



Mental Health Association
OF MIDDLE TENNESSEE



ANNUAL REPORT FOR FY2011

The mission of the Mental Health Association of Middle Tennessee has not changed since its founding in 1946: To promote mental health and wellness to all people through advocacy, education, and service.

- ❖ Caregivers of someone with dementia have a **60% increased mortality rate**.
- ❖ Suicide is the third leading cause of death among youth in TN.
- ❖ Annually, **1 in 4 people** have a diagnosable mental illness (eating disorder, depression, PTSD, bipolar, schizophrenia, anxiety, addiction, or other serious mental illness), according to the National Institute of Mental Health.
- ❖ Mental disorders are the **leading cause of disability** in the USA.
- ❖ Half of all lifetime cases of mental illness **begin by age 14**.

MENTAL HEALTH ASSOCIATION OF MIDDLE TENNESSEE ANNUAL REPORT FY2011

FY2011 was a year of renewal for the Mental Health Association of Middle Tennessee (MHAMT). The executive committee of the board consisted of Dr. Debra Fish (Chair), Dr. Bill Parsons (Vice Chair), Melinda Drennan (Treasurer), Mary Harkleroad (Secretary), Dr. Paula Sandidge (Member Emeritus), Matt Self (Member-at-Large) and George Gruhn (Member At-Large). The agency's CEO, Dr. Tom Starling, completed his first calendar year of leadership, and the staff completed its first fiscal year at its new office location.

The MHAMT hired seasoned professionals onto its leadership team. Diane Gramann, LAPSW, LMSW, ACSW, is the new Program Manager. Her licensure and experience as a nonprofit CEO provides additional vision, accountability, and collaborations. The new Director of Finance and Administration, Shawndell Miller, brings a decade of nonprofit accounting, grants management, and benefits administration to the agency.

One of the biggest transitions was the agency's relocation to the Terrace Nonprofit Office Suites, a collaborative complex of like-minded agencies that work together to share resources. MHAMT saved \$62,000 in occupancy-related costs by sharing the conference center, refreshment center, volunteer work space, IT services, and other amenities with the other nonprofit agencies. Special thanks is given to the Frist Foundation for affording the collaborative IT services through ITT Tech interns.

After 14 years of advocacy at the MHAMT, the TennCare Partners Advocacy Line (TPAL) closed. In FY2011, TPAL helped 4,900 callers understand their rights, responsibilities, and TennCare coverage for behavioral healthcare; and another 122 Tennesseans had similar needs met through presentations, workshops, and exhibits. TPAL received an 88% approval rating from consumers in 13 counties through TPAL trainings, conferences, and exhibits. The MHAMT is grateful to TennCare for 14 years of successful advocacy.

The former TPAL space was transformed into a Volunteer Center that staffed over 30 interns in FY2011. Retired professionals, mental health consumers, and other community volunteers partnered with interns from Belmont, Trevecca, Vanderbilt, MTSU, UT School of Social Work, Columbia Community College, Daymar Institute, and ITT Technical Institute. Over 835 hours were contributed by these volunteers, a value of \$22,379. They assisted with seminar logistics, measuring program outcomes, data entry, needs assessments, clerical assistance, social media, research, exhibit booths, updating referral lists, strategic planning, IT assistance, the help line, and more.

The Hispanic Outreach Program (HOP) had a successful year in outreach and education, serving approximately 796 people in need at the office and through community events. There were more attendees at the monthly *Encuentro Latino* coalition programs, and over 4 dozen victims of abuse/neglect were served through *Las Mujeres de Hoy*. HOP is appreciative of its many collaborative partners: Legal Aid, St. Thomas Clinic, Metro Schools, Catholic Charities, Vanderbilt Family Pathfinders, Metro Police Department, Lutheran Services, TDMHDD, Rutherford County Health Dept, Alzheimer's Association, DCS, Nashville Child Alliance Center, Metro General Hospital, and many domestic violence shelters. Special thanks is given to the Cal Turner Foundation, HCA Foundation, and The Community Foundation of Middle Tennessee.

The MHAMT provides administrative oversight for the Tennessee Suicide Prevention Network (TSPN), a national model for state-supported suicide prevention agencies. This public-private partnership is led by a governor-appointed Advisory Council and has over 7,000 members across Tennessee. It trained over 12,000 Tennesseans in suicide prevention in FY 2011 and coordinated 11 memorial, educational, and awareness events across Tennessee as part of Suicide Prevention Awareness Month in September 2010. Approximately 250 people attended TSPN's 10th Anniversary Symposium in April. TSPN wishes to thank its Advisory Council, TDMH, and MHAMT for their support of TSPN's life-saving efforts.

The I. C. HOPE® “Don’t ‘Duck’ Mental Health” program is a registered trademark of the Association and winner of the Peter Drucker honorable mention award for innovative programming. Through the use of puppets, story telling, and crafts, children are taught about anger management, stress management, depression, and how to handle a bad day; and older youth are taught about body image, co-occurring disorders, and suicide prevention. Under the leadership of Joanna Bane, over 357 presentations at 45 schools touched thousands of lives in FY2011. Over 20,000 others saw I.C. HOPE at health fairs, exhibit booths, and events; and tens of thousands witnessed I.C. HOPE on a PBS television special and accessed online resources. Special thanks is given to many collaborative partners, including the Early Childhood Network, Metro Health Dept’s division of Behavioral Health, Metro Nashville Schools, Tennessee Voices for Children, T&T Foundation, Predators Foundation and the Tennessee Department of Mental Health.

The J. Speed Thomas Mental Health Assistance Center served over 1,000 callers by identifying needs and guiding clients to the most appropriate resources. Over 58,000 accessed information on the website, which includes the online depression screening tool, and over 2,000 people picked up materials at exhibit booths. The library increased in relevant DVDs, two dozen families received care consultations, and 20 families received counseling and resources due to the May 2010 floods. Ten sites provided depression screenings throughout Middle Tennessee for National Depression Screening Month. Collaborating partners of the MHAC include the Alzheimer’s Association, the Amerigroup Behavioral Health Advisory Board, United Way of Metro Nashville and United Way of Williamson County. Special thanks for support is extended to the HCA Foundation, the Memorial Foundation, and the 22-member Education Committee.

The MHAMT is the Tennessee partnering agency for the National Institute of Mental Health (NIMH) Outreach Partnership Program. This entitles the MHAMT to: 1) information on the most current developments on mental health research for dissemination to key state decision makers regarding mental health services and policies, 2) inclusion in a national meeting with NIMH researchers, and 3) provision of mental health informational materials for the community at large.

Tennessee Lives Count (TLC) project is a suicide prevention initiative aimed to reduce suicides and suicide attempts for youth ages 10-24, who are in the juvenile justice system, in foster care, or affiliated with other high-risk populations. In FY2011, TLC staff connected with over 5,000 individuals through conferences and exhibits, developed an awareness campaign in conjunction with cinemas, trained over 4,000 people in Question, Persuade, Refer” suicide prevention program, trained 650 juvenile corrections staff in the advanced ASIST suicide prevention program, and made several presentations to professionals at national conferences. TLC is grateful to its leadership team, the TLC task force, the Tennessee Department of Mental Health, and Centerstone Research Institute.

MHAMT’s Aging Services programs help individuals with dementia and their family caregivers. The program coordinator, Nancy Pertl, completed 40 seminars on Talking with Your Doctor and the Just the Facts caregiver courses. She provided 22 in-home caregiver visits, led the largest Alzheimer’s support group in Middle TN, and served over 1,620 people. Over 26% of all help-line calls are aging-related calls. In FY2011, this program received a grant from the Administration on Aging, resulting in additional trainings for primary care physicians and first-responder staff. The program is grateful to the Greater Nashville Regional Council, the Tennessee Commission on Aging, Memorial Foundation, and the various churches and ALFs that support its services.

Over 175 professionals received their professional credits through MHAMT in FY2011. Mental Health University provided seminars on mental health law, depression, grief, ethics, suicide prevention, addictions, and dementia; and continuing education was made available to physicians, nurses, social workers, licensed counselors, recreational therapists, and other professionals.

Besides the valued, award-winning programs, the MHAMT has become known for its signature events. Runnin’ to Beat the Blues hosted over 600 registrants and volunteers on March 26. The 2011 Jammin’ to Beat the Blues featured Vince Gill and Friends, including Vince Gill, Amy Grant, Taylor Hicks, Keb’, Mo’, Danny Flowers, Larry Stewart, Don Schlitz, LynnMarie, Al Anderson, and the Del McCoury Band; and Rick Marino of WSM FM and Dawn Wells of Gilligan’s Island served as the emcees. The annual patron

party was held at the home of Mrs. Linda Brooks. MHAMT is grateful to its many sponsors, including LDB Foundation, Astra Zeneca, Behavioral Healthcare Centers, HCA/TriStar, Rolling Hills Hospital, Vanderbilt Psychiatric Hospital, William Morris Endeavor Entertainment, Ardent Health Services, Bradley Arant Boult Cummings, Centerstone, Community Health Systems, Cat Financial, Earl Swenson Associates, Regions Bank, Windsor Health Plan, KidLink Network, Nashville TMS, Saint Thomas Hospital, Amerigroup, Dex Imaging, Ingram Barge, KPMG, New Life Lodge, TN Lives Count Project, Pancake Pantry, Michelle Poss of Sobel Poss and Moore, Quorum Health Resources, UnitedHealth Services, Tennessee Suicide Prevention Network, Tennessee Lives Count, Ascend Federal Credit Union, and others.

In closing, the MHAMT thanks its many collaborative partners, incoming and outgoing board members, the advisory committee, all funding partners, mental health providers throughout Middle Tennessee, our valued volunteers, and the many families and individuals we serve through our programs. Special recognition is also given to the 2010-2011 staff, who often work late nights and weekends in order to educate, serve, and advocate for others in Middle Tennessee.

MHAMT History and Timeline

- 1909 --** National Mental Health Association was established by Clifford Beers.
- 1946 --** Dr. Frank Luton starts the Mental Health Association of Nashville (MHAN) on July 20, making it Nashville' oldest mental health organization.
- 1955 --** NMHA establishes the Nashville Mental Health Center, an outpatient psychiatric care center.
- 1959 --** A weekly TV series on mental hygiene began airing.
- 1959 --** Program began working with law enforcement regarding mental health issues.
- 1961 --** On Christmas evening, Maxwell House, which was once the MHAN's location, burned down, losing many records.
- 1962 --** The agency became a member of United Way.
- 1963 --** Dede Wallace Mental Health Center was started by the MHAN's committee leadership of Mrs. Bransford Wallace, also known as "Dede" Wallace.
- 1964 --** After almost four years of planning, the MHAN opened Hickory Hall Day School, an academic school for emotionally disturbed children.
- 1968 --** Crisis Call Center (later named Crisis Intervention) was started by MHAN.
- 1973 --** House of Friendship, which served as a day program and activity center for de-institutionalized mental patients, was started by MHAN.
- 1982 --** YARC (Young Adult's Rehabilitation Center) Steering Committee was formed by MHAN. YARC would become the Park Center in 1984.
- 1983 --** Concerned Caregivers Program for Alzheimer's caregivers began.
- 1986 --** The first Jack C. Massey Leadership Award was awarded to Ambassador to France, Joe M. Rogers.
- 1989 --** Alzheimer's HOMES Program began.
- 1990 --** The MHAN Adult Day Center opened at The Seventh Day Adventist Church.
- 1990 --** Tennessee Voices for Children was formed by MHAN and Tipper Gore.
- 1992 --** Mental Health Co-op was formed with help of Executive Director Judy Scales.
- 1995 --** Duck Race Fundraiser was held on the Cumberland River.
- 1996 --** TennCare Partners Advocacy Line began with 36 additional employees.
- 1996 --** Compeer Program started offering peer support groups.
- 1998 --** The agency changed name to Mental Health Association of Middle Tennessee.
- 2000 --** I.C. Hope[®] campaign launched.
- 2001 --** *Encuentro Latino* network coalition begins to address Hispanic needs
- 2004 --** Peter F. Drucker Award for Innovation in Non-Profit Management is presented to I.C. Hope[®] program
- 2005 --** Tennessee Suicide Prevention Network becomes a program of MHAMT, and MHAMT becomes the lead agency for Tennessee Lives Count.
- 2009 --** Vince Gill commits his name to the annual Jammin' to Best the Blues event