



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



No matter how long the winter, spring is sure to follow.

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**A note from  
Commissioner Williams**

Dear friends, teammates, colleagues, and fellow Tennesseans,

The last few weeks have upended what we've known as normal in so many ways, but one thing has remained constant: your dedication to serving the people of Tennessee. Through the transition to remote work, tele-health service delivery, or working under new protocols in essential positions, you all continue to serve in LEGENDARY fashion. In all facets of our service delivery system, in the regional mental health institutes, at community providers, and central office, we are learning, adapting, improving, and thriving in this environment, and the people we serve are all the better for it.

We are truly grateful for Governor Lee's leadership during this time. His commitment to the Tennesseans we serve and his focus on the mental health challenges of this coronavirus pandemic were evident when he took time [during his afternoon briefing on March 31](#) to highlight the department's response and the work of community behavioral health providers to ensure seamless delivery of services.

I want to make sure you are fully aware of several resources which will continue to be lifelines in the coming weeks.

- TDMHSAS COVID-19 webpage: [www.tn.gov/behavioral-health/covid19](http://www.tn.gov/behavioral-health/covid19)
- TN Department of Health: <https://www.tn.gov/health/cedep/ncov>
- Governor's Resource Page: <https://www.tn.gov/governor/covid-19>
- Governor's Daily Briefings: <https://sts.streamingvideo.tn.gov/Mediasite/Catalog/catalogs/mediasiteadmin-covid-19-media-briefing>
- COVID-19 Unified Command Hub: <https://www.tn.gov/governor/covid-19/unifiedcommand.html>
- SAMHSA COVID-19 Resources: <https://www.samhsa.gov/coronavirus>

When you close this newsletter and move on to the next part of your day, I hope you're inspired, energized, and enthusiastic about the work you're doing to improve the lives of Tennesseans living with mental health and substance abuse issues. You are having an impact.

May God continue to bless our state, bless our nation, and bless us all.

Marie

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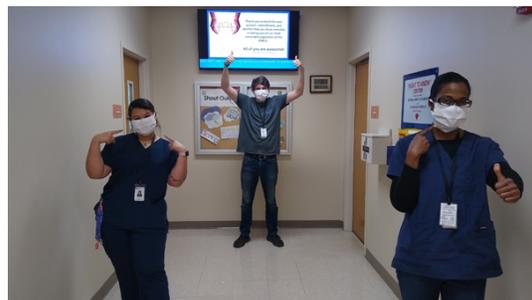
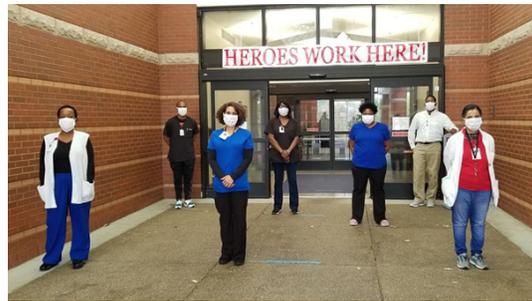
We are always proud of  
our Regional Mental Health

# Institutes; even more so now



A sign of gratitude welcomes staff at Middle Tennessee Mental Health Institute.

*A **HUGE THANK YOU** from RMHI staff and TDMHSAS to Department of Correction inmates for masks*



*Moccasin Bend MHI lends a hand to produce PPE*





Hospital leadership at Moccasin Bend Mental Health Institute spent a Saturday making cloth masks for staff! Pictured (left to right): Dr. Lydia Haren, Debby Weaver, Eric Treschl, MBMHI CEO Mary Young, and Corey Weldon. Also helping but not in the photo: Neittie Liner and Gary Quinn.

Clockwise from top left: Moccasin Bend Mental Health Institute, Middle Tennessee Mental Health Institute, Western Mental Health Institute, Memphis Mental Health Institute

### *Memphis MHI families answer the COVID-19 call*



Emma and Charlie Coons put their 3D printing and sewing skills to good use to make masks and face shields, and Memphis Mental Health Institute staff

happily put them to work! Good work, Emma and Charlie! And thanks to dad, MMHI Hospital Administrator Jeff Coons.

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## Saying thanks to our RMHI staff

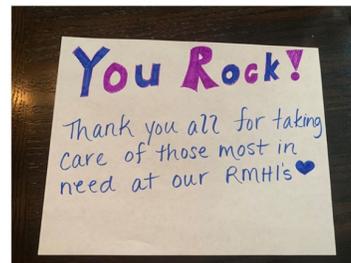
We wanted to do something to thank the hospital staff, so Central Office came together and submitted digital cards and notes of encouragement. We can't say enough about the dedication, care, and compassion hospital staff are showing our patients during this difficult time. We hope they know how much they are appreciated! We've included a few highlights from our slide show below, and you can [see all of the messages on our department Facebook page!](#)



Jessica Stephens, Statistical Research Specialist



Kurt Hippel, Research, Planning, Policy, and Legislation



Rachel Jones, Division of Research, Planning, Policy, and Legislation



## Pugs, Hugs and Many Thanks!

Debbie Wynn, Juvenile Services

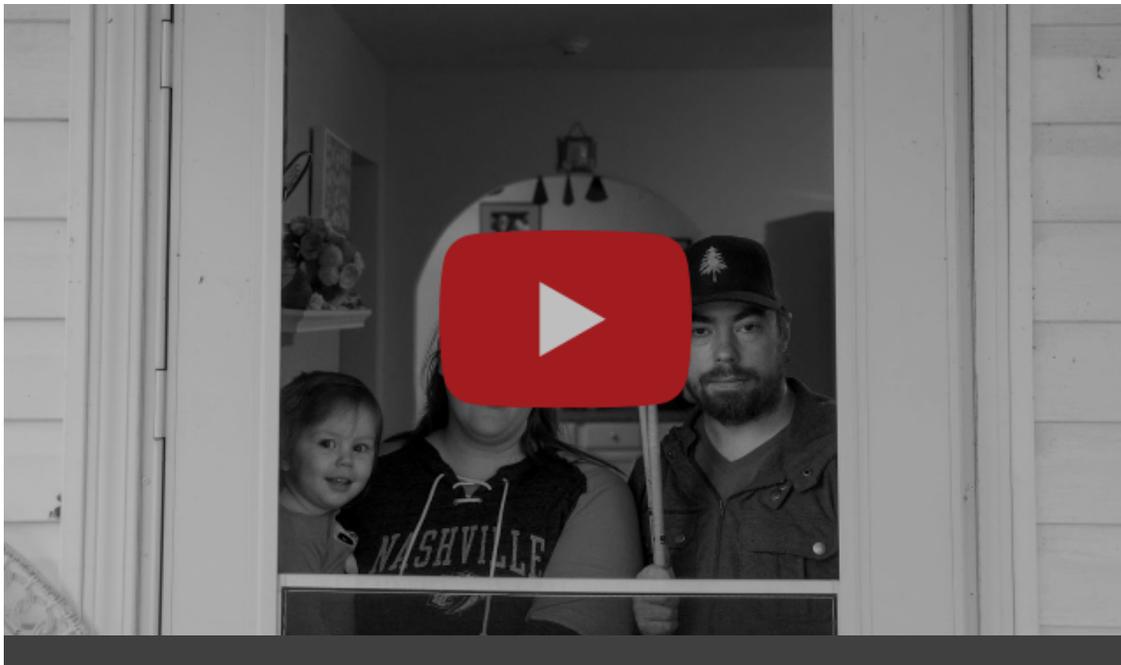


Chris Loftis, Hospital Services

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# Stay home. Save Lives!

*PSA campaign encourages continued social distancing*



We need your help in this fight. While the most powerful thing you can do is stay at home, we encourage every Tennessean to be vigilant in reading and sharing reliable information from the CDC, WHO, and Tennessee Department of Health. [You can find more resources from the Safer at Home campaign at this link on TN.gov.](#)

Another #TNStayApart video series features notable Tennesseans, including [Brad Paisley](#) and his wife, Kimberly, [Michael W. Smith](#), and [Peyton Manning](#). All views (and shares!) are appreciated! You can [follow Gov. Bill Lee on Facebook](#) for the latest information and more public service announcements and videos. The Governor is also on Twitter and Instagram.

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# New faces in new roles proving valuable during Coronavirus pandemic

## *Executive leadership changes include new Deputy Commissioner and Chief of Staff*

The department made several key staffing changes just before the onset of the Coronavirus pandemic, and they have proved to be very valuable.

First, the department welcomed Heather Gundersen back as our Deputy Commissioner of Administrative and Regulatory Services. Heather previously served as our Executive IT Director and worked with the Department of Finance and Administration as the Domain Director for TDMHSAS and other departments with similar roles. Heather's first week back at TDMHSAS was our last week in office, and she has hit the ground running. Heather's leadership and work have been truly legendary in getting supplies from PPE to laptops out to the people who need them.



Ty Thornton very ably stepped into the newly-created role of Chief of Staff. Ty has served the people of Tennessee faithfully for the last 15 years and the department for the last 10 years. His knowledge, demeanor, and persistent nature have proved priceless in this current situation and will make him very successful long-term in this new role.

Leandra Mitchell is stepping into the role of Deputy General Counsel. Previously, Leandra served as Assistant Deputy Counsel, and in her time at the department, she has proven herself to be a dedicated, wise, and trusted



advisor. With Quinn Simpson on maternity leave, Leandra is also taking on responsibility for contracts as we approach the new state fiscal year.

Finally, congratulations to Alex King and Amanda Pettry. Alex has been promoted to Deputy Assistant Commissioner in the Division of Administrative & Regulatory Services. Amanda

has been promoted to Director of Licensure.

While we've had a lot of change in a short amount of time over the first few months of 2020, these changes have made us a stronger department and increased our capacity to serve the people of Tennessee both in times of crisis and after this storm passes.



# Welcome Jennifer Armstrong to Team TDMHSAS

*New Director of Crisis Services & Suicide Prevention started March 30*

Please welcome Jennifer Armstrong, LPC-MHSP as the department's new Director of Crisis and Suicide Prevention Services. With more than 20 years experience in behavioral healthcare, Jennifer has experience in therapeutic foster care, school-based, residential, outpatient and crisis services.

In her prior role at Centerstone, Jennifer served as the Vice President of Customer Engagement Operations. She received a Bachelor of Science in Social Work from the University of Tennessee at Martin, and a Master of Science in Clinical Social Work from the University of

Tennessee at Memphis. She is a Licensed Professional Counselor with Mental Health Service Provider Designation.

Jennifer currently serves on the Standards, Training and Practice Committee for the National Suicide Prevention Lifeline, is a board member for the National Association of Crisis Organization Directors, and is a national site accreditor for Contact USA. She was named a 2016 Healthcare Hero by the Nashville Business Journal.

Jennifer resides in Nolensville, TN, with her husband, Chad, and daughters, 13-year-old, Reece, and 11-year-old, Bricyn.



# TDMHSAS receives federal grant for Project Rural Recovery

*Mobile health clinics to serve behavioral and physical health needs of rural Tennesseans*

TDMHSAS is receiving a \$10 million federal grant to take behavioral services to rural Tennesseans who need them the most. The funding will be spread over five years and will fund a pair of mobile health clinics to address the behavioral health and physical health needs of residents in ten rural Tennessee counties.

The counties served by the mobile health clinics are clustered in Middle Tennessee (Lawrence, Lewis, Marshall, Perry, and Wayne counties) and East Tennessee (Claiborne, Cocke, Grainger, Hancock, and Jefferson counties). Locations were chosen based on distressed status and need for services. The department will be doing this work in partnership with community behavioral health providers Buffalo Valley, Inc. and Helen Ross McNabb Center.

“In his very first executive order, Governor Lee challenged us all to take stock of how we serve rural Tennesseans and to do more and to do better. With Project Rural Recovery, we’re thinking outside the box to create mobile clinics that will overcome infrastructure limitations in our rural areas. As our communities respond to COVID-19, these mobile clinics will allow us to create better access to services,” said TDMHSAS Commissioner Marie Williams, LCSW. “We are truly grateful to our federal partners, our Governor for his leadership, our community providers, and our team at the department. This grant is going to have a legendary impact for years to come.”

The goals of Project Rural Recovery are to create a model of care in rural Tennessee that unites primary care and behavioral health and to engage and treat Tennesseans who are underserved by current service delivery methods. Once fully implemented, the goal of the program is to serve about 2,000 Tennesseans at about 4,800 clinic visits per year.

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## Federal grant to assist mental health of storm survivors

## *FEMA grant will assist those affected by March tornadoes*

TDMHSAS is receiving almost \$500,000 from the federal government to support the mental health needs of survivors of recent tornados.

Tornadoes and severe storms on March 3, 2020, caused 25 weather-related deaths, damaged or destroyed more than 4,000 structures, including five public schools, left more than 100,000 residents without power, and closed state government offices.

The grant for \$476,061 is through the Federal Emergency Management Agency (FEMA) Crisis Counseling & Training Program. The funding will provide outreach and support services to storm survivors in Davidson, Putnam, and Wilson Counties. TDMHSAS staff will be working with community behavioral health agencies Centerstone, Mental Health Cooperative, and Volunteer Behavioral Health Care System.

[Read the full news release at this link.](#)

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## Substance abuse prevention, treatment, and recovery services continue despite COVID-19

**Important Note:** National Prescription Drug Take-Back Day, scheduled for April 25, has been postponed due to COVID-19. We urge everyone to continue to safely store their medications and to become familiar with the locations of Tennessee's permanent drop boxes. Find one near you: <https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/take-back-box.html>

And please, if you'd like to assist in the valiant and legendary efforts of our coalitions to fight addiction in your community ... CONNECT with your local coalition. They would love to have you on the team! Find one near you: <https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/anti-drug-coalition.html>



Even though many schools were already closed, students, coalitions, and communities still found ways to kick butt on Kick Butts Day! This is a day to remind people the importance of quitting tobacco for good! Thanks to the Covington Fire Department (above) for participating alongside Drug-Free Tipton.

Thanks also to Detective Kent Warren (below) and fellow officers for supporting the efforts of the Roane County Anti-Drug Coalition.



*Treatment and Recovery Services continue; efforts placed on increasing availability of online support services*



Members of the Memphis Area Prevention Coalition, led by Director Jack Wyatt and Lifeline Coordinator Lincoln Coffman, donned masks for the Safe Point needle exchange program, an anonymous and confidential way for IV drug users to obtain clean needles and mitigate risks. These exchanges also provide opportunities for people to connect with treatment and recovery resources. Learn more about this life-saving program in this special report by [FOX-13 Memphis](#).

With essential social distancing directives in place, recovery support services

have had to shift to other means of connection. Since face-to-face meetings are not happening, we urge everyone in recovery to utilize other means of support in order to stay connected and well. Support systems are out there! If you have a loved one who is in recovery or struggling with addiction, we hope that you can find ways to support them and stay in contact regularly. These times are hard on everyone but can be particularly difficult (and potentially dangerous) for those struggling with substance use disorder, mental illness, or both.

- One place to [find many online support groups](#) is through this service funded by SAMHSA.
- [Find more recovery resources here.](#)
- For addiction information and referral in Tennessee, call or text the **TN Redline** at 1-800-889-9789.
- **TN Lifeline Peer Project** Coordinators are available to assist Tennesseans seeking information on treatment and recovery support services. [Find the “Lifeline” in your area.](#)

As we fight COVID-19, the opioid crisis continues. Our **Regional Overdose Prevention Specialists**, community anti-drug coalitions, and others continue to distribute Narcan, and these efforts are saving lives! For more information on Narcan, including how to obtain it and be trained to be use in the event of an overdose emergency, contact: <https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/rops.html>

If you have issues accessing mental health or substance abuse services and it is not an emergency need, contact the **TDMHSAS Office of Consumer Affairs Helpline** during normal business hours: (800) 560-5767 or email [OCA.TDMHSAS@tn.gov](mailto:OCA.TDMHSAS@tn.gov)

You can also visit the “new” **Recovery Within Reach** website. There you can find online support groups, webinars, resources, inspirational success stories, and more! Visit: [recoverywithinreach.org](http://recoverywithinreach.org).

*Tennessee's Recovery Courts are increasing in number of courts, graduates, and success stories!*



Sending a note of encouragement to all current participants in Tennessee's recovery court system. And a big congratulations to recent graduates and to those of you phasing up, including Darnell. He is pictured with Dekalb County Judge Bratten Cook, II. Keep up the great work!

### *Faith-based leaders working statewide to aid in recovery efforts*

Have you seen the newest Faith-Based Recovery Initiative newsletter? Our faith-based community coordinators are publishing resources, events, and additional information every other month. The most recent

**Initiative Goals:**

1. Connect individuals struggling with addiction to treatment.
2. Facilitate understanding of what treatment and recovery are.
3. Increase knowledge of what addiction is.
4. Understand the continuum of care and collaborate with it.
5. Help groups understand and implement the best practice model.
6. Promote and engage effectiveness of the faith-based initiative and how it connects the community with recovery and support services.

**Looking for an online recovery meeting?**

- [Online Intentional Recovery Communities](#)
- [In the Room](#)
- [12Steps.com](#)
- [Life Book Recovery](#)
- [Smart Recovery](#)
- [Guided Meditation Online Groups](#)
- [Peer Support](#)
- [Online 12](#)

**Need help taking your meeting to a virtual format?**

- [SAMHSA Virtual Recovery Resources Fact Sheet](#)

# Tennessee's Day of Hope

People across the state celebrated March 10, 2020 as “Tennessee’s Day of Hope” - the first event of its type in our state to promote all things recovery! Community events organized by Project Lifeline Coordinators, Faith-Based Community Coordinators, and substance abuse prevention coalitions utilized the day (and days following) to share education, spread energy, and encourage empowerment for those in recovery as well as everyone working and volunteering in the field of recovery!

[Click here to read the Day of Hope proclamation](#) signed by Governor Bill Lee.



In addition to information and education, some Day of Hope event organizers touched on related topics including criminal justice alternatives and human trafficking. In Jackson, members of the Jackson-Madison Prevention Coalition and their partners organized a day full of events including a service project.



“We recognize that no social problem occurs in isolation. If we touch addiction, we also touch human trafficking, domestic violence, mental health, physical wellness, and more,” said Amy Mitchell Bechtol, Faith-Based Community Coordinator for West Tennessee. “The whole day is about all of us coming together to bring the issue home and acknowledging the many partners in this life-saving work.”

[Click this link for a list of Day of Hope events across the state](#)

## East TN Highlights

**Haley Johnson**  
12 hrs · 🌐

Thank you Jilian for asking me to tell my story at TN day of Hope, just a reminder that God can make beautiful things out of our broken pieces. There were so many other great speakers today and I was blessed to get to attend. Thank you Carter Co Drug Prevention for all you do in this county you truly do make a difference, in my life and many others. **#WeDoRecover**



**Sarah Nicole Keel** is with Debbie Meltabarger Daugherty and 9 others.  
11 hrs · 🌐

GREAT night!!! We set it off for TN Day of Hope! Thank you everyone for coming to engage in a meaningful conversation and signing the proclamation! Thank you Wears Valley Ranch for hosting! **#dayofhopeTN**



Will Taylor, DM Burks and 43 others · 1 Comment 5 Shares

Like Comment Share

**Wears Valley Ranch**  
10 hrs · 🌐

Dave Worland of Governor Bill Lee's office reads the proclamation that Tuesday, March 10th is the **#TnDayOfHope**. WVR was grateful to be a part of this event to recognize that hope is found in knowing Jesus!



8 · 1 Share

Like Comment Share

Tennessee's Day of Hope at GRACE



**Stephen Mason**  
Mosaic Recovery Center Executive Director

Share Comment Like

## Middle TN Highlights

**Kirk Johnson** is at The Next Door, Inc. 15 hrs · Nashville, TN · 🌐

So grateful for The Next Door, Inc., April Barnes, Dr Monty Burks and The Tennessee Dept of Mental Health and Substance Abuse. Celebrating Gov Lee's Day of Hope Proclamation today! Awesome. Lifeline Peer Project.

👍❤️ Will Taylor, DM Burks and 36 others 1 Share

**Nashville Recovery Center- NRC** 19 hrs · 🌐

TRC is so proud to take part in this special event! Special thanks to Kirk Johnson and Darren Hobbs for facilitating this celebration! Proclamation from the governor of TN: March 10, 2020 as Tennessee's Day of Hope in the fight against behavioral health, substance abuse, and mental illness.

👍❤️ Will Taylor, Elliott Thomas and 77 others 6 Comments 4 Shares

**Allen Burnette** is with Caitly Barstad and 9 others in Winchester, Tennessee. 16 hrs · 🌐

Franklin County Prevention Coalition and Community Partners Recognizing March 10th as Tennessee's Day of Hope. I can't thank group of community partners across Franklin County and the State that gives our loved ones Hope. Thank you all and God Bless!  
 #RecoveryIsTheNewHigh  
 #ProjectLifeline  
 #WeDoRecover #SuicidePrevention

👍❤️ Will Taylor, DM Burks and 125 others 7 Comments 10 Shares

**Will Taylor** checked in to Wilson County Board of Education with Erika Lathon and 5 others. 15 hrs · Lebanon, TN · 🌐

DrugFree WillCo celebrating TN's Day of Hope with Judge Duane Slone, Dr. Stephen Loyd & Lifeline Peer Project , Cedars Recovery Spero Healthcare  
 #TNDayOfHope  
 #RecoveryIsReal  
 Recovery Is The New High

👍❤️ You, DM Burks, Allen Burnette and 32 others 1 Comment 5 Shares

👍 Like Comment Share

**Brandi Belote Key** Very rad Will Taylor!  
 Like Reply · 10h

## West TN Highlights

**Tennessee Suicide Prevention Network** is with Tosha Gurley and Melesa Gayle Lassiter at Alamo First Christian Church. 11 hrs · Alamo, TN · 📍

Crockett County celebrated TN Day of Hope! #qpr #narcan #savealife #askthequestion #TNDayofHope



👍 15 4 Shares



**Tennessee Suicide Prevention Network** is with Tosha Gurley and Melesa Gayle Lassiter at Alamo First Christian Church. 11 hrs · Alamo, TN · 📍

Crockett County celebrated TN Day of Hope! #qpr #narcan #savealife #askthequestion #TNDayofHope



👍 15 4 Shares

**Chris Menees** is with Lawrence Joe Garner and 2 others. 3 hrs · 📍

Thank you Obion County Prevention Coalition and Higher Ground for bringing awareness to the resources available to those struggling with addiction or depression. There is HOPE.



# TDMHSAS Expands Capacity of Successful Recovery Program

The Lifeline Peer Project will place five, new coordinators in

## *rural and distressed areas of the state*

TDMHSAS is proud to add five new Lifeline Peer Project Coordinators in rural and distressed areas of the state. The new Lifeliners, as they are known, will be based in Cocke, Grundy, Lauderdale, McNairy, and Scott counties.

Through the Lifeline Peer Project, people with lived experience of addiction, with at least two years in recovery, use what they've learned to help others overcome the disease of addiction. Since the program started in 2014, Lifeliners have connected more than 9,000 people with treatment resources and have helped create more than 600 community recovery support meetings. They have also held more than 5,000 trainings on addiction in the communities they serve.

“This is a program that is truly low-cost but also very high impact. Our Lifeliners are chain breakers and way makers in the communities they serve,” said TDMHSAS Commissioner Marie Williams.

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

To connect with a Lifeline coordinator in your area, [visit our website.](#)



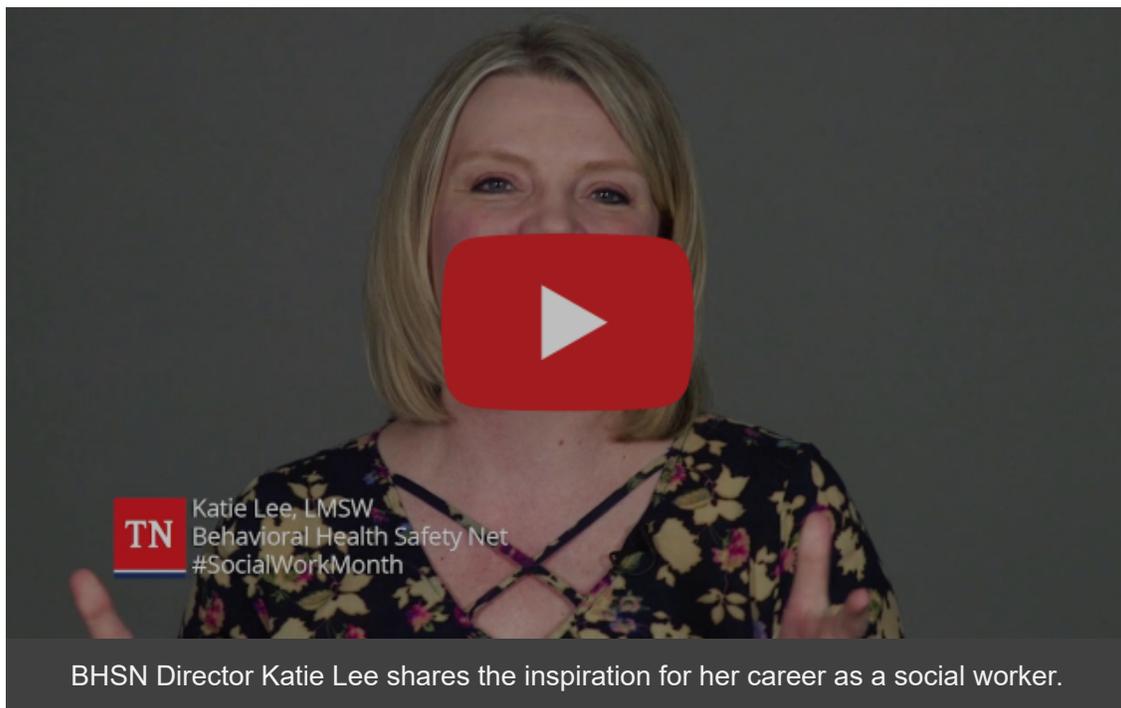
Many of our current Lifeliners, Regional Overdose Prevention Specialists, Tennessee Recovery Navigators, and Faith-Based Community Coordinators gathered in March to talk about the emerging problem of methamphetamine addiction in TN.

# Celebrating our social workers during National Social Work Month

*But it's always a good time to thank a social worker!*

The month of March is celebrated as Social Work Month, and this year the department profiled some of the many social workers we have serving the people of Tennessee in all different capacities. We hope you enjoyed the video and photo profiles of TDMHSAS social workers. Learn why each chose this fulfilling career in the helping field, such as Katie Lee shares below.

You can view all our [profiles on the TDMHSAS website](#) and show them some love on our Facebook and Instagram posts!



We want to give a big shout out to every social worker going above and beyond in our hospitals, assisting patients and their families during particularly trying times. You are heroes!

## **Moccasin Bend - Chattanooga**

Bo Walker (Director), Mary Stangarone (Supervisor), Deanna Wooden (Supervisor), Teresa Brown, Christina Bates, Destiny Brand, April Brewer, Stephanie Dale, Alexis Debardeleben, Akeisha Fraser, Marilyn Havis, Kandace

Hixon, Mellita Hollis, Jacqueline Jackson, Joyce Mead, Linda Moss, Sandra McClure, Geneva Newell, and Lynsie Paul

### **Middle TN - Nashville**

Lisa Brown (Director) Glenn Vann, Vanessa Brown, Tamarin Allen, Joenell Hardyway, Josett Smith, Debbie Lawrence, Nikesha Rivera, Brandon McKnight, Kelly Giambalvo, Matthew Woodfin, Debra Nilson, Kathryn Bennett, Mary Corbett, Susan Slay, Richard Selikoff, Jennifer Lee, Libby Brown, and Victoria Dinkins

### **Western - Bolivar**

Melissa Norvell (Director), Corsella Buchanan, Mary Bufford, Melissa Fowler, Mindy Hopper, Mia Jumper, Jessica Lake, Doris Littleton, Shawn Mahaffey, Essie Mitchell, Andrea Newman, Myra Rivers, and Beth Young

### **Memphis**

Cassandra Clariett (Director), Flora Black, Angela Davidson, Eunice Wesson, Lisa Smith-Evans, Jennifer Newson, Amani Loggins, Pamela Fleming, and Timothy Hegarty (Forensic Coordinator)

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## Regional Intervention Program moves into new headquarters

Thumbs up, RIP! Staff from Tennessee's Regional Intervention Program completed the move into their new building on the campus of the Ellington Agricultural Center in Nashville's Creive Hall neighborhood in March. With COVID-19 precautions in place, RIP has temporarily suspended its in-person programming, but staff are offering support to families through technology. They are also adding families to the waiting list while the pandemic precautions are in effect. A grand opening celebration and open house that were planned for May are also on hold until the virus concern clears.

TN's Regional Intervention Program (RIP) has been serving families with young children since 1969. This is a free service. [Learn more on our website.](#)





RIP Director Melissa Binkley and staff take a socially-distanced selfie at the new facility's outdoor classroom.

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## SOCAT hosts Smells Like Teen Spirit Y/YA Culture Training

*Providers learn valuable lessons on relating to today's youth*

The System of Care Across Tennessee Training and Technical Assistance Center hosted a Youth and Young Adult Culture Training for providers and professionals who work with or serve youth and young adults. Participants attended an exciting day geared to expanding understanding of youth and young adult culture.

"Smells Like Teen Spirit: Youth and Young Adult Culture" included trainings on: "Words Matter: Gender Pronouns & Bias," led by Jules Wilson, Youth & Young Adult Coordinator; "Suicide Prevention among Youth," led by Joanne Perley, Project Director of Suicide Prevention Grants; and "Social Media Usage—For Providers & With Youth," led by Diana Kirby, Project Director, Healthy Transitions.

*Submitted by the TDMHSAS Office of Children, Young Adults, and Families*



Jules Willson presents to participants at the training.

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## Life Goes On

These newsletter submissions, sent in by our Regional Mental Health Institutes prior to COVID-19, remind us that we can still celebrate accomplishments and plan for the future - and these remind us, especially, that life goes on!



Western Mental Health Institute celebrated mamas-to-be Kinjal Patel (left) and Shannon Schafer by hosting a baby shower. Wishing all new mothers, fathers, and babies well in our RMHIs and at Central Office!



Congratulations to Moccasin Bend RN Adonis Ferrer who recently became a United States citizen. He is pictured with his wife and children, and shares these words about his citizenship journey:

*"After college, I dreamed of working and living in U.S. for better opportunities, but coming over is not easy due to long wait process time and exams to pass. My journey started when I applied as a nurse for Guardian Healthcare Provider in June 2006. I arrived in the U.S. on February 4, 2013. Three weeks later, I started my job as an agency nurse for Guardian with MBMHI. I became a state employee after my three year contract with the agency was complete.*

*I applied for U.S. citizenship in June 2019, had my interview and exam in December 2019, and then had my ceremony for Naturalization on February 13, 2020. I did it!"*

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# Save-the-Dates

## *TDMHSAS Planning and Policy Council meetings move to conference call format*

All April Regional Planning and Policy Council meetings will take place via conference call due to COVID-19. For conference call information, [please visit the department website at this link](#)..

### **Region III**

Thursday, April 14, 9 a.m. - 11 a.m. CDT  
AIM Center  
472 W. MLK Blvd.  
Chattanooga, TN 37402

### **Region VI**

Tuesday, April 21, 1:30 p.m. - 3 p.m. CDT  
Pathways  
238 Summar Dr.  
Jackson, TN 38301

### **Region VII**

Thursday, April 28, 11:30 a.m. - 1:30 p.m. CDT  
Lowenstein House East  
6590 Kirby Center Cove, Suite 103  
Memphis, TN 38115

The next **TDMHSAS Statewide Planning and Policy Council** meeting is:

Tuesday, June 9, 10 a.m. - 2 p.m.  
Middle Tennessee Mental Health Institute | Nashville

If you plan to attend, please RSVP via email or phone call. Contact Amy Holland at 615-253-3785; [Amy.Holland@tn.gov](mailto:Amy.Holland@tn.gov) or Kirby Fye at 615-253-6396; [Kirby.Fye@tn.gov](mailto:Kirby.Fye@tn.gov).

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*CPRS program celebrates 10 years at 2020  
conference scheduled for October in Nashville*



TN Certified Peer  Recovery Specialists

**ROARING INTO  
THE FUTURE**  
With 20/20 Vision

Celebrating 10 years of the Tennessee CPRS Program

**Nashville, TN**  
**October 8-9, 2020**

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

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

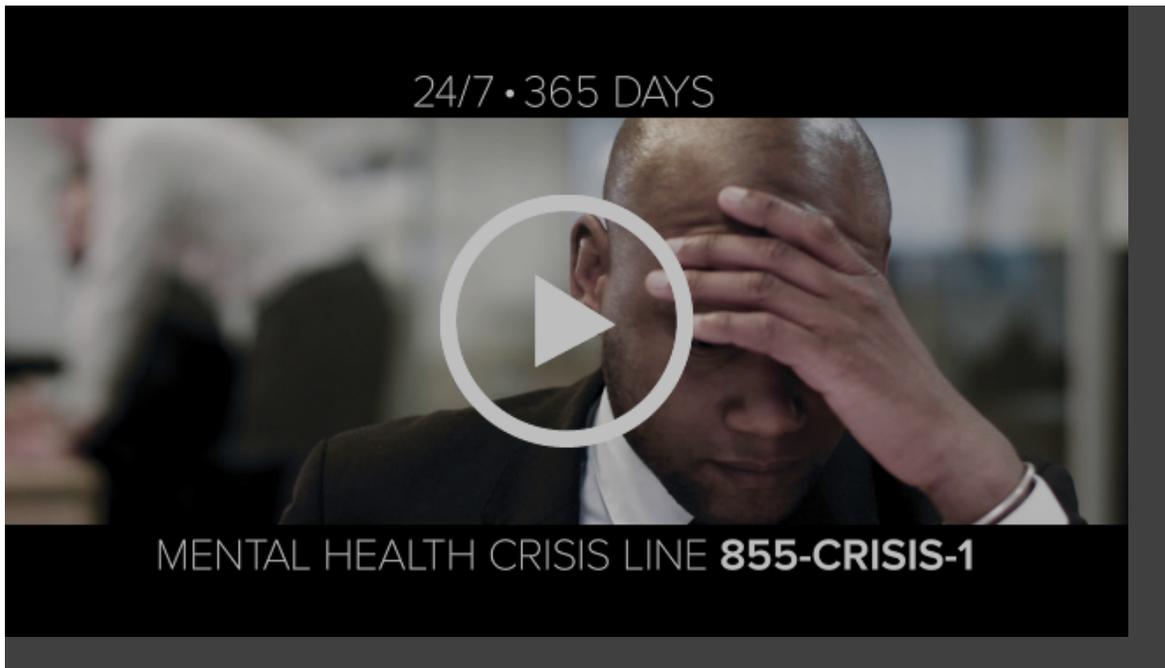
**Call 855-CRISIS-1**

**\*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](#).





# Save lives.

**DO YOUR PART. STAY APART.**

[TN.gov/COVID19](https://www.tn.gov/COVID19)

*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*

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