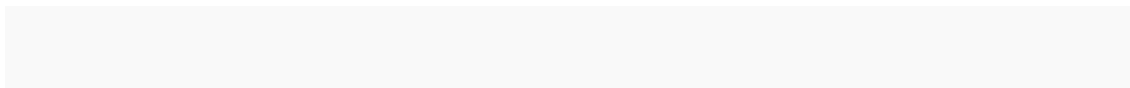




Department of
**Mental Health &
Substance Abuse Services**



Wishing you Happy Holidays
and a joyous New Year
as we go from great to
LEGENDARY in 2020!



A letter from the Commissioner

This holiday season, I want you to give yourself a gift that always fits, is never the wrong color, and can *definitely* be re-gifted – Better Mental Health. The stress of the holidays combined with shorter days and colder weather can be a one-two punch that really gets people feeling down this time of year. Here are just a few simple ways we all can work toward better mental health.

- Talk to others, and I mean *really* talk. Listen to others. *Really* listen and lean into the conversation. As humans, we naturally crave connection, and one of the easiest ways to do that is through meaningful conversation. At home, at work, at church, and even at the grocery store, we all have opportunities to interact, to listen, and to be heard.
- Develop natural supports. A natural support is a trusted friend or relative, someone you can turn to when you have problems to solve or successes to celebrate. Referring back to the first point, you develop natural supports by getting to know someone, finding common ground, and learning what it's like to walk in their shoes. These natural supports in our lives are so valuable, but they are truly priceless during stressful times.
- Take time for yourself. There's been an awakening to the importance of self-care. Specifically take time for yourself and use it to meditate, pray, or otherwise nourish your spirit. In a time when so much of our lives are lived publicly for others to examine, this introspection can be a tool to reconnect us to our true selves.
- Find new ways to incorporate exercise and movement into your daily routine. Resolution-making time is right around the bend, but rather than setting an unattainable goal, make the little decisions that will help you become more active every day. Park farther from the door when you go to the store. Take the stairs instead of the elevator. Take a walk while the sun is shining. Your body will thank you and so will your brain.
- Last but definitely not least, don't be afraid to ask for or offer help. Mental health is something that we all experience, and it's constantly changing based on an infinite number of criteria. Our state, our nation, and our world are all becoming more welcoming to people who raise their hands and ask for help.

Our state, with the leadership of Governor Bill Lee and the Tennessee General Assembly, supports the mental health needs of the uninsured and indigent we

are called to serve. One of the biggest gifts we've been given as a department is an additional \$5,000,000 to expand the Behavioral Health Safety Net. We are truly grateful for our local community behavioral health providers who offer these life-changing services across the state. If you are uninsured, at or below 138% of Federal Poverty level, and are experiencing mental health concerns, please call 800-560-5767 or visit our website (<http://tn.gov/behavioral-health/bhsn>) and learn more about the Behavioral Health Safety Net.

If you need help, or if you are experiencing a mental health emergency, please call our Statewide Crisis Line: 855-CRISIS-2 (855-274-7471)

If you need a referral to addiction treatment services, please call or text the Tennessee REDLINE: 800-889-9789.

Wishing everyone a joyful holiday season,
Marie

TDMHSAS rolls out new mission and vision statements focused on resiliency, recovery, and independence

As a part of the strategic planning process initiated by Governor Bill Lee, TDMHSAS leaders decided it was time to revisit our mission and vision to make sure they were closely aligned with the growing body of work we support and our vision for the state we call home. We believe the results are a strong statement informed by all levels of our workforce and grounded in our role as the state's safety net for people living with mental illness and substance use disorders. We also believe the new mission and vision will truly guide and shape all that we do as we try to move our work from great to legendary in the coming years.

New Mission: Creating collaborative pathways to resiliency, recovery, and

independence for Tennesseans living with mental illness and substance use disorders.

We've talked about increasing pathways to recovery for a long time. Adding onto that theme, we integrated the ideas of resiliency and independence for the people we serve. What do we mean when we say resiliency, recovery, and independence?

- **Resiliency** – The ability to face adversity, overcome it, and experience positive growth.
- **Recovery** – The change process where individuals with mental illness or substance use disorder live, work, learn, and participate fully in their community.
- **Independence** – Self-sufficiency through positive learned behaviors and confidence from lived experience of mental illness or substance use disorder.

New Vision: A state of resiliency, recovery, and independence in which Tennesseans living with mental illness and substance use disorders thrive.

For our vision, we wanted a bold statement. We took the themes of resiliency, recovery, and independence to the next level. With the people we serve fully empowered to claim resiliency, recovery, and independence for their own, stigma no longer exists.



Commissioner Williams consults with a table of staff at the fall leadership retreat. The main objective of the retreat was to discuss the department's new mission and vision statements.

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

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>INTEGRITY: <i>Honesty and truth in all we do.</i></p> <p>INSPIRED PURPOSE: <i>The call to action in service of a cause greater than one's self.</i></p> <p>EXCELLENCE: <i>The highest standards for services, efficiency, and conduct.</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>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>PARTNERSHIP: <i>Beyond teamwork, collaboration based on mutual success to the benefit of the Tennesseans we are blessed to serve.</i></p>
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Click the image above for a PDF one-pager of the new mission, vision, and values.

The tremendous growth of TN's recovery court system is evident at 15th annual TARCP Conference

Attendees enjoyed hearing from Gov. Bill Lee, the Chief Justice of the TN Supreme Court, a Grammy-nominated artist, and more!



The 2019 conference season came to an inspiring close at the 15th annual Recovery Court Conference held Dec. 11-13 in Franklin. The conference opened with a performance by Grammy-nominated artist Mary Gauthier (pictured right) who was joined by fellow musician Jaimee Harris. The pair sang original songs with powerful messages about mercy, hope, addiction, and recovery. Chief Justice Jeff Bivins (TN Supreme Court) served as guest speaker, congratulating Judge Duane Slone on his recognition by the U.S. Supreme Court and took a moment to acknowledge the passing and great work accomplished by Coffee County Judge Timothy Brock.



Gov. Bill Lee was among the scheduled speakers on day two. Gov. Lee shared how recovery courts fit into his vision to reform criminal justice in Tennessee. Commissioner Marie Williams spoke about the growth in recovery courts since they came under TDMHSAS leadership in fiscal year 2013. Several info-packed sessions, led by statewide, national, and international experts, were held throughout the conference with topics that included: The Trauma-Informed Courtroom, Mentor Boot Camp, Breaking Intergenerational Cycles, and Juvenile Case Management.

Congratulations to Senator Ken Yager (below) who was honored for his leadership and support in the General Assembly. He is pictured with Commissioner Williams, Judge Seth Norman, Judge Dennis Humphrey, and Judge Micheal Davis. Congratulations also goes to Ellen Abbott, TDMHSAS Director of Criminal Justice Services, who was surprised with the Christy Vernon Spirit Award. Read more about this special recognition below.



Ellen Abbott is honored with the Christy Vernon Spirit Award



Christy Vernon was a grant program manager for the State of Tennessee Department of Finance and Administration, Office of Criminal Justice Programs, when she lost her life in a tragic accident in 2006. The Christy Vernon Spirit Award was inspired by her exuberant, infectious attitude and the spirit with which she interacted with those in her presence.

The award is given annually, voted on by peers across the state and presented by the Tennessee Association of Recovery Court Professionals (TARCP). Recipients must: demonstrate a commitment for the advancement of recovery courts; have a history of community service; motivate and inspire co-workers, volunteers, and participants; and serve as an advocate or champion for recovery courts.

Congratulations to this year's recipient Ellen Abbott, our Director of Criminal Justice Services (far right). She is pictured with Angela Parkerson, Shelby County Drug Court Coordinator and TARCP President; and Dr. Marie Crosson, TARCP Executive Director.

Judge Slone's work recognized by the U.S. Supreme Court

Recovery Court Judge Duane Slone receives highest judicial honor



Tennessee Judge Duane Slone, left, was honored with the 2019 William H. Rehnquist Award for Judicial Excellence for his groundbreaking work on the opioid crisis. Chief Justice of the United States John G. Roberts, Jr. (pictured above) presented the award Nov. 21 at the U.S. Supreme Court. The Rehnquist Award honors a state court judge who demonstrates the qualities of judicial excellence, including integrity, fairness, open-mindedness, knowledge of the

law, professional ethics, creativity, sound judgment, intellectual courage, and decisiveness.

After serving as a drug trafficking prosecutor and as Assistant District Attorney General, Judge Slone was elected to the bench in 1998 and has been re-elected since. He co-founded the Fourth Judicial District Drug Recovery Court in 2009 and co-founded a Veteran's Treatment Track in 2015. In 2014, he established the Recovery Cabin which welcomes up to 11 women to live while in recovery, giving priority to pregnant women with opioid use disorder. Since its inception, more than 20 healthy babies have been born to residents.

Judge Slone says he did a "deep dive" into opioid use disorder when he and his wife, Gretchen, adopted a baby who was suffering withdrawals due to his birth mother's drug use. "I was motivated by Joseph," he says.

Thank you for your work, Judge Slone, and congratulations!

[Read more about Judge Slone's work](#) and this prestigious honor.



The Tennessee contingent showed up in big numbers for Judge Slone's big night!

Western Mental Health Institute says goodbye and happy retirement to two longtime staffers



Western Mental Health Institute (WMHI) recently celebrated the retirements of Dr. J. William Varner, Clinical Director, (far left) and Ernest Jones, Assistant Superintendent for Program Services (far right). Dr. Varner is retiring after 16 years of state service and Mr. Jones is retiring with 44 years of state service, with 42 of those years at WMHI. Family, friends, and fellow employees honored and recognized both gentlemen for their many years of service to WMHI, and everyone enjoyed reminiscing over stories and events that have occurred during their respective tenures.

Happy retirement, and thank you both for all you have done to continue the legacy of service excellence at WMHI!

Dr. Varner and Mr. Jones are pictured with CEO Roger Pursley.

TDMHSAS publishes Grantee Manual



FY 2020 Grantee Manual

covers the following topics: (1) pre-award requirements and process, (2) state of Tennessee grant contracts, (3) post-award requirements, (4) considerations for line-item budgets, (5) considerations for unit-rate budgets, (6) subrecipient monitoring, (7) sanctions and termination of funding, and (8) other available resources.

Please feel free to [download the manual on our website.](#)

TN Certified Peer Recovery Specialists featured in newest TDMHSAS video series

Web-based video project captures stories of 15 people putting lived experience to work

For anyone with questions about providing contracted behavioral health services in Tennessee, we are here to help! This is a new resource developed to provide guidance related to the responsibilities and duties that come with being a contracted community services provider of the Tennessee Department of Mental Health and Substance Abuse Services. The manual



We are proud to unveil a new web-based video series profiling the stories of 15 Tennesseans who are Certified Peer Recovery Specialists (CPRS). The project highlights the stories of several people who use their certification in healthcare working for managed care organizations and insurance companies.

“What we’re seeing in the behavioral health field is an increased value placed on peer experience. Healthcare

leaders are realizing that peers are a benefit to the bottom line because of the improved outcomes they can produce thanks to their lived experience,” said Lisa Ragan, MSSW, Director of Consumer Affairs and Peer Recovery Services.

Due to the demand for the certification, the department has shifted additional funding to double the number of peers trained this fiscal year bringing it to a total of 400.

[To learn more about the CPRS program in Tennessee, visit this link.](#)
[Read the press release in its entirety.](#)



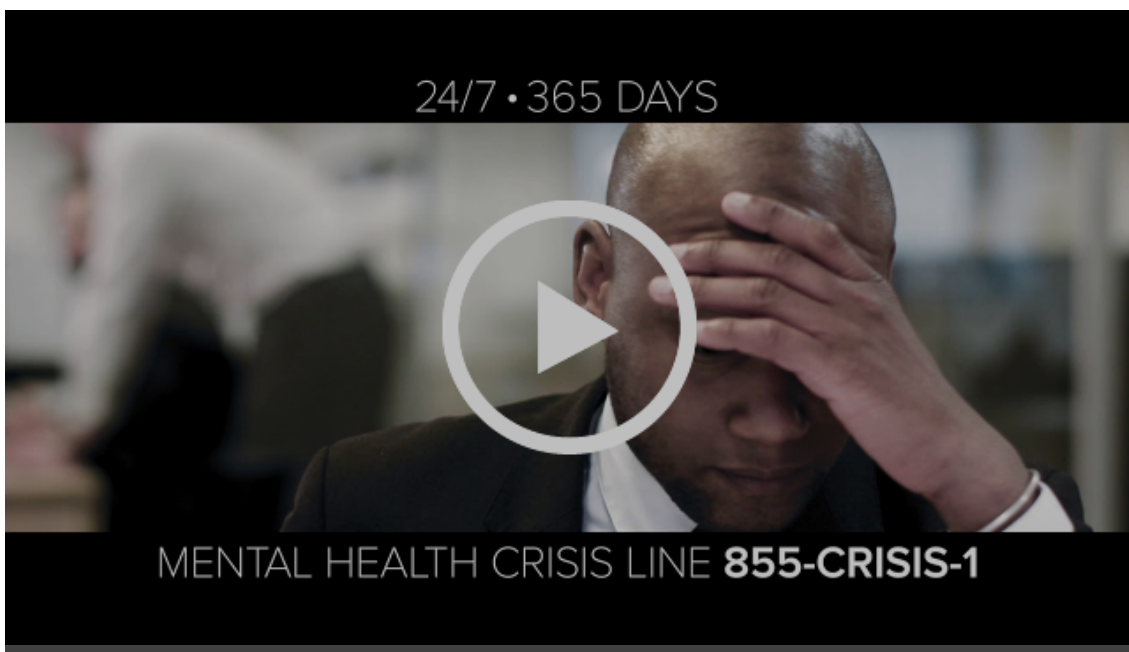


CPRS Sheryl McCormick

View all the videos at this link: <http://tn.gov/behavioral-health/cprs-stories>

TDMHSAS earns Regional Emmy Award nomination for PSA

Recognition honors department's Statewide Crisis Line media campaign



We appreciate all the shares of this video! It can also be found and shared from [our Facebook page](#).

TDMHSAS is honored to receive a regional Emmy® Award nomination for the second consecutive year. The recognition from the Nashville / Midsouth Chapter of the National Academy of Television Arts and Sciences honors the department's Statewide Crisis Line media campaign in the Public Service Announcement Spot category.

The Emmy® Award-nominated PSA features crisis professionals who answer calls through state and federally-funded programs at Centerstone in Nashville. Statewide, a total of 13 providers answer calls to the crisis line. The PSA encourages viewers experiencing a mental health crisis to call the Statewide Crisis Line at 855-CRISIS-1.

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

Congratulations, Monty Burks



Dr. Monty Burks, TDMHSAS Director of Faith-Based Initiatives, has been appointed by the Tennessee Supreme Court to serve on the Access to Justice Commission. Monty has more than 19 years experience working with the criminal justice system in various roles.

Monty joined our department in 2014 where his role is engaging and connecting Tennessee's faith communities to the behavioral health

system, with the goal of expanding addiction and mental health support services across the state. He also oversees the TN Lifeline Peer Project and our Faith-Based Community Coordinators.

He joins fellow appointees Amber D. Floyd, Esq., (Assistant City Attorney, Memphis) and Professor Joy Radice from the University of Tennessee School College of Law.

“The Tennessee Supreme Court is honored these individuals have agreed to serve on the Access to Justice Commission,” said Justice Cornelia Clark, Supreme Court Liaison to the Commission. “They have demonstrated their commitment to helping Tennesseans in need and we are excited to see what opportunities they will bring to the Commission.”

Announcing our 2019 LEAD Tennessee graduates



Congratulations to the TDMHSAS graduates in the 2019 LEAD Tennessee class! Heather Taylor-Griffith, Director of the Office of Children, Young Adults, and Families; Chris Loftis, Director of Hospital Services; and Leandra Varney,

Assistant Deputy Counsel; graduated with fellow State of TN honorees on Dec. 10. They are pictured here with Commissioner Marie Williams, Deputy Commissioner Bo Turner, Deputy Assistant Commissioner Melissa Sparks, General Counsel Zack Griffith, and Ty Thornton, Deputy General Counsel. LEAD Tennessee is a year-long leadership academy that draws the best and brightest from all executive branch agencies.

More accolades for TDMHSAS information technology team



Four members of the department's information technology team were nominated for an Information Technology Professionals Association award this year. Gina Young, Mohammed Osman, Carrie Kissner, and Adeel Mohammed were nominated for the ITPA Innovation Award for their work to create a new system for use in the Peer Engagement Program that works with people after release from a Regional Mental Health Institute.

In nominating Gina and her team, TDMHSAS Executive IT Director Richard Zhu acknowledged Gina's proactive response to craft a new solution after learning of a possibly laborious process to reconcile different data sources and evaluate outcomes.

Pictured above are : Lisa Ragan (Director of Consumer Affairs & Peer Recovery Services), Carrie Kissner, Gina Young, Richard Zhu, Mohammed Osman, Adeel Mohammed, and Aden Ibrahim.

Vanderbilt student project focuses on faith-based recovery work



A group of Vanderbilt engineering students spent their fall semester working on a project with Central Office staff. They researched and developed an exciting project that could help to assist TN's faith-based organizations working to help combat substance abuse across the state. The students' work was focused on

creating a mobile application to facilitate communication and encourage engagement between the state and the leaders of participating congregations. It was designed to enhance the sharing of resources, FAQ, calendar events, and direct communication between users and could potentially be expanded and utilized for other purposes in the future. Thank you for your work!

Pictured above are the participating students and their advisor: William Rindone, Emily Larson, Rachel Strons, and Juyoung Song with Lori Ferranti Ph.D., Director of Online Graduate Studies in Engineering Management.

System of Care Across TN (SOCAT) shares inspiring success stories

Submitted by Tennessee Voices for Children/System of Care Across Tennessee

Everyday, providers serving Tennessee's children, youth, and their families are impacting lives. Here are just two of the many recent SOCAT success stories. Thank you all for sharing, and keep up the awesome work!

This family has been with SOCAT for a year now and have come so far. In the beginning, this parent, who is diagnosed with paranoid schizophrenia, was hospitalized a couple of times for suicidal ideation. She has had no issues for over six months now. She has learned new coping techniques and supports through the team and more efficient ways to parent her three children, who all have behavioral challenges.



Most recently, she realized, all on her own, that she is lonely during the day while the kids are at school. She has taken it upon herself to seek out a support

group that meets daily and has recently graduated from one of their programs. She is very proud of herself for doing it alone but more proud because she finally sees she has the motivation and persistence to stick with something that is beneficial to her overall health.



We have a youth who has been with SOCAT for one year. She wants to be more active at home, school, and in the community. She faces many barriers to this due to family involvement and transportation. We are excited to share that she, along with a peer in her English class and a teacher, are moving forward to start a book club at school. She is working on flyers, has scheduled a date and time for the first meeting, and is putting together an agenda. During team meetings that were held over the past year, the

team has encouraged the youth that she has artistic and academic talent. Strategies and tasks have been created to encourage her to share these talents, which she is accomplishing every month. Keep up the great work!

To learn more about System of Care Across Tennessee, [visit their website](#).

Congregations from across TN unite at first Faith & Recovery Conference



Dr. Monty Burks and Commissioner Williams would like to say a sincere thank you to everyone who made our first Faith & Recovery Conference a huge success! Held Nov. 7-8 at Trevecca Nazarene University, the conference titled "Uniting Communities of Faith, Creating Communities of Recovery" did just that, and we are so grateful to every participant and attendee.

We've shared a few highlights below!

Beginning with singing, praise, and invocations . . .



Dave Worland from the Governor's Office of Faith-Based Initiatives offering a prayer (left) and Patricia Burks-Jelks (on the piano) along with Ashley Brooks delighting us with opening day music! Worship leader Deborah Gunn (top photo) had conference goers on our feet as we prepared for day two.

We held a very special awards presentation . . .



Two congregations were named 2019 Recovery Congregations of the Year! These faith-based organizations are deemed role models as they work to increase outreach, build recovery pathways, and provide an educated, safe sanctuary for people struggling with substance use issues to pursue recovery.

Grundy Co. Sheriff Clint Shrum accepted the award for GRACE (Grundy Recovery Alliance Community Endeavor), and Pastor Ben Robertson for Hands & Feet Ministries. Standing alongside are the presenters: Stephen Mason, Regional Overdose Prevention Specialist and Lifeline Peer Project coordinators Dave Hodges (GRACE) and Will Taylor.



The recipient of the inaugural Faith & Recovery Visionary Award went to Pastor Ron Baptiste of Covenant Confirmers Ministry. This award was created to honor a congregation or individual who has taken their position and influence to fundamentally challenge the narrative around welcoming and supporting individuals with substance use issues on their paths to recovery.



Director of Consumer Affairs & Peer Recovery Services Lisa Ragan (center) presented the Rod Bragg "Go Forth and Serve" Award to Bishop William Young and his wife Pastor Dianne Young. This award, in memory of former Assistant Commissioner Rod Bragg, was created to honor those who serve in the trenches for all Tennesseans suffering from a substance use disorder.

Experts joined us for four panel discussions . . .





Above, top: Linda McCorkle, TDMHSAS Director of Treatment & Recovery Services, moderated the Medication-Assisted Treatment & Stigma panel consisting of: Donald Jordan (Pathways of West Tennessee), Debbie Hillin (Buffalo Valley), April Barnes (The Next Door), and Minister Rick Owen.

Middle, left: Top state leaders including Commissioner Williams participated in "The Role of the Faith Community" panel moderated by Matthew Parriott, TDMHSAS Director of Communication. Thanks to Dave Worland (Governor's Office), Vicki Freeman (TN Department of Correction), Commissioner Lisa Piercey (TN Department of Health), and Commissioner Danielle Barnes (TN Department of Human Services) for joining us.

Middle, right: Faith leaders participating in our Recovery Congregations panel, moderated by Dr. Monty Burks, were Pastors O'Neil Greene, Dianne Young, Ben Robertson, and Curtis Trotter, and Elder Patrick Starnes.

Above, bottom: The Faith & Criminal Justice panel, moderated by Dr. Jim

Casey (TN Department of Correction) consisted of Dale Mathis (Carey Counseling Center), Pastor Andrae Crismon, and Allen Burnette (Lifeline).

19 sessions covering three tracks: Prevention, Treatment, and Recovery!



More than 40 people signed up to share their areas of expertise and passion with us in several sessions held both days.

Featured above, along with the topics of their sessions, are: Tom Starling

(Mental Health America) who spoke about "Compassion Fatigue and Mental Resiliency; Kimi Dement (TN Supreme Court's Access to Justice Commission) whose session was titled "Faith and Justice: Accessing Legal Services;" Ben Roberts III, who along with his father Dr. Benjamin Roberts, spoke about "Treating Co-Occurring Disorders of African-American Youth Through Connection;" and Anne Hatcher (Lincoln Co. Recovery Court) who partnered with TDMHSAS Recovery Court Administrator Rebekah Provost-Emmons to share ways to work with local resources and successfully partner with the faith community.

Bottom row, left: A few of our rural recovery coalitions had the pleasure of meeting with Anne Hazlett, Senior Advisor for Rural Affairs, from the White House Office of National Drug Control Policy.

... And key voices in recovery from TN and DC!



Thanks to Anne Hazlett for joining us from the White House Office of National Drug Control Policy. She serves as Senior Advisor for Rural Affairs and was our Thursday lunch speaker.



Before introducing our day two lunch speakers, Caty Davis, TDMHSAS Director of School Engagement, shared some of her personal story including why she is passionate about working in the behavioral health field.



Thanks to Dr. Stephen Loyd and Judge Duane Slone for being with us, for sharing your wisdom, and for the recovery-focused work that you do everyday.

And thanks to everyone who provided feedback which we will thoughtfully take

into consideration for future events and programming. Many participants said they appreciated the education offered as well as the networking opportunities. One attendee noted: "I enjoyed connecting with people from across the state. The energy of the conference was positive and welcoming."

Regarding the aspects that they loved most about the conference, attendees shared: "We loved the fact that you educated and gave the Church the tools needed to help those in addiction" and "being aware of more available resources for mental health issues, knowing that there is an awesome support system."

For more information about TN's Faith-Based Recovery Initiatives, including how to join our network of Certified Recovery Congregations, please visit tn.gov/behavioral-health/faith

Staff News & Accomplishments

RMHI's Director of Social Services is a "Pioneer of Social Work"



*Submitted by Moccasin Bend
Mental Health Institute*

Congratulations to Bo Walker, Director of Social Services at Moccasin Bend Mental Health Institute, for being inducted into the National Association of Social Work as a Pioneer of Social Work! Bo Walker has become one of the most well known social workers in Tennessee over his 43-year career through a variety of clinical,

academic, and executive roles. He served for 15 years in executive leadership at one of Chattanooga's Partnership for Families, Children, and Adults. He was a Peer Reviewer for the Council on Accreditation (COA) and was responsible for the agency's maintenance of accreditation, performance, quality improvement system, and risk management. He has served NASW in multiple ways over the years, including from as NASW Vice President (2006-2009) and

on the NASW National Ethics Committee (2009-2018). He also served on the work group that recommended revisions to the NASW Code of Ethics related to technology which was approved at the 2017 Delegate Assembly.

Thank you for the work that you do, Bo, and congratulations!

Please help us welcome our new Strategic Initiatives team!

Welcome Jessica Ivey, LMSW, and Dominick Sansone to Central Office and the Office of Strategic Initiatives. Reporting to Commissioner Williams, this office is responsible for continuing the work of the Tennessee Recovery Navigator program as well as additional projects that implement our mission, vision, and values.

Jessica joins TDMHSAS as Director of Strategic Initiatives. She is a Licensed Master Social Worker originally from Hanford, California. During her MSW studies at the University of Southern

California, Jessica was introduced to the issue of homelessness among young people and began work with LA Family Housing in Los Angeles on implementing Coordinated Entry (CE) for families experiencing homelessness. She also assisted the Hollywood Homeless Youth Partnership as they implemented a Coordinated Entry System (CES) pilot for youth and young adults experiencing homelessness. In 2016, she moved to Tennessee and began work implementing CE in the city of Nashville where she also assisted in the development of the Youth Homelessness Demonstration Project Coordinated Community Plan. "I am excited to focus on the strategic initiatives that the department decides to explore," Jessica said. "We'll be providing more avenues for Tennesseans living with mental illness and substance use



disorders to THRIVE."

Hired as Assistant Director is Dominick Sansone, originally from Torrington, Connecticut. Dominick graduated from the University of Connecticut with a bachelor's degree in exercise science. A Fulbright Scholar, Dominick interned at the U.S. Embassy in Macedonia and taught English in Bulgaria. He was attending graduate school at Johns Hopkins School of Advanced International Studies in Italy when he was drawn to Tennessee to be closer to his brother stationed at Fort Campbell and his family who had also decided to call Tennessee home. "I could not wait to get back to the great state of Tennessee," Dominick said. "My hope now is to contribute in an important way to the continued thriving of my adopted home state." In his free time, Dominick says you can find him on the mats wrestling with TDMHSAS legend Monty Burks.

We are so glad you both found your way to Tennessee! Welcome!

Middle Tennessee Mental Health Institute's first Unit of Distinction is ...



Drum roll, please ... Unit B!

As part of a celebration of excellence in nursing, MTMHI has implemented a recognition program highlighting the skills, positive patient outcomes, and teamwork among their nurses. The first Unit of Distinction contest was to design a tri-board presentation on a topic of their choice. All were placed in a central location to be voted upon anonymously. Unit B won with their board illustrating the facility's various codes and emergency responses. Their board was creative, dimensional, and educational. Great teamwork went into the presentation! The winning unit (pictured above) received a trophy that they are proud to display on their unit. More than 300 people cast their votes for the winning board. Congratulations, Unit B!

Submitted by Middle Tennessee Mental Health Institute

Superheroes abound in our hospitals!



We love this photo taken during Employee Appreciation Week at Moccasin Bend Mental Health Institute. The nursing leadership staff had shirts made to say, "I'm an RN. What's your superpower?" We agree, MB!

Coalition News

Our coalitions do not slow down at the end of the year. Here are a few highlights to wrap up 2019. To connect with a coalition in your community and join the efforts to fight addiction close to home, [visit our website](#).



Via the [Drug-Free Tipton facebook page](#): Today we were blessed! A huge thank you goes out to Covington Police Department. We were the proud recipient of \$360 that the officers raised as they grew out their beards for Movember. We thank each of you for your support in helping prevent substance abuse among our youth. We are honored to have you as partners. Together we WILL make a difference.



Congratulations to the Sumner County Anti-Drug Coalition for receiving the Counter Drug Task Force Community Prevention Award from the Tennessee National Guard recognizing their contributions to the community!



Metro Drug Coalition (Knox County) hosted its first Recovery Coach Academy this month. This training offers participants essential knowledge, tools, and resources to become an effective recovery coach. Congratulations and thank you for caring and sharing your knowledge!

An artful end to a hope-filled decade



Moccasin Bend Mental Health Institute hosts colorful art show

MBMHI hosted its 3rd Annual Art Show in October. Patients and show patrons were treated to refreshments and smooth jazz while enjoying the various exhibits, most of which were collaboratively created by the patients under the direction of Adjunctive Therapy staff member Spring Hughes. Hughes has been an integral part of art therapy here program at MBMHI and has coordinated the

show for the past several years. "The show has become as important to the staff as it is to the patients," she said. "It's so wonderful to see how impressed people are with the art work created."

Submitted by Moccasin Bend Mental Health Institute





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.](#)

*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!



**Find us on
Facebook**

[Watch \(and share!\) our 2018 Holiday Self-Care tips video](#), featuring staff from the Division of Mental Health Services!



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