



Dear Colleagues, Partners, and Friends,

Depending on how the first half of January treated you, the snowy image above might conjure fond memories of our first great cold snap or it might make you glad school is open and the roads are clear! Whatever vantage point you had on the big snow, it's a great reminder of how essential our services are. Whether through our hospitals or our community providers, the work this department does is truly essential work and does not stop. I want to thank each of you reading this for your service and dedication to the Tennesseans we are blessed to serve.

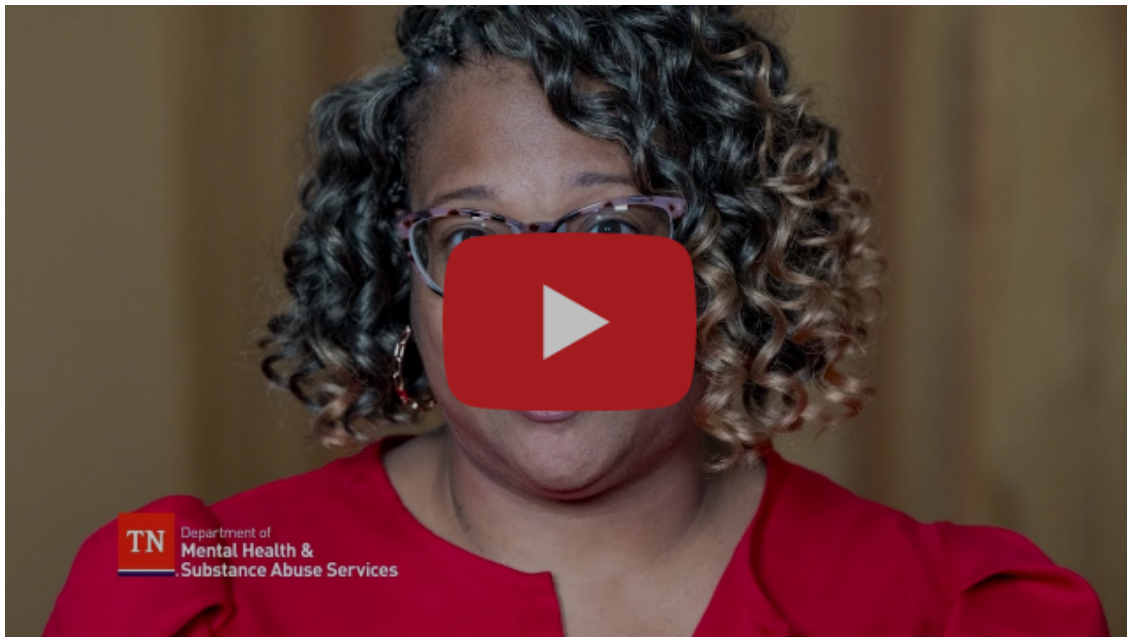
The new year of course means a return to Nashville for members of the Tennessee General Assembly. We are excited for the legislative session and the opportunities for interaction, dialogue, and sharing achievements of the amazing work that's going on in Tennessee's public behavioral health sector. A big part of the discussion surrounds the budget for the next fiscal year. [Governor Bill Lee unveil his budget proposal when he delivers his sixth State of the State Address](#) on February 5th at 6:00 p.m. (CST). The address will be livestreamed on the Governor's YouTube and Facebook accounts, and it's also usually carried live on PBS affiliates across the state. TDMHSAS leadership will gratefully present the administration's funding plan for our department to the House Health Committee on February 14 at 3:30 p.m., the House Finance, Ways & Means Committee on February 26 at 9:00 a.m., and the Senate Health and Welfare Committee on March 6 (time TBD). Your support and encouragement at these presentations and throughout the Legislative Session is always welcomed.

Many Blessings,

Marie

Sharing Stories from Certified Peer Programs

TDMHSAS is excited to start sharing videos from a new series about the amazing men and women who have earned a certification through one of our three peer programs. The Certified Peer Recovery Specialist, Certified Family Support Specialist, and Certified Young Adult Peer Support Specialist programs all offer training, connection, and opportunity for people to turn their past into purpose to help others. And what we find a lot is the peer certification is an entry point into a meaningful and rewarding career in behavioral health. Follow along on our Facebook page over the next few weeks as we share these stories. Learn more about Tennessee's three certified peer programs at this link: <https://www.tn.gov/behavioral-health/peers>



Jecarta Suggs was excited to become a Certified Peer Recovery Specialist because she wanted to learn from people like her how to use her story to help others. Now she works to help homeless people living with mental illness to get housing in Memphis. But she's not done! Watch the video and find out how the CPRS program set her on a path to career development and educational attainment!

Medication Assisted Treatment Emergency Department Pilot Project Expands

The successful partnership between TDMHSAS and the Tennessee Hospital Association to spread the use of Medication Assisted Treatment is expanding. TDMHSAS and THA partnered initially with three hospitals to help them integrate the evidence-based tool of buprenorphine into their care of individuals with Opioid Use Disorder in the emergency department and then give them a warm handoff connection to community-based substance use disorder treatment services. The initial hospitals were UT Knoxville Medical Center, Ascension St. Thomas Rutherford, Jackson Madison General. The three new hospitals coming online in the new year are Nashville General, Johnson City Medical Center, and Regional One (Memphis). This success of this work has received significant media coverage in recent weeks. You can watch the video below from News2 in Nashville or [click this link for a story from the Tri-Cities](#).



Erica Hurst Presents at NABP

TDMHSAS Assistant Chief Pharmacist Erica Hurst recently presented to the National Association of Boards of Pharmacy (NABP). Her talk centered on Opioid Use Disorder and the role pharmacists can play. The response to the webinar was really strong -- a thousand attendees joined the meeting which maxed out the presentation platform! Just a sign of the strong interest in the topic and desire to help people connect to treatment and recovery.



Saving Lives with Naloxone in Rural Tennessee

Harm Reduction!

IN 2023 LIVE FREE - CLAIBORNE

**DISTRIBUTED 1,041 UNITS OF NARCAN
LEADING TO MORE THAN 150 OVERDOSE
REVERSALS**

EXCHANGED 47,090 SYRINGES

**REFERRED MORE THAN 30 INDIVIDUALS
TO ADDICTION RECOVERY SERVICES!**



[Live Free Claiborne's](https://www.tn.gov/behavioral-health/rops) harm reduction program made a significant impact within their community in 2023. They distributed 1,041 units of Narcan, leading to more than 150 overdose reversals. They were also able to refer more than 30 people to addiction recovery services. If you need connection to overdose reversal training and to possibly obtain naloxone, we have statewide resources available through our Regional Overdose Prevention Specialist program. Find your local ROPS at this link: <https://www.tn.gov/behavioral-health/rops>

Shout Out!



To anyone who helped co-workers get to and from work during the winter storm, thank you! Your dedication and kindness did not go unnoticed. Special shoutout goes to T, Joe Allen and James Thornton for transporting the staff to and from home during the inclement weather in Memphis.

If you'd like to "shout out" to a TDMHSAS colleague, please send an email to Kearston.Winrow@tn.gov. Tell us who you'd like to recognize and why.

Save-the-Dates

Planning and Policy Council Meetings

Statewide Planning and Policy Council

Tuesday, February 13, 2024

10:00 a.m. - 12:00 p.m. CST

Middle Tennessee Mental Health Institute

Conference Center

221 Stewarts Ferry Pike

Nashville, TN 37214

Children's Committee

Wednesday, February 14, 2024

9:00 a.m. - 10:00 a.m. CST

TDMHSAS

Andrew Jackson Building

Conference Room 5.1 South, 5th Floor

500 Deaderick Street

Nashville, TN 37243

Region V

Thursday, February 1, 2024

9:30 a.m. – 11:30 a.m. CST

Volunteer Behavioral Health

1504 Williams Drive

Murfreesboro, TN 37129

Region I

Tuesday, February 6, 2024

10:00 a.m. – 12:00 p.m. EST

Frontier Health Corporate Offices

1167 Spratlin Park Drive

Gray, TN 37615

Region IV

Wednesday, February 7, 2024

11:00 a.m. – 1:00 p.m. CST

TAADAS

1321 Murfreesboro Pike, Suite 130

Nashville, TN 37217

Region II

Wednesday, February 14, 2024

11:30 a.m. – 1:00 p.m. EST

Helen Ross McNabb Center, Training Room

201 West Springdale Avenue

Knoxville, TN 37917

To verify the schedule and plans for future meetings, please visit the department website at these links:

[Statewide & Committee Meeting Schedule \(tn.gov\)](#)

[Regional Council Meeting Schedule \(tn.gov\)](http://tn.gov)

TDMHSAS is committed to providing individuals with disabilities an equal opportunity to participate in and benefit from TDMHSAS programs, activities, and services. To request reasonable accommodations or modifications, please contact Amy Holland at amy.holland@tn.gov at least 10 business days prior to the meeting. Requests for accommodations or modifications made after the deadline will be honored to the maximum extent feasible, but it may not be possible to fulfill them.



8 STRATEGIES THAT HELP! FOR EDUCATORS

Come join us **February 7th** 5-6:15 PM at the Regional Intervention Program Headquarters in Nashville to discuss RIP's 8 Strategies, shown to positively address behavior that challenges us, as educators, while earning **DHS credit!**

Scan To Register
Space is Limited!



Or Call to Learn More!
615-963-1177



MEET THE KEYNOTE SPEAKERS

THE HEALTHY TRANSITIONS SUMMIT



KATE KELLY, MT-BC, RYT-200

Board Certified Music Therapist/
Registered Yoga Teacher and founder of
Empower Music Therapy



DEBRA CADY, LCSW

Licensed Clinical Social Worker and CEO of
Silver Linings International, LLC



DAVID GRANIRER, RPC, MPCC

Clinical Counselor, Stand-up Comic, and
founder of Stand Up for Mental Health



DAVY YUE

2023 NextGen Young Adult Advisor for the
National Alliance on Mental Illness (NAMI)



JOSEPH SCHLESLINGER, M.D.

Anesthesiologist and Professor in the
Department of Anesthesiology and Critical Care
Medicine and Blair School of Music at
Vanderbilt University



CHARU BALAMURUGAN

Vanderbilt Ingrams Scholar Class of 2025, TN
Youth and Young Adult Leadership Council
President

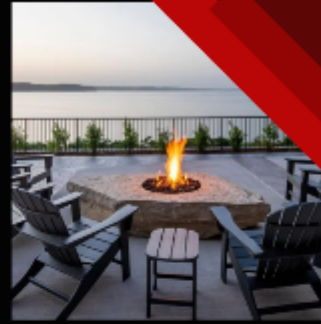
**JOIN US FOR A FREE PROFESSIONAL DEVELOPMENT
OPPORTUNITY FOCUSED ON ALTERNATIVE MEANS
TO MENTAL WELLNESS.**





First Annual
**Women of
Worth Retreat**
*for Women in
Recovery
& Their Friends*

February 16-18, 2024



Registration Fee: \$125
*\$150 after 12/20/23



LODGE AT PARIS LANDING

*Use Code 1611 when registering for lodging to get discounted rate. Lodging separate from registration fee.
Lodge rooms - \$107/night, Cabins - \$214/night

Who can find a woman of worth?
Far beyond jewels is her value.



Film-Based
Initiative

REGISTER ON FACEBOOK OR EVENTBRITE
<https://www.facebook.com/events/850049263582417>

[Event page and more information](#)

Resources

In the event of a mental health emergency ...

STATEWIDE
CRISIS LINE
HELP IN A MENTAL HEALTH CRISIS
855-CRISIS-1 TN.gov/CrisisLine
855-274-7471 

For questions about addiction treatment/referrals ...



TN
REDLINE 
1.800.889.9789
CALL OR TEXT 

To talk with a TDMHSAS Consumer Advocate ...

Need help with mental health or substance use services?

Call the TDMHSAS Office of Consumer Affairs and Peer Recovery Services

HELPLINE

1-800-560-5767

We can help with:

- finding mental health and substance abuse resources in your area
- questions about insurance
- finding housing options
- communicating with mental health and substance abuse providers
- questions about the Certified Peer Recovery Specialist program
- filing a complaint



We are available

- Monday through Friday
- 8:00 a.m. – 4:30 p.m. CT
- Closed on state holidays



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

OCA.TDMHSAS@tn.gov | [TN.gov/behavioral-health](https://tn.gov/behavioral-health)



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

OUR MISSION: CREATING
COLLABORATIVE PATHWAYS
 TO RESILIENCY, RECOVERY & INDEPENDENCE
 FOR TENNESSEANS LIVING
 WITH MENTAL ILLNESS AND
 SUBSTANCE USE DISORDERS

OUR VISION:

A STATE OF RESILIENCY, RECOVERY, AND INDEPENDENCE
 IN WHICH TENNESSEANS
 LIVING WITH MENTAL ILLNESS
 AND SUBSTANCE USE DISORDERS THRIVE

AS A DEPARTMENT, WE VALUE:

<p>CUSTOMER FOCUSED: <i>An unwavering commitment to keep patients and those who serve them at the forefront of every decision.</i></p>	<p>COMPASSIONATE AND EFFECTIVE LEADERSHIP: <i>The commitment to make effective decisions and inspire others through active listening and empathy.</i></p>
<p>INTEGRITY: <i>Honesty and truth in all we do.</i></p>	<p>SOLUTIONS AND OUTCOMES-ORIENTED: <i>The commitment to positive outcomes and meaningful changes in response to the critical needs of the Tennesseans we serve.</i></p>
<p>INSPIRED PURPOSE: <i>The call to action in service of a cause greater than one's self.</i></p>	<p>PARTNERSHIP: <i>Beyond teamwork, collaboration based on mutual success to the benefit of the Tennesseans we are blessed to serve.</i></p>
<p>EXCELLENCE: <i>The highest standards for services, efficiency, and conduct.</i></p>	

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.

And please connect with us on social media!



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Facebook

Thanks to our [Facebook family](#) for "liking" us and sharing our posts!



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