

TDMHDD Update

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AUTUMN 2010

Tennessee Awarded **\$9 Million** for Early Intervention Services in Middle Tennessee

Early Connections Network to Implement Six-Year System of Care for Young Children and Their Families

NASHVILLE – The Tennessee Department of Mental Health and Developmental Disabilities

(TDMHDD) has received a \$9 million grant from the U.S. Substance Abuse and Mental Health Services Administration to implement a coordinated system of care for young children in Middle Tennessee over the next six years called the Early Connections Network (ECN). The grant, which began October 1, 2010, is one of only nine grants awarded nationwide. The ECN will serve children from birth to age five and their families in Cheatham, Dickson, Montgomery, Robertson, and Sumner counties with a special focus on the children and families of military service members.



The ECN anticipates serving at least 400 young children with social, emotional, and behavioral needs. A main goal of the grant is to establish a sustainable infrastructure that will reduce stigma and

increase community awareness about the need for early intervention and prevention services and supports for this population of

children and their families. The ECN is a result of the partnership between the Department's Division of Special Populations, Tennessee Voices for Children, Centerstone of Tennessee, and Centerstone Research Institute.

Tennessee currently has systems of care in Maury County (MuleTown Family Network), Knox County (K-Town Youth Empowerment) and Shelby County (JustCare Family Network). Nashville Connection was Tennessee's first federally funded system of care. ECN is Tennessee's first system of care grant focusing solely on early childhood.

To view a copy of the full press release please visit <https://news.tennesseeanytime.org/node/6197> ■

Tennessee Awarded \$3.6 Million Grant for Wellness Recovery Program

The Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) received a grant of \$3.6 million from the U.S. Substance Abuse and Mental Health Services Administration to address significant health disparities experienced by Tennesseans with mental illness, substance use, and co-occurring disorders. The grant, which began October 1, 2010, will work to transform TDMHDD's recovery service infrastructure by integrating a physical health focus into existing behavioral health recovery services.

The program will be offered in community mental health programs

throughout the state and will deliver education, motivation, support, and connections for improved health practices to a population that characteristically experiences poor physical health and rarely accesses primary care. Participants will work through a peer-led health, wellness, and chronic disease prevention and self-management program to improve their whole health and extend their lifespan. Program consumers will participate in prevention and self-management of chronic illnesses by addressing exercise, nutrition, weight and sleep management, tobacco use, and appropriate medication

use. The program anticipates serving approximately 2,352 individuals over the next five years.

To view a copy of the full press release, please visit <http://news.tennesseeanytime.org/node/6048>

NOTICE TO READERS

This is the last electronic, quarterly issue of the TDMHDD *Update*. Past issues of the newsletter will be available online, and news will be updated as events occur. The new format will be available by visiting www.tn.gov/mental and clicking on the TDMHDD *Update* icon on the right side of the screen in mid-December.

Bredesen Signs Executive Order Establishing Council on Service Members, Veterans and Their Families

On August 31, 2010, the Governor signed Executive Order 71 to establish the Council on Service Members, Veterans, and Their Families. The formation of the Council was the result of a Substance Abuse and Mental Health Services Administration-sponsored Policy Academy where state officials and representatives from Fort Campbell, the Tennessee National Guard, the U.S. Department of Veterans Affairs and other veterans service organizations met to address the needs of service members and veterans in Tennessee. The Council will build upon the efforts of the Tennessee Veterans Task Force, an active but informal group that has been meeting for the past two years through the leadership of TDMHDD's DADAS.



The Council will be made up of 25 members, including the commissioners of the departments of Veterans Affairs, Mental Health and Developmental Disabilities, Health, Labor and Workforce Development, Human Resources and the Adjutant General of the Department of Military. The Speaker of the Senate will select one member of the Senate and the Speaker of the House of Representatives will select one member of the House of Representatives to serve on the Council.

To view a copy of the full press release, please visit <http://news.tennesseeanytime.org/node/5850> ■

Agencies Partner to Host OPERATION IMMERSION Aug. 30 - Sept. 1

Mental health professionals from 19 states and 5 tribal nations participated in the third OPERATION IMMERSION August 30 - September 1, 2010, at the Tennessee National Guard Training Center in Smyrna, Tenn. The unique military immersion training experience was hosted by the Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD), along with the Substance Abuse and Mental Health Services Administration (SAMHSA), the Tennessee National Guard, and the Tennessee Veterans Task Force. Attendees hailed from states receiving Access to Recovery dollars.

The training, designed to immerse attendees in military culture and the deployment experience, is an effort to help remove the barriers and apprehension soldiers often face when seeking help for mental health or substance abuse disorders. Participants stayed in the barracks, went through modified early morning Physical Training, chores, and inspection, toured a C-130 and Black Hawk Helicopter, and ate Meals Ready to Eat, just like those who are deployed to combat.

Featured speakers included Dr. H. Westley Clark, director of the Center for Substance Abuse Treatment, TDMHDD Commissioner Virginia Trotter Betts, and Major General Terry M. Haston, Adjutant General of the Tennessee National Guard. The event also featured presentations by experts from SAMHSA and Tennessee on Post Traumatic Stress Disorder, homelessness, and suicide prevention. Attendees also heard personal stories of deployment from combat veterans of Operation Iraqi Freedom and Operation Enduring Freedom and from military spouses and family members.

Operation Immersion, which began in June of 2009, is a collaborative effort of TDMHDD, the Tennessee National Guard, and the Tennessee Veterans Task Force designed to reduce the stigma of mental illness and substance abuse disorders within military populations. The two-day curriculum focuses on military culture and issues specific to service members and veterans who have served in combat for one or multiple deployments, and their families.

To view a copy of the full press release, please visit <http://news.tennesseeanytime.org/node/5825> ■

State Receives \$2.1 Million to Continue Crisis Counseling Services for Flood Victims

The Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) received a \$2.1 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to continue providing mental health outreach, counseling, and educational services to individuals impacted by the severe storms, historic flooding, and tornados that began April 30, 2010. The grant began on September 1, 2010.

The department will continue to collaborate with five community mental health centers in Middle and West Tennessee to provide basic mental health services in affected communities including individual and group crisis counseling, public education, community networking and support, and both adult and child needs assessment and referral. Fourteen new outreach counselors will be added to the teams to provide enhanced support for individuals and families in affected communities.

Services are now available for individuals in Cheatham, Clay, Davidson, DeKalb, Dickson, Dyer, Gibson, Haywood, Hickman, Houston, Humphreys, Jackson, Macon, Madison,

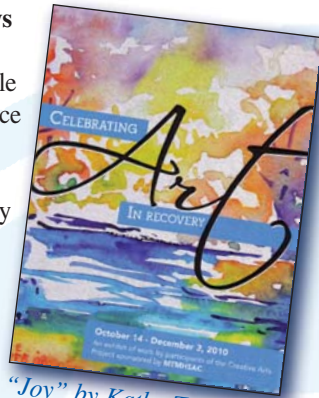
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– H A P P E N I N G S –

MTMHSAC’s Creative Arts Project Wins Mayor’s Award

Tennessee Arts Commission Displays Works

The Creative Arts Project of the Middle Tennessee Mental Health and Substance Abuse Coalition was selected for the 2010 Award for Agency/Organization from the [Nashville] Mayor’s Advisory Committee for People with Disabilities. The award was presented at a reception on Tuesday, October 26, 2010, at the Nashville Farmer’s Market.



“Joy” by Kathy Tupper, Promotional Postcard

The Creative Arts Project provides opportunities for the public display of the works of many professional and first-time consumer artists while in recovery from mental illnesses or substance abuse. Their works have appeared all over Middle Tennessee, are showcased at the annual *Art for Awareness* event at the Legislative Plaza, and currently, are in a featured exhibit at the Tennessee Arts Commission Gallery at 401 Charlotte Avenue in Nashville.

The exhibit, *Celebrating Art in Recovery*, began October 14, 2010, and will run through December 3, 2010, and recognizes the work of 40 participants of the Creative Arts Project. An exciting variety of mediums and styles are represented. One artist, Kathy Tupper, works in a variety of artistic mediums and her image, “Joy!,” is featured on postcards to promote the exhibit. “Joy” features an autumn-hued, stylistic landscape of color and light, adequately illustrating the emotions that art evokes on the pathway to recovery. Exhibit hours are 8:00 a.m. – 4:30 p.m., and admission is free.



A profile of each artist is displayed with a sample of their work.

Gallery visitors contemplate the variety of artistic styles and mediums on display.



MHAET Ben Harrington Receives HEROES Award

The *Greater Knoxville Business Journal* presented its annual prestigious Healthcare HEROES Awards in August 2010. Long-term Executive Director of the Mental Health Association of East Tennessee, Ben Harrington, was recognized for the agency’s development and implementation of strategic community outreach programs. Specific programs cited by the journal were the *Mental Health 101* program that serves nearly 14,000 middle and high school students annually and the *Mental Health Matters in the Workplace* program. *Mental Health 101* is funded in part by a grant from TDMHDD and serves students in 54 schools in Middle, Southeast, East and Upper East Tennessee. The curriculum focuses on teaching students how to recognize mental illness, depression, and potential suicidal behaviors in themselves and their peers. It encourages them to seek help from adults they trust. Student survey results are encouraging to Harrington who also serves as a member of the TDMHDD Planning & Policy Council.

Harrington is quick to reveal that teachers Jim McGowan of Gibbs High School and Jerilynn Carroll of Halls High School of Knox County were the first to ask for help in 2000 with teaching students about mental health issues thereby launching the program. Soon after the first presentation, Harrington says a student came to a teacher for help with a friend and “saved that young girl’s life by intervening.” Since then, the program has been refined and some funding comes from partnerships, allowing the program to expand from high schools to middle schools and from Knox County to 21 East Tennessee counties.

The Healthcare HEROES awards are presented to individuals and organizations that have made significant contributions to the quality and availability of health care in East Tennessee.

MTMHSAC Publishes Second Volume of Consumer Writers’ Works

The Middle Tennessee Mental Health and Substance Abuse Coalition has published a second volume of consumer writings in *Faith, Hope and Recovery in Letters 2010*. Over 70 people responded, and the booklet contains selections from entries that reflect the joys and sorrows of the struggle against mental illness and addictions. Poems and personal essays from Tennesseans offer reflections about their lives and hopes for a better tomorrow. The creative spirit is a source of enrichment in all people that enhances treatment and bolsters recovery and resiliency. As one writer and TDMHDD Consumer Affairs employee, Jennifer L. Jones, said about recovery:

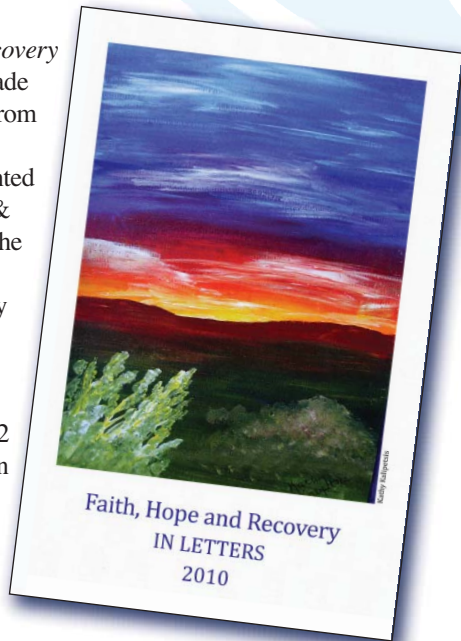
- HAPPENINGS -

MTMHSAC Publishes Second Volume of Consumer Writers' Works ...cont.

*“The light again is becoming
brighter and brighter.
I feel warmer.
I am being loved,
Cared for
and
carried through the pain.”*

The book contains black and white images of consumer art, some exhibited during the annual Legislative Plaza *Art for Awareness* event, and some currently displayed in the ongoing Tennessee Arts Commission gallery exhibit, October 14 - December 3, 2010 in Nashville.

Faith, Hope and Recovery in Letters 2010 is made possible by a grant from AmeriChoice and Amerigroup and printed by Allegra Printing & Imaging. Copies of the softbound, 48-page book are available by request to MTMHSAC, P. O. Box 23584, Nashville, TN 37272 with a small donation for postage.



NAMI Honors Senator Overbey

The National Alliance on Mental Illness (NAMI) is a nationwide advocacy group with chapters in the 50 states. It recently named State Senator Doug Overbey of Maryville, Tennessee, *Legislator of the Year* for his efforts on behalf of citizens with mental illness. The award was given “in recognition of his dedication to the health and mental health of the people of Tennessee.” Senator Overbey, a Republican, represents Blount and Sevier counties and is active in a number of community organizations include the Kiwanis Club of Maryville, United Way of Blount County, Blount County’s Children’s Advocacy Council and A Secret Safe Place for Newborns of Tennessee, Inc. During the 106th General Assembly, Senator Overbey sponsored or co-sponsored many bills concerning health and mental health to improve the lives of Tennessee’s citizens. ■



Senator Doug Overbey

State Receives \$2.1 Million to Continue Crisis Counseling Services for Flood Victims...cont.

Maury, Montgomery, Perry, Rutherford, Shelby, Smith, Stewart, Sumner, Tipton, Trousdale, Wayne, Williamson and Wilson Counties.

In May, the department received an initial 90-day grant of \$380,000 from FEMA to provide mental health and educational services in the counties affected by flooding and severe weather. This second grant will continue those services through June 2011. ■



Photo courtesy of Ethan Luck, Nashville Photographer

COMMISSIONER'S CORNER

Employees Involved in Tennessee Recovery Project Honored

On Wednesday, August 25, 2010, Commissioner Virginia Trotter Betts presented TDMHDD employees Dennis Temple and Melvin Smith with a framed flood relief poster to thank them for their



Smith and Temple with Commissioner Betts

hard work in securing federal grant monies for the Tennessee Recovery Project (TRP). TRP partners with five community mental health agencies to provide basic mental health, counseling, and other services to May's flood victims. Commissioner Betts also wishes to thank Carol Kardos for her work and assistance with the grant application. More information about the Tennessee Recovery Project can be found on TDMHDD's website at <http://news.tennesseeanytime.org/node/5799>

Graham Appointed to Governor's Advisory Committee

TDMHDD Director of Human Resource, Vickie Graham, was appointed in October to the Governor's Advisory Committee on Equal and Fair Employment Opportunity. Graham has been a state employee for 25 years, serving in the state's human resources and tourist development departments. She has worked at TDMHDD for 11 years and is an alumnus of the Tennessee Government Executive Institute. Graham is one of 112 men and women Governor Phil Bredesen appointed to serve on 37 state boards and commissions. Her appointment is the result of an exemplary career in human resources and extensive knowledge of employment rules and regulations.

Poling Honored by MTMHI

On October 12, 2010, the department heads of the Middle Tennessee Mental Health Institute in Nashville, Tennessee honored TDMHDD employee, Becki Poling with the "Making a Difference in the Lives of Others Award" from the institute. The award recognized Poling's efforts



Poling with Chief Executive Candace Gilligan, RN, MSN

in the improvement and expansion of Treatment Mall Services. She serves the department as Director Hospital Services, and is the expert advisor to the institute's clinical and program staff as they implement a psychiatric rehabilitation model that benefits all patients.

Kovacs Is MTMHI Assistant Superintendent for Program Services

In October 2010, Joyce Kovacs, LCSW, was appointed Assistant Superintendent for Program Services for the Middle Tennessee Mental Health Institute. Kovacs has served MTMHI for three years, and most recently served as Director of Social Services. She has a diverse professional experience which includes her roles as a substance abuse/family therapist at Cumberland Heights and a family therapist at Blount Memorial Hospital and Peninsula Village. Prior to pursuing her Masters in Social Work, Kovacs obtained a degree in geological engineering and worked as a consultant for Martin Marietta at Oak Ridge National Laboratories as a Project Manager.



Joyce Kovacs



Bruce Emery

Emery Heads to Washington, DC

Bruce Emery, M.Ed., M.S.W. will be leaving his post as Assistant Commissioner of the Division of Alcohol and Drug Abuse Services on November 30, 2010. Emery leaves Tennessee to become Senior Substance Abuse Advisor and Workforce Coordinator with the National Council for Community Behavioral Healthcare in Washington, DC.

Bruce Emery brought a wealth of knowledge and experience in his role at the department. His tenure saw implementation of a successful transition of Alcohol and Drug Abuse Services from the Department of Health to the Department of Mental Health and Developmental Disabilities. Funding for alcohol and drug services has been diversified as a result of community alcohol and drug service agencies who have entered the TennCare service network; expansion of A&D funding by more than \$34 million, including the SPF-SIG and Partnerships for Success programs; and development of new partnerships with the Bureau of

COMMISSIONER'S CORNER.....cont.

Probation and Parole, Tennessee's Managed Care Organizations and the federal Department of Justice. Under his leadership, DADAS successfully developed a statewide crisis system of five Medically Monitored Crisis Detoxification Centers (MMCDs) and expanded and improved services for service members, veterans and their families through both Operation Immersion and the establishment by Executive Order 71 of the Governor's Council for Veterans, Service Member, and Their Families.

"My experience in Tennessee has been invaluable. I am grateful to Commissioner Betts, to my TDMHDD colleagues and DADAS staff, and to community alcohol and drug service providers who have consistently demonstrated their commitment to improving the lives of Tennesseans impacted by substance use, abuse and addiction," Emery stated. "I take away important lessons about transforming service systems that can only be learned from working at the state level."

As a result of Emery's efforts, the division adopted TN-WITS, a comprehensive, web-based data collection and reporting system that allows Tennessee to better analyze alcohol and drug services purchased under State contract and quantify the success in helping reduce or eliminate substance use. "We now have a cutting-edge management information system to help make decisions about how best to allocate scarce resources and help improve public health," he said.

"Bruce and his expertise will be sorely missed," said Commissioner Virginia Trotter Betts. "I consider the movement of Alcohol and Drug Abuse Services to TDMHDD to be one of the most important achievements of my tenure as Commissioner in Tennessee. Bruce's leadership and partnership was invaluable in actualizing that complex and challenging task."

TDMHDD wishes Emery the best in his new professional endeavor.

Lakeshore MHI Social Worker, Retiree, Dies at 84

Mary Katherine "Kay" Doherty Bacon died Sept. 22, 2010 at the age of 84 after a long illness. Bacon earned a master's degree from the University of the Tennessee College of Social Work and, following graduation in 1978, began work at Lakeshore Mental Health Institute where she remained until her retirement. She was born and raised in Boston and moved with her husband to Knoxville in 1949. Bacon was active in a wide range of civic groups, was an avid international traveler, and loved art, music and photography. Bacon is survived by seven children (four sons and three daughters), 13 grandchildren, one great-granddaughter and three sisters. Her burial was private and a mass was held in her honor on October 13, 2010 in the chapel of All Saints Catholic Church in Knoxville, Tennessee. Memorial donations can be made to the Catholic Charities of East Tennessee, 3009 Lake Brook Blvd., Knoxville, TN 37909.



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