

# Helen Ross McNabb Center News



WINTER  
2012

“Improving the lives of the people we serve.”

## Center to operate mobile crisis unit

The Tennessee Department of Mental Health (TDMH) recently awarded the Helen Ross McNabb Center (HRMC) the contract to operate the Adult Mobile Crisis Unit for a five county area, including; Blount, Knox, Loudon, Monroe, and Sevier. The Center will work closely with Parkwest Medical Center (Peninsula) and the TDMH to transition existing services to HRMC starting February 1.

“The McNabb Center has a rich history providing needed services to individuals in East Tennessee with severe mental illnesses. The Center will continue the tradition of providing quality and compassionate care through expanding our continuum of care through the Mobile Crisis Unit,” says Andy Black, CEO/President.

TDMH states that the change comes as part of the department’s ongoing efforts to transform the mental health delivery system for the State of Tennessee. Commissioner Varney goes on to say, “our transformation efforts are targeted toward improved coordination of care and streamlined access to a continuum of services.”

The contract awarded by the Department of Mental Health will allow the Helen Ross McNabb Center to expand its current continuum of crisis services in the community. The Crisis Mobilization Unit will be fully integrated into the Center’s existing crisis services which include crisis triage/walk-in, crisis detoxification and the crisis stabilization unit.

## Lighting the way in East Tennessee

On Friday, November 11, the Helen Ross McNabb Center received the first-ever Light the Way Award from the University of Tennessee College of Social Work.

The Light the Way Award is designated to the community agency or organization that best exemplifies the values and advances the mission of social work. The UT College of Social Work has a long and fruitful partnership with the Helen Ross McNabb Center. Hundreds of students from UT’s College of Social Work have served and continue to serve in field placements at the Center. An estimated 350 of graduates have been or are currently on the staff at the McNabb Center.

Karen Sowers, the Dean of UT’s College of Social Work stated, “From its earliest beginnings, The Helen Ross McNabb Center has been a beacon for mental health in East Tennessee. We are proud of our association with this wonderful agency.”

The College of Social Work’s Children’s Mental Health Services Research Center has collaborated with the Center to conduct relevant research, and partnered on federal and private foundation grant applications to advance services in the field. The Center has also partnered with Dr. John Wodarski of the College of Social Work faculty on multiple applications with three being fully funded in the last 4 years. These partnerships have yielded significant new funding for services in our community.



Karen Sowers presents award to McNabb Center’s CEO/President, Andy Black.

Photo by Big Orange Professional Photography

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2011-2012

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Board of Directors

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## Vagnier honored for distinguished service



Colleagues gather to honor Vagnier's contributions to behavioral health care at the ceremony.

Jerry Vagnier received the Tennessee Association of Mental Health Organization's Distinguished Service Award on Monday, December 12.

Jerry Vagnier's contribution to the field of mental health spans over 27 years. Each year marks progression and achievement in both improving current programs and in creating new innovative systems of care. Jerry began his career as a social worker providing direct care for children and adolescents. Since then he has served in several capacities, always using his role to improve behavioral health care programs and organizations.

Jerry currently serves as the Vice President of Operations at the Helen Ross McNabb Center. Over the past 15 years, the Center has expanded greatly under Jerry's leadership. He has helped build a full continuum of care

with a solid infrastructure that has the ability to support its growth. His efforts and strong business practices have afforded the organization stability for the present and future.

Jerry is dedicated to ensuring the continued success of the Helen Ross McNabb Center and is always focused on excellence in the mental health field. His drive to make quality mental health care accessible for all that need it has prompted the expansion of full service continuums across East Tennessee.

Jerry's contributions to behavioral health care have significantly improved the lives of children, adults and families with mental health and substance abuse issues. His ability to be a visionary in the health care field has afforded the Center growth and provided East Tennesseans with better options.

## Staff exceeds agency campaign goal

The Helen Ross McNabb Center is a proud community partner of United Way agencies in East Tennessee. The United Way supports several Center programs including: Healthy Families, Therapeutic Preschool, and several adult and adolescent substance abuse treatment programs.

In partnership with nonprofit agencies, local business, community leaders and ordinary citizens, United Way addresses critical issues like health, education and financial stability. By working together, the United Way provides a network of services addressing East Tennessee's most basic needs while working toward positive transformation.

In an effort to support United Way campaigns, the McNabb Center exceeded its goal of \$15,000; raising \$18,608.16. Vicki Catapano, Volunteer Coordinator for the McNabb Center, headed the successful campaign.



# New funding opportunities expand continuum of care

## Peer Wellness Coach enhances peer support programming in East Tennessee

The Tennessee Department of Mental Health recently funded a 3-year contract to employ a Certified Peer Support Specialist to serve as a Peer Wellness Coach (PWC). The PWC will assist the State in the implementation of the My Health, My Choice, My Life program. The program utilizes the statewide infrastructure of Peer Support Centers and Certified Peer Support Specialists to integrate a peer-led health promotion, wellness, and self-management program for individuals with mental illness, substance abuse disorders, and co-occurring disorders.

The Peer Wellness Coach employed through the Center will work with the 9 Peer Support Centers in East Tennessee region to train mental health consumers in a Chronic Disease Self-Management Program, assist each individual with the identification of a health care home, administer several assessment tools, and coordinate weekly health and wellness activities at each Peer Support Center. The primary outcomes associated with this program include increasing the knowledge of consumers in the areas of healthy weight management, smoking cessation, safer sex, prevention of infectious disease, and substance use, thus improving the health-sustaining behaviors that will lead to increased life expectancy and a higher quality of life.

## HIV testing program to serve inmates

The Tennessee Department of Health recently awarded the Center a 2-year contract to provide HIV/AIDS testing and case management services in the Morgan County Correctional Complex. The Center was awarded the contract due to its established and successful HIV prevention programming. The program's staff will promote HIV testing upon intakes and encourage retention in medical care for individuals who test positive. An estimated 155 HIV infected inmates are released from East Tennessee prisons and jails each year. Numbers for new infections each year are estimated to be the highest among the U.S. incarcerated population and in the South. The program seeks to provide recently released inmates with enhanced transitional case management in order to directly increase access to care, reduce HIV-related disparities and to indirectly reduce new infections and decrease correctional recidivism.

## Hi-Tech treatment designed to inspire and engage individuals struggling with addiction

In collaboration with the University of Tennessee, the Center will launch a new initiative called the Expanded Care Coordination through the Use of Health Information Technology in Rural Tennessee funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The program will facilitate engagement with substance abuse and mental health services for individuals living in underserved areas in Campbell and Sevier counties through technology such as email, text messaging, online platforms and chat rooms. The utilization of the indicated technology will help deliver interventions, treatment, and support services. The program hopes to increase service engagement for individuals who are already enrolled in substance abuse services, and in turn, increase the number of individuals who engage and benefit from comprehensive treatment and recovery services for behavioral health.

For more information regarding the Center's programs and services,  
visit [www.mcncabbcenter.org](http://www.mcncabbcenter.org) or call 865-637-9711.

# Spirit Award Dinner

Honoring Will Pugh and the late Henrietta Pugh

Tuesday, March 6th 2012

Knoxville Convention Center

For more information, contact Beth Farrow at 865-329-9030

## Knoxville shows love for 2011 Challenger

The Helen Ross McNabb Center was thrilled to partner with the Knoxville Challenger for the third consecutive year. The 2011 tournament took place at the University of Tennessee's newly renovated Goodfriend Tennis Center in November.

The Challenger Series is a part of the USTA's Pro Circuit series which is designed to provide opportunities to aspiring young tennis players to advance to the top levels of the game. The three current top-ranked American players, Andy Roddick, James Blake and Mardy Fish all competed in the Knoxville Challenger as they were climbing the world rankings.

In this year's doubles final, Steve Johnson (USA) and Austin Krajicek (USA) defeated former Vol Adam Hubble (Australia) and Frederik Nielsen (Denmark) in sets 3-6, 6-4, [13-11]. In the singles final match, Florida gator Jesse Levine and Nashville-native Brian Baker fought for the number one spot. Levine won in sets 6-2, 6-3 and took home the grand prize of \$7,200.

Over the past three years, the tournament has grown to become the premier tennis event in the greater Knoxville area while becoming a wonderful community partner in the process. In addition to bringing world-class athletes to compete in Knoxville, the tournament has raised more than \$350,000 over the past three years to support the McNabb Center's programs and services. That is no small change when it comes to providing quality, compassionate mental



Tournament organizers present Jesse Levine with the winning check. From left to right: Jenny Brock, Sarah Stowers, Jesse Levine, Andy Black, Adam Brock.

Photo by Patti Googe

health care, addiction treatment and social services to more than 10,000 children and adults in East Tennessee.

The tournament's success would not be possible without the tremendous work of the tournament's planning committee. Each year, Knoxville's tennis enthusiasts and community volunteers come together and turn out a great event.

## Thinking about volunteering?

With more than 50 programs and several events throughout the year, there are numerous ways to volunteer at the McNabb Center.

Find out how your skills and passions can support the Center's mission to improve the lives of the people we serve.

Call our Volunteer Coordinator, Vicki Catapano,  
at 865-329-9138 or email [Vicki.Catapano@McNabb.org](mailto:Vicki.Catapano@McNabb.org).

# 'twas the season!

It 'twas the season for generous giving and extreme care for our fellow East Tennesseans. The Center would like to thank everyone who contributed to making this holiday season a special time for individuals served by the Center through your donations and thoughtful gifts.

Here is a snapshot of this year's cheerful givers:

- 1 Members of **One Life Church** collected and delivered gifts for the Christmas for the Children program which experienced its best year yet of donations and children served!
- 2 Roger McDonald delivers toys collected from the **Ryan McDonald Toy Drive** in honor of his nephew.
- 3 Charles Connatser presents a check on behalf of the **Plumbers and Pipefitters Union** (Local 102).
- 4 **Oak Ridge Associated Universities** held a bake sale to help provide Christmas presents for the Center's Foster Care programs.



## Meet the McNabber!



**Name:** Joey Carr

**Job Title:** Psychiatric Rehabilitation Specialist

**Department:** Psychiatric Rehabilitation

**Location:** Friendship House in Knoxville

**Describe your current position:** Teaching a variety of client-focused classes and establishing relationships with the clients we serve in order to promote normalization in their lives.

**How does your job support McNabb's mission of "improving the lives of the people we serve"?** In my role, I am able to facilitate groups that are structured around the specific goals and needs of the people we serve. Through that framework and the opportunity to establish a substantive clinician-consumer relationship, we are allowed the chance to empower our clients and influence rehabilitation, thus, improving their quality of life.

**What do you enjoy most about your job?** I enjoy working with the Friendship House family more than anything else. We are a site full of characters who share a common goal of being a consistent asset to our clients and each other. Though we work hard, we average at least one side-splitting laugh every fifteen minutes.

**What personal traits are necessary to succeed in your position?** Patience, understanding, diversity, empathy, and dependability are essential to succeed in this position.

**What is something most people wouldn't know about your job?** Everyone here works very hard and is passionate about making an impact on our members' lives. What may not be known is that our efforts are matched by what the Friendship House itself does for our members. They view this building as a place they are accepted and not judged, helped but not pacified, and counted on but not made to feel inadequate.

## The following gifts were made between October 2, 2011 - January 1, 2012

### ChildNet Blount County

Mr. and Mrs. John S. Berry  
Ms. Nancy B. Cain  
East Tennessee Foundation  
Mrs. Sherri P. Lee

### Lifeline Campaign

Mrs. Sandy Bertelkamp  
Beverage Control, Inc.  
Mr. and Mrs. Donelson  
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### Housing First Campaign

Mr. and Mrs. Thomas M. Ayres  
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### Pharmacy Campaign

Mr. Henry F. Bertelkamp, Jr.

### Blount County Capital Campaign

Dr. Ted Flickinger  
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### ChildNet East Tennessee Campaign

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Mr. and Mrs. Pye Conway  
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Mr. Wade V. Davies  
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The Haslam Family Foundation  
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Mr. and Mrs. Frank Rothermel  
Mr. James S. Schaad  
Mr. and Mrs. Arthur G.  
Seymour, Jr.  
Mr. and Mrs. Jim R. Shelby  
The Trust Company of  
Knoxville

### Children and Youth Center

Ms. Yvonne Poppen

### Russell Biven Clayfest

Ms. Carney Ivy  
Richardson Turner  
Construction

### Healthy Families

Jennie L Campbell  
Ms. Paula Clancy  
Ms. Lisa Duncan  
Ms Deanna Fults  
Mr. and Mrs. Robert E. Petrone  
Chief David Rausch  
Mr. and Mrs. Richard B. Ray  
Mr. Rob Strickland  
Rajesh Tailor

### Lumberjack Feud Benefit

The Cherokee Group  
Citadel Construction, Inc.  
HTH  
Ms. Amy Pangelinan

### Martha Anne Withers Endowment

Mr. Robert Withers

### New Hope Recovery Center

Bethel Baptist Church  
GE United Way  
Hurt Financial  
Ladies Auxiliary VFW 9683

### Sevier County

Dr. Shirley D. Trentham

### SISTERS of the Rainbow

Ms. Janice Threlkeld

### Therapeutic Preschool

Mr. and Mrs. Samuel E. Beall

### Unrestricted Gifts

Dr. and Mrs. Frank Gray  
Mrs. Margaret Newton  
Dr. Gideon Fryer  
Mrs. Lane Hays  
Dr. and Mrs. Douglas  
Hutchinson  
Mr. and Mrs. Michael Brady  
Mrs. Jenni Miller  
Richardson Turner  
Construction  
Mr. and Mrs. Lee Iglehart  
D&K Management  
The Reverend Martha and  
Mr. Carroll Sterne  
Mr. Baxter Ragsdale, Jr.  
Mr. and Mrs. Wallace Casnelli  
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Williams  
Mr. Jerry Binkley  
Mr. Joseph Bendoraitis  
Knoxville Pediatric Associates  
Mr. and Mrs. James Spitzer  
Mr. and Mrs. James Yates  
Truist  
TIS Insurance  
Bluegill Creative  
Ms. Sally Kennedy  
Dr. David Evans  
Mr. Roger Frazee

### Christmas for Clients Fund

Mr. and Mrs. Richard G.  
Anderson  
Mrs. Fay Bailey  
Mr. and Mrs. Thomas R. Bell  
Mrs. Sandy Bertelkamp  
Mr. and Mrs. Adam Brock  
Dr. and Mrs. Jefferson Chapman  
Dr. and Mrs. Kenneth W.  
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Mrs. Dedra Whitaker  
Mr. and Mrs. Bill Williams

### Gateway Center

Henry's Fund

### Pat Summitt Golf Tournament

AT&T  
TEVA Neuroscience, INC

### Charles Terry Endowment Fund

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Lakeway Foundation, Inc.

### Spirit Awards

AT&T  
Hop Bailey Co.  
Mr. and Mrs. Ernie Nelson  
Dr. and Mrs. Marshall Parker  
Weigel's, Incorporated

### Operating Fund

Mr. and Mrs. Merle D. Wolfe

## Continued gifts made between October 2, 2011 - January 1, 2012

### Knoxville Tennis Challenger

Dr. and Mrs. Rick Armfield  
BB&T  
Mr. and Mrs. Gary W. Bentley  
Mr. David Berens  
Mr. and Mrs. Sidney A. Blalock  
Mr. and Mrs. Adam Brock  
Mr. Dick Brower  
Dr. and Mrs. Bill Campbell  
Mr. Richard H. Carter  
Cedar Bluff Racquet Club  
Cellular Sales of Knoxville  
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Ms. Karen Dail  
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George W. Reagan Co, Inc.  
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Dr. and Mrs. John Hoskins  
Mr. and Mrs. Kirk A.  
Huddleston  
Johnson Architecture  
Mr. Richard E. Johnson  
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Mr. and Mrs. Lee Martin  
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Mr. Steve McGrew  
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Racquets & Jackets, Inc.  
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Stowers Machinery Corporation  
Mr. Mark K. Thomas  
Mr. Marvin Thomas  
Mr. Thomas Scott Thompson  
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Management  
Mr. and Mrs. David M. Traver  
Vulcan Materials Company  
Mr. Bruce D. Warnick  
Mr. Mark D. Watkins  
Mr. and Mrs. Brent Watson  
Dr. and Mrs. Tim Williams

### Friendship House

Mr. and Mrs. Dennis Bowker  
Mr. and Mrs. James M. Corum  
Dr. Jolynn Cunningham  
Mr. and Mrs. Thomas L. Daniel  
Ms. Dorothy G. Galloway  
Ms. Mary E Galyon  
Mr. Richard W. Hill  
Mrs. Leann Human-Hilliard  
Mr. and Mrs. Roy C. Jones  
Ms. Chestina S. Kennedy  
Mr. and Mrs. John A. McKenzie  
Mr. and Mrs. James J Myers  
Ms. Judith J. Myers  
Mr. and Mrs. Allen R. Shockley  
Ms. Jessica Sykes  
Mr. Michael Waltke  
Mr. and Mrs. John E. Way, Jr.  
Ms. Diana G. Whitaker  
Mr. Robert Withers

### Honorary Gifts

Mrs. Nancy Rodgers  
*in honor of Julie Rodgers*  
Mr. Ted Flickinger and  
Ms. Julie Howard  
*in honor of Andy and  
Brenda Black*  
Mr. and Mrs. Marvin Eaves  
*in honor of Art and Janet Swann*

### Memorial Gifts

Mr. and Mrs. Thomas Ayres  
*in memory of Mary Wallace*  
Mrs. Pat Morton  
*in memory of Mary Wallace*  
Mr. and Mrs. William P. Reeves  
*in memory of Mary Wallace*  
Mr. and Mrs. Eugene Stowers III  
*in memory of Harry Stowers*  
Mrs. Sarah Stowers  
*in memory of Mary Wallace*  
Mrs. Catherine Beals  
*in memory of Mary Wallace*  
Mr. and Mrs. Hank Bertelkamp  
*in memory of Mary Wallace*  
Mr. James Haslam II  
*in memory of Harry Stowers*  
Mr. and Mrs. Donald Preston  
*in memory of Mary Wallace*  
Mr. and Mrs. Hugh McWilliams  
*in memory of Mary Wallace*  
Mrs. Bobbie Congleton  
*in memory of Mary Wallace*  
Mr. and Mrs. William Hayes  
*in memory of Mary Wallace*  
Mrs. Alix Dempster  
*in memory of Mary Wallace*  
Mr. Frank Rolfes  
*in memory of Mary Wallace*

Mrs. Arlene Goldstine  
*in memory of Mary Wallace*  
Ms. Virginia Bowers  
*in memory of Mary Wallace*  
Ms. Joy Bishop  
*in memory of Richard Bishop*  
Ms. Susan Brackney  
*in memory of Mary Wallace*  
Ms. Sharon E. Alley  
*in memory of Mary Wallace*  
Mr. Charles Gabbard  
*in memory of Mary Wallace*  
Cherokee Hills Garden Club  
*in memory of Mary Wallace*  
Mrs. Edith Hart  
*in memory of Jeffrey Bailey*  
Mr. and Mrs. Stephen Hall  
*in memory of Mary Wallace*  
Ms. Janice Feinman  
*in memory of Mary Wallace*  
Dr. Robert Freeman  
*in memory of Roy Wolfe*  
Mr. Ron Clarke  
*in memory of Roy Wolfe*  
Ms. June Dyer Trbovich  
*in memory of Roy Wolfe*

If you would like to consider a planned gift to ensure and protect the viability of the Helen Ross McNabb Center's much needed programs and services, a number of options are available to you. These options include bequests, annuities, life insurance, trusts and gifts of assets. We welcome the opportunity to assist you and your advisors as you explore the options that are best for you. For more information, please call the Foundation at (865) 541-6684.

For your planned giving needs, the Foundation's legal name is:  
Helen Ross McNabb Mental Health Foundation, Inc.



201 West Springdale Avenue  
Knoxville, TN 37917  
mcnabbcenter.org

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## Locations

### Addiction and Crisis Services

*CenterPointe Adult Services*  
*Adult Residential Program*  
*Medical Detoxification Program*  
*Crisis Stabilization Unit*

5310 Ball Camp Pike  
Knoxville, TN 37921  
865-523-4704

### Adult & Administrative Center

201/205 W. Springdale Ave.  
Knoxville, TN 37917  
865-637-9711

### Blount County Outpatient Clinic

1704 E. Broadway  
Maryville, TN 37804  
865-681-6990

### Campbell County Outpatient Clinic

503 West Central Street, Suite C  
La Follette, TN 37766  
423-562-2518

### Children & Youth Center

600 Arthur St.  
Knoxville, TN 37921  
865-523-8695

### Developmental Disability Services

424 Clark St.  
Knoxville, TN 37921  
865-541-6647

### Friendship House Peer Support Center

526 Lamar St.  
Knoxville, TN 37917  
865-541-6635

### Gateway Center

Adolescent Residential Program  
3845 Holston College Rd.  
Louisville, TN 37777  
865-524-5757

### Helen Ross McNabb Foundation

201 W. Springdale Ave.  
Knoxville, TN 37917  
865-541-6684

### Healthy Families East Tennessee

Serving Knox, Blount, Loudon and  
Jefferson Counties  
865-637-9711

### Hamblen County Children & Youth Center

320 W. Third North St.  
Morristown, TN 37814  
423-581-4761

### Home Base Blount

Blount County Court House  
391 Court St.  
Maryville, TN

### John Tarleton

2455 Sutherland Ave.  
Knoxville, TN 37919  
865-544-5000

### New Hope Recovery Center

233 W. Main St.  
Morristown, TN 37814  
423-581-2411

### PACT Program

205 W. Springdale Ave.  
Knoxville, TN 37917  
865-329-9191

### Sisters of the Rainbow

1324 W. Oldham Ave.  
Knoxville, TN 37921  
865-521-9788

### Sevier County Adult, Family & Children Services

707 Dolly Parton Parkway  
Sevierville, TN 37862  
865-429-0557



Community Partner