

### *HRMC RECEIVES THREE-YEAR CARF ACCREDITATION*



**H**elen Ross McNabb Center is excited to announce that CARF International awarded the Center a three-year accreditation!

This is the highest level of accreditation that an organization can attain and it is the Center's eighth consecutive ac-

creditation for its continuum of rehabilitation services, including mental health care, addiction treatment and social services programs. Nearly 20 years ago, Helen Ross McNabb Center was the first community mental health center in the state of Tennessee to be awarded CARF accreditation.

CARF International is an independent, nonprofit accreditor of health and human services, with a goal to ensure that persons served remain at the center of the service delivery process.

“Achieving CARF accreditation demonstrates that our organization is committed to providing quality care” said Jerry Vagnier, Helen Ross McNabb Center president & CEO.

“This accomplishment was possible because of the hard work and expertise of our staff. This recognition shows that we are dedicated to achieving our mission of improving the lives of the people we serve.”

A three-year accreditation shows the organization's substantial conformance to the CARF standards. In order to achieve this, Helen Ross McNabb Center put itself through a rigorous peer review process and demonstrated that its programs and services are of the highest quality, measurable and accountable.

In January, surveyors from CARF International visited each of Helen Ross McNabb Center's locations to ensure the Center is committed to quality improvement and focuses on the unique needs of the individuals served.

The CARF International award letter states this achievement is indicative of the Center's dedication and commitment to improving the quality of lives of the individuals served.

The surveyors complemented the Center and its staff for its inventive, cutting edge services; high degree of client satisfaction; positive reputation within the communities it serves; and welcoming and well-maintained facilities.

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*“Improving the lives of the people we serve.”*

# TDMHSAS ANNOUNCES GRANTS TO COMMUNITY-BASED AGENCIES



The Tennessee Department of Mental Health & Substance Abuse Services (TDMHSAS) selected Helen Ross McNabb Center as the recipient of two grants to hire Regional Housing Facilitators.

The grants, awarded to the Center in the East Tennessee and Chattanooga regions, are new state funding under the Department's Creating Home Initiative (CHI) 2 program. The Center was one of five agencies chosen to provide this service across the state.

By utilizing this funding, the Center will be able to help increase housing opportunities for people recovering from substance use disorder.

“We are so excited, grateful, and humbled to bring this proven model of creating new housing options for vulnerable populations

to the area of substance abuse recovery,” said TDMHSAS Commissioner Marie Williams. “Safe and affordable housing is an essential component on a person's journey to recovery, and this investment by Gov. Bill Lee and the Tennessee General Assembly will change the trajectory of countless lives for decades to come.”



The CHI 2 program builds off of the Department's earlier, highly successful Creating Homes Initiative, which has created more than 22,000 housing opportunities and leveraged more than \$692 million in state, federal, local, grant, foundation and other sources for people living with mental illness. The original initiative began in 2000 under the leadership of now-Commissioner Williams.

By identifying successes and needs, Helen Ross McNabb Center will be able to make any necessary changes and continue improving the lives of the people we serve.

## CENTER ESTABLISHING PERMANENT HOME IN MCMINN COUNTY

Helen Ross McNabb Center will soon begin offering services out of a new, permanent location in McMinn County. The building, located at 2336 Congress Parkway South in Athens, will house outpatient, intensive outpatient and medication management services. The Center will soon announce a ribbon cutting and looks forward to celebrating this occasion with the community.

## CENTER RECEIVES TWO AWARDS FROM TAMHO

The Tennessee Association of Mental Health Organizations (TAMHO) recognized Helen Ross McNabb Center with two media awards at its annual conference and awards luncheon in December. Jessica Hill, director of community relations, Mary Blythe, marketing specialist, and Bob Joy, Helen Ross McNabb Foundation board member accepted the two media awards on behalf of the Center. The Center was honored in the Best Use of Social Media and Best Newsletter categories.



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# CONSTRUCTION UNDERWAY AT THERAPEUTIC PRESCHOOL

**T**herapeutic Preschool will soon be an option for children who have experienced abuse, neglect or other Adverse Childhood Experiences (ACEs) in the Greater Chattanooga Area.

Each year, thousands of children living in East Tennessee are subject to trauma and abuse, which can lead them to struggle to succeed in school or lead a healthy life. It is especially important that these children receive the treatment they need to address their trauma in a safe and therapeutic environment.

“We are excited to begin offering this service to children in need in our community,” said Gayle Lodato, Helen Ross McNabb Center’s senior director of Greater Chattanooga Area services. “Children affected by ACEs have special emotional needs that many childcare and school facilities are not equipped to accommodate.”

Children enrolled in the Therapeutic Preschool program will attend three hours per day, three days per week for 10 weeks. During this time, the children will learn to identify emotions and how to effectively express them in everyday situations. The children will also learn how to identify safe adults to utilize in a time of crisis.

This service is a result of a capital campaign by the Helen Ross McNabb Foundation. The campaign goal is to raise \$600,000 to support four years of Therapeutic Preschool services. The



project was made possible by private philanthropy, United Way funds, Community Foundation of Greater Chattanooga grants, UNUM, First Horizon Foundation and the Robert Finley Stone Foundation.

The Robert Finley Stone Foundation helps young people exit cycles of poverty and improves the overall community quality of life.

“We recognized that the Helen Ross McNabb Center’s Therapeutic Preschool addresses the needs of a young population of students who have been traumatized in a variety of unthinkable ways while simultaneously dealing with issues that lead to generational poverty,” said Michael Pollock, executive director of the Robert Finley Stone Foundation. “To the untrained eye, this is double jeopardy. To the skilled Therapeutic Preschool staff who will work with this population of students it is an opportunity to make a significant contribution to the future of the lives they touch. We can get behind that.”

Construction for the project is underway and the program will be situated at the Center’s Administration Building. Helen Ross McNabb Center expects the program to enroll its first class and will celebrate the new program with a ribbon cutting.



Renovations have begun on the Greater Chattanooga Area Therapeutic Preschool program.



Shown here is Knoxville’s Therapeutic Preschool classroom. When complete, the Greater Chattanooga Area Therapeutic Preschool program will offer services to children who have experienced trauma.



Administrative Office  
6049 Shallowford Rd.  
Chattanooga, TN 37421



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