

# TSPN CALL TO ACTION

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TENNESSEE SUICIDE PREVENTION NETWORK



## TSPN STAFF DISCUSS AGENCY, ZERO SUICIDE INITIATIVE AT NEW YORK CITY CONFERENCE

TSPN Executive Director Scott Ridgway and Zero Suicide Coordinator Misty Leitsch visited New York City last month for the “Cities Thrive: Mental Health Conference” held November 14-15. They presented information about TSPN’s public-private Partnership, support from state government, and the role of data management in the recent success of Tennessee’s Zero Suicide Initiative.

The invitation-only conference attracted about 450 people, including mayors from major metropolitan areas, government officials, and selected dignitaries, to develop and discuss new ideas regarding mental health and substance abuse treatment for implementation by city governments. It is an outgrowth of ThriveNYC, a comprehensive mental health plan launched by the New York City Department of Health & Mental Hygiene. (More information about ThriveNYC is available at the program website: <https://thrivenyc.cityofnewyork.us>). This conference is part of the platform of Chirlane McCray, First Lady of the City of New York.

As part of a panel discussion, Ridgway discussed the development and function of TSPN’s private-public partnerships, which have helped make the agency a national model for state-supported suicide prevention. Leitsch’s remarks focused on the Initiative’s objective to eliminate suicides and suicide attempts within mental health facilities, and how surveys of staff and leadership at these agencies inform the development and implementation of the Initiative within a specific facility.

Leitsch also explained how primary care physicians in the Nashville area are using automated reporting and monitoring tools to ensure that every patient is regularly screened for depression/suicidal thoughts. They also detailed how, as part of the Initiative protocols, high-suicide-risk patients are assigned to care within mental health facilities and tracked throughout the course of the treatment process to ensure patients keep appointments, clinicians can manage relapses, and clinical staff can spot patterns in patient suicide death and attempt data to prevent additional incidents. The goal of the Initiative is not only to save lives, but to reduce expenditures related to emergency room visits and hospitalizations.

“One in five Americans suffers from a mental health condition, which means everyone—including your family and mine—is directly or indirectly affected by the lack of adequate services. For too long now, discussion of anxiety, depression, substance misuse and other conditions have been conducted only in whispers and innuendo,” explains Chirlane McCray, First Lady of New York City and mental health activist, in the conference program. “‘Cities Thrive’ brings together some of our nation’s best thinkers on mental health to brainstorm new ideas, discuss best practices, create an ongoing conversation, and push our federal partners to join us in making mental health and substance misuse a top priority.” McCray provided the keynote address on the conference’s first day.

Conference proceedings were held at Fordham Law School Skadden Conference Center and included a reception at Gracie Mansion, the official residence of the Mayor of the City of New York. They included presentations from internationally recognized mental health authorities, mayors from cities the country, and New York City officials. The conference was sponsored by Ernst & Young, EmblemHealth, and the American Psychiatric Foundation.



A photo from with New York City Mayor Bill de Blasio (second from right) from the November 14 reception at Gracie Mansion (the residence of the Mayor of the City of New York) following that day’s conference proceedings.

Also pictured are (left to right) Dr. William Paul, MD, Director of the Metro (Nashville) Public Health Department, Misty Leitsch, and Scott Ridgway.

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## SUICIDE RATE DOUBLES AMONG CHILDREN AGED 10-14

The suicide rate for children aged 10 to 14 doubled between 2007 and 2014, according to the Centers for Disease Control and Prevention (CDC).

The findings were released as part of the November 4 edition of the CDC's *Morbidity and Mortality Weekly Report*. The report in question also studied death rates for car accidents and homicide within this age group over a 15-year period (1999-2014).

Suicide rates among children aged 10-14 were relatively stable until 2007 but started rising that year. By 2014 the suicide rate had risen from 0.9 deaths per population to 2.1, translating into 425 suicides nationwide in 2014. In contrast, deaths related to motor vehicle traffic were down by more than half between 1999 and 2014 (from 4.5 deaths per 100,000 to 1.2) and homicides were also down (from 1.2 per 100,000 to 0.8).

"These data underscore the need for a robust approach to youth suicide prevention that is similar to the comprehensive approach that effectively decreased motor vehicle traffic fatalities over the last decade," stated a press release from the National Action Alliance for Suicide Prevention. "In 2015, the National Highway and Traffic Safety Administration funded over \$576 million in grants to promote motor vehicle safety and the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) funded approximately \$60 million in grants for suicide prevention programming... If implemented and brought to scale, a similar comprehensive, multifaceted approach, as outlined in the National Strategy for Suicide Prevention, has the potential to reverse the trend in suicide mortality."

While suicide deaths were more frequent among boys (who accounted for 65% of those lost in 2014), the suicide rate among girls in this age group tripled between 2007 and 2014. Experts have noted this increase corresponds to the increased use of social media, which has been implicated in cyberbullying and so-called "bullycides". "Social media is girl town," explained Rachel Simmons, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*, in a November 3 *New York Times* analysis of the CDC study. "They are all over it in ways that boys are not."

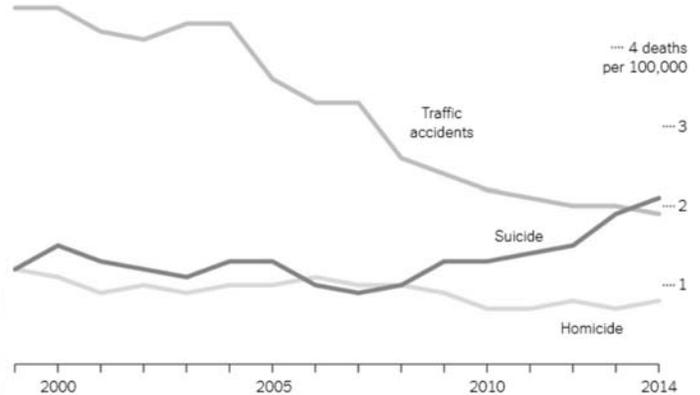
"If something gets said that's hurtful or humiliating, it's not just the kid who said it who knows, it's the entire school or class... In the past, if you made a misstep, it was a limited number of people who would know about it," adds Dr. Marsha Levy-Warren, Clinical Associate Professor of Psychology (Adjunct) at New York University, who was also interviewed for the *New York Times* piece.

Within Tennessee, there were 24 suicide deaths among children aged 10-14 between 2010 and 2014, making it the third-leading cause of death for this age group behind unintentional injuries and cancer.

The *Morbidity and Mortality Weekly Report* article is available online at <http://bit.ly/2f8qVGI>.

### Adolescent Suicides

Among children aged 10 to 14, death by suicide is now more common than death from traffic accidents.



Source: National Center for Health Statistics  
By The New York Times

This graphic accompanied the *New York Times* report on the CDC figures. Note the narrowing of the gap between traffic accidents and suicides and the cross-over point in 2014.



A photo from the opening panel of the "Cities Thrive" conference. Pictured, left to right: Richard Buery, NYC Deputy Mayor for Strategic Policy Initiatives; Chirlane McCray, First Lady of the City of New York; Congresswoman Grace Napolitano (D-California); Stephanie Rawlings-Blake, Mayor of Baltimore, Maryland; Greg Fischer, Mayor of Louisville, Kentucky; Denise Simmons, Mayor of Cambridge, Massachusetts; and Scott Fadness, Mayor of Fishers, Indiana.

## MARIE WILLIAMS NAMED NEW TDMHSAS COMMISSIONER

Marie Williams was named as the new Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) on October 6.

Williams replaces Commissioner Doug Varney, who announced his retirement the previous week. Williams has worked with TDMHSAS since 2000 and, at the time of her appointment, was the Deputy Commissioner in charge of its budget and operations. She had previously served as Assistant Commissioner of Mental Health Services.

In her time with the Department, Williams helped develop its "Prescription for Success" campaign to combat the problem of prescription drug abuse. As Assistant Commissioner, she oversaw the creation of a behavioral health safety net program for persons removed from TennCare. She also developed the nationally recognized "Creating Homes Initiative", which provides low-restriction community-based housing options for people with mental illness. Additionally, she co-authored group-based peer and mentor training program "Out of Poverty", which has become a nationally regarded resource for anti-poverty organizations and activists.

Prior to her involvement with TDMHSAS, Williams was a community builder fellow with the U.S. Department of Housing and Urban Development, director of homeless services for Catholic Charities of Memphis, and oversaw services for the homeless at the Midtown Mental Health Center in Memphis.

"Marie's passion for helping the mentally ill, the homeless and those with drug and alcohol addictions inspires her to create innovative, high-impact programs that make a difference," Gov. Bill Haslam said in an October 5 press release announcing Marie's appointment. "Marie has the experience and the drive to continue the progress made to help some of our most vulnerable citizens." TSPN, meanwhile, recognizes Williams as a longtime supporter of TSPN and its suicide prevention efforts, and we look forward to working with her to prevent suicide and save lives in Tennessee.



Photo of Williams courtesy of the Office of the Governor.

## INSTAGRAM INTRODUCES SUICIDE/SELF-HARM REPORTING FEATURE



Instagram

The photo and video-sharing service Instagram now lets users alert administrators about fellow users who post suicidal content.

If someone using Instagram sees a post that suggests severe depression and/or a risk of self-harm, they can report the post to the platform's support team, who can then reach out to the poster and offer resources. It also displays an offer for help to anyone who searches for hashtags suggestive of suicide or self-harming behavior.

"I think that's pretty neat that Instagram is willing to kind of take that initiative," Samantha Nadler, TSPN's Middle Tennessee Regional Coordinator, said in an October 20 interview of WTVF-TV about the new feature. "Having that conversation, asking someone directly about suicide, is half the battle... That's often the part that people are uncomfortable with, which is why the reporting piece on

Facebook and Instagram is so valuable now." She reflected that such tools could have helped her during her own previous suicide attempts: "I felt very isolated and alone, and my peers did not know how to talk to me about it."

According to an October 19 Mashable.com article on the new feature, Instagram worked with the National Suicide Prevention Lifeline to ensure the use of best-practice language and procedures. It also consulted the National Eating Disorders Association, in light of the proven connection between eating disorders, self-mutilation, and suicide.

Screenshot from Nadler's interview with WTVF regarding Instagram's new reporting feature.



## SPRC RELEASES RESOURCES ON SUICIDE IN MIDDLE-AGED MEN



The Suicide Prevention Resource Center (SPRC) has published two new resources—specifically, a video presentation and a report—regarding suicide among middle-aged men. They are intended as companion pieces and best reviewed together.

The suicide rate of men ages 35 to 64 is more than double the national average, and it is increasing. Research has shown that suicide among this population group is driving both an increase in the death rate among middle-aged whites overall as well as the nation's suicide rate.

The video, “Men in the Middle Years”, is part of SPRC’s SPARK Talks series featuring leaders in the field of suicide prevention. This latest installment features remarks from Seattle psychiatrist Jeffrey Sung, MD, who specializes in this population group. The video is available on the SPRC website ([www.sprc.org/video/men-middle-years](http://www.sprc.org/video/men-middle-years)).



Additionally, the report *Preventing Suicide among Men in the Middle Years: Recommendations for Suicide Prevention Programs* offers a summary of the research related to suicide among men between the ages of 35-64. It features suggestions for state and community mental health and suicide prevention agencies who plan to reach out to this population, and closes with an annotated list of relevant programs and resources. The report is available at [http://www.sprc.org/sites/default/files/resource-program/SPRC\\_MiMYReportFinal\\_0.pdf](http://www.sprc.org/sites/default/files/resource-program/SPRC_MiMYReportFinal_0.pdf).

Stills from the “Men in the Middle Years” video from SPRC featuring Dr. Sung (bottom).

## SPOTLIGHT: “THE LISTENERS”

WHAT IF THE MOST IMPORTANT CONVERSATION OF YOUR LIFE IS WITH A STRANGER?



A new documentary about suicide hotline volunteers

FROM WIMRAY FILMS [KINOLORBEREDU.COM](http://KINOLORBEREDU.COM)

“The Listeners”, a new documentary on the work of crisis center counselors, is playing at theaters and college campuses across the country.

The movie focuses on volunteers at the Headquarters Counseling Center in Lawrence, Kansas, as they undergo extensive training ahead of working the center’s crisis lines, balancing the concerns of callers with their self-care needs.

Bob Hurst, the director of “The Listeners”, talked about his experiences making the film in a September 29 interview with the *Frederick (Maryland) News-Post* ahead of a local screening. The process included a week’s worth of training with Headquarters that included the same roleplay exercises performed by would-be operators. “It was pretty scary the first time. Even when you’re in a role play. ‘Well, I’m just calling because I’m about to kill myself. I know you can’t help me, but I was calling anyway.’ And then you hopefully start using the tools that you are provided with to reach that person,” Hurst said. “It’s a pretty great experience. Scary, but I think everyone finds it pretty rewarding to help in a small way.”

More information about “The Listeners”, which was produced by Wimray Films and is distributed by Kino Lorber Edu, is available at <http://listenersmovie.com>. The site also offers options for hosting a screening of the film or ordering a copy for academic use.

## WIDESPREAD HOLIDAY SUICIDE MYTH OBSCURES REAL CAUSES OF SUICIDE AND DEPRESSION

Mental health experts continue to battle the widespread myth that suicides are more common during the holiday season, a belief that distorts and oversimplifies the root causes of suicide.

According to the National Center for Health Statistics within the Centers for Disease Control and Prevention (CDC), the month of December typically posts the lowest suicide rate compared to the other months. More suicides tend to occur in the spring and fall months. More importantly, suicide can occur during any time of the year, a point typically overlooked in media reports on the alleged holiday suicide phenomenon.

However, the myth persists despite the best efforts of mental health experts. A 2010 analysis by the Annenberg Public Policy Center (APPC) found that 50% of news articles published over a recent three-month period referencing both suicide and the holiday season repeated the false notion that suicides increase during this time of year.

Part of the myth's staying power may lie in the genuine stress and anxiety that plagues some people during the holidays. This is especially true for people who have recently lost a loved one and are facing holidays and other special observances without them. The recent recession and its aftermath may place an additional burden on some people and families. Finally, people who suffer from seasonal affective disorder experience worsening symptoms as the days grow shorter.

Experts argue that repeating this myth could do more harm than good. It may make people with suicidal tendencies and their loved ones unnecessarily nervous. Furthermore, people who are considering suicide may assume that they may as well go through with an attempt. "You don't want to convey the message that this is acceptable or that there's a good reason to do it," explains Dan Romer, the APPC researcher who compiled the holiday suicide myth study, explained in a news report on the phenomenon. Finally, the myth obscures the fact that many people suffer from chronic depression or mental illness, conditions far more likely to lead to suicide than passing "blue" periods.

As a service to its readers, TSPN would like to provide suggestions for helping yourself and your loved ones deal with holiday stress and holiday blues (see page 4).

We wish you all the best during this holiday season and thank you for all your support during the past year. We look forward to seeing and working with you during the year to come.

### Donating to TSPN

While you have many options for donating to charity this holiday season, we would appreciate it if you considered a gift to TSPN.

TSPN is under the administrative oversight of the Mental Health Association of Middle Tennessee (MHAMT), a 501(c)3 non-profit registered with the Tennessee Department of Revenue.

Donations received by TSPN through MHAMT are used to:

- subsidize the printing of TSPN resource directories and other publications to be distributed at suicide prevention training sessions, health fairs, school assemblies, civic group presentations, and other venues.
- support the continued operation of regional support groups for survivors of suicide and survivors of suicide attempts.
- finance the recruitment and training of new suicide prevention instructors who will spread the message of suicide prevention across Tennessee.

Your support can help us bring suicide prevention and mental health awareness to communities across Tennessee, possibly saving lives. We can arrange for you or someone you designate to receive notice of the donation and the person it honors or memorializes.

Full information about donating to TSPN is available on our website: <http://tspn.org/donate-to-tspn>.



Mayor de Blasio and Chirlane McCray, First Lady of the City of New York, answer questions from guests at the "Cities Thrive" conference (see page 1).

## DEALING WITH THE HOLIDAY BLUES

TSPN would like to offer the following tips for dealing with the stress and “blue” periods during the holidays:

- Establish realistic goals and expectations. Do not assume the season will fix all your past problems.
- Don't feel obliged to feel festive, especially when you don't. Your feelings are valid, and you should not feel obligated to “cheer up”.
- If you have recently experienced a tragedy, death, or romantic break-up, feel free to tell people about your loss and what you need from them.
- Express your feelings honestly and openly. If you need to confront someone, begin your sentences with "I feel..." rather than “You are...”.
- Know your budget and stick to it. Enjoy holiday activities that are free, such as driving around to look at holiday decorations or window shopping.
- Limit your alcohol intake, especially if you suffer from depression or angry moods.

If someone you know is feeling down or upset this holiday season:

- Try to involve that person in holiday activities, but don't force them.
- Be a good listener. If people feel depressed, hopeless, or worthless, or express suicidal thoughts, be supportive. Let them know you are there for them and are willing to connect them with the help they need. Never issue challenges or dares.
- Familiarize yourself with resources such as local mental health centers, counseling centers, and hotlines.
- If the depressed person is chronically ill, make it clear that you realize that the holidays do not cure the illness.
- Holidays can be difficult for people, especially when reality doesn't measure up to their expectations. Help them understand what is realistic and what is not.



Image courtesy of Fanpop.org.

## STUDY CONNECTS EPILEPSY TO INCREASED SUICIDE RISK



Image courtesy of medchrome.com.

Find out more about epilepsy at Medchrome's "20 Questions On Epilepsy" page (<http://bit.ly/2fxcHlg>).

People with epilepsy are more likely to attempt suicide than the general population, according to a recent study out of the United Kingdom.

Researchers based out of GlaxoSmithKline's Stockley Park offices in London used the Clinical Practice Research Datalink, an observational and interventional research service maintained by the United Kingdom's Department of Health to develop a sample of people with epilepsy and match them with four other people by age, sex, and additional psychiatric diagnoses.

They found that patients who were later diagnosed with epilepsy were 2.4 times more likely to attempt suicide than the control group patients, and 1.8 times more likely to make multiple attempts. The increased risk was present in both people who had not been diagnosed with epilepsy at the time of their attempt and people who were diagnosed after. It was consistent even after controlling for psychiatric history and whether the patient had been prescribed medication for epilepsy.

The study authors recommend that doctors treating patients with epilepsy need to consider their emotional state and suicide risk along with the management of the condition itself. They also noted research elsewhere that connected antiepileptic drugs with increased risk of suicidal thoughts and that suggested people with epilepsy are more suicide prone than people with anxiety or alcoholism.

The citation for this study is as follows; Hesdorffer, D. C., et al. (2015). Occurrence and recurrence of attempted suicide among people with epilepsy. *JAMA Psychiatry* 73(1): 80–86.

# TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in **bold and in electric crimson** indicate alternate meeting dates intended to accommodate state holidays or other previously scheduled events.

## East Tennessee Region

monthly, 3rd Thursday, 12:15 PM  
Third Floor Conference Room, Cherokee Health Systems, 2018 Western Avenue, Knoxville, 37921  
no meeting in December, January 19, February 16, March 16, April 20, May 18, June 15, July 20, August 17, no meeting in September, October 19, November 16, no meeting in December

## Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM  
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105  
no meeting in December, January 17, February 21, March 21, April 18, May 16, June 20, July 18, August 15, no meeting in September, October 17, November 21, no meeting in December

## Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM  
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211  
December 8, January 12, February 9, March 9, April 13, May 11, June 8, July 13, August 10, no meeting in September, October 12, November 16, and December 14

## Northeast Region

monthly, 4th Thursday, 9:00 AM  
Accounting Conference Room, Frontier Health, 1167 Spratlin Park Drive, Gray, 37615  
no meeting in December, January 26, February 23, March 23, April 27, May 25, June 22, July 27, August 24, no meeting in September, October 26, and **November 30**, no meeting in December

## Rural West

monthly, 3rd Wednesday, 10:30 AM  
Behavioral Health Initiatives (BHI), 15 Executive Drive, Jackson, 38305  
no meeting in December, January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, no meeting in September, October 18, November 15, no meeting in December

## South Central

monthly, 1st Wednesday, 11:00 AM  
Christie's 6th Street Restaurant, 109 East 6th Street, Columbia, ZIP 38401  
December 7  
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401  
January 4, February 1, March 1, April 5, May 3, June 7, July 5, August 2, no meeting in September, October 4, November 1, and December 6

## Southeast Region

monthly, first Thursday, 11:30 AM  
Omni Community Health, 1635 Chestnut Street, Chattanooga, 37408  
no meeting in December, December 1, January 5, February 2, March 2, April 6, May 4, June 1, July 6, August 3, no meeting in September, October 5, November 2, and no meeting in December

## Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM  
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502  
**December 15**, January 26, February 23, March 23, April 27, May 25, June 22, July 27, August 24, no meeting in September, October 26, **November 16**, and **December 14**

## Intra-State Department Meetings

2 PM–4 PM  
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, TN 37211  
January 11, May 10, August 9, and November 8

## Advisory Council

February 8 (location TBA)  
June 28-29, 2017 (Montgomery Bell State Park Inn, 1000 Hotel Avenue, Burns, 37029)  
September 13 (Trevecca Community Church, 335 Murfreesboro Pike, Nashville, 37210)

## Blount County Mental Health Awareness and Suicide Prevention Alliance

monthly, 1st Friday, 12:00 PM  
Boys and Girls Club Meeting Room, Fort Craig Elementary School, 520 South Washington Street, Maryville, 37804  
December 2, January 6, February 3, March 3, April 7, May 5, June 2, July 7, August 4, no meeting in September, October 6, November 3, and December 1

## Bradley-McMinn-Meigs-Polk Counties Suicide Prevention Task Force

monthly, 2nd Wednesday, 11:30 AM  
United Way of the Ocoee Region, 85 Ocoee Street Southeast, Cleveland, 37211  
no meeting in December, January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, no meeting in September, October 11, November 8, and no meeting in December

## Davidson County Suicide Prevention Task Force

monthly, 2nd Thursday, 10:30 AM  
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211  
no meeting in December, January 12, February 9, March 9, April 13, May 11, June 8, July 13, August 10, no meeting in September, October 12, and November 16

## Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 10:30 AM  
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478  
December 19, March 20, June 19, and December 18

## Behavioral Health and Suicide Prevention for Hickman-Perry Counties

monthly, 4th Friday, 12:00 PM (lunch served at 11:30 AM)  
Conference Room, St. Thomas Hickman Hospital, 135 East Swan Street, Centerville, 37033  
no meeting in December, January 27, February 24, March 24, April 28, May 26, June 23, July 28, August 25, no meeting in September, October 27, **November 17**, and no meeting in December

## Behavioral Health and Suicide Prevention for Hickman-Perry Counties

monthly, 3rd Friday, 12:00 PM (lunch served at 11:30 AM)  
Conference Room, St. Thomas Hickman Hospital, 135 East Swan Street, Centerville, 37033  
no meeting in December, January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, no meeting in September, October 20, November 17, and no meeting in December

## Montgomery-Houston-Humphreys-Rutherford-Stewart Suicide Prevention Task Force

monthly, 3rd Friday, 9 AM  
Youth Villages, 651 Stowe Court, Clarksville, 37040  
no meeting in December, January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, no meeting in September, October 20, November 17, and December 15

## Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 5:15 PM  
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129  
December 6, January 3, February 7, March 7, April 4, May 2, June 6, **July 11**, August 1, no meeting in September, October 3, November 7, and December 5



About 75 people turned out for Your Heart on Art's reception for its traveling art installation "The Journey No One Should Walk", held at Barnes and Noble Vanderbilt in Nashville on November 3. The event included a fundraiser for the agency, whose therapeutic art outreach and education efforts TSPN has supported for the last several years.

At bottom, YHOA Founder/CEO Eileen Wallach provides information about the agency and the current project, and thanks TSPN for its ongoing support. All remarks at this event were accompanied by an American Sign Language Interpreter.

# ADVISORY COUNCIL CONTACT INFORMATION

If you are interested in getting involved with TSPN on a local level or have other questions, contact the chairperson of your region as indicated by the map provided below:

**East Tennessee region**

Katie Rosas  
(865) 292-3967  
catherine\_rosas@bcbst.com

**Memphis and Shelby County**

Pastor Waring Porter  
(901) 276-1478  
wporter@allsaintspres.com

**Mid-Cumberland region**

Eileen Wallach, LCSW, C-GC  
(615) 456-3777  
eileen@yourheartonart.org

**Northeast region**

Jack Stewart, MA  
(423) 787-1663  
bluespringsdc@yahoo.com

**Rural West region**

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**South Central region**

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karylcb@bellsouth.net

**Southeast region**

Eve Nite  
(423) 697-5952  
enite@omnicommunityhealth.com

**Upper Cumberland region**

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