

TDMHDD Update

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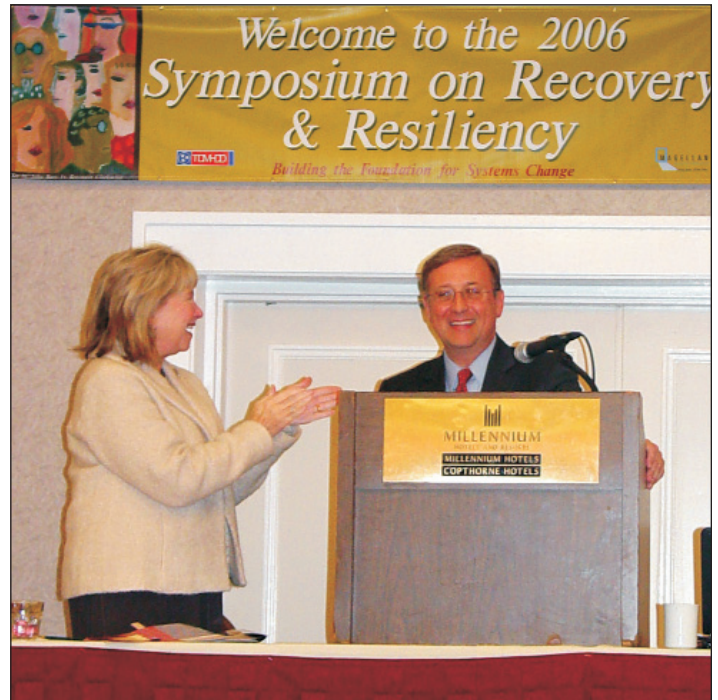
OCTOBER / NOVEMBER / DECEMBER 2006

Mental Health Community Comes Together At Symposium on Recovery & Resiliency

TDMHDD and Magellan Health Services in partnership with NAMI Tennessee, Tennessee Association of Mental Health Organizations (TAMHO), Tennessee Voices for Children, and the Tennessee Mental Health Consumers Association sponsored a symposium to focus on mental health recovery and resiliency.

The vision and outcome of the symposium involved a common understanding that recovery and resiliency are real, possible and achievable through a shared commitment to transform the public

John Butts, Jr., a consumer from Reconnect Clarksville, provided the artwork used as a backdrop for conference signage and printed materials. Butts is also one of the featured artists whose work will hang at The Parthenon's "Creative Expression and Recovery" exhibit in 2007.



Commissioner Betts welcomes Keynote Speaker, Charles G. Curie, former administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services.

mental health system to promote and support resiliency for all persons and recovery for persons with mental illness or emotional disturbance.

Over 300 key Tennessee mental health policy makers, including mental health providers, family members, and consumers as well as state officials, and representatives from community and government organizations, attended the symposium. These individuals are important to the development of mental health policy and practice and are key players in building the foundation for system change toward a mental health system based on principles of recovery and resiliency.

“As we move forward we must keep in mind that resilience is necessary and recovery is possible. Both require a system of screening; timely, quality, clinical intervals; and appropriate

TDMHDD and TSPN Recognize Suicide Prevention Month



Members of the Tennessee Suicide Prevention Network from across the state pose for a group photo with the Governor's Suicide Prevention Awareness Month proclamation.

In Tennessee, an estimated 750 men, women, and children die by suicide each year—more than the number who die from homicide, AIDS, or drunk driving. The Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD), along with the Tennessee Suicide Prevention Network, is working to increase suicide prevention awareness during September, National Suicide Prevention Awareness Month.

Suicide is the third leading cause of death among youth and young adults ages 15-24 in Tennessee and throughout the entire nation. The rate of suicide in Tennessee is 13.4 per 100,000 individuals, higher than the national average of 10.8 per 100,000 individuals. Unfortunately, Tennessee's suicide rate ranks 19th in the nation.

As a result of these negative statistics, Tennessee has become a national leader in suicide prevention efforts. The state increases awareness in schools by providing school based curriculums through the Jason Foundation. Tennessee is also one of the state recipients for a federal youth suicide prevention initiative entitled Tennessee Lives Count which provides Gate Keeper Training to 14,000 adults who work with high risk youth. These

individuals are trained to recognize depression, as well as signs and symptoms of suicide. In 2000, Tennessee implemented The National Strategies for Suicide Prevention which brought about the coordination of eight regional groups that meet throughout the state on this issue.

“In 90 percent of instances, suicide is the result of unrecognized, untreated, or poorly treated mental illness and can be said to be the terminal outcome of unhealed mental illness,” stated Tennessee Mental Health and Developmental Disabilities Commissioner Virginia Trotter Betts. “Suicide is the leading cause of violent deaths worldwide, above homicide and death due to natural disasters. Frequently, suicide can be prevented, but Tennesseans need to keep educating themselves about mental health and mental illness in order to seek needed help for themselves or their loved ones.”

Scott Ridgway, Executive Director of the Tennessee Suicide Prevention Network, echoes her concerns. “We need to help these individuals get through their times of need and to let them know that people do care about their situation. We need to be proactive, not reactive,” he said.

Suicide does not discriminate by gender, economic status, race, or ethnicity. More suicides occur among the workforce than any other demographic, and the majority of those who die by suicide have seen their primary care doctor in the month prior to their death. Overall, one out of every twelve Tennesseans has been affected by suicide in the last five years.

A series of important activities were held throughout September to promote suicide prevention and connect individuals and communities with the proper information and resources. TDMHDD joined the Tennessee Suicide Prevention Network on Wednesday, September 13, 2006 in a ceremony for the presentation of the Governor's Suicide Prevention Awareness Month proclamation as well as the announcement of TSPN award winners.

Please visit www.tspn.org for information on suicide and suicide prevention. ■

Ridgeview and Centerstone Receive SAMHSA Grant to Prevent Methamphetamine Abuse

The Substance Abuse and Mental Health Services Administration (SAMSHA) recently awarded 10 grants, totaling over \$10.1 million over three years, to help local communities expand evidence-based substance abuse prevention programs and systems to stop abuse of methamphetamine.

Centerstone Community Mental Health Centers, Inc. in Nashville has been awarded \$350,000 in the first year to

provide a culturally sensitive, community-based prevention program of outreach and education to adults and youth at risk for methamphetamine abuse in a rural Appalachian area in which methamphetamine production, trafficking, and abuse have been outpacing law enforcement capacity and endangering the health of area inhabitants.

Ridgeview Psychiatric Hospital in Oak Ridge has been awarded \$320,000 in

first-year funding for the Meth P.I. Program (Prevention & Intervention) to implement alternative school-based prevention programs focused on adolescents at high risk for methamphetamine use, employing Project SUCCESS, a school-based model from SAMSHA's National Registry of Evidence-based Programs and Practices, modified for particular emphasis on prevention of methamphetamine use.

“HEROES” HONORED for Achievements in Mental Health

The Mental Health Association of Tennessee, along with Members of the Tennessee Coalition for Mental Health and Substance Abuse Services, hosted *Heroes in the Fight*, a program to honor Tennesseans who exemplify the dedicated care and support provided by so many mental health professionals and advocates

each and every day in the fight against severe and persistent mental illness.

An awards dinner at The Millennium Maxwell House in Nashville on November 15, 2006 honored those who have devoted their lives to working along side patients and families in their fight for better

outcomes and to achieve victories, large and small. *Heroes in the Fight* awards were given by the community for achievements in the following categories:

Treatment Team

Tennessee Department of Mental Health & Developmental Disabilities,

Virginia Trotter Betts,
Commissioner

Individual Psychiatrist

Dr. Elizabeth Baxter

Individual Media Professional

Anita Wadhvani

Individual Community Supporter

Nancy Lawhead
Scott Ridgway, M.S.

Individual Allied Healthcare Professional

Margaret Ellen Finley
Elizabeth Haren



— HAPPENINGS —

- **TDMHDD Employee of the Year Announced Nurse Practitioner From Middle Tennessee Mental Health Institute Honored**



Lynn McDonald, Chief Executive Officer of MTMHI (left) and Commissioner Virginia Betts (right) congratulate Donna Finto-Burks on her departmental award as 2005 Employee of the Year.

Commissioner Betts is pleased to announce Donna Finto-Burks as 2005 TDMHDD Employee of Year.

Ms. Finto-Burks has been employed at Middle Tennessee Mental Health Institute (MTMHI) as a nurse practitioner since 1996 and is responsible for the medical care of the adolescent unit as well as managing MTMHI employee health duties.

Finto-Burks has dedicated almost 30 years of her life to helping others. Fluent in German and Spanish, her experience ranges from being a direct care nurse in Tennessee to a clinic administrator in the jungles of Guatemala. Finto-Burks received an AD in nursing from UT Nashville in 1975, a BS in Psychology from UT Nashville in 1977, and a MSN from Vanderbilt School of Nursing in 1986.

“As a fellow nurse, I am especially pleased to be honoring an advanced practice nurse as TDMHDD Employee of the Year,” stated Commissioner Betts. “Her experience and expertise in the field of mental health is excellent, and her dedication to improving the lives of adolescents with mental illness is illustrated every day at MTMHI.”

“People care about Donna Finto-Burks because she genuinely cares about people. Her caring and compassion shine through in the way she interacts with her patients and with her coworkers,” commented Lynn McDonald, MTMHI Chief Officer. “It is especially meaningful to have her selected for the TDMHDD Employee of the Year, because she is a great example of the many excellent staff employed by this hospital and this department.” ■

- **Memphis Mental Health Institute Nurse Retires After 40 Years of Service**



Deputy Commissioner Joe Carobene reads a Certificate of Appreciation from the department to Carolyn Adams as the MMHI staff gathers during her retirement party.

Carolyn Adams, serving Tennessee as a registered nurse for 40 years, retired in October from the Memphis Mental Health Institute (MMHI). Her coworkers celebrated her career at MMHI with a week of activities, including “A Whale of a Breakfast” highlighting Adam’s love of whales and her plans to take a cruise to see them. Among her retirement gifts was a steppingstone to honor her contributions to the new facility currently under construction. The stone will be part of a walkway for the new hospital.

Adams also served as the former nurse manager for the MMHI Sequoyah Center for Children and Adolescents, and in 2000, won the Memphis/Shelby County “Health Hero Award.” It was noted then that her role as liaison between the hospital and nursing agencies, her consistent commitment that staffing patterns were met, and her innate knowledge made her a valuable resource and consultant for the agency and the community. Adams’ career began in pre-nursing training at the Memphis State University, and she received her diploma in nursing from the Baptist School of Nursing in Memphis.

“Her unselfish devotion to her profession and patients will be sorely missed,” remarked Commissioner Betts. “Carolyn embodies the best in the nursing profession, and she has continued to be a hero model for years to come.” ■

— HAPPENINGS —

• New Employees

Heather Gundersen joins TDMHDD's Division of Administrative Services as the new IT director. A Manchester native, Gundersen has a B.S. in Psychology from Christian Brothers University in Memphis. She previously managed elections technology for the

Associated Press in Washington, D.C., as well as developed software to project election results, leading to increased speed and accuracy in calling races nationwide. Contact Gundersen at (615) 532-6603 or heather.gundersen@state.tn.us.

Linda Parker is the new Director of

Program Support in the Division of Policy and Legislation. Primarily, Linda will be responsible for community service contracts. She comes to TDMHDD from the Department of Health where she has provided contract management for a number of years. Contact Parker at (615) 532-6741 or linda.parker@state.tn.us. ■

COMMISSIONER'S CORNER

NAMI Walks Raise Awareness in East and West Tennessee

NAMI Memphis and NAMI Knoxville recently held their annual walks to "Stomp Out Stigma." Commissioner Betts, along with members of the TDMHDD staff, showed their support by participating in each event.

On the morning of Saturday, September 23, the walk in Memphis kicked-off on the campus of Memphis Mental Health Institute (MMHI). Participants walked around the new MMHI building that is currently under construction and scheduled to be complete in the fall of 2007.

Walkers in Knoxville gathered at Lakeshore Mental Health Institute on Saturday, October 7, the final day of

Mental Illness Awareness Week. The three-mile route through the grounds of Lakeshore Park attracted individuals from throughout East Tennessee.

"I am so pleased to have been a part of these events that truly illustrate the dedication of many Tennesseans in raising community support to eradicate the stigma of mental illness," state Commissioner Betts. "NAMI Tennessee is an extraordinary voice for persons with severe and persistent mental illness, and I am grateful to have the opportunity work with such passionate advocates and volunteers." ■

Mental Health Symposium...cont.

social supports," stated TDMHDD Commissioner Virginia Trotter Betts.

"I am grateful that this symposium creates a venue for the mental health community to collaborate with multiple interested parties and stakeholders and vision together the achievement of the common goal of a Tennessee mental health system based on these two key factors."

"It is a pleasure to sponsor this symposium, which brings together consumer and family members, advocates and providers to

continue the transformation of the behavioral health system." said Russell Petrella, Ph.D., chief operating officer for Magellan's Public Sector Solutions team. "Like our colleagues, Magellan Health Services believes individuals with mental illnesses and substance abuse can and do recover. We are committed to empowering individuals through an integrated approach that combines support, education and self-determination in all aspects of their daily lives so individuals can move toward recovery and enjoy productive, high-quality lives in their communities." ■



Delegates networked between seminars at the conference marketplace, sharing ideas, promotional items, and literature.



Staff Presents at National Olmstead Workshop

The Substance Abuse and Mental Health Services Administration (SAMHSA) held the 6th Annual Training Institute Workshop for state mental health Olmstead Coordinators in September. Among the presenters were Marie Williams, L.C.S.W., Executive Director of Recovery Services and Planning for TDMHDD, and Larry Lambert, Ed.D., Mental Health Counselor in Mississippi.

Williams and Lambert's "Workshop: Out of Poverty (OPP)" showcased their co-authored interactive and results oriented program designed to provide a roadmap for people diagnosed with mental illness who need to move from poverty to prosperity.

"The OPP's curriculum is an educational exercise, and it is designed for use with a comprehensive program of client social services," stated Williams. "The specific focus of OPP is transforming the acquired mindset of clients which interferes with their efforts to escape the conditions of poverty they are experiencing."

Williams also served on a panel as a presenter to discuss the first six years of the New Freedom Initiative and its impact related to the Olmstead activities; its mental health transformations in Tennessee; and the department's intent for the project in the next five years. ■



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