

# NEWSLETTER WINTER 2022/2023

#### MCNABB CENTER CELEBRATES 75 YEARS

ince 1948, the McNabb Center has been the premier provider of behavioral health services in East Tennessee. Throughout the Center's 75-year history, it has always found ways to serve those in the community with the most need and fewest resources.

Thanks to the efforts of Helen Ross McNabb, the Center was first established as a community mental health center for children, one of the first in the state. Since then, it has grown to provide mental health, addiction treatment, social services and victim services to children, families and adults. Last year, more than 43,000 individuals received services in over 30 East Tennessee counties. Building upon the spirit of its founder, the McNabb Center's mission of "improving the lives of the people we serve" is at the forefront of everything the Center does.

As one of the leading providers of mental health services in the region, the McNabb Center has consistently expanded its continuum of care in order to fill gaps in the community. In 75 years, the McNabb Center has instituted multiple one of a kind programs, facilities and services in order to meet the growing needs of behavioral health care. The Center operates the only two therapeutic preschools in the state and a one-of-a-kind children's crisis stabilization unit. A mobile clinic was rolled out in order to break down barriers of accessing integrated health care in rural counties. During the pandemic, the Center continued operating as an essential health care provider, expanding to serve clients via telehealth.

"We are honored to have served East Tennessee for the last 75 years," said Mona Blanton-Kitts, McNabb Center President and CEO. "The McNabb Center is a place of hope and healing. As long as there is a need in our community, we will be there to provide quality care for those who need it most."

Throughout this year, the Center will be sharing stories and testimonies on its website and social media pages in order to celebrate and acknowledge the work and achievements of the past 75 years. Please join the McNabb Center in celebrating this remarkable milestone.

WELL MIND, WELL BEING.



Helen Ross McNabb



#### INSIDE

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#### CELEBRATING 75 YEARS WITH 75 STORIES



**STAFF STORY:** I was employed at the McNabb Center right out of college. I always knew that I wanted to become a Domestic Violence Advocate ever since I volunteered at CEASE, a local shelter that has since been dissolved. I saw the need for advocacy in our area for domestic violence, and I wanted to have a hand in the change. Harbor of Hamblen popped up. In March it was taken over by the McNabb Center in Hamblen County, right as I was about to graduate. I interviewed, and I got the job because of my passion of the topic. I had heard so much good about the McNabb Center and the changes they were making in people's lives, and I wanted to become a part of it.

I have been employed here now for around seven months, and it is the best job I have ever had. I make daily impacts with clients going through domestic violence, and I am making my change by educating the community and offering services in this area to the

best of my ability until expansion comes around. McNabb took a chance on me being straight out of college, and, to this day, I am grateful for that chance because making a difference in my own community is the most rewarding thing I can possibly do. The people here have become like a second family to me with one thing in common; to improve the lives of the people we serve.

I love working with the shelters and other community non-profits and services to better coordinate the needs of our clients. This job has changed my life and has had a big impact on me. I look forward to the future of this program and my employment with McNabb."

-Darann Cox, Domestic Violence Advocate, Hamblen Outreach





**HISTORY:** Dr. Louise Noel was the McNabb Center's first psychiatrist when it opened in 1948. Read about Dr. Noel from the Knoxville News Sentinel Editorial (9/25/90):

#### EAST TENNESSEE lost a pioneer last week

Dr. Louise Noel, who fought on the frontier of mental health care in East Tennessee, died at 75. In 1948, Noel was a co-founder of the Helen Ross McNabb Center for mental health care. She served the center as its executive director and first psychiatrist. In honor of that, the center contains the Louise J. Noel Therapeutic Nursery, which is used to care for abused children.

Born in Manila, the Philippines, where her American parents taught, Noel studied medicine in Colorado and at the New England Hospital for Women and Children. In 1946, she moved to Knoxville with her husband, the late Dix W. Noel, who taught law at the University of Tennessee. The couple had six children.

Noel brought her psychiatric specialty to Tennessee at a time when psychiatrists were looked on as witch doctors and female psychiatrists were even more suspect, she once said.

When Noel retired from the center in 1984, she was away from it only a short time before the center requested her to come back part-time. She had worked at the center on that day last March when she had the stroke that ultimately caused her death.

Noel was a finalist for the recent Diamond Award honoring outstanding East Tennessee mental health care professionals. The nomination for the award credited her with helping enough people to fill Neyland Stadium twice over.

Noel once told a News-Sentinel reporter, "The sad fact of human nature is that the more we need love, the less lovable we become."

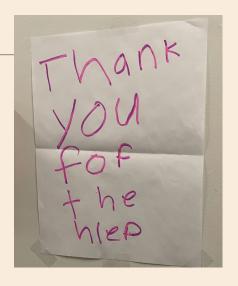
Reworking that idea a little bit, we can observe with gratitude: The fortunate fact of human nature is there are always people like Louise Noel who come to the forefront when we most need them, to succor those of us who are least lovable.



#### 75TH ANNIVERSARY CONTINUED

ometimes a picture is truly worth a thousand words. This note was found under the pillow in this client's room after she had discharged. We believe the staff at the Children's Crisis Stabilization Unit are making a difference in pediatric psychiatric care. This is why we come to work every day.

-Jennifer Martin, Children's CSU RN, Crisis Stabilization Unit





#### **COMMUNITY:**

I learned about the Mc-Nabb Center's Therapeutic Preschool in 2003 and knew that this was a program my heart longed to help with! At that time it was called the Therapeutic Nursery, but its name was eventually changed to more accurately reflect the age of the children. I started my weekly volunteering here in April of 2003. Mondays soon became my favorite day because I could be a

part of something that did such important and valuable work that means so much to me! The Therapeutic Preschool program is designed to help young children who had been or are at risk of being traumatized, abused or neglected. It's a safe space in which they can process their emotions and learn coping skills, in addition to having a healthy meal, art and play time; and where they can feel the care, support and nurturing of all the adults present - the teachers/child life specialists, interns and other volunteers – all who understand and are equipped to provide this specialized care.

Over the years I have been incredibly blessed and honored to help here! I have been rewarded so much more by my experiences in Preschool than I ever gave. I have laughed with the children, cried privately in my heart for them, prayed for them and have absolutely loved their innocent and honest questions. "Well, I'm not actually 103 years old but that's a good guess!" And "yes you are so right, my hands are much wrinklier than the other teachers!" "The marks on my legs? Oh no worries! They aren't boo-boos and they don't hurt, they are just spider veins that older people get sometimes!" They have filled my heart with so much joy and my spirit has been lifted each week I was there. I have gotten to know and care for so many precious children,

help with classroom duties and witness the staff's devotion and commitment to the kids, their families, and the program.

Within Preschool, I knew that each child's voice was being heard, the hurts of their traumas understood, their unique needs were being addressed and helped and I could see that many times their outward behavior reflected this growth and healing. I saw firsthand how the children thrived and improved as they progressed through the program and their graduation date approached. And I was able to make a personalized fleece blanket for each kiddo when they graduated – just a very small additional way I could offer my heart to them, but one which means so much to me. I have truly felt so grateful that I could be a part of a program that does so much good in helping children who have endured too many struggles at such a young age!

In 2020 with the beginning of the pandemic, McNabb needed to temporarily suspend all its volunteer activities. So my Monday "highlight" stopped, and in the subsequent years I have had other wonderful obligations come up, so I felt I needed to "retire" from my weekly in-classroom volunteer commitments. However, I have been able to continue making a fleece blanket for each child when they graduate, thanks to the Preschool staff (Ms. Clara and now Ms. Abby) who keep me informed of each child's graduation date and the preference on which kind of blanket the child would like me to make for him or her. This is such a blessing to me that I can still be involved with Preschool and share my heart with the kiddos even though I can't be there in the classroom!

As you can tell, I miss the children, staff and being in the classroom - but Preschool and the McNabb Center will always hold a special place in my heart and I am so very

grateful to be a part of such a wonderful organization! I have been blessed by all

-Joanie Scheuer (aka "Ms. Joanie")

#### MCNABB STAFF, PROGRAMS HONORED AT TAMHO AWARDS



Childrens Crisis Continuum Staff

he McNabb Center was proud to accept several awards at the Tennessee Association of Mental Health Organizations (TAMHO) annual conference in December, 2022



Mayor Bill Brittain

Hamblen County **Mayor Bill Brittain** was honored with the Frank G. Clement Award for his instrumental work in the planning and implementation of the McNabb Center's Hamblen County Women's Jail to

Work program. With the goal of improving jail overcrowding and the need for substance abuse treatment, Mayor Brittain engaged the McNabb Center in 2016 in an effort to resolve the issues the county was facing in the jail.

The McNabb Center was also recognized with TAMHO's Innovation and Creativity Award for the Center's Children's Crisis

**Continuum**. The continuum was designed to fill a gap in our community and is the first of its kind in the state of Tennessee to include a Children's Crisis Stabilization Unit. We offer a welcoming and healing environment for every family that walks through our door. Year to date, we've served and impacted over 1,000 families with the goal of them experiencing a crisis in a different way and leaving with the tools to start their healing journey together.

Barry Rorex, Blount County master's level school-based liaison, was honored with the Andrea R. Chase Award which recognizes outstanding individuals from TAMHO member organizations who tend to avoid the spotlight but work tirelessly behind the scenes to make systems work. Barry has spent more than 26 years serving the community. He embodies the spirit of this award through his genuine, holistic approach to connecting people and willingness to volunteer wherever there is a need. The McNabb Center is fortunate to benefit from Barry's knowledge and compassion.



Barry Rorex, McNabb Center Blount County master's level school-based liaison

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#### CHILDREN'S CRISIS STABILIZATION UNIT RECOGNIZED AT CHANGE AWARDS



Matt Schaefer, East Tennessee Children's Hospital president & CEO; Ron Phillips, East Tennessee Children's Hospital vice president of patient care services; Torrie Boggs, United Way of Greater Knoxville director of community impact; Mary Katsikas, McNabb Center executive vice president; and Lindsay Stone, McNabb Center senior director of children and youth mental health programming

he Center was honored to be awarded Large Nonprofit Collaboration of the Year alongside our partner East Tennessee Children's Hospital for the Children's Crisis Stabilization Unit at the United Way of Greater Knoxville's Change Awards in November.

The Children's Crisis Stabilization Unit opened in May of this year. The first of its kind in Tennessee, this pediatric CSU serves children in need of behavioral health treatment, including therapy, medication and other services to help them work through a mental health crisis. Families are able to access CSU services through the emergency department, a Mobile Crisis Unit or community referrals. The CSU is one piece of a comprehensive continuum of care to address the increasing mental health crisis in children and teens in East Tennessee.





#### LAUREN BOBROWSKI 40 UNDER 40

auren Bobrowski, director of DCS programming was recognized as one of Knoxville's 40 Under 40 by the Greater Knoxville Business Journal. Lauren has served the community through her work at the McNabb Center for more than 14 years.

Lauren's passion and commitment are demonstrated on a daily basis through the support and guidance she provides to her diverse teams. Lauren fulfills the McNabb Center's mission to "improve the lives of the people we serve," and goes above and beyond to ensure that mission is embodied in all she does. Lauren and her staff work tirelessly to provide the best possible care for these children who often have the most need and fewest resources.



Image courtesy of Brianna Paciorka, Knox News Sentential

## CIT TRAINING RETURNS TO KNOXVILLE AND HAMBLEN COUNTY

IT trained officers undergo 40 hours of intensive training, which helps them identify mental health resources to assist people in crisis. The training connects officers with mental health professionals and other community agencies to create a team that can provide support when a challenging situation occurs. In addition, officers learn verbal de-escalation skills and experience scenario-based training on responding to crises.





Knox County

Iamblen County

More than two dozen law enforcement officers, first responders and medical staff recently graduated from Crisis Intervention Team training in both Knox and Hamblen County.

## MCNABB CENTER RECEIVES FUNDING FROM TRINITY HEALTH FOUNDATION



he McNabb Center is honored to receive both Phase I and Phase

II funding from Trinity Health Foundation of East Tennessee. This funding will create a partnership between the McNabb Center and the Blount County criminal justice system to develop a reentry program for individuals leaving the Blount County Jail who have a history of opioid abuse.

The McNabb Center owns a residential facility in Blount County that is located next to the jail and court. Working in collaboration with the criminal justice system, an incarcerated individual would leave the jail and move into the reentry program where they would be provided with substance use and/or co-occurring mental health disorder treatment and recovery resources; receive assistance in finding gainful employment; and learn life skills to help make their community reentry process more successful.

Individuals returning to the community following incarceration often face immediate challenges and barriers to success. Many struggle to find employment and housing opportunities as well as behavioral health services and social supports. Inmates with substance use and/or co-occurring mental health disorders have an increased risk of re-offending, re-incarceration or overdosing

following their release. A 2017 U.S. Department of Justice report shows that more than half of state prisoners and two thirds of jail inmates met the criteria for substance use and/or co-occurring mental health disorders.

The McNabb Center offers a variety of services in Blount County, including traditional outpatient mental healthcare, intensive outpatient substance use treatment, jail-based services, school-based services, homeless services and adolescent residential services. Offering a residential reentry program rounds out McNabb's continuum of care and provides a much-needed service within the community.



Jennifer Little, Trinity Foundation grants chair; Houston Smelcer, McNabb Center senior vice president of development and government relations; Mona Blanton-Kitts, McNabb Center president and CEO; Robert DeNovo, Trinity Foundation board chair

#### KNOXVILLE CHALLENGER SERVES AN ACE FOR THE MCNABB CENTER

he 2022 Knoxville Challenger was a smashing success, raising nearly \$205,000 to support McNabb Center services. Ben Shelton (USA), came out on top, beating Christopher Eubanks (USA).

Presented by Pilot Company, Crowne Plaza Knoxville and the Martin Family Foundation, the Knoxville Challenger is the largest professional men's tennis tournament in Tennessee. The Challenger series is designed to provide opportunities to aspiring, young professional tennis players to advance to the top levels of the game.



This year's Challenger was held in memory of Harry W. Stowers. His life, work, commitment and passion for the McNabb Center were of significant benefit to our entire community.





Images Courtesy of Scott Temple

#### HELEN ROSS MCNABB FOUNDATION NAMED OUTSTANDING FOUNDATION OF THE YEAR

he Helen Ross McNabb Foundation received the 2022 Outstanding Foundation award from Association of Fundraising Professionals, Great Smoky Mountain Chapter.



The Award for Outstanding Foundation honors a foundation that demonstrates outstanding commitment through financial support, innovation, encouragement and motivation of others to take leadership roles in philanthropy and national, international and/or community involvement. This award is

announced yearly on National Philanthropy Day.

National Philanthropy Day (NPD) acknowledges the entire spectrum of services provided by the nonprofit community and recognizes the profound impact that philanthropy has on the fabric of society. Each year the Association of Fundraising Professionals honors individuals and groups who, through their hard work and dedication, have enhanced philanthropy, their communities, and the world.



#### NEARLY 2,200 LOCAL KIDS RECEIVE CHRISTMAS THANKS TO DEAR SANTA, 12 DAYS EVENT

ogether, the Beth Haynes 12 Days of Christmas Auction, presented by The Boyd Foundation and The Home Depot, and the Dear Santa program provided support for clients in need during the 2022 holiday season.



The 2022 auction raised over \$96,000 with over 400 items sold. The auction proceeds go directly to help fund the McNabb Center's Dear Santa program.

The Dear Santa provides holiday gifts to children in need served by the Center and their siblings. Donors fulfilled Christmas wish lists for more than 1,000 East Tennessee children.

Many individuals and organizations also donated new toys for children who did not receive a wish list. The Dear Santa toy drive served more than 500 children this year. Several programs



held holiday parties and activities for clients who would not otherwise have the opportunity or means to celebrate.

The holidays can be a difficult time for many, and the Dear Santa program helps make them a little brighter for those in need. Thank you to all of our sponsors and donors for providing holiday joy to our clients!



Because of the Beth Haynes 12 Days of Christmas Auction, the McNabb Center can host "Elf Shopping" where employees and volunteers shop for Christmas gifts for nearly 250 children served by the Center.



First Utility District employees drop off their purchased gifts with help of Amy Cattran, McNabb Center community relations coordinator

#### SUNSET SHENANIGANS A GLOWING SUCCESS!

he second annual Sunset Shenanigans Cosmic Drive and Putt was a glowing success! Sunset Shenanigans raised \$50,000 to support McNabb Center programs and services that serve thousands of children, adults and families in East Tennessee.

Teams of four participated in a cosmic target golf challenge, cosmic putting contest and, new to this year, a cosmic soccer challenge at The Club at Gettysvue. Players had one-of-a-kind golf experience, playing once the sun went down on a glow-in-the-dark driving range.



Special thanks to our presenting sponsors: Proffitt & Goodson and The Standish Family. This year's event was in memory of Ben Goodson and his lifelong support of the McNabb Center.





Through the Helen Ross McNabb Foundation's giving options, you have the opportunity to leave a legacy starting today. There are many ways you can create a brighter future for children, adults and families in East Tennessee by remembering the McNabb Center in your financial planning or giving through special events, programs and campaigns. For more information, please call the Foundation at (865) 541-6684.

#### Gifts from July 1, 2022 - December 31, 2022

#### **BEN GOODSON GRATITUDE FUND**

Donna Creech Andy Hampson

Steven E. and Jenny Kitts

Wiley Rein LLP Dan Standish

Robert and Jean Standish

#### **BETH HAYNES 12 DAYS OF CHRISTMAS** AUCTION

A Dopo Sourdough Pizza Abridged Brewhub Allen Sign Company Alpha-Lit Knoxville Altar'd State

Ancient Lore Village

Appalachian Arts Craft Center Auntie Belham's Cabin Rentals Azul's Mexican Cantina Bacon, Howard & Company

Barley's

Anakeesta

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Blaze Pizza Bliss Home

Blue Ridge Yoga and Wellness Center

Bluff Mountain Adventures Boyd's Jig and Reel Boyd's Serendipity Wine

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Tennessee Theatre Tennessee Valley Fair

Tennova Health & Fitness Center The Appalachian Restaurant

The Bed Store

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The Club at Gettysvue
The Dollywood Company
The Guild Pilates +
The Happy Envelope
The Home Depot
The Inn at Christmas Place

The Inn at Christmas Place

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