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Advocate

September 2016

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September Is Recovery Month

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September Is Recovery Month

September has been designated Recovery Month by the Substance Abuse and Mental Health Services Administration (SAMHSA) to celebrate those who are recovering from mental illnesses and substance abuse.

The theme of this year's event is "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" It highlights the importance of families and communities and the role of sharing to encourage others.



SAMHSA created a Working Definition of Recovery, which delineates four major dimensions that support a life in recovery:

- **Health:** Overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being.
- **Home:** A stable and safe place to live;
- **Purpose:** Meaningful daily activities, such as a job, school, volunteerism, family caretaking or creative endeavors, and the independence, income and resources to participate in society;
- **Community:** Relationships and social networks that provide support, friendship, love and hope.

SAMHSA's Guiding Principles of Recovery include:

- Recovery is supported by peers and allies.
- Recovery is supported through relationships and social networks.
- Recovery is culturally based and influenced.
- Recovery is supported by addressing trauma.
- Recovery involves individual, family and community strengths and responsibility.

Substance Abuse and Mental Health Services Administration, **National Recovery Month**, <http://bit.ly/2b4rnWj>.

SAMHSA, **Join the Voices for Recovery: Our Families, Our Stories, Our Recovery: Toolkit**, <http://bit.ly/2bFyWVe>.

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TDMHSAS Engages Faith Communities in Recovery

Much research has found spirituality and religious practice as protective factors in preventing adolescent drug abuse. Recognizing the role supportive faith communities can have, the Tennessee Department of Mental Health and Substance Abuse Services has launched a mission to partner with faith-based communities across the state. The goal is to build a recovery network of compassionate and concerned citizens reaching out to those struggling with addictions and connecting them to vital substance abuse services.

Trainings are being held across the state to educate on the disease of addiction and recovery and resources in communities. A faith group has the opportunity to apply to be a "Certified Recovery Church or Faith-Based Organization." Congregations and other organizations choosing to be certified are linked with others for mutual support and inspiration.

Attendance is free and is open to anyone who feels participation would be helpful. For more information, contact **Monty Burks, Director of Faith-Based Initiative**, TDMHSAS, (615) 770-1783 or Monty.Burks@tn.gov.

McReynolds, Lindsay, *Cookeville Herald Citizen*, **State urges faith-based support in addiction**, <http://bit.ly/2bvc0n3>.

Lee, M.T., et al., *Alcohol Treatment Quarterly*, **Daily Spiritual Experiences and Adolescent Treatment Response**, <http://bit.ly/2bzV2IX>.

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Tennessee Sets a Goal of Zero Suicides

Two years ago, the Tennessee Suicide Prevention Network created the Zero Suicide Initiative Task Force to promote that concept in health, behavioral health and substance abuse treatment settings across Tennessee. The effort drew from a national task force summary of best prevention practices, which introduced the concept of "zero suicides." Among the Tennessee organizations that have participated are Centerstone, Cornerstone of Recovery, Frontier Health and SkyRidge Medical Center.



The seven dimensions to the Zero Suicide Initiative are Lead, Train, Identify, Engage, Treat, Transition and Improve.

Contact TSPN Zero Suicide initiative coordinator Misty Leitsch at mleitsch@tspn.org or (615) 312-3121.

Tennessee Suicide Prevention Network, **Zero Suicides Initiative Task Force**, <http://bit.ly/2bPPIBM>.

TDMHSAS, **Tennessee's Target Zero Suicide Initiative**, <http://bit.ly/2cpgKRE>.

Zero Suicide in Health and Behavioral Health Care, <http://bit.ly/1Pnlqah>.

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Juvenile Justice Realignment Task Force Begins Work

The Juvenile Justice Realignment Task Force will be looking into juvenile justice issues in Tennessee. Options being considered include creating a separate department of juvenile justice, improving probation and juvenile court data, and improving legal representation for juvenile offenders. The Task Force consists of four legislators, Senators Mark Norris and Doug Overbey and Representatives Karen Camper and Mike Sparks, and several subject matter experts. Ex-officio members include the commissioners (or designees) of Children's Services, Finance and Administration, and Mental Health and Substance Abuse Services; the administrative director of the Administrative Office of the Courts; the Comptroller; the executive director of TCCY; and the president of the Council of Juvenile and Family Court Judges.



The Task Force report is due to the General Assembly January 15, 2017, and the group has scheduled future meetings for September 12, October 10, November 3 and December 1. All meetings are currently scheduled for 1 p.m. in Legislative Plaza Hearing Room 16.

Tennessee General Assembly, **Schedules and Calendars**, <http://bit.ly/2bPJ5ql>.

Tennessee Public Chapter, **Juvenile Justice Realignment Act**, <http://bit.ly/2bYCRdS>.

Wadhvani, Anita, *The (Nashville) Tennessean*, **Task force weighs new approaches to juvenile justice**, <http://tnne.ws/2bPluvK>.

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Jowers Graduates from Delta Regional Leadership Institute

TCCY Southwest regional coordinator **Rodger Jowers** graduated from the year-long **Delta Leadership Institute Executive Academy of the Delta Regional Authority (DRA)**, a federal-state partnership to create economic opportunities. Jowers was one of eight Tennesseans among a class of 52 leaders from 252 entities in eight states along the Mississippi River from Illinois to Louisiana and parts of Alabama. Jowers participated in a collaborative leadership development experience, emphasizing regional approaches to growing local economies and creating opportunities for the people of the Delta region.

Gov. Bill Haslam recently told the *Memphis Business Journal*, "Every year, the DRA grants and leadership development activities through the Delta Leadership Institute empower a depth of opportunities for the 21 counties and their communities that call West Tennessee home."

Delta Regional Authority, **Delta Leadership Institute**, <http://bit.ly/2cb55TZ>.

Sheffield, M., *Memphis Business Journal*, "**Delta Regional Authority invests in minority biz council**", <http://bit.ly/2chfCgU>.



Jowers is fourth from the left in the photo above.

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TCCY Budget Recommendations

TCCY is required, under its enabling legislation, to make recommendations on the upcoming state budget. Each year the staff researches and the Commission approves recommendations of ways the state can better spend its money to improve child well-being. The recommendations for FY 2018 have been shared with Governor and his staff, commissioners of child-serving departments and relevant legislative leaders and are available on TCCY's website.

TCCY Budget Recommendations: <http://www.tn.gov/assets/entities/tccy/attachments/leg-recommend.pdf>.

TCCY Legislative Information: <http://www.tn.gov/tccy/article/tccy-legislat>.

Legislative Summary: <http://www.tn.gov/assets/entities/tccy/attachments/legislat.pdf>.

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Updates

Johnson City Juvenile Court Judge Sharon Green was appointed by Gov. Haslam to serve on the Commission. Judge Green serves with community organizations, including Girls, Incorporated; the Johnson City Symphony; the Johnson City Public Library; and Wesley Memorial United Methodist Church. Judge Green previously served on the Commission many years ago and more recently served as a representative of the Tennessee Council of Juvenile and Family Court Judges on the Council on Children's Mental Health.



Judge Green

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Mark Your Calendar

Sept. 7, 2 p.m.-3:30 p.m. CDT, **Webinar: Addressing Maternal and Child Health: The Rural Perspective**, Information at <http://bit.ly/2bd2ZVH>.

Sept. 8, 1 p.m., CDT, **Incorporating Recovery Within Congregations**, Long Hollow Baptist Church, 3031 Long Hollow Pike, Hendersonville. Register at <http://bit.ly/2bPe36n>.

Sept. 8, 6:30 p.m.-9 p.m. CDT, **Heroin and Opioid Epidemic: Recover Rutherford: What to Expect and Where to Turn**, Lane Agri-Park Building 3, 315 John Rice Blvd., Murfreesboro. Contact tylerb@watersedgerecovery.com.

Sept. 12, 1 p.m. CDT, **Juvenile Justice Realignment Act Task Force**, Room 16, Legislative Plaza, 301 6th Ave, N, Nashville. Agenda and streaming video available at <http://bit.ly/2bPJ5gl>.

Sept. 14, 10:30 a.m.-12 noon CDT, Tennessee Suicide Prevention Network **Suicide Prevention Awareness Day**, Trevecca Community Church, 335 Murfreesboro Pike, Nashville. RSVP by Sept. 9 at <http://bit.ly/2bJuUjX>.

Sept. 15, 11 a.m.-2:30 p.m. EDT, **ETCCY LGBTQ Youth and Suicide Prevention**, Bridgewater Place, Kingston Room, 205 Bridgewater Rd., Knoxville. Register at <http://bit.ly/2bC7Qwq>. Contact: Lindsey.Cody@tn.gov.

Sept. 15, 9 a.m.-4 p.m. EDT, **Culture and Health: Professional Competency in the 21st Century**, Carnegie Hotel & Spa, 1216 W. State of Franklin Road, Johnson City. Preregistration at <http://bit.ly/2bGEks0> required. Free.

Sept. 15, 5 p.m.-8:30 p.m., **Connecting for Care: Integrating Behavioral Health and Primary Care to Better Serve Children and Youth**, Case Management, Inc., 3171 Directors Row, Memphis. Preregistration at <http://bit.ly/2bwdr78> required. Free.

Sept. 16, 9 a.m.-3 p.m. CDT, **Healing the Healer Retreat-Cookeville**. Contact fhat@rhat.org for information on this and upcoming events.

Sept. 20, 10 a.m., **Second Look Commission Quarterly Meeting**, Administrative Office of the Courts Conference Room, 511 Union St., Nashville. Contact: Craig.Hargrow@tn.gov.

Sept. 20, 10 a.m.-11:30 a.m., **Tennessee Court Appointed Special Advocate 2016 Annual Meeting**, Nashville Public Library, Downtown Nashville. Contact: lynne@tncasa.org.

Sept. 22, 5:45-8:15 p.m., Tennessee Suicide Prevention Network **Middle Tennessee Suicide Prevention Awareness Event**, New Life Baptist Church, 4809 Gallatin Pike, Nashville. Preregistration is required at <http://bit.ly/2c4NrQw>.

Sept. 23, 7:45 a.m.-10:30 a.m. **Northwest Council on Children and Youth Legislative Forum and Networking Breakfast**, U.T. Martin, Boling University Center, 2nd Floor, Room 206 ABC, Martin.

Sept. 22-23, **Building Blocks for Infant Mental Health Conference: Addressing the Comprehensive Needs of Children 0-5 in their Families and Communities**, Epic Event Center, 394 W Main St, Gallatin. Contact tfuqua@tamho.org, (615) 244-2220 ext. 14, (800) 568-2642 or www.tamho.org for more information.

Sept. 28-30, **CFED Assets Learning Conference**, Washington Marriott Marquis, 901 Massachusetts Ave., NW, Washington, DC. Register: <http://bit.ly/1TCqS1z>.

Sept. 29-30, **Mental Health Association of East Tennessee (MHAET) 19th Fall Psychiatric Symposium**, Holiday Inn at World's Fair Park, 525 Henley Street, Knoxville. Information and registration at <http://bit.ly/2aHhbTz>.

Sept. 29-30, **Annual National Alliance on Mental Illness Tennessee State Convention: "Stronger Together,"** The Inn at Opryland, Nashville. CEUs available. Information at jfladen@namitn.org. Register at www.namitn.org

October 2-4, **Children's Advocacy Centers-Tennessee Connecting for Children's Justice Conference**, Embassy Suites Murfreesboro Hotel and Conference Center. Contact lrandolph@tncac.org.

October 6, 2016, 12:30 p.m.-3:30 p.m. CDT, **Youth Transitions Advisory Council (YTAC) Meeting**, Goodwill Industries of Middle Tennessee, 937 Herman Street, Nashville.

March 14-15, 2017, **Children's Advocacy Days**, War Memorial Auditorium. Contact: John.Rust@tn.gov.

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In the News

Sewell, D. Associated Press-The Big Story, **Summit focuses on coordinating efforts to fight drug abuse** (participants included a panel from Tennessee), <http://apne.ws/2bA8nvU>.

Tucker, Lori, WATE TV 6, **Telemedicine offers new options for rural East Tennessee mental health patients**, <http://bit.ly/2bMeOIk>.

WGNS, **Recovery Courts Transforming Lives in Tennessee**, <http://bit.ly/2bSwFH0>.

Wiltz, T., *Stateline*, Amid Opioid Epidemic, States Experiment With Recovery High Schools, <http://bit.ly/2bTVw91>.

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Research Information

Education Week, **A Persistent Practice: Corporal Punishment in U.S. Schools**, <http://bit.ly/2bybiq0>.

Bauer, L, & Schanzenbach, DW, The Hamilton Project, **The Long-Term Impact of the Head Start Program**, <http://bit.ly/2bAEEGV>.

Collins, S.R, et al., *Commonwealth Fund*, **"Who Are the Remaining Uninsured and Why Haven't They Signed Up for Coverage?"** <http://bit.ly/2bzAbDV>.

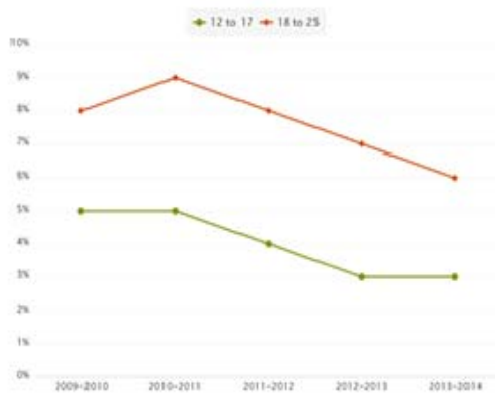
Center for American Progress and Movement Advancement Project, **Movement Advancement Project: Unjust: How the Broken Criminal Justice System Fails LGBTQ Youth**, <http://bit.ly/2ccwCoW>.

Farn, A., & Adams, J., Center for Juvenile Justice Reform, **Education and Interagency Collaboration: A Lifeline for Justice - Involved Youth**, <http://bit.ly/2bTGRfQ>.

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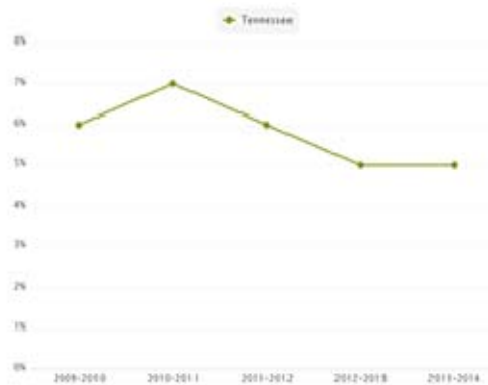
Tennessee KIDS COUNT Facts

Illicit Drug Use Other Than Marijuana by Youth Ages 12 to 17 who Abused Alcohol or Drugs in the Past Year



ILLICIT DRUG USE OTHER THAN MARIJUANA BY AGE GROUP: ALL (PERCENT)

National KIDS COUNT
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation



TEENS AGES 12 TO 17 WHO ABUSED ALCOHOL OR DRUGS IN THE PAST YEAR (PERCENT)

National KIDS COUNT
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

<http://bit.ly/2bGX1qH>

<http://bit.ly/2cr7aNv>

More data on Tennessee child well-being are available at <http://bit.ly/15alkVu>.

No person shall, on the grounds of race, color, national origin, sex, age, religion, disability or ability to pay, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity operated, funded or overseen by the Tennessee Commission on Children and Youth (TCCY). It is the intent of TCCY to bind all agencies, organizations or governmental units operating under its jurisdiction and control to fully comply with and abide by the spirit and intent of the Civil Rights Act of 1964.

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