



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



Never doubt that a small group of thoughtful, committed citizens can change the world.

It is the only thing that ever has.

– Margaret Meade



A note from Commissioner Williams

Summer is in full swing! Whether it's hitting the beach, diving in the pool, or finding a shady spot with some homemade ice cream, I hope you and your family have been able to enjoy this season of life.

At the department this summer, we've been taking a strategic view of the next four years. As outlined by Governor Lee, we've done an internal assessment of our strengths and weaknesses, our opportunities for growth, and our key advantages. We're also taking a look at our mission, vision, and values and evaluating whether those items reflect who we are, who we want to be, and the impact we all want to have for the people we're blessed to serve. The final product of all of this will be a four year strategic plan and other items to chart the department's course for the immediate future.

In this internal review and strategic planning exercise, one of the biggest things we're focusing on is collaboration. Collaboration with our state employee workforce, partner providers, people we support, their families, advocates, and other stakeholders is essential to strengthening and sustaining the services we provide. And among our sister departments, there is so much room for collaboration. Whether it's the departments of Human Services, Children's Services, Health, Correction, Education, or TennCare, we all touch a lot of the same Tennesseans, and when we coordinate our efforts, we improve our outcomes and raise the bar for everyone.

Our team is excited about this collaborative work, and I hope you are too. Stay tuned for some exciting things in the months to come.

Blessings,

Marie

Behavioral Health Safety Net expands; thousands more Tennesseans can get help

NASHVILLE, Tenn.—More Tennesseans are now eligible for free mental health services through the state’s Behavioral Health Safety Net program. New, broader eligibility criteria take effect today (July 1, 2019) increasing the number of uninsured, underinsured, and indigent people who can receive services through the program.

Governor Bill Lee proposed and the Tennessee General Assembly approved \$5 million in new state funding to provide safety net services to about 7,000 more Tennesseans. As a result, the Department of Mental Health and Substance Abuse Services was able to expand eligibility by widening the program’s income criteria from 100% of Federal Poverty Level to 138% FPL.

“I’m so grateful to the governor and state lawmakers for expanding this impactful program,” said TDMHSAS Commissioner Marie Williams, LCSW. “Mental health safety net services are an essential bridge to better mental health, and we know they reduce the need for costly inpatient psychiatric hospitalization. With our partner providers across the state, this program enables Tennesseans to get the treatment they need and return to their lives.”

Links to Media Coverage for Safety Net Expansion:

[TDMHSAS News Release](#)

[Associated Press](#)

[Times Free-Press \(Chattanooga\)](#)

Three agencies awarded recurring suicide prevention funding to serve youth, young adults

NASHVILLE, Tenn.—Grantees receiving new state funding to prevent suicide and promote better mental health among young Tennesseans are planning innovative ways to rise to the challenge of reducing the state’s number of unnecessary deaths. Ideas to make an impact include a statewide expansion of a successful program, new outreach and interface with pediatricians, and a social media campaign to reach young people.

For the Fiscal Year 2019-2020 budget, Governor Bill Lee proposed and the Tennessee General Assembly approved \$500,000 in new, recurring state funding for youth and young adult suicide prevention and mental health awareness programs. The three grantees were selected after a statewide competitive process.

Grantees and proposed programs include:

- Tennessee Voices for Children: (1) Expand coverage of the [Youth Screen](#) program to all 95 counties in partnership with school-based behavioral health liaisons and (2) integrate Teen Mental Health First Aid Training for youth ages 14-18 and Coping and Support Training (CAST) for youth ages 10-13.
- Centerstone: (1) Engage pediatric practices in suicide prevention trainings and protocols and (2) Train people at institutions of higher education on the Zero Suicide model
- Mental Health Association of East Tennessee: (1) Expand Mental Health 101 to serve 20,000 students at 50 - 60 previously unserved schools (2) Mental health awareness social media campaign

[Read the full press release.](#)

Kris Woods receives Governor's Excellence in Service Award



Congratulations to Kris Woods who was named a Governor's Excellence in Service honoree for Spring 2019. Kris works as an Information Resource Support Specialist at Western Mental Health Institute (WMHI). He joined TDMHSAS in August 2016 and became instrumental in the installation of an IP-based phone system, the Electronic Clinical Records project, video surveillance systems, and the badging system. He has also been instrumental in helping with these rollouts at Memphis Mental Health Institute (MMHI). Kris was also nominated for four awards at the 2018 Information Technology Professionals Association Awards,

Kris received an associate's degree in computer information systems from Jackson State Community College. He has been married to his wife, Lisa, for 18 years and they have a dog named Riggs. He is also an active member of his church, enjoys playing his guitar, and spending time with his family.



Above: Kris Woods, an Information Resources Support Specialist at Western Mental Health Institute, is pictured in the front row, far left, alongside the 2019 spring recipients of the Governor's Excellence in Service Awards.

Liz Ledbetter receives national award for work with Veteran Treatment Courts

NATIONAL HARBOR, Md.—Longtime state employee Liz Ledbetter today received the Hank Pirowski Award for her efforts to create and expand Veterans Treatment Courts in Tennessee. The award was presented by Justice for Vets in National Harbor, MD at the annual conference of the National Association of Drug Court Professionals.

Ledbetter first joined TDMHSAS in 1995 and rejoined the department when the state's recovery courts were transferred in 2012. In the time since, the state, partner communities, and local judges have created nine Veterans Treatment Courts opening the door to treatment and veteran mentoring services for nearly 1,000 men and women who are involved in the criminal justice system. In her role as Recovery Court Administrator, Ledbetter supported the creation of new courts and was instrumental in creating training opportunities that allowed veteran mentors who serve with the courts to learn how to use their experience to guide other veterans through the program.

[Read the full press release.](#)



Commissioner Williams chosen for Governor's Criminal Justice Investment Task Force

Tennessee Governor Bill Lee announced the leadership of the Tennessee Criminal Justice Investment Task Force as established by Executive Order 6. Commissioner Williams was among those chosen, and she will be chairing a subcommittee on mental health and substance abuse.

“We are committed to addressing all aspects of the criminal justice system to improve public safety and reentry in our state,” said Gov. Lee. “Our task force represents multiple perspectives including law enforcement, state agencies, crime victims and families, community leaders and formerly incarcerated individuals.”

[Read the full press release.](#)

Welcome back, Zack!

We are overjoyed to welcome General Counsel Zack Griffith back from his overseas deployment with the Tennessee National Guard. While serving our country for more than a year in Ukraine, he received a promotion to Major.



Happy to be home! MAJ Griffith pictured with Victoria Fields on the day of his return.

REDLINE adds texting capability

You can now text questions about addiction, treatment, and request referrals on Tennessee's 24/7 helpline

TN
REDLINE 
1.800.889.9789

Free Confidential Information & Referrals-24/7

NASHVILLE, Tenn.—The Tennessee REDLINE unveiled its new text message capability for people seeking a referral to addiction treatment services. The number for confidential referrals via voice call or text message remains the same: 800-889-9789.

Since 1989, the Tennessee REDLINE has served as a referral service to addiction treatment for people and their families looking for help for substance use disorder. The service is provided by the Tennessee Association for Alcohol, Drug and other Addiction Services (TAADAS) through a contract with the Department of Mental Health and Substance Abuse Services (TDMHSAS).

[Visit our facebook page to view a video demonstration.](#)

[Read the full press release.](#)

TN Faith-Based Recovery efforts expand; Department of Health hosts inaugural Opioid Summit



Several folks with TDMHSAS ties attended and presented at the Department of Health's inaugural Faith-Based Opioid Summit on June 20. The event, hosted by the Office of Minority Health and Disparities Elimination, gathered hundreds of faith leaders from around the state. (Above, left to right) Will Taylor and Allen Burnette representing the TDMHSAS Lifeline Peer Project.



CAAP, Inc. holds Opioid Symposium



The department was pleased to have Deputy Commissioner Matt Yancey participate in the Opioid Symposium put on by CAAP, Inc. in Memphis on June 28. In addition to the department update, attendees heard from Dr. Edwina Chappell about the TECBOT-TN program. The event's keynote speaker was Dr. Stephen Loyd who lectured on opioid addiction and the use of medication-assisted treatment. Attendees

also learned more about innovative programs impacting the Memphis community including our TN Recovery Navigators.

In the picture above: TN Recovery Navigators Arsenia Holmes and Sherman Mason greet attendees.

TDMHSAS Director of Faith-Based Initiatives invited back to the White House



"Being invited to participate in the National Day of Prayer at the White House was one of the greatest honors and highlights of my career. As my mind raced, I couldn't help but think, "Nineteen years ago, I was sitting in a treatment program. Today, I am sipping lemonade in the Rose Garden with the President and Vice President of the United States."

As a person in long term recovery, this put a positive stamp on a story of redemption! This journey has allowed me to bear personal witness to clergy, congregations, and faith-based organizations working together to combat issues and empower our communities from the ground up!

I am deeply grateful and humble to be a part of this movement! Join us!

- Dr. Monty Burks

Want to get involved in TN's
awesome Faith-Based Initiatives?

Don't miss this! 

SAVE THE DATE

November 7th and 8th 2019

FAITH & RECOVERY NAVIGATING THE LIFELINE



Trevecca Nazarene University | 333 Murfreesboro Pike | Nashville, TN 37210

TDMHSAS nurses earn degrees



Three Moccasin Bend Mental Health Institute RNs recently graduated with bachelor degrees. Congratulations to (left to right) Todd Patton, Shelly Condra, and Curtis Chapman!

Corey Wheldon promoted to Assistant Nurse Executive at Moccasin Bend Mental Health Institute

Please join us in congratulating Corey Wheldon, recently promoted to Assistant Nurse Executive at Moccasin Bend. "Corey has achieved great things in the past five years," said MBMHI Nurse Executive Kathy Berger.

Corey joined the Moccasin Bend family in 2014 where he worked as a charge nurse on Unit 1. In 2015, he moved to Unit 4 where he was promoted to Unit Nurse Manager. In 2016, he became the Infection Control Coordinator, RN3, and added Staff Development Manager to his responsibilities in January 2017. He was promoted to RN4 earlier this year.

Corey has worked within the nursing department to help develop and streamline procedures for infection control and staff development training. Now, he is going to bring his knowledge and experience to the nursing leadership team, nursing staff, and all of MBMHI.



Welcome Katie Webb, Pharmacy Resident

Welcome Katie Webb, our new Pharmacy Resident, to the Office of Clinical Leadership. Katie is from Birmingham, Alabama. She completed pharmacy school at Auburn University and has worked as a staff pharmacist for Walgreens. She also worked part-time at a methadone clinic in Alabama. She and her husband have two "amazing furbabies, our rescue dogs Bo and Dakota. We are excited to be here in Nashville and are looking forward to all that Nashville has to offer!"



Mental Health Services' Office of Children, Young Adults, and Families welcomes new team members, promotes leaders

Jessica Mullins is named Director of Youth & Youth Adult Initiatives

Jessica Mullins has been promoted to Director of Youth and Young Adult Initiatives within the Office of Children, Young Adults, and Families. Jessica brings more than 8 years of experience in a variety of behavioral health settings with a significant focus on youth and young adults. She has been with TDMHSAS since July 2016 and is a recent graduate of Tennessee Government Management Institute.

Jessica oversees multiple federal and Mental Health Block Grants and state-funded programs that focus on promotion, prevention, early identification, intervention, and recovery. She also represents TDMHSAS on various state and local councils and



provides oversight for other youth and young adult initiatives, such as the Statewide Young Adult Leadership Council and the upcoming Certified Young Adult Support Specialist program.

Jessica will continue to enhance this work at both the state and community level to empower youth and young adult voices and support the development of a seamless delivery system in Tennessee that offers more service options. Prior to this role, Jessica served as a Program Manager 2, where she provided contract management, programmatic oversight, and led the development of the Training and Technical Assistance Center. We are so lucky to have

Jessica's unique expertise, and we're confident that youth and young adults in Tennessee will be positively impacted by her strong leadership.

Lindsay Sinicki promoted to Program Manager

Lindsay Sinicki has been promoted to Program Manager working with the System of Care Across Tennessee Initiative (SOCAT). Lindsay has more than five years' experience in the mental health field. Prior to this promotion, she served as the SOCAT Technical Assistance Coordinator.

Lindsay will continue to oversee the Training and Technical Assistance Center as well as take on management and oversight of the daily operations of our twelve provider sites operating throughout the state. Lindsay is also an accomplished trainer and will teach Cultural and Linguistic Competence in her new role. Lindsay has a Master of Science in Social Work and a Bachelor of Science in Family and Child Sciences.



Lindsay is pictured (right) with Keri Virgo, Director, System of Care Across Tennessee (SOCAT).

Diana Kirby takes suicide prevention experience and passion for young adult population to the OCYAF



Please help us welcome Diana Kirby to the Office of Children, Young Adults, and Families! Diana has been with TDMHSAS since November 2017 providing programmatic oversight as the Project Director for two federal SAMHSA grants focused on suicide prevention (TLC-Connect & TARGET) within the Office of Crisis Services & Suicide Prevention. In her new role, Diana will direct all phases of project planning, development, and implementation of the Healthy Transitions grant program for youth and young adults, ages 16-25, who have a Serious Emotional Disturbance/Serious Mental Illness or co-occurring Intellectual and Developmental Disability.

Welcome Diann Cox to Central Office!

Please help us welcome Diann Cox, our newest member of the General Services staff. Diann is a former state employee, having worked at the Tennessee Student Assistance Corporation where she was Administrative Assistant to the Associate Executive Director of the Student Loan Division and able to put her administrative and customer service skills to work. She has also worked in the private sector. Most recently, she was apparel division manager at Walmart. Diann is a Memphis native. She and her husband Bill have been married 38 years and have two adult children. She is also a long-time board member of the Hendersonville Soccer Club and can be found in the concession stand during their games.



Meet Jessica and Brittany: TMHCA Peer Specialists providing support to patients at Moccasin Bend



We are happy to introduce you to Jessica Williams (left) and Brittany Kingsberry, MBMHI's new Peer Intensive Care Specialists who shared about their role, in their own words:

"We work for Tennessee Mental Health Consumers' Association (TMHCA) as Certified Peer Recovery Specialists and provide peer support at Moccasin Bend Mental Health Institute and in the community once patients have been discharged. At the hospital we sit in on treatment teams, visit units, facilitate small groups, and attend treatment mall.

Once patients are discharged, they can opt to become a member of our aftercare program. This program is voluntary and free; they do not need insurance! The purpose of this program is to provide extra support for our members. We assist in connecting them with resources and empower them to make efforts toward recovery on their own. We are in touch with members on a weekly basis. During this time we discuss what has been accomplished and how to overcome any barriers or struggles they may be facing."

Tennesseans saving lives on national stage at 9th annual Suicide & the Black Church Conference

The 9th National Suicide and the Black Church Conference was held June 12-13 at the University of Tennessee Health Science Center in Memphis. Gov. Bill Lee helped kick off the conference by sharing his passion for reducing suicide in our state and his family's personal connection to the issue. He also stressed the importance of getting mental health services early on.



The conference also featured a keynote address from actress Kim Fields. Conference participants received tools to use to help save lives from suicide.

[Click here to view videos from the conference](#) including Gov. Lee's remarks and the keynote.

You can view more photos from the conference at this link: <http://bit.ly/2xETGFe>



Thank you, Governor Lee, for your support of suicide awareness and prevention!

And thanks to Dr. William Young and Pastor Dianne Young with The Healing Center who were recognized with a proclamation from the Governor for their dedicated service (top photo). Finally,

much appreciation to Gwen Hamer from TDMHSAS for her hard work to continue the successful legacy of this conference.



Have purpose ... will travel!

Tennessee Crisis Services Conference delivers 'The First Line of Hope'

"Excellent overall experience! The heartfelt display of appreciation of the work we do was heartwarming!" - Conference attendee



Above: TN crisis provider leadership teams represent! Below: Members of the TDMHSAS Crisis Services team play along during a conference exercise.



The 4th annual Statewide Crisis Response Conference was held June 27 at Embassy Suites in Franklin. This year's theme: "The First Line of Hope" spoke to one of the many vital roles our crisis service providers play in our state and beyond. Attendees were treated to a roster of inspiring, expert speakers.

We were introduced to Captain Michael King, SAMHSA's newest Regional Administrator. Captain King explained some of the exciting ways he plans to work with Tennessee moving forward. The keynote address by suicide survivor Kevin Berthia included his personal story of pain, triumph, and hope! Several speakers gave "CRISISTalks" sharing lived experiences in mental health, substance abuse, and suicide. A highlight of the day was the spoken word presentations by Southern Word youth poets.

Information-packed General Session topics were provided by:

- Dr. Arie Nettles, Associate Professor of Clinical Pediatrics - Vanderbilt UMC
"Unconscious Bias: No, Not Me!"
- Becky Stoll, Vice President of Crisis and Disaster Management - Centerstone
"Providing Safer Suicide Prevention Care"
- Glen Gaugh, Regional Supervisor, and Raquel Shutze, Clinical Program Consultant - Youth Villages: "Youth at Risk of Acting on School and Community Violence"

Peer Wellness Coach Dina Savvenas, TAMHO (pictured below) got us up, moving, and smiling with an interactive session exploring the "Joy of Bellydance!"

We so appreciate every attendee who participated and want to extend many thanks and much love to every person serving the Tennessee Crisis Continuum. We recognize the advocacy, compassion, and dedication that you provide to the citizens of Tennessee during their most vulnerable times. Much gratitude also to the Tennessee Association of Mental Health Organizations (TAMHO), our awesome partner for this conference and many others.



Crisis conference photos courtesy of TAMHO.

Credit: RolandsPhotography.net



Our delightful, inspirational, and empowering Commissioner Williams



Above, left: Deputy Commissioner Matt Yancey (right) and honored guest Captain Michael King (SAMHSA)

Above, right: Keynote speaker/survivor/advocate Kevin Berthia

Below: Poet Khaya Northcross (and others) from Southern Word shared from their heart and touched ours.



Stephanie Powers Guy is our 4th Quarter Outstanding Crisis Services Employee

Congratulations to Stephanie Powers Guy, our latest Crisis Services Outstanding Employee! Stephanie has worked third shift for Hiwassee Mobile Crisis Services (Volunteer Behavioral Health Care System) since September 1996. "She has had many opportunities to move to that coveted first shift Monday thru Friday, but chose to remain on the night shift," said Crisis Program Director Nancy Carroll who nominated Stephanie for this honor. "The night shift has its challenges that no one knows unless you have been there. She has faced ice, snow, floods, road closings, and tornadoes, all more ominous in the dark."



This schedule comes with advantages, Stephanie says. "I have been able to have the best of both worlds by working night shift, being a stay-at-home mom, and having my own career at the same time. ,, But I couldn't work night shift without the support of the group of people I belong to, the Hiwassee Crisis team. They are supportive and caring about their co-workers as well as our clients. They are hardworking superheroes. I am biased, I know, but they are the best colleagues."

Laura Tedesco, Vice President of Crisis Services at Volunteer, was not surprised that this high honor was being given to her longstanding Hiwassee member: "We are honored to have Stephanie Guy on our crisis response team. She is truly dedicated to helping individuals in her community with the upmost care and compassion. In her 23 years of mobile crisis services, I have no doubt that Stephanie has saved thousands of lives and restored hope to those in the darkest places."

"I have thoroughly enjoyed working for Crisis Services," Stephanie says. "I have gained an immeasurable amount of clinical knowledge and have learned many life lessons along the way. ... It's fulfilling to be able to work with other helping professionals to put our heads together to make someone's life just a little bit better even if it is just for that moment in time."

TDMHSAS leadership lends expertise to fashion, arts event in Nashville



Mental health awareness was front and center at a special event at Oz Arts in Nashville last month. Dr. Terry Holmes, Assistant Commissioner, and Melissa Sparks, Deputy Assistant Commissioner, were asked to participate in a panel discussion that covered topics including depression, suicide prevention, substance use, and domestic violence. The Golden Tears Experience featured a display of Love, D.Jenee's "Golden Tears Collection" that explores "women uncovering their beauty beyond trauma." In addition to a fashion show and panel, the event included performances, art displays, and shared ways to cope with mental health challenges.

Check out the **new** TN Peer Wellness Coaches' page on TN.gov!



We've updated the "My Health, My Choice, My Life" page on our website. Check it out to meet the current coaches, read their bios, and find an agency providing this important service. Some of TN's coaches are pictured above with Director Mark Liverman (far right) from the TDMHSAS Office of Wellness and Employment.

Exercise your "clicking fingers" and [visit the page here](#).

Tennessee is 'OnTrack' in serving Youth/Youth Adults

With the start of a new fiscal year comes new funding, new programs, new faces, and lots of opportunities for training! In June, we were honored to welcome Rusty Clark (creator of the Transition to Independence Process or TIP Model) and Marc Fagan (national TIP consultant) to equip some of TN's OnTrack (First Episode Psychosis) teams in this evidence-based practice of engaging and addressing the unique needs of youth and young adults.

Pictured are the trainers along with Helen Ross McNabb's OnTrackTN (FEPI) Knoxville and Chattanooga teams providing individualized services for clients, ages 15-30, who have experienced a first episode of psychosis in the past two years. Krystal Fortney, Vanderbilt's Statewide Youth & Young Adult Best Practices Trainer, who provides support to OnTrackTN sites, also participated, and TDMHSAS Youth & Young Adult Coordinator Jules Wilson facilitated.



Rock Stars! Aka a few of the mental health pros providing next-level care to some of Tennessee's youngest citizens. **(Above)** TIP training with Helen Ross McNabb OnTrack Teams. **(Below)** Members of one of TN's newest Clinical High Risk for Psychosis (CHRP) sites, CMI Healthcare Services in Memphis!



Preparing Shelby County's CHRP program as we speak are (left to right): Tariq

Smith, Program Coordinator; Briana Harwell, Peer Support Specialist; Candisha Macklin, Care Manager; Katrill Braden, Supported Employment and Education Specialist; and Clarence Bolden, Family Support Specialist.

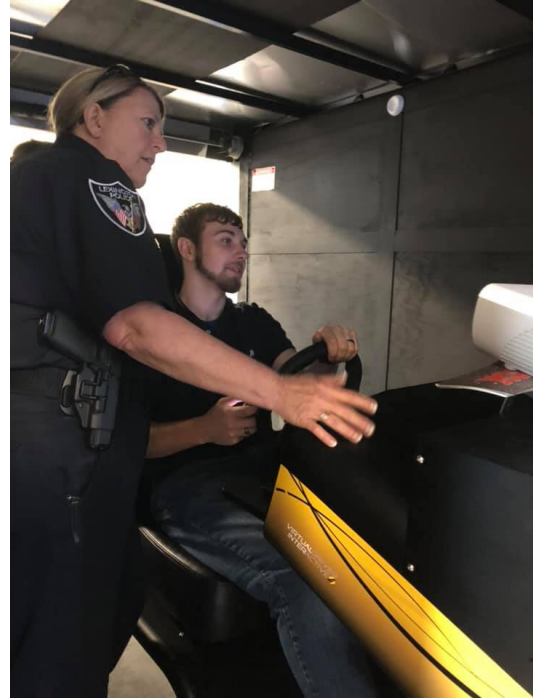
Kudos to Tennessee's anti-drug coalitions who are leading prevention efforts statewide

School's out for summer! Which means Tennessee's anti-drug coalitions are busy! Here's some highlights of how community coalitions have taken advantage of warmer weather and geared up for summer breaks and outdoor activities.

To join in the fun and help prevent and fight addiction close to home, [visit our website to find a coalition near you!](#) Volunteers are always welcomed, needed, and appreciated!



Thanks to the men of The Mend House Sober Living Community (pictured above) who are annual volunteers at Metro Drug Coalition's 5K fundraiser [and](#) to everyone who participated and who donates time, resources, and talents to prevention efforts in Knox County!



Left: We love community partners! Special thanks to Mad Sam's House of Blessings for building a garden for Bridge kids at Franklin County Prevention Coalition who shared on facebook: "They had a blast planting and watering! Now we wait!" We can't wait to see the growth that occurs from this ideal warm weather learning activity for youth!

Right: (Via Weekly County Press) To help them understand the impact of distracted driving, Greenfield students got hands-on training from Capt. Donna Hetherington of the Lexington Police Dept. (Weakly County Prevention Coalition)



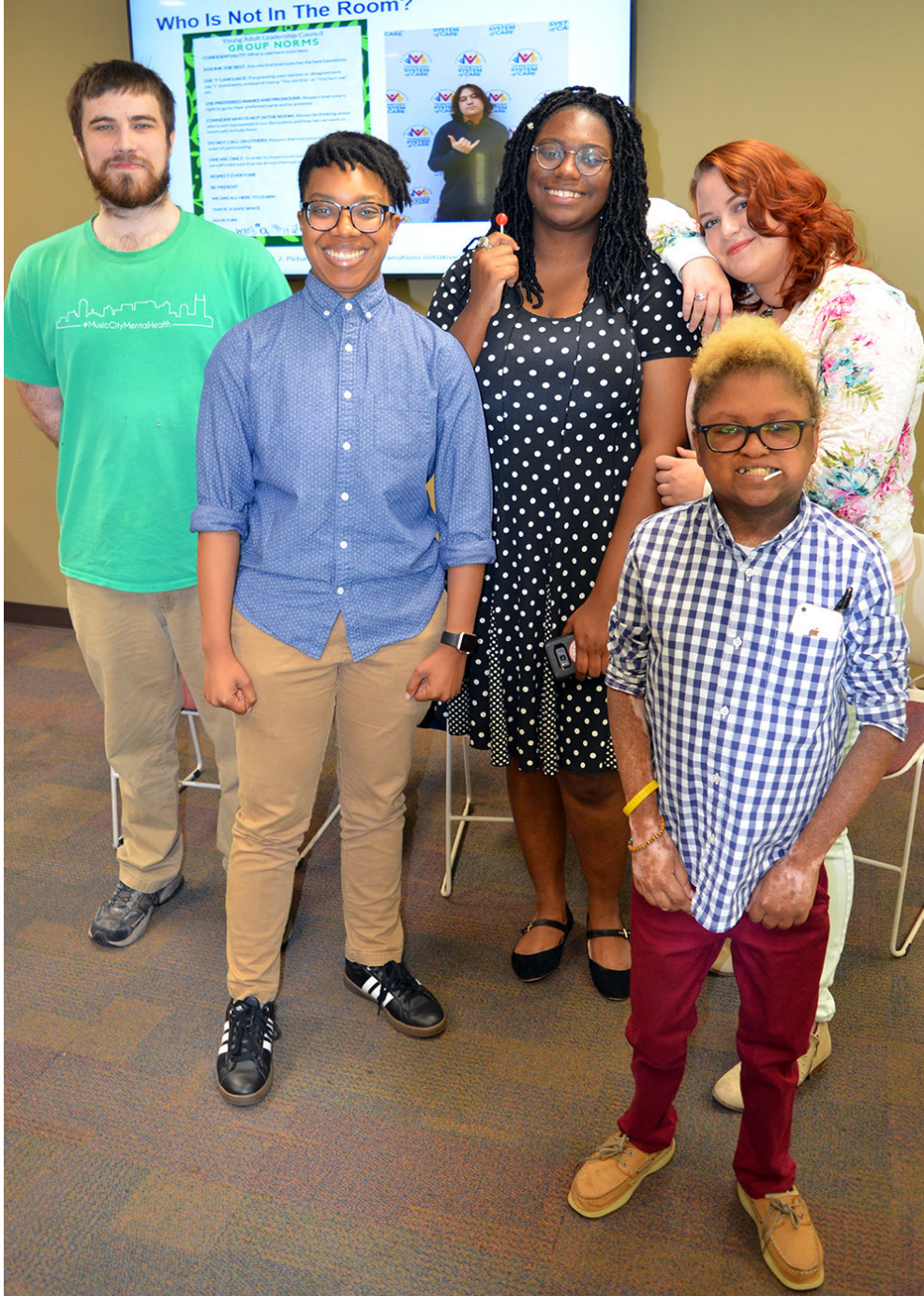
Youth from the Sullivan County Anti-Drug Coalition (SCAD) were among the many young Tennesseans who attended the 2019 TNSTRONG Summit in Nashville. TNSTRONG stands for "Tennessee Stop Tobacco and Revolutionize Our New Generation." It is a youth-led movement of peer-to-peer education and advocacy for

prevention of tobacco and nicotine addiction. They are striving to become Tennessee's first tobacco-free generation. The TNSTRONG summit happens annually and is a multi-day learning op.



Youth affiliated with anti-drug coalitions have many diverse educational opportunities, especially in the summer. These young people from Carter County Drug Prevention Coalition learned about babysitting safety in training held at the local library, earning each the title of Safe Sitter.

Members of TN's Statewide Young Adult Leadership Council inspire at Council on Children's Mental Health



Congratulations and job well done to the members of our Statewide Young Adult Leadership Council (YALC) who wowed the crowd at a joint meeting of the Council on Children's Mental Health and the Youth Transitions Advisory Council. After YALC expressed an interest in sharing its mission and goals with the group, they were invited to participate in June's meeting. Jules Wilson, TDMHSAS Youth & Young Adult Coordinator, facilitated the presentation and held planning meetings to prepare. They prepared a slide presentation, engaged, and enthused the audience after an extended meeting day.

In addition to Jules, participating members (and the topics they shared) were: Joseph Valinor: We Need Autonomy; Jordan Scruggs: We are the Experts; Gigi Pasley: This is Our Story; Mae McCorkle: We are not Invisible; and Rebekah Lewis: This is Our Place at the Table. Their presentation was one example of how this group of exceptional young people is becoming involved in the next generation

We Are The Experts!

of behavioral health in Tennessee.



The Young Adult Leadership Council meets regularly in Nashville and hopes to meet and collaborate with more peers who are passionate about using their voices and lived experience to help others. Stay tuned to our facebook page for upcoming meeting and event info. Or visit the social networks of System of Care Across Tennessee or the Tennessee Healthy Transitions Initiative. If you'd like additional information (or to

schedule the YALC to participate at an upcoming event or meeting) please contact Jules.Wilson@tn.gov.

Do you want to inspire and educate others? Do you dream of making a difference in your community and state? Want to meet others who understand, make friends, be heard, and learn about community resources just for you?

If you are age 15-30 and have lived experience with mental illness, substance abuse, co-occurring disorder, or child-serving systems, such as juvenile justice, homelessness, and foster care, the Young Adult Leadership Council would love to meet you! Contact: Jules.Wilson@tn.gov or chutchins@tnvoices.org.

**And two can't-miss conferences
coming to Nashville in October . . .**

Suicide Prevention Conference

Presented By

Suicide Prevention and the African American Faith Communities Coalition (SPAAFCC)



OCTOBER 18TH, 2019
8:00AM - 3:30PM

EVERYONE WELCOMED!

Youth, Seniors, LGBTQIA, Multi-Faith, Pastors, Mental Health Professionals, Community Partners and more

The Suicide Prevention and the African American Faith Communities Coalition (SPAAFCC) presents the "Suicide and Trauma Prevention: Building Resiliency in our Community" on Friday, Oct. 18, at St. James Missionary Baptist Church in Nashville.

SPAAFCC believes that "Hope Breaks The Silence," and we encourage you to join us as we de-stigmatize suicide in communities of faith. The conference will be composed of numerous breakout sessions, captivating speakers, vendors and community partners focusing on trauma as it relates to mental health, youth, and addiction. Participants will enjoy interactive learning sessions, testimonies, local resources, and learn practical tools to help prevent suicide in faith communities, foster self-care, and more.

The Suicide Prevention and the African American Faith Community Coalition (SPAAFCC) works to change the narrative around suicide and mental health, empowering the African American faith community to be trauma-informed. The group is comprised of pastors, faith leaders, community members, and community organizations throughout Nashville, TN.

Register here: <http://bit.ly/2YzW6Ef>

For youth registration, contact Gwen.Hamer@tn.gov.

Tennessee Certified Peer Recovery Specialists:

Trailblazing the Peer Frontier!

2019 Conference

Featuring keynote speaker: Dr. Stephen Loyd

October 6-7

Who's **blazing trails** out there?

Nominations for 2019 CPRS Awards open **July 1!**

WILL YOU JOIN US?

Get ready to blaze a trail to . . .

Millenium Maxwell House

2025 Rosa L. Parks Blvd.
Nashville, TN 37228

To reserve your room: Call (615) 259-4343.
Ask for the 2019 CPRS conference block.

*Be on the lookout,
trailblazers!*

More to come . . .

#TogetherInRecovery
#TNPeerSupport

tn.gov/behavioral-health/CPRS

Peers: Come join us on the frontier! [Find all things 2019 conference here.](#)

Mark Your Calendars: Upcoming Regional Planning & Policy Council Meetings

For a list of all scheduled TDMHSAS Planning & Policy Council meetings, including Statewide and Committee meetings scheduled through this November, [please visit our website.](#) Meeting dates are subject to change.

Upcoming Regional Planning & Policy Council Meetings

Region II	Wednesday, Aug. 14	11:30 a.m. - 1:30 p.m. ET	Helen Ross McNabb Center, Training Room 201 W. Springdale Ave. Knoxville, TN 37917
Region VI	Tuesday, Oct. 8	1:30 p.m. - 3 p.m. CT	Pathways 238 Summar Drive Jackson, TN 38301 AIM Center
Region III	Tuesday, Oct. 17	10 a.m. - 12 p.m. ET	472 W. MLK Blvd. Chattanooga, TN 37402
Region VII	Tuesday, Oct. 22	11:30 a.m. - 1:30 p.m. CT	Lowenstein House East 6590 Kirby Center Cove Suite 103 Memphis, TN 37217

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](#).

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

*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 connect with us on social media!



Find us on Facebook



Woohoo!



 **6,000 likes!**
Thank you,
facebook family!



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



Follow us on Facebook



Website