



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



Piglet: "How do you spell love?"
Pooh: "You don't spell it. You feel it."

Governor Lee's FY21 Budget Proposal: Key Takeaways from Commissioner Williams

Dear Friends and Partners,

You've heard the wise words—without a vision, the people shall perish. Well, I'm thrilled to share the legendary vision that our governor has for our services and for the Tennesseans who so desperately need them.

You'll remember during our budget presentation back in December, Gov. Lee and his team readily received our proposal to add services, increase existing programs through community behavioral health providers, and reinforce prior years' investments with additional supports and staffing. On top of that, the governor is proposing a budget that will truly result in transformational and generational change for the lives that we touch. In all, Gov. Lee's FY21 budget proposal includes **nearly \$33 million in new funding for our department**. [Please see the one-pager at this link with detail on all of the proposed increases for FY21.](#)

Here are a few key themes and highlights of the governor's proposed FY21 budget for TDMHSAS:

Services for Children and Youth

For certain populations in the state, their coordination of care and linkage to further community behavioral health supports is vital to continued success. The governor and his team accepted our proposals to extend **Behavioral Health Safety Net** services to about 5,000 uninsured children and to extend **School-Based Behavioral Health Liaison** services to all 95 counties. To these proven programs, they are proposing the creation of a **\$250,000,000 trust fund for K-12 Mental Health**. The fund will be a permanent, protected trust fund to serve Tennessee students. This will be managed by the State Treasurer and allow the funds to avoid the ebbs and flows of funding availability. We are excited to work with the Department of Education and stakeholders and partners across the state to execute an analysis of needs in each individual school district. Earnings from the fund will be distributed based on the results of that analysis and will focus on establishing treatment and supports.

Substance Abuse Treatment and Recovery Services

The governor and his team accepted our proposal to add **\$6,000,000** recurring state dollars to expand **access to substance abuse treatment services** for uninsured and underinsured living with substance use disorders. They decided to quadruple the amount we proposed to add to the **Addiction Recovery Program** for a total of **\$4,000,000** for wrap-around recovery services.

Criminal Justice Services

In the area of criminal justice services, the governor and his team added **\$4,687,500** for **statewide residential recovery courts** which will create two new residential recovery courts. The governor and his team also accepted

our **\$625,000** proposal to expand **Criminal Justice Liaisons** to every county in Tennessee. And in the area of housing, the governor and his team are proposing an investment of **\$3,583,400** for the **Creating Homes Initiative** to expand housing options for individuals who are getting out of jail or prison and struggling with behavioral health issues.

Crisis Services

To account for the increase in mobile crisis calls for both adults and children and youth in recent years, the governor and his team have accepted our proposed increase for **\$354,300** for Mobile Crisis Services. Separate, complementary budget items relating to crisis services are included in the governor's proposal for **\$3,131,400** to TennCare for Master's level therapists providing Comprehensive Child and Family Treatment (CCFT) and to increase funding for children and youth crisis services and **\$3,453,800** to DIDD for regional crisis teams to provide treatment for people with intellectual disabilities and severe, co-occurring behavioral health needs.

Other Critical Investments

On top of all of this, the governor and his team are proposing investments in Individual Placement and Support Supported Employment, System of Care Across Tennessee, Naltrexone, key staffing, and ongoing maintenance for department facilities.

As you know, we will work the governor's budget proposal through the legislative process with subsequent presentations and hearings. [You can watch our presentation to the House Mental Health and Substance Abuse Subcommittee from February 12 at this link](#). We are so grateful to have a legislature that supports the work we do and is interested in meeting the service needs of Tennesseans living with mental health and substance use concerns.

I want to close this message with a restated expression of my team's personal gratitude. We are grateful to each of you – whether you're a state employee, a community behavioral health provider, a consumer, a family member, or an advocate – your teamwork, collaboration, and partnership is the reason we're in the position where Gov. Lee and his team feel comfortable making this kind of investment in what we all do and believe in. May we continue to move the needle to increase access to services and build resiliency, recovery, and independence for Tennesseans struggling with mental health and substance abuse issues.

Thank you,

Marie

[Watch Governor Lee's State of the State address here.](#)

[Watch Commissioner Williams' response video here.](#)

Lake County Schools, Carey Counseling Center Work Together to Make a Big Difference for Tennessee Students

To celebrate Governor Lee's proposed expansion of school-based behavioral health services, Commissioner Williams, TDMHSAS staff visit model school program.



We are excited that Gov. Bill Lee has included new funding in his budget proposal to expand School-Based Behavioral Liaison programs to all 95 counties. Commissioner Williams and Deputy Commissioner Matt Yancey recently joined staff from the TDMHSAS Office of Children, Young Adults, and Families for a visit to Lara Kendall Elementary in Lake County. They sat down with the school's principal, their amazing School-Based Behavioral Liaison, and Carey Counseling Center, Inc. to learn how

the program works and interacts with other student mental health programs offered by our department and the Tennessee Department of Education.

TN Together Student Survey Highlights Opportunity for Parents to Prevent Youth Substance Use

Large study points to key moment for intervention



Parents have a valuable opportunity to influence their children's use of substances if they approach the conversation in early middle school grades, but these conversations are only happening for about half of Tennessee youth. That is one of the primary takeaways highlighted by the first-ever TN Together Student Survey, administered to 21,766 students in grades 8, 10, and 12 across 28 Tennessee counties.

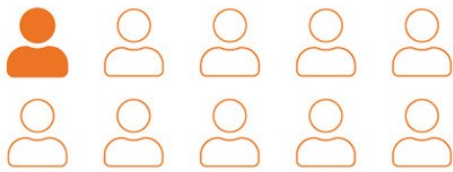
The [TN Together Student Survey](#) asked students about their use of and related attitudes and behaviors surrounding prescription drugs, alcohol, marijuana, tobacco (including e-cigarettes), and other drugs. Approximately half of students surveyed said their parents had talked to them about tobacco and other drug use, but only about a third had discussed the dangers of prescription drug misuse. Across all substances, the average age of first use was 13 to 14 years old.

“We know that parents play a huge role in reducing youth substance use. The data from this survey shows that there are a lot of children making risky decisions without ever hearing from their parents,” said TDMHSAS Commissioner Marie Williams, LCSW. “While the conversation isn’t easy for parents or kids, the results can be life-changing.”

[Read the press release in its entirety.](#)

[Download the one-pagers](#) and see some highlights below, organized by substance.

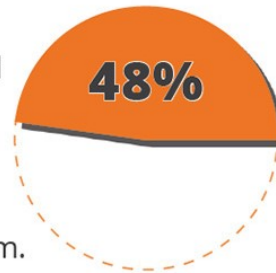
Prescription Drug Misuse / Perceived Risk



One in ten students in Tennessee, or 8.9%, reported ever misusing prescription drugs.

AVERAGE AGE OF INITIATION **13.5** years old

Almost half of students reported that it was either “*very easy*” or “*fairly easy*” to obtain drugs not prescribed to them.



PARENT, PERSONAL, AND PEER APPROVAL

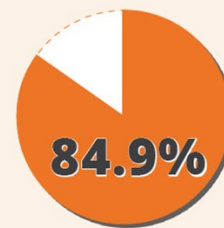
96.2% of students perceived that **parents** would feel it would be “*wrong*” or “*very wrong*” to misuse prescription drugs.

92.3% of **students** felt it would be “*wrong*” or “*very wrong*” to misuse prescription drugs.

85.4% of students perceived that **friends** would feel it would be “*wrong*” or “*very wrong*” to misuse prescription drugs.

0% 20% 40% 60% 80% 100%

PERCEIVED RISK



of students perceived “*moderate*” or “*great risk*” associated with prescription drug misuse.

Tobacco Use / Perceived Risk



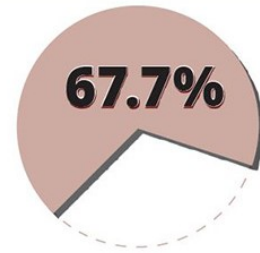
One in three students in Tennessee, or 34.9%, reported ever smoking cigarettes, using electronic cigarettes, or using smokeless tobacco in their lifetime.

AVERAGE AGE OF INITIATION

13.2 years old
FOR CIGARETTES

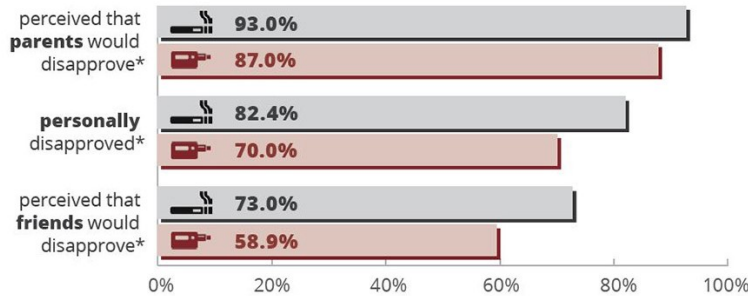
14.4 years old
FOR E-CIGARETTES

Over half of students reported that it was either "very easy" or "fairly easy" to obtain tobacco products.



PARENT, PERSONAL, AND PEER APPROVAL

Percent of students who...



*Disapproval is defined as considering it "wrong" or "very wrong" to smoke tobacco or use e-cigarettes.

PERCEIVED RISK

84.0% of students perceived "moderate" or "great risk" associated with smoking one or more packs of cigarettes per day.

66.0% of students perceived "moderate" or "great risk" associated with using e-cigarettes.

Marijuana Use / Perceived Risk



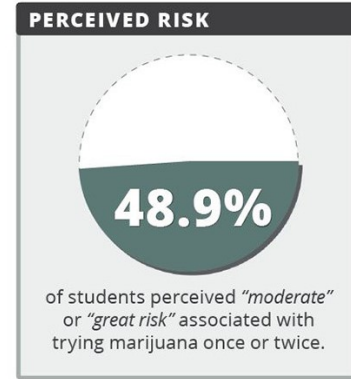
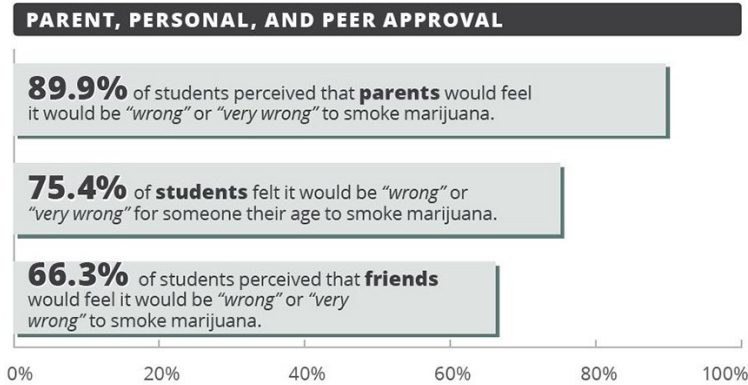
One in five students in Tennessee, or 20.2%, reported ever using marijuana.

AVERAGE AGE OF INITIATION

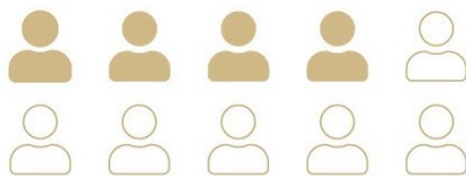
14.1 years old

Over half of students reported that it was either "very easy" or "fairly easy" to obtain marijuana.





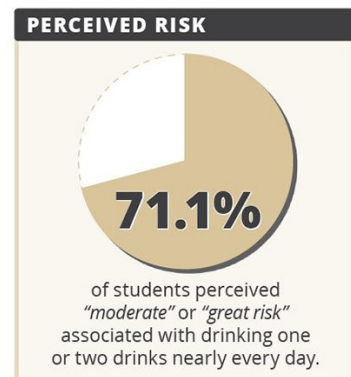
Alcohol Use / Perceived Risk



Four in ten students in Tennessee, or 39.9%, reported ever drinking alcohol.

AVERAGE AGE OF INITIATION **13.7** years old

Over half of students reported that it was either "very easy" or "fairly easy" to obtain alcohol.



Tennessee Expands Jail Diversion Program With \$1.5M Investment

We are excited to announce the expansion of a successful program to divert people from jail into mental health treatment services. Pathways Behavioral Health,

Volunteer Behavioral Health Care System, and Morgan County Government have been recommended for grants through the Pre-Arrest Diversion Infrastructure – Capital Grants program.

Governor Bill Lee budgeted and the Tennessee General Assembly appropriated \$1.5 million in one-time, non-recurring funding for pre-arrest diversion capital grants in the FY20 Budget. The goal of pre-arrest diversion is to reduce or eliminate the time individuals with mental health, substance use, or co-occurring disorders spend incarcerated by redirecting them from the criminal justice system to community-based treatment and supports.

Applicants were asked to focus on rural, underserved, and distressed areas of the state with emphasis on local community investment to sustain programming after the capital grant. Selected agencies have designed programs to serve residents of at least eleven rural counties including two distressed counties.

“We’ve seen the amazing effect that our first round of pre-arrest diversion sites have had improving the lives of Tennesseans struggling with mental illness, and we are excited that this set of grants will serve people in rural areas of the state,” said TDMHSAS Commissioner Marie Williams, LCSW. “Mental illness truly does not discriminate by zip code, and these grants will be an immense benefit to the people who are connected to services and a relief to local law enforcement to help their neighbors in need.”

[Read the press release in its entirety.](#)

TN-ROCS program included in national toolkit developed by the White House



Deputy Commissioner Matt Yancey, Dr. Monty Burks, and Judge Duane Slone pictured at the White House with U.S. Surgeon General Jerome Adams.

There is a new national toolkit to combat drug addiction - specifically in rural America - and it contains a Tennessee-developed model! This resource from the Office of National Drug Control Policy includes best practices, local solutions, lessons learned, and more in the areas of prevention, treatment, and recovery. Included in the guide is a 2-page write up of the TN-ROCS program developed by Judge Duane Slone. He, along with Deputy Commissioner Matt Yancey and Dr. Monty Burks, were at the White House for the official roll out of the Rural Community Action Guide. They are pictured above with U.S. Surgeon General Jerome Adams.

To read and share this resource, download the Rural Community Action Guide here: <http://bit.ly/37LM1Fz>

For more information, visit whitehouse.gov or click on this link: <http://bit.ly/3b0QtT6>



Maury County Holds Recovery Court Ribbon Cutting



Congratulations to Maury County, TN's newest recovery court! The 22nd District Recovery Court (Maury County branch) held its ribbon cutting Feb. 11 at Maury

County Courthouse in Columbia. The public was invited to the ceremony. Presiding over the court is Judge David Allen. We are very excited to see what future successes come out of this court!

Judge Norman Honored With Official Portrait

Family, friends, colleagues, and former Gov. Haslam attend the unveiling ceremony at the Justice A.A. Birch Building



Congratulations to the Honorable Seth Walker Norman whose official portrait unveiling ceremony was held January 16, 2020, at the Justice A.A. Birch Building in Nashville. The painting was created by renowned portrait artist Maestro Igor V. Babailov. Judge Norman was the founder of Tennessee's first drug court (DC4) in Nashville and served as a criminal court judge in the 20th Judicial District for 28 years. Judge Norman received countless distinguished awards during his career. His contributions to Tennessee's justice system are unparalleled and have inspired improvements nationwide.

Lifeline Coordinator Continues to Inspire; Lead Others to Recovery

Help us congratulate Jason Abernathy who recently graduated from King University with honors.



Congratulations to Lifeline Coordinator Jason Abernathy who has graduated from King University, earning his Bachelor of Social Work degree with distinction, achieving a GPA of 4.0. He was given the honor of reading Psalm 91 for the commencement ceremony.

In March 2018, Jason was the recipient of the College Dream Scholarship which gifts full tuition toward a King University education. The contest was open to anyone who has always dreamed of completing a bachelor's degree, and the winner was chosen by the

public. Jason will use his education to continue to share what he has learned, helping others as they conquer and recover from addiction. As a person in long term recovery from co-occurring disorders, Jason knows firsthand the value of education and peer support. He has been a part of our Lifeline Peer Project since its inception and has worked for Washington County's anti-drug coalition, Insight Alliance, since 2013. He is a TN Certified Peer Recovery Specialist, a certified Question, Persuade, and Refer (QPR) suicide prevention trainer, a Trauma Informed Care trainer, a

Wellness Recovery Action Plan facilitator, and a Youth Mental Health First Aid trainer. Prior to his work in recovery support services, Jason served four years in the United States Marine Corps and 16 years in law enforcement.

Jason resides in Piney Flats and currently serves eight counties in East Tennessee as Region 1 Lifeline coordinator. He is happily married and loves being a dad to his 14-year-old daughter. Congratulations, Jason. Keep us the GREAT work!

Program News

New TN Trainers Certified in the NCFAS Assessment Tool

Submitted by Dr. Edwina Chappell, TDMHSAS

Tennessee has three new certified trainers of the North Carolina Family Assessment Scale (NCFAS) assessment tool. TN's newest trainers are Edwina Chappell, TDMHSAS Project Director for the Therapeutic Intervention, Education, and Skills (TIES) program, and Centerstone of Tennessee's Rachelle Long, TIES' Program Coordinator; and Vicki Coleman, TIES' In-Home Therapist. They were certified as NCFAS trainers on January 17, 2020.

The NCFAS is an evidence-based assessment tool used to gauge family continuity, self-sufficiency, safety, and trauma in high quality intensive family preservation services (IFPS) programs. Training was provided by the National Family Preservation Network (NFPN). Michelle Reines is Executive Director of NFPN, and Sheila Searfoss is Board Member/Trainer.

The TIES' program addresses the complex needs of children, from birth up to age 18, who are at-risk of out-of-home placement (OOHP) due to parent/caregiver substance use. Funding is provided by the Tennessee Department of Human Services (TDHS). TDMHSAS is lead agency. TDHS and TDMHSAS collaborate with the Tennessee Department of Children's Services to ensure program oversight.



Department of
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Substance Abuse Services**



For more information about the TIES program, [visit our website.](#)

TECBOT Grant Providing Holistic Substance Use Treatment Services in East TN and beyond



Submitted by Dr. Edwina Chappell, TDMHSAS

Frontier Health provides a glimpse of the TECBOT-TN grant that was awarded to the department back in September 2017. TECBOT-TN, which stands for Targeted Efficacy and Capacity Building in Opioid Treatment - TN, is an “in-the-meantime MAT service with an evaluation component” for persons with moderate to severe opioid use disorder.

- Patients with little to no insurance resources for substance use treatment can initiate or continue in treatment through this grant.
- This assistance allows staff at participating agencies to assist the patient in identifying and obtaining more stable health care resources, such as insurance, including TennCare, or employment with health care benefits.

Services are provided on an outpatient basis and efforts made to care for the whole person. Thus, TECBOT-TN promotes a holistic approach to treatment care

Over the three years of the grant, TECBOT-TN expected to serve (via four original providers) nearly 600 individuals through evidence-based MAT services. After adding two additional providers in 2019, the project had enrolled nearly 700 clients by the end of January 2020 and expects to serve many more people with the addition of twelve new providers this month. Providers will continue serving eligible clients until the three-year SAMHSA grant funds are exhausted. Hopefully, these same valuable providers will be sustained with another funding stream.

TECBOT-TN clients have reported being grateful for this treatment assistance, especially after losing a job, for example. This way they can start or remain in treatment, which allows them to complete activities such as going to work, participating in children’s/family activities, etc.

Frontier Health has enhanced the visibility of TECBOT-TN for eligible patients by creating a “TECBOT” office (pictured above) at its Turning Point location. Having this designated space communicates to patients how special they are and that they are valued as individuals.

Rutherford Co. Suicide Prevention Coalition Shares Resources With

Parolees at Day Center



Members of the Rutherford County Suicide Prevention Coalition were on hand at the the Murfreesboro Day Reporting Center's recent Health Fair. They shared information and resources on suicide prevention.

The Tennessee Department of Correction's Day Reporting/Community Resource Centers serve as alternatives to incarceration for eligible participants through intensive outpatient programs. The programs provide resources and services to offenders to assist them as they work towards becoming productive citizens in their communities. The DRC/CRC assists moderate to high-risk offenders with a substance use issue and/or a mental health issue.

IT Staff Visit a Peer Support Center



While many TDMHSAS staffers spend a great deal of time working out in the field, much being accomplished here at the state is done behind the scenes. Our Information Technology staff members fall into this category, and they are doing great work! A few of our IT staff were nominated for the 2019 ITPA Innovation Award for their efforts to create a new system for the Peer Engagement Program working with people released from a Regional Mental Health Institute. It isn't often that our technical staff members get to see the fruits of their labors in person, but Lisa Ragan, Director of Consumer Affairs & Peer Recovery Services, and Richard Zhu, Executive IT Director, wanted to change that. Richard and a few of his staff were recently welcomed by Centerstone Nashville's Peer Support Services & Intensive Peer Support Center. They enjoyed touring the facility and learning more about peer support services in person.

Pictured are: Lisa Ragan, Consumer Advocate Aijahlon Carden, and IT staff: Christine Terry, Adeel Mohammed, James Graddey, and Mohammed Osman. Thanks to Ben Overby (far right) for hosting our group. Not pictured: Richard Zhu

Staff News & Accomplishments

Welcome Christy Spangler to the Office of Housing & Homeless Services



Please help us welcome Christy Spangler to Central Office as the Program Manager for the Office of Housing and Homeless Services. In this role, Christy will provide oversight and management of Tennessee's PATH formula grant, an outreach program administered by SAMHSA to serve persons with serious mental illness experiencing homelessness. She will also serve as the State Team Lead for the SOAR program, a national program administered by SAMHSA designed to increase access to the disability income benefit programs administered by the Social Security Administration for eligible adults and children

who are experiencing or at risk of homelessness and have a serious mental illness and/or a co-occurring substance use disorder.

Christy has an educational background in psychology as well as criminal justice and criminology from Middle Tennessee State University. She also brings more than seven years of professional experience in the mental health field, including six years of service as the SOAR Coordinator as a part of the PATH program at Volunteer Behavioral Health Care System. Prior to her arrival to Central Office, Christy served at TDMHSAS as the Inpatient Coordinator for the Forensics Services Program at Middle Tennessee Mental Health Institute. Christy's evident passion for the SOAR program, the PATH program, and housing and homeless services, will most certainly serve our state well. We are very fortunate to have her join our team.

Coalition Corner

It's been a busy month for Tennessee's anti-drug coalitions as adult and youth

leaders statewide have traveled to Nashville and Washington D.C. to participate in prevention-focused Days on the Hill and the Community Anti-Drug Coalitions of America (CADCA's) 30th annual National Leadership Forum. These trips provide many opportunities for education, inspiration, and time to meet with lawmakers.



Tennessee strong! Our state's contingent at CADCA's Leadership Forum!



Experiencing life in the legislative branchLeft: Representatives from Be Aware Blount attending the Prevention Rally on Capitol Hill. Right: High School students from Weakley Co. Prevention Coalition attending Prevention Day on the Hill for the first time and getting to sit on the Chamber floor.



Roane County Anti-Drug Coalition said students were chosen for this trip based on their leadership qualities, their passion for the P3 or Positive Peer Pressure Club, and their positive behavior. Many lessons learned and memories made. And bonus, a photo with with Governor Lee!



Youth from Drug Free Tipton visited with Sen. Paul Rose and Rep. Debra Moody.



Monroe County SADD students were thrilled to meet with Lt. Gov. Randy McNally and receive the new Tennessee Blue Book.

Western Mental Health Institute Makes Valentine's Day Extra Sweet



*Submitted by Lisa Coleman,
Western Mental Health Institute*

Patients and staff at Western Mental Health Institute celebrated Valentine's Day by showing off their creativity! Patients made cards and decorations, and, along with unit staff and

Adjunctive Therapy staff, decorated rooms on the Treatment Mall. The winning room belonged to Unit B2, who also had the honor of selecting the King and Queen for the day. Second place went to Unit G2 and third place to Unit B1. Patients and staff

enjoyed music, activities, and refreshments to celebrate. Great job, everyone, and thanks to the Adjunctive Therapy Department and all of the Unit staff!

Staff assisting Unit B2 patients with their winning decorations were (below, left to right): Rosa Dondorfer, Stephanie Taylor, and Rasheeda Estes. Not pictured: Jenethea Kemp.



*Thanks to all of our hospitals' adjunctive therapy staff!
You are awesome!*



**February is
International
Recreational Therapy
Month**

2020

Save the Dates!

JANUARY

9
Law Enforcement
Appreciation Day



FEBRUARY

Therapeutic
Recreation
Month

3-7
School
Counseling Week

MARCH

Social Workers
Month

20
First Day
of Spring

30 National
Doctors Day



APRIL

22
Administrative
Professionals Day

25
National
Prescription Drug
Take-Back Day

MAY

Mental Health Month

3-9
Children's Mental Health
Awareness Week

10-16
Prevention Week
Hospital Week

20 Nurses Day

20-26
Emergency Med. Services Week

JUNE



JULY



HAPPY 4TH!

AUGUST

5
Psychiatric Tech
Appreciation Day

30
International
Overdose
Awareness Day

SEPTEMBER

Recovery Month
Suicide Prevention
Month

10 World Suicide
Prevention Day

First Day
of Fall **22**

OCTOBER

American
Pharmacists Month

4-10
Mental Illness
Awareness Week

8 Depression
Screening Day

NOVEMBER

8-14
Nurse Practitioner
Week

11 Veterans Day

21 Survivors of
Suicide Day

26
Be Thankful!

DECEMBER



**HAPPY
HOLIDAYS!**

Let's Celebrate!

For questions about substance abuse treatment,
Call or Text the Tennessee REDLINE
800-889-9789

In the event of a **MENTAL HEALTH EMERGENCY:**

Call 855-CRISIS-1

***855-274-7471**

For confidential help
from a caring crisis professional
in your area, available

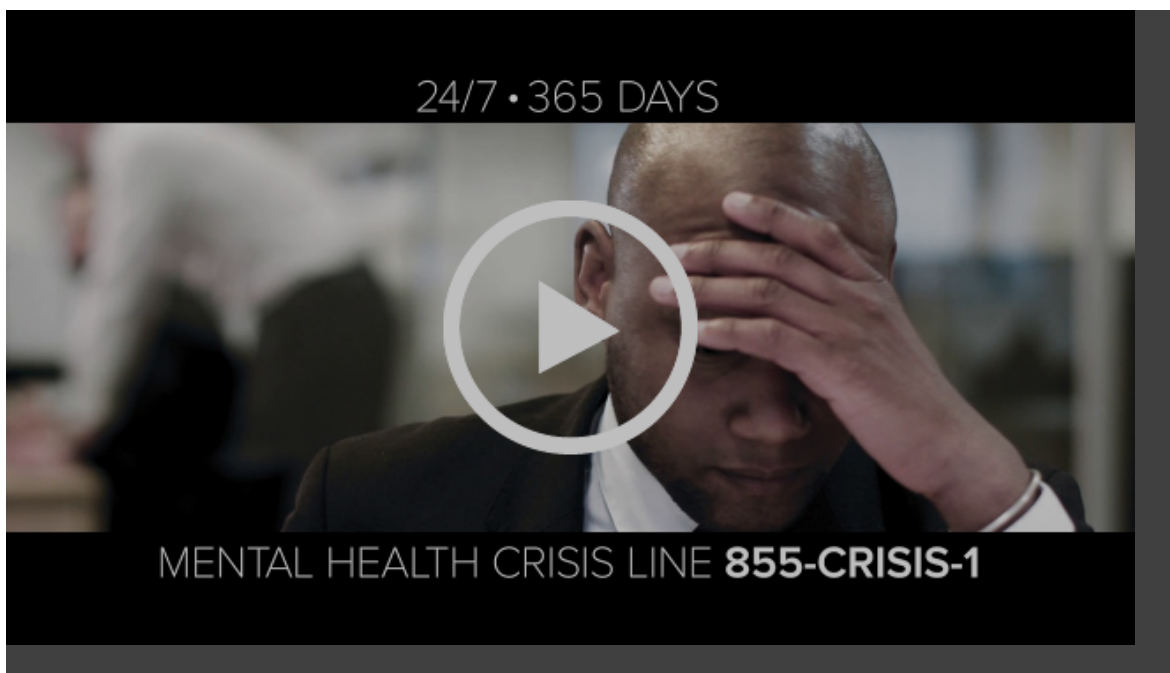
24 hours a day, 7 days a week.

This is a free call.

You can also text TN to 741741.



**To learn more about Crisis
Services in the State of
Tennessee, [visit our website.](#)**



In case you forget the Crisis Text Line, here's a reminder from the Weakley County Prevention Coalition ...



Text TN to 741741

*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.*

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