



A Message from Commissioner Williams

Dear Friends and Partners,

A new year full of new opportunities is upon us. What are your goals and plans for the new year, both professionally and personally? When 2023 comes to a close, what do you want to look back on? Of course, we know that without goals and plans, our impact is limited, but with a thoughtful expression of our intention for the year ahead, I know each of us can show our true purpose and continue to create life-changing and life-saving impact for the Tennesseans we are blessed to serve.

The new year also means a return to Nashville for the Tennessee General Assembly. One of the biggest jobs for our state lawmakers is debating and passing a budget for the upcoming fiscal year. The process started with our presentations to Governor Bill Lee last November, and it will continue with his annual State of the State Address on February 6. Those of you who are veterans of this process will know the Governor's budget proposal is released in conjunction with the address, and at that point, we will know which items made it into the Governor's plan for FY24. That's followed by committee

hearings where we'll present the plan for our department and answer any questions from lawmakers. Of course you can follow along and make plans to attend or watch committee hearings live or on demand using <https://capitol.tn.gov/>. Our state is blessed with a wonderfully open and accessible legislative website to keep all interested parties up to speed.

Thank you for all that you do for your neighbors in need.

Many Blessings,

Marie

TDMHSAS Celebrates Successful Launch of 988 Suicide and Crisis Lifeline

Six months of data show significant increase in outreach for help

TDMHSAS is releasing new data showing the response to the 988 Suicide and Crisis Lifeline in the state. The three-digit number for the Suicide and Crisis Lifeline launched in mid-July 2022 after two years of planning, preparation, and expansion. In Tennessee, that included distributing about \$2.8 million in federal funding to community-based crisis call centers to hire dozens of new staff.



The preparation paid off with about 21,000 Tennessee calls to 988 in the last six months of 2022. That's an increase of about 500 calls per month over the previous 10-digit National Suicide Prevention Lifeline number. Tennesseans are also taking advantage of 988's ability to text or chat. In the last half of 2022, there were nearly 10,000 texts to 988 and chats with 988lifeline.org from people in Tennessee.

Even with the increased demand for assistance, Tennessee's crisis call centers are meeting or exceeding national benchmarks for in-state answer rate and

time to answer. The federal agency that funds the 988 Suicide and Crisis Lifeline sets targets at 90% in-state and 30 seconds. Any call that's not answered promptly in-state rolls over to a national backup call center so that no call goes unanswered.

After the strong start in 2022, TDMHSAS is adding additional capacity in Nashville, Knoxville, and West Tennessee utilizing \$1 million in supplemental funding from the Substance Abuse and Mental Health Services Administration and existing Mental Health Block Grant Funding. The department previously expanded chat and text capabilities in September 2022 to meet the demand during peak times.

For more information about 988 in Tennessee, visit: [TN.gov/988](https://www.tn.gov/988) Read the full news release [at this link](#).



In a mental health emergency, where do you go? If a loved one is threatening suicide, who do you call? What if there was one statewide number that unlocked a door to mental health care in a crisis? In Tennessee, there is: 988.

TDMHSAS Announces \$15 Million in Permanent Supportive Housing Investments

TDMHSAS is excited to announce applications are open for about \$15 million in state funding to create affordable, permanent supportive housing for

Tennesseans living with behavioral health challenges.

The funding is spread across three programs under the Creating Homes Initiative (CHI). In the last 22 years, CHI has leveraged more than \$992 million in state, federal, local, foundational, and other funding sources to create more than 32,000 housing opportunities in Tennessee. CHI began in 2000 under the leadership of now Commissioner Marie Williams as a program to house people living with mental illness.

CREATING HOMES INITIATIVE
Tennessee's Department of Mental Health and Substance Abuse Services

SINCE 2000
MORE THAN **32,000** HOUSING OPPORTUNITIES CREATED
MORE THAN **\$992M** IN FUNDING LEVERAGED

HOW IT WORKS

- Provide the state's largest number of rental units and the most training for the private sector.
- Actively recruit private providers.
- Develop partnerships with the private sector to expand the state's rental and care services for people with behavioral health challenges.
- Provide training for private providers.
- All programs are funded and operated by the private sector.

EXPANDING OUR SCOPE
• Housing for people in recovery from addiction
• Housing for people re-entering communities from prison or jail
• Housing for people with co-occurring mental and physical health conditions

STATEWIDE RESOURCES

7	Local Health Departments
7	Regional Health Authorities
5	County Health Departments
1	Regional Health Authority

Partners: Tennessee Department of Mental Health and Substance Abuse Services, State of Tennessee, Federal Government, Local Government, Private Sector, Foundations, and Other Funding Sources.

With support and new funding from Governor Bill Lee and the Tennessee General Assembly, CHI expanded in recent years with new programs to support people in recovery from addiction and re-entering communities from prison or jail.

TDMHSAS issued the Announcements of funding on December 20, 2022, and they remain open until January 30, 2023. You can read the full press release [about these opportunities at this link](#).



Never heard of CHI? This video explains how it works!

Welcome to Team TDMHSAS



Please join us in welcoming Sherry Hanks back to Team TDMHSAS! Sherry will be serving as the Executive Administrative Assistant 1 for Ty Thornton, Chief of Staff & Hospital Operations, as well as providing support to the Divisions of Hospital Services and Clinical Leadership. She previously worked at Middle Tennessee Mental Health Institute as a medical lab technician. Sherry holds a Bachelor of Business Administration from Belmont University, and she is also a certified personal trainer and risk manager for her Armada Soccer Club.

Elizabeth Rickman-Vaden is joining the staff of the Tennessee Opioid Abatement Council as Program Manager. Elizabeth graduated from Middle TN State University and earned a B.S. in Criminal Justice. She also earned her master's degree in Adult Education and Corporate Training. In her spare time, you can find Elizabeth traveling, cooking, working out and spending time with her friends and family.

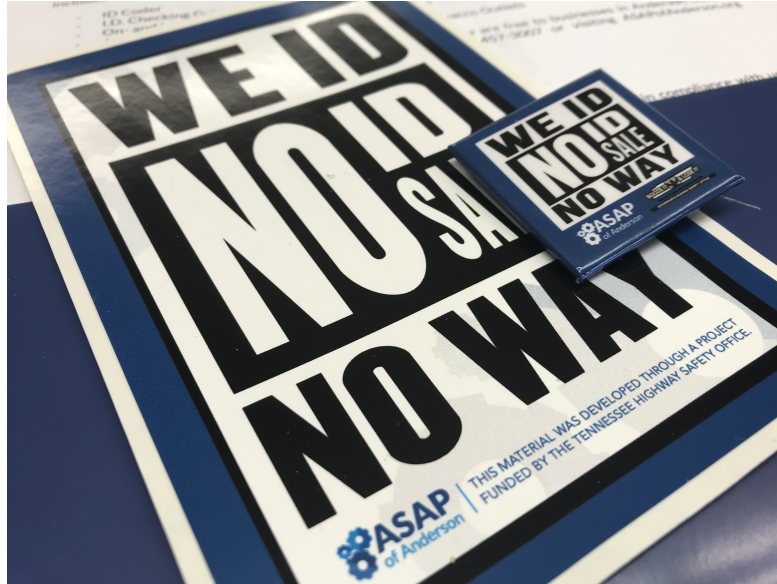


Prevention Coalitions Impact their Communities

TDMHSAS is proud to fund 46 Substance Use Prevention Coalitions across Tennessee. All of the coalitions do amazing work to reduce substance use and

PREVENT addiction in their communities. Here are just a few of the recent success stories shared by our coalitions.

ASAP of Anderson helps craft new fines for businesses serving alcohol to minors



ASAP of Anderson worked with the Oak Ridge Beer Board to pass the new fine matrix for local businesses that serve alcohol to minors. It took a few months of work, but the board officially passed their fine matrix system in October. This new fine matrix will encourage businesses to double-check IDs, train their staff to prevent serving minors, and ultimately keep alcohol out of the hands of teenagers. Fortunately, most restaurants and stores in Anderson County already follow the law.

ICARE Union County uses data to reach youth



The 2018-19 TN Together Student Survey showed that the average age of a student's first experience with substances was 11 years old. Since then, ICARE Union County has been advocating for prevention education to start earlier in the school system. After years of diligence and perseverance, ICARE finally received school board approval to provide the Health Rocks! curriculum to Union County fifth graders.

Developed by 4H, the Health Rocks! curriculum focuses on empowering youth to be good influences on one another, helping them to make healthy decisions, and decreasing tobacco, alcohol, and drug use. More information can be found through your local 4H agent or by visiting the Health Rocks! website: [Health Rocks!® | National 4-H Council](#)

Hooping for a Cause in Roane County



The Roane County Anti-Drug Coalition held its 2nd annual “Take Your Shot At Being Nicotine Free” Half Court Challenge at numerous high school basketball games throughout Roane County. The RCADC Half Court challenge consists of making all 4 shots: lay-up, free throw, three pointer, and half court all in under 45-seconds to win a \$100 Visa gift card and RCADC swag bag. Tae Jones, Senior at Rockwood High School, made all 4 shots with 3-seconds to go to send both sides of the Rockwood High School gym into a loud, cheering frenzy. Jacob McCarthy, also a Senior at Rockwood High School, assisted with rebounding Tae’s shots, and we all agreed this will be a moment we will not soon forget. Tae is a Legend in the City of Rockwood.

Connect with the Substance Use Prevention Coalition that serves your community! Learn more by clicking the graphic or visiting this link: [TN.gov/behavioral-health/coalitions](https://tn.gov/behavioral-health/coalitions)

SUBSTANCE USE PREVENTION COALITIONS
Community-based partners in the work to promote healthy lives for Tennesseans

In counties and communities across Tennessee, Substance Use Prevention Coalitions are working to reduce dependence on harmful and potentially deadly substances such as prescription drugs, alcohol, and tobacco. These local efforts, funded by the state of Tennessee since 2018, help get the word out about the dangers and consequences of substance use. Coalitions are also key partners in many of the department's special initiatives focusing on opioid overdose prevention and clinical connection to treatment and recovery resources, and faith-based outreach.

46 COALITIONS FORMED SINCE 2018 ACROSS THE STATE

77 PERCENTAGE OF TENNESSEE COUNTIES WITH COALITIONS IN THEIR COUNTIES

38,000+ TENNESSEANS WHO RECEIVED SERVICES FROM A COALITION IN 2019 FISCAL YEAR 2020

WAYS COALITIONS BENEFIT THE COMMUNITIES THEY SERVE:

- Engage Youth in Drug, Alcohol, and Tobacco-Free Events
- Place Drug Take-Back Bins
- Hold Drug Take-Back Events
- Educate Alcohol and Tobacco Retailers
- Communicate the Dangers of Substance Use Through Media Opportunities
- Organize Stakeholders to Promote Creation of Treatment and Recovery Resources

Find the contact information for your local coalition. Scan the code or visit the website below.

TN Department of Health, Health & Substance Abuse Services | [TN.gov/behavioral-health/coalitions](https://tn.gov/behavioral-health/coalitions) | Anthony Jackson, Jr., Director of Community Health and Prevention | anthony.jackson@tn.gov

Shout Out!

New MMHI Adjunctive Therapy Director



Please help is in congratulating Angela Austin on her promotion to Adjunctive Therapy Director at Memphis Mental Health Institute. Angela started at MMHI in 2021 as a Psychiatric Technician, and she was promoted to Recreation Therapist 2 in only three months. She holds a B.A. in General Studies from Mississippi Valley State University & a M.A. in Human Services Counseling from Liberty University. Her team at MMHI says she's an asset to the hospital and has an amazing rapport with patients!

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

Statewide Planning and Policy Council

Tuesday, February 14, 2023

10:00 a.m. - 2:00 p.m. CST

Middle Tennessee Mental Health Institute

Conference Center

221 Stewarts Ferry Pike

Nashville, TN 37214

Children's Committee

Wednesday, February 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

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.

Resources

In the event of a mental health emergency ...

988 24/7 Crisis & Support



For questions about addiction treatment/referrals ...

**TN
REDLINE** 
1.800.889.9789
CALL OR TEXT 

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



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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Thanks to our [Facebook family](#) for "liking" us and sharing our posts!



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