

Clinical Psychologist Joins Frontier Health

Frontier Health welcomes clinical psychologist Farah Williams, Ph.D., to Scott County Behavioral Health. Williams, a native of Gate City, Va., specializes in child and adolescent psychotherapy and psychological assessments.



Williams completed a pre-doctoral internship and postdoctoral fellowship at the Virginia Treatment Center for Children and an inpatient child and psychiatric hospital at the Virginia Commonwealth Health System in Richmond.

She completed extensive training as a forensic evaluator at the Institute for Law, Psychology, and Public Policy, in Charlottesville, and Western State Hospital. During her fellowship, Williams served as the juvenile psychologist for the Richmond City Juvenile Court.



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Impressions

IN BEHAVIORAL HEALTH CARE

Scott County Behavioral Health New Frontier Health Facility Opens in Weber City

You have a good reputation across the state, said Delegate Terry Kilgore, Rep., speaking about the care provided by the Frontier Health and Planning District One Behavioral Health Services since 1981. The new location on U.S. Highway 23 North in Weber City will help centralize services. The move and name change will help improve access to care in the PD1 area.

Fiscal 2009, there were 5,386 individuals served in Scott, Lee, and Wise counties and the city of Norton, and 857 unique clients in Scott County.

"We're very excited about the opening of this facility," said Sam Dillon, Executive Director of Planning District One.

Dillon expressed gratitude for all the years Scott County has given in-kind use of space at the facility on Military Lane.

Our partnership is very unique across the state, said E. Douglas Varney, President and CEO of Frontier Health. "We have even stronger resolve to continue our partnership and to be a leader establishing and demonstrating the highest standards of excellence for accessible and high quality services."



Robbie Williams, PD1 Board and the Board of Supervisors of Wise County; David Redwine, Chairman of the Board of Supervisors; Del. Terry Kilgore; Ronald Flanary, Chairman of the Frontier Health Board of Directors; E. Douglas Varney, President and CEO of Frontier Health; and Sam Dillon, Executive Director of the Planning District One Board.

PD1 originated as the Chapter X Board in 1972 and by 1977, Planning District One opened mental health centers in Scott, Lee and Wise counties. In 1981, Planning District One first partnered with Frontier Health to provide mental health and developmental services.

NAMI Forum Addresses Proposed State Mental Health Care Funding Cuts

National Alliance on Mental Illness, NAMI, held a public forum attended by more than 200 community members regarding proposed mental health care budget cuts in Tennessee.

Teresa Kidd, Ph.D., Frontier Health Senior Vice President of Outpatient Services, said, "For every \$1 you spend, \$7 is saved in community costs. Failure to spend that \$1 will lead to skyrocketing urgent care, hospitalization, and overall public health costs."

Rep. Dale Ford said, "It makes no sense to cut funding for critical mental health care only to increase the cost of



law enforcement and emergency room expenses for these patients in crisis."

Rep. David Hawk said, "I believe it is critical to fund mental health care to avoid individual crises and the costly consequences."

Rep. Matthew Hill said, "I am very concerned the proposed budget cuts will dismantle our critical mental health infrastructure that may be im-

possible to restore in the near future."

Randy Jessee, Ph.D., Senior Vice President of Specialty Services for Frontier Health, "When funding is reduced, costs are shifted from the state to communities."

Carlos Whaley, Greeneville NAMI said, "Budget cuts will not save any money but will precipitate human suffering on a large scale. Untreated mental illness leads to individual misery, dysfunctional families and the potential for irreversible brain damage. For many people with severe forms of mental illness, the budget cuts are a matter of life and death."

Dated Material

Frontier Health funding sources include area United Ways; local, state, and federal government; client fees; and contracts. Services in Lee, Scott, Wise, & Norton, Va., are provided in partnership with Planning District One Behavioral Health Services.

No person shall, on the ground of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity operated by Frontier Health.

Local Judges Receive Statewide Frank G. Clement Community Service Award Nidiffer, Lincoln Recognized for Mental Health Court

The Tennessee Association of Mental Health Organizations honored Judges James Nidiffer and Robert Lincoln, Washington County General Sessions Court, Jonesborough, with the TAMHO Frank G. Clement Community Service Award for developing and serving the Mental Health Court in Washington County. Nineteen have graduated from the program.

The Frank Clement Award recognizes outstanding volunteer service, effective community-wide leadership and responsibility and positively impacting the community.

Establishing the Washington County Mental Health Court just made sense as individuals with mental illness were more often on court dockets. Developing crucial community support, the vision and determination of both judges carried the idea into reality in 2007.

Despite normally extended hours in court, both judges



Judge Robert Lincoln and Judge James Nidiffer

volunteer and contribute weekly to mental health consumers to operate the court.

This court was developed with Frontier Health, the First Judicial District Attorneys, and the District Public Defenders office, to divert those with mental illness into a non-threatening environment where treatment and compliance was emphasized and rewarded.

Consumers say the judges are an integral part of their treatment plan and recovery because of their encouragement and support.

Judges Lincoln and Nidiffer also promote the diversion program to the community, private attorneys and other judges and have secured donations to operate the court and commitments to employ graduating participants from local corporations.

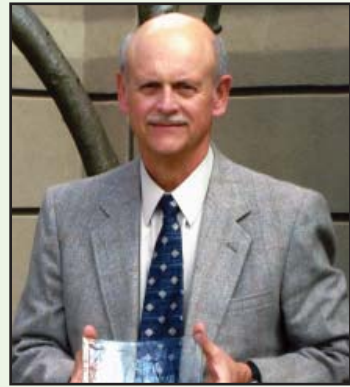
The goal of Mental Health Courts is to decriminalize mental illness throughout the state.

Gary McConnell 2009 TCSW Statewide Professional of the Year Frontier Health School-Based Services Coordinator Receives State Honor

Gary McConnell received the 2009 Tennessee Council on Social Welfare Professional Advocate of the Year for his leadership to initiate and grow the first Student Assistance Program in the state. He was recognized for exceptional service, giving his time, creativity and spirit for the quality of life for thousands of students.

McConnell, School-Based Services Coordinator, continues his work as a counselor at Dobyms Bennett High School. He works with teens and their families regarding grades, stress, depression, relationship problems, pregnancy, drugs, homelessness, and other issues. In the last year, he had 280 new student contacts and 1,052 face-to-face contacts.

He also works with the Natural Helpers program training and leading students in a peer support service, assists Natural Helpers with service projects for agencies like Big Brother/Big Sister and works with AIM Scholars and Northeast State Workforce In Action. He is a Licensed Alcohol and Drug Abuse Counselor and a Nationally Certified Addiction Coun-



selor. He received the 1996 Business Journal and King Pharmaceuticals Health Care Heroes Award.

McConnell joined Alcohol & Drug Council of Kingsport in 1982 and with the help of its director, Randy Jessee, Ph.D., established the first Student Assistance Program in 1985. The program now includes 12 counselors in 20 school systems served by Frontier Health. The Alcohol & Drug Council of Kingsport became Holston Alcohol & Drug before merging with Holston Mental Health in 1989, the first

free-standing A&D and Mental Health centers to merge in the state.

“Gary’s work clearly impacts the lives of the students and school personnel he serves. As he reaches out to families of the students and their communities, impacting both,” said Melissa Birdwell, Holston Children & Youth site director. “The sparkle in his eye and enthusiasm in his voice when he talks about the SAP program and his work are evident to all who come in contact with him.”

Harris, Padgett Receive TAMHO Media Award

The Tennessee Association of Mental Health Organizations honored Larry Harris, Citadel Broadcasting, and Mike Padgett, Holston Valley Broadcasting, with the TAMHO Media Award during the TAMHO 2009 Annual Awards and Recognition Ceremony in Nashville. The Media Award recognizes outstanding



Mike Padgett, Frontier President and CEO E. Douglas Varney, and Larry Harris

contributions to Tennessee’s behavioral health system and the people it serves. Both Padgett and Harris were invaluable to Frontier Health for the last seven years, beginning with the event, Kid Power: Empowering for Kids, first held in May 2003. The first year’s attendance was 2,000 and the last event involved more than 6,000 participants. Without radio, the event would not have generated such great response. Both also aired PSAs promoting SAFE House and prevention of domestic violence. The estimated value for both the SAFE House program and Kid Power exceeds \$40,000. Other media outlets published and promoted Frontier Health and events it supports, but no other outlet has provided the continued, consistent support given by the broadcasting groups.

Perry Named to Juvenile Justice Federal Advisory Committee

Timothy A. Perry, LPC-MHSP, was nominated by Gov. Phil Bredesen to serve on a Federal Advisory Committee on Juvenile Justice. Jeff Slowikowski, acting administrator of the Office of Juvenile Justice and Delinquency Prevention, officially appointed Perry and Chattanooga’s Beverly Cosley to serve on the committee.



Both Perry, Frontier Health’s coordinator Children and Youth Outpatient Services for Bristol Regional and Johnson County, and Cosley serve on the Tennessee Commission on Children and Youth.

Perry has presented to the Tennessee, Virginia and national Juvenile Justice conferences. He is a Licensed Professional Counselor – Mental Health Service Provider, Certified Critical Incident Stress Debriefor, Certified Children and Family Trauma Specialist, National Board Certified Counselor, National Board Certified Domestic Violence Counselor, National Board Certified in Forensics Specialist.

Family Links Receives Grants Harris Foundation, East Tennessee Foundation, Janssen & McNeil Pediatrics

Grants were received by Frontier Health’s Family Links program from Kingsport Community Foundation, the Harris Foundation, and Janssen and McNeil Pediatrics to provide scholarships for children with severe emotional disturbances to attend week-long overnight summer camps.

The East Tennessee Foundation distributed the grants from Kingsport Community Foundation and The Harris Foundation. Family Links planned respite services received a \$1,500 grant from Kingsport Community Foundation provided a \$1,500 grant and The Harris Fund provided a \$1,000.

Kingsport Community Foundation helps donors maximize their contributions to the community by awarding grants that enrich lives and strengthen the greater Kingsport community.

The Harris Fund awarded \$34,000 in 2009 to 19 nonprofit agencies and community programs and projects in Washington County. Since 1995, the Harris Fund, founded in memory of the Harris family of Johnson City, has awarded 185 grants totaling more than \$438,300.

The East Tennessee Foundation provides administration of 12 affiliate funds in 25 counties of East Tennessee. The foundation builds charitable resources. Agencies supported provide services that fight hunger, homelessness, and other



Kingsport Community Foundation’s Buddy Scott presents the check to Family Links Director Joy McCray.



Harris Foundation’s Phillip Carriger presents the check to Family Links Director Joy McCray.



physical and social problems in the region.

Janssen and McNeil Pediatrics, a division of Ortho-McNeil-Janssen Pharmaceuticals, Inc., contributed \$1,000 to the Family Links overnight week-long camp for children with ADHD, Bipolar Disorder or Autism.

“We are very pleased to receive these grants to help assure children who would ordinarily not be able to participate can attend summer camp,” said Joy McCray, Family Links program coordinator. “

Family Links provides short-term respite services for parents and caregivers of children 2 to 15 years old with severe emotional disturbances or mental illness. The program works with families to improve behavioral issues and social skills. Family Links serves children in the Tri-Cities area. If you would like more information about Family Links respite services, call (423) 232-2719.

Now Open for the Season Four Seasons Greenhouse Offers Hands-On Training for People with Disabilities

Frontier Health’s Four Seasons Greenhouse, now open for the season, offers hands-on training for people with disabilities. People who work at the site also help fulfill an assembly contract for a local business.

- Flowering & Vegetable Plants
- Herbs
- Hanging Baskets

Four Seasons offers a large variety of bedding flowers, vegetable and flowering plants, herbs and hanging baskets. This month they’re featuring beautiful hanging baskets of rose begonia’s, wave petunias, million bells, and ivy leaf geraniums.

Four Seasons Greenhouse is located at 2637 4th Ave. East in Big Stone Gap, Va. During May, hours are 8 a.m. to 4:30 p.m. Monday through Friday and 8:30 a.m. to 4 p.m. Saturday.

Frontier Health services in Lee, Scott and Wise Counties and the City of Norton are funded in partnership with Plan-

ning District One Behavioral Health Services. For more information on Four Seasons Greenhouse, call (276) 523-4028.

