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2019



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

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 87 counties across the state. Our team has enrolled over 150 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 aged 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. Our providers are:

- Frontier Health
- Helen Ross McNabb
- 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, Lindsay Sinicki, at [615-253-8162](tel:615-253-8162) 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



SOCAT CONFERENCE

SAVE THE DATE

System of Care Conference:
Inviting Everyone to the Table

September 17-18, 2019

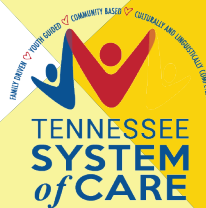
Franklin, Tennessee

Registration & More
Information SOON!



TN

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



Training and Technical Assistance Center Updates

Upcoming Trainings

- CARE Model Training: Nashville – October 18, 2019 8:30 a.m. - 12 p.m. CST
- CARE Model Training: Knoxville – October 24, 2019 8:30 a.m. - 12 p.m. EST
- WRAP Training: Nashville – November 4-5, 2019 9 a.m. - 4 p.m. CST (each day)
- Pyramid Model Training: Nashville – December 4-6, 2019 9 a.m. - 4 p.m. CST (each day)



Want to stay up to date on our trainings and find out how to register? [Sign-Up for our weekly Friday SOCAT Updates.](#)

Dont forget to check out our [event calendar](#) and [resources on the TTAC center website!](#) If you are interested in becoming a content [expert click here to learn how to apply.](#)



Statewide Young Adult Leadership Council Update

This Is Our Place At The Table
By Jules Wilson, Youth and Young Adult Coordinator

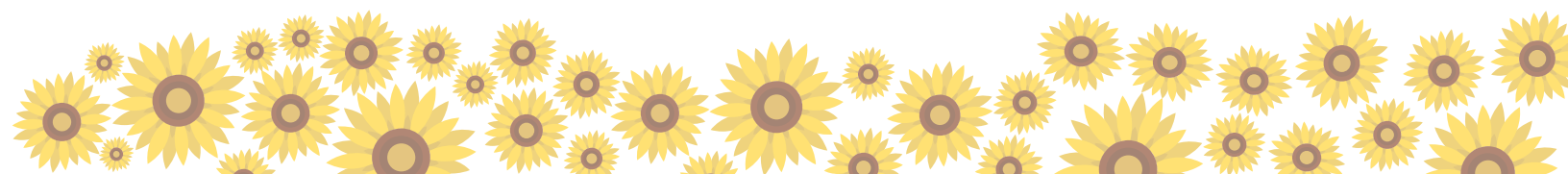
Every June, the Council on Children's Mental Health (CCMH) and the Youth Transitions Advisory Council (YTAC) come together for their annual joint meeting. The food order for Calypso Café doubles. Extra lines of chairs are set up. This year, the Statewide Young Adult Leadership Council (YALC) closed out the meeting with a standing ovation.



Let's rewind. In early April, council members Joseph Valinor, Jordan Scruggs, and Gigi Pasley participated in the first ever Statewide Young Adult Leadership Council Panel Discussion at CCMH. They were joined by Healthy Transitions Youth Coordinator Crystal Hutchins and SOCAT Social Media Coordinator Garrett Spurlin, while I facilitated. Their insightful dialogue touched on the reality of being a young person in 2019. In addition, they highlighted the importance of destigmatizing mental health in our society, especially in schools.

For June, the YALC wanted to reach for an even bigger impact. While planning, they sought to answer this question: "If you had 5 minutes to get to the heart of what providers and stakeholders need to know about serving youth and young adults, what would you say?" This led to Joseph Valinor speaking on how "We Need Autonomy," Jordan Scruggs on how "We Are the Experts," Gigi Pasley on how "This Is Our Story," Mae McCorkle on how "We Are Not Invisible," and Rebekah Lewis on how "This Is Our Place at the Table." Together, their individual stories and ideologies represented the collective "Emerging Identities" of young adults as a population and the values most important to them.

Thank you to the Council on Children's Mental Health and the Youth Transition Advisory Council for showing your commitment to the system of care value of being youth-guided. Thank you to the council members who put in the emotional and physical labor to be vulnerable and share their expertise. If the standing ovation was any indication, the Young Adult Leadership Council will be back for future speaking engagements at CCMH and YTAC.



Children's Mental Health Awareness Month Recap

Pathways Behavioral Health Services - West Tennessee

Pathways hosted a Children's Mental Health Awareness Day event in Jackson, TN in May at Jackson Career and Technology Elementary. Providers (including TVC and Jackson Madison Prevention Coalition) volunteered throughout the day with resource booths. Fun included pizza, games, and an Internet Safety presentation.

As we move through July and into August for the West TN SOCAT Teams, we look forward to MANY Back to School Events to provide information and supplies to hundreds of children and families across West TN.



Children's Mental Health Awareness Month Recap

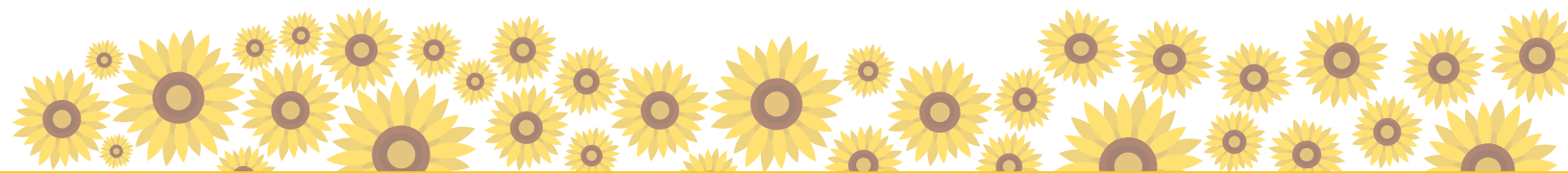
Frontier Health - Northeast Tennessee



Frontier Health's annual Kid Power event for CMHA was a huge success. The kid-centered fair took place at Founder's Park in Johnson City, TN and featured several fun activities promoting mental health awareness, interspersed with 15 information booths for local children's mental health services. The kids and their parents got physical with goat yoga and ballroom dancing; stretched their creativity while promoting positive self-image with parasol and self-portrait painting; and cooled off with free ice cream and a raffle to finish out the day.

The free event was co-sponsored by the Johnson City Farmer's Market, System of Care Across TN,

Substance Abuse and Mental Health Services Administration, TN Voices for Children, Kidcentral TN, TN Department of Mental Health & Substance Abuse Services, Downtown Yoga Center, Johnson City Ballroom, What's the Scoop Ice Cream, Small Miracles Therapeutic Equestrian Center, and Kids Like Us Community Center.



New SOCAT Staff

Lynn is the new Family Support Specialist at the Helen Ross McNabb Center SOCAT site!



Message from Lynn: "Hello all. My name is Lynette Stebleton. Please feel free to call me Lynn; as this is the name I go by with friends. I have been married to my wonderful husband, Chris, 29 years. This year in December will be 30 years. I have 5 grown children between the ages of 29 and 18. I just moved to Seymour, TN in October of last year. I am enjoying my time here in Tennessee so far. I was very happy this last winter to not be in Ohio. The mild temperatures here are wonderful. I am very excited to be working within Helen Ross McNabb."

Christina is the new Supervisor at the Professional Care Services (PCS) SOCAT site!

Fun facts about Christina: "I campaigned and won the democratic nomination for justice of the peace in 2014. I love hiking, camping and rock climbing. One bucket list item is to sky dive."



Scarlett is the new Care Coordinator at the MHC Lawrence County SOCAT site!

Message from Scarlett: "My name is Scarlett Taylor and I have been a part of the Columbia team for a little over a year doing Care Management. I am a cat mom to three beautiful babies. I am so excited to start this new position with SOCAT!"



New SOCAT Staff



Steven is the new Family Support Specialist at the Frontier SOCAT site!

Message from Steven: "I'm a single dad to and homeschool a bright, wonderful 17 year old daughter (fun fact about her - she was once the record holder for the smallest preemie saved in the region and a March of Dimes ambassador). I've lost almost 200 lbs in the last couple years and really turned my health around. I enjoy football, mixed martial arts, overly complex board games, and spending time with my kid before she goes off to college and forgets I exist."



Megan is the new Family Support Specialist at the MHC Lawrence County SOCAT site!

Fun Facts About Megan: "I am a mother of 4 beautiful kids. Their ages are 13, 11, 8, 7. My 13 yr old daughter is an Epilepsy warrior I'm a very proud mother for that we have been through so much to get to this point. I have a wonderful husband of 5 yrs. My hobbies are watching my kids play sports. I love my dogs. I have 4 Siberian Huskies. I'm very excited to start this journey with everyone."



Katie is with the SOCAT Team at Helen Ross McNabb in Sevier County!

Message from Katie: "I have been with Helen Ross McNabb for eleven years and have recently been promoted to Master's Level Team Leader and will be providing supervision for our SOCAT team through Sevier County. I have a husband and two young children with whom I love to spend my time! We are usually participating in karate, t-ball, going to the park, attending church events and visiting with cousins and grandparents whenever we can. My self-care usually consists of watching television, spending time with family and friends, and letting Chick-Fil-A provide dinner. I am looking forward to expanding my growth and knowledge and building connections with this team!"



Emerging Voices

Submissions from the Statewide Young Adult Leadership Council

Slave to My Own Mind

By: Allison Plattsmier

Have you ever felt trapped inside the prison of your mind?

Knowing the thoughts you are succumbing to are extremely irrational but you are unable to break free?

My day in, day out struggle is striving to separate the logical from the illogical, the rational from the irrational, truth from lies, fact from fiction.

Imagine having to spend every day convincing yourself that you're not a burden to everyone in your life. No matter how many times people assure you and try to put your worries at ease, you wake up every day with the same thoughts, going through the same cycle.

Every day you are plagued by these thoughts, you put on your armor and you spend the day fighting these thoughts off with a sword. By the end of the day, you've slain your dragons and conquered your thoughts. You experience a brief few hours of a relief where you feel you truly have space to think your own thoughts and make progress towards your goals.

But when you close your eyes for the night, you do so knowing the next day will bring the same barrage of thoughts, the same endless battle. You are Sisyphus and your battle will never cease.

Warning Signs - By Gigi Pasley

They don't tell you about the beast.

They don't tell you about it hypnotizing, memorizing eyes.

The sight perplexing not sure if you what you see is real a mirage a Eden,
but wait,

. Don't touch don't show vulnerability.

Fragility, frailty, finicky.

Your doubts your sorrows the delicacy of its dreams.

Can you smell it?

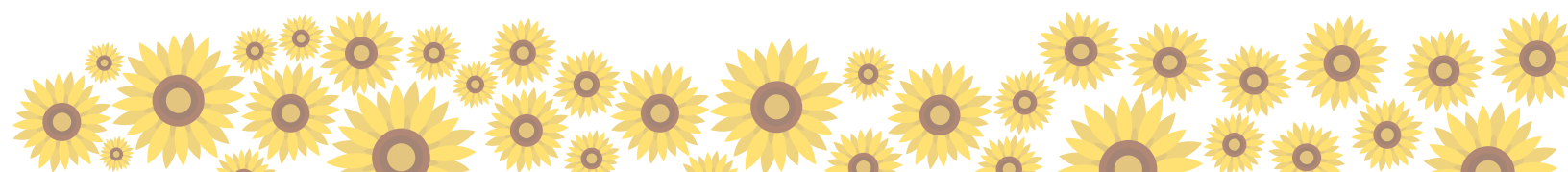
It can smell you.

Not of this world or dimension, a festering sore of the devils brewing.

All of the secrets of Pandora's box lay within this beast fathambale grasp,

as you step closer you see how human and pure, the beast looks deceit and filth still spew from it mouth.

it's words like poison rushing through your veins everything burns your skin crawls as you and the beast make eye
contact...



Social Survival Kit

By Gigi Pasley

I love having friends and being with my family, but social situations can be super tough. Whether it's new people or old friends, a few people or a party, being social just doesn't come easily. I've learned to make myself a little survival kit of things I can always take with me on outings.

Always make sure to have your electronic chargers. Sometimes you just need to get away, and you don't want your phone tablet to be on 20% of battery.

Have different fidget items like playdoh, silly putty, fidget cubes, or Jacob's Ladders. Sometimes being able to get out some energy helps all the pent-up anxiety social situations may cause.



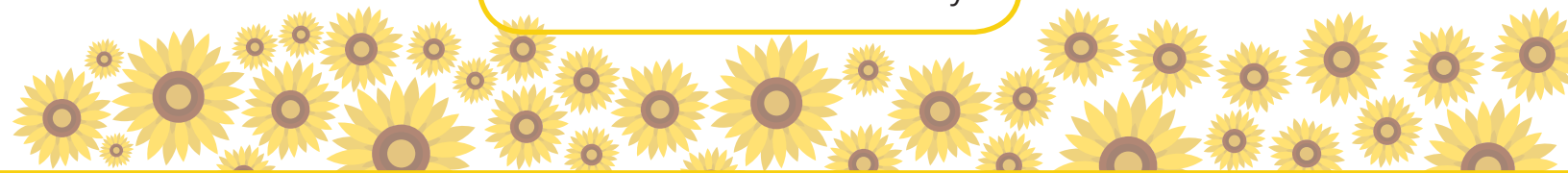
Pen and paper. Journaling or doodling is a great way to get out obsessive ideas or get out ideas that might be jumbled in your brain.

Noise can easily cause over stimulation. I try to make sure I always have my noise-canceling headphones or earbuds to listen to music.

I always like to have gum or a sucker. Focusing on the flavors in your mouth helps you stay grounded and can give something sweet to think of.

Being in your own world is OK. Having a book, comic, magazine, or any reading material can really come in handy when you aren't comfortable with what's around you.

Always make sure you have a list of people you can talk to in an emergency. I always make sure I have the people I can talk to grouped together, so it is easy for me or someone else to find if I'm not in a good place.



School Year Scaries

As summer break comes to a close, school will soon be back in session! While this may be a time of high excitement for many children, kids who are shy may dread the changes that come with a new school year. Luckily, there are many resources available to help shy kids practice social skills and thrive during the upcoming school year.

There are a lot of ways parents and caregivers can help their children overcome shyness. Starting with small social situations within your child's comfort zone is a good place to start!

Practicing having conversations at home can make it easier for them to talk to their classmates.

Talking with your child's teacher, or having supervised playdates can help you gain an understanding of your child's peer interactions.

Here are some stress-busting activity ideas for children!

Click here for different ways you can help your child make friends and adjust to social situations.

If you suspect something is going on at school, knowing the right questions to ask can help your child open up.

If you moved over the summer and your child is starting a new school, here are some ways you can help make the transition easier!

Establishing a self-care routine can help ease the stress of getting out the door in the morning.

If your child's shyness starts to affect their day to day life, knowing the signs of anxiety in children can make asking for help easier.





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