

# TDMHDD Update

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## Algorithm Project Underway at Western Mental Health Institute

Modeled after the innovative Texas Medication Algorithm Project (TMAP), TDMHDD began enrolling patients in the Tennessee Medication Algorithm Project (TNMAP) at Western Mental Health Institute in Bolivar in July after months of planning and preparation. The goal of TNMAP is to improve the quality of care and achieve the best possible patient outcomes for each dollar of resource expended for adults with schizophrenia.

TNMAP is a treatment philosophy for the medication management portion of care consisting of evidence-based medication treatment algorithms, clinical and technical support necessary to allow algorithm implementation, patient and family education programs that allow the patient to be active in their individual care plan, and uniform documentation of care provided and resulting patient outcomes.

"Medication management is one of the most commonly used evidence-based practices as medications are

an essential component in the recovery process for many people suffering from a serious mental illness," stated Dr. Jason Carter, TDMHDD Chief of Pharmacy Services. "In order for these individuals to reach their maximum recovery, it is important that they are neither over-medicated nor under-medicated. TNMAP uses a researched-based algorithm that practitioners can use as a guide for



prescribing medications and dosages."

One of the goals of TNMAP is to focus on optimizing patient outcomes with the underlying assumption that long-term resources will be used. The ultimate goal is to develop and continuously update treatment algorithms and to train health care systems to use this practice to reduce the immediate and long-term emotional, physical and financial burdens of mental disorders for consumers and their families.

"Research indicates that consumers whose medications are regulated by algorithm are more satisfied with their treatment and outcomes than those consumers who are prescribed medications without algorithm," Carter said.

Although TNMAP is currently being implemented for use in treating consumers with schizophrenia only, TDMHDD plans to expand this approach to the treatment of other serious mental illnesses. The Department is also planning to expand TNMAP to include all five Regional Mental Health Institutes throughout the state. ■

### Mental Health Safety Net EXTENDED

Since the creation of the Mental Health Safety Net in July 2005, more than 14,000 individuals have registered and over 95,000 core clinical services (including case management, medication training and support, individual and group psychotherapy, and other essential services) have been provided. The success of the Mental Health Safety Net is the result of a collaboration of

#### September Is Suicide Prevention Month

October 1-7 Is National Mental Illness Awareness Week

Visit [www.tennessee.gov/mental](http://www.tennessee.gov/mental) and click on "Upcoming Events" for more information!

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## — HAPPENINGS —

### • VanderSpek Retires from Consumer Affairs

**Bob VanderSpek**, recognized by his coworkers as one of the consumer's best advocates, retired from TDMHDD in June.



Deputy Commissioner Carobene honors Bob VanderSpek for his years of state service and his successful career in the Office of Consumer Affairs.

VanderSpek served in the Office of Consumer Affairs (OCA) as a consumer's advocate and MHMR Program Director. VanderSpek joined the department in 1997. His care and compassion for coworkers and consumers over the years was evident in the remarks of those who gathered to share their personal stories.

"Bob VanderSpek has been a great asset to TDMHDD. I knew him while working at a community drop-in center, and I was always impressed with Bob's professional persona," remarked Joe Swinford, OCA Director. "OCA's staff has grown since Bob first came on board, but it has always been good to have someone I could turn to who shared the vision of our unofficial motto for the mental health consumer: 'Nothing about us without us.' We will miss him as both a colleague and a friend."

Kathy Haley, Pam Townsend and Cindy Cates, VanderSpek's OCA co-workers, also relied on his talents. On behalf of all, Pam Townsend said, "Bob's effective way of talking to consumers and their family members was especially important during times of crisis. Through simply his tone of voice, he could calm someone down."

### • TDMHDD's Creating Homes Initiative Nationally Recognized

*Named a Promising Practice by the Commonwealth Fund*

**Nashville**—The Tennessee Department of Mental Health and Developmental Disabilities' (TDMHDD) Creating Homes Initiative was recently recognized nationally by the Commonwealth Fund in a report entitled *State Behavioral Health Innovations: Disseminating Promising Practices*. The report identifies 17 innovations in behavioral health care being implemented by states, built on the foundation laid by the President's New Freedom Commission on Mental Health and the Institute of Medicine.

Since 2000, the Creating Homes Initiative (CHI) has created or improved 4,468 housing options for individuals with mental illness. These units represent a continuum from home ownership to supervised group housing. Housing is the number one indicator of psychiatric stability, and an informal study of individuals discharged to permanent housing developed through CHI from the state's Regional Mental Health Institutes showed a substantial decrease in re-hospitalization.

In addition to developing housing, the CHI has been able to facilitate a systemic change in the way stakeholders access information regarding available housing options, housing support services, and housing development. Funded by a Real Choice Systems Change grant from the Centers for Medicare and Medicaid Services (CMS), the Housing Within Reach project also uses outreach and marketing efforts to combat the stigma of mental illness and the "not in my backyard" attitudes in local communities.

"CHI is one of TDMHDD's most significant accomplishments, and I am elated with the outcomes and success it has brought to many Tennesseans living with mental illness," stated TDMHDD Commissioner Virginia Trotter Betts. "The Department's Division of Recovery Services and Planning, under the leadership of Marie Williams, has done a tremendous job managing the program and leveraging over \$101 million from national, regional, community and foundational funding sources."

"It is indeed an honor to be recognized by such a prestigious organization as the Commonwealth Fund," commented Marie Williams, Executive Director, TDMHDD Division of Recovery Services and Planning. "The CHI is a testimony to what can be achieved when public and private sectors operate together on a local level to generate change in communities."

"We are privileged to provide leadership and resources from a state government perspective, but the real workers are folks in local areas dedicated to improving the lives of their neighbors with mental illness and co-occurring disorders," added Gregory Fisher, TDMHDD Director of Housing and Homeless Services.

Along with the Commonwealth Fund, CHI has been recognized nationally by NAMI, Eli Lilly, CMS and HUD.

The Commonwealth Fund is a private foundation that promotes a high performing health care system to achieve better access, improve quality, and foster greater efficiency, particularly for society's most vulnerable, including low-income people, the uninsured, minority Americans, young children and elderly adults. To identify the promising projects in this report, the authors interviewed 21 experts in the field, as well as surveyed the mental health and substance abuse directors in all 50 states.

Please visit [www.cmwf.org](http://www.cmwf.org) to review the Commonwealth Fund's report. To obtain more information on the Creating Homes Initiative, visit [www.housingwithinreach.org](http://www.housingwithinreach.org).



## — HAPPENINGS —

### • NAMI Tennessee Wins National Award

NAMI Tennessee was recently awarded by the NAMI National Office the highly coveted “Multicultural Outreach Award” for their outstanding work with the state’s African-American communities. NAMI officials credit staffer Clarence Jordan for the leadership and development of the minority outreach program, along with their support staff and local affiliates whose pro-active approach ensured increased access to mental health information and systems of care for minority populations.

NAMI Tennessee officials feel that on-going dialogue with community leaders, attending community meetings with displays and literature, and going into the streets as their most important and successful outreach actions. The organization did not wait for people to come to them; they took their message of hope and recovery to people where they live and work. NAMI Tennessee has set an over-all goal to focus outreach efforts on African-Americans in 2005, Native Americans in 2006 and Hispanic communities in 2007.

A new brochure, written by NAMI Tennessee focusing on African-Americans, was distributed in mid-August at the 11th Annual Health Summit of Minority Communities in Knoxville.

### • New Employees

**Paula DeWitt, Ph.D.**, joins the Division of Policy and Legislation as Director of Research and Evaluation. DeWitt received her Ph.D. in Sociology from Vanderbilt University. Over the past 20 years she has held a number of research positions, including research director for the United Way of Middle Tennessee, health policy analyst at the Vanderbilt Institute for Public Policy Studies, and senior analyst with HealthLeaders-InterStudy, a Nashville-based research company focusing on Medicaid, Medicare and commercial health plans across the country. Contact DeWitt at (615)253-8379 or [paula.dewitt@state.tn.us](mailto:paula.dewitt@state.tn.us).

**Zack Griffith** joins the Office of Legal Counsel as Deputy Director. Previously, Griffith served as Assistant Attorney General for the state of Tennessee and was in private practice. Griffith’s practice has focused on state and federal civil litigation with an emphasis on employment and labor law. While in private practice, Griffith served as the State Legal Redress Chair for the Tennessee NAACP. While working for the Attorney General’s Office, Griffith also served as an adjunct law instructor for the paralegal program at Tennessee Career College in Nashville. Griffith received his J.D. from Washington and Lee University School of Law and his B.S. from Vanderbilt University. Contact Griffith at (615)253-8375 or [zack.griffith@state.tn.us](mailto:zack.griffith@state.tn.us).

## COMMISSIONER’S CORNER

### TDMHDD Staff Honored

#### Candace Gilligan Is 2006 Outstanding Mental Health Professional of the Year

Candace Gilligan, TDMHDD Office of Managed Care Executive Director, was named the 2006 Outstanding Mental Health Professional of the Year by the Mental Health Association of Middle Tennessee (MHAMT). Gilligan worked during the TennCare reform process to ensure that the Seriously Persistently Mentally Ill (SPMI)



population would have access to a Mental Health Safety Net, and she directly helped create and implement the program in a short time period.

Ann Boughtin, former President of the MHAMT Board of Directors, worked with Gilligan for more than a decade. During the award presentation

*Candace Gilligan (right), TDMHDD Executive Director of the Office of Managed Care, receives the 2006 Mental Health Professional of the Year award from Dr. Elizabeth Hoover, 2006-07 Board President of the Mental Health Association of Middle Tennessee (MHAMT), at the association’s annual banquet in June.*

Boughtin remarked, “Candace Gilligan has that rare combination of being a skilled clinician, a caring manager and a tireless advocate. Whether solving the most bureaucratic of issues, traversing the political shoals, or making things happen for a consumer, she has the ability to engage people in a dialogue that keeps people first...She speaks from her heart, she acts from her heart and she gives from her heart.”

The Outstanding Mental Health Professional of the year was established by MHAMT to recognize those individuals whose activities demonstrate a genuine commitment to improving the mental health status of consumers.

## Commissioner's Corner...cont.

### Dr. Freida Hopkins Outlaw Selected for National Substance Abuse Committee

Dr. Freida Hopkins Outlaw, Chief Nurse and Executive Director of Special Populations and Minority Services at TDMHDD, was recently selected to join the Steering Committee for the National Quality Forum (NQF) project, evidence-based practices to treat substance-abuse disorders.



"Dr. Outlaw is an outstanding choice for this important project," stated TDMHDD Commissioner Virginia Trotter Betts. "Her experience and expertise in the field of mental health and substance abuse are excellent, and her dedication to quality services is reflected in her many accomplishments here at TDMHDD."

The purpose of this project, funded by the Robert Wood Johnson Foundation, is to achieve national voluntary consensus on a set of effective, well-specified practices for the treatment of substance-use disorders (SUD). Dr. Outlaw was nominated by the American Nurses

Association, which is a member of the National Quality Forum.

Along with being selected for the National Substance Abuse Committee, Dr. Outlaw recently published work through Greenwood Press. Her chapter on *"Being Strong and Silent: African-American Women and Depression"* is part of editor Catherine Fisher Collins' second edition of **African-American Women's Health and Social Issues**, released in July under ISBN 0-275-98082-0. A team of experts including doctors, nurses, social workers, psychologists and educators wrote the additional chapters which focus on the diseases that pose the greatest threat to African-American women today.

### MMHI's Webb Receives ANCC Certification: Follows Magnet Principles



Nursing Executive Teris Webb of the Memphis Mental Health Institute (MMHI) successfully completed certification in Nursing Administration through the American Nurses Credentialing Center (ANCC). Certification is an acknowledgment of nursing excellence through efficient management, effective nursing care,

and committed collaboration with others within an organization and community of care.

Webb's certification demonstrates her commitment to the "Forces of Magnetism" under the ANCC Magnet Recognition program, an internationally recognized program of excellence in nursing services where patient care is paramount. Webb also follows other magnet principles such as a participative management style that supports the professional development of staff.

According to [www.nursingworld.org](http://www.nursingworld.org), nursing administrators and executives, who follow the principles of magnetism, ultimately seek the title of Magnet Hospital for their institution, often solving problems in recruitment and employee retention. The Johnson City Medical Center in East Tennessee is currently the only certified Magnet Hospital in Tennessee.

To learn more about the American Nurses Credentialing Center visit [www.nursecredentialing.org](http://www.nursecredentialing.org). To review the ANCC Magnet Recognition program, visit [www.nursingworld.org/ancc/magnet](http://www.nursingworld.org/ancc/magnet). ■

## Procedural Manual for Legal Professionals A First for Tennessee

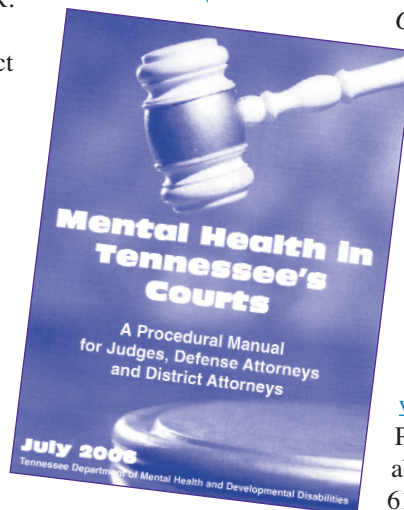
Liz Ledbetter, TDMHDD Division of Policy and Legislation Program Specialist, through a federal Edward R. Byrne Grant, issued the state's first procedural manual for judges, defense attorneys and district attorneys. The manual is the work of a team of employees in several divisions and includes topics such as:

- types of mental disorders
- mental health services
- common psychiatric medications
- legal standards
- issues of process and procedure in forensic evaluation, outpatient treatment, hospitalization, juvenile court mental health services and best practice models.

Helpful websites, sample forms, a list of

TDMHDD's criminal justice liaison projects, definitions of terms, and a resource worksheet are also included in the manual.

The Byrne Grant also funded the development and online implementation of two publications for consumers, *What to Do When You Are in Trouble with the Law* and *You Can Help, A Guide for Family Members and Advocates in Tennessee*.



Additional criminal justice materials for publication were also created and are available online, including an *Effective Response Manual for Case Managers; Response Curriculum: To People with Mental Illness Arrested or Incarcerated in Tennessee;* and *Tennessee's Youth in Juvenile Justice Facilities: Mental Health, Substance Abuse, and Developmental Disability Issues*.

These PDF publications are found at [www.tennessee.gov/mental](http://www.tennessee.gov/mental) under the Division of Policy & Legislation. For more information about the manual, contact Liz Ledbetter at 615-741-9137 or [liz.ledbetter@state.tn.us](mailto:liz.ledbetter@state.tn.us).

## Safety Net Extended...cont.

many Tennesseans, in both the public and private sector, working together for the well-being of consumers.

As part of the Governor's recurring budget, the Mental Health Safety Net will continue. Contract renewals with all twenty providers are complete for FY 2006-07. TDMHDD expects an increase in registration at all provider sites in 2007. Three of the largest providers have currently registered over 60 percent of the individuals who were assigned to their agency last July, and four other providers have registered over 90 percent of their assigned consumers.

The pharmacy contract with Express Scripts, Inc. (ESI) has been extended through December 31, 2006. MHDD hopes to then announce a seamless transition to the competitively obtained pharmacy management company for the Mental Health Safety Net. For more information, please contact Melissa Da Silva at (615)253-6748 or [melissa.dasilva@state.tn.us](mailto:melissa.dasilva@state.tn.us). ■



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