

SYSTEM OF CARE ACROSS TENNESSEE

FALL 2021



A farewell from our director

My brief time here was filled with inspiration, enlightenment, challenges and discovery. I wouldn't change a moment of it. It's crucial for youth, families, our most vulnerable that you deliver on your promises to them. That's a heavy lift at a heavy time. It can be overwhelming if you don't rely on each other, support each other, and create a system of care that is much greater than the sum of its parts – one that is Beyond Compare. You are destined to do remarkable things. You are the System of Care Across Tennessee. You are delivering care Beyond Compare across Tennessee. I say farewell in the memorable words of the great theologian Dr. Seuss, "You're off to great places! Today is your day! Your mountain is waiting, so get on your way!" - Patrick Luther

System Of Care

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

Keri Virgo

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Tennessee Commission on Children and Youth (TCCY)

Melissa McGee

Children's Mental Health Advocacy Director



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 System of Care 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 to all 95 counties across the state. Our teams have enrolled over 330 children, youth, young adults, and their families in services!

The goals of SOCAT are:

- Decrease the utilization of inpatient care
- Reduce the number of out-of-home placements
- Improve community function
- Improve school attendance and performance
- Sustain positive mental, behavioral, and emotional health in children, youth, and young adults.

Our providers are:

- Frontier Health
- The McNabb Center
- Mental Health Cooperative, Inc.
- Pathways Behavioral Health Services
- Professional Care Services of West TN, Inc.
- Tennessee Voices
- Volunteer Behavioral Health Care System

The SOCAT initiative serves children, youth, young adults, and their families, ages 0-21, 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 youth 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 (Department of Children's Services) custody.

GUIDING PRINCIPLES



1

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

2

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

3

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

4

Ensure that families, other caregivers, and youth are full partners in all aspects of the planning and delivery of their own services and in the policies and procedures that govern care for all children and youth in their communities, states, territories, tribes, and nation

5

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

6

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

7

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

8

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

9

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

Incorporate or link with mental health promotion, prevention, and early identification and intervention 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

10

11

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

12

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

SOCAT SUMMER RECAP



A Summer Update From Frontier Health

This summer, we have been utilizing the beautiful outdoor space at Warrior's Path Park and Marina over here in Kingsport, Tennessee. Having this outdoor space to use for CFTM's and family engagement has been wonderful; the beautiful views and wildlife we get to see are an added bonus!



We are looking forward to hearing more about how our sites all across Tennessee are coming up with creative ways to connect with families and maintain safe environments in the midst of Covid-19.

We are so proud of all our SOCAT sites and families!



Hamblen County Juneteenth Celebration

The Juneteenth Event was absolutely fantastic and wonderful to attend. In light of the tragedies that have taken place all over the country, including COVID, it was so refreshing to have the opportunity to get out and have fellowship with one another. People of every race, ethnicity, and background came out to celebrate and have a good time. There was food, fun, laughter, games, and live entertainment. It was wonderful; like a big family cookout or reunion that you know is going to be good because you've been looking forward to that special time with that distant cousin all year. Even from a business standpoint, it was lovely to have a chance to network with other organizations and have conversations about who SOCAT is and what we do. Families seemed intrigued and were willing to have conversations with Abigail and I about the services that we have to offer families. Everyone was so nice and inviting and welcomed us to the area! *-Lakeia*

I had a great time at the Juneteenth celebration! I worked the booth with my partner Lakeia and it was such a great opportunity to share about SOCAT with the community. We were able to talk with families about mental health and the ways that SOCAT, in partnership with Tennessee Voices as well as our sites all across the state, can help. There was live music, food trucks and more! It was an event that brought out the entire community. Juneteenth is a very important day in history, and I am so honored I got to participate in an event centered around it. *-Abigail*





**MORE INFO ON THE
RED SAND PROJECT
CAN BE FOUND HERE!**

Red Sand Project

 end slavery.

The Red Sand Project

I was super excited about celebrating Red Sand Week in Hardin County! We had the Courier covering our event on Thursday! We poured red sand in the cracks in front of the White Oak Bakery. Sweets were made and covered in "red sand" (red sugar), and we handed out flyers about human trafficking! My FSS Megan joined me.

-Kama

I filled cracks with my grand daughter for the Red Sand Project. Even though she may not be old enough to understand the meaning of the movement, it was a pleasure to make memories with her and acknowledge that this problem exists in this world today. We filled in the cracks right in front of our home which sparked a lot of great conversations. We are filling in the cracks for others against human trafficking and exploitation.

-Shareta

 **TN VOICES**

Back To School: The Fall Semester

As the Tennessee school-aged population heads back to school, whatever that may look like for your family, this Fall, we want to equip you with all the resources you need to have a successful school year. COVID has stretched itself into the 2021 school year, and for several care givers, that means continued at-home learning. This has been an enormous obstacle for so many families this past year and the thought of another at-home semester may be bringing about daunting feelings of anxiety.

Check out these articles for some encouragement and helpful tips for this school year! As always, SOCAT is here to work with our families to set them up for success.

About Referrals

SOCAT is accepting referrals from all counties in Tennessee for children and youth ages 0–21. To connect a child and family to SOCAT services, please submit the referral at SOC.TACenter@tn.gov or by visiting our website at www.socacrosstn.org.



[CLICK HERE TO REFER](#)

[TIPS FOR SUPPORTING STUDENTS MENTAL HEALTH](#)

[SUPPORTING STUDENTS' MENTAL HEALTH DURING COVID](#)

September was Self-Care Awareness Month

As Tennesseans, we know that the summer weather sticks around well past when school starts in the fall. Here are some self-care activities that can keep you mentally healthy while helping that summer feeling stay well into fall.

Despite the heat, getting outside is still a great way to clear your head and promote both physical and mental health. Tennessee is home to some of the countries most beautiful National and State parks. With this in mind, the self-care activity we are starting with is walking in nature, or hiking for those who are looking for a physical challenge. The leaves have not yet shed from most of the trees so the shade on the trails may even give a little relief from the heat.

Self-care is important for all ages. Activities that promote mental wellbeing can be enjoyed individually and as a family. If hiking isn't your thing, you'll find some other great activities at the link below as well as some tips on how to create a family self-care plan that will engage and include everyone!

FIND SOME GREAT RESOURCES ON TENNESSEE STATE PARKS HERE!

We recognize that a physical activity such as hiking is not accessible to everybody. We encourage self-care activities of all kinds this month. Nobody knows what you need better than you!



CREATE A FAMILY SELF-CARE PLAN! READ MORE ABOUT IT HERE.

SEPTEMBER WAS SUICIDE PREVENTION AWARENESS MONTH.

46%

of people who die by suicide had a diagnosed mental health condition.

10% of young adults say they experienced suicidal thoughts in the past year

Suicide is the **2ND** leading cause of death among people aged 10–34 and the 10th leading cause of death overall in the U.S. **"IT'S OKAY TO TALK ABOUT SUICIDE."**

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RECOMMENDED EVENTS

OCT- OBER

OCTOBER IS NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH & ADHD AWARENESS MONTH

OCTOBER – INTRODUCTION TO WRAPAROUND

OCTOBER – SOCAT ORIENTATION/CANS

OCTOBER – LGBTQ TRAINING

OCTOBER – BUILDING STRONG BRAINS

THE CCMH MEETING IS OCTOBER 21, 2021, 1:00-3:30 PM

NOV- EMBER

NOVEMBER – CULTURAL AND LINGUISTIC COMPETENCE TRAINING

NOVEMBER – INTRODUCTION TO WRAPAROUND

NOVEMBER – YOUTH & YOUNG ADULTS TRAINING

NOVEMBER- TRAUMA-INFORMED CARE

JAN- UARY

JANUARY – SOCAT ORIENTATION/CANS

JANUARY – ENGAGEMENT WRAPAROUND

JANUARY – CULTURAL AND LINGUISTIC COMPETENCE TRAINING

JANUARY – ACES/BUILDING STRONG BRAINS

CHECK OUT THE SOCAT WEBSITE [HERE](#) FOR MORE INFORMATION ON EVENTS, AND CHECK OUT OUR SOCIAL MEDIA FOR MORE MENTAL HEALTH RELATED DAYS!

CHECK US OUT ON SOCIAL MEDIA!

WWW.SOCACROSSTN.ORG



@SOCACROSSTN



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



CENTERSTONE

**Healing Word
 Counseling Center**

VANDERBILT  UNIVERSITY
 MEDICAL CENTER

 **Helen Ross
 McNabb Center**




TENNESSEE COMMISSION ON
CHILDREN & YOUTH

 **MENTAL HEALTH
 COOPERATIVE**

 **VOLUNTEER**
 BEHAVIORAL HEALTH

 **TN VOICES**

 **Pathways**
 Behavioral Health Services[®]
 An affiliate of West Tennessee Healthcare

 **Frontier Health[®]**
 PROUDLY SERVING NORTHEAST TENNESSEE AND SOUTHWEST VIRGINIA



Substance Abuse and Mental Health Services Administration
SAMHSA
 www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

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