

Mental Health Association of East Tennessee

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Overview

Background of MHAET

Peer Recovery Call Center

Mental Health Screenings

Treatment Access Bank

Mental Health 101

Trainings for Adults

Questions

Contact Information



Headquarters in Knoxville, TN

Founded in 1948

The Mental Health Association educates, advocates for, and serves East Tennessee by supporting mental wellness and recovery with respect and dignity for all.





Peer Recovery Call Center

- Free call center for information, resources, and support for yourself or a loved one
- Talk with someone who has lived experience with a mental illness and/or substance use disorder and can guide and support you throughout the path to recovery

865-584-9125



Mental Health Screenings

- Free, online screenings for a variety of mental health conditions
- Take a screening to check in on yourself and encourage your friends, family, and peers to do the same

www.mhaet.com/screenings

Treatment Access Bank

Contact:
rose@mhaet.com
or (865) 584-9125

- The Treatment Access Bank helps people that have financial challenges get quality mental health care.
- Covers up to 15 therapy sessions
- Connects people with our PRCC
- Serves Knox, Blount, Sevier, Loudon, Union, Grainger, Roane, Jefferson, and Anderson counties (with hopes of expanding!)



- Free mental health education program for youth
- Virtual or in -person
- Follows the state Mental, Emotional, and Social Health standards
- Topics include:
 - Basics of mental health
 - Stigma associated with mental health conditions
 - Tools needed to recognize when they or a friend may be dealing with mental health struggles
 - How to cope in healthy ways
 - Suicide prevention (in 8th grade and older)



¡Todos tenemos salud mental!



¿Estas teniendo un ataque de pánico?



Now available
in Spanish

Trainings for Adults



Mental Health 101 for Parents

- Topics include:
 - Understanding mental health
 - Resilience and prevention
 - How to recognize signs
 - How to intervene

Teacher In-Service Trainings

- Topics includes:
 - Recognizing signs in students
 - Creating mental health-friendly classrooms
 - Managing stress as a teacher

Other trainings:

- Mental wellness
- Stress and coping
- Mental health conditions
- How to improve neighborhood mental health
- Self-harm awareness and prevention
- And more



Thank you!

Any questions?

CONTACT INFO

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