

TDMHDD Update

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JANUARY/FEBRUARY 2007

TDMHDD Report Provides Options for Mental Health Services for Uninsured Tennesseans

TDMHDD released its report to the General Assembly regarding options for provision of mental health services for Tennessee's uninsured. The study is in response to PC 812, a legislative request requiring TDMHDD, in conjunction with community mental health providers, service recipients, family members, and other appropriate state and local agencies, to recommend options for access to non-emergency behavioral health services for uninsured Tennesseans. Proponents of the bill hope to achieve a system of easy, early, and affordable access to behavioral health services for persons with mental health issues.

"With 1 out of 4 persons having a diagnosable mental disorder in their lifetime, it is important to decrease barriers to mental health services," stated TDMHDD Commissioner Virginia Trotter Betts. "As the state continues to look at ways to provide services and coverage to the uninsured, it was important that the General Assembly called for this report, as mental health is fundamental and essential to overall health and personal well-being."

The report sets out several viable options that would increase access to non-emergency behavioral health

services in Tennessee's communities. Some examples include fee for service programs, "grants", improved mental health screenings, and partnerships between local mental health agencies and public health departments. TDMHDD called for the promotion of Cover Tennessee products, the Governor's new health insurance programs for the uninsured, all of which include a mental health benefit. Along with options, TDMHDD and community stakeholders developed a common set of standards surrounding these options, including availability of sliding scale fees, local access and funding, timely and easy access to services, and flexibility.

The report considers several service benefit packages and provides an estimate of the costs associated with providing these services. As a part of the study and analysis, TDMHDD considered pertinent historical events, acquired an actuarial analysis to determine costs, and gathered broad stakeholder input.

To view the report on Public Chapter 812 or additional mental health information, please visit www.state.tn.us/mental. ■

2007 Overcoming Stigma Campaign to Focus on Recovery and the Arts

To confront the stigma of mental illness, TDMHDD has developed a broad, intensive and longitudinal Overcoming Stigma initiative. The department co-sponsored annual public walks to "Stomp Out Stigma", and in 2006 the Commissioner addressed over 1,000 community leaders at various business and civic group meetings across Tennessee, discussing the importance of mental health and its impact on persons at the workplace, schools, and within the community. This educational and awareness-raising work with community leaders will continue in 2007. The department is now including persons trained in NAMI Tennessee's "In Our Own Voice" program at this year's business and civic group presentations to better illustrate the potential of recovery. "In Our Own Voice" is a consumer-led education program that allows consumers living the recovery experience to tell their success story.

The second phase of the Overcoming Stigma campaign includes positive messages regarding mental health resiliency and mental illness recovery with a focus on the arts and multimedia artists. An initial step, TDMHDD partnered with community providers in the Art for Awareness Day on Capitol Hill in 2006 allowing consumers, along with their case workers and family members, to display their art in their elected official's office and participate in a meet and greet with Governor Bredesen in the Old Supreme Court Chamber

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PUBLICATION UPDATE

Department Publishes Co-Occurring Disorders Directory of Services in Tennessee

TDMHDD's Division of Special Populations and Minority Services, Office of Co-Occurring Disorders, in partnership with Foundations Associates, released a directory of providers that serve persons with co-occurring disorders (COD). State-wide information in the directory was compiled from the Tennessee Bureau of Alcohol and Drug Abuse Services Resource Survey, various TDMHDD resources, and direct provider contracts.

Tennessee COD providers, identified in the directory, were surveyed regarding available services and the populations they serve. The directory identifies providers of co-occurring disorders that serve adults, juveniles, and geriatric populations within the seven state mental health service regions. Co-occurring disorder is defined as existing when an individual is affected by both an emotional or psychiatric disorder and a substance abuse disorder. Together, these disorders affect a person in all life domains, including physical, mental, social, legal, financial and spiritual. The two disorders also interact in ways that make diagnosis, treatment and recovery more challenging. Although specific causes are not fully understood, family history, genetics, brain chemistry and environmental factors all appear to play important rolls in the development and

progression of both psychiatric illness and substance abuse. Problems relating to co-occurring disorders may include high risk behaviors, increased need of health care services, social and job related problems, and school and legal problems.

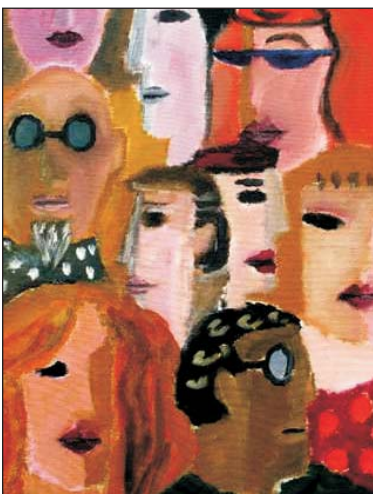
According to the Substance Abuse and Mental Health Services Administration (SAMHSA) National Advisory Council, co-occurring disorders are common, affecting seven to ten million adults in the U.S. each year. Among youth, forty-three percent (43%) of those receiving mental health services in the U.S. were diagnosed with a COD. In Tennessee, 115,600 persons suffer from co-occurring disorders, and approximately twenty-seven percent (27%) of youth entering Tennessee's publicly funded substance abuse programs have co-occurring disorders. Best practices for recovery include integrated treatment, intervention and support coordination with three basic core goals: (1) a lifestyle free from substance abuse, (2) mental health that is improved and stable, and (3) a quality of life that is improved.

The new directory offers individuals and agencies an opportunity to explore the providers and programs in their region and make certain that their expectations for quality and service needs are addressed. Inclusion in the directory does not imply TDMHDD endorsement.

Please visit www.state.tn.us/mental/specialpops/cooccurring-disorders/coocc.html and click on COD Tennessee Resource Directory in left-hand column to view the directory or contact Ken Horvath at (615) 253-4363 or Ken.Horvath@state.tn.us. ■

Overcoming Stigma...cont.

of the State Capitol. Due to the tremendous success of Art for Awareness Day, the department also plans to continue this event as part of the 2007 campaign; in addition to "A Path to Mental Wellness" exhibit at the Parthenon April 17-July 8, sponsored by government and private mental health organizations. To register for Art for Awareness Day 2007 please visit www.state.tn.us/mental. The registration deadline is March 30, 2007. ■



John Butts, Jr., a consumer from Reconnect Clarksville, created this piece and participated in last year's first legislative event. The artwork was selected in 2006 as a backdrop for department recovery and resiliency conference materials. Butts is also one of the featured artists in the Parthenon's "Creative Expression and Recovery" exhibit in Nashville this spring.

2007 Yes 2 Kids Conference

"Break Through and Grow"

Monday, February 26 and Tuesday, February 27, 2007
Franklin Marriott & Cool Springs Conference Center
Early Registration Begins Sunday, February 25, 6-8:00 p.m.

Bringing together educators, counselors, after-school workers, school resource officers, and other professionals working daily to improve the lives of young Tennesseans.

Registration forms are available online at www.yes2kidsTN.org.

Conference sponsored by STARS and various state, federal and private agencies.

Group and fax registrations are accepted.

No refunds after February 20.

Hotel Reservations 1-800-228-9290.

Ask for Yes 2 Kids Conference.

Rate of \$124/night.

Conference Registration Fee: \$159 per person

For other conference questions, contact Lisa Greene at (615) 279-0058 or lgreene@studentstakingarightstand.org.

TAMHO Holds Annual Awards Reception

The Tennessee Association of Mental Health Organizations (TAMHO) honored their 2006 Awards recipients on December 7, 2006 at the Country Music Hall of Fame and Museum in Nashville. These TAMHO awards and recognition program offers the TAMHO membership the opportunity to recognize and reward deserving individuals and organizations with TAMHO's highest honors. The 2006 awards winners are as follows:

Frank G. Clement Community Service Award
Memphis and Shelby County Mental Health Summit

Dorothea Dix Professional Service Award
H. Earl Medley, Fortwood Center, Chattanooga

Nat T. Winston, MD, Pathways, Jackson Distinguished Service Award
Sharon Trammell, Grace House, Memphis

Media Award
Holly Thompson, WSMV-TV, Nashville

Programs of Excellence
Centerstone School-Based Mental Health Services Program, Nashville
Peninsula Recovery Education Center, Knoxville

President's Award
Anita Bertrand, Mental Health Association of Tennessee, Nashville

Volunteer Leadership Award
Kelly Yenawine, Pathways, Jackson
Deanna Irick, Frontier Health, Gray



TAMHO Executive Director, Dick Blackburn, presents WSMV-TV anchor, Holly Thompson, with the 2006 Media Award.

HAPPENINGS

Dorothy Jones of Lakeshore Mental Health Institute Retires after 43 Years of Service

Dorothy Jones has retired after 43 years of service at Lakeshore Mental Health Institute. A reception was held to honor her on December 20, 2006. Jones came



Dorothy Jones during her recent holiday retirement party.

to Lakeshore from the University of Tennessee and was responsible for building the facility's central medical service. For many years, Dorothy oversaw all of the medical supply needs for the hospital.

Her supervisors describe Jones as one of Lakeshore's most dedicated employees. She was known to research every aspect of a product request and would go to great lengths to find the answers to staff supply questions. She also assisted procurement officers in finding vendors for medical items not in stock, insuring that the patients' needs were met.

According to Diane Mathews, fiscal director, "Dorothy was a professional that all of Lakeshore's staff could count on. She will be greatly missed, and we wish her the very, very best!"

TDMHDD Staff Changes

CINDRA JONES was recently promoted to Director of Operations for TDMHDD's Division of Managed Care. Jones previously served as the division's Director of Quality Improvement since March of 2005, and she has extensive experience as a provider of behavioral health services, having formerly worked at the Mental Health Cooperative and Park Center, Inc. Jones received her BA in Sociology from University of Tennessee, Knoxville and her MA in Organizational Management from Trevecca Nazarene University. Contact Jones at (615) 253-5313 or cindra.jones@state.tn.us.

EDWINA CHAPPELL, PhD, joins TDMHDD's Division of Special Populations as Statistical Research Director. Prior to joining the department, Chappell was employed as a researcher with Metropolitan Social

COMMISSIONER'S CORNER

Spotlight on Legislative Staff

During each legislative session, the department calls on staff in various divisions to provide expertise in creating Department Bill Analyses (DBAs) of current legislation. They work on DBAs under the leadership of Marthagem Whitlock, Executive Director of the Division of Policy and Legislation. Their weekly report to the Governor's Office focuses on concerns, issue, and positions on legislation that may impact TDMHDD and the people the department serves. The department considers approximately 150 – 200 pieces of legislation annually for bill analyses and fiscal notes. Fiscal notes determine the fiscal impact of proposed legislation, including revenue that may be gained or lost by the department, and any other financial implications that would arise due to proposed legislation. The writing and research involved with DBAs and fiscal notes are time consuming. TDMHDD fiscal notes are compiled and edited by Tirrill Parker in the department's budget office.

In addition to the work on current legislation, the group also looks at future legislation. Each year, they review Tennessee law for matters of importance to consumers and service



(From Left to Right) Debbie Shahla, Melissa Sparks, Marthagem Whitlock, Louise Barnes, Aaron Campbell, Mary Shelton, Tirrill Parker, Dennis Wenner, and Katie O'Brien.

providers. Regional planning councils are asked to help the department identify key issues affecting people with mental illness or developmental disabilities for fiscal 2008. A legislative survey was created so that council members could convey ideas and suggestions for legislation they would like proposed, changed or repealed. The department's legislative liaisons, Aaron Campbell and Katie O'Brien, will work with the councils to complete the survey. ■

— HAPPENINGS (cont.)

Services and as a statistical analyst for the KIDS COUNT division of the Tennessee Commission on Children and Youth (TCCY). Chappell holds a PhD in educational psychology from Southern Illinois University in Carbondale, Illinois. She continues to share knowledge and expertise with students in the Master of Science in Public Service Management Program at Cumberland University as adjunct faculty. Contact Chappell at (615) 741-9476 or edwina.chappell@state.tn.us.

• Mental Health Cooperative Strengthens Focus on Addiction & Mental Illness

The Mental Health Cooperative of Nashville has hired Steve Gemmill, Addiction Specialist, in an effort to continue to strengthen the agency's service to persons with serious mental illness and addiction. Gemmill is an Advance Practice Nurse and Licensed Alcohol and Drug Addiction Counselor who brings over 16 years of experience in effectively treating persons with mental illness and substance abuse

challenges. He developed the first inpatient and outpatient programs for this population in the Nashville area at HCA's Parthenon Pavilion in 1990 and has provided consultation and medication management services to a number of well-respected treatment facilities, including Cumberland Heights and the Psychiatric Hospital at Vanderbilt. Gemmill will be providing intensive and ongoing training to all staff, facilitating focused therapy groups, honing outcome measures, and providing advanced consultation to treatment teams surrounding specific consumers. ■

John R. Monroe, Sr. Remembered

John Robert Monroe, Sr., 64, of Hixson, died on Wednesday, December 19, 2006, and is remembered for his service in the United States Army and for the State of Tennessee.

Born and raised in Celina, Tennessee, Monroe was the son of the late Minister Eddie Monroe and wife Willette. He was an active member of Stuart Heights Baptist Church and was involved with the Media Ministry.



John R. Monroe, Sr.

Monroe retired from the U.S. Army after 28 years of service, serving in Paraguay and Panama in Medical Missions and was the assistant superintendent for over 30 years at Moccasin Bend Mental Health Institute. He loved to fish, read, spend time with his grandchildren, and play checkers. He was known as a lifelong scholar.

He is survived by his wife, Cynthia; sons, John R. Monroe and his wife Thai, Tyler and Jeffrey Monroe, all of Hixson, Tennessee; daughters, Amy L. Phillips and her husband Reggie of North Carolina, and Kimberly Labossionniere and her husband Ryan of South Carolina; sisters, Mary Buttrey of Cookeville, Tennessee, and Billie Schmitz of Murfreesboro, Tennessee; and his grandchildren, Daniel, Christian, Michael, Hanna, Grant, Emma and Caroline.

Services were held at the Lane Funeral Home with interment at the Chattanooga National Cemetery with full military honors. Memorial contributions can be made to Stuart Heights Baptist Church, Honduran Missions Fund, 3208 Hixson Pike, Chattanooga, Tennessee 37405. ■

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Contact the department's EEO/AA Coordinator at 615-532-5680, the Title VI Coordinator or the ADA Coordinator at 615-532-6700 or 1-800-560-5767 for inquiries, complaints or further information. Persons with hearing impairments should call 615-532-6612

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