Health Institute to provide conservators to individuals who lack capacity but are at a point in which they can transition back to community with assistance. Finding conservators has been a challenge for



Daniel Harris, Preaching Minister of Farragut Church of Christ, Knoxville and TDMHDD Commissioner Betts share a message about the way faith communities can respond to help persons with mental illness.

many years and this partnership brings together the resources to make it possible.

"As a minister and pastoral counselor, I am keenly aware that good mental health is essential to overall health, including spiritual health. The Farragut Church is excited to have been chosen to join with TDMHDD to support people with a mental

illness in our community," said Paul Phelps, Senior Minister of the Farragut Church of Christ. "Our church has always had a heart for service and we feel like God has given us this opportunity."

The service concluded with an invitation for anyone who had personally experienced a mental illness or who had family or friends with mental illness to stand for a time of prayer. Almost everyone stood; many noticeably moved by the day's events, joined hands and prayed for those impacted by mental illness. ■

TDMHDD Update
Tennessee Department of
Mental Health &
Developmental Disabilities
Volume 12, Number 8
January/February 2008 Issue

Prepared and distributed by the
Office of Public Information &
Education (OPIE)

Available online at
<http://www.tennessee.gov/mental/index.html>

Please send queries, suggestions and
address changes to:
lorene.lambert@state.tn.us or
jill.m.hudson@state.tn.us

Published bi-monthly by the Tennessee Department of Mental Health & Developmental Disabilities. First Class at Nashville, Tennessee. Postmaster: send address changes to TDMHDD/OPIE, 5th Fl. Cordell Hull Bldg., 425 Fifth Ave. N., Nashville, TN 37243.



Published online and in print, bi-monthly by the Tennessee Department of Mental Health and Developmental Disabilities. Periodicals Postage Paid at Nashville, Tennessee. Postmaster: send address changes to TDMHDD/OPIE, 5th Fl. Cordell Hull Bldg., 425 Fifth Ave. N., Nashville, Tennessee 37243