

TDMHDD Update

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SUMMER 2009

TDMHDD AWARDS Competitive Prevention FUNDS TO 45 Agencies

A federal Substance Abuse Prevention and Treatment Block Grant will fund almost \$6 million to Substance Abuse Prevention programs across Tennessee for Fiscal Year 2009-2010. Using information from TDMHDD Division of Alcohol and Drug Abuse Services' statewide needs assessment, prevention funding will be targeted to provide evidenced-based prevention services to select populations, such as youth in foster care, youth in the juvenile justice system, and children of substance abusing parents.

"We are making the best use of existing dollars driven by information from the statewide needs assessment, as well as informed allocation decisions using science and data within our current budget," stated TDMHDD Commissioner Virginia Trotter Betts. "This up-to-date, thorough information is positively changing how we provide prevention services in Tennessee."

Funds were awarded in the following categories:

Tennessee Prevention Network—Funds will be targeted to provide evidenced-based prevention services to select, high-risk populations, such as youth in foster care, youth in the juvenile justice system and children of substance abusing parents. In addition, new programs will target youth engaged in high risk behaviors such as binge drinking, prescription drug abuse, and inhalant abuse.

Community Anti-Drug Coalitions—Funds will support coalitions whose work focuses on changing the community environment by examining community policies and practices. Coalitions work with various sectors including law enforcement, health and education agencies to make changes that will decrease the social and health consequences of substance abuse in a community.

Prevention Coordinator—This community-based position will guide the work of community-based organizations, workgroups,

coalitions, and others and assist in advocacy, policy, collaboration, and awareness strategies.

Tennessee Teen Institute* Program—The Teen Institute is a one-week long "camp" experience where teen participants are taught the skills, education, and information necessary to develop and implement alcohol and drug abuse prevention programs in their own communities.

Higher Education Initiative—The higher education notice of funding will use environmental management strategies and target multiple institutions of higher education to reduce substance abuse and related consequences.

According to DADAS Assistant Commissioner Bruce Emery, this year's allocation of prevention funds was unique, in that all funding was dispersed as a result of a statewide competitive process. "Sixty-eight proposals were received," he said. "Those selected met our criteria for evidence-based practices designed to produce specific results." Each funded program will be evaluated throughout the year to determine how well it is achieving its desired outcomes. The division expects to release a final Announcement of Funding for the Tennessee Teen Institute in early August. ■

*Tennessee Teen Institute

Tennessee's three Teen Institutes follow the same framework and are as unique as the three regions of the state in size, activities and style. But one message rings true to all: promoting healthy choices and an alcohol and drug free lifestyle.

Teen Institutes are sponsored by the TDMHDD Division of Alcohol and Drug Abuse Services and are conducted as summer camps through three community services agencies.

The Teen Institutes reach inner city youth as well as youth from the many rural communities within the state and enable them to implement Team Action Plans that meet the needs of their community. Currently approximately 600 youth are being served across the state. To learn more visit <http://www.tnteeninstitute.com>.

Law Change Brings New Process for RMHI Referrals



Tennessee's Newest Regional Mental Health Institute opened in Memphis in the fall of 2007

A recent change in Tennessee's mental health and developmental disabilities law (Title 33) makes all admissions to the state's Regional Mental Health Institutes subject to the availability of suitable accommodations.

In addition, as part of the state's budget reductions for Fiscal Year 2009-2010, the department will be reducing its service capacity at its RMHIs throughout the course of the fiscal year. These phased-in reductions are being implemented in a manner that seeks to minimize adverse impacts on timeliness of inpatient admissions. The reductions are occurring in conjunction with additional funding for alternative community treatment resources such as continuation of state-wide crisis services and the Behavioral Health Safety Net.

The Tennessee Department of Mental Health and Developmental Disabilities operates five regional mental health institutes: Lakeshore in Knoxville, Middle Tennessee in Nashville, Western in Bolivar, Moccasin Bend in Chattanooga and Memphis in Memphis. ■

DADAS Assumes Administration of Criminal Justice and Liaison Program

In May, the Division of Alcohol and Drug Abuse Services assumed administration of the Criminal Justice/Behavioral Health Liaison Program. The program was awarded \$800,000 in funding for a two-year period from the Office of Criminal Justice Programs.

The funding will maintain six criminal justice/behavioral health liaisons in Davidson, Hamilton, Knox, Madison, Shelby and Washington counties. Additionally, a portion of the funding is allocated for services to increase diversion resources, training and the development of a criminal justice/behavioral health liaison data system from the division's existing data via the TN-WITS program. ■

New Terminology Focuses on Intellectual Disabilities

Governor Phil Bredesen and the 106th Tennessee General Assembly took a major step in supporting people with disabilities in 2009 by changing the terminology related to people with intellectual disabilities. The change, effective this July, from "mental retardation" to "intellectual disability" compliments federal guidelines (Executive Order 12994 of July 25, 2003) to overcome the stigma long associated with the word "retardation" and to respect people with disabilities. According to the President's Committee on People with Developmental Disabilities, under the umbrella of the U.S. Department of Health and Human Services, an estimated 7 to 8 million Americans of all ages, or 3 percent of the general population, experience intellectual disabilities. A person with an intellectual disability, at some point, directly affects nearly one in ten families in the United States, in their lifetime.



Tennessee House bill 275/Senate bill 1121, sponsored by Representative Dennis Ferguson, Senator Doug Overbey and Senator Ken Yager, eliminates the word "retardation" from a division's name under the Tennessee Department of Finance and Administration. The new name will be the Division of Intellectual Disabilities Services.

According to Stephen Norris, head of the renamed division, budget constraints indicate that letterheads, email signatures and other printed literature of the F&A division must be exhausted before new items are ordered with the name change. In support of the legislation, the Tennessee Department of Mental Health & Developmental Disabilities will also make the language change where appropriate. Web site changes in both departments began mid-July.

Visit <http://www.tn.gov/dids/> to learn more about state services and resources for persons with intellectual disabilities. If you have additional questions, please contact Missy Marshall at missy.marshall@tn.gov. For federal information visit <http://www.acf.hhs.gov/programs/pcpid/>. ■

– WRAP UP –

Suicide and the Black Church Conference Completes 4th Year

Over 375 people attended the 4th Annual Suicide and the Black Church Conference in Memphis, Tennessee founded by pastors, William and Dianne Young, of the Healing Center Full Gospel Baptist Church. The conference began in 2001 when a member of their congregation, scheduled to meet with Dianne for counseling, instead took her own life on the grounds of the church.

“I know her marriage was a problem and [there was] possibly domestic violence...It just overwhelmed her,” Dianne Young said in a recent interview with Wendi C. Thomas of the *Memphis Commercial Appeal*. The pastors’ response launched a major counseling center with training assistance from the Methodist Hospital. The evolving annual conference raises awareness about the tragedy of suicide that takes an estimated 30,000 lives each year

nationwide. In addition to church members, counselors and provider representatives, the conference was also attended by area elected officials, including Shelby County Mayor AC Wharton, Keith McGhee, representing Memphis Mayor Willie Herenton, Congressman Steve Cohen, City Councilman Harold Collins and County Commissioner Deidra Malon.

The June conference focused on issues that lead people to commit suicide, including abuse, trauma, HIV/AIDS, depression, grief and loss, and offers hope that lies in help and healing “Beyond the Storm.” The conference also focused on the stigma that surrounds mental illnesses within the community.

Among the conference presentations were: Plenary speaker Sean Joe, Assistant Professor at the University of Michigan School of Social Work and Department Psychiatry; Carl Bell, CEO of the Community Mental Health Council and founder of the Institute

for the Prevention of Violence in Chicago; and Dr. Frieda Outlaw, Assistant Commissioner of TDMHDD’s Division of Special Populations. Gwen Hamer, TDMHDD’s Program Director of Education and Development for the Division of Clinical Leadership also attended. Hamer serves on the conference’s Executive Planning Committee along with Lygia Williams, TDMHDD’s Program Planner for Special Populations.



Conference Registration at The Healing Center in Memphis.

In the *Commercial Appeal* interview, Pastor Young said that the conference is about more than race, although people in the black community “have to stop putting [a] stigma on mental illness.” She also said people who are depressed often hide what is going on in their lives. The Youngs hope more people will learn the signs of potential suicide and that others will seek help. They also encourage more churches to create counseling and help centers within their spheres of influence. To learn more about the Healing Center and its programs, visit www.memphishealingcenter.com or call (901) 370-HOPE (4673). The National Suicide Prevention Lifeline is 1-800-273-TALK (8255). ■

Behavioral Health Providers Receive Training In National Guard Environment

In June, the Division of Alcohol and Drug Abuse Services offered, in conjunction with the Tennessee National Guard Counter Drug Task Force and the Tennessee Veterans Task Force, a one and one-half day military immersion training, called “Operation Immersion” for Access to Recovery providers.

Provider representatives from around the state were “immersed” in military culture, issues, and needs unique to service members who have endured multiple deployments in the combat theater. Participants spent the night in the barracks, ate a “Meal Ready to Eat,” and received briefings on traumatic brain injury, suicide prevention and posttraumatic stress disorder. Most significantly, participants heard presentations from three Tennessee National Guardsmen from the 278th Infantry about their deployment experiences. This training will be offered again in the late fall to behavioral health providers. ■

~ HAPPENINGS ~

Focus on “Outsider” Art

... A GLIMPSE OF ART BRUT ...



LISA MANUS



BILL GUION



TRACY L. MARTIN



Gallery F at Scarritt Bennet, 1008 19th Ave. South, Nashville, is offering an exhibition by artists with mental disabilities titled *Me, My Cat and My House—A Glimpse of Art Brut*. The show attempts to shed light on the relationship between the artistic process and the product while asking, “Is there such a thing as so called outsider art? Is it the artist, or is everybody an outsider in some way?”

The exhibition runs July 11-September 13, 2009. Gallery hours are Tuesday-Friday, noon to 6 p.m., and Saturday – Sunday, 9 a.m. – 4 p.m. Featured artists are: Bill Guion, Lisa Manus, Tracy L. Martin, Paul Mikitarian and Mike Rewis. The show is made possible by special support from The Kennedy Center, Vanderbilt University, and Merritt Ireland of Pacesetters in Cookeville, Tennessee. For more information, call (615) 320-4651 or email sschlunk@scarrittbennett.org.

Recovery and Resiliency Symposia Slated for August and October

Two symposiums on mental health recovery and resiliency offering education, information and training are slated for August 21, 2009 in Murfreesboro, Tennessee and October 2, 2009 in Oak Ridge, Tennessee. Both will be held at Double Tree hotels with the 2009 theme “From Getting There to Being There, Despite Bumps in the Road.” There is no registration fee, but early registration is requested to insure discounted hotel rates. Four hours of CPSS credit will be given for the entire day at each conference.



At each location, delegates will hear from nationally known experts. Edward Knight, Ph.D. CPRP and Adjunct Professor of Rehabilitation Sciences at Boston University and Sue Bergenson, Vice President of Consumer Affairs at OptumHealth Behavioral Solutions are among the speakers. In addition to these panelists, a host of locally known

experts will be featured who are dedicated to making a positive and lasting difference in the lives of persons with mental health and/or substance abuse diagnosis.

[Click here](#) for TDMHDD’s Upcoming Events listing and links to exhibitor and individual registration forms. Contact Kubra_e_snow@uhc.com for more information about the conferences. Sponsors are AmeriChoice, Amerigroup, Magellan and Volunteer State Health Plan in collaboration with Middle Tennessee Mental Health and Substance Abuse Coalition, NAMI Tennessee, TennCare Bureau, Tennessee Association of Alcohol and Drug Abuse Services, Tennessee Department of Mental Health and Developmental Disabilities, Tennessee Mental Health Consumers’ Association and Tennessee Voices for Children.



“Speaking Out for the Well-Being of Children”

State of the Child Conference Opens in Nashville in October

A State of the Child Conference, featuring nationally renowned speakers, looks at “Transforming Children’s Mental Health in Tennessee: Your Role in Connecting Systems.” The conference will be held October 18-21, 2009 at the Scarritt Bennett Conference Center in Nashville, Tennessee and includes a reception and interactive workshops.



The State of the Child Conference is sponsored by the Tennessee Voices for Children, a not-for-profit statewide advocacy agency for families of children with emotional, behavioral, and/or mental health issues. Their mission is to bridge the gap between professionals and family members so that they can work as a team to do what is best for the child and family. Visit www.tnvoices.org to learn more about the organization, its resources and programs. For more information about the conference, email stateofthechild@tnvoices.org or call (615) 269-8914.

COMMISSIONER'S CORNER

Lynn McDonald, CEO of MTMHI Retires Candace Gilligan Is New CEO



Lynn McDonald and MTMHI's new CEO, Candace Gilligan.

Lynn McDonald retired in June 2009 from her position as CEO at the Middle Tennessee Mental Health Institute after 35 years of state service. Lynn began her career with TDMHDD in 1973 as a staff nurse at Western Mental Health Institute. In 1976, she came to Middle Tennessee Mental Health Institute where she continued to work for 33 years in progressive roles from staff nurse to program

director and finally as CEO. Lynn was the first professional nurse to serve as a regional mental health institute CEO in Tennessee.

Congratulations to Lynn who recently finished an Advanced Practice Degree and will continue as a positive resource in the community as a psychiatric nurse practitioner.

Gilligan

Candace Gilligan, RN, MSN, takes over the helm of MTMHI after serving as Executive Director of TDMHDD's Office of Managed Care since 2003-2008 and as Assistant Commissioner for Hospital Services, 2008-2009.

Prior to her TDMHDD service, Gilligan served as Director of Implementation for Magellan Health Services' Public Sector Division where she was responsible for the development and implementation of new public sector contracts.

Prior to Magellan Health Services, Gilligan worked as Director of Operations for the Virginia Department of Mental Health with oversight of 10 state hospitals and 50 community service boards. Under her leadership, the Virginia Department of Mental Health, in collaboration with a rural state hospital, began the tele-psychiatry initiative that has expanded across Virginia and increased access to mental health professionals in underserved areas. Gilligan also held a faculty position at Virginia Commonwealth University Medical College of Virginia School of Nursing. She has also been involved in health care as a clinician, administrator, and educator in private and academic medical centers.

A graduate of Boston University School of Nursing and the University of Rochester School of Nursing, as a psychiatric/mental health nurse clinical specialist, Gilligan also

holds post-graduate certificates in health policy and risk management.

TDMHDD & Lakeshore Employee of the Year

Amanda Williamson, Director of Human Resources, has been selected as the 2008 "Employee of the Year" for Lakeshore and for the Tennessee Department of Mental Health and Developmental Disabilities.



Williamson has worked in Lakeshore's Human Resources Department for over three years. In her first year of employment, she assumed responsibility for all hospital training in order to revolutionize the training and development program. She reduced the time-consuming, two-day annual in-service workshop to an online program. She oversaw the procurement of computer software and the development of training and assessment materials and then coordinated the roll-out of the new program with other hospital staff. This innovative online program eliminated the need for direct care staff to leave their duties to attend training, thus improving direct patient care and reducing the need for overtime. Amanda has continued to work on devising new training programs for supervisors and managers based on Lakeshore's specific needs.

Amanda spearheaded Lakeshore's efforts to transition from the State's legacy information management system to the new Edison system, was instrumental in securing Lakeshore's reaccreditation for The Joint Commission, and oversaw and managed Lakeshore's participation in the Voluntary Buyout Program, ensuring a smooth process for participants and seamless operations for the agency.

We would like to congratulate Amanda on receiving this honor and extend to her our appreciation for her hard work and dedication to Lakeshore Mental Health Institute.

Sarah Lingo Named Director of Office of Communications



Sarah Lingo has been named Director of the Office of Communications for the department. Lingo has been working for the past 18 months as Commissioner Betts' special assistant for policy and projects. As communications director, she will oversee the daily operation of the

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COMMISSIONER'S CORNER.....cont.

support staff responsible for publication development and production, answering public information requests, and managing the department's Web site. Lingo will also serve as Public Information Officer, the department's official media contact. She looks forward to working more closely with TDMHDD's divisions and stakeholders to fully promoting the successful and innovative work that the department implements on behalf of Tennesseans. She can be reached at (615) 532-6597 or by email at sarah.lingo@tn.gov.

Mary Dillon Is Special Assistant to the Commissioner



Mary Dillon, formerly Communications & Web Manager for the Office of Communications, will serve as Special Assistant to Commissioner Betts and will continue to manage the department's Internet and intranet Web sites. Dillon has been with the State of Tennessee for three years both at

TDMHDD and Finance and Administration's Cover Tennessee program. Prior to her state service, Dillon owned her own business, M.J. Bones, Inc. Dillon is originally from Buffalo, New York and is a graduate of Canisius College with a B.A. in Communications. She keeps New York roots as President of the Nashville Buffalo Bills Backers, an organization with approximately 250 members.

Cynthia Tyler Is Director of New Office of Licensure and Review

Cynthia Tyler has been named the director of the department's redeveloped Office of Licensure and Review. Tyler was formerly the director of the Office of Legal Counsel. She came to the department in 1998 as a staff attorney and has served as TDMHDD general counsel since 2001. During her tenure, the legal staff grew with the additions of a deputy legal director, an additional staff attorney, and a harassment and discrimination investigator.



Tyler's current responsibilities entail directing the Office of Licensure (including its three regional offices), the Office of Internal Audit, the Ethics Office, and supervision of the five facility investigators. Tyler is also serving as the department's hearing officer for personnel grievance matters.

Zack Griffith Promoted to Director, Office of Legal Counsel



Zack Griffith has been named General Counsel for the Tennessee Department of Mental Health and Developmental Disabilities. Griffith assumed the role after previously serving as the department's Deputy Legal Director since 2006. Prior to that, he served as an Assistant Attorney General for the State of Tennessee after leaving private practice.

Griffith's practice focused on public hospital management and state and federal civil litigation with an emphasis on employment and labor law. Griffith also served as an adjunct law instructor at Tennessee Career College in Nashville, Tennessee. While in private practice, he served as the State Legal Redress Chair for the Tennessee NAACP.

Griffith received his J.D. from Washington and Lee University School of Law, where he served as regulations editor for the *Environmental Law Digest*, and his B.S. from Vanderbilt University, *cum laude*. As an American Red Cross volunteer, he serves on various leadership committees and has been deployed to multiple regional disasters, including a lengthy deployment to New Orleans after Hurricane Katrina. Griffith previously served in the Tennessee Army National Guard where his assignments included being a member of an active duty counter-drug unit.

Maggie Throckmorton Receives Medal

Maggie Throckmorton, Special Projects Manager for the Division of Alcohol and Drug Abuse Services, received a *Distinguished Service Medal* from the Tennessee National Guard. Throckmorton was honored for her work with the Tennessee National Guard's Counter Drug Task Force for coordinating "Operation Immersion," a military immersion training, her training assistance to the TNG Prevention Unit Specialist, and for leading the Tennessee Veterans Task Force.



This is the highest commendation awarded by the Tennessee National Guard to their own personnel or civilian personnel whose service to the guard is of significant importance.

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