



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



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## **TDMHSAS Receives Federal Grant for COVID-19 Mental Health Treatment**

*FEMA grant covers all 95 counties*

TDMHSAS is receiving almost \$1,000,000 from the federal government to support the mental health needs of Tennesseans living through the COVID-19 pandemic.

The effects of the pandemic including sickness, death, social distancing, unemployment, and other hardships have had negative mental health effects across the country and in Tennessee. [In a recent poll \(April 22 - May 1\) conducted by East Tennessee State University](#), more than half of respondents reported feeling nervous, anxious, or on edge in the week before the poll. More than two in five respondents reported feeling depressed (43.4%) and lonely (42.8%).

“There are a lot of people out there, dealing with stress, anxiety, fear, and depression, who are hurting right now. We want people to know that it’s OK to not feel OK right now and that help is available, and thanks to this grant, the department and our community providers will be able to help more people,” said TDMHSAS Commissioner Marie Williams, LCSW.

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

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## We 'Won't Be Silent' about suicide



We are excited to partner with the Jason Foundation for a new statewide initiative focused on combating suicide deaths. The "Tennessee Won't Be Silent" campaign launched July 1 with a virtual press conference featuring remarks from Gov. Bill Lee, Commissioner Marie Williams, Department of Education Commissioner Penny Schwinn, and Jason Foundation National Spokesperson Phillip Fulmer.

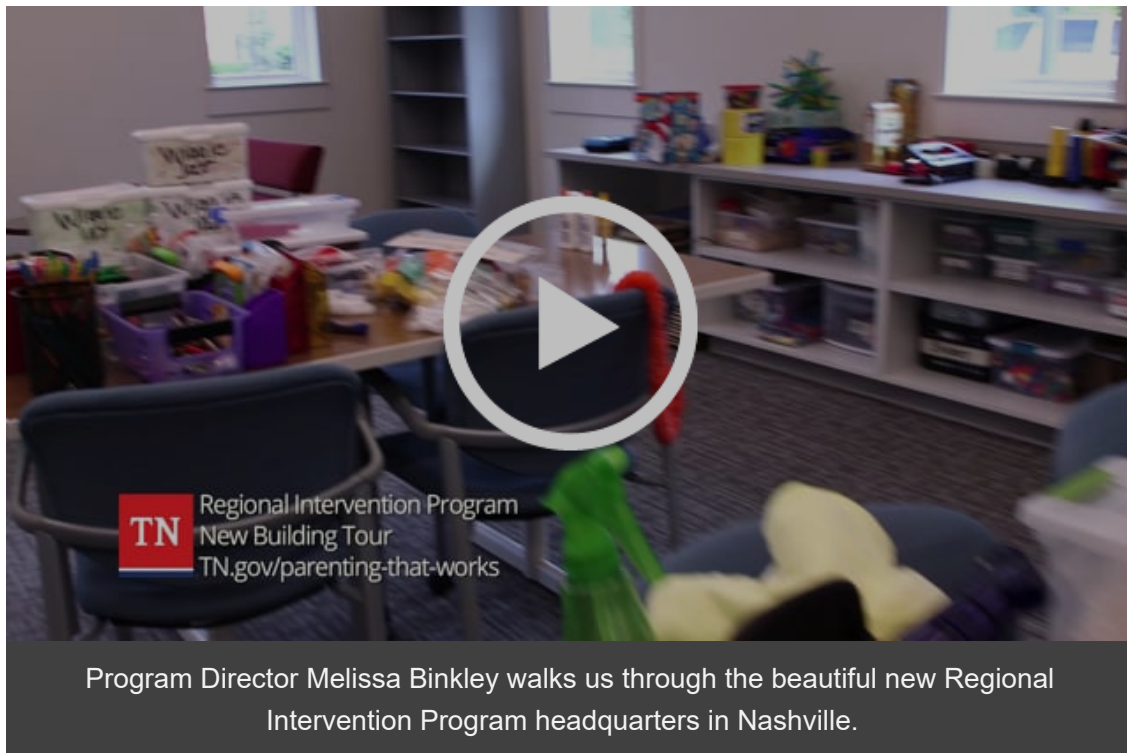
The Jason Foundation is working to assemble collaborative partners from business, government, non-profits, and the community to lend their talents and

passion to an array of Tennessee Won't Be Silent programs and projects throughout the year. The campaign is working to build awareness and provide information, tools, and resources in order to better identify and/or assist an individual who may be struggling with suicidal thoughts.

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## New Regional Intervention Program (RIP) headquarters is ready to welcome children, parents

*Thanks to everyone who made this possible!*



TN's Regional Intervention Program has been serving Tennessee families since 1969. We are excited to welcome children, parents, caregivers, staff, and the community into new our beautiful new Nashville headquarters to resume in-person services as soon as possible! In the meantime, get more sneak peeks below!

For more information about RIP, including FAQs and our locations statewide, visit [tn.gov/parentingthatworks](https://tn.gov/parentingthatworks).



Seasonal flowers and beautiful landscaping welcome visitors.



The sign in the front features the RIP tagline: Parenting That Works! In the back (and sure to be one of the facility's most popular spots) is the Outdoor Classroom, a fenced-in courtyard with plenty of space to run, play, climb, and learn!



Two of the facility's colorful, engaging classrooms.



Our state-of-the-art observation rooms allow the opportunity to watch and listen as parents, children, and staff interact. RIP is filled with resources and learning tools for children and parents.



Check out the Parent Resource Center!



Left: The large conference room will double as an event space.

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## Regional Intervention Program donates items to Women's Recovery Court



When it came time for RIP to move, many items accumulated over the years would not be needed in the new space. We're thrilled that these resources (enough to fill at least one trailer) will be finding a new home in TN's new Women's Recovery Court, currently in development.

Thanks to the TDMHSAS staffers who volunteered to help relocate the donated items from the old building into storage (from left to right): Zack Griffith, Melissa Binkley, Fred Boyle, Cynthia Tyler, Alex King, Bev Fulkerson, Paul Black, and Tony Jackson. Not pictured: Linda McCorkle.

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## IPS Works!

*Community providers continue employment placements*

even during COVID-19 Pandemic

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

**IPS** Individual Placement and Support  
Recovery through Employment

**INDIVIDUAL PLACEMENT AND SUPPORT IS AN EVIDENCE-BASED PRACTICE FOR HELPING PEOPLE WITH SERIOUS MENTAL ILLNESS GAIN COMPETITIVE EMPLOYMENT.**

People living with serious mental illness **want to work**. IPS helps them **attain their goals**.

Studies show **60%** of people with SMI want to work, but only about **15%** are employed.

Benefits of Work for People with Serious Mental Illness

- Increased self-esteem
- Better control of psychiatric symptoms
- Reduced psychiatric hospitalizations
- Reduced criminal justice involvement
- Increased self-sufficiency
- Decreased dependence on others

**THE IPS MODEL IS COST-EFFECTIVE**

**EMPLOYMENT RATES: IPS VS. OTHER SERVICES**

**60%**

**26%**

For every 100 people who enroll in IPS in the US, 60 get a job, more than twice as many as those who enroll in any other employment program.

**HAVING A JOB CAN REDUCE THE COSTS OF REHABILITATION AND MENTAL HEALTH SERVICES.**

A 10-year follow-up study of people with co-occurring serious mental illness and substance use disorders found an average annual savings of more than \$16,000 per person in treatment costs for steady workers, compared to clients who were not out of the labor force.

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

**IPS** Individual Placement and Support  
Recovery through Employment

IPS in Tennessee is provided in partnership with the Department of Human Services - Vocational Rehabilitation and our network of community providers.

**14** Community Providers

**55** Tennessee Counties

**1,118** People Served in FY20

**57%** Successful Placements  
Within 90 Days or More

**THE IPS MODEL IS EVIDENCE-BASED**

U.S. and International Randomized, Controlled Trials Show:

- **IPS greatly outperforms** standard employment supports.
- **IPS works** in both urban and rural communities.
- **IPS works** for youth and young adults.
- **IPS works** for people from different racial, ethnic, and minority backgrounds.
- **IPS supports** people with education goals.

For More Information  
TDMHSAS Website:  
[tn.gov/tennesseehelpships](http://tn.gov/tennesseehelpships)

Contact:  
Mark Heismann, FAS,  
Director of Wellness and  
Employment  
Mark.Heismann@tn.gov  
615-253-6748

\*Claims in this document are supported by more than two decades of research. Visit [IPSworks.org](http://IPSworks.org) to learn more.

Let's hear it for the hardworking folks at 14 Tennessee community behavioral health providers who work in our Individual Placement and Support program! Even during the pandemic, Tennessee's IPS teams are still connecting people with serious mental illness with employment opportunities. In the fiscal year that just ended, more than 1,100 people got a shot at pursuing their employment goals through IPS.

Participating providers are: AIM Center, Inc., Alliance HealthCare Services, Carey Counseling Center, Inc., Frontier Health, Helen Ross McNabb Center, Lowenstein House, Inc., Mental Health Cooperative, Park Center, West Tennessee Healthcare, Ridgeview Behavioral Health Services, TN Mental Health Consumers' Association, and Volunteer Behavioral Health.

[Download the one-pager here.](#)

## Celebrating 30 years of the passage of the Americans with Disabilities Act

On July 26, 1990, the Americans with Disabilities Act was signed into law by President George H.W. Bush. Modeled partly after the Civil Rights Act of 1964 which prohibits discrimination on the basis of race, color, religion, sex, or



national origin, the ADA prohibits discrimination due to disability. The legislation requires equal opportunities be given in many areas, including for employment, for purchasing goods and services, in transportation and communications, and for participating in state and local

government programs and services. It took years of advocacy for this landmark, life-changing legislation to be passed.

To commemorate this milestone, the ADA National Network is asking the public to share a moment in their lives when they were thankful for the ADA. To participate, share what the ADA means to you and use the hashtag [#ThanksToTheADA](https://twitter.com/ThanksToTheADA).

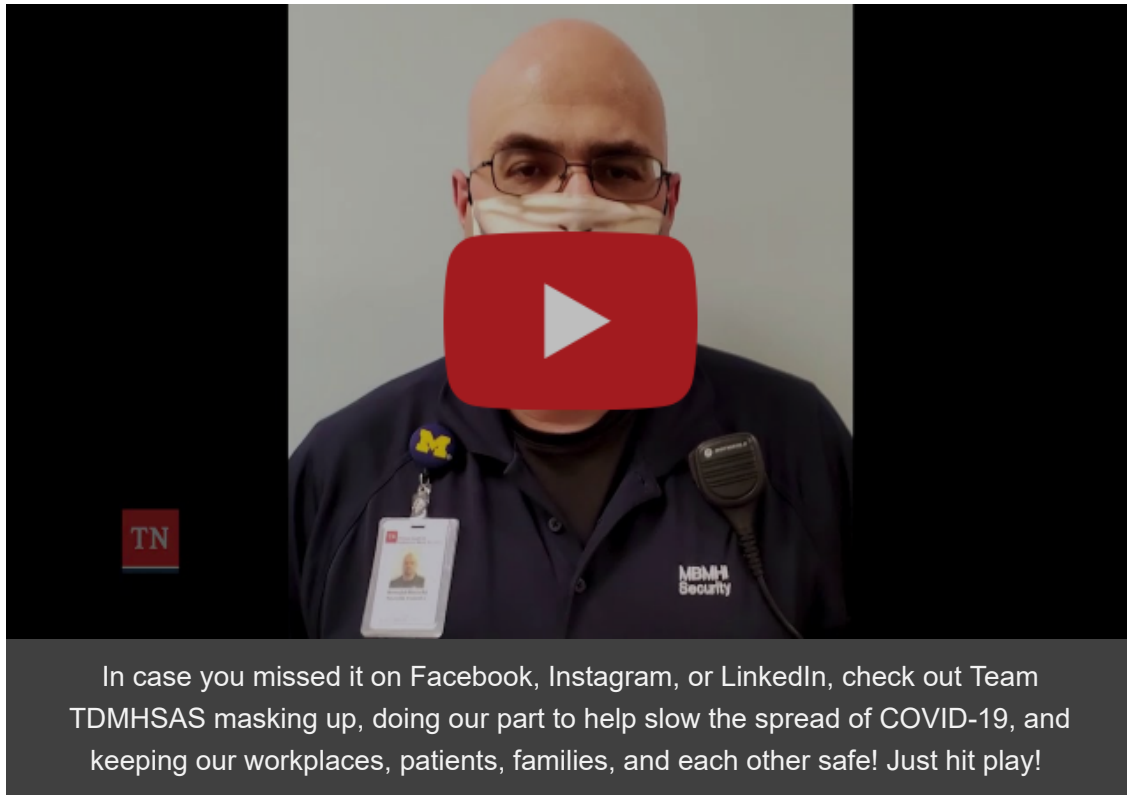
*Graphic below courtesy of the Tennessee Disability Coalition. Find more shareable graphics on their [facebook page](https://www.facebook.com/tndisability).*



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**TDMHSAS Masks Up!**





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## TDMHSAS assists the Dept. of Health in contact tracing efforts

Thanks to the staff members who worked 12 hours//week for several weeks assisting the Department of Health with COVID-19 contact tracing. Diann Cox, Dave Farmer, Jasmine Miller, Rashanda Montgomery, Jamie Murphy, Dave Sherman, and Janice Tomlinson stepped up to help while continuing to perform their regular job duties. Thanks also to Janice Bunday who provided HR support for this vital work.

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## Welcome Ileana Arce

*Pharmacy Resident joins the Office of Clinical Leadership*

Please help us welcome Pharmacy Resident Ileana Arce. Ileana is originally from New Jersey where she recently graduated from Rutgers University with a



Doctor of Pharmacy degree.

"When I was originally searching for residency programs, I wanted to ensure that the residency program that I chose incorporated all of my interests including public health, specifically health policy, managed care, and psychiatric pharmacy practice," Ileana says. "Once I came across this program, I realized that I did not need to look any further! This program offers residents the unique opportunity to work with TennCare, engage in formulary management decisions, participate in

therapeutic drug monitoring, and work directly in the field of health policy."

Welcome to the team, Ileana!

We also want to thank former resident Katie Webb for her service to the Dept. and wish her great success!

To learn more about our PGY-1 Managed Care Pharmacy Residency program, please [visit our website](#).

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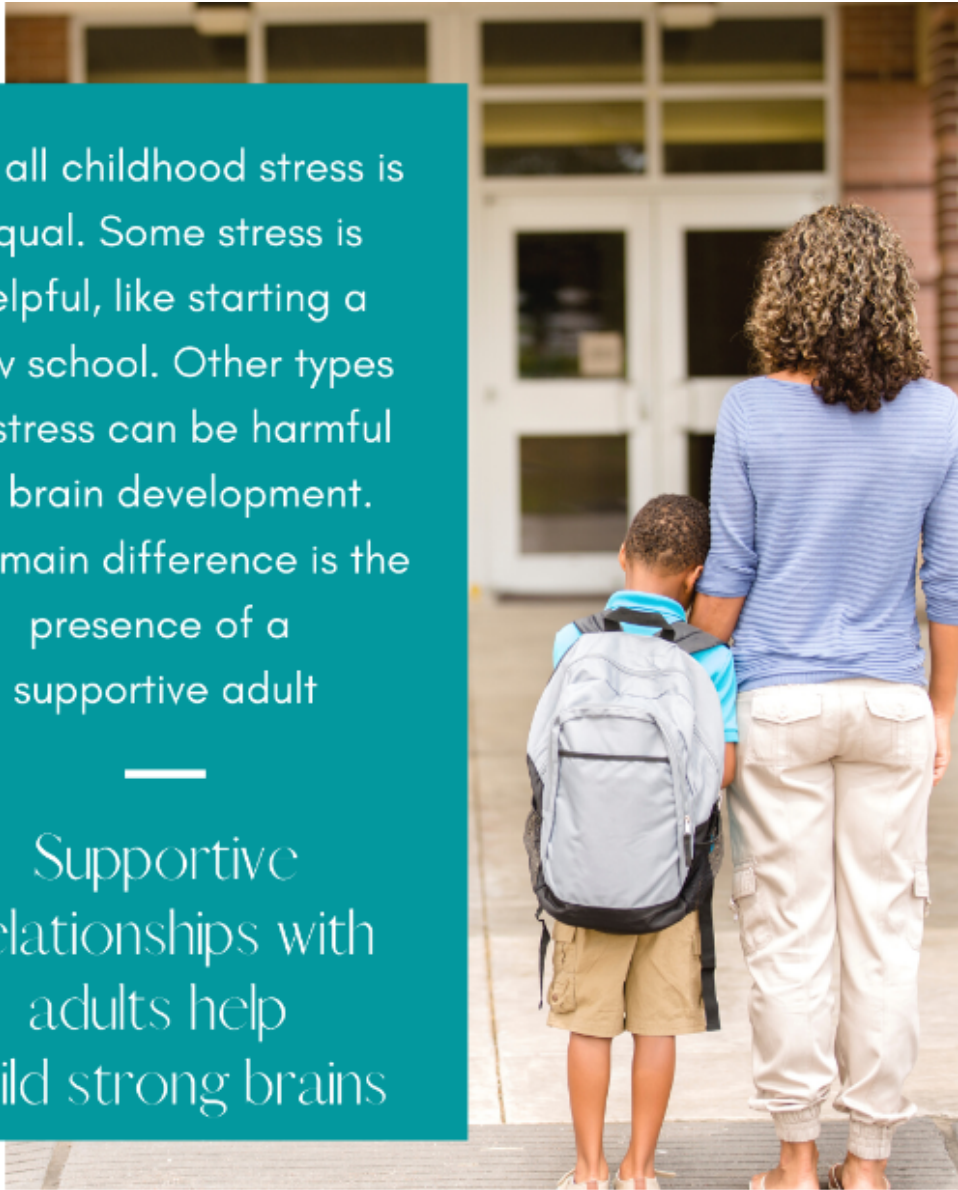
*Thanks to the Tennessee Commission on Children & Youth,  
System of Care Across TN, and all who are working to help  
youth during this challenging time!*

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Not all childhood stress is equal. Some stress is helpful, like starting a new school. Other types of stress can be harmful to brain development. The main difference is the presence of a supportive adult

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Supportive relationships with adults help build strong brains



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## #TNHeroes campaign continues

Thanks for all the wonderful submissions for the TN Everyday Heroes campaign! Follow our facebook and Instagram pages as we will continue to share those. To nominate a #TNHero, email [OC.TDMHSAS@tn.gov](mailto:OC.TDMHSAS@tn.gov). Tell us how your Everyday Hero(es) are serving Tennesseans during COVID-19 just like these heroes below from Western Mental Health Institute.

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Heroes work at our hospitals! Some of the heroes #ServingTN at WMHI (pictured left to right) are: Angela Lurry, Chris Parker, Maureen Sadler, Destiny Howard, Eeva Body, Penny Cheshier, Phillip Taylor, Derrick Rhodes, Ruth Lake, Edith Pipkin, and Sharon Franklin.

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## 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!

## Metro Drug Coalition (Knoxville) hosting Recovery Coach Academies

Training continues despite COVID-19! TDMHSAS staff members, Lifeliners, and Faith-Based coordinators were some of the recent trainees at Metro Drug Coalition's COVID-safe Recovery Coach Academy held early this month. Besides being a wonderful week of learning and connecting with peers, two highlights included a visit from Commissioner Williams (below) and seeing an old friend. Jason Goodman (above) led the training. Prior to his work as Director of Recovery Support Services at Metro Drug Coalition, Jason served in TN's Lifeline Peer Project. Thanks for a great academy! For more



information on recovery coaching, visit [metrodrug.org](http://metrodrug.org).



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*Dekalb Prevention Coalition supports Recovery Court grads*



Members of the DeKalb Prevention Coalition were part of the community of support who gathered July 14 to celebrate alongside recovery court graduates. DeKalb County Recovery Court's outdoor graduation featured live bluegrass music and refreshments.



Congratulations to the graduates! From the adult program: Josh Baxter, Jerry Cantrell, Morina Cornett, Bradley Mullican, and Nathan McMinn. From the juvenile program: Seth Harris and Devin Green. Keep up the great work!



A Regional Overdose Prevention team was also on site providing free Narcan kits and training. To connect with the ROPS for your area and to learn more

about ways you and your organization can help prevent overdose and save lives, [visit our website](#).

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*Need a lock box ...*



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*To report child abuse or neglect ...*



To report suspected child  
abuse or neglect, call

**877-237-0004**

or make an online  
report at

<https://apps.tn.gov/carat/>

**Call 911 if there is a  
life-threatening emergency**



#NCAPM2020

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## Save-the-Dates

### *Upcoming Virtual Conferences*

Conference season is coming up! And even though COVID-19 is changing the way we gather, our planning committees are determined to provide attendees with virtual conference experiences you won't want to miss. Starting with the Tennessee Statewide Crisis Services Conference on Aug. 27, Tennessee crisis service providers are invited to participate in the statewide conference, "Making a Difference: Celebrating the Heroes of Today."

# Tennessee Statewide Crisis Services Conference

A VIRTUAL EVENT

**August 27, 2020**



**Making a Difference: Celebrating the Heroes of Today**

Sponsored by:



In partnership with:



Also in the works . . .

**September 18, 2020**

Individual Placement & Support (IPS) conference: "Wellness Through Employment"

**September 22-23, 2020**

Bridging the Gap: Serving with System of Care Core Values in a COVID Reality

**September 14-15, 2020**

First Episode Psychosis (FEPI)

**October 8-9, 2020**

Celebrating 10 years of the TN Certified Peer Recovery Specialists program, conference attendees will be "Roaring into the Future with 2020 Vision!"



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## *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 at 10 a.m. Central at Middle Tennessee Mental Health Institute in Nashville.

Regional meetings resumed in July. Find upcoming meetings below

|            |                      |                |  |
|------------|----------------------|----------------|--|
| Region VII | Tuesday,<br>July 28  | 11:30 a.m. CST | Lowenstein House East<br>6590 Kirby Center Cove,<br>Suite 103<br>Memphis, TN 38115 |
| Region I   | Tuesday,<br>Aug. 4   | 10 a.m. EST    | Frontier Health<br>Corporate Offices<br>1167 Spratlin Park Drive<br>Gray, TN 37615 |
| Region IV  | Wednesday,<br>Aug. 5 | 11 a.m. CST    | TAADAS<br>1321 Murfreesboro Pike,<br>Suite 130                                     |

Nashville, TN 37217

Region V Thursday, Aug. 6 9:30 a.m. CST

TAADAS  
1321 Murfreesboro Pike,  
Suite 130  
Nashville, TN 37217

Region II Wednesday, Aug. 12 11:30 a.m. EST

Helen Ross McNabb Center  
Training Room  
201 West Springdale Ave.  
Knoxville, TN 37917

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*For questions about addiction treatment/referrals ...*

The advertisement features a white brick wall background. At the top, the text "TN" is in large black letters. Below it, "REDLINE" is written in large, bold letters, with "RED" in red and "LINE" in black. A red telephone handset icon is positioned to the right of "REDLINE", with a red wavy line representing the cord extending from the handset to the word "REDLINE". Below this, the phone number "1.800.889.9789" is displayed in large black font. Underneath the number is a red button with the white text "CALL OR TEXT". To the right of the button is a black icon of a telephone handset with a speech bubble inside. At the bottom of the advertisement, 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".

*In the event of a mental health emergency ...*

**STATEWIDE**


# **CRISIS LINE**

**HELP IN A MENTAL HEALTH CRISIS**

**855-CRISIS-1** [TN.gov/CrisisLine](http://TN.gov/CrisisLine)

**855-274-7471** 

24/7 • 365 DAYS



MENTAL HEALTH CRISIS LINE **855-CRISIS-1**

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*It's really not as bad as it looks!*



"We know continued testing is key to protecting the health of our coworkers and the people we serve," says TDMHSAS Chief of Staff Ty Thornton who is shown self-administering a COVID-19 test at Middle Tennessee Mental Health Institute. As for the test . . . "Appearances can be deceiving. It really wasn't that bad!" Pictured with Ty is Catherin Dublin, RN 4, Acute Treatment Program Manager, one of the many RMHI team members working to keep our hospitals safe.

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*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!*

***Celebrating 10,000+ likes on facebook!***

Thanks to our [Facebook family](#) for "liking" us and sharing our posts! Please check out and connect with us on our other platforms below.



Follow us on  
*Instagram*

 Website

 Facebook

 Instagram

 LinkedIn