



Mental Health Resources and Referrals in Tennessee

TOM STARLING, ED.D.
PRESIDENT/CEO

MENTAL HEALTH AMERICA OF THE MIDSOUTH
(615) 269-5355; TSTARLING@MHA MIDSOUTH.ORG

Our National History

- ▶ Mental Health America is the nation's oldest mental health advocacy organization and was started 1909 by Clifford Beers – a person with lived experience
- ▶ Before the 2008 recession there were more than 350 affiliates, but today there are more than 200 affiliates
- ▶ Focus on the whole person – not the illness

Our National History

- ▶ Our symbol is the “bell of hope.” It is cast from chains and shackles that imprisoned persons with mental illness in the 1950s.





*Cast from
shackles which
bound them, this
bell shall ring out
hope for the
mentally ill and
victory over
mental illness*

Our Local History

- ▶ Our local agency was started by a Vanderbilt psychiatrist, Dr. Frank Luton, in 1946 as the Mental Health Association of Nashville.
- ▶ In 1988 it changed name to "Middle Tennessee."
- ▶ Name changed from "Association" to "America" when the national organization rebranded itself at its centennial celebration in 2009.
- ▶ In 2018 it changed from "Middle TN" to "MidSouth."



Our Local History

MHA of the MidSouth is responsible for starting and launching

- ▶ The Dede Wallace Center that became part of Centerstone
- ▶ Tennessee Voices for Children
- ▶ The Crisis Intervention Center
- ▶ Park Center
- ▶ Hickory Hall Day School
- ▶ An adult day care

. . . . And more!



Our Programs & Initiatives

- ▶ Advocacy
- ▶ Alzheimer's & Aging
- ▶ Erase the Stigma "Don't Duck Mental Health"
- ▶ Hoarding Resources
- ▶ Mental Health First Aid
- ▶ Mental Health University (professional education)
- ▶ MHAC: HelpLine, health fairs, library, screenings
- ▶ Multicultural Outreach Program (Spanish & more)
- ▶ Tennessee Suicide Prevention Network



B.O.S.S. Partners Current and Former

- ▶ Association of Infant Mental Health in Tennessee
- ▶ Eating Disorders Coalition of Tennessee
- ▶ Girls on the Run
- ▶ Prader-Willi Syndrome Association
- ▶ Refuge Counseling Center
- ▶ Tennessee Licensed Professional Counselors Association
- ▶ Tennessee Psychiatric Association
- ▶ Davidson County Drug/Mental Health Court Foundations



Basic Mental Health Stats & Figures

- ▶ 1 in 5 people annually have a diagnosable mental illness
- ▶ 4 of the top 10 causes of disability are mental health-related
- ▶ Suicide is the 9th leading cause of death in Tennessee
 - (2nd leading causes of death among teens age 10-24)
- ▶ Addictions (i.e., tobacco, opioids, etc.) now fall under “Substance Use Disorder” and are treated like a disease

Screenings

- ▶ 10, free, confidential, evidence-based, online screenings
- ▶ www.mhamidsouth.org or www.mentalhealthamerica.net

Depression

PTSD

Substance Use Test

Workplace Wellness

Anxiety

Youth Test

Psychosis

Bipolar

Parent Test (for youth)

Eating Disorders

Over 10,000 Screenings Annually



[Depression Screening >](#)

[Anxiety Screening >](#)

[Bipolar Screening >](#)

[PTSD Screening >](#)

[Youth Screening >](#)

[Parent Screening >](#)

[Alcohol or Substance
Use Screening >](#)

[Psychosis Screening >](#)

[Work Health Survey >](#)

Referral Sources – MHA @ 615-269-5355

- ▶ **TN Mental Health Consumers Assn:** promotes recovery and community through peer support, education, and advocacy; 45 Peer Support Centers in TN
 - ▶ tmhca-tn.org
- ▶ **NAMI Tennessee:** provides support groups and connects families
 - ▶ namitn.org
- ▶ **Tennessee Suicide Prevention Network:** strong, statewide volunteer organization that implements the state's suicide prevention plan (half of MHA's staff)
 - ▶ tspn.org
- ▶ **TAMHO:** the trade association for community mental health centers
 - ▶ tamho.org

Referral Sources – MHA @ 615-269-5355

- ▶ **Nashville Psychotherapy Institute:** Online director helps to find a local, Middle TN therapist based on probable diagnosis, primary language, zip code location, and insurance (if any): nashvillepsychotherapyinstitute.org
- ▶ **TAADAS** – everything addictions! REDLINE: 800-889-9789
 - ▶ Taadas.org
- ▶ **TDMHSAS** – Peer services for persons needing housing, employment, education, training, or general assistance
 - ▶ (800)-560-5767
- ▶ **My Health Care Home** – www.myHCHTN.org to find (Middle) Tennessee charitable clinics.
- ▶ **Recovery Within Reach** - website explores recovery from mental illness, co-occurring, and substance use. You will find resources, research, art, personal stories, links, and help
 - ▶ Recoverywithinreach.org

Referral Sources – MHA @ 615-269-5355

- ▶ **Crisis Text Line** - Text 741741 from anywhere in the U.S. to text with a trained Crisis Counselor.
- ▶ **Mobile Crisis** - Call 855-CRISIS-1 which is also 855-274-7471
- ▶ **Warm Line** - (865) 584-4424
- ▶ **KidCentral Website** - kidcentraltn.com/
- ▶ **Prescription Discounts** – milligram.biz; familywise.com
- ▶ **Mental Health America of the MidSouth-** (615) 269-5355
 - ▶ mhamidsouth.org

Referral Sources – MHA @ 615-269-5355

- ▶ The **Tennessee Medical Foundation** (TMF) maintains a 24-hour phone line for family members, patients, and co-workers to report, confidentially, their concerns about a physician. 615-467-6411
- ▶ The **Tennessee Lawyers Assistance Program** (TLAP) is a similar professional organization that provides recovery services and interventions for attorneys, law students, and judges. 877-424-8527
- ▶ **TN Counselor Association:** Connect with your **school counselors** for more local resources! TCAcounselors.org/membership; 877-730-3159

Find a Research Trial Near You

Contract NIMH at (301) 496-5645 or www.nimh.nih.gov/health/trials

- ▶ [Anxiety Disorders](#)
- ▶ [Attention Deficit Hyperactivity Disorder \(ADHD, ADD\)](#)
- ▶ [Autism Spectrum Disorders \(Pervasive Developmental Disorders\)](#)
- ▶ [Bipolar Disorder \(Manic-Depressive Illness\)](#)
- ▶ [Borderline Personality Disorder](#)
- ▶ [Depression](#)
- ▶ [Eating Disorders](#)
- ▶ [Generalized Anxiety Disorder](#)

- ▶ [Obsessive-Compulsive Disorder \(OCD\)](#)
- ▶ [Panic Disorder](#)
- ▶ [Post-Traumatic Stress Disorder \(PTSD\)](#)
- ▶ [Schizophrenia](#)
- ▶ [Social Phobia \(Social Anxiety Disorder\)](#)
- ▶ [Studies Recruiting Only Men](#)
- ▶ [Studies Recruiting Only Women](#)
- ▶ [Conditions Related to Mental Disorders](#)

Recovery Courts

TN Counties with Recovery Courts

Anderson, Blount, Cheatham, Clay, Cumberland, DeKalb, Hardin, Hickman, Houston, Humphreys, Jackson, Knox, Macon, Obion, Overton, Perry, Pickett, Putnam, Shelby, Smith, Stewart, Trousdale, VanBuren, Warren, Weakley, White, Williamson, Wilson.

Goals:

- ▶ Redirect individuals out the criminal justice system
- ▶ Increase commitment to substance abuse treatment and recovery
- ▶ Reduce the use of alcohol and drugs, with an emphasis on Rx Drugs
- ▶ Provide recovery support services to 28 county courts

Mental Health America of the MidSouth

- ▶ Tom Starling, EdD President/CEO
- ▶ Amber Hampton, LMSW Program Manager
- ▶ MHAMidSouth.org
- ▶ (615) 269-5355