



## *A Message from Commissioner Williams*

Dear friends and partners,

Don't look now, but the dog days of summer are upon us! There's been no summer slowdown at TDMHSAS, that's for sure. We're busy operationalizing the new funding we've gotten from Gov. Bill Lee and the TN General Assembly and from our partners at the federal government. [Be on the lookout for new announcements of funding posted on our website at this link.](#)

In addition to dreaming big with the new funding we've been blessed to receive, we've also been busy looking at systemic issues affecting the public behavioral health system with our workforce workgroup convened in partnership with TennCare. We've had two meetings so far, and we've received some great ideas which we're compiling into a report and will present to the workgroup for review soon and publication this fall.

While the work continues at the state level and in communities across Tennessee, we know our neighbors need us more than ever. Tragic and troubling numbers about

overdose deaths in our state in 2020 are beginning to paint a clearer picture of the effects of the pandemic that we will continue to be recovering from for some time to come. I am grateful for the role each of you plays in supporting the recovery, resiliency, and independence of Tennesseans, and I am thankful for your partnership in this life-saving and life-changing work.

Many blessings,

Marie

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## TDMHSAS and the TDH renew the #ResilienTN Partnership

*Focus on overdose and suicide prevention ahead of  
International Overdose Awareness Day 2021*



**RESILIENTN**

TDMHSAS and the TN Department of Health are renewing the #ResilienTN partnership to raise awareness around drug overdose and suicide prevention timed with the upcoming International Overdose Awareness Day (Aug. 31). With our partners and providers in communities across the state, we're planning events, trainings, and awareness activities.

As we emerge from the pandemic, it's never been more important to be in touch with and protect your mental health. During the pandemic, self-reported rates of depression and anxiety were double what's seen in a normal year. Use of substances to cope with those feelings also increased significantly. While

more and more aspects of daily life are getting back to normal, people are going to continue processing the feelings and decisions made during this time of immense stress, and we fear that may result in increases in drug overdose and suicide.

How can you protect yourself, your family, your coworkers? We have four virtual trainings upcoming on **suicide prevention** and **opioid overdose reversal**.

Be the One suicide prevention August 16, 2:00 – 4:00 p.m. CDT

<https://www.tn.gov/behavioral-health/calendar/2021/8/16/be-the-one-suicide-prevention-training.html>

Be the One suicide prevention August 20, 2:00 – 4:00 p.m. CDT

<https://www.tn.gov/behavioral-health/calendar/2021/8/20/be-the-one-suicide-prevention-training.html>

Opioid Overdose Reversal August 26, 2:00 – 3:30 p.m. CDT

<https://www.tn.gov/behavioral-health/calendar/2021/8/26/opioid-overdose-reversal-training.html>

Opioid Overdose Reversal August 31, 10:00 a.m. – Noon CDT

<https://www.tn.gov/behavioral-health/calendar/2021/8/31/opioid-overdose-reversal-training.html>

Both of these programs are also **available for in-person training** for your business or other community group. Just reach out to the proper contact to set up an event:

Be the One suicide prevention: [TN.gov/behavioral-health/betheone](https://www.tn.gov/behavioral-health/betheone)

Opioid Overdose Reversal/Regional Overdose Prevention

Specialists: [TN.gov/behavioral-health/rops](https://www.tn.gov/behavioral-health/rops)

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## TDMHSAS's Dr. Burley Talks Stigma and Prevention During Minority Mental Health Month

The graphic features a dark blue background with a light blue diagonal stripe. The text 'BEBE MOORE CAMPBELL' is in white on the dark blue background, and 'WEBINAR SERIES' is in white on the light blue stripe. Below this, 'MINORITY MENTAL HEALTH AWARENESS' is written in white on a dark blue background. A red YouTube play button icon is centered over the text. To the right, there are silhouettes of diverse people's heads in shades of brown and green. At the bottom, 'PRESENTED BY' is in small white text above the NAMI Tennessee logo, which consists of a blue circular icon and the text 'NAMI | Tennessee' in blue. To the right of the logo, 'JULY 2021' is written in white on a light green background. A dark grey bar at the bottom contains the text 'Dr. Burley's presentation is available on YouTube. Just click the player above!' in white.

BEBE MOORE CAMPBELL WEBINAR SERIES

MINORITY MENTAL HEALTH AWARENESS

PRESENTED BY NAMI | Tennessee JULY 2021

Dr. Burley's presentation is available on YouTube. Just click the player above!

Wednesday, July 14th, Dr. Howard L. Burley Jr. gave a presentation on behalf of NAMI Tennessee for Bebe Moor Campbell Minority Mental Health Month. Dr. Burley spoke on the importance of addressing target issues that are essential to mental health, which are:

- **Awareness**
  - Communication is key. If we don't communicate with each other, we can't become aware of what's going on with someone, and we can't become aware of what type of services are available. If people can open up and share their experiences, it can be a lifeline to others. Other people learn they are not alone by somebody else opening up and sharing their personal experiences with them.
- **Stigma**
  - Stigma is probably the number one barrier to successful outcomes for people with mental health issues. The complicated thing about stigma can be the way people look at the individual and the way the individual views themselves. As long as people feel they will be looked at differently, it blocks their decision to go and seek proper help and treatment.
- **Access to quality care**

- The biggest struggle with mental health outcomes these days is getting to the service. We have to become more creative in terms of bringing these services to the people that need them. One thing that has been a great idea in addressing the needs is integrating primary care and behavioral health clinics.
  - **Discrimination**
    - Discrimination in minority mental health comes in all types of different ways. Stigma is when you look at something differently; discrimination is when you treat everybody differently. Developing a network of providers is one of the things we have to do to combat the discrimination we see within health. We also need to look at how we can diversify the workforce to meet the needs of the people that need to be served.
  - **Lack of education surrounding mental health issues**
    - One of the things we need to do is increase the resources and access to proper care to help people have a much better recovery and more opportunities for improvement in the quality of life they lead. It's only by information, access, awareness that we can get these people the help they need and reach their productivity.
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## CHI 2.0 Development in Clarksville ready for veterans in recovery



Our nation has a special duty to take care of the men and women who served in our armed forces. That's why we're proud that one of our recent Creating Homes Initiative (CHI) 2.0 grants went to fund recovery housing specifically for veterans in Clarksville.

Using a Creating Homes Initiative (CHI) 2.0 grant, Mary Larramore and Butterfly Moments, Inc. created five apartments for veterans in recovery from addiction. Clarksville is of course located at the gates of Fort Campbell and has a very large veteran population. In the video above, Ms. Larramore describes her vision for a recovery community and a special veteran who touched her life and inspired this work.

Since 2000, the Creating Homes Initiative has created more than 25,000 housing opportunities and leveraged more than \$755 million for Tennesseans living with behavioral health challenges. Learn more about CHI on our website at this link: [TN.gov/behavioral-health/chi](https://www.tn.gov/behavioral-health/chi)

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## Young Adult Peer Program Announces Dates for First Class

TDMHSAS is excited to announce the first class for the new Certified Young Adult Peer Support Specialist (CYAPSS) program. The CYAPSS certification is specifically designed for young adults ages 18-30 with lived experience of mental health and/or substance use challenges. The first training is set for the week of September 27 in Nashville. Click the flyer or this link to learn more about the training opportunity, and visit [TN.gov/behavioral-health/CYAPSS](https://www.tn.gov/behavioral-health/CYAPSS) to learn more about the program.

DO YOU WANT TO BECOME A  
YOUNG ADULT PEER?

## CERTIFIED YOUNG ADULT PEER SUPPORT SPECIALIST TRAINING

Training Dates: September 27 - October 1, 2021

Times: 8:30am - 4:30pm Daily

Location: RIP Building, 5020 Darlington Dr. Nashville, TN 37211

### What is the CYAPSS Program?

The Certified Young Adult Peer Support Specialist program is a new program that will certify young adults ages 18 through 30 in Tennessee, who have lived experience with or are on a journey of healing from mental illness and/or substance abuse for at least a year, to provide peer support to other young adults dealing with the same issues. CYAPSS Training is a 5 day, 40 hour training. This training is offered through TDMHSAS and is free! Completing this training is Step 1 toward becoming certified.

For more info & to apply click the link below:

<https://www.tn.gov/behavioral-health/mental-health-services/peers/cyapss.html>

\*\*\*Training dates subject to change based on participant interest.

The information contained on this page is for informational purposes only. It is not intended to constitute an offer of any financial product or service. Please contact your financial advisor for more information. © 2021 TDMHSAS. All rights reserved.

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# TDMHSAS Recognizes PTSD Awareness Day

## What is PTSD?

Post Traumatic Stress Disorder is a mental health issue that some people develop as a result of experiencing or witnessing a single traumatic event or series of events such as combat, natural disaster, car accident, and sexual assault.

### PTSD Impacts

- 70% of U.S. adults will experience at least one traumatic event in their life
- 20% that experience events will go on to develop PTSD
- 8 million adults have PTSD during a given year.

Source: [www.pdva.gov](http://www.pdva.gov)

About 10 of every 100 women develop PTSD sometime in their lives

Compared to women, only 4 out of every 100 men will develop PTSD sometime in their lives

### Recognize Symptoms

After a traumatic event, it is normal to think, act, and feel differently than usual. Symptoms can be mental, emotional, and physical.

- Grief
- Fear
- Flashbacks
- Nausea
- Dizziness
- Depression

### Seeking Help

If your symptoms last longer than a few months, are very upsetting, and disrupt your daily life, there is help and treatment options.

- Talk to a mental health professional such as a psychiatrist, psychologist, or social worker.
- A mental health professional may prescribe cognitive behavioral (talk) therapy, support group, and/or medication.

Without treatment, PTSD can lead to substance abuse, reliving the terror, heart attacks, depression, dementia, suicide, and/or stroke. Recovery is a gradual, ongoing process and taking that first step toward treatment can be the start of a more manageable happy life.

Please visit [www.tn.gov/behavioral-health](http://www.tn.gov/behavioral-health) for more information and resources

TN Department of Mental Health & Substance Abuse Services

PTSD Awareness Day 2021 was June 27. [Click this link or the image above to view the full-size infographic on the ways PTSD impacts people.](#)

**Welcome to Team TDMHSAS!**





The Office of Consumer Affairs and Peer Recovery Services would like to announce the addition of a new Helpline Advocate, Colleen H. Glahn. Colleen has been with the state since 2001 and was with the Department of Human Services for 20 years. She just recently became a Certified Peer Recovery Specialist. Colleen obtained her master's degree in counseling from Mid-America Christian University in 2016. Colleen shares that she has been married to her better half, Pete for 23 years; they have a blended family of 3 sons, Jeffrey, Jason (Kat) and Joshua (Amanda) and 1 daughter, Julie, 4 grandchildren (Hayden, Zoey, Jullian and Eloise) and 1 very spoiled 10-pound dog (Ollie).



Please join us in welcoming Jenna McDermott to the Division of Hospital Services! Jenna will be serving as the Executive Admin Assistant supporting the Chief of Staff & Hospital Operations as well as the Division of Hospital Services. Jenna has more than 19 years of experience in administrative/clerical support roles, and we are excited to have her join our team. Jenna lives in Smyrna and enjoys spending time with her daughter, family, and dog. In her spare time, she likes to write poetry, travel, and enjoy the outdoors.



Dr. Howard Burley and the Division of Clinical Leadership ask your support in welcoming **Sydney Rose Blair** as the new Program Manager 1 for the Therapeutic Intervention, Education, and Skills (TIES) grant. Sydney comes to us from Minnesota by way of South Dakota. She attained a Bachelor of Science in Sociology and Political Science and a Master of Science in Human Services Planning & Administration from Minnesota State University, Mankato. Sydney has been a Shelter and Child/Family Advocate for victims of domestic abuse and also worked with communities to help them increase funding for their food banks. She loves data, being organized and grant writing. Her hobbies are playing with her dog any chance she gets and baking.



Sheldon “Cole” Green is joining TDMHSAS as the managed care pharmacy resident for the 2021-2022 fiscal year. He is a PharmD/MBA dual degree graduate from the University of Kentucky but is fortunate to call Oak Ridge, TN his hometown. Cole says he couldn't be happier to be in Nashville developing his clinical skillset and business acumen with Team TDMHSAS.



Josh Vick is the new Information Security Analyst, and will be reporting to Vic Hearne. Josh obtained a Bachelor of Science degree in Computer Science from Tennessee Technological University with a major in Cyber Security and minor in Mathematics. He has just completed his Master's degree in Computer Science. He has interned with Sandia National Labs (Center for Cyber Defenders) and was a post Bachelor Research Associate at Oak Ridge National Labs. Please give him a warm MHSAS welcome!

## Promotions



Please join us in welcoming Cherilyn Jones to the Central Office team and congratulating her on her recent promotion to Clinical Application Coordinator 3. Cherilyn currently holds a Master of Science in Nursing Informatics degree and has over 20 years of clinical experience. She started with the department in 2017 as a Clinical Application Coordinator 2 providing support to both Memphis Mental Health Institute and Western Mental Health Institute. More recently, Cherilyn served as Lead Clinical Application Coordinator managing the day to day operations of the Electronic Clinical Records utilized by the four Regional Mental Health Institutes. Since her hire, Cherilyn has proven to be a valuable asset to the TDMHSAS team. Congratulations Cherilyn!

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# Behavioral Health Group (BHG) Community Outreach



Smiling faces after a great tour and meeting: (L to R) Jackson Mayor Scott Conger, Erica Schlesinger, Veronica Morrow, Brittany Laborde, Sheryl Banaag, Jackson Police Chief Julian Wiser, Edmund Alley.

Our Assistant Chief Pharmacist, Erica Schlesinger, had a great meeting July 21st with Jackson Mayor Scott Conger, Jackson Police Chief Julian Wiser, and the crew from Behavioral Health Group (BHG). Mayor Conger and Chief Wiser toured the BHG location in Jackson and had a great conversation about all the factors that go into Medication Assisted Treatment (MAT).

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## MMHI celebrates National Therapeutic Recreation Week



(Back-Left to Right) Kirsten Graham, Emily Boss, Onitsha Moore-Davis, Cornesha Beck (Front-Left to Right) April Walker, Henry Holland, Taylor West (not pictured Interim Adjunctive Therapy Director Johnny Granderson)

Recreational therapy includes, but is not limited to, providing treatment services and recreation activities to individuals using a variety of techniques including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings. Recreational therapists treat and help maintain the physical, mental, and emotional well-being of their clients by seeking to reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively. National Therapeutic Recreation Week has been celebrated during the second week of July every year since 1984.

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# Coalition Corner

## *DeKalb Prevention Coalition hosts prevention pool party!*

DeKalb Prevention Coalition hosted a pool party July 9th at the Smithville Golf Course Pool. Free adult narcan training was held and prevention materials were handed out.

*Pictures submitted by DeKalb Prevention Coalition.*



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*Lauderdale County Coalition Participates in 5K*





The Lauderdale County Coalition participated in the 5K Lauderdale County Tomato Festival run on July 10th to raise money for their youth coalition. Xavier Andrews, the program director, came in 4th place in his group!



*Smith County Drug Prevention Coalition hosts HOPEFEST*





The Smith County Drug Prevention Coalition hosted HOPEFEST where 200+ attendees showed up to celebrate recovery and life.

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## Shout Out!



Congrats to TDMHSAS Chief of Staff and Hospital Services Ty Thornton on completing the Tennessee Government Executive Institute (TGEI). TGEI is a leadership academy where the state's best and brightest challenge their skills,

knowledge, and assumptions about their work through interactive and insightful classroom sessions and presentations. Congrats, Ty!



The TDMHSAS Wellness Council was recognized for being Most Creative at the Working For Healthier Tennessee (WFHTN) Annual Awards Celebration. Current members of TDMHSAS Wellness Council are Cris Pollard, Kirby Fye, Kearston Winrow, Darren Layman, Michelle Webster, Rachel Jones, and Lori Nelson.



MTMHI Unit F, AKA Unit Fantastic, rocked their mock Code Blue – Way to go!

If you'd like to "shout out" to a TDMHSAS colleague, please send an email to [OC.TDMHSAS@tn.gov](mailto:OC.TDMHSAS@tn.gov). Tell us who you'd like to recognize and why.

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## Save-the-Dates

# Embracing The Spectrum

THE AGES AND STAGES OF EARLY PSYCHOSIS

A Tennessee Statewide Early Psychosis and Clinically High Risk Psychosis Virtual Conference

SEPTEMBER 1-2, 2021

DAY 1 | 8:00 AM – 12:30 PM (CENTRAL) • DAY 2 | 10:30 AM – 3:00 PM (CENTRAL)



Sponsored by



Department of  
Mental Health &  
Substance Abuse Services

In Partnership with



tamho  
Tennessee Association of  
Mental Health Providers

## 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!

### *August Planning and Policy Council Meetings*

#### **Statewide Planning and Policy Council**

Tuesday, August 10, 2021

10:00 a.m. - 1:00 p.m. CST

Toll-Free: 415-655-0001

Meeting number (access code): 1723 71 1942

#### **Children's Committee**

Wednesday, August 4, 2021

9:00 a.m. - 10:00 a.m. CST

Toll-Free: 629-209-4396

Phone Conference ID: 788 667 235#

### **Region I**

Tuesday, August 3, 2021  
10:00 a.m. - 12:00 p.m. EST  
Toll-Free: 629-209-4396  
Phone Conference ID: 731 893 422#

### **Region IV**

Wednesday, August 4, 2021  
11:00 a.m. - 1:00 p.m. CST  
Toll-Free: 629-209-4396  
Phone Conference ID: 854 310 772#

### **Region V**

Thursday, August 5, 2021  
9:30 a.m. - 11:30 a.m. CST  
Toll-Free: 629-209-4396  
Phone Conference ID: 964 019 947#

### **Region II**

Wednesday, August 11, 2021  
11:30 a.m. - 1:30 p.m. EST  
Toll-Free: 629-209-4396  
Phone Conference ID: 901 307 16#

[Please refer to the website for information on how to attend these meetings.](#)

*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](mailto: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.*

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# 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.](#)

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*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**



*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

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*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](http://www.tn.gov/behavioral-health)

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**OUR MISSION:** CREATING  
**COLLABORATIVE PATHWAYS**  
TO RESILIENCY, RECOVERY & INDEPENDENCE  
FOR TENNESSEANS LIVING  
WITH MENTAL ILLNESS AND  
SUBSTANCE USE DISORDERS

## OUR VISION:

A STATE OF RESILIENCY, RECOVERY, AND INDEPENDENCE  
IN WHICH TENNESSEANS  
LIVING WITH MENTAL ILLNESS  
AND SUBSTANCE USE DISORDERS **THRIVE**

## AS A DEPARTMENT, WE VALUE:

**CUSTOMER FOCUSED:**

An *unwavering commitment* to keep patients and those who serve them *at the forefront of every decision*.

**INTEGRITY:**

*Honesty and truth* in all we do.

**INSPIRED PURPOSE:**

The *call to action* in service of a cause greater than one's self.

**EXCELLENCE:**

The *highest standards* for services, efficiency, and conduct.

**COMPASSIONATE**

**AND EFFECTIVE LEADERSHIP:**

The commitment to *make effective decisions and inspire others* through active listening and empathy.

**SOLUTIONS AND OUTCOMES-ORIENTED:**

The *commitment to positive outcomes and meaningful changes* in response to the critical needs of the Tennesseans we serve.

**PARTNERSHIP:**

Beyond teamwork, *collaboration based on mutual success* to the benefit of the Tennesseans we are blessed to serve.

*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](mailto:OC.TDMHSAS@tn.gov).*

*And please connect with us on social media!*



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Thanks to our [Facebook family](#) for "liking" us and sharing our posts!

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