

# TDMHDD Update

VOLUME 12, NO. 9

MARCH / APRIL 2008

## *Art for Awareness*

### CONTINUES TO PROMOTE RECOVERY FROM MENTAL ILLNESS

#### *Over 100 Mental Health Consumer Artists Distribute Works at Legislative Plaza*

**N**ASHVILLE—May is recognized nationwide as Mental Health Month, and in Tennessee, a special event for persons in recovery from mental illness was held Thursday, May 1st at Legislative Plaza. Co-sponsored by the Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) and the Middle Tennessee Mental Health and Substance Abuse Coalition, the third Annual Art for Awareness Day will feature the works of over 100 mental health consumer artists.

During the event, Governor Bredesen, TDMHDD Commissioner Betts, and several members of the 105th General Assembly were

each presented a unique piece of art created by mental health consumers to display in their offices throughout the month of May in recognition of Mental Health Month. Several regionally acclaimed artists submitted works, including Anne Ambrose of Nashville and John L. Butts, Jr. of Clarksville.

“Being an artist, I truly appreciate the works that are displayed in my office each year for Mental Health Month,” said Governor Bredesen. “I commend the work of the Middle Tennessee Mental Health and Substance Abuse Coalition and the Department of Mental Health

*cont. page 3*



## Memphis Faith Community Awarded Funds for Enhanced Mental Health Services in West Tennessee

The Tennessee Department of Mental Health and Developmental Disabilities Commissioner Virginia Trotter Betts presented a “big check” March 10 to the Memphis faith community for \$250,000. The check will fund a faith-based mental health pilot program that will address utilization disparity of mental health services in West Tennessee by attempting to remove the stigma often associated with mental health services in minority communities.

“I’m extremely pleased we can provide funds to support this unique pilot program in West Tennessee,” said Governor Phil Bredesen. “With one out of four persons being affected by mental illness in their lifetime, it’s important for people to understand that treatment is available and recovery is possible.”

This unique pilot program, known as Emotional Fitness Centers, is offered in several local churches in Shelby County with outreach to Hardeman and Fayette counties. The focus is on underserved African American communities in need of mental health services who are not accessing the system through the traditional models, likely due to stigma associated with mental illness.

“A major goal of the Emotional Fitness Centers is to increase awareness and appropriate utilization of mental health services with African American communities,” said Commissioner Betts. “This grant will be used to educate these communities on the relationship between positive mental health and overall health and the importance of timely treatment if a mental disorder is present.”

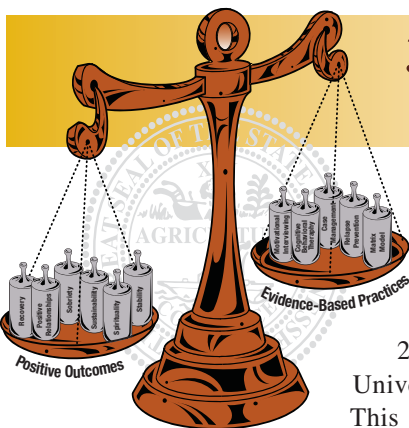
“There is currently some lack of trust in traditional institutions among the black community. Additionally, the stigma associated with mental illness makes it even more difficult to get people to



Commissioner Betts with members of the Memphis faith community.

seek needed treatment” stated Pastor Diane Young with the Healing Center. “We hope to bring some of that trust back and help individuals understand that people care and that help works.”

For more information on Emotional Fitness Centers, visit [www.emotionalfitnesscenter.org](http://www.emotionalfitnesscenter.org). For additional mental health or substance abuse information, please contact TDMHDD’s Office of Public Information and Education at (615) 253-4812 or visit [www.state.tn.us/mental](http://www.state.tn.us/mental). ■



## 31st Annual Tennessee Advanced School on Addictions Set for May 26-30

The 31st Annual Tennessee Advanced School on Addictions is set for May 26-30, 2008 at Belmont University in Nashville. This year’s theme, “The Evidence Is In,” truly reflects

the conference’s curriculum which compares evidenced-based protocols with solid client outcomes. The SUMMIT will feature presentations detailing the latest evidenced based treatment protocols, as well as highlighting strategies designed for our Tennessee Access to Recovery II providers.

This year the conference includes an outstanding faculty from across the United States who will share their expertise through formal presentations and interactive workshops throughout the week. Some of the school faculty includes: David Mee-Lee, MD, Mark Sanders, Peter Hayden, Ph.D., Bob Carty, and C.C. Nuckols, Ph.D.

On Wednesday evening, Maya Hennessey, known for her abilities as a motivational speaker will bring to our attendees and the recovery community a presentation on Women in Recovery: The Challenges and Reward. Ernie Kurtz, Clifton Mitchell, and Mark Schwartz will be speakers, and John McAndrew will bring his songs of inspiration.

This Summit has something of interest for all professionals in the field. For registration information please visit [www.state.tn.us/mental](http://www.state.tn.us/mental). ■





## Peer Support Certification Program Updated By Office of Consumer Affairs

Launched in 2007, the Certified Peer Specialist Program has been recently updated with a revised handbook.

Peer support specialists are certified to provide certain peer-to-peer, Medicaid-billable mental health services to consumers through the CPSS Program. They provide services such as WRAP training, group and unique individual peer-to-peer counseling, psychoeducation, monitoring of the service plan, and modeling/teaching effective recovery and advocacy skills.

A key feature is that trainees have a choice of several education pathways which address core competencies and teach techniques based on evidence-based practices.

Certification is tied directly to employment and must be renewed annually through the successful completion of ongoing educational requirements.

View the Certified Peer Support Specialist Program Handbook at <http://state.tn.us/mental/policy/PeerSupSpecCert.html> ■

### Art for Awareness...cont.

and Developmental Disabilities for their efforts in putting this event together and congratulate the artists on their recovery and participation.”

“Art is truly a vehicle to recovery from mental illness, and I am so delighted that we have the opportunity to recognize these wonderful artists from across the state.” commented TDMHDD Commissioner Virginia Trotter Betts. “I admire the courage and commitment of every artist who participates in Art for Awareness Day, and I am gratified that Governor Bredesen and many legislators are so enthusiastic and supportive of their efforts.”

Art for Awareness Day was held this year in Legislative Plaza. During the event, selected consumer artists from across Tennessee presented their works, met with Commissioner Betts and their legislators, and enjoyed a reception in celebration of this annual event. Additional works can be seen during the month of May in a public hallway gallery at Legislative Plaza near the cafeteria.

For more information on Art for Awareness day or for additional mental health information visit [www.state.tn.us/mental](http://www.state.tn.us/mental). ■

## NEW MENTAL HEALTH PROGRAM FOR ADOLESCENTS AND YOUNG ADULTS WITH A DUAL DIAGNOSIS

The Vanderbilt Kennedy Center for Excellence in Developmental Disabilities has received a 3-year grant from the John Merck Fund to facilitate a mental health treatment program for adolescents and young adults who have both a psychiatric disorder and intellectual or other developmental disability. The grant was awarded to Elisabeth M. Dykens, Ph.D., Professor of Psychology and Human Development, Associate Director of the Vanderbilt Kennedy Center, and Director of the VKC UCEDD.

“The need throughout our state is monumental,” said Dykens. “Approximately 40% of adults with intellectual disabilities also show severe mental health challenges that impede their everyday activities. We are pleased to be able to provide high-quality mental

health services to this incredibly underserved population.”

As a joint project of the VKC UCEDD and Vanderbilt University Medical Center’s Department of Psychiatry, the Clinic will be directed out of the Department’s Outpatient Clinics. It will be staffed by a psychiatric nurse, a social worker, a behavior analyst, and a psychiatrist. The Clinic is expected to operate one day a week beginning this spring.

“We are pleased to partner with Dr. Dykens and all of the Vanderbilt Kennedy Center staff,” said Michael Cull, M.S.N., Administrative Director for Outpatient Psychiatry, and Co-Director of Vanderbilt’s Center of Excellence (COE) for Children in State’s Custody. “Over the past year, we have increasingly

been called upon to serve individuals with intellectual disabilities and mental health concerns, and now we can bring a trained, dedicated team to do this important work.”

A major goal of the clinic will be to provide model care that can be replicated across the country.

“As strange as it may sound, there are few such clinics operating nationally,” said Dykens. “Our goal is to institute a clinic that will be a world leader in the care to persons with intellectual disabilities and mental health concerns. From there—and using the UCEDD’s national network to distribute our model to every state—we can lead the way in upgrading services for a group that continues to be among the most underserved in the country.” ■

## — HAPPENINGS —

### NAMI-Nashville's Ambassador of Hope Awards

#### The 2008 Award Winners

**Professional of the Year**  
Ann Cross

**Consumer of the Year**  
David Deal

**Consumer of the Year**  
Kathy Tupper

**Outstanding Forensic Advocate**  
Amanda Myatt

**Outstanding Advocate in  
Criminal Justice**  
John Ford

**Psychiatrist of the Year**  
Dr. Christopher Dull

**Lifetime Achievement Award**  
Joe Carobene

**Business/Community Partner of the Year**  
The Integrated Care Partnership,  
Columbia Pediatric Clinic

**Community Partner of the Year**  
Vanderbilt's Center for Excellence  
For Children in Child Custody,  
Mental Health Clinic

**Mental Health Program of the Year**  
Mental Health Cooperative Crisis  
Stabilization Unit (CSU)

**Advocate of the Year**  
Dr. Zia Wahid

**Hope Award**  
Dr. Reena Camoens

**Spirit Award**  
Dr. George Bolian

**President's Award**  
Barbara Quinn



*Deputy Commissioner Joe Carobene, received the Lifetime Achievement Award. Carobene is retiring in June with 36 years of state service.*

**Volunteer of the Year**  
Richard Fitzgerald

**Friends of NAMI**  
John Greenhills, Willie Norris, and  
Larry Patton

**Ambassador of NAMI**  
Elliott Garrett, Evelyn Yeargin,  
Debbie Cagle, Steve Sheehan

**Special Recognition Award**  
Dr. Michael Samuchin

### West Tennessee Teen Camp Focuses on Youth Leadership to Fight A&D Abuse

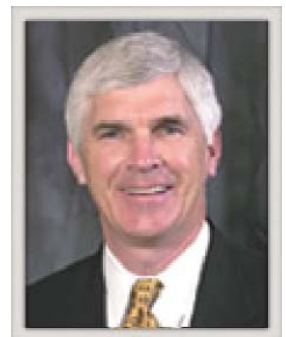
Bethel College in McKenzie, Tenn. is the site of the fifth annual West Tennessee Teen Institute on June 23-27. The five-day educational youth leadership camp is sponsored by the Mid-West Community Services Agency and TDMHDD's Division of Alcohol and Drug Abuse Services.

WTI provides training for teens 13-18 years old in personal development, leadership and alcohol/drug abuse prevention. Camp programs challenge youth to unlock their potential, lead by example, and take a proactive role in making positive changes in their communities. Keynote speakers, workshops and other activities round out the program. Any school, church or organizations interested in sponsoring a team to attend camp, or anyone wanting more information should contact Kristi Townes, WTI director, Mid-West Community Services Agency at (731) 884-2640. ■

### Jason Foundation Honors Vandy Coach for Suicide Prevention

The Jason Foundation, Inc. honored Bobby Johnson, football coach for Vanderbilt University in Nashville, in March for his work on youth suicide prevention. The Jason Foundation's mission is to educate teachers, workers, parents and youth in the awareness and prevention of suicide. University of Tennessee coach Phillip Fulmer has been the foundation's national spokesman since 1998.

The Jason Foundation, based in Hendersonville, Tennessee, was founded in 1997 as a response by family



*Bobby Johnson  
JFI Tennessee Ambassador*

*cont. next page*



## — HAPPENINGS —

### NASMHPD Awards Grant to Tennessee for Forensic and Juvenile Court Services

Tennessee is one of 11 states awarded a Transformation Transfer Initiative grant by the National Association of State Mental Health Program Directors (NASMHPD) in the amount of \$105,000 to TDMHDD. Applications were required to propose transformation initiatives in the provision of mental health services that involved multi-agency collaboration, capitalized on existing funding sources, and built on other initiatives already underway. The Office of Forensic and Juvenile Court Services in the Division of Policy and Legislation proposed a series of steps to transform the system of providing mental health evaluations to Juvenile and Family courts from a predominately inpatient service to a predominately outpatient service.

TDMHDD has existing contracts with community mental health agencies across the state to provide outpatient forensic mental health evaluations for children and adults. This project will involve collaboration with the Tennessee Council of Juvenile and Family Court Judges through the Administrative Office of the Courts, the community mental health agencies, inpatient juvenile service providers, and the Juvenile Justice/Mental Health workgroup. TDMHDD's goal is to provide services to children and youth in the least restrictive environment while maintaining high standards for court-ordered evaluations. For more information contact Jeff Feix, Ph.D., Director of Forensic Services at (615) 532-6747 or at [Jeff.Feix@state.tn.us](mailto:Jeff.Feix@state.tn.us).

### Jason Foundation...cont.

and friends to the tragic loss by suicide of Jason Flatt, age 16, and has become a national model in providing information, tools and resources to confront the "silent epidemic" and prevent the tragedy of youth suicide. Visit [www.jasonfoundation.com](http://www.jasonfoundation.com) for more information and links to free in-service program training for teachers, coaches and other community youth workers.

## COMMISSIONER'S CORNER

### SPAN USA Founders Award

*Madge Tullis accepts the Founders Award on behalf of herself and her husband, Ken Tullis. Brian Altman, director of public policy and program development for SPAN USA, stands with her.*



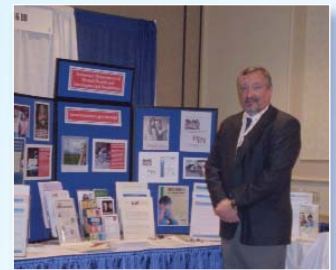
On February 26, the Suicide Prevention Action Network USA honored Ken and Madge Tullis with their highest honor, the 2008 Founders Award. The award is given annually in Washington D.C. to those whose work best exemplifies the vision of SPAN USA's founders. Ken and Madge Tullis of Memphis have made it their mission to share their incredible story and help others prevent suicide and deal with the issues that families and friends face. The Tullis's personal story of survival can be found in "Seduction of Suicide" under the pen name of Morgan Taylor and Kevin Taylor, M.D. Ken Tullis is the 2008 chair of the Tennessee Suicide Prevention Network which they founded. To learn more about SPAN USA visit [www.spanusa.org](http://www.spanusa.org).

### 2008 Yes 2 Kids Conference Photos



*Gwen Hamer, program director of education and development for the Division of Clinical Leadership, presented conference speaker Terrell Johnson with a certificate of appreciation from TDMHDD. Johnson is the founder of Wake Up Youth Foundation of Memphis. His workshop was entitled "Gang Awareness in Tennessee."*

*Ken Horvath, TDMHDD coordinator of Co-Occurring Disorders Services for the Division of Special Populations was on hand to answer questions and distribute literature to delegates.*



Students Taking a Right Stand (STARS) of Nashville sponsored the Yes 2 Kids Conference along with the departments of Education, Health, Mental Health & Developmental Disabilities, the Tennessee Commission on Children & Youth, and other advocacy groups including Tennessee Voices for Children, Community Anti-Drug Coalitions Across Tennessee, and Volunteer Tennessee. Visit [www.yes2KidsTN.org](http://www.yes2KidsTN.org) to learn more.

## COMMISSIONER'S CORNER

### National Drug Control Strategy's 2008 Report Showcases The Next Door

The Annual Report of the President's National Drug Control Strategy featured the work of The Next Door in Nashville, in operation since May, 2004. The report states, "Statistics show that approximately 60 percent of female ex-offenders in Middle Tennessee will return to prison within the first year of their release...Since May, 2004, more than 350 women have gone through a 6-month curriculum designed to prepare them for independent living and establish and maintain stable families."

### Tennessee's CHI Program Becoming A National Model

Arizona Health Futures, January 2008 edition on the "Gray Land Housing for People with Serious Mental Illness in Marcopa County," reviewed Tennessee's successful CHI program under the leadership of Marie Williams. The article is available online at [http://www.slhi.org/publications/issue\\_briefs/pdfs/ib-2008-January.pdf](http://www.slhi.org/publications/issue_briefs/pdfs/ib-2008-January.pdf)

### ADC Wins National Honor for Prevention Program

The Alcohol and Drug Council of Middle Tennessee (ADC) recently won the prestigious *Prevention & Education Meritorious Award* from the National Council on Alcoholism and Drug Dependence (NCADD). The award-winning program was designed to provide education and prevention about addiction to deaf and hard-of-hearing youth. The program has been funded by TDMHDD's Division of Alcohol and Drug Abuse Services since 1992. NCADD honored the program as being a unique model program easily replicable in other states/cities and serving a special population whose need are largely unmet. To learn more, contact The ADC at (615) 269-0029, ext. 100.

### Saluting National Nurses Week May 6-12

TDMHDD honors its 475 nurses during National Nurses week for their compassionate work and dedication throughout the year. This year, the theme "Nurses: Making a Difference Every Day" truly represents what nurses do on a daily basis-make a difference in peoples lives. A salute to nurses during National Nurses Week gives visibility to the importance of this profession to our society, our healthcare system, and to the public's health.

For more information on National Nurses Week visit <http://www.nursingworld.org/>. For additional mental health information and for TDMHDD nursing employment opportunities in the five regional mental health institutes go to [www.state.tn.us/mental](http://www.state.tn.us/mental) or call (615) 253-4812.

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