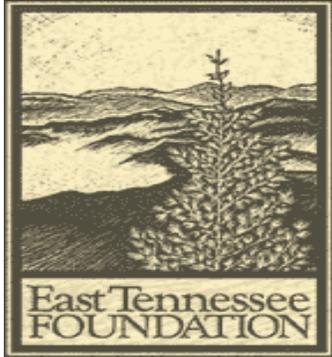




## East Tennessee Foundation Selects *Mental Health 101*



We are especially pleased to announce a two year Youth Endowment Grant from the East Tennessee Foundation to help sustain and grow *Mental Health 101* in East Tennessee.

Readers may remember *Mental Health 101* has grown dramatically from its founding in two high schools in Fall 2000. Knox County school leaders asked the agency to adapt the curriculum to middle school learning and start serving students in 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grades, starting in a pilot program in 2008.

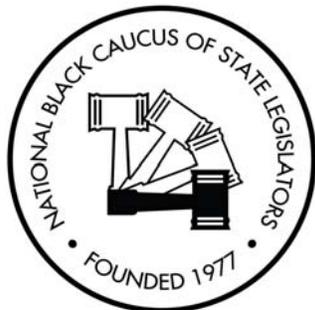
The East Tennessee Foundation Youth Endowment funds will continue to allow the program's growth.

## Representative Armstrong Highlights *Mental Health 101* at Conference

Representative Joe Armstrong spoke last month at the National Black Caucus of State Legislators meeting in San Diego on a panel promoting mental health services and programs in their states.

Representative

Armstrong wanted to do more than just talk about prevalence data in Tennessee. He selected the *Mental Health 101* program as the single community outreach program he wanted to highlight as he spoke with colleagues from across the country. He cited the program's effectiveness at reducing stigma, reducing suicides and the ability to be replicated in other communities across the country. Thanks for bragging about us, Joe!



## Greater Knoxville Business Journal Honors Mental Health Association

The *Greater Knoxville Business Journal* presented its prestigious Healthcare Heroes Awards at its annual awards luncheon last month. Long term Executive Director, Ben Harrington, was recognized for the agency's development and implementation of strategic community outreach programs.



Specific programs cited by the judges were the *Mental Health 101* program serving 14,000 middle and high school students annually and the *Mental Health Matters in the Workplace* program. The Healthcare Heroes Awards are presented to individuals and organizations that have made significant contributions to the quality and availability of health care in East Tennessee.

**“Being recognized by the Greater Knoxville Business Journal is a tremendous honor for the agency and serves as validation that our community outreach programs are highly valued by the community.**

**We could never have been so successful without a committed and supportive board, talented staff and caring community partners – schools, businesses and funders.”**

**- Ben Harrington, Executive Director  
2010 Health Care Heroes Honoree**



## On the Road With the MHA!

Our staff delivers presentations across the region annually at workplaces, civic organizations and churches. Where will we go next? That is

up to you. Call 584 – 9125 to invite us to speak at your next meeting or event! Where have we been lately?

- East Tennessee Business Wellness Roundtable
- Penny Driver Awards
- Children’s Mental Health Awareness Day
- Home Federal Bank
- Knox County Schools RN In-Service
- Blount Memorial Hospital
- Perceptics
- Knox County Schools Teacher / Staff In – Service Training on Bullying



- TN Mental Health & Developmental Disabilities Planning & Policy Council
- Tennessee Suicide Prevention Network
- Yale Commercial Locks
- Karns High School Health Fair
- Mercedes Benz of Knoxville
- Mayor’s Council on Disability Issues
- Healthcare Heroes Awards
- Lawler – Wood, LLC
- Senior Citizens Home Assistance Services
- Oak Ridge Associated Universities

## Back to School With Mental Health 101

Mental Health 101 Schools scheduled at press time:

**Anderson County**  
Clinton High School

**Blount County**  
Alcoa High School  
Heritage High School  
William Blount High School

**Grainger County**  
Grainger County High school

**Hamblen County**  
Morristown West High School  
Morristown Alternative School

**Hamilton County**  
East Ridge High School

**Knox County**  
  
Austin East High School  
Bearden High School  
Bearden Middle School  
Cedar Bluff Middle School  
Central High School  
Episcopal School of Knoxville  
Farragut Middle School  
Gibbs High School  
Hardin Valley Academy  
Holston Middle School  
Northwest Middle School  
Vine Middle School  
West Valley Middle School

**Loudon County**  
Greenback High School  
Lenoir City High School  
North Middle School

**Sevier County**  
Gatlinburg Pitman High School

**Sullivan County**  
Sullivan Central High School  
Tennessee High School

**Williamson County**  
Brentwood High School  
Centennial High School



# Website Redesign Under Way

We have contracted with *Bluegill Creative Marketing* to do a total overhaul and redesign of our website, [www.mhaet.com](http://www.mhaet.com). Below is a small sample of the new site “under construction.” The design brings a fresh look to our online resources and will include new online screening tools, drop down menus, interactive activities, quizzes, and more.

The old website is still active and will be removed when the new site goes live in the Fall.

MHA  
Mental Health Association of East Tennessee

NEWS | FAQs | CONTACT US

Mental Health | Advocacy | Outreach | Early Intervention | Testimonials | Screenings | About Us | Donate

## Mental Health

*Mental illnesses are real, diagnosable, and treatable. More importantly, you should note that treatment works and therefore there is hope for recovery. Poor coping skills can change stress into mental illness or addictions. Untreated mental illnesses can worsen over time to the point of becoming treatment resistant. This is why it is crucial to intervene as early as possible when symptoms are identified.*

**Find a Screening**  
Feeling Stressed? Are you tired, blue, irritable, or worn-down? Have you noticed that you don't enjoy things as much as you used to? Do you spend too much time worrying? Are you having trouble falling asleep or staying asleep? It could be more than stress.

[:: FIND YOUR SCREENING ::](#)

**Early Warning Signs of Mental Illness**  
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[:: LEARN MORE ::](#)

**Early Warning Signs of Suicide**  
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip.

[:: LEARN MORE ::](#)

### Children & Families

Symptoms of mental illness can start at any age and certainly do not discriminate based on age, gender, race or social class. Mental illness present challenges for children and their families.

[:: FIND OUT MORE ::](#)

### Mental Health Conditions & Issues

Mental illnesses are real, diagnosable, and treatable. More importantly, you should note that treatment works and therefore there is hope for recovery. Poor coping skills can change stress into mental illness or addictions. Untreated mental illnesses can worsen over time to the point of becoming treatment resistant. This is why it is crucial to intervene as early as possible when symptoms are identified.

[:: FIND OUT MORE ::](#)

### Mental Health in the Workplace

Most people with a mental illness experience symptoms early, as teens or young adults. They then unsuccessfully experience 10 years or more of treatment delay before diagnosis. This 10 year gap can cause problems at work through decreased productivity, poor job performance, impairment and disability.

[:: FIND OUT MORE ::](#)

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Phone: 865.584.9125 | Fax: 865.824.0940 | Email: info@mhaet.com  
Site by: Bluegill Creative

## Suicide Attempts High in Teen Drug ER Admits



New studies which reviewed teen drug-related hospital emergency room visits across the U. S. during 2008 reveals a substantial percentage of these visits involve suicide attempts. According to these studies conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), one in every twelve (8.8 percent) drug-related hospital emergency room visits by adolescents is a suicide attempt. This teen rate is twice that found among cases those age 25 and older (4.4 percent). Compared to cases involving young adults aged 18 to 25, the teens attempted suicide rate was 33% greater than cases involving young adults.

More than 70% of these suicide attempts by teens were made by females.



Females also comprised a majority of cases among young adults (18-24) and those over age 25, but at significantly lower levels (57.6 percent and 57.7 percent, respectively).

Prescriptions were involved in 9 out of 10 of these drug-related suicide attempt cases. Acetaminophen, found in Tylenol, products were the most commonly used substances involved in hospital emergency room visits by female adolescents attempting suicide (28.5%), while anti-anxiety drugs were the most commonly used substances in cases involving females age 25 or older (49.9 percent). Adolescent males admitted for drug-related suicides were more than three times as likely to have used antipsychotic drugs.



The studies also revealed differences in follow up care (e.g., inpatient admission, transfer to another hospital facility or referral to detoxification). While over 90 % of adolescents who visited hospital emergency rooms for a suicide attempt with antidepressants received follow up care, only 52% percent of suicide attempts involving ibuprofen received it. Similarly, 83% of the cases involving teens abusing alcohol received follow up care, while only 59% of cases among those age 25 or older received it. Clearly, that is a lot of people in denial.



## Insomnia a Major Problem for Children in Mental Health Treatment



A new survey of child psychiatrists reports that insomnia is a major problem among children in mental health treatment; at least a quarter of these

patients are given sleep medication. The survey suggests that management of insomnia in this population is a common practice, although the clinical approach varies widely.

To address insomnia, an overwhelming 96 percent of the clinicians recommended at least one prescription medication in a typical month, and 88 percent recommended an over-the-counter medication.



“The most important rationale for the use of sleep medication among child psychiatrists is to manage the effects of sleep disruption on daytime functioning,”

- Judith Owens, MD, a sleep expert with Hasbro Children's Hospital.

The researchers also report that past studies have found that behavioral treatments such as relaxation techniques, sleep restriction, and cognitive behavioral therapy are effective for childhood insomnia. Multiple studies conducted worldwide indicate that sleep disturbances are one of the primary indications for psychotropic medication in children.



## Patient Injury Risks During Hospital Stays

People with schizophrenia are more likely than others to sustain medical injuries during non-psychiatric hospital stays, a large national study found.



"These findings confirm that medical and surgical hospitalizations are an at-risk time for this group, and a national problem," said lead study author Elizabeth Khaykin, at the Department of Mental Health at Johns Hopkins School of Public Health.

Schizophrenia affects about 1.1 percent of U.S. adults, according to the National Institute of Mental Health. The study reviewed hospital discharge records from 3,605 U.S. hospitals from 2002 to 2007 using the Nationwide Inpatient Sample, covering 269,387 hospitalizations of people with schizophrenia and more than 37 million hospitalizations of people without schizophrenia.

data showed that people diagnosed with schizophrenia have a higher risk of having medical issues - including bedsores, sepsis and infections they are hospitalized than do patients without schizophrenia. The odds of having postoperative respiratory failure were almost twice as high. For example, there were 24.2 incidences of postoperative respiratory failure per 1,000 hospitalizations for those with schizophrenia compared with 9.2 incidences for those without.



"The combination of medical illness, medications that patients with schizophrenia already take, and communication gaps put them at risk for the elevated patient safety events that we observed," Khaykin said.

This is not surprising, as Chris Koyanagi, at the Bazelon Center for Mental Health Law, adds "we often hear reports from individuals that their primary care providers and medical specialists do not always take their medical concerns seriously, but write them off as part of their mental illness."

## Annual Membership Campaign Needs Your Support!

*We are grateful to the many long term donors who have contacted us to advise us that despite the economy, the Mental Health Association and its fine programs, will remain in their charitable giving plans in 2010.*

*The MHAET knows everyone's budgets are a little tighter this year and we respectfully asks our donors to maintain their giving to the MHA at the same level as last year if they can. Thanks in advance for your support.*

~ Ben Harrington, Executive Director



**Those you help with your gift are your family, your friends, your neighbors and your coworkers. Help them because they would help you.**

Your donation of:

- \$50** – Will provide educational materials to 200 people.
- \$100** – Will provide mental health screenings for 30 people suffering from unrecognized symptoms of depression, anxiety or an eating disorder.
- \$250** – Provides client or family services by helping 10 persons access the specialized mental health care.
- \$1000** – Provides *Mental Health 101* to 500 students.

## Thank You 2010 Campaign Donors!

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*“Your contributions help provide outreach programs in schools, at businesses, and with seniors. Thanks for your support.”*

~ Candace Allen, President  
MHAET Board of Directors

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Our Funding Partners!*

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of East Tennessee  
P.O. Box 32731  
Knoxville, TN 37930-2731**

**Mental Illness:  
Real, Diagnosable, Treatable**

**A United Way Agency Partner  
An Affiliate of the Mental Health America**

**13<sup>th</sup> Fall Psychiatric Symposium  
Dates Set for December 2-3, 2010**

The 13<sup>th</sup> Fall Psychiatric Symposium will be held December 2<sup>nd</sup> - 3<sup>rd</sup> at the Knoxville Marriott hotel (former Hyatt Regency). The conference for mental health and health professionals provides valuable continuing education and training close to home at an affordable rate. The agenda includes many nationally known speakers again this year. **Mark your Calendars NOW!!!! Look for brochures in the mail soon.**



**You can support the Mental Health Association with a designated or undesignated contribution to the United Way of Greater Knoxville and through the Combined Federal and Campus Chest Charitable Giving Campaigns.**

