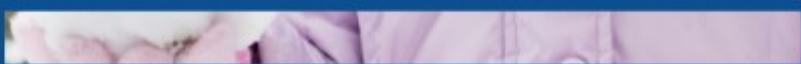
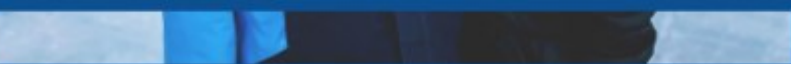


January 2019



System of Care Across Tennessee



Letter from the Director:

Keri Virgo

Happy New Year from the System of Care Across Tennessee (SOCAT)! We are so glad you have taken a moment to join us and read about the wonderful news and successes happening across the state. We appreciate the time and dedication of our stakeholders and partners in their efforts to embed System of Care (SOC) values and principles into their communities and we are committed to helping you forge ahead.

Twenty-eighteen was a great year for SOCAT! We enrolled over 100 children, youth, young adults, and their families into SOCAT; we have embedded high-fidelity wraparound into 37 counties; and have built the capacity to serve 86 of Tennessee's 95 counties. SOCAT teams, families, and youth travelled to Washington, D.C. for training, furthering their knowledge and understanding of SOC and children's mental health. Twenty-eighteen was also our first combined Peer Leadership Academy, which provided an opportunity for parents, caregivers, youth, and young adults to engage in trainings and activities for the enhancement of their skills as peer leaders.

While Twenty-eighteen was a filled with hard work and growing pains it was also filled with team and relationship building. In July, SOCAT teams descended on Montgomery Bell State Park for an all staff retreat to increase collaboration, team building, and comradery. Teams were able to network with other sites from across the state and work together to focus on doing what's right as partners with the families of Tennessee.

SOCAT's New Year will kick-off with a new provider joining our teams and a new site in Lawrence County. Helen Ross McNabb will be serving Sevier County and the surrounding area and Mental Health Cooperative will serve Lawrence County and the surrounding area. The addition of Lawrence County will bring SOCAT to a total of twelve teams serving the children, youth, young adults, and families of Tennessee.

We want to include you all in the community even more in 2019! Throughout the year, we will be sharing SOCAT success stories in our newsletter, on various social media platforms, and our website. By sharing these stories we want to instill the hope that others have found within the system of care. Please join us in kicking off this milestone year for the SOCAT initiative by sharing, "liking," and reposting all of the great things happening for Tennessee children, youth, young adults, and families!



System of Care Across Tennessee

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

Keri Virgo
Director, System of Care Across
Tennessee

Brenda Donaldson
Family Engagement Program
Manager

Jules Wilson
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Tennessee Commission on
Children and Youth (TCGY)

Melissa McGee
Director, Council on Children's
Mental Health

Jill Murphy
Divisional Coordinator, East

Laritha Fentress
Divisional Coordinator, Middle

Jerri Moore
Divisional Coordinator, West

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

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 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

Follow the map on the next page for a look at our [guiding principles](#).

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
- Mental Health Cooperative, Inc.
- Pathways Behavioral Health Services
- Professional Care Services of West TN, Inc.
- Tennessee Voices for Children
- Volunteer Behavioral Health Care System



[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 SOC.TAcenter@tn.gov.

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PRINCIPLE 1

Ensure availability of an access to a broad, flexible array of effective, evidence informed, community-based Services and supports for children and their families that address their physical emotional and educational needs including traditional and nontraditional services as well as informal and natural supports

PRINCIPLE 4

Ensure cross-system collaboration, with linkages between child Agencies and programs across administrative and funding boundaries and mechanisms for system – level management, coordination, and integrated care management



PRINCIPLE 5

Provide care management or similar mechanisms to Ensure that multiple services are delivered in a coordinated and therapeutic Manner, and that children and their families can move through the system of services in accordance with their changing needs



PRINCIPLE 2

Provide individualized services in accordance with the unique potential and needs of each child and family, guided by strengths-based, wraparound services cleaning process and an individualized service plan developed in true partnership with the child and family



PRINCIPLE 3

Deliver services and supports within the least restrictive, most normative environments that are clinically appropriate



PRINCIPLE 6

Provide developmentally appropriate services and supports to facilitate the transition of youth to adulthood and to the adult-service system as needed



PRINCIPLE 9

Incorporate or link with mental health promotion, prevention, and early identification to improve Long – term outcomes, including mechanisms to identify problems at an earlier stage and mental health promotion and prevention activities directed at all children and adolescents



PRINCIPLE 8

Provide developmentally appropriate mental health services and supports that promote optimal social and emotional outcomes for young children and their families in their homes and community settings



PRINCIPLE 7

Provide developmentally appropriate services and supports To facilitate the transition of youth to adult hood and to the adult – service system as needed



PRINCIPLE 10

Incorporate continuous accountability mechanisms to track, monitor, and manage the achievement of system of care goals; Fidelity to the system of care philosophy; and quality, effectiveness, and outcomes at the system level, practice level, and child and family level



PRINCIPLE 11

Protect the rights of children, Youth, and families and promote effective advocacy efforts



PRINCIPLE 12

Provide services and supports without regard to race, religion, national origin, gender, gender expression, sexual orientation, physical disability, Socio economic status, geography, language, immigration status, or other characteristics; services should be sensitive and responsive to these differences



Training and Technical Assistance Center Updates

The System of Care Across Tennessee (SOCAT) Training and Technical Assistance Center (TTAC) is now open! The TTAC promotes system of care values and principles through providing quality resources, training, and consultation to youth and young adults with behavioral health needs, their families, and those who serve them.

The TTAC is committed to providing quality technical assistance in a variety of forms, depending on need, including:

Training – provided by a content expert from the TA Network to a group of individuals who would like to increase their knowledge about a specific topic

Consultation – provided by a content expert from the TA Network to a group of individuals or organizations/agencies who would like one-on-one, targeted support around a specific need or problem (e.g. implementing trauma-informed care)

Resources and Materials – an extensive compilation of behavioral health resources, accessible for free on our website or by request.



Get involved with our Training and Technical Assistance Center:

[Request a training or consultation on a certain topic](#)

[View upcoming trainings and events](#)

[Access resources](#)

[Apply to become a content expert for our TTAC](#)

[Learn about peer support](#)

Upcoming FREE Trainings:

Introduction to Wraparound in Cookeville, TN – February 12th, 13th, 14th, 2019 – [Register here!](#)

Building Strong Brains: ACEs in Chattanooga, TN – February 21st 2019 – [Register here!](#)

Building Strong Brains: ACEs in Knoxville, TN – March 5th, 2019 – [Register here!](#)

More trainings will be added throughout the year across Tennessee, join our **listservs** to stay up to date on future trainings!

Sign up for our listserv updates! For our Weekly SOCAT Updates, [click here to sign-up](#). For our Monthly TTAC Updates, [click here to sign-up](#).

If you have questions or want to learn more, email us at SOC.TAcenter@tn.gov or visit our website at www.SOCacrossTN.org

SOCAT Success Stories

Self-confidence is something that we all struggle with from time to time, and overcoming our insecurities can be a challenge. This success story comes out of the Decatur County area where one youth receiving Wraparound services through SOCAT was able to flourish and overcome insecurities. This particular youth expressed struggles with his self-esteem due to scarring from an auto accident. After working on self-confidence with one of SOCAT's Family Support Specialists, this youth made significant progress towards overcoming insecurities and attended a school dance with confidence!



This success story is from the Cocke County area and stems from the strong relationships SOCAT staff have built in the communities receiving high-fidelity Wraparound services. One youth enrolled in SOCAT services was charged with domestic assault. Due to the support and partnership established with Cocke County Juvenile Court, the judge granted an additional 30 days to see if the youth could make positive strides towards Wraparound goals. While this looks different than a traditional success, this collaboration and extra time allows SOCAT staff and partners to work the youth and find supports that fit the family's individual needs.

For one family in the Clay County area, the SOCAT program has taken off and allowed for tremendous growth and progress! This family shared a complicated family dynamic, coupled with living in a rural county with little to no resources and no access to any form of transportation. Over the last four months, this family has been able to move to an area with many great resources and closer to family. They were able to purchase a reliable vehicle, and keep all appointments with a new mental health care provider! The two boys in the family have also started to thrive in their new school! The family identified the goal of getting along better with each other, which they are doing better at every day!



Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC)

ISMICC Update

Conni Wells, Regional Director for Tennessee Voices for Children

In December 2016, the 21st Century Cures Act was signed into law. Through this Act (Public Law 114-255), the Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC) was established to address the needs of

adults with SMI and children and youth with SED and their families. ISMICC is to deliver the following to Congress and to other relevant federal departments and agencies:

- A summary of advances in serious mental illness (SMI) and serious emotional disturbance (SED) research.
- An evaluation of the effect federal programs related to SMI/SED have on public health, including public health outcomes.
- Specific recommendations for actions that agencies can take to better coordinate the administration of mental health services for adults with SMI and children and youth with SED and their families.

The ISMICC includes representatives of eight federal departments that support programs that address the needs of individuals with SMI and SED. Their collaboration is informed and strengthened by the participation of nonfederal members, including national experts on health care research, mental health providers, advocates, people with living with mental health conditions, and their families and caregivers. This cross-sector, public-private partnership provides a unique opportunity to generate solutions to the problems facing the mental health system in a collaborative manner that takes into consideration the lived experiences of consumers, families, providers, communities, and teaching institutions.

During the upcoming year the input of families, youth, providers, policymakers, and programs will be critical. I will be doing regular updates and offering guidance on the target areas and avenues that can be utilized to ensure that Tennessee has a strong voice. Stay tuned, but in the meantime get acquainted with ISMICC materials and activities on the [SAMSHA website](https://www.samsha.gov/) or email me at cwells@tnvoices.org



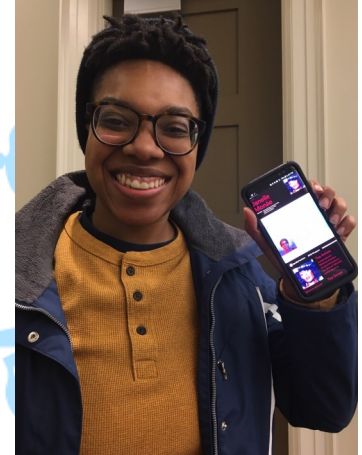
Youth & Family Engagement Updates

Youth Engagement Update

Despite it being a cold and rainy Saturday in Nashville, the December meeting of the Statewide Young Adult Leadership Council (YALC) was a wonderful success with over ten people in attendance from across the state. The topic of the meeting was the art of presenting oneself. The YALC had identified the topic as one of interest after seeing Dr. Monty Burks present "Young and Professional: We are a work in progress!" at the System of Care Conference in September 2018.

The main activity during the December meeting was an adult version of Show and Tell. After some time to prepare, the YALC members took turns presenting their object to the other participants. Giving presentations is "a skill that not a lot of people get taught when they're growing up. Usually [when they do study presentations] it's temporarily about a school project. So turning it and making mini speeches and presentations about ourselves was great practice," said Jordan, a member from Chattanooga.

In all, the Young Adult Leadership Council is a space to experiment with being brave and authentic, to feel respected and valued, and to gain a better understanding of the power they have in a world where youth and young adults can feel so small. For more information on the YALC click [here!](#)



Family Engagement Update

The New York State Council on Children and Families defines family engagement as any role or activity that enables families to have direct and meaningful input into and influence systems, policies, programs, or practices affecting services for children and families.

Family Engagement is a critical component of system of care work. Family engagement is not a simple construct, but rather is made up of many key elements that work together to ensure the ongoing involvement of families as partners. Once certified a family support specialist can assist caregivers in managing their child's illness while fostering resiliency and hope in the recovery process.

For more information, you can email Brenda Donaldson at Brenda.Donaldson@tn.gov

The Importance of Youth Engagement

Why Do We Meet Youth And Young Adults Where They Are?

By: Jules Wilson– Youth and Young Adult Coordinator

Almost everyone who works in a helping profession has heard that we need to meet youth and young adults where they are. What does that mean though? Do we get down on all fours and start crawling on the floor with the babies? Do we need to learn the “hip” lingo and start communicating in memes?

In actuality, meeting a youth where they are means doing your absolute best to embrace their world and learn everything you can about it. It means showing compassion for what the youth is going through and treating it as severely or as lightly as the youth wants to.

Unfortunately, my lived experience includes receiving services from a psychiatrist who did not implement youth and young adult engagement. She would interrupt me and tell me what she thought was best for my body making it difficult for me to speak up for my needs. As a result, I found myself experiencing suicidal thoughts from the medication she prescribed. When I finally found my voice and expressed my concerns, she did not believe me.

What I wish someone had told my younger self was that I held a lot more power than I ever knew possible. I had the power to ask questions about what I was putting in my body and how it would affect me. I had the right to a provider who made me feel safe, welcome, and heard.

We need to remember that it is our job to meet youth where they are, not the other way around. They should be heard more than they are talked to. Focus on listening and asking questions. Try to learn what it is like to live life in their body and walk in their shoes.

It is our job to teach and allow youth and young adults to advocate for themselves. They should feel as if someone believes in them and their ability to thrive. When working with youth and young adults, do your best to model the idea that you are there for them – they are not there for you.



“We need to remember that it is our job to meet youth where they are, not the other way around.”

If you have additional questions you can email Jules Wilson at Jules.Wilson@tn.gov

New Year New You: Resolutions that Stick

New Year's resolutions can be a great way to make positive changes, but sticking with New Year's resolutions can be challenging. Whether you are experienced at making new year goals or a first-timer, we can all use additional support! Check out the links below to learn more!

S.M.A.R.T
Goals

Need some
Ideas?

Keeping
your
resolutions

Achievable
resolutions

Let's get
physical

Read more
(for children
& adults)

Save more
money

Travel

Get better
sleep

Seasonal Affective Disorder :

What is it?

4 out of 5 people who have seasonal depression are women



“Seasonal depression, also known as seasonal affective disorder ([SAD](#)) or the "winter blues," is a subtype of depression or bipolar disorder that occurs and ends around the same time every year. Seasonal depression typically occurs when the seasons change and most symptoms begin in the fall and continue into the winter months. However, seasonal depression can occur in the summer or spring, although this is less common.”

From: [Mental Health America](#)

Younger adults have a higher risk of SAD than older adults.



“Seasonal Affective Disorder ([SAD](#)) is not considered as a separate disorder. It is a type of depression displaying a recurring seasonal pattern. To be diagnosed with SAD, people must meet full criteria for major depression coinciding with specific seasons (appearing in the winter or summer months) for at least 2 years. Seasonal depressions must be much more frequent than any non-seasonal depressions.”

From: [The National Institute of Mental Health](#)

SAD Symptoms

Difficulty	
Concentrating	
Problems	Feeling
Sleeping	Hopeless
Loss of	Low
Interest	Energy

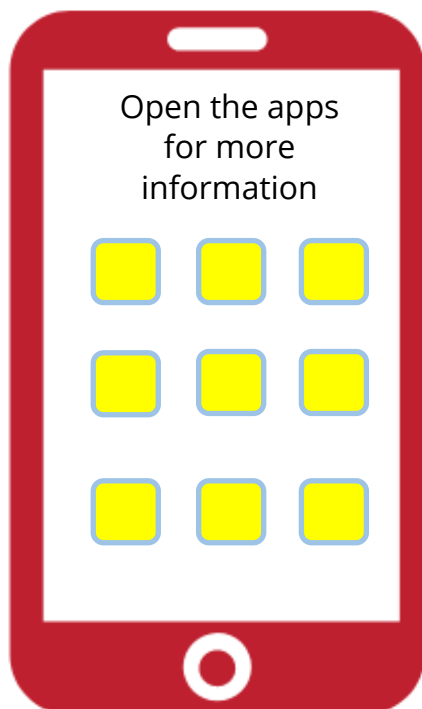
“In most cases, seasonal affective disorder [symptoms](#) appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.”

From: [The Mayo Clinic](#)

Winter Time Self-Care

Self-care is essential when it comes to mental and physical wellness. During the winter months, colder temperatures and lack of sunlight, can make habits a little more challenging to practice. Self-care doesn't have to be expensive or cost money and can be done within the comfort of your home! Check out the links below for some unique ideas to help you remain consistent with your own self-care practices.

Apps
For
Your
Phone



At Home Activities

[8 ways to practice](#)

[Creating a self-care plan](#)

[Journal prompts](#)

Making your Home [cozy](#)

[Winter Self-care](#)

[Journaling](#)

[Types of self-care](#)

[Mindfulness](#)

Winter Wellness

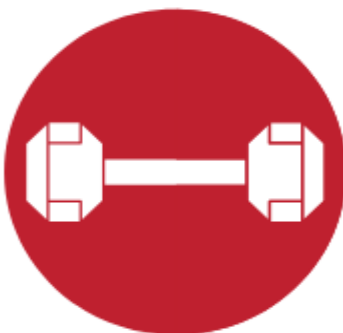
There is a growing body of evidence that shows that exercise can improve mental health outcomes. While exercise is an important part of being mentally and physically healthy, being active in the winter months can be challenging. Here are some ways you can remain active, without having to face that cold winter weather!



Take advantage of [free](#) workout videos.



Here are 25 at-home [workouts](#)



15 minute [beginner](#) workout

1 hour of [exercise](#) a week is related to lower levels of mood, anxiety, and substance use disorders.

Exercise can [increase](#) levels of serotonin dopamine and norepinephrine in the brain.

Exercise is also considered [vital](#) for maintaining mental fitness, and it can reduce stress.



Department of Mental Health & Substance Abuse Services



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.