



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

*Welcome summer!*



What if 2020 isn't cancelled?  
What if 2020 is the year we've been waiting for?  
A year so uncomfortable, so painful, so scary,  
so raw — that it finally forces us to grow.  
A year that screams so loud,  
finally awakening us from our ignorant slumber.  
A year we finally accept the need for change.  
Declare change. Work for change. Become the change.  
A year we finally band together, instead of  
pushing each other further apart.

2020 isn't cancelled, but rather  
the most important year of them all.

Leslie Dwight

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# A note from Commissioner Williams

Dear teammates, colleagues, and friends,

The past few weeks have been a time where many of our brothers and sisters have faced anxieties and deep soul wounds as we witnessed another tragedy against people of color. I have prayed and pondered much about what to say as I believe this is a moment to stop and think— to think about why we do what we do, who we are, how we are, and why we are.

You see, we are a people that believe in the innate dignity and humanity of all persons, that all should be treated with respect. That is why we work in this field. We are a people who believe in recovery and redemption and actively advocate for those who struggle with substance abuse and mental illness no matter what color. We stand, we rise, for each one in this state, and yet, when we see on national TV the disregard for human life, it tears open old wounds and sets off a chain reaction that has to be addressed. Surely we are better than this.

I have spoken to multiple friends of color who have shared different stories of anxieties and fears, over their teenage children of color going out, fears for their safety due to no act of their own. That is not right in any universe. For those of us who thought collectively we were further down the road of meeting people based on their character, this has been a sad and heartbreaking time.

I am not OK and am not going to pretend to be OK, and I imagine some of you are not OK either. We have to take time to know that we are all human and to recognize and call out our humanity and therefore vulnerability, for it is the years of racism unchallenged that leads to further division.

We will be leaders who will not stand by silently and unconsciously. To empower people to be leaders is to remember that we are human and to hear and respond to each other's pain as part of the teaching to love others.

As I am sure many of you are doing in your organizations, our Central Office is taking steps to form a group to keep the conversation going, to explore what we can do both as leaders in our field and citizens in our communities, and to truly lift every voice.

Thank you for all that you do, and may God continue to share his blessings with our state, our nation, and our world.

Marie

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## New phone line supports TN healthcare workers on the front lines

### 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)



The "warm line" is staffed by volunteer mental health professionals. [Visit our Newsroom](#) to read the press release, and please feel free to call and share.

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**COVID-19 Briefing:  
Healthcare Worker Emotional Support Line**



**Call 888-642-7886**

Watch Commissioner Williams' comments in Gov. Lee's weekly briefing.

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**Saying farewell to a legend:  
Western Mental Health Institute  
CEO Roger Pursley retires**



Roger Pursley first worked at Western Mental Health Institute in 1976 as a community mental health liaison when state hospitals began focusing on recovery and returning patients back to their communities. He spent years working in community mental health in Covington, Tennessee before transitioning into the private sector and serving in leadership roles which included President & CEO of Genesis, a community mental health outpatient counseling service that provided contract mental health services to 72 nursing homes across the state of Tennessee as well as contracts for mental health and substance abuse treatment with four state of Tennessee correctional facilities in West Tennessee.

In 2000, Pursley returned to Western Mental Health Institute as the Assistant Superintendent for Administrative Services. Two years later, he was appointed to the position of Hospital Superintendent (now Chief Executive Officer) by then Commissioner Elisabeth Rukeyzer and continued to serve in that position until his retirement. He retires with 23 years and 11 months of service, with 17 years, 8 months of that service as WMHI's CEO. He is the second longest serving CEO in the hospital's 130-year history.

During his tenure as CEO, Pursley has worked under the appointment of four administrations and four TDMHSAS Commissioners. Under his guidance, the hospital worked with the state's political leadership to fund and build its current 150-bed facility, the first new building project at WMHI in decades. Pursley has

overseen WMHI's increase in its service area from 20 counties in West Tennessee to now 25 counties in both West and Middle Tennessee. The hospital has increased its services to the forensic population and now has the largest forensic in-patient program in the state hospital system. He has steered WMHI through its last five Joint Commission surveys, including the most recent survey in the fall of 2019 when the facility received its best accreditation report.

He has been an active member of the Tennessee Hospital Association Psychiatric Section and has also served four terms on the Board of Directors for the Southern State Psychiatric Hospital Association. He is a member of the TDMHSAS Governing Body and of the Region 6 West Tennessee Community Provider Association. He served in the United States Navy, including three tours of duty in Vietnam.

We will miss you, Mr. Pursley! We honor and thank you for a lifetime of service!

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## *Mike Murley appointed as WMHI interim CEO*

Please help us welcome Mike Murley as interim CEO at Western Mental Health Institute. If anyone can step in following the departure of Roger Pursley, Mike is certainly prepared and equipped. He has served the people of Tennessee since 1998 when he started at WMHI as an Administrative Services Assistant. Mike has held many key roles at Western over the years, most recently as Facility Administrator. We have full confidence in Mike's ability to continue the standard of excellence at Western while we make plans to transition in a new CEO.



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**Governor's Office of Faith-Based and**

## Community Initiatives produces powerful video about recovery



The Governor's Office of Faith-Based and Community Initiatives was created by the Tennessee legislature in 2019 as a self-funded, independent, non-profit organization established to bring together faith communities, non-profits, civic organizations, and state and local governments to recognize and implement best practices to make life better for every Tennessean. Helping those struggling with addiction is one of the ways they are accomplishing their mission. Learn more about their efforts in this wonderful video. It features our very own Dr. Monty Burks and Dave Hodges from Project Lifeline. Both are part of an amazing network of Tennessee faith-based, recovery-focused leaders who are working tirelessly to fight substance misuse and save lives!

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## TN Dept. of Health Office of Minority Health & Disparities Elimination gets

# COVID-19 spotlight



The TN Dept. of Health Office of Minority Health and Disparities Elimination has formed a statewide task force to engage non-profits, faith leaders, legislators, and local leaders in minority communities to address health disparities in the state. They are shining a spotlight on ways organizations are positively working in minority communities during the pandemic. Gwen Hamer, who serves as our Education & Development Director and Civil Rights Compliance Coordinator, and Monty Burks, Director of Faith-Based Initiatives, are members of the task force. The office has produced a series of Public Service Announcements. This one titled "We Will Survive" features Rashad thaPoet. For more information including links to resources, go to: <https://www.tn.gov/health/health-program-areas/dmhde.html>

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## Embracing technology offers new opportunities, connections

*Peer support offered virtually through telehealth, helplines*

Talk about good timing. Last fall, with help from TDMHSAS funding, Parkway Village (a Cherokee Health Systems site in Memphis) launched a pilot program to expand the My Health, My Choice, My Life initiative through telehealth services. Even with a pandemic causing upheaval and changes in service delivery, more Tennesseans are getting help, coaching, and needed





encouragement from virtual visits and phone conversations with a peer.

Certified Peer Recovery Specialist Leanne Crawford, MA, with Cherokee Health Systems, (left) explains referrals come from Family Nurse Practitioners, Doctors of Osteopathic Medicine, and Behavioral Health Consultants. "COVID-19 altered the schedule for telehealth visits, and I continue to coach by phone," she says.

"Cherokee Health Systems is a leader in – and advocate of – the My Health My Choice My Life Initiative in East Tennessee and Shelby County," says Mark Liverman, TDMHSAS Director of Wellness & Employment, who oversees the initiative. "They've created a unique way to help Tennesseans with their health and wellness goals."

Parkway Village offers primary and behavioral health care which simplifies the process and increases opportunities for those needing primary care to connect with behavioral health specialists. "The Behavioral Health Consultants (BHC) are psychologists who are embedded in our primary care teams. They provide on-demand assessments and behavioral interventions as needed for patients who are seen by primary care," explains Day Program Coordinator Stella Melton, LPN BA, CPRP. "Easy access to the BHC by the primary care provider allows for quicker assessment and referral to specialty/psychiatric care as needed. It also allows behavioral health and primary care to collaborate in real time to sort out the various needs a patient has."

For someone who has never experienced telehealth, Leanne explains what Cherokee's process can look like. After checking in for their appointment, the peer is brought by a nurse to a regular medical exam room where they are invited to sit in front of a TV screen and telehealth equipment. The nurse provides them with health and wellness packets. "The nurse leaves the room, so it is a private session," she says. "I'm in an office. The telehealth equipment allows us to see and hear each other. The sessions last anywhere from 15 to 45 minutes, depending on the need of the peer."

Some referrals are for brief wellness interventions which gives Leanne an opportunity to share her knowledge as a Peer Wellness Coach, encompassing everything from tips for smoking cessation to managing diabetes. "Peer

wellness coaching provides peers an opportunity to learn self-management skills such as problem solving, decision making, brainstorming, and action planning,” explains Leanne. “The process involves unique collaboration in order to guide an individual toward successful and lasting behavior change.”

Patients are also offered weekly or bi-weekly coaching. “If they accept, another appointment is scheduled,” explains Leanne. “If they decline, I ask them if I may call them in a week to follow-up with them.”

Currently, appointments are available Mondays from 10 a.m. to 12 p.m. CDT. Cherokee plans to resume the regular schedule as soon as possible, post-COVID. In the meantime, Leanne continues to receive referrals and outreach for phone appointments. She is grateful for the telehealth option and is encouraged by the positive results coming out of these visits. “Telehealth affords both service recipients and service providers the opportunity to receive and deliver services in a timely, efficient, convenient manner.”

The My Health, My Choice, My Life health and wellness initiative is implemented by seven Peer Wellness Coaches providing in-person services from four mental health providers in East TN and Shelby County. The initiative consists of workshops, wellness-related activities, and wellness coaching. Services are designed to equip individuals with the knowledge, skills, resources, and motivation needed to manage physical and mental health symptoms.

\*Learn more and “meet” all seven of TN’s Peer Wellness Coaches by visiting our website at: [tn.gov/behavioral-health/wellness](https://tn.gov/behavioral-health/wellness).

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## *Nearly 200 trained to provide virtual peer support*

Last month, 183 TN Certified Peer Recovery Specialists completed a four-hour training in Digital Peer Support provided by Dr. Karen Fortuna (Dartmouth). Dr. Fortuna created the curriculum in partnership with Robert Walker, Director of Recovery and Empowerment for the Massachusetts Department of Mental Health, a peer.

Peer support delivered via telehealth offers a new and exciting opportunity for providers and Certified Peer Recovery Specialists throughout Tennessee to reach even more individuals who could benefit from peer support services.

According to a [study reviewed in the \*Journal of Medical Internet Research\*](#), participants who completed peer-delivered interventions supported with technology experienced statistically-significant benefits in engagement in mental health outpatient services, shared decision making, and self-management of their recovery.

In a survey, 98% of Tennessee training participants agreed and strongly agreed that the short course training provided them with useful information that they did not have before. Those who participated wanted to apply their knowledge of digital peer support in the "real world." Some are already doing so.

We'd like to say thanks to Lisa Ragan for helping to organize this important training and extend a special note of gratitude to Frontier Health, Professional Care Services of West TN, TAMHO, and TMHCA, of all whom used grant funds to pay for the training. Congratulations to all who completed this timely training! We know you'll put it to good use!

Finally, kudos and congratulations also to the Tennesseans who recently completed Certified Peer Recovery Specialist training online. We've had two classes complete the training and want to thank Lisa, Michelle Webster, and the entire CPRS team for their continued efforts to reach peers virtually.

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## *The Peer Recovery Call Center 'steps up' operations*



It's not been "business as usual" at the Peer Recovery Call Center in Knoxville, but the staff have pivoted and are helping more people because of it. Operated by the Mental Health Association of East Tennessee, the call center is staffed

by peers who answer calls and provide ongoing peer support to those who reach out. Their work prompted CEO Ben Harrington to nominate some of his staff for the State of TN Everyday Heroes campaign.

"Janice Prince (left), Toby Lopez (middle), and Tina Wilder have stepped up Call Center Operations while self-distancing and working from home. Each have increased peer support contacts with existing clients, and all work hard to serve new clients who present due to their worsening symptoms due to COVID-19. These three ladies epitomize the definition of Every Day Heroes to their clients as their exemplary peer support ensures their clients enter and stay engaged in their treatment and recovery plans in these challenging times and everyday!"

In April, the Peer Recovery Call Center recorded a 13 percent increase in unique callers from March; follow-up calls increased 26.56%. Total contacts increased 22 percent.

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## *TDMHSAS launches public awareness campaign for TN Recover app*



We are proud to offer the TN Recover app! Available for download in the Apple App Store for iOS devices or the Google Play Store for Android devices, this app is designed for people in recovery from substance use disorder or for people looking to get more information on preventing addiction. You'll find

upcoming meetings, a sobriety counter, gratitude journal, and more. People can also use the app to contact the Regional Overdose Prevention Specialist in their area to obtain naloxone to reverse an opioid overdose.

You can also download the app by texting "SAVE" to 30678. Thanks for watching and sharing the PSA!

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## *Providers, municipalities create free online resources*

Many organizations are utilizing more online resources to reach, connect, and help people in new ways. Here are two more of the new options available.

### **Frontier Health's myStrength App:**

Available to download for free on Google Play and in the App Store, the myStrength app offers "clinically-proven wellness resources as well as spiritual and inspirational resources" to help with challenges associated with: anxiety, depression, substance use, insomnia, loneliness and isolation, smoking cessation, and more. As one user reviewed: "It helps me stay accountable for mindfulness and tracking my emotions. I love how easy the activities are because they are less overwhelming that way. Email reminders to track my sleep or log anything are also extremely helpful. myStrength is that extra support when I can't talk to my therapist. It helps me see that I am not alone and that what I am feeling, others feel it, too."

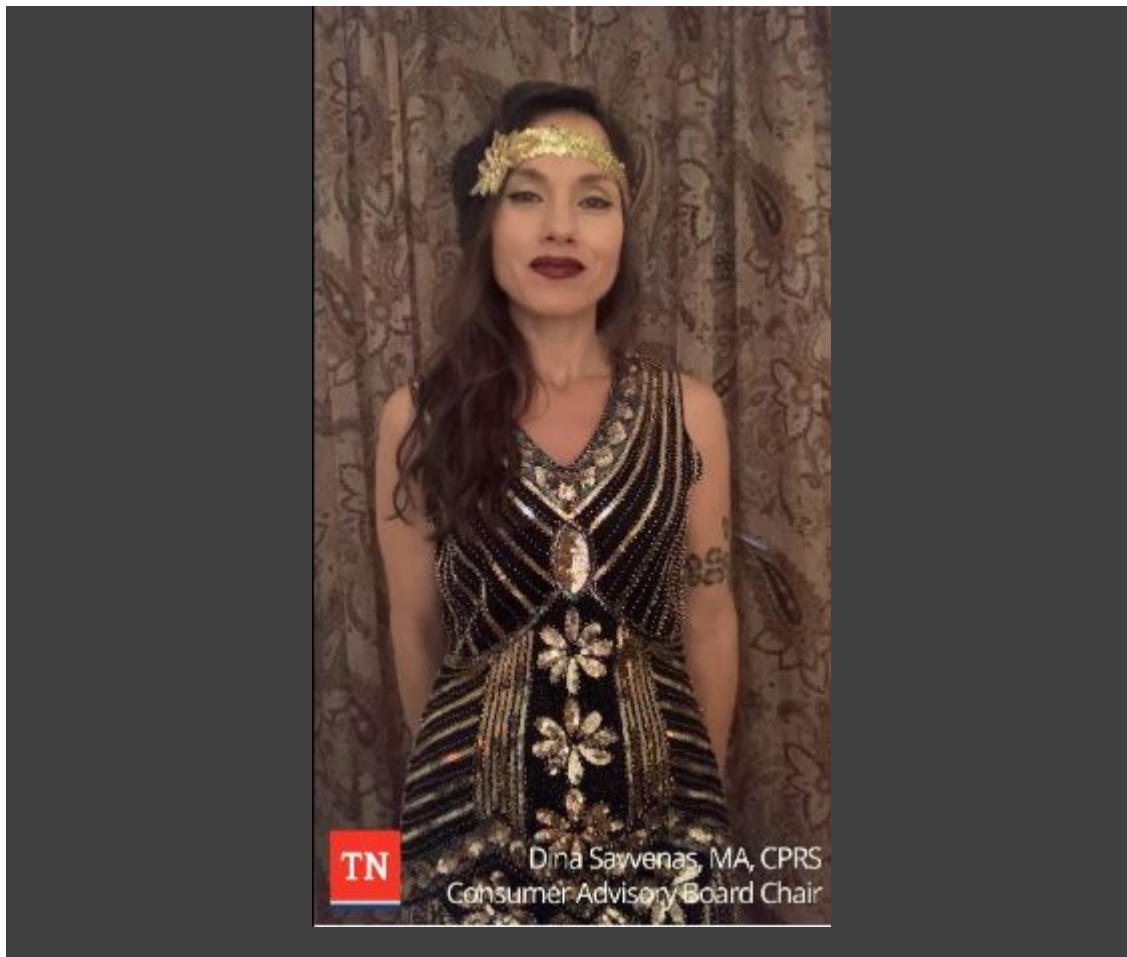
### **Find Hope Franklin:**

The website [findhopefranklin.com](http://findhopefranklin.com) offers links to mental health screenings, helplines, crisis lines, upcoming trainings, wellness resources, clinics, and more. Franklin Mayor Ken Moore was instrumental in the development of the city-wide mental health and wellness initiative. As CEO Tom Starling (Mental Health America of Mid-South) explained in his #TNHeroes nomination: "The behavioral health community salutes Mayor Moore for his city-wide initiative, a model for other municipalities."

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## *2020 CPRS Conference goes virtual*





Due to COVID-19, we've made the difficult decision to hold a virtual Certified Peer Recovery Specialist conference this year. We will miss seeing everyone in person but are excited about the new opportunities that come with virtual gatherings, including increased participation! The Planning Committee is hard at work on the details. More coming soon! In the meantime, we hope you are saving the date of Oct. 9 and looking forward to "Roaring into the Future with 20/20 Vision!" And, bonus! You can save the money you've budgeted for a hotel room or put it toward something else meaningful.

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*Video offers unlimited opportunities for public awareness, education, connection, inspiration*





We love seeing more and more individuals and organizations using video to share, educate, and empower! With many of us limiting face-to-face interactions, connecting via video is an awesome alternative at most everyone's fingertips.

Check out our newly-formatted [Videos page](#) on Facebook. It organizes dozens of interviews and spotlights we've captured and produced in recent years and also includes new videos coming in from you being recorded in living rooms, kitchens, back porches, and coalition offices, including a series created by Faith-Based Community Coordinator Jaime Harper and Lifeline Will Taylor, a video from [Lisa Ragan sharing one of her favorite ways to de-stress and focus on self-care](#), and motivational messages and songs from [Dr. Monty Burks](#) and [Cathy Davis](#).

ICYMI on Facebook, the (above) video is a conversation titled: "Changes in the Time of COVID-19" with Lifeline Dianne Sherrod, Faith-Based Community Coordinator Amy Bechtol, and Jackson-Madison Prevention Coalition Director Kristen Wilson. They share how the pandemic has affected them and how their community outreach has continued (albeit changed) despite the challenges.

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## Mental Health Month highlights

*AWARE schools collaborate for fun, educational, engaging children's mental health awareness campaigns*



Advancing Wellness and Resilience in Education (AWARE) is a TDMHSAS and TN Dept. of Education collaboration working to implement and grow school mental health services in four rural school districts. The federal grant supported program aims to increase mental health awareness, expand access to mental health resources, and teach resiliency (and much more) to school-age youth.

Despite working through COVID-19 challenges, the AWARE teams of Fayette, Hickman, Cocke, and Lake Counties were determined to celebrate and promote Children's Mental Health Awareness. We wanted to share some highlights from their social media efforts, starting with Lake County (above) whose [#IDontMind campaign](#) focused on reducing stigma and sharing with others about mental health challenges and triumphs.

Administrators, nurses, teachers, custodians, nutritional staff, and members of the high school and middle school councils were some of the Lake County AWARE stars featured. They also had t-shirts made with a special award-winning design that read: Difficult roads lead to beautiful destinations!





[Fayette County Public Schools](#) (above) hosted the "Talk About It" campaign. As their facebook post explains, this campaign "aims to get our students to speak up about the issues or problems they might be dealing with in everyday life. We want our students to know we are here for them everyday!"

Hickman County AWARE collaborated with Hickman School-Based Behavioral Health Liaisons to create weekly Facebook Live events including a discussion about resiliency [with Grammy Award-winning percussionist Dave Spak!](#)

And the [Cocke County Student Support Specialists Facebook page](#) also posted encouraging messages, resources, and videos including those by Mr. Parker, a school psychologist sharing [social-emotional lessons](#) and original songs from his home in Colorado. The videos are ideal for students and parents home schooling and focus on topics such as courage, anxiety, compromise, and paying attention.

***"I'm so proud of our AWARE team and their work in reducing the stigma of mental health."***

***- Brandy Thomas-Wade, TDMHSAS Program Manager AWARE***

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## ***COVID-19 doesn't deter the Office of Children, Young Adults, and Families' focus on mental health awareness***

*Submitted by the TDMHSAS Office of Children, Young Adults, and Families*

Since 2006, May has been nationally recognized as a time to acknowledge the importance of children's mental health! Each year, our Office of Children, Young Adults, and Families seeks to raise awareness about the real issues facing children and youth with mental health disorders and their families. This year's events went virtual after COVID-19 impacted our many spring plans.

TDMHSAS focused on supporting mental health conversations between parents/caregivers, community members, youth, and young adults through an array of virtual activities.

Tennesseans were able to engage in the *Power of Telling Your Story* training provided by Jane Walker and Malisa Pearson for the Family Run Executive Directors Leadership Association. This training was interactive and engaging as it provided family peer participants with resourceful tools to utilize when sharing their story as it relates to being the caregiver of a child/youth/young adult with a behavioral health challenge. Parent Peers continued the day-long training with a *Gender Pronouns* informational session facilitated by Jules Wilson, our Young Adult Engagement Coordinator. The topic engaged the interest of participants causing them to ask for more information to assist them in being culturally and linguistically responsive. The day concluded as Family Peers transitioned into a Zoom focus group forum hosted by Centerstone Research Institute discussing the role of Family Support Specialists in Tennessee.

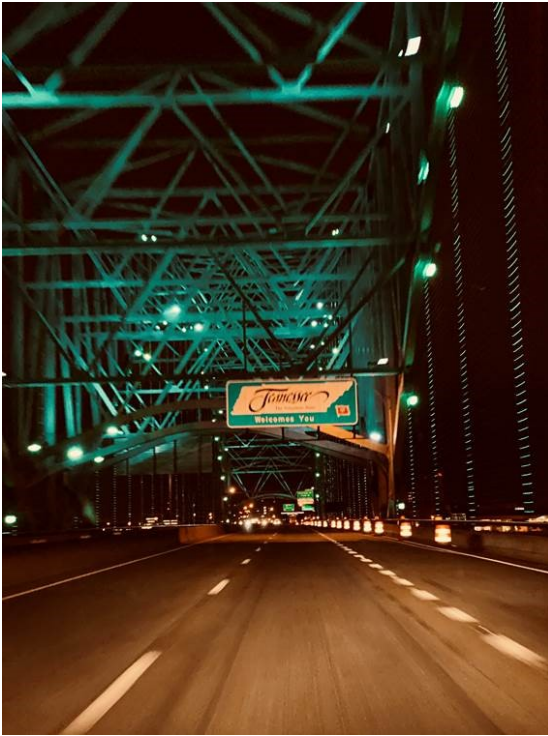
One evening, we collaborated with TN Voices in hosting a Facebook Live event that allowed youth and young adults the opportunity to discuss how to take care of their mental health, address challenges related to COVID-19, and how best to reach out to their families, friends, and community members to start a conversation around mental health. This event included polling questions, discussion questions, videos, and social media interactions. More than 1,000 people participated in the live panel!

An all-day Web-a-Palooza was held providing information about the programs and services available to the people we serve. More than 300 people participated in this event covering the following topics: Positive Parenting in a Pandemic, Another Person's Suffering: Why it Matters for Me; We are Family: In this Together; Supporting Youth & Young Adults through COVID-19; We've All Lost Something; Words Matter: and culminating with Gender Pronouns 101.

On the Y/YA front, the Statewide Young Adult Leadership Council has continued to meet monthly during the quarantine with shorter and more intimate virtual meetings focusing on group exercises around self-care, wellness, and connection. A big part of personal and professional development as a leader and advocate is knowing when to take time to take care of yourself, and the YALC has been enjoying this renewed focus. With conference season approaching, albeit virtually, some members of the YALC worked on creating a presentation proposal that shares their expertise as young leaders. The pandemic has brought up changes in jobs, residence, availability, and non-COVID-19 related health issues for nearly every young person in the group (and in general), and we ask that you remember the in-between people – the young adults – when you're making decisions with your programs.



*Pictured from the Young Adult Leadership Council's May Zoom meeting are: (clockwise) Crystal Hutchins (Tennessee Voices); Jules Wilson; Diana Kirby (TDMHSAS); Rebekah Lewis (YALC); and Jordan Scruggs (YALC).*



To top off all of the exciting activities that occurred during the month, we acquired 20 proclamations from city and county mayors across the state to honor Children's Mental Health Awareness Day on May 7, and Gov. Bill Lee signed a state proclamation in support of observing National Children's Mental Health Awareness.

In Middle Tennessee, The Korean Veterans Bridge was lit up in green, as well as the Big River Crossing and Hernando Desoto Bridge in West Tennessee.

Finally, thanks to the Tennessee Commission on Children & Youth for inviting Melissa Binkley, director of our Regional Intervention Program, to be a guest on their podcast *Roots & Wings* for an episode titled, "It's OK Not to Feel OK: A Pandemic Mental Health Discussion. Melissa and host Jonquil Newland discuss ways parents and children can deal with the stress that comes with isolation, home schooling, and change in routine. [You can catch their candid and tip-filled conversation here.](#)

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## More Recovery Month highlights

Tennessee Recovery Courts have made sure that a pandemic would not stop them from holding graduations and celebrating their hardworking graduates. Below is the team from the 22<sup>nd</sup> Judicial District Court in Columbia who held a safe drive-through ceremony last month.





We also love how the 22nd Judicial District highlighted some of their upcoming graduates on [their Facebook page](#) during Recovery Month. Congrats, grads!!!



Chris will be graduating soon! He has plans to return to college and is actively working with the Lawrence County Substance Abuse Prevention Coalition. His goal is to become a Certified Peer Recovery Specialist.



Meet Jessica . . . In her own words: "This program saved my life. It helped me go from a homeless drug addict who had lost her children and everything she ever cared about, and now I'm a productive member of society raising my children and living my best life. The Recovery Court board members are simply amazing!!" As are you, Jessica. Keep up the great work!

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## Tennesseans get trained to 'Be the One' to prevent suicide

With 21 partners statewide, including state departments and private agencies alike, the Be the One campaign is constantly looking to reach more Tennesseans. Part of the campaign's mission is to help build a supportive workforce. The importance of that has become more evident during this difficult time when we see deaths by suicide have increased.

The Be the One training teaches you how to recognize when someone you



know may be thinking about suicide. It teaches how to ask the question directly and offers tips on how to develop good listening skills, a key component of suicide prevention. All who attend the training are provided with local and statewide resources.

In less than one year (since August 2019), the Be the One campaign has reached more than 1,100 members of the Tennessee workforce. We'd love to

add you and your staff to this list. **The Be the One training is offered both in person and virtually for free.**

For more information about the Be the One campaign, [visit our website](#). And please reach out to Joanne Perley, MPH, TDMHSAS Program Manager of Suicide Prevention, to get signed up for a training or to learn more about obtaining training for your staff and organization. You can reach Joanne at [joanne.perley@tn.gov](mailto:joanne.perley@tn.gov). She would be happy to speak with you.

**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**

We've recently updated the graphics for our TN Statewide Crisis Phone Line. If you'd like to help share and distribute this free resource, [you can find the files on our website](#). Thank you in advance!

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# Hospital News



## *TDMHSAS receives award to assist in recruitment*

TDMHSAS has been awarded \$200,000 to recruit physicians to the state's four Regional Mental Health Institutes.

The funding is from the Tennessee Center for Health Workforce Development (TCWD), a subsidiary of the Tennessee Hospital Association (THA), and it can be used to recruit psychiatrists and psychiatric nurse practitioners at state hospitals in Bolivar, Chattanooga, Memphis, and Nashville. Approved uses of the funding include sign-on bonuses, relocation expenses, and student loan repayment assistance.

"Recruiting physicians, especially psychiatrists and psychiatric nurse practitioners, is a challenge for all health care organizations. This funding makes the prospect of employment with TDMHSAS that much more attractive and will help us to recruit top talent to treat the Tennesseans in our care," said TDMHSAS Commissioner Marie Williams, LCSW.

[Visit our Newsroom to read the press release in its entirety.](#)

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## *Welcome Jasmine Miller to #TeamTDMHSAS*

Please help us welcome Jasmine Miller to the Division of Hospital Services as





a business analyst. Jasmine began working with us last August in her previous role as a Governor's Management Fellow. She was tasked with the development of a health and wellness curriculum for the sub-acute population in the Regional Mental Health Institutes.

Jasmine studied the history of science, medicine, and public health at Yale University with a focus on historical public health campaigns aimed at women, minorities, and the urban poor. During her time at Yale, Jasmine served as an

admissions interviewer and student liaison for the Yale College Office of Undergraduate Admissions. Jasmine also spent several years as a community health educator where she helped develop and teach a comprehensive health and wellness curriculum in New Haven Public Schools.

We are excited to have Jasmine on #TeamTDMHSAS and look forward to the continued value that she will bring!

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## *WMHI names Assistant Director of Human Resources*



Congratulations to Shelby Moore who has been selected as the Assistant Director of Human Resources at Western Mental Health Institute. "I have full confidence that Shelby will serve the HR department and the facility at the highest level and that she will be a valuable ally and resource to all of us," said HR Director Tiffeny Greene. "The knowledge, work ethic, calm demeanor, and dedication to the job that she has shown during her time here at Western ensures me that she will do well in her new role."

Shelby earned her bachelor's degree in business management and her master's degree in business administration from Freed-Hardeman University. In

April 2018, she began her employment with the facility as an Administrative Services Assistant 2 and then promoted to HR Analyst 2. During her employment, she has cross-trained, continued learning, and has become very knowledgeable of all aspects of the department.

"I would also like to say thank you to Bridget Nuckolls for her time serving in this role and for all of the assistance she continues to provide," added Greene. "She has been and will continue to be a valuable resource and serve our department and facility well."

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*Congratulations to our newest nurse graduates!*



Congratulations to Lori Nelson who completed her Bachelor of Science in Nursing from the University of Memphis!

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Congratulations to Phillip Taylor who completed his Bachelor of Science in Nursing from Austin Peay State University! He plans to pursue his master's degree in nursing informatics.



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*Celebrating patients' accomplishments, continued learning*



*Submitted by Western Mental Health Institute*

On March 10, the sixth Start Now group came to an end with a celebration at Western MHI. The patients who finished the group accomplished a great deal. They received certificates at the end of each of the four units of study which included: My Foundation: Starting with Me; My Emotions: Dealing with Upset Feelings; My Relationships: Building Positive Relationships; and The Future Me: Continuing My Path to Success.

The patients said they especially enjoyed reviewing behaviors in terms of identifying the **A**ctivators, **B**ehavior, and **C**onsequences. One patient stated that Start Now helped him to understand his anger better and make better behavioral choices. Another stated he really enjoyed the variety of topics that were covered.

Beryl Perry, Adjunctive Therapy, planned the celebration and decorated the room. She brought tasty treats for the patients and her own delicious homemade punch. When the patients came into the group room for the last session and closing party, they couldn't believe their eyes. The group leaders, Ashley Jowers, DNP and Alice Greaves, Psy.D., congratulated the patients on a job well done. Initially, Dr. Jowers and Dr. Greaves planned to begin group 7 in the first week of May. However, the pandemic has forced a change in plans. Group 7 will begin after the quarantine is lifted.

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## #TNEverydayHeroes campaign continues

We are still accepting submissions for the TN Everyday Heroes campaign! Follow our facebook and Instagram pages as we will continue to share. To nominate, email [OC.TDMHSAS@tn.gov](mailto:OC.TDMHSAS@tn.gov). Tell us how your Everyday Hero(es) continue serving fellow neighbors, colleagues, and Tennesseans during COVID-19. (Below) is one example, a nomination from Moccasin Bend Mental Health Institute in Chattanooga, one of our four RMHIs whose service to the state has never ceased and continues strong!

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For exceptional service to Moccasin Bend Mental Health Institute during the initial phase of COVID-19 planning and operation, Team ISM was instrumental in establishing systems and procedures for telehealth, Webex applications, and supporting Alternative Work Solutions initiative. We love our IT #TNHeroes!

## Summer break? Not for TN's community anti-drug coalitions!

It is summer break, but the work never stops in our [community anti-drug coalitions](#). Check out some of the great things they've been up to!



More billboards! (Above) Great job, Obion County Youth Coalition aka RAPP! which stands for Rise Above Peer Pressure! Their billboard was designed with an important message for graduation season and placed on Highway 51 between Troy and Union City. (Below) The banner below started as a billboard. It was so well received by the community that Cumberland County Rising coalition decided to make and display 20 banners throughout the community, using the same billboard artwork that shares another key prevention message.



Cumberland County Rising also pivoted when COVID-19 changed their

prevention plans, explains Director Rachael Randolph. "We were going to kick off our Hidden in Plain Sight interactive display at an event in early spring. We were very disappointed when we found out that everything was going to be put on hold for now due to COVID-19. But we persevered and turned our small conference area at the coalition office into a teenage boy's bedroom."

The coalition is inviting educators, parents, youth pastors, and community partners to this COVID-safe interactive display. "With over 20 hiding places and other warning signs, people will really get an insight into a teenage brain. We can also talk to folks when they come in about Narcan training, medication lock boxes, and more."



Roane County Anti-Drug Coalition continues to safely serve their community and be involved with youth by partnering with the Roane County Schools Summer Food & Nutrition Program, delivering breakfast and lunch meals three times a week to anyone under the age of 18 in Roane County from May until the end of July. The coalition says, " we are very thankful to serve Roane County during times of need, to be apart of something bigger than themselves, and to give back." Way to go, RCADC!

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The Stand in the Gap Coalition (SIGCO) in Claiborne County launched a new Substance Abuse and Addiction Process (SAAP) training to local school systems of the tri-state area reaching nearly 3,000 students before COVID-19. SIGCO received 37 letters from fifth and sixth graders expressing their personal appreciation for this training. Keep up the great work, SIGCO!



## Middle TN Mental Health Institute featured in NAMI Davidson Co. video



Correction: We apologize for an error made in the headline for this story last month. We're happy to give everyone who may have missed it another opportunity to see this video and say kudos once more to the MTMHI NAMI Walks team!

The Middle Tennessee Mental Health Institute NAMI Walks team exceeded their fundraising goal despite COVID-19. Here's what NAMI Davidson Co. Executive Director Robin Nobling had to say about the team led by psychiatric nurse Nancy Moore: "In its third year as a walk team with the event, Nancy Moore was determined to meet the \$1000 goal set for all teams. Then the COVID-19 pandemic hit, but that

didn't stop this determined team. They faced the virus head on. With protocols in place they stepped out in support of the Walk and the people they care about. The week of April 20, they not only met their goal, they exceeded it."

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## Save-the-Dates

### *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 this link](#).

The next Statewide Planning & Policy Council meeting is scheduled for Tuesday, Aug. 11 from 10 a.m. to 2 p.m. Central at Middle Tennessee Mental Health Institute in Nashville.

Regional meetings are scheduled to resume in July.

Region VI	Tuesday, July 14	1:30 p.m. - 3:30 p.m. CST	Pathways 238 Summar Drive Jackson, TN 38301
Region III	Thursday, July 16	10 a.m. - 12 p.m. EST	AIM Center 472 W. MLK Blvd. Chattanooga, TN 37402
Region VII	Tuesday, July 28	11:30 a.m. - 1:30 p.m. CST	Lowenstein House East 6590 Kirby Center Cove, Suite 103 Memphis, TN 38115
Region I	Tuesday, August 4	10:00 a.m. - 12:00 p.m. EST	Frontier Health Corporate Offices 1167 Spratlin Park Drive Gray, TN 37615
Region IV	Wednesday, August 5	11 a.m. - 1 p.m. CST	TAADAS 1321 Murfreesboro Pike, Suite 130 Nashville, TN 37217
Region	Thursday, August	9:30 a.m. -	TAADAS

V	6	11:30 p.m. - CST	1321 Murfreesboro Pike, Suite 130 Nashville, TN 37217
Region II	Wednesday, August 12	11:30 a.m. - 1:30 p.m. EST	Helen Ross McNabb Center, Training Room 201 West Springdale Ave. Knoxville, TN 37917

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For questions about substance abuse treatment,  
**Call or Text the Tennessee REDLINE**  
**800-889-9789**

In the event of a **MENTAL HEALTH EMERGENCY:**

**Call 855-CRISIS-1**

**\*855-274-7471**

For confidential help  
from a caring crisis professional  
in your area, available

**24 hours a day, 7 days a week.**

This is a free call.

You can also text TN to 741741.



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Tennessee, [visit our website.](#)



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*You're going to be ok!*



Thanks to the person(s) who left this message at our new Regional Intervention Program facility in Nashville. We concur!

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*We hope you've enjoyed this issue of the Update!  
If you have news to share (a story idea, accomplishment,  
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