



MENTAL HEALTH ASSOCIATION
of
EAST TENNESSEE

2008 ANNUAL REPORT



DEAR FRIENDS,

Occasionally, the historical record needs to be clarified. Our earliest documents established 1951 as the year of our incorporation and approval of our 501 C (3) non profit status. However, we also know that we must have operated for some time prior to 1951.

Our search for greater historical accuracy took us through the dusty archives of the Knoxville News-Sentinel and Knoxville Journal. We explored the oldest files at the Helen Ross McNabb Center. It was at the latter that we found a news clipping describing a Chattanooga event that listed prominent attendees, including "Mrs. Helen Ross McNabb, the founder of the Knoxville Mental Health Association in 1948." This confirmed our suspicions of operations before 1951, yet still needed further substantiation.

We enlisted the help of Vicky Bills and Steve Cotham at the Calvin McClung Historical Collection and conclusive documentation was unearthed stating "the Knoxville Mental Health Association was founded in conjunction with the Knoxville Mental Health Clinic," which as we know, would later be named after Mrs. Helen Ross McNabb in 1968.

With this annual report we can officially clarify the year of our organization's birth and celebrate 60 years of service to East Tennessee. The timeline record found within this Annual Report details significant milestones, not only in the history of East Tennessee and area mental health provider organizations, but also in the six decades of achievement by the Mental Health Association of East Tennessee.

Some of the achievements of the Mental Health Association of East Tennessee include but are not limited to:

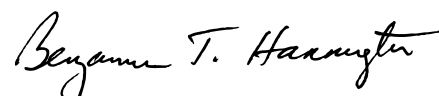
- Led the movement with the Tennessee Mental Health Association to separate mental health care in Tennessee from the Department of Corrections and establish a Tennessee Department of Mental Health in 1953.
- Established the Patient Advocacy Program at Lakeshore Mental Health Institute in 1975.
- Raised funds through "Lemasquerade" to help start the Friendship House in 1988.
- Reformed Knoxville Police training on mental illness after a number of high profile incidents between law enforcement and consumers in crisis in 1998
- Led the three year statewide reform effort to provide TennCare enrollees open access to mental health medications in 1998.
- Advocacy at the regional and state mental health planning councils led to funding and policy decisions to establish Crisis Stabilization Units across the state in 2008.

We trust you will enjoy this 2008 Annual Report of the Mental Health Association of East Tennessee and the historical timeline of achievement recorded by the faithful service of thousands of staff and volunteers in our hospitals, clinics and organizations since the 1800's.

Sincerely,



Keith Richardson
President, Board of Directors



Benjamin T. Harrington
Executive Director

THE MENTAL HEALTH ASSOCIATION OF EAST TENNESSEE is a 501 (C)3 non profit organization dedicated to educating the community about mental health issues, including the signs and symptoms of mental illness. An ardent advocate on behalf of those who sometimes are not able to advocate for themselves, the MHA works to improve the mental health system in our communities for those who need mental health care today or ten years from now.

Founded locally in 1948, the Association has been a United Way Partner Agency since 1960 and is affiliated with Mental Health America (formerly the National Mental Health Association) and the Mental Health Association of Tennessee.

During our early years the agency was focused primarily on the mental health needs of Knoxville and Knox County residents. Recognizing that people in rural areas of East Tennessee were also in need of client services, educational programs and advocacy, the board and staff worked to expand services to other communities by becoming the MHA of Greater Knoxville in 1994 and expanding again in 2003. Now the Mental Health Association of East Tennessee serves sixteen counties. The MHA is concerned with issues affecting people in urban and rural communities and has changed its name to reflect the expanded service territory.

PREVALENCE OF MENTAL ILLNESS

East Tennessee is home to more than one million residents, of whom 26.2% (294,000) will need mental health treatment in any single year and 51% will need mental health treatment in their lifetime according to the National Institute of Mental Health.

Less than four of every ten people in need of mental health treatment access care in any given year. Stigma of mental illness, under-recognition of symptoms, lack of health insurance and financial resources for co-payments are key barriers preventing access to care.

Untreated mental illness will worsen over time leading to impairment and disability. In fact, mental illness is the leading cause of disability in people ages 15-44.

NIMH reports 50% of all people with mental illness develop symptoms by age 15 while 75% develop symptoms by age 24. NIMH evidence also shows that people average a 10-12 year delay between symptom onset and start of treatment. Treatment delay causes unnecessary suffering, impairment and disabling mental illness.

MISSION

The Mental Health Association of East Tennessee is dedicated to the promotion of mental health awareness, wellness and recovery in our communities.

SERVICES

The Mental Health Association provides noteworthy services in three function areas: client services, public education and advocacy.

Client Services: Client services are staff efforts to assist individuals through free mental health screenings, individual client assistance accessing mental health care or medications and information and referral telephone requests.

Public Education: Educational programs target specific groups of people. The MHA successfully empowers workshop and conference participants with greater knowledge of the signs and symptoms of mental illness and how these often unrecognized conditions impact coworkers, fellow students and members of their church or synagogue. These target audiences include: youth, seniors, working adults, minorities, health professionals, criminal justice system, first responders and others.

Advocacy: Advocacy efforts of the Association include key community coalition involvement, community building activities, and systems advocacy work to build lasting changes to the mental health system.

SIGNIFICANT ACCOMPLISHMENTS IN 2008

Client Services

- Assisted 781 individual clients through telephone requests for assistance accessing (physician, therapy or medication) treatment and or information and referral requests, including:
 - 36% of callers seek treatment information
 - 25% of callers require assistance with treatment access (an earlier appointment, medication refills)
- Provided 388 free mental health screenings for Depression, Bipolar Disorder, Anxiety Disorder, Post Traumatic Stress Disorder, Alcohol Abuse and Eating Disorders. Sixty-seven percent screened positive for mental illness while nearly 74% of those screened positive were not in treatment. Therefore the free screening helps individuals identify the specific diagnosis and serves as motivation to seek help from a mental health professional.
 - 98% were online screenings via our website at www.mhaet.com

Public Education Services

- Taught 12, 944 middle and high school students in the Mental Health 101 Program. This program helped these youth identify signs and symptoms of mental illness (which often onset during the teenage years) in themselves or their peers and help seeking strategies. Mental Health 101 started its expansion to Knox County Middle Schools in 2008.
 - 37.45% of students taught are Knox County students
 - 62.55% of students are from schools outside Knox County
- Trained 2663 people through conferences and workshops targeting specific populations, (i.e. workforce, law enforcement, health professionals etc.).
- Agency display and educational materials were made available to 539 people at area health fairs,

- festivals, workplace displays and events
- Provided online resources to 35,041 people through our website available at www.mhaet.com. This is an increase of 45% from 2007.
 - Resources include information about specific mental illnesses, key mental health issues affecting East Tennessee and free online screening tools.
 - 54.23% of our website visitors are from Knox County.
 - Nearly 46% are from other counties in East Tennessee.

The Mental Health Matters in the Workplace



Program successfully engaged more than 150 people representing 60 East Tennessee employers of more than 64,000 employees at the annual Mental Health Matters in the Workplace Conference.

- The agency created the Mental Health Matters in the Workplace Toolkit for employers to craft special outreach strategies for their employees. Other resources made available to employers include free mental health screening tools, technical assistance from agency staff and a speakers bureau. As a result we have witnessed a surge in mental health screening utilization through Fall 2008 which are likely economically related.

Advocacy

- The MHAET educated state policy makers about the downstream cost implications inherent in a discontinued Mental Health Safety Net for TennCare disenrollees. These efforts resulted

in continued access for 4,000 people in East Tennessee and 14,000 people across Tennessee access to mental health medications and other services through the Mental Health Safety Net Services

- The MHAET educated state policy makers about the mental health needs of uninsured East Tennessee residents. This insight had a direct bearing on the development of a state plan to provide mental health care options for the uninsured.
- After several years of advocacy by the Mental Health Association at the local and state mental health planning councils funds were set aside to create Crisis Stabilization Units across the state, including one in East Tennessee which would open in early 2009.

NOTEWORTHY PROGRAMS & SERVICES

Mental Health 101

Mental Health 101 grew to 59 schools in 21 East Tennessee Counties in 2008, reaching 12, 944 students in high schools and middle schools. This is an increase of 83.49% and 30 new schools since 2006!

Mental health outreach to young persons is imperative as 50% of people who develop mental illness have their symptoms start by age 15, 75% by age 24. Unrecognized and untreated mental illness is the primary cause of disability and suicide in teens and young adults.

Started in 2000, Mental Health 101 is having a profound impact on our youth, as teen suicide attempts have been reduced by more than 67% in Knox alone – the county with longest tenure of the free Mental Health 101 program.

Mental Health Matters in the Workplace

The Mental Health Matters in the Workplace Program provides employers, employees and their families, valuable technical assistance about mental health issues affecting productivity in the workplace, employer healthcare costs, workplace attendance, workman's compensation, employee health and

disability claims. Employers engaged in wellness or health promotion strategies can enjoy significant return on their investment (ROI).

Mental health outreach and wellness promotion:

- Each dollar invested saves \$7 (7/1 ROI)

Alcohol abuse screening and wellness promotion:

- Each dollar invested saves \$6 (6/1 ROI)

Free Mental Health Screenings

The Mental Health Association of East Tennessee added an Alcohol abuse and Eating Disorder Screening tools to our free and anonymous mental health screenings portfolio in 2008. Other screening tools for Depression, BiPolar Disorder, Anxiety, and Post Traumatic Stress Disorder are available in person with MHA staff or via our online screening tools. Three hundred eighty eight people completed mental health screenings in 2008, up 108% from 2007.

Free screenings help persons identify whether they suffer from an undiagnosed mental illness by clarifying symptoms for the client. The screenings also serve to motivate persons who screen positive to seek and access treatment.

- 259 of the 388 screening clients screened positive (67%)
- 74.13% were not in treatment and were able to determine they suffer from mental illness through our free screenings.

Educational Programs

Agency staff and volunteers were invited to make 35 presentations in 2008 to church, workplace, law enforcement and community groups. Subject matter included

- Post Partum Depression
- Heredity and Mental Illness
- Understanding Mental Illness
- Mental Health 101 – Curriculum for Community, Churches and Workplace
- Suicide prevention

Conferences

The MHA hosts or collaborates with other community partners to sponsor numerous conferences annually. Our signature conference event is the Fall Psychiatric Symposium, which celebrated its 11th anniversary in 2008. The Symposium has become the largest multidisciplinary psychiatric training event in the South and is attended by nearly 400 professionals each year who receive continuing education training and learn evidence based practices to implement in their clinical practice setting.

The Mental Health Matters in the Workplace Conference was attended by 150 people representing

60 different employers of more than 64,000 workers in East Tennessee. Mental health and substance abuse problems affect people of all ages and across all socioeconomic levels. White collar workers are just as likely as blue collar employees to suffer from illnesses such as depression, anxiety disorders and addictions. Untreated mental health issues greatly complicate or impede the successful treatment of co-occurring medical conditions such as diabetes and heart disease.

The workplace initiative represents a unique collaboration of employers across all industries working closely with mental health and substance abuse treatment entities to address key issues affecting the health, wellness and productivity of

THANK YOU FOR YOUR CONTINUED SUPPORT

Our many accomplishments in 2008 are only made possible by the generosity of our community.

Your support has impacted the lives of so many of our neighbors here in East Tennessee. Our work helps men and women, boys and girls access the care they need when they need it most. A free mental health screening and knowledge gained through our educational programs are priceless for those grasping for answers.

One East Tennessee father, whose daughter was

able to enter mental health treatment quickly through the assistance of MHA staff, said, "I am glad I found you." Statements like this are truly a testament to the value of the Mental Health Association of East Tennessee. It makes us feel good about our work and we are forever grateful for the support of our donors and volunteers whose contributions enable us to serve thousands of our neighbors annually.

Please accept our gratitude on behalf of the thousands of your friends, family, co-workers and neighbors served in 2008.

Patricia Abbarno
Frank & Peggy Addicks
Advogent Group, Inc.
P.J. Alexander, LCSW
Candace Allen, MSSW
Ronald Allen
Barbara Amburn
American Psychiatric Nurses
Association
AstraZeneca Pharmaceuticals LP
Autism Society of America
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B&W Y-12
Hop & Fay Bailey
Baptist Health Systems
Esther Bare
Eleanor Barker
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Catherine Beals
R. Douglas Beals
Lora Beebe
Robert Benning
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Blount Memorial Emotional Health
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Brookhaven Retreat LLC
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Ronald Brown, PhD
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Clayton Mobile Homes
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Contact Helpline of Oak Ridge
Lane Cook, MD
Cornerstone of Recovery
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Jane & Kenneth Creed
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Helen Ross McNabb Center
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Kennett Hobbs
Ms. Harriet Hodge
Home Federal Bank
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Diane Humphreys-Barlow
Laurel Humphreys
Richard & Ann Ince
JAZZ Pharmaceuticals
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Sybil Joffe
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Owen Emil Liles
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Penny Lukin, PhD
Paula MacMorran, PhD
Bonnie Marland
Martin & Company
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Angela Masini, PhD
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Sharon McKee
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Pamela McNish
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James Montgomery
Gary Napier
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National Mental Health America
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Kay Newton
Mrs. E.L. Nicholson
Roger Nooe, PhD
Maria O'Shaughnessy, MD
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Sarah Penegar
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Madelon Perreault
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John Robertson
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Campaign
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United Way of Allegheny County
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UnitedHealthcare Services, Inc.
Jerome, PhD & Emily, LCSW
Vreeland
Wackenhut Services
Ann Wallace
Bill Wallace
Jo Ward, LCSW
Mark Waters, CPA
Sarah Watkins
John West
Homer Wilkins
Jack & Carolyn Williams
Susan Stiles Wilson
Windsor Management Services
Diane Stanton Wolf
Phillip Wright
Wyeth Pharmaceutical
Josephine Zarger

employees and of course the corporate bottom line.
USING RESOURCES WISELY

How You Can Support the MHA?

Donors may contribute in a number of ways. Gifts may be unrestricted, allowing the board to decide how best to utilize your donation. Conversely, a gift may also be restricted to a specific purpose or program fund designated by the donor. A donor envelope is enclosed for your use.

Please consider supporting...

The Annual Campaign – All programs and services of the MHA are supported in part through the leadership contributions of individuals and corporate donors. All donors receive frequent newsletters and an annual report.

Memorial or honorary gifts – A gift may be made in memory or to honor any family or loved one. Gifts can be made to honor their passing, birthdays,

Mother's Day or Father's Day etc.

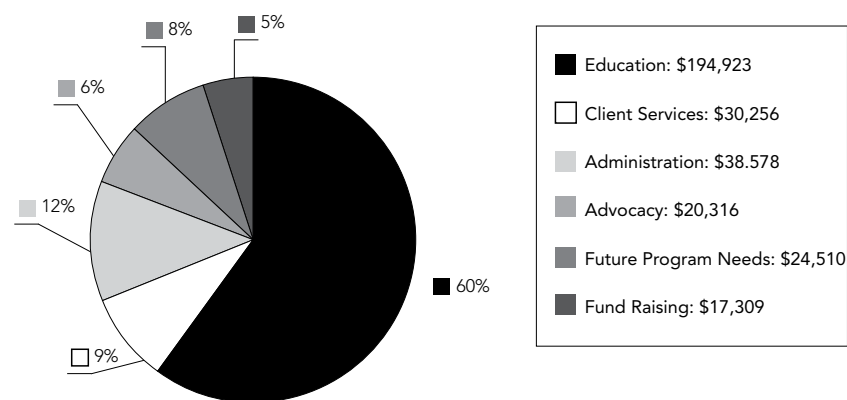
Gifts of Stock or Bonds – Gifts of stocks or bonds are treated like gifts of cash. Please consult your tax advisor about these important gifts to the Association.

Estate Planning – If you are planning your estate, please keep the Mental Health Association of East Tennessee in mind for charitable gifts from the estate or pre tax gifts to reduce your estate tax burden. Gifts can be restricted in purpose or unrestricted. Please consult your tax advisor and Executive Director Ben Harrington with additional questions.

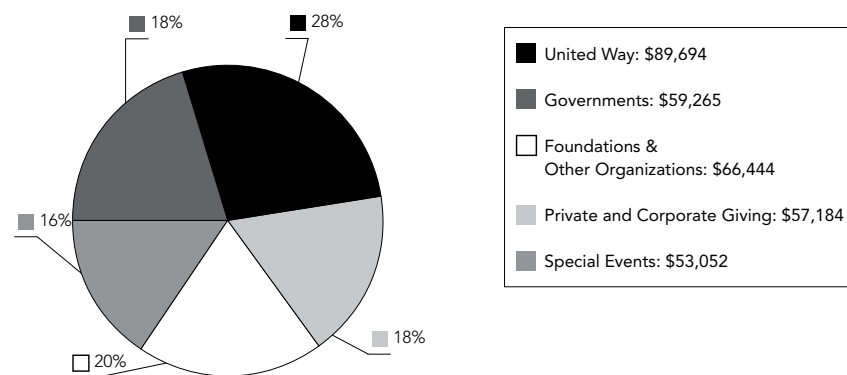
The charts below show sources of income for the year and how community funding was spent.

Thank you again for your support of the Mental Health Association of East Tennessee.

2008 Expenses: \$325,892



2008 Income: \$325,892



A SHORT HISTORY of MENTAL HEALTH in EAST TENNESSEE

1809

Captain William Lyons purchased several hundred acres of land between 4th Creek and the Tennessee Rive. The hilltop became known as Lyons' View because of its scenic view of the Tennessee River.



1826

The Tennessee Legislature created an Almshouse system of caring for the "insane" with the first Almshouse approved in Anderson County.

1840

The Tennessee Lunatic Asylum opened in Nashville.

Before state hospitals were built, persons with mental illness were often housed in poor houses or other "asylums." The Knoxville Deaf & Dumb Asylum, pictured at right, should be familiar to long term Knoxville residents as the building still exists and has served in recent years as the Chamber of Commerce and is now the Lincoln Memorial University John J. Duncan School of Law in downtown Knoxville.



1847

Dorthea Dix visited Tennessee and declared the Tennessee Asylum deficient. Ms. Dix lobbied the Tennessee Legislature to build new larger hospitals to improve care.



1873

The Tennessee Legislature approved \$75,000 to construct an insane asylum in East Tennessee. Forty communities competed for the asylum to be built in their community and the jobs it would bring.

1874

William Lyons' daughters (Mary Lyons Craig and Louise Lyons Barnes) sold 300 acres along Lyons View Pike and the Tennessee River to the State of Tennessee for \$19,500 to establish a hospital for the insane in Knoxville. Construction work started on the site, but after the foundation was laid, construction stopped as the project ran out of money.

1882

The legislature approved \$80,000 to continue construction of Eastern State Insane Asylum. By 1882 the project was still unfinished and had run out of money again. Another \$95,000 was approved by the legislature to finish the project.

1886

Eastern State Hospital opened with the transfer of 95 patients from the Tennessee Asylum in Nashville. Dr. Michael Campbell is named as first Superintendent.

1891

Michael Campbell, MD attended a meeting of the Association of Medical Superintendents of the American Institution for the Insane in Washington, DC

1909

Clifford W. Beers founded the National Committee for Mental Hygiene, which was the original name of the National Mental Health Association (now Mental Health America).



1916

Dr. Sidney Wilgus, a representative of the National Society for Mental Hygiene, visits psychiatric facilities across Tennessee and finds the institutions "deficient in meeting the minimum requirements of modern treatment of mental diseases."

1921

The number of patients at Eastern State Hospital continues to grow. The bricks used to build the building below were handmade on the Lakeshore grounds.



1946

The Governor fired Dr. J. D. Dowling, the Superintendent of Eastern State Hospital, after a cow died at the hospital farm. Some 12 hours later, the cow was slaughtered and the unsafe meat used to feed patients.



1945

One Army Psychiatrist served the "Secret City" of Oak Ridge during World War II until 1947.

1948

The Knoxville Mental Health Clinic opened serving children from 16 counties.

The Knoxville Mental Health Association was founded in conjunction with the Knoxville Mental Health Clinic "to raise funds and recruit clinic personnel."

1951

The Knoxville Mental Health Association incorporated.

1952

The Tennessee Mental Health Association was founded by Mrs. Helen Ross McNabb. Mrs. McNabb serves as first president. Mrs. McNabb, with the American Red Cross, founded the Gray Ladies volunteer organization at Eastern State Hospital

1953

After three years of advocacy, by the Mental Health Associations, Governor Frank G. Clement establishes the Tennessee Department of Mental Health.

The Knoxville Mental Health Clinic changes its name to become the Knoxville Mental Health Center.

1954

Knoxville Mental Health Association separates from the Helen Ross McNabb Center to become an independent non-profit organization.

Sarah Ketron, a teacher/counselor with the Oak Ridge Schools realized the need for mental health services as she worked with children and parents. She led a group of concerned citizens to establish a mental health center for the area.

1955

The Knoxville Mental Health Center started serving adults with mental health treatment needs.

1956

In the early 1950s, Mental Health America issued a call to asylums across the country for their discarded chains and shackles. Mental Health America melted down these inhumane bindings in 1956 at the McShane Bell Foundry in Baltimore, MD, and recast them into an inspirational sign of hope:



1957

Ridgeview opened its doors as the Oak Ridge Mental Health Center in a remodeled "E-type" apartment building on New York Avenue.

1958 The Tennessee Association of Mental Health Centers was founded with eleven community mental health center members. Community Mental Health Centers were often funded by Federal staffing grants.

1959

The Federated Women's Clubs founded the Mental Health Center of Morristown which became Cherokee Health System.

1960

Knoxville Mental Health Association becomes a United Fund Agency (now United Way) with an initial allocation of \$15,000.

Eastern State Psychiatric Hospital received national and international acclaim after it became the first to open a \$2M "therapeutic village" on the grounds to promote recovery in a homelike setting. The therapeutic village concept consisted of 12 cottages, a church, stores and a swimming pool. Two hundred and forty of the 2800 hospital patients, resided in the therapeutic village.

1963

The Community Mental Health Act of 1963 was enacted to provide federal funding for community mental health centers. This legislation was passed as part of President John F. Kennedy's New Frontier and led to considerable downsizing of state mental hospitals across the country.



1968

A federal grant funds the land purchase and construction of the Oak Ridge Mental Health Center.

The Knoxville Mental Health Center completes construction of a new building near UT Medical Center and renamed the clinic the Helen Ross McNabb Community Mental Health Center in honor of Mrs. Helen Ross McNabb who founded the clinic and the local and state Mental Health Associations.

1970

The Oak Ridge Mental Health Center changes its name to become the Regional Mental Health Center of Oak Ridge and opens satellite clinics in Campbell, Scott, Roane and Morgan Counties.

January 20, 1971

State Representative Richard Krieg, Claude Robertson, Norman Williams and Knoxville Journal Assistant Editor Charles Appleton tour Eastern State Hospital. The "Midnight Raid" and subsequent publicity by the Knoxville Journal and later the Knoxville News-Sentinel focuses attention on deplorable care of patients and conditions of facilities at the hospital. The expose' resulted in significant improvements according to the Knoxville Journal.

1972

A year after the "Midnight Raid," Johnny Cash performed "A Boy Named Sue" and other favorites for 1000 patients, staff and visitors, including Governor Winfield Dunn at Eastern State Hospital.



Others participating in the free concert included Johnny Cash's wife, June Carter; Carter Family members- Mother Maybelle, Anita & Helen Carter; Carl Perkins; Glen Shirley; and the Statler Brothers of Virginia.

1972

Governor Dunn presented Johnny Cash the "Governor's Award for Distinguished Mental Health Service" following the show.

The Helen Ross McNabb Center celebrated its 25th Anniversary.

Overlook Center opened on the grounds of Lakeshore Mental Health institute, giving Knoxville residents a second community mental health center.

Peninsula Hospital was founded in Blount County.



1973

The Knoxville Area Mental Health Association started a police training program.

1975

The Knoxville Area Mental Health Association launched the Patient Advocacy Program at Eastern State Hospital. Leta Burgess was hired as Patient Advocate.

1977

Eastern State Hospital changed its name to become Lakeshore Mental Health Institute.

1978

Child & Family Services opened the Kent C. Withers Family Crisis Center named after local philanthropist and MHA board member Kent Withers.

Blount Memorial Hospital opened a general psychiatric unit.

1980

The Knoxville Area Mental Health Association started the Families in Touch support group. By 1984 the program grew and secured funding to hire Joyce Judge as part time coordinator. Families in Touch became a NAMI chapter.

Cherokee Health System started its Primary Care Services. This initiative grew to become the model for integrating health and mental health care copied by others across the country.

1986

Blount Memorial Hospital opened the Mountain View Recovery Center for the treatment of addictions.

1988

"Creativity Unlimited" - a traveling arts and crafts show featuring "consumer" artwork opened in Knoxville, featuring "Myrllens Coat" and other artwork, including the tapestry on the front cover.



Sherri Lee & Elisabeth Rukeyser co-chaired the Lemasquerade fundraiser which raised \$63,000 to help fund the Friendship House Peer Support Center, a part of Helen Ross McNabb Center.



1989

Cornerstone of Recovery was founded by Bill Hood.

Helen Ross McNabb Center opened its new Children & Youth Center, consolidating C&Y services under on roof.

1991

Elisabeth Rukeyser was elected Chairwoman of the National Mental Health Association board of directors.



1993

Knox Area Mental Health Association hosted free Depression Screenings as part of National Depression Screening Day.

1994

Knox Area Mental Health Association changed its name to the Mental Health Association of Greater Knoxville.

1995

Blount Memorial Hospital integrated addiction and mental health services to create the Emotional Health and Recovery Center.

1996

The Mental Health Association of Greater Knoxville became the first organization in the country to provide free mental health screenings on a year round basis - not just available on the national screening days for depression, anxiety and eating disorders.

The Mental Health Association of Greater Knoxville received one of only five NIMH Anxiety Disorders Outreach Grants.

1997

The Detoxification Rehabilitation Institute (DRI) merged with the Helen Ross McNabb Center combining mental health and addiction services.

1998

The Mental Health Association of Greater Knoxville established the Fall Psychiatric Symposium - a professional education program for physicians, nurses, psychologists, and social workers.

Four years of advocacy by the MHA of Greater Knoxville led to the TennCare drug formulary being upgraded to permit access to medications deemed the standard of care for depression, Bipolar Disorder and schizophrenia.

Knoxville Mayor Victor Ashe turned to the Mental Health Association, after a fatal shooting of a consumer in crisis, to lead a task force to review police training about mental illness. The effort resulted in a revamped mental health training curriculum for all Knoxville Police Department Officers and a legacy of conflict de-escalation with troubled citizens.



1999

Knoxville resident, Elisabeth Rukeyser was named Commissioner of the Tennessee Department of Mental Health & Developmental Disabilities.

2000

The Mental Health Association of Greater Knoxville took educational outreach to schools by starting the Mental Health 101 Program for high schools. The program served Knox and Jefferson County students its first year.



2002

The Mental Health Association of Greater Knoxville changed its name to become the Mental Health Association of East Tennessee to better reflect the growing service territory of the agency.

Mental Health Association of East Tennessee received one of only eight Blue Print for Disaster Mental Health Planning

Grants and worked with stakeholders to create & implement a local disaster mental health plan.

2004

The Mental Health Association of East Tennessee started the Mental Health Matters in the Workplace Program to serve area employers and employees.

2005

TennCare dis-enrolled thousands of Tennesseans from the Medicaid program. The Mental Health Association worked with other stakeholders to secure funding for a "mental health safety net" of services and medications for persons with mental illness dis-enrolled from TennCare.

2007

Mental Health 101 received one of only twelve Healthy People Healthy Places grants awarded nationally by the Office of Disease Prevention and Health Promotion to expand Mental Health 101 to un-served communities in East Tennessee.

The Fall Psychiatric Symposium celebrated its 10th Anniversary and has become the "largest psychiatric training event in the South."

The Mental Health Association of East Tennessee and WATE TV partnered on a live one hour television special on mental health viewed, by more than 125,000 East Tennesseans.



2008

Mental Health 101 grew to 54 schools across 22 counties and served 12,944 students during the school year. Knox County Schools asked the Mental Health Association of East Tennessee to expand the program to middle schools. Knox County Youth Risk Behavior Survey (YRBS) data showed youth suicide attempts have been reduced by 67.57% from 2005.

After several years of advocacy by several stakeholder organizations, including the Mental Health Association, the legislature, TDMHDD & TennCare set aside funds to create Crisis Stabilization Units across the state, including one in East Tennessee which would open in 2009.

The Mental Health Matters in the Workplace Conference engaged 60 East Tennessee employers of more than 64,000 workers in training to better support employees and their families with mental health issues.

The Mental Health Association of East Tennessee completed 60 years of service to East Tennessee.

ABOUT THE COVER IMAGE

Tapestry, circa 1920s or early 1930s.

PRODUCED BY AN ANONYMOUS female mental health patient at one of the major regional mental institutions in Tennessee.

By experts' best guesses, this tapestry was created by an unknown female mental health patient at one of the major regional mental institutions in Tennessee sometime during the 1920s or early 1930s. (No one is certain if the patient was at Eastern State--now Lakeshore Mental Health Institute--but that's where the tapestry was found.)

In those days, treatment methods for psychiatric inpatients were very limited. Effective psychotropic drugs had not yet been invented, and "activity therapy" or "occupational therapy" would not achieve widespread acceptance for nearly 40 more years. At the time, psychotic patients were likely to receive hydrotherapy and/or shock therapies. During the 1920s and 1930s, some psychotic patients spent a lot of time in seclusion, and outlets for self-expression were rare.

However, at Eastern State, committed patients were kept busy with assigned chores to "earn their keep." Female patients typically used their sewing skills in the state-run sewing rooms where they made work clothes for the patients who did farm work.

Although the history behind this particular free-form tapestry and its creator are not known, it appears to have been produced by a single needle crafter. She may have had a rural upbringing, based on some of the animals in the scenes, and the style of dress of the people.

We do know her work was produced at a time when supplies were not amply available. The backing material for the tapestry is the kind of cotton fabric used for flour or feed sacks, which Appalachian families widely used to make clothing during the Great Depression.

You will notice there is not much color variation in the thread used in the tapestry. This probably is not artistically deliberate; rather, it

demonstrates that the patient used what thread was available to her.

Undoubtedly many hours, days, and months passed for this woman as she embroidered scenes from memory. Who knows what she was thinking or hoping as her hands created the images you see here? A clock, a couple dancing, a man on a donkey, a baby with a rattle, chicks following a mother hen. . . was this her way of cataloging special moments in life? We are left to wonder.

Maybe she viewed the creation of intricate stitchery as a temporary escape from her own racing mind. Perhaps she was calmed by the repetitive motions of hand-stitching.

What this woman could not have imagined is that each time-locked stitch has left a most poignant legacy about how far mental health treatment has come, and a reminder of how far we yet have to go.

Special thanks to Marsha Shields, director volunteer services at Lakeshore Mental Health Institute, for recognizing the tapestry for the art treasure that it is, for her commitment to preserving this piece of history for future generations, and for unbridled enthusiasm about sharing its story. Thanks also to Chief Officer Lee Thomas at Lakeshore for his cooperation and support.

The Mental Health Association of East Tennessee gratefully appreciates the contributions of Vicky Bills, Steve Cotham and Marsha Shields for their assistance with photographs and clarifying dates, places and people. We appreciate the timeline contributions made by our friends and colleagues in the mental health community and realize the timeline is a work in progress.

Lastly, we want to thank our friends in the Marketing Department at Parkwest Medical Center for all their help in designing and printing our publications.



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