

October 2018

FAMILY DRIVEN ♥ YOUTH GUIDED ♥ COMMUNITY BASED ♥ CULTURALLY AND LINGUISTICALLY COMPETENT



TENNESSEE
SYSTEM
of **CARE**

System of Care Across Tennessee

System of Care Across Tennessee

TN Department of Mental
Health and Substance Abuse
Services (TDMHSAS)

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Mission

To put in place policies, organizational structures, and funding mechanisms that support the implementation and expansion of a children's mental health system in Tennessee (TN) grounded on SOC values and principles.

Core Values

Family Driven | Youth Guided Services

Community-Based

Culturally and Linguistically Competent



TN

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



System of Care Across Tennessee Services

The System of Care Across Tennessee (SOCAT) offers high-fidelity Wraparound Services to 85 counties across the state. Our team has enrolled over 100 children, youth, young adults and their families in services!



Each SOCAT site employs a Care Coordinator and Family Support Specialist (FSS) to work with families who have young children, youth, or young adults with mental health concerns.

SOCAT utilizes System of Care values and principles while empowering Tennessee families to work together with child-serving agencies as a partner to guide their care. The goals of SOCAT include:

- Decreasing the utilization of inpatient care
- Reducing the number of out-of-home placements
- Improving community function, including school attendance and performance
- Including and sustaining positive mental health, including increases in behavioral and emotional strengths in children, youth and young adults

The SOCAT initiative serves youth age 21 or younger who are experiencing emotional or behavioral concerns that affect their daily life (i.e. having trouble in school, with their family, with peers or adults, with law enforcement, or children's services). Additionally, SOCAT focuses on young people who are having difficulty or are at-risk of being kicked out of school or have been or are currently at-risk of psychiatric hospitalization, residential placement, or placement in DCS custody.

- Frontier Health (Johnson county)
- Mental Health Cooperative, Inc. (Coffee, DeKalb counties)
- Pathways Behavioral Health Services (Madison county)
- Professional Care Services of West TN, Inc. (Tipton county)
- Tennessee Voices for Children (Decatur, Clay, and Cocke counties)
- Volunteer Behavioral Health Care System (Meigs. Putnam counties)



To learn more about eligibility and the referral process, visit [this link](#) or contact SOCAT Project Director, Keri Virgo, at [\(615\) 770-0462](tel:6157700462) or keri.virgo@tn.gov.

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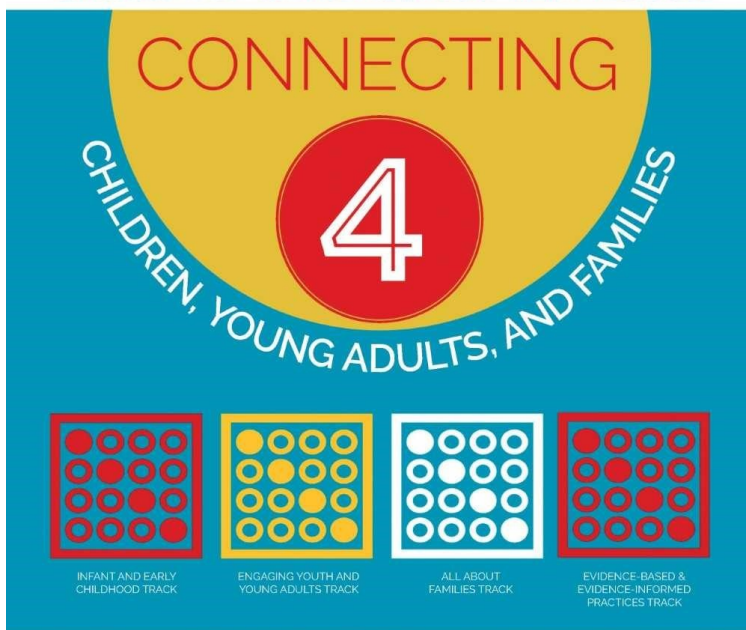
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System of Care Happenings

Sixth Annual SOCAT Conference

“Connecting 4 Children, Young Adults, and Families”

SYSTEM OF CARE ACROSS TENNESSEE



SIXTH ANNUAL SOCAT CONFERENCE

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), in partnership with the Tennessee Commission on Children & Youth (TCCY) and the Tennessee Association of Mental Health Organizations (TAMHO) hosted the Sixth Annual System of Care Across Tennessee (SOCAT) Conference on September 21st-22nd at the Embassy Suites by Hilton in Murfreesboro. This year's theme was “Connecting 4 Children, Young Adults & Families.”

Because Tennessee has been building systems of care that foster hope and resiliency for our youngest citizens to our young adults and their families for nearly two decades, this year's conference offered four (4) unique tracks: Infant and Early Childhood, Engaging Youth and Young Adults, All About Families; and, Evidence-Based & Evidence-

Informed Practices. Participants were offered the option to participate in multiple tracks in an effort to enhance continued learning and networking opportunities. The conference featured opening remarks from SOCAT Project Director, Keri Virgo, highlighting why Tennessee has chosen to embed System of Care principles and values in our state, and followed by keynote speaker, Marva Lewis, PhD from Tulane University. Dr. Lewis kicked off the two days with an overview of connected relationships within systems of care.

The SOCAT team was thrilled to see youth, young adults, families, community partners and state agency representatives in attendance at this exciting event! It is truly an honor to see the extent of Tennessee's System of Care growth over the last 20 years.



System of Care Happenings

Notice of Rulemaking Hearing: Office-Based Opiate Treatment Facilities

The Tennessee Department of Mental Health and Substance Abuse Services will hold a rulemaking hearing regarding Office-Based Opiate Treatment Facilities on **Tuesday, October 30, 2018**.

The rulemaking hearing is in regards to Chapter 0940-05-02 Licensure Administration and Procedures, Chapter 0940-05-35 Office-Based Opiate Treatment Facilities and Chapter 0940-05-36 Office-Based Opiate Treatment Facilities with Dispensing Authorization.

For more information, see the Notice of Rulemaking Hearing on the Tennessee Secretary of State's website at this link: https://publications.tnsosfiles.com/rules_filings/08-28-18.pdf

Quality Referrals Training for Substance Abuse Professionals Working with Women Who Experience Unintended Pregnancies

Thursday, October 18, 2018

8:30 AM—4:00 PM

TAADAS Conference Room

1321 Murfreesboro Pike

Suite 130

Nashville, TN 37217

Presented by: Renée Burwell, LCSW, MPA, CST
Health and social service providers often serve as a critical link to helping women obtain quality, compassionate care for a range of needs, including reproductive healthcare.

These same individuals are both willing and able to play an essential role around pregnancy options, counseling and access to prenatal care, abortion, or adoption resources, but they often don't have the tools or support to assist women facing unintended pregnancy.

Given this gap, Provide Care trains providers to offer non-judgmental, all options counseling and referrals to their clients. The Provide Care training team offers on-going follow-up support to integrate this training into work with your clients. Also, Provide Care offers regularly updated resource lists so that providers so that they always have the information needed to make effective referrals.

This training is FREE! To learn more, and register click [HERE](#).



System of Care Happenings

TSPN Presents: safeTALK

Training

safeTALK is a half-day (3 hour) training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

Participants will receive a certificate of completion at the end of the course.



Register [HERE](#) for Middle TN!

Register [HERE](#) for West TN!

QPR Training in Jackson, TN

What is QPR?

QPR (Question, Persuade, Refer) is a Gatekeeper Training for Suicide Prevention designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone in the community positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, casemangers, EMS, first responders, clergy, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources.

Trained participants should be able to:

1. Recognize someone at risk for suicide.
2. Intervene with a person at risk.

3. Refer the person at risk to supports in the community.

This training cost \$20.00, but is refundable after participates complete the full 2 hours of training. Participates will receive 2 contact hours upon completion. Participates will also receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources.

Questions? Please contact Tosha Gurley, West TN Director at tgurley@tspn.org or click [HERE](#) to register for the upcoming class scheduled on October 18, 2018.



System of Care Happenings

Family Support Specialist Coalition Meeting



Come join the regular quarterly FSS Coalition Meeting in your area! Be a part of the coalition of fellow Family Support Specialists you can reach out to when you face challenges. You will also have the opportunity to participate in trainings and network with community members. To learn more information, and to register for any of the regional FSS Coalition meetings, click [HERE](#).

Upcoming Meeting Dates:

East TN—November 7th
Middle TN—October 18th
West TN—October 19th

Davidson Community Education Program: Addiction Affects the Family

Thursday, October 25, 2018
6:00 PM—7:30 PM CDT



Addiction is a family disease that stresses the family to the breaking point, impacts the stability of the home, the family's unity, mental health, physical health, finances, and overall family dynamics.

Come out to [Cumberland Heights'](#) Davidson County Community Education Program to learn about how your family might be affected and what you can do to support yourself, your family and your loved ones who may be struggling with substance use. This event is FREE, and will be hosted at the AGAPE Center in Nashville. Click [HERE](#) to register.

System of Care Happenings

International Survivors of Suicide Loss Day

Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. This year, the [Grief Center of Middle Tennessee](#) has organized a gathering to observe with international observance on **Saturday, November 17th** from 11:30 AM—2:30 PM CST at their office location in Nashville, TN.



This gathering includes a screening of *The Journey: A Story of Healing and Hope*, a compelling AFSP-produced documentary about the suicide loss experience, as well as a new follow-up featurette, *The Journey Revisited*, in which six of the original *Journey* participants gather three years later to reflect on how their grief and healing journey is evolving.

Light lunch will be served and participants will have the opportunity to connect with others, learn about community resources and explore ways to cope with grief. This event is appropriate for adults over the age of 18 who have experienced the death of a loved one due to suicide, or those who are interested in increasing their understanding of suicide loss.

This event is FREE! To register, click [HERE](#).

Council on Children's Mental Health

October 18, 2018

10:00 AM—2:00 PM CST

Midtown Hills Police Precinct (1443 12th Ave S., Nashville, TN 37203)

Don't miss the last Council on Children's Mental Health meeting of 2018! The Council is a community of statewide stakeholders in children's mental health care that includes children, youth and families. The Council was created to develop a plan for a statewide system of care where children's mental health services are child-centered, family-driven, culturally and linguistically competent, and provides a coordinated system of care for children's mental health needs in the state. Other Council duties include stimulating more effective use of resources, assisting in developing interagency agreements, determining whether programs are evidence-based, research-based and theory-based and submitting those findings. The Council is co-chaired by the Commissioner of the Department of Mental Health and Substance Abuse Services and the Executive Director of the Tennessee Commission on Children and Youth.



***Lunch will be provided.

System of Care Happenings

Breaking the Silence: Addressing Youth & Young Adult Struggles

Sun, November 4, 2018
1:00 PM – 6:00 PM CST

Brentwood United Methodist Church
309 Franklin Road
Brentwood, TN 37027



Many youth & young adults suffer from common issues: trauma, anxiety, depression, grief & hopelessness. These issues manifest themselves differently, often overlapping in complex ways.

Experts in the field of mental health and addiction will: 1) Educate teens & young adults, family and community members and professional and volunteer practitioners on a variety of topics; 2) Answer questions; 3) Create awareness about the available resources

Families, youth groups and anyone who works with youth and young adults are encouraged to attend, become enlightened and then continue the conversations in their own homes, schools and communities. This event is FREE! To register, click [HERE](#).

Shelby County: HOPE IN ACTION: Faith and The Addicted Brain 2

JOIN the TN Department of Mental Health and Substance Abuse Services ON **Tuesday Oct. 23rd 2018** -9:00am to 1:00pm at The University of Tennessee Health Science Center!

People recover from addictions every day. Families are rebuilt. Lives are restored. But recovery rarely happens in a vacuum. It takes a community willing to stand beside the person, to support them, and to help lead them out of the darkness.

TUESDAY, OCT. 23, 2018 | 9AM - 1PM
UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER
800 MADISON AVE, MEMPHIS, TN 38163
LUNCH & PARKING ARE FREE | REGISTRATION BEGINS AT 8:30AM

FEATURED SPEAKER: ALTHA J. STEWART, M.D.
PRESIDENT, AMERICAN PSYCHIATRIC ASSOCIATION
ASSOCIATE PROFESSOR | CHIEF OF SOCIAL & PUBLIC PSYCHIATRY
DIRECTOR, CENTER FOR HEALTH IN JUSTICE INVOLVED YOUTH
UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER

Together, we are building a recovery network comprised of compassionate and concerned citizens who are reaching out to those struggling with addictions and mental health issues and connecting them to vital services in the community. Your congregation can join this effort.

To learn more and register, click [HERE](#).

System of Care Happenings

Mental Health First Aid Training: Memphis, TN

Hosted by Church Health



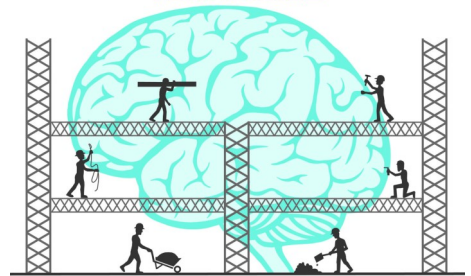
Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year.

The National Council for Behavioral Health certifies individuals throughout the nation, including Church Health, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit <http://www.mentalhealthfirstaid.org>.

Church Health Behavioral Health area is offering this 8-hour course on **Thursday, October 25, 2018**, at Church Health. To register, click [HERE](#).

ACEs: The Basics & Beyond - Memphis **BUILDING STRONG BRAINS TENNESSEE**

Omni Visions, Inc. in Memphis is hosting a FREE ACEs training facilitated by Patti van Eys, Ph.D. on **October 18, 2018**. Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences, such as abuse, neglect, and family dysfunction that disrupt the safe, stable, nurturing environments that children need to thrive. This training uses some of the latest knowledge about brain development to explain how difficult experiences in childhood can change brain development, responses to stress, health consequences and even early death. The training will also show how factors can positively affect the developing brain.



Learning Objectives:

- Learn the original 10 types of childhood adversity identified in the ACEs study
- Understand the differences between positive, tolerable, and toxic stress responses
- Recognize the interplay between risk and resilience and how to cope with ACE consequences
- Learn how the mobilization of healthy and stable social networks and interventions can prevent ACE transmission

OmniCare Institute uses certified Building Strong Brains trainers. Building Strong Brains is an initiative of the State of Tennessee. To register, click [HERE](#).

Trainings and Resources

Kinship Care: What Child Welfare Professionals and Kin Caregivers Need to Know

Tuesday, October 16th

2:00 PM—3:00 PM EST

Join the Annie E. Casey Foundation on Oct. 16 from 2 to 3 p.m. EDT for a webinar on the current trends and unique challenges of kinship care as well as how child welfare professionals can engage kinship caregivers. Register [HERE](#).

Back to School: Helping Children and Parents

Wednesday, October 17th

1:00 PM—2:00 PM EST

In this webinar from the National Council for Behavioral Health, scheduled for Oct. 17 from 1 to 2 p.m. EDT, the presenter will discuss methods for helping children with mental health challenges and their families as they transition back to school. Register [HERE](#).

Registration Is Open for the National Federation of Families for Children's Mental Health Conference

November 1st-3rd

The National Federation of Families for Children's Mental Health annual conference brings together family members, young adults, and professionals and focuses on issues and trends pertaining to children's mental health from the perspective of a family-driven and youth-guided approach. The conference will take place Nov. 1-3, 2018, in Houston, TX. Register [HERE](#).

Call for Presentations: Protecting Our Children Conference

The National Indian Child Welfare Association is accepting workshop proposals for the 37th annual Protecting Our Children Conference. Popular past workshops have presented innovative tribal and community programs, unveiled new curricula and research, and shared effective youth engagement practices. **The proposal deadline is Nov. 15, 2018.**

Click [HERE](#) to apply.

Trainings and Resources

System of Care Expansion Leadership Learning Community: SOAR for Children

Wednesday, Oct. 17

2:30 – 4 p.m. EDT

SOAR (SSI/SSDI Outreach, Access, and Recovery) is a successful national program, funded by SAMHSA, originally designed to increase access for adults to the disability income benefit programs administered by the Social Security Administration. This learning community will introduce the new SOAR Child Curriculum, an online course designed by the SAMHSA SOAR TA Center to increase access to Supplemental Security Income (SSI) for children and youth under the age of 18 with disabling conditions who experience or are at risk of homelessness. Register [HERE](#).

Direct Connect Learning Community Youth Engagement Steps to Success: Creating Youth-Friendly Environments

Wednesday, Oct. 24

2:30 – 4 p.m. EDT

Are you developing and implementing youth engagement strategies in your community? This webinar will assist youth leaders, adult supporters, and organizational staff identify strategies to enhance youth engagement and create supportive working environments. The webinar will highlight key recommendations about how to involve youth and young adults, and present information about best practices to use when employing youth leaders. Register [HERE](#).

The Power of Telling Your Story

Thursday, Oct. 25

3 – 4:30 p.m. EDT

Join the staff of the Family-Run Executive Director Leadership Association for a lively discussion on the power of storytelling. Share your thoughts on how to guide families to effectively tell their story while respecting their child's story, do's and don'ts of social media, involving youth in storytelling, and more. Register [HERE](#).

Trainings and Resources

Additional Resources:

Healing Word Center

<http://www.memphishealingcenter.com/>

Mental Health Association of Middle Tennessee

www.mhamt.org

Mental Health Transformation Alliance

<http://www.mhtransformationalliance.org/>

NAMI- Tennessee

www.namitn.org

National Council on Behavioral Health

www.thenationalcouncil.org

The National Federation of Families for Children's Mental Health

www.nffcmh.org

The National Wraparound Implementation Center

www.NWIC.org

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Tennessee Association of Alcohol, Drug and other Addiction Services (TAADAS)

www.taadas.org

Tennessee Commission on Children and Youth

www.tn.gov/tccy

Tennessee Voices for Children

www.tnvoices.org

Our Team

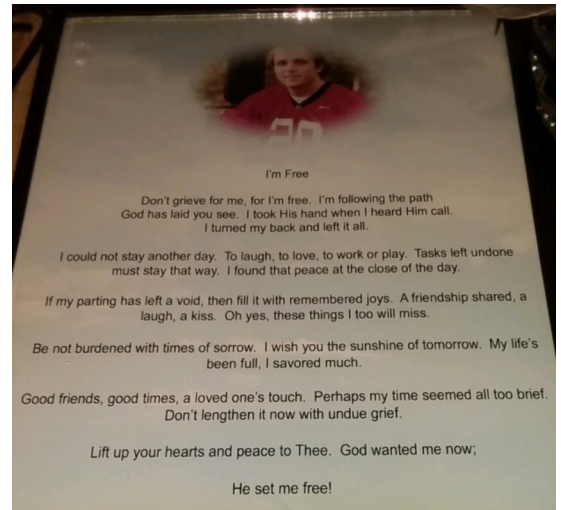
SOCAT Team Spotlight:



The SOCAT initiative is honored to have Pathways Behavioral Health Family Support Specialist, Debra Granger, on our team working with children, youth and families. In observance of September as National Suicide Prevention Month, Debra's son, Nicholas Bryant had a dedication on the "[Love Never Dies](#)" Memorial Quilt last week during the Suicide Awareness Event. Such a quilt was deemed necessary to personalize the phenomenon of suicide, demonstrating to the community at large that suicide is not some abstract social phenomenon, but a legitimate public health crisis that affects many people within a given community.

Nick was Debra's pride and joy and he loved life to the fullest! He was a HUGE Georgia Bulldog fan (Go Dawgs!), among other hobbies. A friend of Nick's put

together a framed poem (see picture to the left) and Debra says, "To sum it up, Nick always loved life and the verse at the bottom of the poems is what I cling to and also my faith and family and part of this is why I enjoy being a part of the SOCAT team!"



SOCAT in Your Community!

All of our SOCAT Team members are out in the communities they serve, working to support Tennessee's children, youth, young adults and their families. Keep up with our whereabouts by following us on Facebook, Twitter, and Instagram [@SOCacrossTN](#). If you would like to learn more about System of Care and how our team is embedded in your area, you may also visit our website and check out our Community Calendar at www.SOCacrossTN.org.





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



Our Vision

To ensure Tennessee families have access to community-based services for children, youth and young adults with mental, emotional, and behavioral health needs that is coordinated across systems, individualized to a family’s unique needs, strengths, and culture, and where the families are the primary decision makers in the care of their children.

System of Care Across Tennessee (SOCAT) builds on two decades of System of Care experience and focuses on young children, children, youth, and young adults, and their families. SOCAT utilizes the System of Care values and principles while empowering Tennessee families to work together with child-serving agencies as partners to guide their care. To make a referral, click [HERE](#).

Follow us on Facebook @SOCacrossTN	Follow us on Twitter @SOCacrossTN	Follow us on Instagram @SOCacrossTN

To learn more about System of Care Across Tennessee and the work our team is doing in your community, visit our website at SOCacrossTN.org.