

TDMHDD Update

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TDMHDD CHIEF NURSE RECEIVES NATIONAL HONOR

Dr. Freida Hopkins Outlaw, Chief Nurse and Assistant Commissioner of Special Populations and Minority Services at the Tennessee Department of Mental Health and Developmental Disabilities, was recently inducted as a Fellow into the American Academy of Nursing. Fifty-six nurse leaders received AAN's prestigious honor this year including three nurses from outside the United States.



Only nurses who evidence significant national and/or international contributions to nursing and health care are considered for Academy membership and each must be sponsored by two current Academy Fellows. Selection is based on the presentation of evidence of the nominee's work in improving nursing practice and health policy and as well as capacity to make contributions in the future. The mission of the Academy is to serve the public and nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge.

Outlaw joins TDMHDD Commissioner Virginia Trotter Betts as an AAN Fellow. Betts was inducted as a member in 1997.

"Along with the 520 nurses of the department, I am truly honored to have the opportunity to work with Dr. Freida Hopkins Outlaw. Her experience and expertise in the field of nursing and mental health is excellent, and her dedication to improving mental health care for all is reflected in her many accomplishments here at TDMHDD and throughout the nation." stated TDMHDD Commissioner Virginia Trotter Betts. "AAN could not have chosen a more qualified professional nurse to become a new Fellow."

Dr. Outlaw received her Baccalaureate in Nursing from Berea College, Masters in Psychiatric Nursing from Boston College and a Ph.D. from the Catholic University of America. She has over forty years of experience as a clinician, researcher, educator, and policy maker in public mental health service delivery. Dr. Outlaw has written extensively in the areas of cultural diversity, management of aggression, seclusion and restraint, and the role of religion, spirituality and the meaning of prayer for people with cancer. Since 2004, she has received three

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Governor Phil Bredesen Honors State Employee Veterans

Six TDMHDD veterans pose with Governor Phil Bredesen following the November 9, 2007 ceremony at the Legislative Plaza. TDMHDD has 144 veterans, men and women, representing all branches of service. From left to right: Larry Post, Rodney Sanders, Roy Chance, Governor Bredesen, Richard Edgar, Ken Horvath and Mark Davis.



NIMH/SAMHSA Science to Service Conference Held in Nashville



Commissioner Virginia Trotter Betts and southern state's mental health leaders.



On November 28 and 29, mental health leaders from 12 southern states joined SAMHSA and NIMH representatives at a conference addressing science to service in Nashville. Hosted by TDMHDD, a major goal of the meeting was to help fill some of the gaps in bringing science to service and to strengthen partnerships on the federal, state and local level.

These enhanced partnerships between stakeholders will foster improved communication to assist in the implementation of the recommendations and outcomes of this conference.

The states represented were West Virginia, Kentucky, Virginia, North Carolina, Texas, South Carolina, Arkansas, Florida, Alabama, Mississippi, Louisiana, and Tennessee. ■

State Mental Health Institutes Complete Cost-Effective Technology Upgrade



The Tennessee Department of Mental Health and Developmental Disabilities announces the recent completion of a major technology upgrade to maintain and process critical patient information that surpasses the capabilities of the prior system and is already proving to be cost-effective.

Patient records have been converted from an aged, outdated software program to a new Avatar system. This Web-based program maintains a centralized data system for all five Regional Mental Health Institutes located across the state.

Prior to this major implementation, a main patient database was maintained in the Nashville central office, and patient

information was entered into separate systems at the five RMHIs. Data was transmitted on a daily basis via network from each RMHI to the central database, a process that consumed an ever-increasing number of man-power hours.

RMHI staff can now enter data into one integrated system, located at the State's Data Center in Nashville, which provides real-time information for all users that include census, admissions, discharge and transfer information, as well as more advanced billing capabilities. Avatar offers greater flexibility in capturing and using information. The new system also permits TDMHDD to be up-to-date and remain current with constantly-evolving Medicare requirements. ■

State Receives Funds to Benefit Youth in Eight Rural Tennessee Counties

The Tennessee Department of Mental Health and Developmental Disabilities was recently awarded \$2.5 million from the national Administration for Children and Families to benefit Tennessee's youth in eight rural counties over the next five years. The award is the result of a collaborative effort between TDMHDD, the Tennessee Department of Children's Services, the Governor's Office of Children's Care Coordination, the Administrative Office of the Courts and Centerstone.

This initiative, *Partners for Family Strengthening and Preservation*, will ensure integrated services are provided for children, ages 0-18, who are in or at risk of an out-of-home placement as a result of a parent or caretaker who is abusing meth or other substances. Funds will allow therapists to provide intensive, in-home crisis intervention, counseling, life-skills education and referral for substance abuse and/or mental health treatment as well as other support services. Specialized training and the

collaboration of service providers and other stakeholders will result in improved coordination of these much needed services.

"Too often children in rural counties do not receive much needed services due to lack of access to well-trained professionals needed to provide assistance," said TDMHDD Commissioner Virginia Trotter Betts. "I am extremely pleased with the result of this collaborative effort. I know we can continue to work together in bringing funds to the areas that need it most, benefiting Tennessee's most vulnerable population, our children."

"Coming into state custody can be very traumatic for a child. This program will help reduce that trauma by helping youth stay in the home safely instead," said Dr. Viola P. Miller, commissioner of the state Department of Children's Services. "We need to do all that we can to keep families together – and to keep children safe."

A seamless continuum of care will be available for 270 families residing in Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, Moore and Warren counties. "Meth use is at crisis level in parts of Tennessee. Centerstone welcomes this great opportunity to offer in-home intervention, counseling, life-skills education and behavioral health services for this imperiled population," said David C. Guth, Jr., CEO of Centerstone. "Through this new program, Centerstone will expand services to ensure the safety and well-being of children and their families affected by methamphetamine and other substance abuse."

To combat the problem of methamphetamine abuse in Tennessee, Governor Phil Bredesen signed the Meth-Free Tennessee Act into law in 2005 following intense study by the Governor's Task Force on Methamphetamine Abuse. ■

— HAPPENINGS —

Mental Health TV Special in East Tennessee

The Mental Health Association of East Tennessee and WATE-TV worked closely with area mental health providers and organizations to compile seven feature stories about mental health and substance abuse as part of a series leading to a one hour Mental Health Special on November 1st. These feature stories ran throughout the week. Led by WATE TV anchors Lori Tucker and Don Dare and Ben Harrington from the Mental Health Association, the coverage focused on the fact that mental illness is real, diagnosable, and treatable and that recovery is achievable. The feature stories shared numerous treatment successes and recovery stories of East Tennesseans engaged in programs at Ridgeview, Helen Ross McNabb Center and Peninsula. Additional stories shared details of key outreach programs like Mental Health

101 in area schools, law enforcement training and how families cope with mental illness across generations of family members. The stories may be viewed on www.wate.com.

In addition to the stories, MHA coordinated a phone bank staffed with volunteer professionals to directly assist more than 100 callers. WATE linked MHA's free

online screening tools to their Web site and Lori Tucker gave instructions on accessing the free and confidential screenings for depression, bi polar disorder, anxiety and PTSD. In the month following the program, 435 people completed mental health screenings with 69 percent testing positive for mental illness.

Pictured at left: WATE TV Anchors Don Dare & Lori Tucker (center) flanked by volunteers Michael Watke, Candace Allen, Vik Moore (left) and MHA staff Jennifer Holmes, volunteer Amber Braukmuller and MHA Executive Director Ben Harrington.



Not pictured: Volunteers from Baptist GAP Program – Alice Garrison, Sara Willis, Sue Price, Arlis Greaf and Cheryl Ryerkirk; Peninsula volunteers Glenda Sublett, Jan McMillon and Niki Cruze.

Happenings cont. next page

— HAPPENINGS —

Haley's Park Dedication Opens Homes for Consumers



Marie Williams, TDMHDD director of Recovery & Planning Services honors Bob Currie, TDMHDD director of Housing and Homeless Services (HHS). To the left of Currie is Mary Gormley, Network Relations Director, and Gregory Fisher, former TDMHDD HHS director, now with Americhoice.

On November 1, 2007, Park Center, Inc. dedicated Haley's Park, a fourteen unit one-bedroom apartment complex and two-bedroom resident manager's apartment at 3015 Lebanon Pike, Nashville, located adjacent to the Middle Tennessee Mental Health Institute and leased for 75 years from the Tennessee Department of Mental Health and Developmental Disabilities. Haley's Park is named for the former Park Center board chair and mental health advocate, George Haley. The new facility will offer housing for mentally ill persons who are in recovery and able to live independently and need a home.

Park Center officials praised TDMHDD Deputy Commissioner Joe Carobene as an instrumental player in bringing the project to reality.

TDMHDD Director of Housing and Homeless Services, Bob Currie, was also honored for his hard work by having a room in the facility named after him.



George Haley, former Park Center Board chair, for whom the complex was named.

Cumberland Heights Completes Frist Family Life Center

Cumberland Heights, one of the nation's oldest and most respected alcohol and drug treatment facilities since 1965, recently opened the 40,000-square-foot Dorothy Cate and Thomas F. Frist Family Life Center, which houses the Jack C. Massey Gymnasium, a 200-seat auditorium, a fitness facility, game rooms, craft rooms, counseling and meeting spaces. The \$12 million expansion allows Cumberland Heights to complete a formal shift in its emphasis from primarily substance abuse treatment to ongoing recovery.

Cumberland Heights has treated more than 67,000 patients, from 50 states and a number of foreign countries, who range from indigent and unemployed individuals, business people and government employees to nationally recognized personalities from the sports and entertainment industries.

Cumberland Heights' primary mission is to treat chemical abuse through seven locations, including its flagship facility, a 177-acre campus located at 8283 River Road, 16 miles west of downtown Nashville. For more information, please visit www.cumberlandheights.org.

Road to Freedom 2007 Bus Comes to Nashville's Frist Center for the Visual Arts

The Road to Freedom tour bus completed a year long track through the 50 states in November to chronicle and explain the history of the grassroots "people's movement" leading to the passage of the Americans with Disabilities Act (ADA). Through onboard exhibits, the bus

showcases the struggle for disability rights, past and present, while promoting educational and economic opportunity for children and adults with physical, mental, cognitive, sensory and developmental disabilities. The bus arrived at the Frist Center for the Visual Arts on October 31, 2007, where a photographic exhibit relating to the tour was on display. On hand to welcome the bus were Nashville Mayor Karl Dean and Councilman Darren Jernigan, the first Metro councilman with a physical disability to be elected. Dean was Nashville's law director and worked to ensure that the city's government was in compliance with ADA regulations. Jernigan of Old Hickory, Tennessee, represents District 11.



The Road to Freedom is a project of ADAWATCH and the National Coalition for Disability Rights (NCDR). Visit www.adawatch.org to learn more about the bus and the proposed passage of an "ADA Restoration Act."

— HAPPENINGS —

Mental Health Coop Adds Vanderbilt Child Psychiatrist to Staff



Dr. Sonali Sheth

The Mental Health Cooperative (MHC) welcomed Sonali Sheth, M.D. to its child psychiatry team in September. Dr. Sheth is charged with further development and supervision of the child and family program in addition to seeing children with serious emotional disorders. Dr. Sheth joins MHC in partnership with Vanderbilt University Medical Center.

UPCOMING CONFERENCE

The Southern States Psychiatric Hospital Association (SSPHA) meets in Knoxville, Tennessee April 23- 25, 2008. The conference will be held at the Downtown Hilton and a government room rate of \$77 per night is offered to persons with a government ID card. Conference registration fee is \$75 per attendee and each member hospital will receive one free registration. Lee Thomas, CEO of Lakeshore Mental Health Hospital is vice-president of SSPHA.

For more information please visit www.sspha.com. ■

National Honor...cont.

SAMSHA grants totaling \$9.8 million to study substance abuse in older adults, methamphetamine abuse and treatment, and the development of a system of care for children and youth with serious emotional disturbance.

Wilson Promoted to Director of Clinical Services

Wilson Promoted to Director of Clinical Services Patricia (Trish) Wilson, LPC, has been appointed as director of Clinical Services in the Division of Managed Care. Wilson has worked for TDMHDD for more than five years, leading the TDMHDD Crisis Services Workgroup in the redesign of the crisis continuum of services, crisis curriculum development, and the establishment of crisis stabilization units in Middle Tennessee. Wilson has also been instrumental in working with TDMHDD staff in quality monitoring of Specialized Crisis Services for youth and development of TDMHDD telemedicine guidelines. ■



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 Department of Mental Health and Developmental Disabilities
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Newsletter Staff

Jill M. Hudson, Director
 Lorene Lambert, Publications Editor
 Mark Davis, Lorene Lambert and Arvis Wright,
 Staff Photographers

Prepared and distributed by the
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 425 Fifth Avenue North
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 615.253.4812

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Please send queries, suggestions and address changes to:

lorene.lambert@state.tn.us or
jill.m.hudson@state.tn.us

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