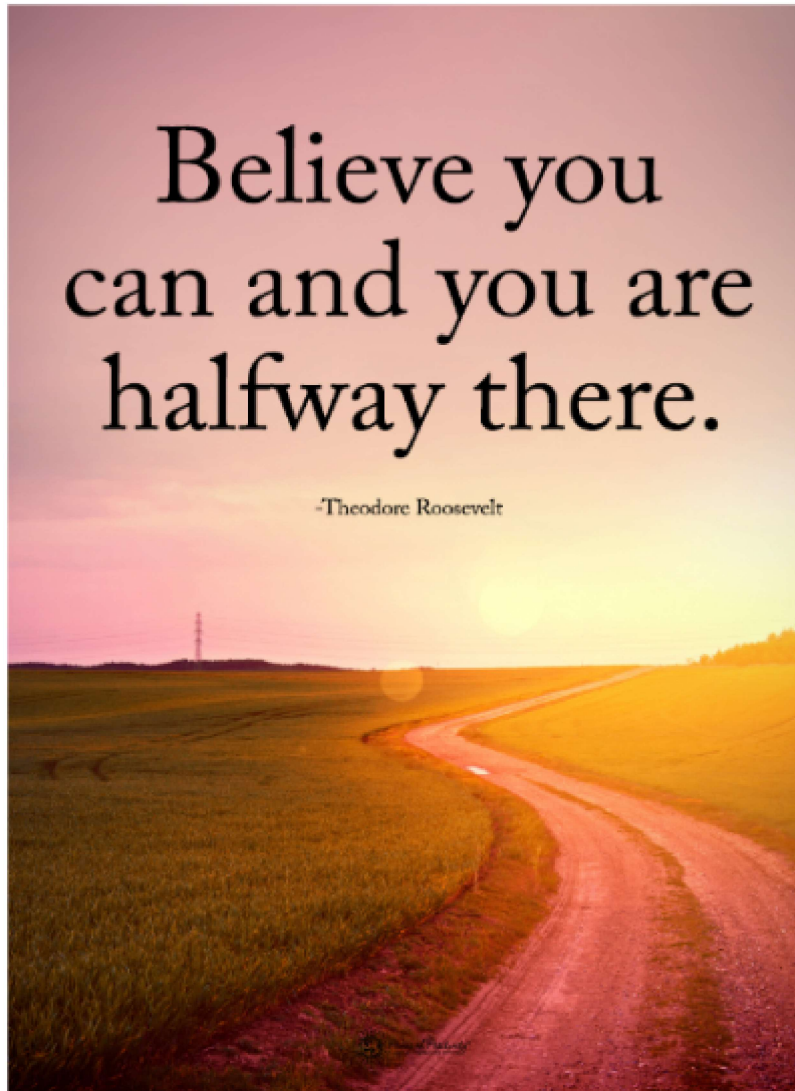




Department of  
**Mental Health &  
Substance Abuse Services**



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**Ty Thornton is named Chief of  
Hospital Services**



Congratulations to Ty Thornton who has been named Chief of Hospital Services. In this role, he will be responsible for oversight and leadership of the Division of Hospital Services including our four Regional Mental Health Institutes, the Division of Clinical Leadership, and the Office of Forensic and Juvenile Court Services. As Chief of Hospital Services, Ty will be

dedicated to improving operations in our hospitals while at the same time ensuring that our facilities provide the highest quality care for those we serve. Ty was promoted to Chief of Staff in January 2020 and has been serving the citizens of Tennessee for 15 years.

## TDMHSAS welcomes back Dr. Howard Burley



Dr. Howard Burley is rejoining TDMHSAS as Chief Medical Officer and Assistant Commissioner for the Division of Clinical Leadership. Dr. Burley is of course a familiar face, having served previously as Chief Medical Officer from 2005 to 2018.

After a two-year stint as the Director of Psychiatric Services at Cumberland Heights, Dr. Burley is coming out of retirement to rejoin the team. He is certified in Psychiatry and Addiction Psychiatry by the American Board of Psychiatry. He holds a B.S. from

Howard University and a medical degree from Meharry Medical College.

Dr. Burley's career and experience are a testament to his abilities and knowledge, and we are excited to welcome him back. Dr. Burley will also

resume his role as the Chairperson of the TDMHSAS Institutional Review Board (IRB).

## Dr. Terry Holmes retires

We want to say a sincere thank you to Dr. Terry Holmes who has retired with more than 22 years of service to the State of Tennessee. We will miss his contributions and wish him well in his retirement.

Dr. Holmes served 15 years as Clinical Director at Moccasin Bend Mental Health Institute before joining Executive Staff as Chief Medical Officer and Assistant Commissioner of Clinical Leadership, a role he held for more than 2 years. He also served in the U.S. Air Force, retiring in 1994 with the rank of Colonel. Thank you, Dr. Holmes!



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## Aug. 31 is International Overdose Awareness Day



Are you planning an event for International Overdose Awareness

Day? [Register your activity](#) and see what others are doing worldwide to observe this important day. Need some ideas for how to help end the opioid crisis in Tennessee? Take some time exploring [tntogether.com](http://tntogether.com). Get resources and the most up-to-date data, read success stories, learn about related policy, find activities, and more!



As a TN Recovery Navigator in Upper East Tennessee, Polly Jessen is an overdose survivor who now helps others struggling with addiction. She shares part of her story for a TDMHSAS video series produced for International Overdose Awareness Day.

Find more 2020 IOAD videos on our [YouTube page](#) and make sure to tune in to our [facebook](#) and [instagram](#) pages for opportunities to like, love, and share!

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## The Community Anti-Drug Coalitions of America features Tennessee voices

*After COVID-19 forced the national conference to change their 2020 plans to gather in Nashville, TN prevention leaders address attendees virtually*





A clip from Tony Jackson, Director of Prevention and Early Intervention Services. Student Johnathan Bridges, with Scott County STAND Coalition, also delivered powerful remarks. [Watch Johnathan's video here.](#)

The Community Anti-Drug Coalitions of America (CADCA) is made up of more than 5,000 community coalitions located in every U.S. state and territory and more than 30 countries around the world. The CADCA coalition model emphasizes the power of community coalitions to prevent substance misuse through collaborative community efforts. Learn more at [cadca.org](http://cadca.org). And watch a recap of the [mid-year national gathering here](#).

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## 2020 Legislative Summary is online



Curious about what laws were changed or enacted in the 2020 Legislative session? To read a summary of mental health and substance abuse/controlled substance-related legislation, view the [2020 Legislative Summary](#) on TN.gov.

To find a complete list of Tennessee state laws, all are welcome to [visit this site](#) and search for your areas of interest.

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## TDMHSAS signs MOU with Disability Rights Tennessee



It's a socially-distanced MOU signing ceremony! Commissioner Williams and DRT Exec. Director Lisa Primm sign on the bottom line for a new agreement.

The department is excited to enter into a new memorandum of understanding with Disability Rights Tennessee (DRT) to ensure continued cooperation for Tennesseans living with mental illness and substance use disorders. The new MOU, signed by Commissioner Williams and DRT Executive Director Lisa Primm, provides for access to facilities, meetings with individuals, access to records, and sharing of knowledge regarding programs and services offered by the two entities. The department is proud of our relationship with DRT and all of the many groups that advocate for and represent the Tennesseans we serve.

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# Rolling out the red ribbon for prescription drug take-back box #357

*Robertson Co. marks the 95th county covered in the TDEC Household Pharmaceutical Take-Back Program*



On Aug. 4, the Household Pharmaceutical Take-Back Program reached a milestone. The program placed its final prescription drug take-back box inside the Greenbrier Police Department located at 790 W. College Street. This box is #357 in the program which has placed boxes in all 95 Tennessee counties. Take-back boxes help to save lives by keeping potentially-addictive pharmaceuticals out of homes across the state by providing free access to safe and environmentally-friendly disposal.

“This joint effort with local law enforcement agencies and the Department of Environment and Conservation is important because it provides citizens access to appropriate methods for disposing of pharmaceuticals,” said TDEC Office of Policy and Sustainable Practices Director Kendra Abkowitz. “We need to make Tennessee’s citizens aware that throwing medication away with the household garbage or flushing it is not a safe method of disposal. This last addition to our permanent collection of drop-off boxes increases access to all 95 counties and offers Tennessean’s a safe and viable disposal option to keep drugs out of our water and off the streets.”

To learn more about safe disposal, including what items are accepted in the program, and to find a box near you, [visit our website](#).

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## CHASCo remains focused on serving, supporting students

*The Coalition for Healthy & Safe Campus Communities isn't going to let a pandemic thwart their mission*

"When a campus invests in prevention, they are also investing in student retention," says Kayce Matthews, Director for the Coalition for Healthy & Safe Campus Communities (CHASCo). "This means that students are more likely to complete their program and to thrive both during and after their college experience."

Supporting students is even more important as colleges face COVID-19, and nearly 40 statewide have signed up to work with CHASCo. "Our biggest challenge has been addressing how we continue to do quality prevention work while keeping our students safe and healthy. This has meant implementing a combination of virtual strategies that allow for appropriate social distancing. This has been a big shift for our campus communities," says Kayce. One solution to come out of this new normal is a CHASCo Chat Series "to bring our members together to share programming ideas and challenges.

"College can be a stressful time for both traditional and non-traditional students. Our campuses have the opportunity to assist students in developing healthy habits, engaging in healthy decision-making, and connecting to vital resources that are available both on campus and within the community," says Kayce.

That's exactly the kind of support Nathan Payne wants to see colleges receive statewide. He is a Lifeline Peer Project coordinator in Region 3N (working with the Power of Putnam coalition) and also serves as Tennessee's Collegiate Recovery Coordinator. Nathan is pictured below during a meeting with Roane State Community College, a TN institution providing recovery support to its students.





"I see recovery support services and training on campus as a means to bridging the gap between traditional recovery support services and the young adult population," says Nathan. "When an individual who is trying to sustain their recovery couples those commitments with a full class load as well as, more often than not, a full to part-time job, it can make for a challenging go of it. Promoting support services and sustaining conversations and efforts on campus helps ensure that these individuals know that they are not alone."

Since college is when substance use disorder can take hold for many young people, Nathan says, "sustained conversations serve to cultivate an atmosphere on campuses where students know that they can reach out for help and support. To me, building the Tennessee Collegiate Recovery Initiative is not just about support for today, it's about an investment in future generations to come. It's applying the principles we have learned through other successful initiatives, such as the faith-based initiative, to colleges so that in the future, support for students in or seeking recovery on campus will be a staple not a luxury which will in turn promote healthier and more productive Tennesseans for years to come."

Nathan's message has been received. "What I am finding is that a lot of campuses want to help and support individuals seeking or sustaining recovery but often are not sure how to best go about that, and that's where some of the trainings offered by the TNCRI come into play. Campuses are ready for support, and I am excited to see what the future holds for campuses across Tennessee."

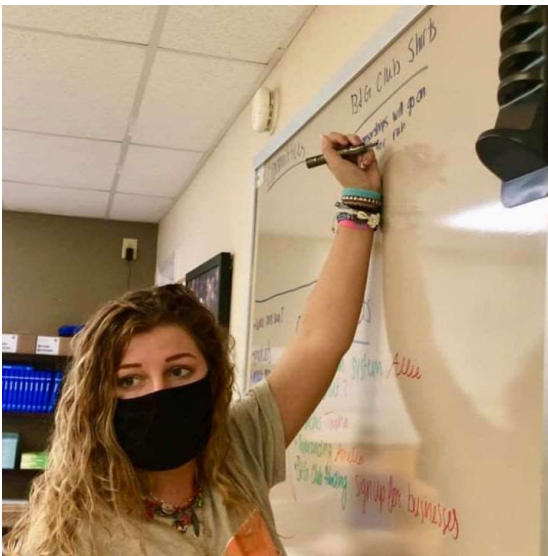
To get involved in collegiate recovery, you are encouraged to follow the Tennessee Collegiate Recovery Initiative's [facebook page](#), and CHASCo says they are always interested in partnering and collaborating with community organizations. "We also have some specific grant funding for developing student leaders and projects around alcohol and other drug prevention." If you have an interest in working with CHASCo, contact Kayce at [matthews@ticua.org](mailto:matthews@ticua.org)

*"To any students who are currently struggling, I would say that we are in the middle of extremely trying times. Everyone is hurting and many are, more than likely, ebbing and flowing out of periods of great confusion and anxiety. But, historically, it is only out of turbulence, be it personal or societal, that greatness can be born and I can't wait to see what the future holds for this class."  
Nathan Payne*

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## Coalition News

*Student leaders STAND out this summer*



Students Together Allowing No Drugs (STAND) in Scott Co. was one of TN's many anti-drug coalitions whose missions continued during the summer, despite COVID-19. STAND student leaders wrapped their summer vacations by participating in a week of trainings and think tanks. (Left) Amelia Terry, President of the Executive Steering Committee for the YSLI/youth board, helps lead a session. She is a senior at Oneida High School.

Participating in coalition activities is a great way for students to learn about substance use within their communities and serve as a positive role within their peer groups. They also offer many opportunities for students to learn the value of service, log volunteer hours, grow as leaders, explore career options, discover their passions, and even start building their resumes.

Former STAND members Caleb Harper and Presley West (below) did just that and now they are giving back, sharing what they've learned, and inspiring current and future leaders.



In their own words:

Caleb: “I feel like the Youth Board prepared me for success in college when I participated in similar organizations and experiences, and I’m really excited to help prepare the next generation of Scott County students as they take on leadership of the board.”

Presley: “The Youth Board exposed me to the world of service and inspired me to pursue a service year with AmeriCorps following my graduation from college. It’s so exciting to watch the board members’ passion for service grow!”

To find a community coalition near you and to learn how you and your family can get involved, [visit our website!](#)

*Photos via STAND. Visit their [facebook page](#) to see more!*

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*Smith County Drug Prevention Coalition hosts COVID-safe  
grand opening of their new space*



Executive Director Barbara Kannapel stands at the front doors of the new home of the Smith County Drug Prevention Coalition. The coalition hosted an Open House and Meet & Greet Aug. 12 at their new location: 115 Water Street in Carthage. The Smith County Chamber of Commerce held a Ribbon Cutting Ceremony to mark the occasion. Congrats, Smith County!

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### *Super parents get top billing on a TN highway!*

POW! Super parents supervise! Carroll County Prevention Coordinator Khrystian Bynum poses with their new billboard on Highway 22. Way to go, Carroll County, and thanks to all of TN's super parents!



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## RMHI Spotlight

*In her work, Sararetha King deals with numbers; she uses words to inspire in her free time*



"My great-aunt would work some of the most beautiful puzzles, and such is our lives. We are a canvas partially filled with the most beautiful, vivid colors but a missing piece makes us look and feel incomplete. So we see a piece matching the blue horizon of the other pieces. We instantly get excited and start feeling a great rush of achievement until we try to place the piece into the puzzle and it doesn't fit. We turn it in 3 or 4

different directions but it still won't fit. Then suddenly our high becomes a low. We realize a similar piece and color has fallen on the floor and we hurry to put it in the puzzle but once again it won't fit. We've developed a pattern whether we own up to it or not. Eventually all the pieces are in place except for one and there are no other pieces to be found.

My question to you is have you completed the puzzle? We have to stop giving the missing piece the power to destroy what's already in place and working in our lives. You've used patience and intuition to place all the other pieces where they belong and you can go no further. REST, this particular puzzle is complete!!!"

*Sararetha works in patient accounts doing medical billing. She performs spoken word poetry in Chattanooga, is a freelance writer for several social media groups, and submitted daily writings for her church on prayer.com for a year. She's had several pieces printed in "Point Of View" magazine and also post blogs on Red Table Talk, a group which is hosted by Will Smith's wife, Jada.*

Thank you for your submission, Sararetha!

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## Save-the-Dates

We're coming into a busy season of conferences, opportunities for education, awareness, fighting stigma, to remember those lost to overdose, and to pray for all who struggle with mental health challenges and substance use disorder.

Will you participate and help us spread the word?

*One more time for those in the back ... Aug. 31 is  
International Overdose Awareness Day!!*



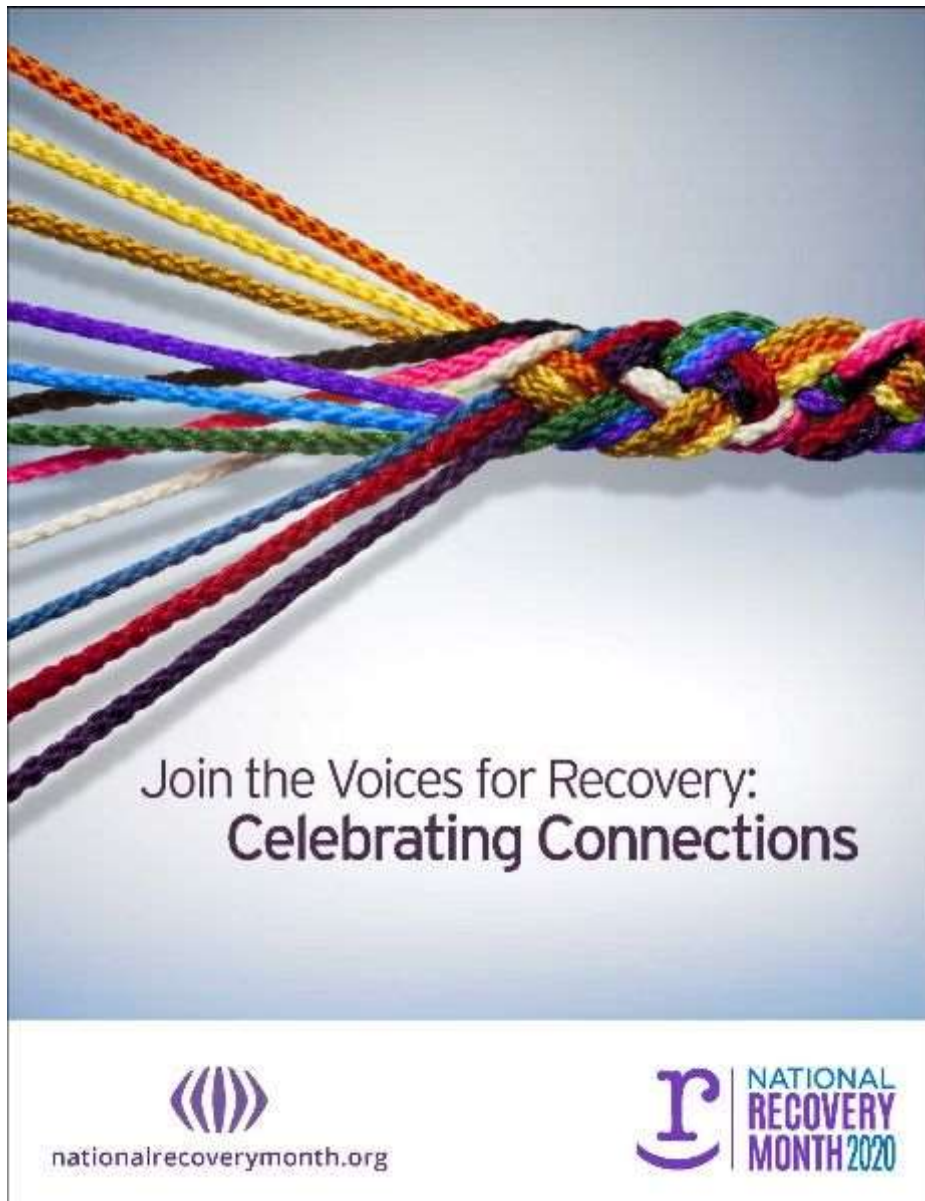
Please help us spread the word as we join with others worldwide to save lives!

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*September is National Recovery Month!*

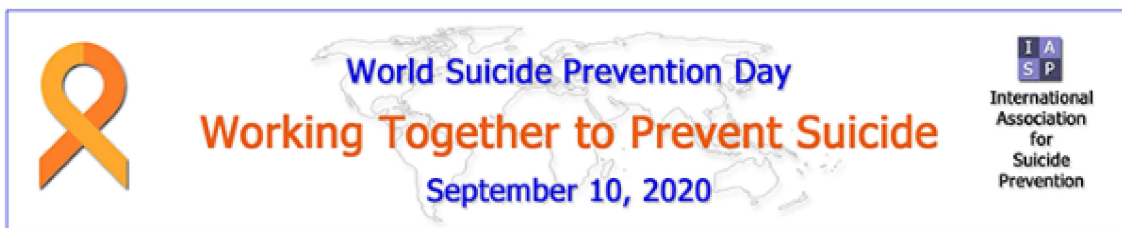
Stay tuned in to our social media pages as we'll be sharing resources, recovery stories, opportunities to participate, and more!





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*And September is National Suicide Prevention Month!*



Visit [tspn.org](https://tspn.org) to find free suicide prevention trainings and resources and to connect with others in your community working to save lives in Tennessee!

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**Don't forget . . .  
October 4 - 10**



**Mental Illness  
Awareness Week!**

\*October 4-10 is Mental Illness Awareness Week

\*Oct. 8 is National Depression Screening Day

\*Oct. 10 is World Mental Health Day

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### *Upcoming Virtual Conferences*

We are excited about the following virtual conferences in the works!



Sponsored by:



In partnership with:



### **August 27, 2020**

Statewide Crisis Services Conference for Tennessee crisis service providers:  
"Making a Difference: Celebrating the Heroes of Today"

### **September 14-15, 2020**

Early Psychosis Conference: "Fueling the Flame of Recovery."

### **September 18, 2020**

Individual Placement & Support (IPS) Conference: "Wellness Through Employment"

### **September 22-23, 2020**

System of Care Across Tennessee Conference: "Bridging the Gap: Serving with System of Care Core Values in a COVID Reality"

**October 8-9, 2020**

TN Certified Peer Recovery Specialists Conference: "Roaring into the Future with 20/20 Vision!"



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### *TDMHSAS Planning and Policy Council meetings*

Planning and Policy Council meetings have taken place via conference call due to COVID-19. To listen to recordings of past meetings, and to verify the schedule and plans for upcoming meetings, please visit the department website at these links: ([Statewide and Committee meeting schedule](#), [Regional Committee meeting schedule](#)) . There are no regional meetings in September. They will resume in October.

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*For questions about addiction treatment/referrals ...*



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**1.800.889.9789**  
**CALL OR TEXT**

**TN** Department of Mental Health & Substance Abuse Services  
**TAADAS**  
**TN TOGETHER**  
ENDING THE OPIOID CRISIS

*In the event of a mental health emergency ...*



**STATEWIDE**  
**CRISIS LINE**  
**HELP IN A MENTAL HEALTH CRISIS**  
**855-CRISIS-1** [TN.gov/CrisisLine](https://www.tn.gov/CrisisLine)  
**855-274-7471** **TN** Department of Mental Health & Substance Abuse Services

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24/7 • 365 DAYS



MENTAL HEALTH CRISIS LINE **855-CRISIS-1**

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**Wear a  
mask to *fight*  
for schools  
reopening.**



Learn about the [TN "Face It" campaign](#) and find shareable graphics on [tn.gov](http://tn.gov).

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*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](mailto:OC.TDMHSAS@tn.gov).*

*And please connect with us on social media!*

*Celebrating 10,000+ likes on facebook!*



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