

### MCNABB CENTER BREAKS GROUND ON MINERAL SPRINGS MANOR



The McNabb Center celebrated the groundbreaking of Mineral Springs Manor on Friday, December 18th, 2020. Mineral Springs Manor will offer 50 one-bedroom units of much needed low-income permanent housing to senior citizens in the Knoxville area.

This unique housing program will provide independent living to seniors experiencing issues with the aging process. It can offer supportive services that help seniors retain their independence and maintain their safety.

This nearly \$8 million project is possible because of the financial support of Knoxville's Community Development Corporation, the Helen Ross McNabb Foundation, the City of Knoxville, Knox County, Federal Home Loan Bank-Cincinnati, the Tennessee Housing Development Agency and numerous private donors.

“Knoxville is in need of housing options for low-income senior citizens,” said Jerry Vagnier, McNabb Center president and CEO. “We are excited to begin construction on this project and work to address that need in our community.”



Knoxville Mayor Indya Kincannon and Knox County Mayor Glenn Jacobs joined the Center in celebrating this groundbreaking. Both mayors noted the need for additional affordable housing in the Knoxville area.

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## NEW YEAR, NEW ADMINISTRATION BUILDING

The McNabb Center's administrative services have moved in order to accommodate continued clinical growth. During 2020, the Center saw an expansion of Healthy Families into five additional counties and the growth of outpatient substance use treatment services. Both of these services will utilize space at the 201 W. Springdale Ave. location, with Healthy Families growing into the second floor and other recovery support and outreach services utilizing the first floor.

The Center's new administrative address is 200 Tech Center Dr., Knoxville, TN 37912.

“As we begin the New Year, I am optimistic about McNabb's future. Our resilience and commitment to serve our community has been duly recognized. We have been a stand out in our field during the pandemic.” said McNabb Center President and CEO Jerry Vagnier.



200 Tech Center Drive, Knoxville, TN 37912.

## THANK YOU TN DEPARTMENT OF HEALTH & KNOX COUNTY HEALTH DEPARTMENT

The Tennessee Department of Health, in partnership with Tennessee State Government and the Tennessee COVID-19 Pandemic Vaccine Stakeholder Group developed a thorough vaccination roll out plan to ensure that essential workers throughout our community would have access to the early doses of the COVID-19 vaccine.

The McNabb Center is extremely fortunate to have qualified as priority level, meaning essential employees were able to get the COVID-19 vaccine during the first phase of administration. The Center extends its sincerest gratitude to the Tennessee Department of Health, the Knox County Health Department and the East Tennessee Regional Health Department for their hard work and dedication in making sure our frontline workers stay healthy and are able to continue providing vital mental health, substance use, social and victim services to individuals and families throughout our community.



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## TAMHO HONORS MARY KATSIKAS WITH DOROTHEA DIX AWARD

**M**ary Katsikas, senior director of children & youth mental health programming, was awarded the Tennessee Association of Mental Health Organizations' (TAMHO) 2020 Dorothea Dix Community Service Award because of her extensive contributions in the field of behavioral health. Dorothea Dix was a renowned champion of improved care for the mentally ill and is often regarded as the most influential force in bringing the issue of mental health to the public forum. Mary has followed in Dorothea's footsteps, changing the way children, young adults and families are treated throughout the East Tennessee region, the state and even at an international level.

For 20 years Mary has dedicated her work to improving the lives of the people she serves by changing the way systems work together to best benefit the client. She began her career working as a frontline staff member for the McNabb Center's school-based services, where her focus was with the seriously emotionally disturbed population. Her primary goal was to bridge the gap between the school, the home and to assess mental health needs. Now, as a senior director, Mary oversees a large division of

services. Her scope of responsibility includes directing the Center's primary prevention services; Healthy Families, Therapeutic Preschool, Regional Intervention Program, school-based services, family treatment services, children and youth outpatient services and intensive mental health programming.

In addition to the Dorothea Dix Award, Mary was also presented with the TAMHO Volunteer Leadership Award in 2020 as well as receiving the honor once before in 2018.



**tamho**  
tennessee association of  
mental health organizations

## AMBER MCMILLAN 40 UNDER 40



**A**mber McMillan is being recognized as one of Knoxville's 40 Under 40 by the Greater Knoxville Business Journal. Amber earned her spot in this group of young leaders for her positive impact on the community.

Amber has touched the lives of thousands of people in our community living with mental health and substance use disorders. Amber is now the senior director of adult crisis services and has been with the McNabb Center since 2003. She has performed many roles, from outpatient mental health services, to psychiatric rehabilitation and many others. Amber was also instrumental in launching McNabb Center's Military Services program, which provides mental healthcare to active and veteran service members.

“Amber's combination of strong clinical skills, quality leadership and passion for the work we provide is what makes her exceptional,” said Leann Human-Hilliard, regional clinical vice president. “Her compassion and drive for excellence allows her to serve our clients with the highest quality of care.”

## MOBILE CLINIC BUS JOINS CHRISTMAS PARADE

On December 12th, 2020 McNabb Center's new Mobile Health Clinic bus and staff were invited to participate in the New Market Christmas parade.

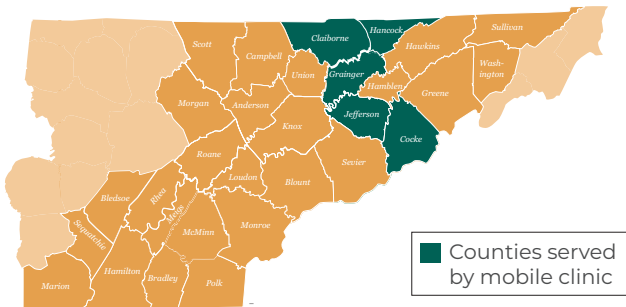
The Mobile Health Clinic, which is part of Project Rural Recovery, helps to break down barriers of accessing traditional health care. The clinic integrates primary care and mental health/substance use treatment, in order for health needs to be addressed in one place.

Adults, children and families served will be screened to determine if they have, or are at-risk of having, a chronic health condition, in addition to receiving a mental health or substance use assessment.

The Mobile Health Clinic provides preventative health screenings, including TB, HIV and Hepatitis. The clinic treats underserved rural communities in order to improve health outcomes. Integrated healthcare is provided in the Mobile Health Clinic, and specialty care is referred to local providers. The bus is a gateway to expanding medical care in rural communities.



“It’s important for us to be seen in the communities we serve,” said Shellie Hall, McNabb’s senior director of outpatient services for Blount, Sevier and Cocke Counties, “We were honored to be invited to the New Market Christmas Parade and enjoyed participating in the event.”



### Weekly Mobile Clinic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Grainger Co.	Cocke Co.	Jefferson Co.	Claiborne Co.	Hancock Co.

Call (800) 255-9711 to schedule an appointment.

## MILITARY THERAPIST LISA WILKERSON AWARDED FREDDIE J. OWENS MEMORIAL HONOR

McNabb Center's Lisa Wilkerson was recognized for her valor and commitment to serving Veterans and current military members within our community.

Wilkerson was recognized as the Veteran recipient of the 2020 Freddie J. Owens Memorial Honor. Each year Vet to Vet TN recognizes two women for their courage and dedication in serving throughout the community; especially toward other Veterans.

Lisa is a master's level counselor with the McNabb Center's Military Services program. Through the program, Lisa serves those who have courageously served our country to guarantee they have access to the resources and support they need to continue healthy and purposeful living.

McNabb Center's focus of "Well Mind, Well Being" led the organization to create specialized services for military personnel and their loved ones.

These services are confidential and free for individuals facing Post-Traumatic Stress Disorder, depression, anxiety, co-occurring disorders, thoughts of suicide and other invisible wounds incurred from service.



“McNabb Center’s Military Services team is very proud of Lisa for receiving this honor! Lisa demonstrates being a woman of valor in every facet of her life,” said Jessica Carlton, McNabb’s military & homeless programs services coordinator, “Lisa is committed to her faith, her family and her clinical abilities. Vet to Vet TN could not have picked a more deserving awardee!”

## CENTERPOINTE EXPANSION CAMPAIGN UNDERWAY

The Helen Ross McNabb Foundation has launched a new capital campaign to increase access to residential substance use treatment beds as well as medical detoxification beds in East Tennessee. In addition, the expansion will provide additional meeting space and cafeteria space as well as rooms for family care groups. The campaign will also allow for increased outdoor amenities.

As the rate of individuals living with mental health and substance use disorders continues to rise, facilities that strive to encourage a focus on recovery and improve overall quality of living are especially important within our community.



CenterPointe is the premier regional addiction services provider in East Tennessee, offering a wide variety of treatment options for adults with alcohol, drug and co-occurring issues.

The CenterPointe Facility Expansion Campaign has a goal of raising \$2,350,000. For more information, please visit [mcnabbfoundation.org](http://mcnabbfoundation.org).



## MCNABB CENTER SPREADS HOLIDAY CHEER

Through sponsors, cash donations and bidders, this year's Beth Haynes 12 Days of Christmas Online Auction broke records and received bids from 790 bidders, raising more than \$102,000 to brighten the holidays for children in our community!

The auction benefits children and families served by the McNabb Center through our Dear Santa program. This year, approximately 2,100 children and families were served through the program by means of a wish list, toy drive, private holiday parties and Elf Shopping, our community-based shopping event.

Over 2,500 toys were donated through locally sponsored toy drives which served over 350 children.

The Dear Santa program is not possible without community support. Special thanks to Discovery, Inc., presenting sponsor, and the hundreds of organizations and individuals who contributed to providing joy this past holiday season. The program truly encompasses "Well Mind, Well Being" and delivers joy and hope to the children and families we serve.





# Helen Ross McNabb FOUNDATION

Through the Helen Ross McNabb Foundation's giving options, you have the opportunity to leave a legacy starting today. There are many ways you can create a brighter future for children, adults and families in East Tennessee by remembering the McNabb Center in your financial planning or giving through special events, programs and campaigns. For more information, please call the Foundation at (865) 541-6684.

## Gifts from September 30, 2020 - December 31, 2020

### ACCESS TO CARE

Haslam Family Foundation  
Pilot Corporation  
Stowers Machinery Foundation

### BETH HAYNES 12 DAYS OF CHRISTMAS ONLINE AUCTION

Altar'd State West Town Mall  
Alumni Hall  
Anakeesta  
Pat Anderson  
Applebee's Grill & Bar  
Bacon and Co.  
Erick Baker  
Balter Beerworks  
Barley's  
Bearden Beer Market  
Blaze Pizza  
Bliss Home  
Blount Partnership  
Boathouse and SideTrack  
Bourbon Art by Adam Reed  
Randy and Jenny Boyd  
Boyd's Jig and Reel  
Boyd's Serendipity  
Breakout Games Chattanooga  
Broadway Studios and Gallery  
Brooke Nix Medical Aesthetics  
Bruce McCamish Photography  
Buddy's Bar-B-Q  
Bush Brothers & Company  
Buttermilk Sky Pie Shop  
Camp LeConte  
Cazzy's Corner Grill  
Cellular Sales of Knoxville  
Central Flats and Taps  
Chattanooga FC  
Chattanooga Skydiving Company  
Chattanooga Whiskey  
Chicken City  
Complete Cryoplus  
Connor Concepts  
Cool Beans  
Corks Wine and Spirits  
Craft Axe Throwing

Crafty Venues  
Create Medical Aesthetics  
Creative Discovery Museum  
Crescent Sock Company  
Crockett Creek  
Crockett's Breakfast Camp  
Joan Cronan  
Cruze Dairy Farm  
Culture Hair Studio  
Keith Cunningham  
Czech Yourself Marketing  
Ott DeFoe  
Diana Warner Studio  
Double Dogs Hardin Valley  
Drake's  
Cyndie Drew  
Drive 4 Life Academy  
Duck Donuts  
Einstein Bros Bagels  
Elle Boutique  
Elyse Wilde  
Erra Jean Pottery  
Est8te  
Express Frame  
Family Tree Candle Company  
Fancy Rascal  
Fazoli's  
FirstBank  
FourEyeDesign  
FourEyedSpidey  
Garza Law Firm, PLLC  
Gatlinburg Sky Lift Park  
Lucie Gilot  
Good Golly Tamale  
Greater Knoxville Dermatology  
Gus's World Famous Fried Chicken  
GymTek  
Jonathan Halley  
Harper Auto Wash  
Fran Harris  
Hearthside Cabin Rentals  
Highpoint Climbing and Fitness  
Hollywood Star Cars Museum  
Holston Hills Country Club  
Hoskins Drug Store and Soda  
Fountain

Hoskins Medical Supply  
InpectTN  
Mayor Glen Jacobs  
Janice Ann's Fashions  
JC Holdway  
Junior League of Knoxville  
KBS Enterprise  
K-Candles  
Keller Williams Signature Realty  
Kendra Scott  
Kent Takano Media  
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Knox County District Attorney  
Generals Office  
Knox County Sheriff's Office  
Knox Dough  
Knoxville Cheese and Party Boards  
Knoxville Children's Theatre  
Knoxville Darkroom  
Knoxville Dental Care  
Knoxville Ice Bears  
Knoxville Racquet Club  
Kroger Food Stores  
Larimar Medspa  
LegacyBox  
LHS Photography  
Little Arrow Outdoor Resort  
Little Firebird Designs  
Litton's  
Main Event Entertainment  
Marcy Jams  
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Me and Co.  
Meadow View Greenhouses &  
Garden Center  
Merchants of Beer  
Moonlight Roller  
Moonshine Mountain Cookie Company  
Museum of Appalachia  
Neighborhood Barre - Knoxville  
Neighborhood Barre - Powell  
Northshore Brasserie  
Nothing Bundt Cakes  
Obligato  
OddStory Brothers General Store

Old City MedSpa  
Old Forge Distillery  
Olive Vines Boutique & Market  
Orange Hat Brewing  
Orangetheory Fitness - Bearden  
Origami Day  
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Smithbilt Homes  
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Southern Belle Riverboat Chattanooga  
Southern Grace Mercantile  
Southern Mel  
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Spindle Tree  
Stitches 'N' Stuff  
Stowers Machinery Corporation  
Sugarlands Distilling Company  
Surf's Up Car Wash  
Tara Kneiser Photography  
Target Stores  
Tennessee Seaplane Company  
The Beauty MRKT  
The Bed Store  
The Coaster at Goats on the Roof  
The Crafty Cooper  
The Crafty Kat  
The Fox Den Hair Hangout  
The Inn at Christmas Place  
The Island in Pigeon Forge  
The Muse Knoxville  
The Old Mill

The Oliver Hotel  
The Park Vista Double Tree  
The Pottery Place  
The Skin Wellness Center  
The Tomato Head  
The Track Pigeon Forge  
The Villa Exchange  
The Walnut Kitchen  
Brett and Laura Thomason  
Thrive Functional Fitness  
Title Group of Tennessee  
Total Wine and Spirits  
Town of Farragut  
Toyota Dealer Match Program  
Tsali Notch Vineyard  
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University of Tennessee Athletic  
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Vulcan Materials Company  
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Tiffany Feltner-Willis  
Famah Fenner  
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Charles Ferguson  
Terilyn Fesler  
Margaret Feurer  
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FirstBank  
Bryce Fitzgerald  
Ted Flickinger and Julie Howard

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GAP  
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