



A Message from Commissioner Williams

Dear friends and partners,

As we close in on International Overdose Awareness Day (August 31) and turn the calendar to celebrate Recovery Month in September, we remember those lives lost in the last year, we mourn with the families, and we celebrate with those who by miraculous intervention survived an overdose and are with us today.

As we navigate the effects of the pandemic, the work we have to do to prevent overdose and save lives is more important and more urgent than ever. We're so grateful for our Regional Overdose Prevention Specialists, our Tennessee Recovery Navigators, our Lifeliners and Faith-Based Community Coordinators, our substance abuse prevention coalitions, and our amazing network of community treatment providers across this state. You all are miracle workers!

We're grateful for the amazing men and women who have survived overdose,

overcome addiction, and found a new life in recovery. We are in awe of the amazing peers in this state who use their lived experience of addiction and overdose to influence others and help them on the road to recovery.

In this newsletter, you'll read about events, trainings, and more organized virtually and across the state to mark International Overdose Day. We're also working with our partners to put a focus on suicide prevention, because we know so often, they go hand in hand.

Thank you for your support, your advocacy, and your passion on behalf of this essential, life-changing and life-saving work.

Many blessings,

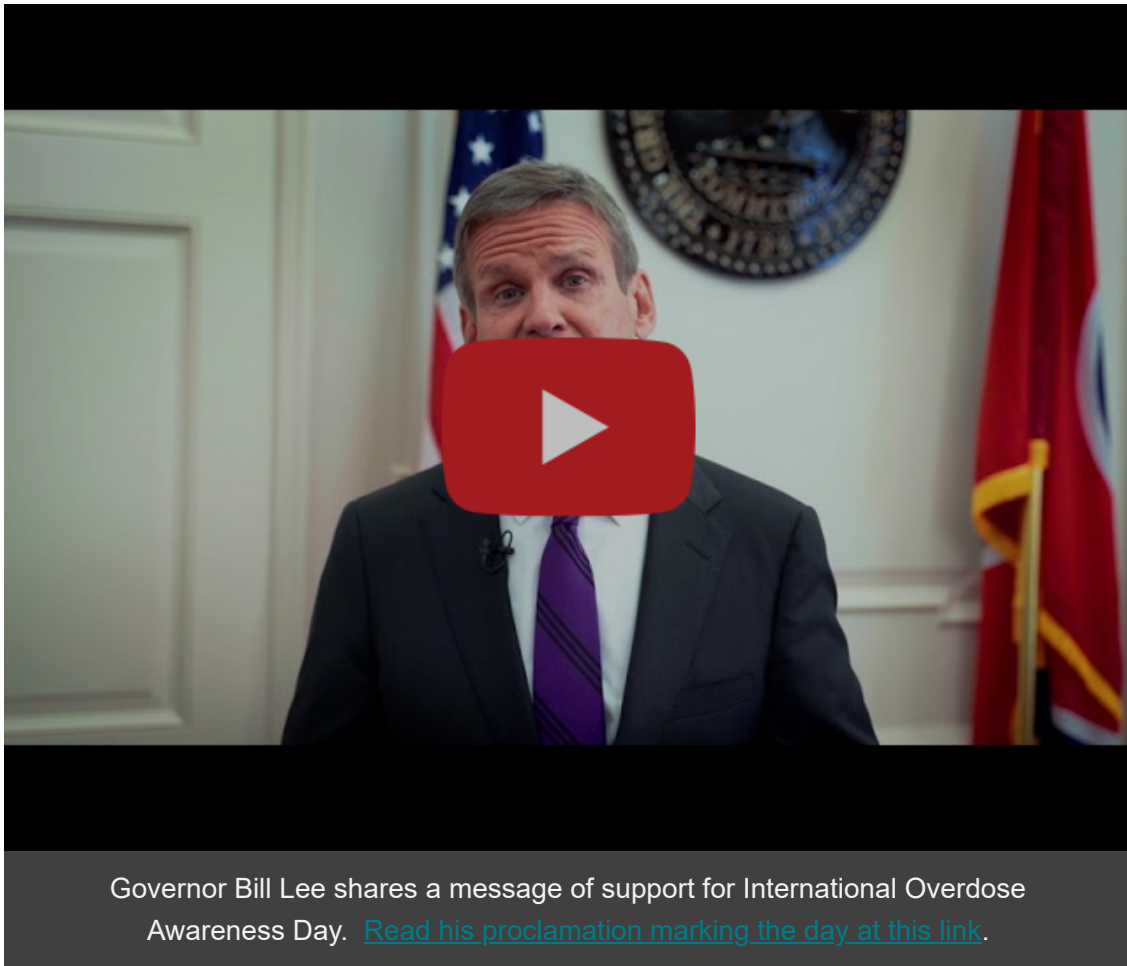
Marie

Tennesseans Pause to Remember International Overdose Awareness Day

Annual remembrance gains new importance as pandemic effects become clearer

Tennesseans are pausing to mark International Overdose Awareness Day (August 31) after a year when sadly more people than ever died from a drug overdose. The Tennessee Department of Mental Health and Substance Abuse Services, Department of Health, and community groups across the state are holding memorials, trainings, and awareness events to remember the lives lost, celebrate the survivors of overdose, and empower Tennesseans to prevent deadly overdoses in their communities.

The COVID-19 pandemic produced a multitude of conditions which fueled the increase in overdose deaths: disconnection from recovery resources, job loss and economic uncertainty, increased stress and anxiety, and more. Behavioral health treatment and prevention experts are still seeing the effects of increased use of substances during the pandemic.

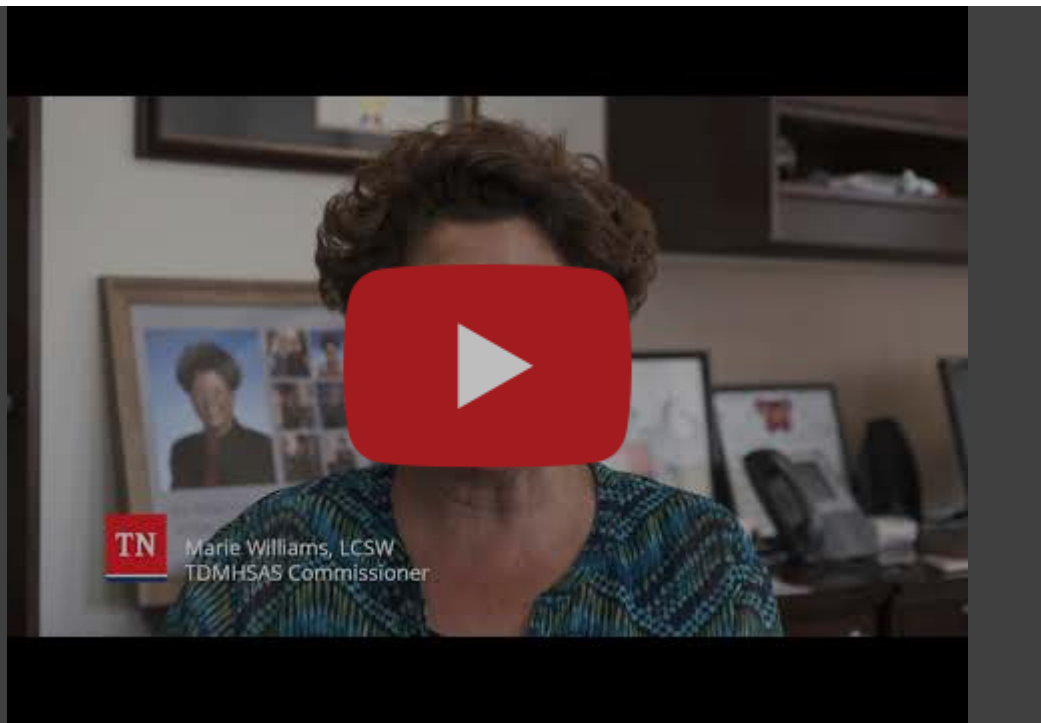


Governor Bill Lee shares a message of support for International Overdose Awareness Day. [Read his proclamation marking the day at this link.](#)

“We are so grateful to the amazing men and women who work at all levels of the behavioral health care system. We are especially thankful for of the people who have survived an overdose, made it through treatment, achieved recovery, and now use their past as purpose for the life-changing and life-saving work they do today,” said TDMHSAS Commissioner Marie Williams, LCSW. “We know without their efforts, so many more families would feel the pain and loss of overdose.”

According to [preliminary numbers released by the Centers for Disease Control and Prevention](#), more than 3,000 Tennesseans died from a drug overdose in 2020. In 2019, the number was more than 2,000. In state fiscal year 2021 which ended on June 30th, the state’s Regional Overdose Prevention Specialists (ROPS) distributed more than 71,000 naloxone kits and recorded more than 11,000 opioid overdose reversals. Since the program began in late 2017, the ROPS have documented more than 26,000 lives saved through overdose reversal.





Commissioner Marie Williams shares her thoughts on International Overdose Awareness Day.

Learn more about overdose, hear stories of recovery and prevention from across the state, and connect with events and resources in your community at this link: tntogether.com/ioad

Click the image below for a slate of virtual events that are open to anyone who wants to attend!

#IOAD2021

I PREVENT OVERDOSE

Statewide Virtual Events

Scan the QR Code with your phone's camera or visit <https://t.me/IOAD2021> for more info.



Opioid Overdose Reversal
8:25-9:00 p.m. CDT / 8:00 a.m. EDT
<https://t.me/IOAD2021/101>

**Meeting People Where They Are:
Overdose Prevention In Rural TN Panel**
8:30 Noon CDT / 1:00 p.m. EDT
<https://t.me/IOAD2021/102>



**Syringe Services Program
Harm Reduction and Overdose Prevention
Panel Discussion**
8:30-11:00 p.m. CDT / 8:00 a.m. EDT
<https://t.me/IOAD2021/103>

Opioid Overdose Reversal
8:31-10:00 a.m. CDT / 1:00 a.m. EDT
<https://t.me/IOAD2021/104>



**Meeting People Where They Are:
Overdose Prevention In Urban TN Panel**
8:31 Noon CDT / 1:00 p.m. EDT
<https://t.me/IOAD2021/105>

Language Equity Workshop
8:15-11:30 a.m. CDT / 12:30 p.m. EDT
<https://t.me/IOAD2021/106>



Opioid Overdose Reversal
9:15-11:00 p.m. CDT / 8:00 a.m. EDT
<https://t.me/IOAD2021/107>

Be The One Suicide Prevention
9:00-10:00 a.m. CDT / 7:00 p.m. EDT
<https://t.me/IOAD2021/108>



Opioid Overdose Reversal
9:05-11:00 a.m. EDT / Noon-1:00
<https://t.me/IOAD2021/109>

Two Ribboncuttings in One Day!

TDMHSAS Office of Housing and Homeless Services and community partners celebrate a pair of new housing options





The TDMHSAS Office of Housing and Homeless Services was proud to celebrate a pair of ribboncuttings on Friday, August 20th. The new housing options were funded in part through the department's Creating Homes Initiative. Since 2000, CHI has helped create more than 28,000 housing opportunities and has leveraged more than \$850 million to support the needs of people living with mental health, substance use, and co-occurring disorders.

Both of the housing options are located in Nashville's 37208 zip-code where services and supports for people living with behavioral health challenges are greatly needed. Learn more about our office of Housing and Homeless Services at this link: [TN.gov/behavioral-health/housing](https://www.tn.gov/behavioral-health/housing)

NEW AT 10:00
NEW HOME AIMS TO HELP WITH MENTAL HEALTH ISSUES
GRAND OPENING FOR THE 'MATTHEW HOUSE' WAS TODAY IN NORTH NASHVILLE

Grand Opening Ceremony held for House aimed at supporting people with mental health challenges

We're grateful to News 4 Nashville who aired this story on the grand opening of Matthew House.

CIT Is More Than Just A Training, It's

A Community Program

*Memphis Mental Health Institute provides training for
Crisis Intervention Team (CIT) Officers*



MMHI Staff Pictured Left to Right: Juanita Holland-Nurse Educator, Keegan Baldock-Pharmacist, Michael J. Rogers-Associate General Counsel, John Coons-Chief Executive Officer, Johnny Granderson-Program Director, Carla Gool-Assistant Superintendent Program Services

Major Sam Cochran (retired) is nationally known for his work developing the CIT model. He was the Coordinator of the Memphis Police Crisis Intervention Team (CIT), which started in 1988 from an outpouring of community partnerships and has spread throughout the country. It is known as the "Memphis Model." Major Cochran continues in various training and consulting services: Shelby County Sheriff Training Academy Instructor, CIT Verbal De-escalation Training, and assisting communities in visualizing the "more" of CIT – beyond limitations of past experiments. The program's primary goals are to improve officer and consumer safety and help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness-related behaviors.

One of the (CIT) goals is to promote a new understanding of the word "RECOVERY. Major Cochran stated, in years past, "officers felt Recovery is what happens at hospitals and/or at the Crisis Assessment Center (CAC)." Today, officers are presented with a more robust and expanded understanding of the word 'recovery' -- that recovery starts at the crisis scene, and officers are very much part of the totality of recovery efforts.


In addition to Recovery, Memphis Mental Health Institute staff members engage officers with training of Rights and Civil Commitment Law, Psychotropic Medication & Side Effects, and Community Program Training. CIT officers also have the opportunity to speak with patients about their past interactions with police and gain a better perspective on what it is like to live with a mental illness. The CIT program gives police officers more tools to do their job safely and effectively. Research shows that CIT is associated with improved officer attitude and knowledge about mental illness. In Memphis, for example, CIT resulted in an 80% reduction of officer injuries during mental health crisis calls.

The CIT purpose remains clear over the past many years of training services extended to CIT by Memphis Mental Health Institute. CIT Trainings and community partnerships remain joined: Memphis Police Department, Shelby County Sheriff Office, Bartlett, Collierville, Germantown, Millington Police Departments, Tennessee State Parks, VA Medical Center, UM Police, UT Memphis Police, and many other regional, state, and national law enforcement agencies.

Memphis Mental Health Institute is proud of its 33-years of partnership with the Memphis Crisis Intervention Team. From passions of our past and with hopes and dreams of our future, CIT moves forward with new CIT leaders, new instructors, new officers, new advocates, new service providers, all seeking to enrich and enhance CIT as a Community Program -- More Than Just Training.

Collegiate Recovery Initiative

Partnership with Lipscomb Academy launches first-ever event to spread Collegiate Recovery Initiative principles statewide






The TDMHSAS Collegiate Recovery Initiative is partnering with Lipscomb University to host the first-ever Collegiate Recovery Academy. Participants will learn more about recovery support on campus as well hear about the "Necessity of a Collegiate Recovery Community," from Dr. Monty Burks.

This will take place on Wednesday September 15, 2021 from 9:00am-12:00pm. [Click this link or the image below for a full-sized .PDF flyer.](#)

COLLEGIATE RECOVERY ACADEMY
JOIN US FOR THIS FIRST-EVER GATHERING!

WEDNESDAY, SEPTEMBER 15
9:00 A.M. – NOON

LIPSCOMB UNIVERSITY
GEORGE SHINN EVENT CENTER



Keynote Address:
The Necessity of a Collegiate
Recovery Community
Monty Burks, Ph.D.
TDMHSAS Director of
Faith-Based Initiatives

Breakout Sessions



- Recovery Ally Training
- Opioid Overdose Reversal Training
- Recovery Community Resources

Who should attend?
Everyone who's interested in creating or supporting a recovery initiative on their campus.

What will I learn?

- Information and resources to support recovery needs on campus
- Valuable connections to existing programs and professionals who want to support your work

Register to attend at this link: <https://tinyurl.com/bhjes889>

 
Clinical Mental Health Counseling
Addiction Specialization

TDCI Discusses Mental Health Coverage and Insurance



Thanks to our partners at TDCI for submitting this article on parity.

Managing mental health is already a challenge without an extra financial burden. The Tennessee Department of Commerce and Insurance (TDCI) wants you to know if you have health insurance, your plan may be able to keep costs down for your mental health treatment.

According to the Mental Health Parity and Addiction Equity Act of 2008, any health plan that covers mental health and substance use services must match

its coverage with the plan's physical health coverage.

This means if your plan covers 40 physical therapy visits, it must also cover 40 behavioral health visits. Similarly, if your co-pay for physical health services is \$30, it must also be \$30 for mental health services.

This applies to therapy, in-patient and out-patient treatment for mental health and substance use disorder, medication management, behavioral counseling and more.

Contact your health insurance company to better understand your coverage when it comes to treating mental health and substance use.

If you think your insurance company is not adhering to parity law, you can file a complaint with TDCI. Visit [tn.gov/insurance](https://www.tn.gov/insurance) and select File a Complaint.

The Consumer Insurance Services team will serve as mediators between you and your insurance company. In 2020, Consumer Insurance Services recovered more than \$10 million from insurance companies for Tennesseans through these mediation efforts.

For more information, call Consumer Insurance Services at 615-741-2218 or 1-800-342-4029.

Welcome to Team TDMHSAS!



Please join us in welcoming Megan Merriman to the Division of Research, Planning, Policy & Legislation! Megan will serve as the Lead Evaluator for the Healthy Transitions grant. While her home will be in the Office of Research, she will work closely with the DMHS Children, Young Adults, and Families Team.

Megan grew up in Indiana and received her bachelor's degree in Biology and Master's Degree in Public Health from Indiana University. After graduating with her Master's degree, she moved to Germany with her wife and worked as an advisor to a 2-Star Army General on Health Promotion and Wellness. Following her time in Germany, she moved to San Antonio, Texas where she worked for a National Non-Profit Organization, Oasis, as the Wellness Coordinator. Their mission was to promote lifelong learning, active lifestyles and volunteer engagement for older adults. She is looking forward to this new journey and opportunity to work with a different population - Youth and Young Adults!



Please join us in welcoming Krystal Fortney to the Office of Children, Young Adults, & Families in the Division of Mental Health Services! Krystal will serve as the Project Director for the Healthy Transitions grant which provides services to young people ages 16-25 who have a mental health diagnosis or co-occurring intellectual and developmental disability.

Krystal is a Licensed Professional Counselor with a designation in mental health, a National Certified Counselor, and an approved Clinical Supervisor for counselors seeking LPC licensure in the state of Tennessee. She earned a Bachelor of Science in Psychology from the University of Tennessee at Chattanooga and a Master of Arts in Mental Health Counseling from Tennessee

Technological University. She is also currently working to obtain her PhD in Counselor Education and Supervision.

Krystal enjoys working with youth and young adults and has over 8 years of experience working with co-occurring diagnoses, mood disorders, and young people who were diagnosed with psychosis. She recently worked as the Statewide Youth & Young Adult Statewide Trainer and Consultant with Vanderbilt Center of Excellence, providing training and consultation in the OnTrack model and young adult best practices to the TDMHSAS First Episode Psychosis (OnTrackTN) sites. Krystal also previously worked as the Primary Clinician for the First Episode Psychosis team at Alliance Healthcare Services in Shelby County.

Krystal comes to us with a wealth of knowledge on providing developmentally appropriate and engaging mental health services to youth and young adults. We are so excited to have her on board and know that she will do an amazing job in this role!

Coalition Corner

Overdose Prevention Gets Spotlight at State Fair

Drug Free Wilson County along with TDMHSAS Coalitions set up a booth at the Wilson County State Fair. They provided overdose prevention, local and state resources, and information on how people can make a difference in their community, and it looks like they had a lot of fun doing it!

Pictures provided by Drug Free Wilson County



Shout Out!



MBMHI was delighted and uplifted by a recent visit from Commissioner Marie Williams. She expressed her deep appreciation to the hospital staff for their ongoing, consistent care of patients over the past year and a half during the

pandemic. Commissioner Williams spent time on all the units and also facilitated a Town Hall meeting. Staff openly shared their insights and concerns with her. Her compassion, concern and responsiveness were deeply appreciated. Thank you, Commissioner Williams!

Pictured above are Commissioner Marie Williams and CEO Mary Young.



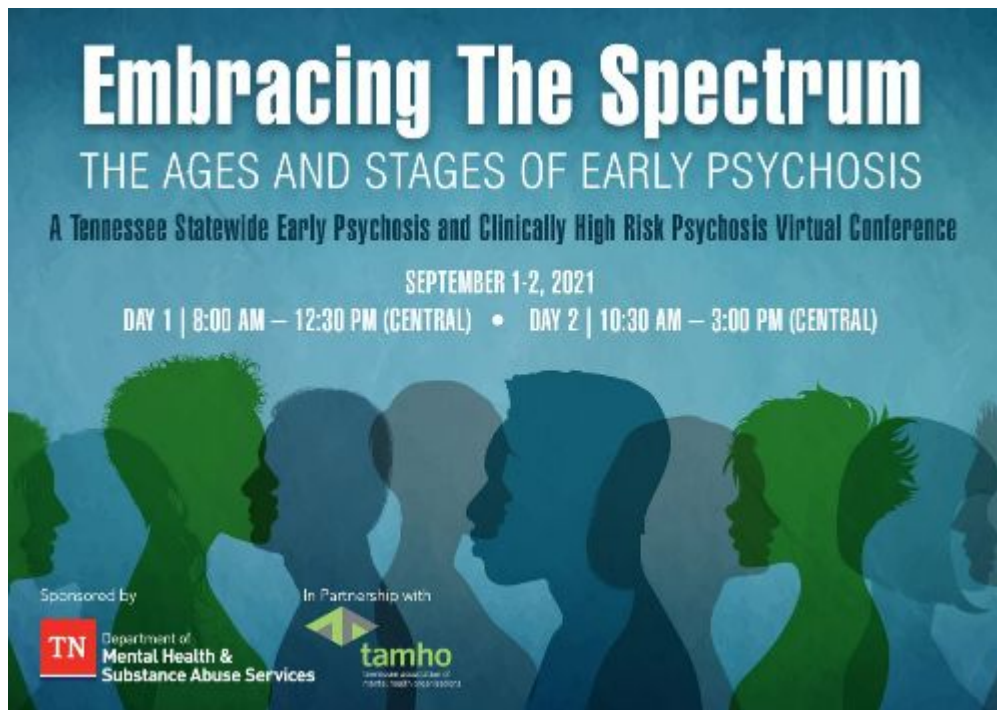
The Filipino International Nurses of Middle TN Mental Health Institute gathered for a group photo after a recent 12 hour night shift. They were excited for the day off to celebrate everybody being safe!

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

Click the graphics for more information and to register!





SAVE THE DATE

*Wednesday
through
Friday*

December
8th-10th
2021

TARPCON 2021



IN PERSON!

*Murfreesboro, Tennessee
Embassy Suites &
Conference Center*

Come one, come all! Recovery courts, specialty courts, supervision, and justice reformers!

Prepare to network like you've never networked before! Bring your best training gear for an optimal training experience!

Check the membership site [Events Page](#) for registration and conference details!

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](#)). There are no regional meetings in September. They will resume in October.

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

COVID-19 counseling services for Tennesseans



If you're feeling overwhelmed, disconnected, hopeless, or just sad—you're not alone. Please know that help is available. Hope is real.

COVID-19 Counseling resources are available in every Tennessee County. [Find the contact for your area on our website.](#)

Call or text for emotional support for healthcare workers, first responders, and teachers

COVID-19 EMOTIONAL SUPPORT LINE FOR TENNESSEE

Need to talk to someone about feelings of stress, anxiety, sadness, or depression related to work? Calltakers with the COVID-19 Emotional Support Line can help.



Tennesseans working in education, healthcare, or first responder roles can call or text:

888-642-7886

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

The COVID-19 Emotional Support line is a collaborative project among National Association of Social Workers-TN Chapter and the following groups:



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  Department of
Mental Health &
Substance Abuse Services

For questions about addiction treatment/referrals ...

TN
REDLINE
1.800.889.9789
CALL OR TEXT

TN Department of Mental Health & Substance Abuse Services
TAADAS
TN TOGETHER
ENDING THE OPIOID CRISIS

The image is a promotional graphic for the TN Redline. It features a white brick wall background. The text 'TN REDLINE' is prominently displayed, with 'REDLINE' in red and 'TN' in black. Below this is the phone number '1.800.889.9789' in black. A red telephone handset icon is positioned to the right of the phone number. Below the phone 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 logo, the TAADAS logo, and the TN TOGETHER logo with the tagline 'ENDING THE OPIOID CRISIS'.

To talk with a TDMHSAS Consumer Advocate ...



Office of Consumer Affairs and Peer Recovery Services

HELPLINE

1-800-560-5767

OCA.TDMHSAS@tn.gov

We can help with

- finding mental health and substance abuse resources in your area
- questions about insurance
- where to find 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 am to 4:30 pm
- Closed on state holidays

If we cannot answer your question, we will work with you to find the appropriate resource.

www.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:



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>
<p>EXCELLENCE: <i>The highest standards for services, efficiency, and conduct.</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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Facebook

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Website



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