



Dear Friends and Colleagues,

October finds many of us with great excitement. Whether you love fall foliage, all things pumpkin spice, or just cooler temperatures, this time of year has an excitement about it. As the leaves change colors, let go, and fall, they teach us a lesson about just how beautiful it is to let go. What are you holding on to that's holding you back? With a little time left before the hustle and bustle of the holidays, take a look and see what you want to leave behind in 2023 and what you want to take with you into 2024.

Here at the department, we're definitely going to hold on to some much-needed additions to our team! In this issue of our TDMHSAS Update Newsletter, you'll read about new contracts staff joining our Division of General Counsel and a new Assistant Commissioner focused on children and youth mental health services. We're so excited to have Beth Goodner on the team, and she's really hit the ground running traveling much of the state to make connections and learn more.

Whatever role you serve in our state, please know we are grateful for all that

you bring and all the ways you support the resiliency, recovery, and independence of the Tennesseans we are blessed to serve.

Blessings,

Marie

TDMHSAS Welcomes New Assistant Commissioner



TDMHSAS is pleased to welcome Beth Goodner as its first-ever Assistant Commissioner for Children and Youth Mental Health Services. Goodner will lead a new division within TDMHSAS encompassing the department's growing portfolio of mental health prevention, early intervention, treatment, and wellness programs for Tennesseans from birth to young adulthood.

Goodner has more than 30 years of mental health and substance abuse treatment experience working with children, adults, and families in the outpatient, inpatient, private practice, and home setting environments. She

joins the department after a decade at TrustPoint Hospital in Murfreesboro serving more than five years as Chief Executive Officer.

“I’m grateful for the opportunity to join such an amazing team and serve on behalf of the worthy cause of improving the mental health of Tennessee’s young people. The women and men who work in this new division are already changing lives every day, and with this new focus and continued partnership from our amazing community providers, we will expand on our ability to increase the resiliency, recovery, and independence of Tennessee’s youth,” said Beth Goodner, TDMHSAS Assistant Commissioner for Children and Youth Mental Health Services.

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

Supporting Early Childhood Mental Health

The Tennessee Resiliency Project was a \$6.5 million recurring investment in children's mental health supports appropriated by Governor Bill Lee and the Tennessee General Assembly starting in the FY22 budget. Grants were issued in late 2021, and we're starting to hear success stories about the impact that these programs are having! In rural west Tennessee, Pathways Behavioral Health worked with partners to design programs to target multiple focus areas. One leveraged existing relationships with Head Start centers in rural west Tennessee and expanded the services they were able to offer. The video below profiles that work and features a family's success story and interviews with the Head Start staff. Watch the video and then [hit this link to learn more about the different TRP grantees.](#)



National Disability Employment Awareness Month

October is National Disability Employment Awareness Month (NDEAM for short!), and TDMHSAS is excited to celebrate the role of employment in recovery and wellness for Tennesseans living with behavioral health challenges. We're proud to partner 16 amazing community providers across the state to deliver Individual Placement and Support (IPS) supported employment services to Tennesseans. IPS is an evidence-based, research-backed program to help people explore their employment or education goals and achieve success. Thanks to new funding from Governor Bill Lee and the Tennessee General Assembly that began in FY23 and with partnership from our colleagues at the Department of Human Services Vocational Rehabilitation, we're taking IPS to more people than ever. In the fiscal year that ended June 30, our IPS providers supported nearly 1,300 Tennesseans!

Learn more about IPS in Tennessee at this link: tn.gov/behavioral-health/ips



More confidence, a relationship with family, custody of her kids, and a job she loves-- these are just a few of the benefits Rodmetris has found from her time in the IPS program with CMI Healthcare Services in Memphis. A new pilot project called NextGen is looking at expanding IPS to people re-entering the community after a period of incarceration. Rodmetris is living proof that it works!

National Prescription Drug Take Back Day: October 28



National prescription Drug Take Back Day is October 28th from 10:00 a.m. to 2:00 p.m. local time. [Find a location near you.](#)

National Prescription Drug Take Back Day is organized by the Drug Enforcement Administration to encourage the safe and secure disposal of potentially addictive and otherwise harmful prescription medications. In Tennessee, community groups including the state's 46 Substance Use Prevention Coalitions team up with local law enforcement and other partners to host Take Back Day events. The events serve to collect thousands of pounds of medications while also providing opportunities to start conversations about preventing substance misuse and addiction. In April, Tennessee had 120 collection sites and collected more than 8,200 pounds of medications!

Tennesseans who miss out on National Prescription Drug Take Back Day can still safely and securely dispose their medications at one of the hundreds permanent drug drop boxes across the state. These drop boxes are located in many pharmacies, police precincts, and sheriff's offices. [Find a permanent](#)

Project Rural Recovery on the Road

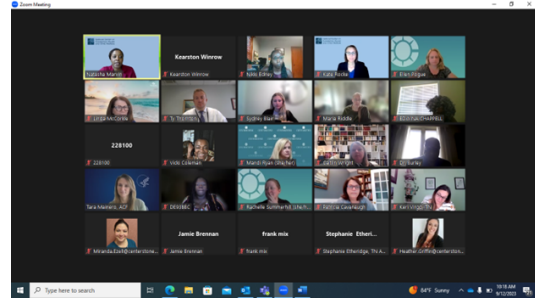
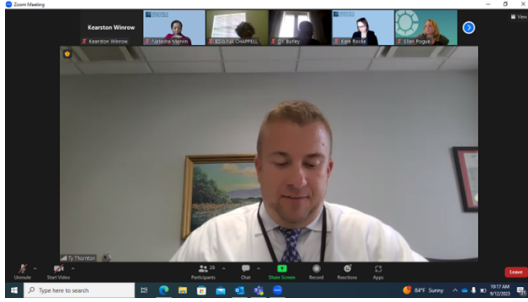


Several Project Rural Recovery team members attended the 19th Annual Mobile Health Clinics Conference in Pittsburgh. The conference offers a unique opportunity for mobile healthcare programs from diverse disciplines to share their experiences and further their knowledge. The Project Rural Recovery team returned with new ideas about project sustainability, partnering with schools, and enhancing community involvement.

Pictured left to right:

Donald Jordan – Pathways, Traci Golbach and Kim Courts – Ridgeview, Kris Howell and Lashon Conner – Pathways, Dorah Johnson and Debbie Hillin – Buffalo Valley, Shellie Hall, Kate Orem, Alleah Fancher, Sunshine Bossie, and Jonathan Weathersby – McNabb Center

TDMHSAS Homebuilders Hosts Virtual Federal Site Visit



On September 12-13, 2023, the TDMHSAS-HOMEBUILDERS grant project convened its first virtual Federal site visit. TDMHSAS-HOMEBUILDERS is a regional partnership grant (RPG) that was funded at a maximum of \$600,000 annually for a five-year project period. The RPG program is the only source of funding specifically focused on the intersection of substance-use disorders, including opioid addiction, and child welfare involvement. TDMHSAS was one of 18 grant recipients awarded to increase well-being, improve permanency and enhance the safety of children who are in, or at risk of, an out-of-home placement as a result of a parent's or caregiver's opioid or other substance misuse. Through this grant, we are further assisting the Tennessee Department of Children's Services (TDCS) in delivering a program included in its Family First Prevention Services Act (FFPSA) plan.

The target area for TDMHSAS-HOMEBUILDERS includes nine rural counties in Middle Tennessee: Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lincoln, Marshall, and Maury. These counties are located in the TDCS' South Central region. Thus, TDMHSAS-HOMEBUILDERS is focused on a service area with extremely limited resources but at high risk of having children enter custody due to parental substance misuse. The project will utilize the HOMEBUILDERS model, the nation's oldest and best documented intensive family preservation services (IFPS) program, to provide safety, empowerment, and protection for eligible children and families. We project to serve at least 193 underserved families (25 families in Year 2 and 56 families annually in Years 3-5) over the grant cycle. In addition, we recognize that no single agency can successfully provide for families affected by substance misuse alone and have therefore collaborated with TDCS; the Tennessee Department of Human Services (TDHS); the Tennessee Administrative Office of the Courts (TAOC); Camelot Care Centers, Inc.; Centerstone of Tennessee, Inc.; Health Connect America; TennCare; and Centerstone's Institute for Clinical Excellence and Innovation to deliver a coordinated approach to service delivery.

Welcome to Team TDMHSAS

New staff join TDMHSAS Division of General Counsel



Lauren Awad is joining the team as a Contract Specialist for Grants. She's passionate about public service and is so excited to join the TDMHSAS team. She previously worked as a Program Assistant at a non-profit in international media development, and she began her career in public service at DHS in Child Support Centralized Services, where she specialized in bankruptcy, licenses, and voter restoration.

Caroline Ballinger is joining Team TDMHSAS as a Contract Specialist for Procurement and Grants. She started her career with the State in April of 2020 at the Department of Agriculture Division of Forestry. In November 2021, Caroline was promoted to a Category Specialist at the Department of General Services Central Procurement Office, where she procured and managed statewide contracts, specializing in healthcare related contracts such as Medical Supplies and Pharmaceutical Products.



Eye on Admissions

Department leaders spend the night with Moccasin Bend Mental Health Institute's Admissions staff



The admissions staff at all four Regional Mental Health Institutes work hard to respond to the demand for critical inpatient psychiatric services. The pace can be fast, with multiple moving pieces and parts. Central Office remains dedicated to identifying and implementing processes designed to improve efficiency for our hard-working admissions units. Chief of Hospital Services Ty Thornton, Deputy Assistant Commissioner Melissa Sparks, and Director of Hospital Services Chris Loftis visited Moccasin Bend Mental Health Institute's Admissions Unit on September 7-8 to get a look at processes and to share gratitude. Thank you, admissions staff! You are appreciated!

Pictured above: Raquel Rivero and Mollie Wells are hard at work during the midnight shift while Ty Thornton, Chief of Staff & Hospital Operations asks questions about current processes.

Moccasin Bend Mental Health Institute AT Department Improvements



The busy bees at Moccasin Bend Mental Health Institute's Activities Therapy department have been hard at work! They've relocated the library for patients to use, added new recreation hall activities like carpetball, ping pong, and foosball. grown an amazing set of gardens for butterflies and vegetables, and even brought in some four-legged friends for pet therapy. Way to go!

John Crawley Retirement



Congratulations to MBMHI Human Resources Director John Crawley on his retirement after 22 years of service with the state. John served at Moccasin Bend for seven years and left his mark in service to his colleagues and the patients.

TN Coalitions Recognized by CADCA



A pair of Tennessee substance abuse prevention coalitions are getting some national recognition. Cheatham County Coalition was featured in the **Community Anti-Drug Coalitions of America (CADCA)** national newsletter for their work around pet medication misuse. Following the example set by Power of Putnam, Cheatham County successfully implemented a Pet Med Diversion Project to educate pet owners and veterinary professionals

about the proper handling and disposal of pet medications to prevent misuse and has both successfully raised awareness and paved the way for new partnerships with a previously untapped sector.

Cheatham Coalition recognized the need to address medication misuse in their community, and their connection and proactive networking with Power of Putnam provided the knowledge and resources required to make a meaningful impact. One of the key aspects of their initiative was the distribution of brochures and stickers to local animal clinics, hospitals, and animal control shelters. These materials served a dual purpose: educating pet owners about the proper use and disposal of pet medications and ensuring that pharmacy staff were aware of the potential for medication misuse in the form of “vet shopping”.

Coalitions in the Community

Monroe County Prevention & Wellness Implements Handle With Care in Community



The Monroe County Health Council in collaboration with the Monroe County & Sweetwater City School Systems’ Coordinated School Health Departments announced a partnership with the Monroe County Sheriff’s Department, Sweetwater City Police, Madisonville City Police, Vonore City Police, and Tellico Plains City Police for the “Handle With Care” program to support children facing trauma. “Handle With Care” enables first responders- whether that is law enforcement, fire or EMS- to notify schools if they encounter a child at a traumatic scene, so schools and mental healthcare leaders can provide trauma-

sensitive support right away. The statewide Handle with Care program is being coordinated through the Tennessee Bureau of Investigation's Dangerous Drugs Taskforce through a state grant. Technical assistance, training, and program support are provided at no cost to the county.

Power of Putnam Participates in Fall Festival



Power of Putnam was able to participate at the annual Fall Fun Festival in Cookeville on September 8th and 9th. They collaborated with the local police department, as well as the National Guard who provided the Stashed Away trailer for adult attendees. Teenagers were able to engage with local law enforcement about the dangers of impaired driving by driving peddle carts through an obstacle course while wearing impaired vision goggles. Families were able to engage with Power of Putnam staff and Thrive Ambassadors about SAMHSA's "Talk They Hear You" campaign and the importance of having meaningful conversation with youth about the dangers and consequences of substance use. Lastly, parents had the opportunity to receive the educational opportunity of receiving training and walk-through the Stashed Away trailer. Staff were able to train over 60 adults on different substance use behaviors that are popular amongst youth.

Jackson County Prevention Partnership Hosts Overdose Reversal Training



Jackson County Prevention Partnership collaborated with the Jackson County Health Department to hold an overdose reversal training at Fairview Senior

Center in Gainesboro with ROPS Justin Cantrell. 10 people were trained and also received medication lockboxes, locking caps for pill bottles, Deterra deactivation pouches, and medication safety information; additional resources were also provided to the Senior Center for community members who were unable to attend.

Shout Out!

Thank you AT Department and B2 Unit at Western Mental Health Institute

I would like to send a special shout out to the AT department for allowing me to be a part of their team. This opportunity has given me the chance to present ideas to the staff and patients to help with their time spent here at the hospital.

Another shout out to the B2 unit staff, I just want them to know my job as Recreational Therapist would not have been possible without their support.

They have made my job successful and made me know that they are happy for me on exploring my career in working with Quality. Just know that I am grateful for every moment, so keep up the good work so I can continue to brag on how great you all are. - **Stacy Ambrose**

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

Children's Committee

Wednesday, November 1, 2023

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

TDMHSAS

Conference Room 339, 6th Floor

Andrew Jackson Building

500 Deaderick Street

Nashville, TN 37243

Planning and Budget Committee

Andrew Jackson Building

Wednesday, November 1, 2023

1:30 p.m. – 2:30 p.m. CST
TDMHSAS
Conference Room 339, 6th Floor
500 Deaderick Street
Nashville, TN 37243

Region IV

Wednesday, November 1, 2023
11:00 a.m. – 1:00 p.m. CST
TAADAS
1321 Murfreesboro Pike, Suite 130
Nashville, TN 37217

Region V

Thursday, November 2, 2023
9:30 a.m. – 11:30 p.m. CST
Volunteer Behavioral Health
1504 Williams Drive
Murfreesboro, TN 37129

Region I

Tuesday, November 7, 2023
10:00 a.m. – 12:00 p.m. EST
Frontier Health Corporate Offices
1167 Spratlin Park Drive
Gray, TN 37615

Region II

Wednesday, November 8, 2023
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 \(tn.gov\)](#)

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.

[Link to Brain Injury Training Series](#)



Brain Injury Training Series

This series is designed **for Service Providers across all Systems of Support** including **Mental Health, Substance Abuse, Domestic Violence, ACEs/Trauma, Child Abuse, Chronic Pain, Homelessness, Criminal & Juvenile Justice.**

Nov 9, 2023 10-11:30 CST	Understanding Concussion and Brain Injury
Jan 11, 2024 10-11:30 CST	Cognitive Changes Following Brain Injury: Understanding Cognition & Developing Accommodations
Feb 8, 2024 10-11:30 CST	Behavioral & Psychosocial Changes Following Brain Injury: Tips, Strategies & De-escalation

[Register here at no cost, certificate of attendance provided](#)

Go to Registration



Nov 9, 2023 Understanding Concussion and Brain Injury

There's a higher incidence of brain injury in at-risk populations than most realize. The same people often seek treatment for co-occurring needs, like substance abuse, mental health, domestic violence, chronic pain. The concussion (or more significant brain injury) must be properly identified for the person to fully benefit from support programs in other areas. We will discuss how to identify the signs and symptoms of TBI and what educational tools are available for staff and the people they serve.

Jan 11, 2024 Cognitive Changes Following Brain Injury: Understanding Cognition & Developing Accommodations

This Brain Links training explains cognitive changes that may occur during developmental years or later in life through things like stroke, infection, tumor or traumatic brain injuries. We will explore the different aspects of cognition – or thinking – including: attention, memory, flexibility, problem solving, initiation, organization and planning. Learn specific strategies for each aspect of cognition to improve participation in support programs (mental health, domestic violence, substance use, court-directed, etc). We will also talk about how changes in cognition impact communication and the best ways to support someone with brain injury to communicate more effectively.

Feb 8, 2024 Behavioral & Psychosocial Changes Following Brain Injury: Tips, Strategies & De-escalation

In this webinar, we will explain common behavioral and psychosocial changes following brain injury and developmental brain changes. Learn strategies to support people with these changes and how to analyze behavior from a cognitive-communication viewpoint. Techniques to avoid behavior escalation and key strategies to de-escalating a situation will be shared. You will receive user-friendly tools to support your current approaches for understanding behavior and developing strategies that fit.

Who Should Attend: Case Managers, In-home Service Providers, Counselors, Addiction Specialists, Court Representatives, Program Administrators, Shelter Workers, Advocates, Teachers, Case Workers





PAULA D. FOSTER, MSW, LCSW
Non-Profit/Social Work
Training Consultant

- Open to all social workers
- Meets 1 hour requirement for all licensees
- Current supervisors must complete the training by the December 31, 2023
- Three convenient dates from which to choose attendance
- Pending NASW TN Chapter CE approval for 3 CE's of ethics

THIS PROJECT IS FUNDED UNDER A GRANT CONTRACT WITH THE STATE OF TENNESSEE, DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES.

An Ethical Understanding of Tennessee Social Work Licensure Law

A Virtual Webinar

This workshop will provide information and clarity regarding the path for advanced licensure in the state of Tennessee. A thorough review of the current rules will help participants understand the requirements and the eligibility for advanced licensure as a clinical or advanced generalist social worker. Case scenarios will help participants understand how to conceptualize and document accurately the social work experience. Clarification will also be given regarding the role of the supervisor and how to accurately accumulate supervision hours and contact hours.

Three convenient dates from which to choose your attendance:

- August 31, 2023, 9am-12pm Central
- October 6, 2023, 9am-12pm Central
- November 3, 2023, 9am-12pm Central

Sponsored by:



In partnership with:



For more information and to register: [TARCPCON2023-20th Anniversary Celebration | Tennessee Association of Recovery Court Professionals](#)

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)



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:

CUSTOMER FOCUSED:

An unwavering commitment to keep patients and those who serve them at the forefront of every decision.

INTEGRITY:

Honesty and truth in all we do.

INSPIRED PURPOSE:

The call to action in service of a cause greater than one's self.

EXCELLENCE:

The highest standards for services, efficiency, and conduct.

COMPASSIONATE

AND EFFECTIVE LEADERSHIP:

The commitment to make effective decisions and inspire others through active listening and empathy.

SOLUTIONS AND OUTCOMES-ORIENTED:

The commitment to positive outcomes and meaningful changes in response to the critical needs of the Tennesseans we serve.

PARTNERSHIP:

Beyond teamwork, collaboration based on mutual success to the benefit of the Tennesseans we are blessed to serve.

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

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