



Tennessee  
Brighter Futures

# Substance Use Resources

September 7, 2023

## Presenters:

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**Renea Bentley** Executive Director of Behavioral Health, Amerigroup

**Elizabeth Haren** Director, Substance Use Disorder Services, UnitedHealthcare

**Rhonda Roper** Clinical Director Behavioral Health Services at BlueCross BlueShield of Tennessee

## Substance Use Group Members:

TN Dept of Mental Health & Substance Abuse Services

TN Association of Alcohol, Drug & Other Addiction Services

TN Association of Recovery Court Professionals

TN Co-Occurring Disorders Collaborative

Regional Opioid Prevention Specialists/Save a Life Program

TennCare

Volunteer Behavioral Healthcare System

TN System of Care

TN Association of Mental Health Organizations



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

# TN Brighter Futures Presentation

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# OUR MISSION:

Creating

***COLLABORATIVE  
PATHWAYS TO  
RESILIENCY,  
RECOVERY, and  
INDEPENDENCE***

for Tennesseans living with mental illness and  
substance use disorders

# OUR VISION:

*A STATE*  
of resiliency, recovery,  
and independence

*IN WHICH*

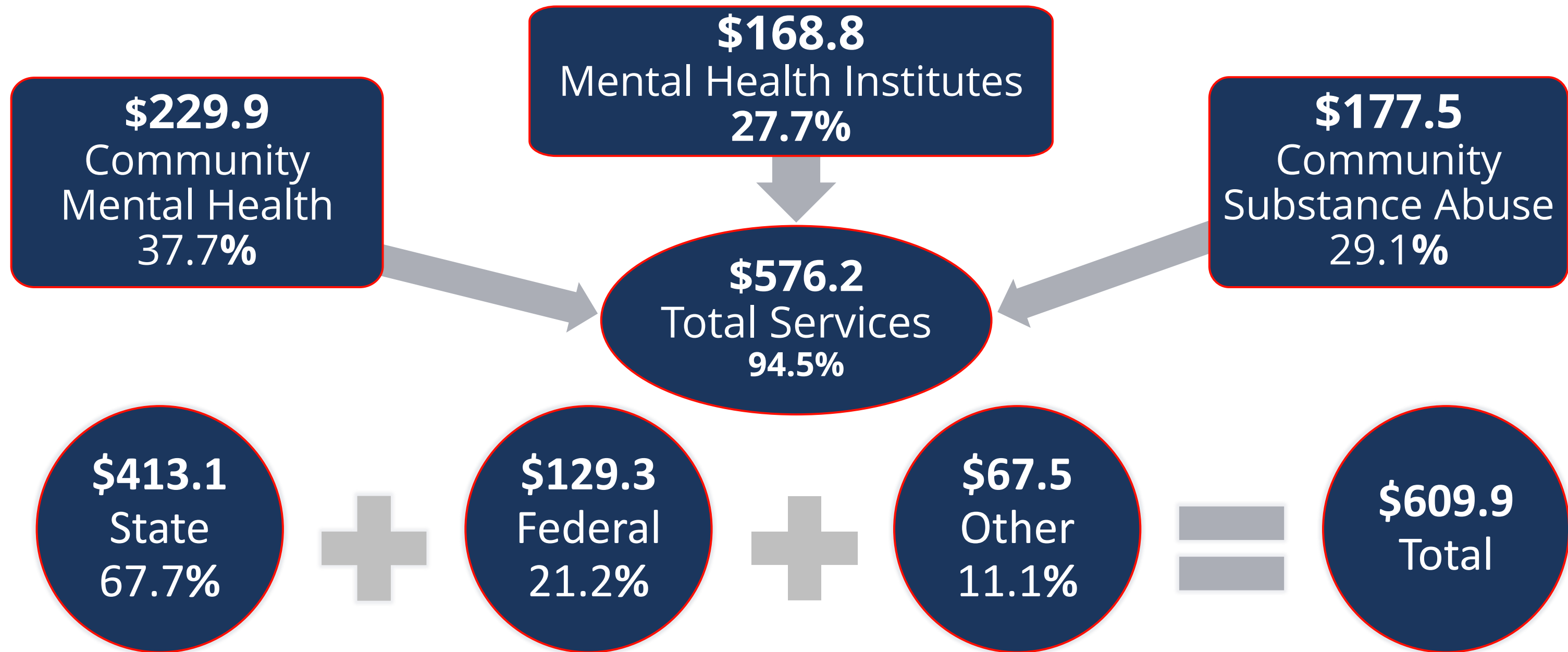
***TENNESSEANS***

living with mental illness  
and substance use disorders

***THRIVE***

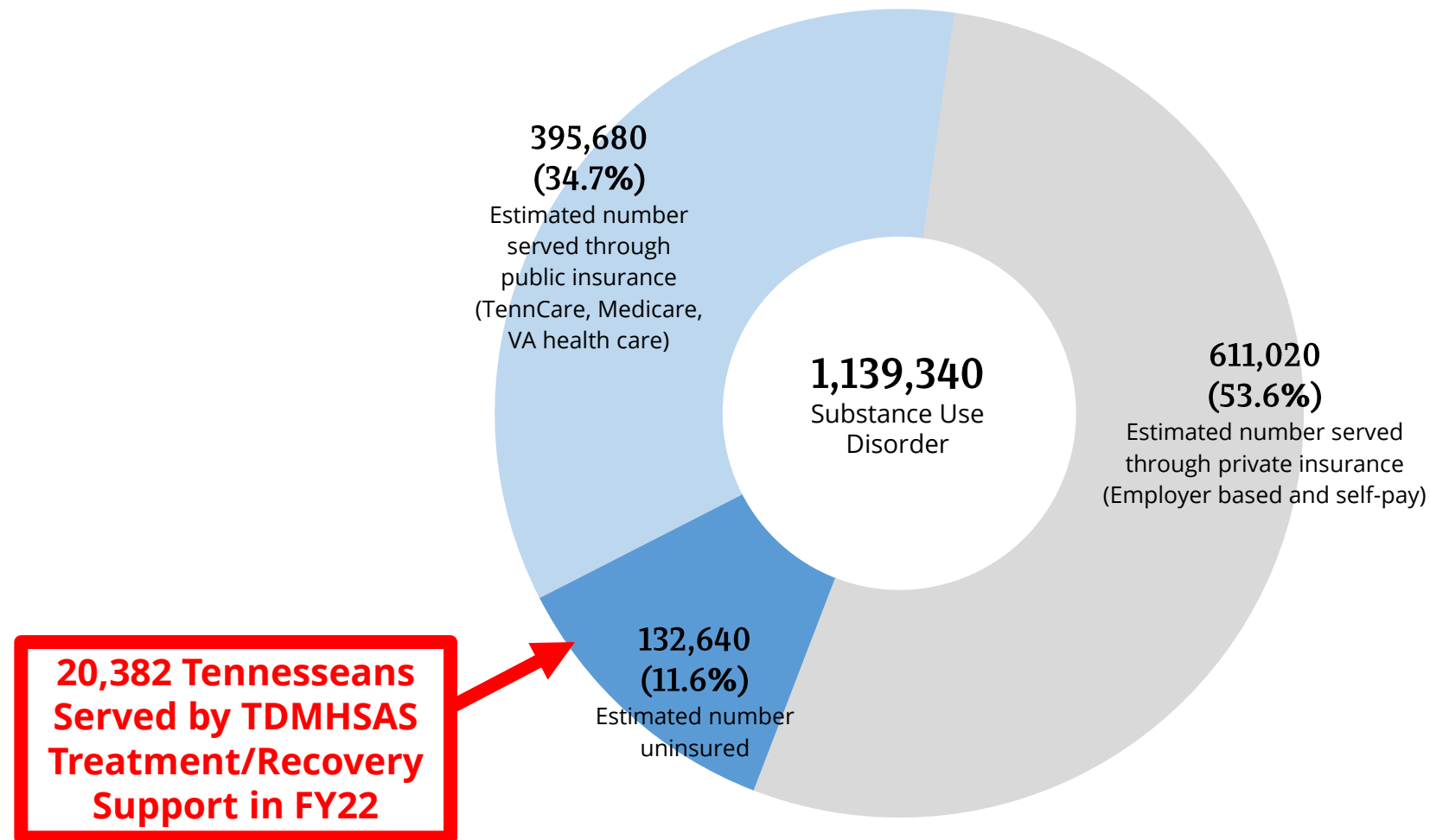
# Preliminary Department Budget: \$609.8 Million

State Fiscal Year 2023-2024



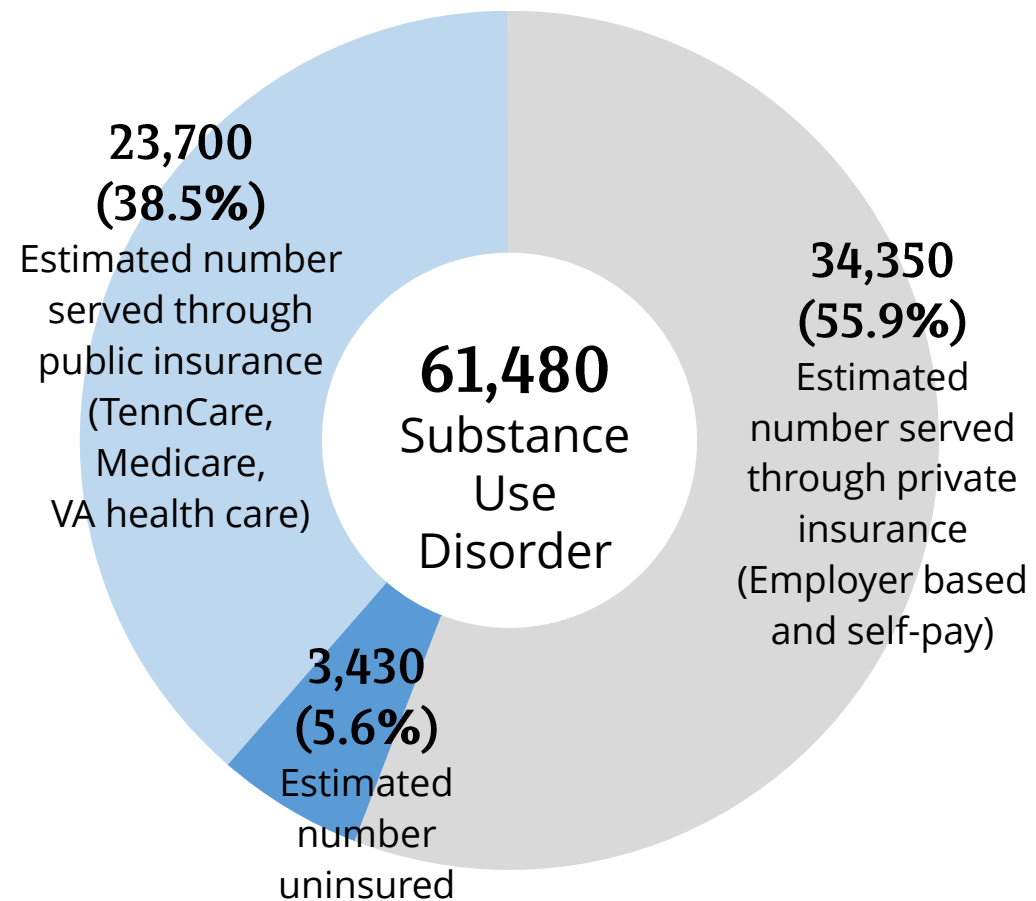
# Estimated Prevalence of Substance Use Disorder (SUD) Among AGES 18+ in Tennessee

2021 Tennesseans, **ages 18+:**  
**1,139,340** were estimated to have a substance use disorder (SUD)  
(20.9% of 5,440,975 Tennesseans ages 18+)



# Estimated Prevalence of Substance Use Disorder Among AGES 12-17 in Tennessee

2021 Tennesseans, **children and youth ages 12-17:**  
**61,480** estimated to have a substance use disorder (SUD)  
(11.6% of 532,270 Tennesseans ages 12-17)







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# Continuum of Care & SUD Programs

# TDMHSAS Treatment and Recovery

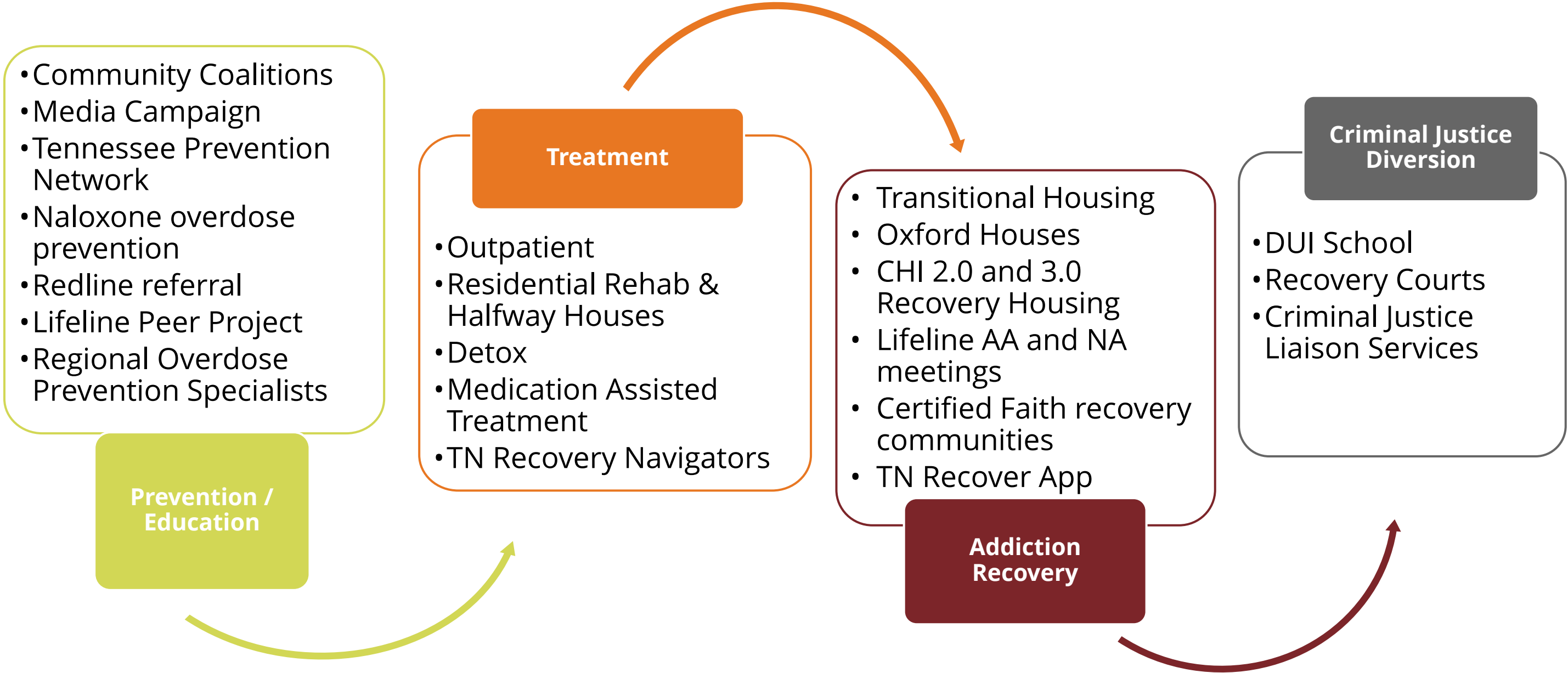
- Continuum of Care
  - We fund **37 agencies at 80+ locations** across Tennessee. Nearly all providers are co-occurring capable or co-occurring enhanced.
- Medication Assisted Treatment
  - **5,300+ Tennesseans served in FY21.** Implemented Hub-and-Spoke and Project ECHO through State Opioid Response grants.
- New Investments in FY23
  - Gov. Lee and the TN General Assembly have added \$6M for SUD treatment and \$1M for recovery supports from state funds to expand capacity.



TDMHSAS and community provider partners served more than **20,000 Tennesseans** with treatment and recovery resources in state fiscal year 2022.



# Highlighted Examples of Substance Abuse Services Continuum



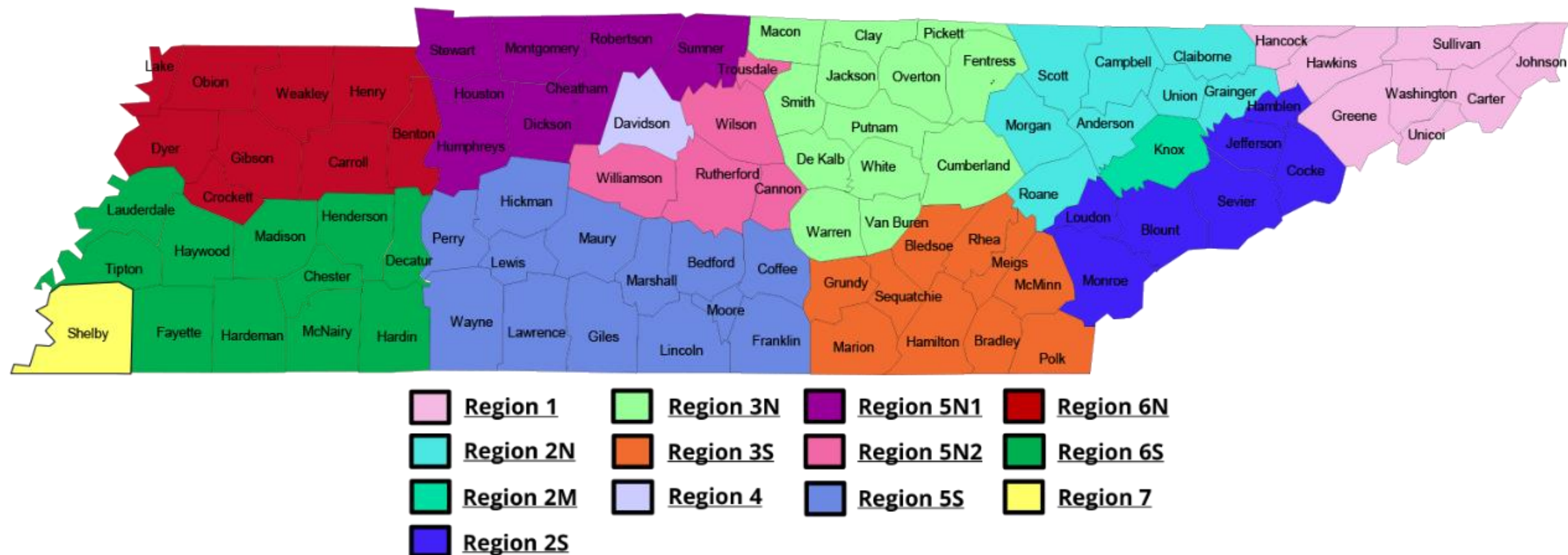
# Role of the Regional Overdose Prevention Specialists

- Provide training and education
- Serve as point of contact for naloxone distribution
  - Priority populations: First responders, community resource organizations, individuals (+friends/families) at high risk without other means of access
- Respond quickly in the event of overdose spike and/or clinic closure
  - Provide on the spot naloxone training and connection to resources
- Raise awareness and reduce the stigma of the overdose epidemic and available resources
  - Including media, community events, individual outreach

# Regional Overdose Prevention Specialists

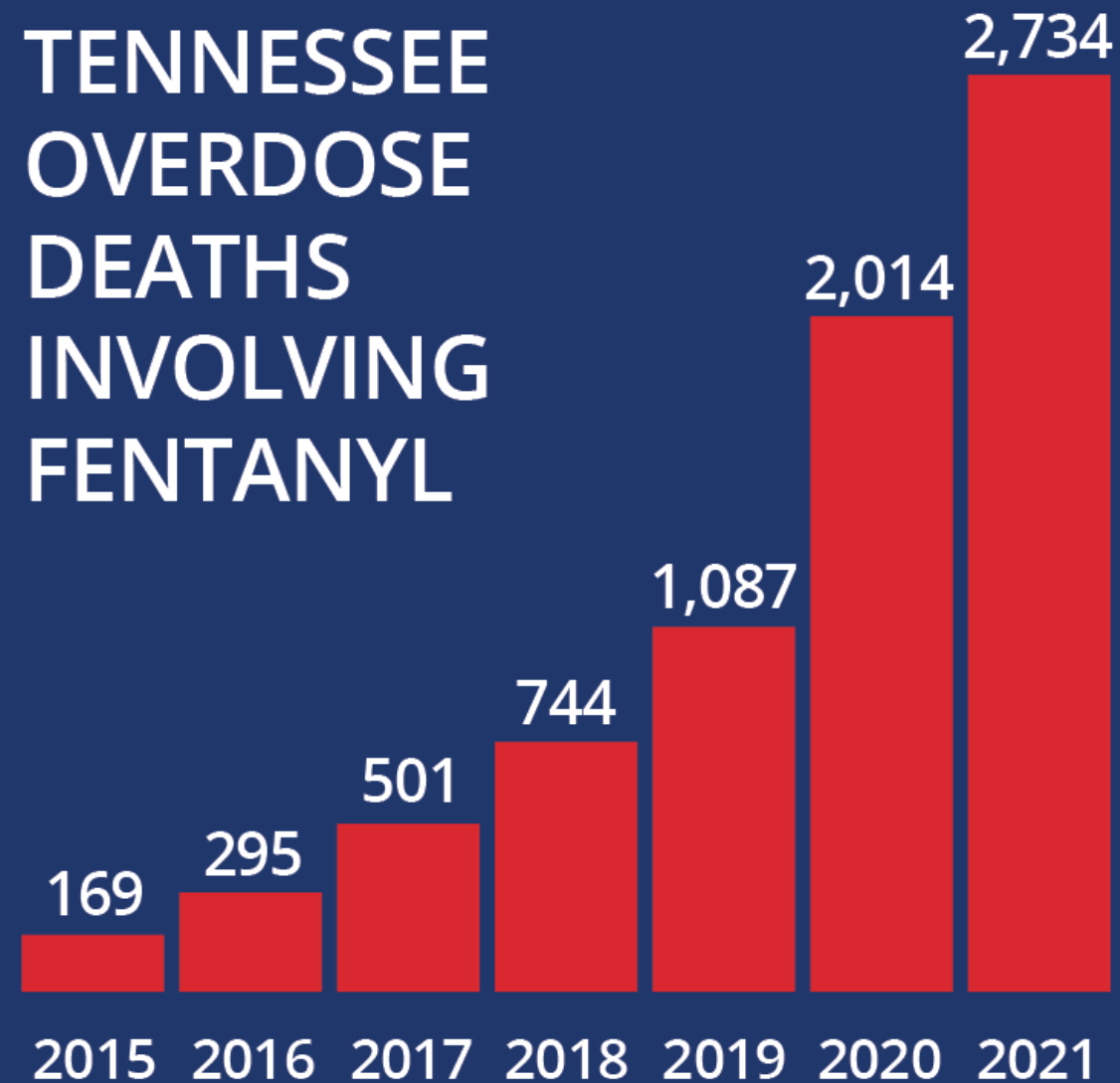
- 13 Regional divisions across the State
- 20 – 24 ROPS in total
- Contact information for ROPS:

<https://www.tn.gov/behavioral-health/rops>



# WHY IT MATTERS

The goal of this work is to reduce overdose deaths and empower people to make safer decisions with the goal of connecting them with treatment and recovery resources when they are ready.



Number of Test Strips  
Distributed in First Year

**126,000**

In the first year of this effort, the department collected voluntary data submissions from people who used the test strips.

# TN Save a Life Program

- Training and Education
  - Regional Overdose Prevention Specialist have provided training, education and outreach to more than **450,000 Tennesseans** since 2017. (**FY23 – 100,000+ educated**)
- Naloxone Distribution
  - The TN Save a Life Program has distributed more than **495,000 units of naloxone** since 2017 to Tennesseans at high-risk of overdose, law enforcement and service providers. (**FY23 – 177,000+ distributed**)
- Overdose Reversals
  - More than **66,000 successful overdose reversals** have been reported. We believe the actual number to be much higher. (**FY23 – 17,000+ reversals**)



Tennessee has implemented overdose prevention programming since October 2017 with significant impacts. Fentanyl test strips are the most recent tool added to this program.



# Xylazine Basics

- May increase risk of OD
  - As a sedative, it affects heart rate and blood pressure. In combination with an opioid, it increases risk of slowed/stopped breathing.
- Always use Naloxone
  - While naloxone (Narcan) won't reverse xylazine's effects, xylazine is often found in combination with fentanyl.
- Wounds, Necrosis, and Skin Issues
  - We're still developing an understanding of how and why this happens, the prevalence and severity of infections is concerning.
- Xylazine Test Strips
  - XTS are becoming available and TDMHSAS is exploring this option.



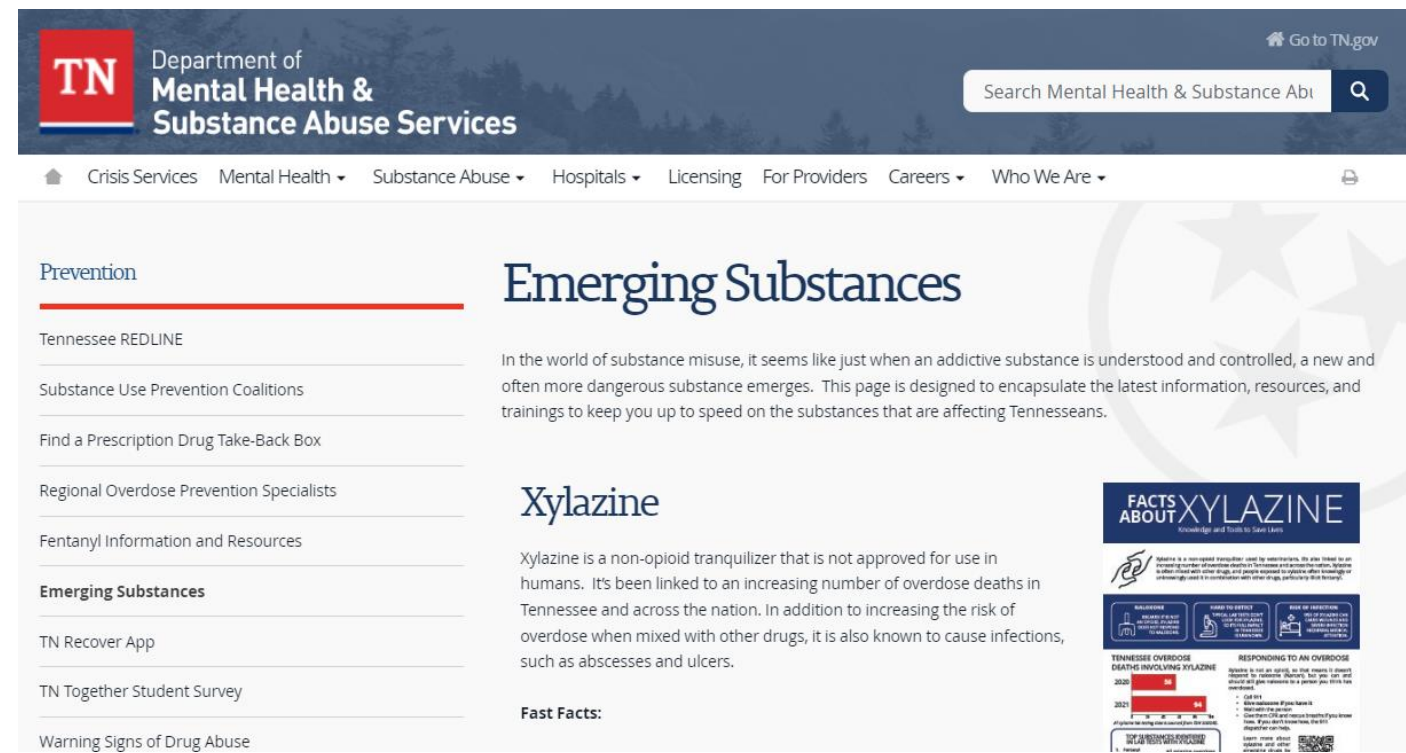
Xylazine is a veterinary tranquilizer not approved for use in humans. Its presence in the illicit drug supply is greatly complicating the current overdose crisis.



# Xylazine Resources

Xylazine is an emerging issue in Tennessee and across the country. TDMHSAS will continue to provide updated information as it becomes available.

[tn.gov/behavioral-health/xylazine](https://tn.gov/behavioral-health/xylazine)



The screenshot shows the website for the Tennessee Department of Mental Health & Substance Abuse Services. The header includes the TN logo and the department name. A search bar is present with the text "Search Mental Health & Substance Abuse". Below the header is a navigation menu with items like "Crisis Services", "Mental Health", "Substance Abuse", "Hospitals", "Licensing", "For Providers", "Careers", and "Who We Are". The main content area is divided into two columns. The left column has a "Prevention" section with links to "Tennessee REDLINE", "Substance Use Prevention Coalitions", "Find a Prescription Drug Take-Back Box", "Regional Overdose Prevention Specialists", and "Fentanyl Information and Resources". Below this is an "Emerging Substances" section with links to "TN Recover App" and "TN Together Student Survey". The right column has an "Emerging Substances" section with an introductory paragraph and a "Xylazine" section with a definition and "Fast Facts". A "FACTS ABOUT XYLAZINE" infographic is also visible on the right side of the page.

TN Specific Resources  
Includes FAQ developed by TDMHSAS, links to TDH's data resources, and local prevention resources.

Links to National Resources  
Including releases from national agencies such as the White House/ONDCP, FDA, DEA and others.

# Addiction Recovery Program

The Addiction Recovery Program (ARP) offers a variety of services to individuals with issues brought on by their substance abuse.

## Who's Eligible

Tennessee residents eighteen and older who have a substance use disorder or co-occurring disorder may be eligible based on a formal screening and assessment. They must also meet the 138% federal poverty guidelines as set by the United States Department of Health and Human Service.

## What's Available

Recovery Assessment & Service Plan  
Screening for Drug & Alcohol Abuse  
Case Management  
Drug Testing  
Pastoral/Spiritual Support  
Recovery Skills  
Relapse Prevention Skills

Transitional Housing  
Transportation  
Employment Skills  
Health & Wellness  
Recovery Activities  
Relapse Prevention Skills





# Tennessee's Treatment Courts

Since coming under TDMHSAS leadership about a decade ago, Tennessee has greatly expanded access to treatment courts increasing from 49 to 82 currently.

## Treatment Courts Work

For participants who complete a program, **3 out of 4 improve their employment situation and improve their housing situation.**

## Recent Investments

State leaders have invested **\$10.4M** in new state funds to create additional residential recovery courts (FY22) and start dozens of new mental health courts (FY23).



Gov. Bill Lee with Recovery Court Graduates, December 2021

# Criminal Justice Liaisons

The Criminal Justice/Behavioral Health Liaison Project is a community program to facilitate communication and coordination between the community, criminal justice, and behavioral health systems to achieve common goals of decriminalizing mental illness, co-occurring disorders, and substance use disorders.



Professional Counseling	Carey Counseling	Mental Health Cooperative	Helen Ross McNabb
Shelby Co Government	Pathways	Volunteer	Frontier Health
Quinco	Centerstone	Ridgeview	

33 CJLS and 9CMs  
Coverage for all 95 Counties



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# Special Initiatives



# Lifeline Peer Project

Tennessee Lifeline Peer Project is a foundational peer program that has planted the seeds of recovery in countless communities across the state.

## Started with State, Grown with Federal

The original Lifeline Peer Project started with 10 peers funded through state dollars. In partnership with our Dept. of Human Services, we've added 10 additional Lifeliners to serve rural and distressed counties.

## Lifeline in the Community

Since 2014, Lifeliners have referred about **26,000 people to treatment**, and presented about **10,000 recovery trainings**, and created more than **750 recovery meetings**.





# Faith Based Initiative

As Lifeliners leveraged faith communities in their work, it naturally formed to focus on faith as a motivating bond for changing the lives of Tennesseans. We have 4 Faith-Based Community Coordinators – one for each grand division and one focusing exclusively on Shelby County.

## Certified Recovery Congregations

Tennessee's Faith-Based Initiative has certified **1,000+** congregations to view addiction and mental health as treatable conditions and offer support.

## A Resource for Education

Free trainings include topics on addiction and recovery, suicide prevention, mental health, adverse childhood experiences, and trauma-informed care.



# TN Recovery Navigators

Tennessee Recovery Navigators are people in long-term recovery who meet patients who have recently overdosed in the Emergency Department and connect them with the substance abuse treatment and recovery services they need.

## Producing Results

In state fiscal year 2022-2023, Navigators interacted with more than **3,730 patients**, and they have been successful in getting about 2/3 of them into treatment and recovery resources.

## Breaking Stigma

While certainly not their primary job, the presence of Navigators in **56 hospitals** across the state serves to break stigma and redefine recovery in the minds of the medical professionals they encounter.





# Project Rural Recovery

Funded in March 2020 with a **5-year \$10 million** SAMHSA grant, Tennessee's Project Rural Recovery overcomes infrastructure challenges in 10 rural, underserved counties. In the grant's third year, PRR served more than **1,600 clients in more than 3,500 visits.**

## Integrated Care

Project Rural Recovery serves the integrated physical and behavioral health needs of clients.

## Here We Grow!

Tennessee used \$6.3M in American Rescue Plan funding to create 2 new mobile clinics to serve 10 additional counties starting in mid-2023.

**Counties Served:** Perry, Wayne, Marshall, Lewis, Lawrence, Grainger, Cocke, Hancock, Jefferson, Claiborne, Scott, Campbell, Fentress, Union, Morgan, Lauderdale, Crockett, Haywood, Fayette, and Hardeman



# Learn More About our Services

[TN.gov/behavioral-health](https://www.tn.gov/behavioral-health)

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

Search Mental Health & Substance Abuse

Crisis Services Mental Health Services Substance Abuse Services Hospital Services Licensing Data For Providers Who We Are

**TENNESSEANS 12+ NOW ELIGIBLE FOR A COVID-19 VACCINE**

NOVEL CORONAVIRUS - COVID-19: INFORMATION FOR COMMUNITY BEHAVIORAL HEALTH PROVIDERS, CONSUMERS, AND FAMILIES

**Fast Facts**  
Data sources

**Our Mission:**  
Creating collaborative pathways to *resiliency, recovery, and independence* for Tennesseans living with mental illness and substance use disorders

**Our Vision:**  
A state of *resiliency, recovery, and independence* in which Tennesseans living with mental illness and substance use disorders thrive

Welcome to the Tennessee Department of Mental Health and Substance Abuse Services

**Crisis Services**  
Our network of 13 Crisis Services providers are located across the state. From a 24/7/365 crisis line to statewide mobile crisis, crisis walk-in centers, and crisis stabilization units, the crisis continuum serves both adults and youth.

**Mental Health Services**  
The department administers services for people of all ages living with mental illness, co-occurring disorders, or serious emotional disturbances. Services include housing, crisis services, suicide prevention, and peer recovery.

**Substance Abuse Services**  
The department plans, develops, administers, and evaluates a statewide system of prevention, treatment, and recovery support services for people at risk of or experiencing substance use disorder.

**Hospital Services**  
The department operates four Regional Mental Health Institutes in Nashville, Memphis, Chattanooga, and Bolivar and contracts for emergency psychiatric admissions at three private hospitals in East Tennessee.

**Behavioral Health Safety Net**

**Children, Young Adults, and Families**

**Housing & Homeless Services**

**Peer Recovery Services**