

CONGRATULATIONS to MTMHI: Granted Full Accreditation after TJC and Medicare Surveys

On November 14-18, 2011, The Joint Commission (TJC) conducted an unannounced, full triennial survey at Middle Tennessee Mental Health Institute (MTMHI) to assess compliance with The Joint Commission's CAMH (Comprehensive Accreditation Manual for Hospitals) standards. TJC also surveyed the hospital's compliance with Medicare's Conditions for Participation under the CMS (Centers for Medicare and Medicaid Services) deemed status survey process. MTMHI elected to undergo both the TJC and Medicare surveys concurrently.

The survey resulted in seven direct impact citations and 12 indirect impact citations. Corrective action plans for the direct and indirect were accepted by TJC in January and February 2012. In the past seven months, MTMHI has worked to correct these citations and on June 25, 2012 was granted full accreditation for all services surveyed along with recommendation for continued certification for Medicare participation in the Acute Treatment



Entrance to Middle Tennessee Mental Health Institute.

Program (distinct part). MTMHI is the first state psychiatric hospital to participate in both the Joint Commission Accreditation survey along with the Medicare deemed status survey. The MTMHI Administration was very pleased with the dual survey process.

Commissioner Varney would like to give special recognition to MTMHI leadership and all clinical staff (physician, nurses, social workers, adjunctive therapists, psychiatric technicians, and others) for their accomplishment for achieving and maintaining compliance with both TJC and Medicare standards.

Middle Tennessee Mental Health Institute is located on Stewart's Ferry Pike in Donelson, Tennessee, just east of downtown Nashville, and serves 18 Middle Tennessee Counties. To learn more visit the MTMHI page at <http://tn.gov/mental/mhs/MiddleMHI.html>. ■

New Name, New Logo, Revised Website

TDMH to TDMHSAS

July 1, 2012 marks another name change for the department as it becomes, by legislation and Governor Haslam's signature, the **Tennessee Department of Mental Health & Substance Abuse Services (TDMHSAS)**.

Previous to this, in 2011, the department name was revised from the "Department of Mental Health & Developmental Disabilities" to the "Department of Mental Health" following the creation of

another state agency, the "Department of Intellectual & Developmental Disabilities."

The latest name change reflects that the Division of Substance Abuse Services is an essential part of the department's mission to plan, develop, administer, and evaluate a statewide system of substance use, abuse, and addiction services for the general public, persons at risk for substance abuse, and persons abusing substances in Tennessee.



New Logo

The new department name and new logo are revealed in this issue of *Update* in order to prepare the mental health industry for the change as it might impact the publication of conference materials and publications. For digital files of the logo, please contact the newsletter editor at (615) 253-4812 or at Lorene.Lambert@tn.gov, or visit http://tn.gov/mental/tadmhsas_logo.shtml to download the image.

cont. next page

New Name, New Logo, New Website...cont.

Division and Office Development & Reorganization

A redevelopment of the working structure of the department's divisions and offices was begun this year, and the department's website is under construction to reflect such changes. Many of our services have been consolidated under the leadership of the "Division of Mental Health Services." The "Division of Alcohol and Drug Abuse Services" is now the "Division of Substance Abuse Services," reflected in the department's name change.

Visit the department's Website map at <http://tn.gov/mental/mhddsitemap.html> for a quick overview of the reorganization.

Website Changes Bring New Focus on Programs

The reorganization of the department's services and divisions have brought a number of changes to our Website at www.tn.gov/mental/ and some areas are still "Under Construction."

An example of additions can be found under the Division of Clinical Leadership on the Site Map page at <http://tn.gov/mental/mhddsitemap.html>, where we added the "Office of Chief Pharmacist/State Opioid Treatment Authority." This is not a new office, but now has better visibility.

Chief Pharmacist, Jason Carter, provides industry managed care standards and pharmacy oversight for our regional mental health hospitals. Carter also works with the "Tennessee Interdisciplinary Health Policy Program," along with the University of Tennessee and other government agencies, in which law, medical, and pharmacy students complete student rotations within state government.

This year, the office produced a *Managed Care Residency Program* brochure that explains the program objectives and activities, benefits, and requirements with TDMHSAS.

RIP Program Says Goodbye to Lead Parent Case Manager

By Louise Barnes, Mental Health Planner for the Division of Mental Health Services, Office of Children & Youth

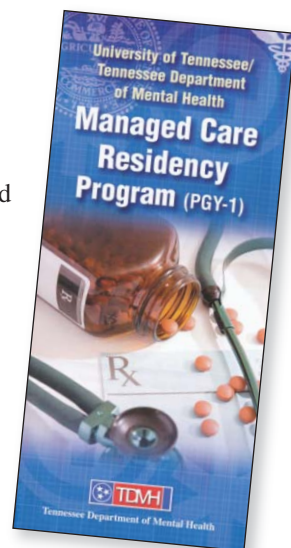
On October 7, 1976, Winifred Kraft was hired as a parent case manager for the department's Regional Intervention Program (RIP). Kraft entered the program as a parent the year before, and now, after 36 years as an exceptional employee and Lead Parent Case Manager, she retired on June 30, 2012.

Winifred, or "Wini," as she is known to many, has excelled in her role as lead and manager, and has taken on the additional

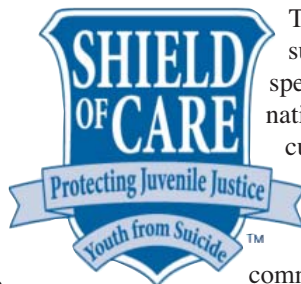


Winifred Ford Kraft

Applications for the program are accepted every year in January. The brochure was designed by Richard Martin, a Central Printing graphic artist who works with our Office of Communications staff. For a copy and more information about the program call (615) 532-6736 or email Jason.Carter@tn.gov.



Another new addition to the Office of Housing, Homeless & Suicide Prevention Services is the Shield of Care™ juvenile justice program that provides specialized training for those caring for youth incarcerated or in state custody who may be vulnerable to the possibility of suicidal thoughts and attempts. The area is currently under construction and will be updated as each part of the program is ready for publication.



The Shield of Care™ is a ground-breaking suicide prevention curriculum designed specifically for staffs that work in our nation's Juvenile Justice Facilities. This curriculum is the culmination of three years of development. The curriculum is based on evaluation data, best practice literature, our experience providing community suicide gatekeeper training in Tennessee's Juvenile Justice Facilities, input of Juvenile Justice Staff, and our many partners.

Training materials are copyrighted by TDMHSAS, and the logo is trademarked under the Office of the Secretary of State.

Portions may be "Under Construction" until placed online. If you have any questions, contact Lygia Williams at (615) 253-5078 or email Lygia.Williams@tn.gov. ■

role of computer and self-taught IT 'guru' for RIP. She built databases and spreadsheets for the system, trained other staff in their use, and produces regular reports from the data she collects. Kraft also helped develop RIP training tracks and performed the lead technical role in the program's video productions.

She has been an essential player in implementing the RIP program at Nashville and in training staff across the RIP Network. TDMHSAS appreciates all that "Wini" has done to implement and improve the RIP system. We wish her well. Those who have worked with her in the department and in the RIP Nashville and Expansion Network will miss her, as

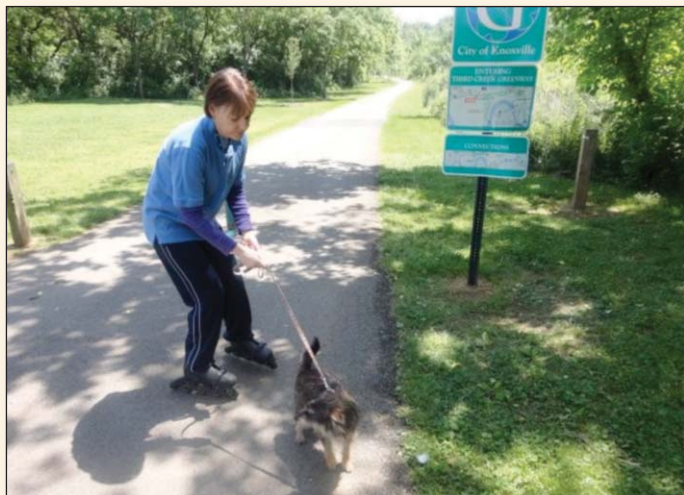
will the many families and children whose lives she has touched.

C O N S U M E R C O R N E R

West Knoxville Therapist Challenges Mental Illness Stigma

Source Excerpts: Allison Rupp,
News Sentinel Freelancer
Edited by Lorene Lambert, TDMHSAS Editor

Carolyn Dobbins, a licensed therapist, published a book last year entitled, *What A Life Can Be, One Therapist's Take on Schizo-Affective Disorder*, and she received bouquets of flowers for several months from admirers, but not for the reason you might think. The flowers were to applaud a truth mentioned in her book, "If you break your leg and are in the hospital, people bring you flowers," Dobbins explained. "If you're in a mental hospital, they don't."

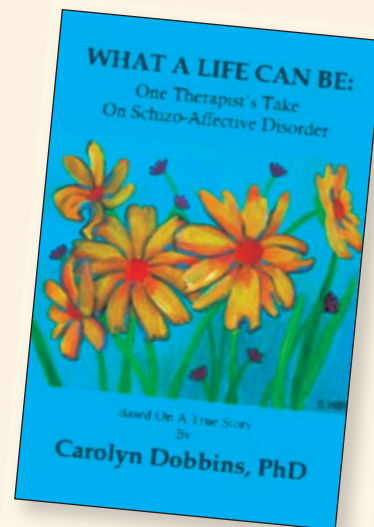


Carolyn Dobbins, a West Knoxville licensed therapist, rollerblades with her dog, Bandi. Staying active and exercising has helped Dobbins deal with her schizo-affective disorder. Credit: Special to the News Sentinel.

And Dobbins should know. Although she received her doctoral degree from Vanderbilt University and has served as a practicing therapist for 22 years, Dobbins has also dealt with the effects of severe schizo-affective disorder, a diagnosis she received as a young adult. For Dobbins, the disorder included hallucinations, distorted thinking, and mood disorders such as depression or mania. Her book provides valuable insight into the brain disorder through a fictitious client named "Jane," whose experiences are revealed at the end of the book to be Dobbins own.

"I have written a book about my therapist, myself," she writes. "It's about not two people, but one—one who cares and who has a lot to manage and who does so as graciously as possible."

Some knew about her disorder. Many did not, but Dobbins felt it was more important to raise awareness and break through stereotypes about who people with mental disorders really are. To Dobbins and others, a disorder should not define the person. Dobbins book also tells the story of her journey from a struggling young adult to a mental health professional and advocate for people with mental illnesses.



Dobbins currently works as a therapist and case manager for the nonprofit, Philadelphian Prison Ministries, an organization that helps male parolees re-enter society. She has served as director of a treatment center for six years and helps clients through private practice. NAMI, the National Alliance on Mental Illness, and other agencies have recently called upon Dobbins to tell her story. The *Knoxville News Sentinel* focused on her book and life experiences in its monthly series about local authors in April.

Dobbins life began in Denver, Colorado. Her father was a pediatrician. She admired a pediatric psychologist in his department, planting the seeds of a life-long interest in psychology. Dobbins became a nationally-ranked skier as a teenager. Her parents moved to Knoxville when she was 15, but Dobbins stayed in Denver to train for the Olympics. By age 17, she was ill, stopped skiing, and dropped out of college. It took doctors six years to discover a diagnosis. Thankfully, medications and intense psychotherapy, while maintaining a healthy lifestyle, gave her a life of wellness.

Carolyn Dobbins book, while telling her story, provides a fact section that dispels myths about mental illness. For example, many people think persons with brain disorders are all violent and cannot hold professional jobs. "I've been stable so long that I'm [no longer having to put so much time into] helping myself," Dobbins said. "With better medications coming out, people are going to be out and about and not in a hospital." She hopes her book will help people with mental illnesses live better lives and, as patients in mental hospitals, receive flowers. Her book can be found through online booksellers such as www.amazon.com or www.barnesandnoble.com. ■

REPORT: TDMHSAS Needs Assessment

By Katy A. Blasingame, M.A., TDMHSAS • Research Team • Division of Planning Research & Forensics

TDMHSAS has revamped its long-standing annual needs assessment process to target its resources in the most appropriate and effective way as well as meet new federal government reporting requirements.

Each spring, the department's seven regional planning and policy councils conduct an assessment of regional needs and make recommendations to the statewide TDMHSAS Planning and Policy Council for service development and resource allocation. The TDMHSAS Planning and Policy Council then formulates recommendations for inclusion into the department's *Three Year Plan*. Those same recommendations also form Tennessee's mental health block grant priorities for the upcoming fiscal year.

The FY2012-2013 mental health block grant application contained a new requirement: all states must complete a

Needs Assessment Process



data-driven needs assessment process. To respond to this new requirement, an interdisciplinary Needs Assessment Committee, comprised of TDMHSAS staff representing both mental health and substance abuse, created a new evidence-based assessment process. The new assessment process uses two types of information: data indicators and surveys. TDMHSAS provided each regional

council with select behavioral health and demographic indicators for children/youth and adults for their particular [planning region](#). Regions used this data to inform their assessments of regional service needs. The Needs Assessment Committee also prepared online surveys to solicit feedback concerning the adequacy of the service system from consumers, parents/caretakers, providers, and other stakeholders.

In late spring and early summer, TDMHSAS's planning staff will incorporate the regions' top identified needs and survey findings into the *Three Year Plan*. Complete results of the needs assessment will be available in August 2012. To find out more information about the 2012 Needs Assessment process, visit the department's website, and click on the *Research* link under the Division of Planning, Research, and Forensics' Main Page ([Click here](#)) ■

PATH GRANT AWARDED TO TENNESSEE

SAMHSA, the Substance Abuse and Mental Health Services Administration of the U.S. Health and Human Services has asked Tennessee to send an annual renewal application for the PATH formula grant that will fund and thereby address the mental health needs of individuals with a serious mental illness who are homeless. PATH stands for "Project for Assistance in Transition from Homelessness," and the grant, to be awarded to Tennessee for FY 2012-13, will be the 21st year the state has received this award to assure that this positive work will continue with homeless individuals in Tennessee's communities.

Path funds provide salary and resources to outreach specialists who provide linkages to homeless services for homeless men and women, including veterans. Outreach specialists also identify homeless individuals with serious mental illness and assist them in getting the mental health and housing services needed. Specialists reach out to homeless individuals in locations, such as encampments or uninhabitable residences, homeless shelters, streets, cars, and bridges in order to offer services to these individuals in need. Specialists maintain familiarity with available community resources and assure that



Source: Istock photo

appointments are made and kept.

Tennessee's application for the PATH Grant is online <http://www.tn.gov/mental/mentalhealthservices/pathgrant.html>. Comments are welcome and should be sent via email to the Director of the Office of Housing and Homeless Services at Bob.Currie@tn.gov. ■

CIT: A Police-Based Crisis Intervention Now in 17 Counties Statewide Training Curriculum Developed

By Melissa Sparks, Director of TDMH Crisis Services, Division of Mental Health Services

The Crisis Intervention Team (CIT) is an innovative first-responder model of police-based crisis intervention with community, health care, and advocacy partnerships. In 1988, specialized training was developed for the Memphis Police Department's first responders to help officers better manage suicide encounters and crises relating to mental illness. Since then, in addition to becoming nationally known, 17 other counties in Tennessee have implemented what is now referred to as the "Memphis Model" of training in their law enforcement agencies including Johnson, Sullivan, Washington, Greene, Anderson, Knox, Roane, Putnam, Hamilton, Rutherford, Bedford, Madison, Hardeman, Weakley, Obion, Dyer, Tipton, and Shelby counties.

Many of the department's (TDMHSAS) contracted crisis service providers conduct the specialized training to law enforcement agencies participating in the CIT program. Each CIT is voluntary and based in the patrol division of the police department. CIT works in conjunction with mental health service providers to ensure a system of care that is helpful, not only to the individual in crisis, but to their family and the police officer. Research has shown that officers who have gone through CIT training were almost twice as prepared to deal with someone with a mental illness or substance abuse issue as an officer who

has not had mental health training.

Research has also shown that CIT training improves an officer's attitude about aggressiveness among individuals with schizophrenia and has given the officer greater knowledge about the disorder which in turn allows the officer to feel a decreased social distance towards people with schizophrenia. Areas that have implemented CIT are associated with a decreased use of high-intensity police units such as Special Weapons and Tactics (SWAT) teams, they show a lower rate of officer injuries, and are more likely to have referrals of individuals with mental illness to a treatment facility by law enforcement officers.

Even for those law enforcement officers who have not officially become designated as a CIT, mental health and substance abuse training is provided by the state's crisis service providers to ensure that all officers have the knowledge and expertise needed to provide the best possible outcomes for

individuals experiencing a mental health or substance abuse crisis encountered in the provision of public safety.

Partnership efforts have led to the development of a statewide training curriculum used for training both new officers as well as to satisfy annual training requirements to ensure current knowledge and understanding of mental health and substance abuse issues. Improved partnerships between crisis service providers and law enforcement will hopefully lead to improved communication, coordinated response and ultimately better outcomes for the individuals encountered.

CIT, the law enforcement community, and the mental health community have been partnering since 1988. Evidence has shown it's a great partnership that is growing throughout the State of Tennessee, the United States, and internationally. For more information go to <http://cit.memphis.edu/index.php>

Photo credit: *Lafollette Press, Lafollette, Tennessee, April 19, 2012*

CIT training was given in April to officers representing 13 area law enforcement agencies in East Tennessee. The training was held at Ridgeview Psychiatric Hospital and Center in Oak Ridge. Officers were from Oak Ridge, Anderson County, Clinton, LaFollette, Morgan Count and Scott County. So far, 51 area officers have graduated from this nationally recognized program that began in Memphis, Tennessee.



Oasis Center's Middle School Teen Outreach Programs (TOP) Wins Award

By Angela McKinney-Jones, Director of Prevention Services, Division of Substance Abuse Services

Oasis Center's Teen Outreach Program (TOP), funded by the TDMHSAS and United Way, were recipients of the prestigious *Mary Catherine Strobel Awards* on April 10, 2012. Youth from Cameron, Bailey, and McKissack Middle Schools are actively engaged in TOP, a positive youth development program combining an issue based, skill building curriculum with a community service learning component. The top three goals of the program are to teach life skills, increase healthy behaviors, and create a sense of purpose in each youth.

during the holiday season. In each act, they convey their thanks. TOP youth are not just volunteers, they are ambassadors – every life they touch changes. Through service, they increase the community's understanding and appreciation of differences; they challenge and overcome stereotypes associated with middle school-aged students; and they increase awareness of how intimately connected all human beings truly are. Indeed, this awareness is the key to much larger things – the end of hunger...the elimination of poverty...world peace...We would all do well to follow their lead.

TOP is:

- 310 young people
- Representing Three (3) Nashville Middle Schools
- Expressing gratitude through more than 2000 hours of service each school year



Through TOP, Oasis Center provides a safe setting for middle school youth to explore and engage their own values and ideals through weekly discussions that vary topically from living in a multi-cultural society, to adolescent health issues and setting goals for the future. These middle school TOPers work on developing life-long leadership skills and deepened their understanding of the city through volunteer efforts. Thus far, TOP Middle School programs have contributed over 2000 hours of service to a variety of Nashville non-profits, organizations, and schools.

Even though volunteering is a program requirement, TOP youth approach service with a spirit of gratitude. They intimately participate in our community, focusing on and impacting many causes — feeding the homeless through a local food/ garden project; boxing food and care packages for the needy; making cards for our city's law enforcement or the forgotten elderly; planting trees for Earth Day; improving the school environment by painting the school's lobby; or participating in local efforts



As Karen Pitman stated, in the *Forum for Youth Investment* in 1999, "Young people must also address their own issues in order to be contributors or change agents in other arenas. Skills, attitudes values, and insights grow more quickly when there is purpose, especially when that purpose is immediate, relevant and external." ■

REPORT: Survey Reveals Downward Trend in Binge Drinking by Youth

By Angela McKinney-Jones, Director of Prevention Services, Division of Substance Abuse Services

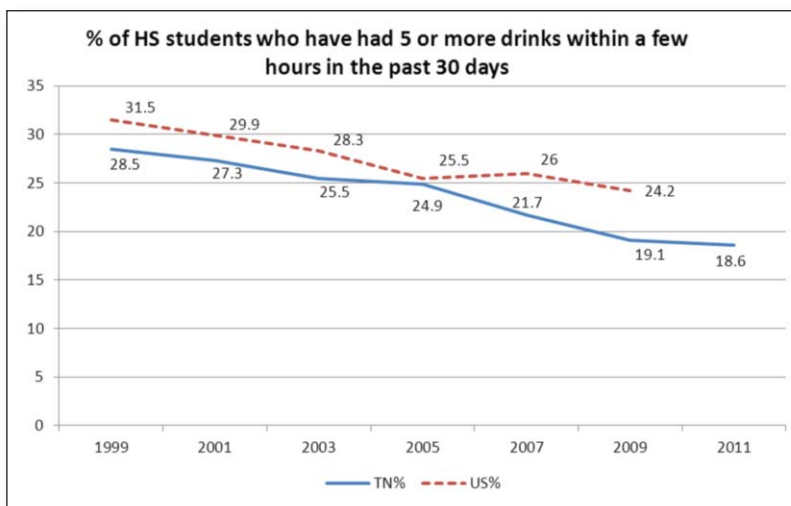
Fewer Tennessee high school students engaged in binge drinking between 1999 and 2011, according to the Youth Risk Behavioral Surveillance System (YRBSS). The YRBSS is administered to 9-12th graders during every odd year, asking questions about a wide variety of health issues, including alcohol use and abuse. The YRBSS surveys a sample of high school students from across the state, highlighting widespread changes in behavior not limited to only a handful of counties.

While the year-to-year decrease in binge drinking is somewhat modest, the overall trend shows that the percentage of students who reported binge drinking in the past 30 days dropped by over 10 percent over the past 12 years. In 2011, less than one-fifth of students engaged in binge drinking, down from almost one-third of students in 1999.

Tennessee’s efforts toward statewide initiatives to curb youth binge drinking, including the TN-SPF-SIG and TN-PFS projects, are reflected in this data. While the national binge drinking rate has also decreased from almost one-third of high school students in 1999 to just under one-quarter in 2009¹, the national downward trend has not been as sustained or as dramatic as in Tennessee.

Given this trajectory and Tennessee’s continued efforts to reduce binge drinking among high school students, it is likely that this downward trend will continue. ■

¹Trends in Bing Drinking Among High School Students



| YEAR | N | TN% | US% |
|------|------|------|------|
| 1999 | 1505 | 28.5 | 31.5 |
| 2001 | 1409 | 27.3 | 29.9 |
| 2003 | 1917 | 25.5 | 28.3 |
| 2005 | 1510 | 24.9 | 25.5 |
| 2007 | 2027 | 21.7 | 26.0 |
| 2009 | 2177 | 19.1 | 24.2 |
| 2011 | 2579 | 18.6 | |

UPDATE: Children’s Mental Health Awareness Week Report May 6-12, 2012

As part of National Children’s Mental Health Awareness Week, Systems of Care across the state recognized May 9 as “National Children’s Mental Health Awareness Day” in order to promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families.

National Children’s Mental Health Awareness Day was established to increase community awareness about serious emotional disturbances and serious mental illnesses so that the associated stigma with these illnesses can be reduced and better outcomes for these individuals and their families can be achieved.

The 2012 theme, “Heroes of Hope,” highlighted the importance of a caring adult who provides a child or youth with the kind of positive support and influence that can help the young person develop or enhance resilience.

In a nationally representative survey of 12 to 17-year-old youth and their trauma experiences, 39 percent reported witnessing violence,

17 percent reported physical assault, and 8 percent reported a lifetime prevalence of sexual assault.

Research has shown that caregivers can buffer the impact of trauma and promote better outcomes for children, even under stressful times, when the following Strengthening Families Protective Factors are present:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

With help from families, friends, providers, and other “Heroes of Hope,” children and youth can be resilient when dealing with trauma. Visit www.samhsa.gov/children to learn more.

The focus of a Systems of Care is to foster collaboration between state and local agencies, schools, and families to provide

REPORT: National “Kick Butts Day” Observed in Tennessee Aim to Reduce Youth Tobacco Sales & Consumption and Promote the Tennessee Tobacco QuitLine

TDMHSAS and the OASIS Center highlighted National “Kick Butts Day” by unveiling a statewide art project in the Legislative Plaza displaying 172 pairs of shorts to illustrate the lives of Tennesseans cut short due to tobacco use. Kick Butts Day is a national event that works to engage children and youth nationwide in learning about the negative impacts of tobacco use.

Over the past year, the Tennessee Youth Prevention Working Group, comprised of staff from three state agencies including Mental Health, Health, and the Office of the Attorney General has worked with tobacco retailers across the state to remind them of both the health and legal risks associated with selling tobacco to minors.

Commissioner Doug Varney said, “‘Kick Butts Day’ serves as a great reminder to our young people about the risks of tobacco use as well as to tobacco retailers about their responsibility regarding minors. Research shows that those who start smoking at a young age form stronger addictions. By only selling tobacco products to customers over 18, tobacco merchants help ensure that Tennessee complies with federal law and reduces the overall number of youth smokers.”

Facts from www.tobaccofreekids.org about Tennessee youth and tobacco:

- Most individuals with an addiction to cigarettes started smoking before they turned 18 years old.
- Tennesseans under the age of 18 will purchase and consume over 16.8 million packs of cigarettes this year.

- Approximately 7,600 young people in Tennessee become new youth smokers each year.
- Approximately 412,000 of today’s Tennessee children will become smokers and nearly 132,000 of them will die prematurely from tobacco related causes.

“Decades of research has proven the devastating impact of smoking on our bodies and our health. Our best advice to Tennesseans of any age is to never start smoking,” remarked Tennessee Health Commissioner John Dreyzehner, MD, MPH. “For those who do smoke, we urge you to talk with your health care provider about ways to quit, and to take advantage of the free Tennessee Tobacco QuitLine counseling service at 1-800-QUIT-NOW for added support.”

The *Tennessee Tobacco QuitLine* is a statewide, free tobacco cessation treatment program made possible through the Department of Health. There is no charge to callers for services, and callers have unlimited access to a “quit coach.” This service is available to teens as well as to adults. Call to learn more about the QuitLine or visit the Web site at <http://health.state.tn.us/tobaccoquitline.htm>.

For more information on Kick Butts Day, or to find a list of events in your area, please visit <http://kickbuttsday.org/>. For more facts and information about smoking and youth in Tennessee or in other states, please visit <http://www.tobaccofreekids.org>.

Awareness Week Report...cont.

appropriate mental health services and supports for youth with serious emotional disturbances or serious mental illnesses and their families to help them function more effectively at home, in school, and within their community. Tennessee currently has Systems of Care in the following counties:

Davidson County - Nashville Connection (Tennessee’s first Systems of Care)

Cheatham, Dickson, Montgomery, Robertson & Sumner counties - Early Connections Network

Knox County - K-Town Youth Empowerment Network

Shelby County - JustCare Family Network

South Central Tennessee - South Central Systems of Care (serving 12 counties)

For more information regarding the annual *National Children’s Mental Health Awareness Day* contact the Systems of Care organizations listed below.

Shawn Brooks
Project Director
South Central Systems of Care
Phone: (931) 560-3076
Email: Shawn.Brooks@centerstone.org

Dr. Altha Stewart
Project Director
JustCare Family Network
Phone: (901) 454-7262
Email: ajstewartmd@bellsouth.net

Mark Wolf
Project Director
K-Town Youth Empowerment Network
Phone: (865) 523-0701
Email: MWolf@TNVoices.org

Bill Weathers
Project Director
Early Connections Network
Phone: (615) 463-6658
Email: Bill.Weathers@centerstone.org

For additional information about Tennessee’s systems of care or other mental health and substance abuse information, visit <http://tn.gov/mental/A&D/index.html> and http://tn.gov/mental/mentalhealthservices/p_child_sysCare.html. ■



My Health, My Choice, My Life Celebrates Wellness

By Sue Karber, Director, Office of Health and Wellness, Division of Mental Health Services

At the completion of the “Chronic Disease Self-Management Program” (CDSMP), a component of the *My Health, My Choice, My Life* initiative, a Graduation Celebration was planned for participants who completed the workshop. Regional Peer Wellness Coaches work with peer support staff to arrange the location, date, menu, and activities of the Graduation Celebration.



Volunteer's Friends and Company Participants



Centerstone's ReConnect Tullhoma Participants

In Middle Tennessee, three graduation celebrations took place at East Park



Middle Tennessee Participants Who Completed the CDSMP



Centerstone's ReConnect Nashville Participants

Community Center. The food was potluck style, providing an opportunity for Regional Peer Wellness Coaches to work with peer support staff to plan and prepare healthy dishes. Activities included music, a friendly game of kickball, and an opportunity to honor each participant with a certificate and a *My Health, My Choice, My Life* t-shirt.

On Friday, April 27, the first Graduation Celebration of East Tennessee took place at a local park in Morristown. Participants from two peer support centers attended the fiesta-themed celebration. The Regional Peer Wellness Coaches prepared and planned a healthy lunch of chicken tacos, cowboy caviar, and fresh made guacamole. Participants played kickball, corn hole, took advantage of the swings, and enjoyed the views of the mountains from the park, and were each given a certificate and a *My Health, My Life, My Choice* t-shirt.

The graduation celebrations have become a wonderful way to end the six weeks of the CDSMP. Through the celebrations, members can meet different people from other peer support centers and peer support staff, and are given the opportunity to explore new and healthy foods. Participants can enjoy games and physical activities. Most of all, they walk away empowered to practice the self-management skills they have learned to live a life of purpose and well-being.

Photos from the East Tennessee graduation celebration.



Buffalo Valley's Peer Program Participants



Creative Displays of Wellness

Program participants were encouraged at the peer support centers to show the interaction of several aspects of health and wellness through artwork. The results indicate the high energy and fun that participants had in using their minds to create visual displays of wellness.



Friendship House – Helen Ross McNabb

The motivation behind our giant “Wellness Wheel” was the eight dimensions of Wellness – Emotional, Financial, Social, Spiritual, Occupational, Physical, Intellectual, and Environmental. Each separate collage represents one dimension and is comprised of pictures that signify what “wellness” means to the group. What began as a few pieces of poster board, construction paper, and old magazines turned into a source of pride for many of the members. As one member stated, “I’m happy I worked with everyone to make something that belongs to us. I smile whenever I see it.” Another member mentioned, “I can’t believe how pretty it turned out. We actually made that!” Positive affirmations like that made our initiative worthwhile.

ReConnect Nashville – Centerstone

The circle of the wellness domains represents that to be well you must have all the domains, not just a few of them. They all work together and cannot stand alone in wellness. The hands represent the community working together as support, education, and wellness tools for a person in recovery. The color of the hands stands for the diversity of our community and our class.



Friendship House – Frontier Health

The Friendship House in Johnson City, Tennessee developed their art project based on the idea of “Guardian Angels”. The clients voted on the top three most important dimensions of wellness, in which they chose; Spirituality, Healthy Eating, and Environmental. Each guardian angel represents an important aspect in regards to recovery and living a healthy life style. Every client within the Friendship House had a hand in creating the guardian angels, and gives them each a sense of pride and ownership within the center. The guardian angels will be placed in the front room of the Friendship House as a visual reminder of the importance of each dimension within their own recovery process.

Friends and Company – Volunteer

When you first look at our project, a piece is missing and it does not work, life is not a square with a missing piece. When you add the final domain, it creates a circle, and it all fits together. It takes all of the domains to have My Health, My Choice, My Life. To be well, all eight domains must be addressed. No one domain is more important than another; each one is equally important and must be addressed when working on being a healthy individual. The meaning of each domain is as unique as each person that addresses them. Everyone must decide what it means to them. That is why we decided to do a collage and let everyone express their individuality.



COMMISSIONER'S CORNER

Lakeshore Closure Brings Artifacts to the Central Office

History was made at Lakeshore and its predecessor, the East Tennessee State Mental Hospital every day, and that history will be preserved by TDMHSAS. Some of the artifacts collected include metal plates and bowls used to feed patients, a doctor's pharmacy book, a bottle from the patient-run dairy, "Marilyn's" famous tapestry, and thousands of handwritten records on patients, purchases, and photographs from the 1800s and early 1900s.

All of these items will be carefully preserved. Confidential records will remain confidential, but their fragile nature means they will need to be microfilmed or digitized. Our Publications Editor, Lorene Lambert, will be working with representatives from our Office of General Counsel, the State Museum, and the State Library and Archives to follow proper preservation procedures for all of these treasures. The records represent a wealth of history about the care givers and patients who will not be forgotten. For more information about these historic items, contact Lorene Lambert at (615) 253-4812 or at Lorene.Lambert@tn.gov.

Currently, information about patient transfers, the closure and transfer of services can be accessed online at <http://www.tn.gov/mental/mhs/LMHI.html>.

Salute to Our YMCA Youth Commissioner



Augtonia Coleman, TDMHSAS Youth Commissioner, discusses mental health issues with Susan Steckel, Director of the Office of Children and Youth for the Division of Mental Health Services.

Augtonia Coleman became Commissioner for a day during the annual Tennessee YMCA Youth in Government Conference in conjunction with the 59th General Assembly. Coleman is a sophomore at Hume Fogg Academic Magnet High School and took on the dual roles of Commissioner of the TDMHSAS and of the Department of Intellectual and Developmental Disabilities. At the end of the conference, Coleman received the *Outstanding Governor's Cabinet Research Award*, one of two awards given to youth commissioners in the Governor's Cabinet. Congratulations to this outstanding young woman!

Division of Planning, Research and Forensics Gains Two

Dr. Ajanta Roy has assumed the role of Statistical Research Analyst in the Planning, Research, and Forensics Division.

Dr. Roy has an Ed.D. in Human Resource Development from Vanderbilt University and a Ph.D. in Counseling Psychology from Tennessee State University. She has held positions at the Centerstone Research Institute, TennCare Bureau, the Department of Psychiatry at Vanderbilt, Department of Leadership and Organization at Vanderbilt, Volunteer State Community College and Tennessee State University.

She is also the author of a number of publication articles in the mental health and drug and alcohol fields, including the *Journal of Clinical Psychiatry* and the *Journal of Clinical Psychopharmacology*. Contact Dr. Roy at (615) 532-7801 or by email at Ajanta.Roy@tn.gov.

Suzanne Weed is the department's new Director of Planning. Weed has a Master of Education, Marriage and Family Therapy. She previously held two Chief Executive Officer positions: one at Suncoast Mental Health Center (Fort Pierce, FL) and the other at PACE Center for Girls (Lakeland, FL). She was Clinical Director and Director of Operations at Kids Hope United (Lakeland, FL) and Program Manager at SBH Services, Mesa Outpatient Clinic (Arizona).

Weed also held direct clinical mental health and alcohol and drug services positions in several other community settings. You may contact Suzanne Weed, at (615) 253-6396 or by email Suzanne.Weed@tn.gov.

New Director for Children & Youth Services

Kristy Leach joined the department on Monday, May 21, 2012, and is assuming the role of Children and Youth Services Program Director within the Office of Children and Youth, Division of Mental Health Services.



Kristy Leach received her Bachelor's Degree in Psychology, with a minor in *Kristy Leach*

Commissioner's Corner...cont.

Tennessee, Knoxville. She received her Master's Degree in Clinical Psychology, with a concentration in children, from Middle Tennessee State University in Murfreesboro, Tennessee.

Leach has worked in a variety of roles serving children with mental health issues for 18 years, primarily in community mental health centers, but also in hospital settings. For the past 10 years, she has acted as the Director of Children's Services at Hinds Behavioral Health Services in Jackson, Mississippi. She is a Licensed Clinical Mental Health Therapist in Mississippi and is completing the final requirements to become a Licensed Professional Counselor. Contact her at Kristy.Leach@tn.gov or at (615) 253-4800.

Zhu Named IT Director

Richard Zhu will serve as the department's new Director of Information Technology, previously serving as Acting Director for that office.

Mr. Zhu has a Master of Business Administration in Management Information Systems and Finance from Vanderbilt University, where he graduated in the top five percent of his class. He has served as Assistant Director of Information Technology since. He has previously held top leadership positions in the private technology sector including Chief Information Officer and Chief Technology Officer with Kaplan IT.

Mr. Zhu also holds seven professional technology certifications including Microsoft Certified Solutions Developer (MCSD) and Cisco Certified Network Professional (CCNP).

You may contact Richard Zhu at (615) 532-8636 or by email at Richard.Zhu@tn.gov.



Richard Zhu

Buffalo Valley Has a First

All across Tennessee mental health agencies are increasing their services to consumers. Buffalo Valley, Inc. has opened a new primary care clinic and 48-bed, 17,000 square-foot treatment center at 118 Kittrell Avenue in Hohenwald, Tennessee, as of May 1. Assistant Commissioner Rod Bragg, of the TDMHSAS Division of Substance Abuse Services represented the department at the opening ceremonies to acknowledge this is the first alcohol and drug abuse treatment center to open a primary care clinic in Tennessee. Buffalo Valley also serves individuals with a co-occurring substance abuse and mental health diagnosis.

Buffalo Valley is applying to become a federally qualified health center, accepting all patients, regardless of insurance status and ability to pay. I applaud Buffalo Valley's commitment to bringing a new level of physical and mental health solutions to Lewis County and the southern Tennessee region.

Staff Article Published

Jeff Feix, Ph.D., the Director of the TDMHSAS Office of Forensic and Juvenile Court Services, co-authored a study on the effects of a Tennessee Court of Appeals opinion on the frequency and type of juvenile court-ordered forensic mental health evaluations ordered for youth alleged to be delinquent.



Jeff Feix, Ph.D.

Richard Epstein, Ph.D. of the Vanderbilt University Center of Excellence was lead author on the study which used an interrupted time series design to demonstrate the statistically significant decrease in inpatient juvenile court-ordered forensic mental health evaluations after the Court of Appeals opined that counties, and not the state, were responsible for the costs of these evaluations.

The study was published in Biomed Central Health Services Research and can be found at <http://www.biomedcentral.com/1472-6963/12/136>. ■

MH Community Update

Hat's Off to Frontier Health

Congratulations to Frontier Health of Gray, Tennessee on a well-deserved award. The agency has earned the coveted *Silver 2012 Communicator Award* from the International Academy of the Visual Arts. The award was given for Frontier Health's 2011 annual report, *From the Heart of Recovery*.



There were thousands of entries from across the U.S. and around the world, and the Communicator Awards competition is the largest and most competitive awards program for communications professionals, representing a "Who's Who" of media, advertising and marketing firms world-wide.

Congratulations also to Frontier Health Director of Communications and Public Relations, Anne Newton, who served as editor and designer of the annual report.

cont. next page

MH Community Update...cont.

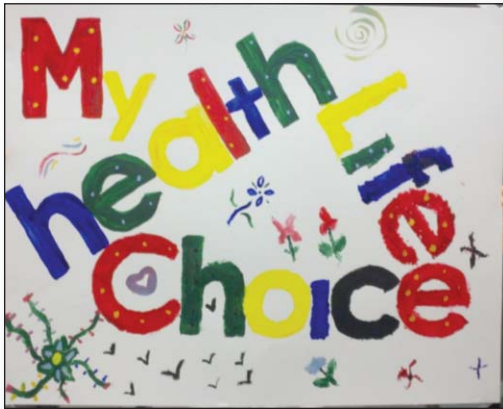
Frontier Health also netted an Award of Excellence from Graphic Design USA for their poster series, "Recovery, Success & Independence" currently on display at each Frontier Health facility.

More and more, mass media, the Web and many other markets vie for consumer attention on many levels. It's important to convey positive and beautiful imagery that translates visual messages about mental health, recovery and resiliency. This is what art through exceptional design does, and Frontier Health is doing it!

Displays of Wellness...cont.

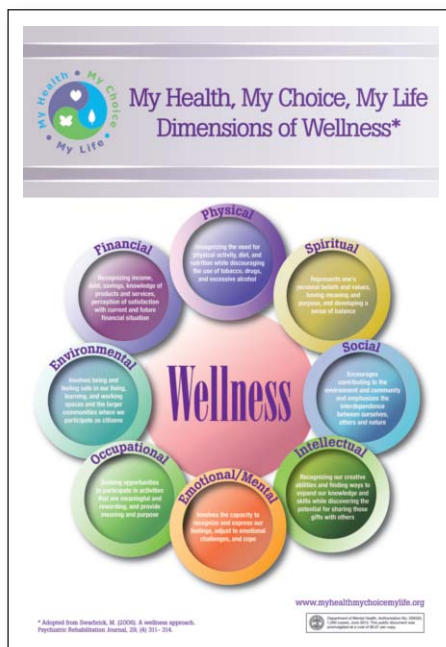
ReConnect Tullahoma – Centerstone

Tullahoma Re-Connect participants expressed their idea of health and wellness with a nice, multicolored collage presented here by one of the groups most enthusiastic members. The Tullahoma participants grew in many ways during the workshop, and were very happy to use this art project as a representation of their transformation.



Wellness Posters Available

Promotional posters showcasing the "My Health, My Choice, My Life Dimensions of Wellness" circles are available from TDMHSAS. Contact Sue Karber at (615) 253-2036 or email Sue.Karber@tn.gov to order copies. The posters show all the elements that contribute to the wellness of an individual, including their physical, financial, emotional, spiritual and occupational attributes.



Update

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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.



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