

TIPQC COMMUNITY LIMITED RESOURCE GUIDE

The Resources listed below are provided by TIPQC for informational purposes only. This is not a comprehensive list of every Resource in Tennessee. TIPQC is a grant funded initiative and cannot and does not endorse, nor will TIPQC be responsible for, any of the resources on the list nor any of the services provided by any of the resources on the list. Caregivers must conduct an independent investigation of any resource on the list before using that resource or recommending that resource to any patient.

Alliance Healthcare Services – *Shelby County and surrounding areas* - www.alliance-hs.org – Casey Herring – 901-600-9440 - cherring@alliance-hs.org; Lisa Reed - 901-567-3554 - lreed@alliance-hs.org - A non-profit organization and the largest comprehensive behavioral health provider in Shelby County. Alliance offers outpatient, intensive outpatient, home-based, and community-based programs, including a continuum of crisis services to over 22,000 residents of Shelby County and the surrounding areas including alcohol and drug therapy, individual and group therapy, crisis services to medically monitored chemical detox, medication assisted therapy (MAT), parent-child interaction therapy, and trauma-focused cognitive behavioral therapy. Alliance accepts a variety of insurance plans including Medicare and TennCare. Each Alliance outpatient clinic and its crisis assessment centers are licensed by the Tennessee Department of Mental Health and Substance Abuse Services to provide outpatient mental health services and outpatient substance abuse services. Main# (901) 369-1400 Crisis# (901) 577-9400.

Amerigroup – *Statewide* - <https://www.amerigroup.com/> - JoAnne Hunnicutt – 615-232-2129 – joanne.hunnicutt@amerigroup.com - Amerigroup addresses substance use before, during, and after pregnancy for women in childbearing ages (14-44). Amerigroup's OUD strategy is a multi-pronged approach that includes prevention, early identification, member/provider education and engagement. Amerigroup's focus is member centric which is tailored toward treatment/ recovery solutions. As an inclusive partner in TennCare's Opioid Strategy, Amerigroup continues to support this strategy by:

- Partnering with TennCare, MCOs and Providers to align best practices
- Enhancing clinical analytics
- Building engagement opportunities to connect members to quality care
- Supporting the member's journey through effective provider connections

Aspell Recovery Center – *Statewide with a primary focus on West Tennessee (between the Tennessee and Mississippi Rivers)* - aspellrecovery.com - A Mother's Love is a program designed to treat pregnant women with opioid use disorder. It is a collaborative effort with Pathways, The Women's Center, and Ayers Children's Center. The program goals are to safely detox pregnant women from opioids, thereby reducing the prevalence of neonatal abstinence syndrome (NAS), provide integrated and holistic treatment for addiction and co-occurring disorders, and foster, promote, and support an environment of safety and healthy change for mother and baby. The program is located in the Humboldt General Hospital in Humboldt, Tennessee. For more information, please contact Rachel Hill – 731-784-0370 – rachel@aspellrecovery.com. Aspell's Pregnant Postpartum Women's Program (PPW) helps pregnant women battling addiction including those who may be incarcerated, find a new beginning, recover from addiction, learn nurturing parenting skills, gain life management skills, and link to recovery support resources and family support services. For more information, please contact Trish (Patricia) Jared – 731-427-7238 - patricia@aspellrecovery.com.

Bethany Christian Services – *Statewide* - <https://bethany.org/> - 615-242-0909 - Leighton Teague, MMFT; Amanda Cook, BSW - lteague@bethany.org; acook@bethany.org – Four Branches are in Memphis, Chattanooga, Nashville, and Knoxville. Bethany Christian Services (Bethany), a national leader in adoption services, vision is that "Family changes everything". Bethany believes that the support birthparents receive during and after their pregnancies is an essential element to adoption. Bethany's pregnancy counseling services support and guide birthmothers in creating a hospital plan, choosing an adoptive family, the court process, grieving their loss, and navigating open adoption relationships. If expectant parents are also considering parenting as an option, Bethany's pregnancy counselor helps connect them with community resources to better equip them. Bethany's Safe Families for Children program focuses on family preservation. When a family is in crisis (i.e. facing homelessness, needing to go to treatment for substance use, facing a difficult medical recovery), Bethany provides childcare through volunteers that Safe Families recruits, screens, and approves (host families (Host Family), family friends, and family coaches). Families in crisis ("Family in Need") willingly place their children with a safe, loving, and thoroughly screened volunteer Host Family temporarily (average - 45 days). Because this is a voluntary program, the Family in Need can reunite with their children at any time. More information on this program can be found on Bethany's webpage, noted above.

Centerstone Early Childhood Services – *Coffee, Dickson, Fentress, Giles, Hickman, Jackson, Lawrence, Lewis, Marshall, Maury, Moore, Van Buren, Warren, and Wayne Counties* – <https://centerstone.org/programs/early-childhood-services/> - Leah Johnson – 931-490-1580 Leah.Johnson@centerstone.org – Centerstone offers services designed specifically for pregnant women, families with young children – including families with opioid use – and anyone thinking about getting pregnant. These services are delivered primarily in the home by dedicated professionals with the goal of strengthening families physically, mentally and emotionally. Services include, but are not limited to, parent coaching, postpartum depression therapy, stress management, help managing family’s physical and mental health needs, fatherhood engagement, breast feeding support, links to addiction related services, infant massage training, and parent support groups.

CHANTT – *Statewide* – <https://www.tn.gov/health/health-program-areas/fhw/early-childhood-program/chant.html> – Lynette Hicks– Program Director 615-532-8758 – Lynette.Hicks@tn.gov – Tennessee Department of Health streamline of three public health programs, Help Us Grow Successfully (HUGS), Children’s Special Services (CSS) and TennCare Kids Community Outreach into one integrated model of care coordination, the Community Health Access and Navigation in Tennessee (CHANT). CHANT teams provide enhanced patient-centered *engagement, navigation of medical and social services referrals, and impact pregnancy, child and maternal health outcomes.*

Families Free – *Northeast Tennessee* – <https://www.familiesfree.com> – [Rachel Adams; Lisa Tipton – 423-817-0513 – rachel@familiesfree.com] – A faith-oriented, community-based Tennessee Department of Mental Health and Substance Abuse Services Licensed Treatment and Mental Health Provider. Families Free provides treatment, intervention services, employment through its social enterprise opportunities, and support for women and families affected by substance abuse, incarceration, and domestic instability. Families Free’s combination of quality, evidence-based services and its faith-based principals of compassion, healing, and restoration guide its work and its programs to help its community’s at-risk and often overlooked population achieve and maintain positive lifestyle changes.

Helen Ross McNabb / Silver Linings IOP – *East Tennessee* – <https://www.mcnabbcenter.org/service/silver-linings> – Danielle Kohler 423-763-0101 (extension 1374) Danielle.Kohler@mcnabb.org – Silver Linings Intensive Outpatient Program is an integrated gender-responsive intensive outpatient program consisting of a 3 hour therapeutic groups that meets four times per week specifically for women over the age of 18 who have given birth to a child diagnosed with NAS or are at risk of giving birth to a NAS child due to prenatal opioid use. And addresses some of the unique issues facing chemically dependent women, including prenatal care, childcare issues, parenting concerns, history of trauma (domestic violence or sexual abuse), co-dependency, and other relationship issues.

Mental Health Cooperative – *Statewide* – <https://www.mhc-tn.org/> - Kristen Guenther – 615-744-7545 – kguenther@mhc-tn.org – Mental Health Cooperative is an outpatient behavioral healthcare agency for adults, children, and adolescents with TennCare. MHC offers care management, psychiatry, counseling, primary care, and emergency services as needed. We recently opened a Suboxone Clinic in Nashville, specifically designed for TennCare members, to expand access to treatment for those struggling with opiate abuse or dependence.

The Next Door – *Nashville, Chattanooga* - <https://thenextdoor.org/> - April Barnes – 615-414-0741 – April.barnes@thenextdoor.org and Holly Cammuse Holly.Cammuse@thenextdoor.org – The Next Door is a non-profit organization dedicated to serving women in crisis, equipping them for lives of wholeness and hope. The Next Door provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration. In recognition of the common need among residents for mental health and addiction counseling, The Next Door provides an integrated model to address the co-occurring disorders. A professional team of counselors, case managers, nurse practitioners – both medical and psychiatric, medical doctors, masters level social work interns, mentors, and job coaches complete the staff to provide comprehensive coverage to residents’ needs. The Next Door provides hope through addiction treatment, recovery and re-entry services exclusively for women. As a non-profit organization, we are able to serve those of various financial means and strive to serve thousands of women in the Nashville and Chattanooga areas. Tennessee’s first Correctional Release Center is The Next Door’s Chattanooga location, which offers a unique program in partnership with the Tennessee Department of Correction. Women served by The Next Door in the Chattanooga area are currently incarcerated and receive short-term transitional services that are rooted in evidence-based practices to address their needs.

Nurses for Newborns – *Cheatham, Davidson, Maury, Montgomery, Robertson, Rutherford, Sumner, and Williamson Counties* – <http://www.nursesfornewborns.org/home/tennessee-2/> Gloria Morison – 615-509-7115 –

gloria.morrison@nursesfornewborns.org – “[P]rovides a safety net for families most at-risk in order to prevent infant mortality, child abuse and neglect by providing in-home nursing visits which promote healthcare, education, and positive parenting skills.” “. . . [R]egistered nurses make home visits to provide health-care assessments, education and positive parenting skills . . .” “Services are provided to new and pregnant mothers and continue through the child’s second birthday.”

Postpartum Support International – *Statewide* – <https://www.postpartum.net/> - Meredith Alonso (Meri) – An all-volunteer organization that provides help with finding local peer support and professional treatment for perinatal mood disorders.

Prevention Alliance of TN – *Statewide* – <https://tncoalitions.org/> - Leah Festa – 865-803-2919 – leah@tncoalitions.org “[Serves] as the collective voice for substance abuse prevention by empowering coalitions, advocating for effective policies, and building strategic partnerships.”

Rainbow Program (Residential Rehabilitation for Pregnant and Postpartum Women) at Lloyd C. Elam Mental Health Center at Meharry Medical College – *Davidson County* - <http://www.mmc.edu/about/community1/rainbow.html> - Chelonda Webster – 615-327-6327 - ccwebster@mmc.edu - The Rainbow Program offers a wide range of services to include residential, intensive outpatient, and outpatient treatment. Other wrap around services include mental health symptom and medication management; food, clothing, and shelter referrals; transportation; parenting training ; family and couples counseling; childcare; family planning services and other social services referrals. The Rainbow Program recognizes that women who use drugs face different problems during their lives than men. Research indicates that almost 75 percent of these women report histories of physical and sexual abuse. Societal problems often make women have poor self-confidence, low self-esteem and leave them with a feeling of being powerless over their lives. In addition, minority women may face additional challenges of cultural and language barriers that can interfere their treatment and recovery.

Renewal House – *Middle Tennessee* – <https://www.renewalhouse.org/> - Greg Cox – 615-255-5222 (extension 100) – gcox@renewalhouse.org – Renewal House provides specialized addiction treatment and is the only long-term residential treatment and recovery program in Middle Tennessee that keeps women and children together throughout the treatment and recovery process. Serving more than 450 women and children this past year, Renewal House keeps families together while addressing the unique needs and dynamics of a woman’s addiction. The specialized treatment that is provided to each family restores lives and breaks the cycle of addiction for generations to come.

Renewal Place – Salvation Army – *Memphis* - <https://salvationarmymemphis.org/renewal-place/> - April Armstrong – 901-550-0882 – April.Armstrong@uss.salvationarmy.org in Memphis and its two-year residential recovery program for chemically-addicted women and their children keeps families together while they work towards sobriety, employment, positive parenting and financial literacy. With a capacity of 45, Renewal Place helps families to stabilize two generations of both addicted and drug exposed individuals.

Spero Health, Inc. – *Chattanooga, Cookeville, Dickson, Dyersburg, Jackson, Memphis, and Smyrna (Kentucky locations include Barbourville, Bowling Green, Middlesboro, and Paducah)* - www.sperohealth.com – Jen Talbert 615-516-2698 - jen.talbert@sperohealth.com - An integrated healthcare services organization specializing in local and affordable outpatient care for individuals suffering from substance use disorders using an innovative evidenced-based integrated care model that combines both physical and behavioral healthcare services under one roof to treat the whole patient. This integrated care model combines physician services (including medication assisted treatment), behavioral health counseling, recovery support services, medication management and patient and family education. Its community-based approach to treatment allows patients to continue working and caring for their families as they overcome addiction. Spero is one of the largest office-based opioid treatment providers in the country and is in network with Medicaid and commercial insurance plans. Physician services—Use of evidenced based practices for the treatment of opioid use disorders that include mental and physical health screenings, individualized recovery plans, and medication management. Behavioral health counseling—Mandatory individual and/or group counseling, activities focused on treatment plan adherence, anti-diversion and developing a recovery orientated lifestyle. Sessions provide safe places to talk and valuable support to help patients achieve lasting recovery. Recovery support services & education—Connections back to the community and skill building assessed on individual patient needs. This can include assistance in finding employment, housing, healthcare, childcare, transportation and more.

STARS (Students Taking a Right Stand) - Tn Department of Mental Health & Substance Abuse Services – *Statewide* - <https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/prevention/rops.html> - Kaitlynn Jackson - 615-478-6052 - kjackson@starsnashville.org Regional Overdose Prevention Specialists (ROPS) provide an hour-long training about the opioid crisis and what people can do to help. Harm reduction and reducing stigma are two important parts of the training, but the main reason the program exists is to save lives. ROPS train how to recognize opioid overdose and how to utilize Naloxone - most audiences receive free Narcan from the ROPS after the training.

StrongWell – *Statewide* - <https://iamstrongwell.com/> - 888-339-9404 - Ryan Etherton - 405-255-2909 - Ryan@iamstrongwell.com – StrongWell is a group of caregivers consisting of Licensed Counselors, Social Workers, Nurses, and Certified Peers. This team goes directly to individuals with substance use and creates an individualized plan to support their needs. There is a focus on increasing and assuring access to care including medical, behavioral, and social needs. This team engages the individual through trusting relationships to identify and fill gaps in care through direct intervention and improved access to conventional forms of care. For pregnant and postpartum mothers, there is a focus on creating an environment empowering the mother to care for her newborn, as well as providing her with any necessary education including education about VLARC and breastfeeding. StrongWell partners with providers and patients to help break the cycle and provide stigma free and loving care to all individuals seeking assistance.

Susannah's House – *Knoxville* - <http://www.susannahshouse.org/> - Lisa Harris – 423-536-8925 lharris@susannahshouse.org - Jessica Helton (Prenatal Program Coordinator) - An Intensive Outpatient Recovery Program for mothers in recovery; serving spiritual, physical, and emotional needs of mothers and their children by providing help and hope in a nurturing and therapeutic, Christian community for women and their children to break adverse cycles and rebuild their families. Susannah's House provides a nurturing and therapeutic environment for individuals and families to achieve sobriety, enhance mother and child relationships, and build better life skills while promoting spiritual growth. Susannah's House believes destructive cycles can be broken and wants to serve women who have the desire and commitment to change. Susannah's House program is a holistic set of modules for mothers determined to recover from opioid addiction and establish a safe and supportive family system. Susannah's House is staffed with licensed professionals in recovery and social services fields.

TAADAS – *Statewide* - <https://taadas.org/> - Jackie Rodriguez – 615-780-5901 (extension 110) – jackie@taadas.org – educates, supports, and engages members and public, influence policy and advocates for prevention, treatment, and recovery services. Coordinates the **Tennessee REDLINE 800-889-9789** – a toll free information and referral line providing accurate up-to-date alcohol, drug, problem gambling, and other addiction information and referrals to all citizens of Tennessee at their request.

TN Department of Health Division of Family Health and Wellness - *Statewide* - TN Maternal Mortality Review Committee (MMRC) & TN Child Fatality Review (CFR) - <https://www.tn.gov/health/health-program-areas/fhw.html> - Bethany Scalise (MMRC) – 615-532-6937 - Bethany.Scalise@tn.gov Chase Foster (CFR) – 615-253-2657 - chase.foster@tn.gov The **TN Maternal Mortality Review Committee** (MMRC) reviews maternal deaths of TN residents that occur within a year after delivery or during pregnancy. The committee is a multidisciplinary team committed to reviewing maternal deaths, as well as reporting recommendations for changes to laws, rules, and policies that promote the safety and well-being of women and the prevention of maternal deaths. **The Child Fatality Review** and Prevention Act of 1995 established a statewide network of child fatality review teams in the 31 Judicial Districts of Tennessee. The judicial districts cover all 95 counties of the State. Fourteen Department of Health team leaders provide the administration and coordination of the teams. These multi-discipline, multi-agency local teams have been established in each Judicial District to review all deaths of children seventeen years of age or younger and make recommendations to the state Child Fatality Prevention Team for reduction and prevention of child deaths statewide.