

NEWSLETTER

WINTER 2024

EMPATH UNIT SET TO OPEN IN SUMMER

n summer of 2024, McNabb will open the first Emergency Psychiatric Assessment, Treatment and Healing Unit (EmPATH) unit in the State of Tennessee. The goal of the EmPATH unit is to quickly and compassionately stabilize patients experiencing a behavioral health crisis and provide comprehensive transition and discharge planning. The 23-hour unit provides individuals 18 years and older immediate access to psychiatry for evaluation and medication in a calm, supportive, trauma-informed, therapeutic environment. For a behavioral health crisis, EmPATH serves as an alternative to the traditional visit to an emergency department.

The program includes a walk-in triage/reception center, and a compassionate, multidisciplinary team comprised of psychiatrists, nurse practitioners, master's level clinicians, nurses, mental health technicians and peer specialists provide constant monitoring and support.

"The McNabb Center is excited to provide a unique, alternative option to emergency departments for individuals who are experiencing a mental health crisis," says Leann Human-Hilliard, executive vice president for the McNabb Center. "This program focuses on rapid access to treatment in an environment that, at the onset, is warm, inviting, calming and therapeutic. Services are delivered by a highly trained team of mental health professionals in a compassionate and caring manner."

Developed by Dr. Scott Zeller, EmPATH units are able to deliver care in a different environment than traditional emergency departments across the country. The units offer quiet spaces, comfortable recliners and soothing décor to help patients relax and heal. Staff offer immediate treatment in a supportive and reassuring manner to help reduce patients' agitation and build trust.











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WELL MIND, WELL BEING.

SPIRIT AWARD DINNER

he Helen Ross McNabb Foundation proudly announces Randy & Jenny Boyd as the honorees for the 2024 Spirit Award Dinner! This prestigious event, established in 2004, recognizes individuals who embody the McNabb Center's spirit of service and dedication to improving lives in the community.

A Legacy of Leadership:

Randy Boyd, the current president of the University of Tennessee System, has garnered accolades throughout his career for his visionary leadership and philanthropic endeavors. His professional achievements are matched by his commitment to giving back, earning recognition from diverse sectors, including government, non-profit and business organizations.

Passionate Advocate:

Jenny Boyd is a champion for causes close to her heart, including child adoption, animal welfare and fostering artistic expression in education. Her tireless efforts are evident in her



active roles with the Old City Association, the Tennessee State Art Commission, the Great Smoky Mountains Heritage Center and the Museum of Appalachia.

Investing in the Future:

Proceeds from the Spirit Award Dinner directly support the Elevate Recovery High School expansion. This crucial initiative provides a safe and nurturing environment for young adults battling addiction—empowering them to reclaim their lives through education and recovery.

Honoring

Randy & Jenny Boyd May 16, 2024

Knoxville Convention Center

For more information visit: mcnabbfoundation.org/spirit

DINNER Menofiting McNabb Center

LEADERSHIP DISCUSSES OPIOID RECOVERY

amilton County leadership attended the Comprehensive Opioid, Stimulant and Substance Use Program planning meeting in Washington D.C.

Gayle Lodato, Vice President, and Brad Franks, Senior Director of Greater Chattanooga, met with partners from the Hamilton County Sheriff's Office, Hamilton County Mayor's Office, Hamilton County Drug Treatment and Recovery Court and Quality Correctional Health Care to discuss efforts to identify, respond to, treat and support those impacted by illicit opioids, stimulants and other drugs.



This collaborative group is working to ensure inmates in Hamilton County Jail receive services to build resiliency and support recovery going forward.

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CENTER TO EXPAND ELEVATE RECOVERY HIGH SCHOOL

levate Recovery High School opened in August 2021 with the capacity to serve 10 youth. Though the program has continued to evolve, adapt and expand its services, the need for recovery services for high school students remains.

Elevate is a community partnership between the McNabb Center and Knox County Schools to provide a unique program where high school students receive their individual and group intensive outpatient services and academic programming on a flexed schedule and progress toward their sobriety in a stigma-free, safe environment.

The current facilities are at capacity with 20 students, and additional space is needed to open the program up for more. Knox County Schools estimates the current demand at any given time to be up to 100 students. Out of the 452 overdose deaths in Knoxville in 2021, 32% were of those ages 0-24. 35.7% of 12th graders, 29.9% of 10th graders, and 17.6% of 8th graders reported using illicit drugs at least once in their lifetime.



The Helen Ross McNabb Foundation is launching a \$5 million capital funds campaign in support of expanding the existing Elevate Recovery High School program. Funds raised for Elevate will be restricted to construction of the school building, which will be a standalone high school consisting of three traditional classrooms, an outdoor classroom, a virtual classroom, cafeteria, group and individual treatment rooms and office spaces.

66 I know when I come to Elevate that someone is always there for me to talk to and support me. Before, I never thought I would be able to graduate high school or go to college but now that I am sober, I think I can do more with my life than I ever imagined. Everyone always thought I would drop out, but here at Elevate, I have people that believe in me."

-Carly, Elevate Student



DEAR SANTA CONTINUES TO BRING CHRISTMAS JOY TO LOCAL CHILDREN

he Dear Santa program provides holiday gifts to children in need served by the Center and their siblings. This year, thanks to the generosity of community donors, more than 1,000 wish lists were fulfilled for children in East Tennessee.

Over 2,700 toys were donated through locally sponsored toy drives and McNabb's Christmas in July toy drive, serving an additional 500 children. Several programs held holiday parties and activities for clients who would not otherwise have the opportunity or means to celebrate.

Dear Santa would not be possible without the support of not only our donors, but our volunteers. Volunteers not only shopped for wish lists at the annual Elf Shopping event, but helped organize and distribute gifts at the North Pole.

The holidays can be a difficult time for many, and the Dear Santa program helps make them a little brighter for those in need. Thank you to all of our sponsors, donors and volunteers for providing holiday joy to our clients!











Dear Santa Program Brings Joy to a Grieving Family

For many families, the holidays are filled with joy and laughter. But for one East Tennessee family, this Christmas held a heavy shadow. Just a over a year ago, the mother succumbed to a lengthy illness, leaving a hole in the lives and hearts of her husband and three children. This Christmas brought painful feelings of loss with the anniversary of her passing.

Navigating through financial hardship wasn't new to them. As a family who had immigrated to the United States, they had a limited support network nearby. Their father, a single parent now shouldering the responsibilities of both mom and dad, worked tirelessly to provide. Yet, rising costs impacted their limited income, leaving little room for Christmas cheer. Basic needs took priority over gifts for the three grieving children.

That's where the magic of human kindness stepped in. Through the generosity of others, this family was provided gifts through the Dear Santa program. Each child received gifts specially chosen for them, and the father received a brief reprieve from carrying the weight of the holiday expectations alone.

On Christmas day, the children were happy. "Our favorite Christmas ever. We love our toys. We are playing a lot." In that moment, the weight of grief momentarily lifted and was replaced by the innocent joy of receiving a special gift from someone who cared.

LOCAL OFFICERS COMPLETE CRISIS INTERVENTION TEAM TRAINING

IT trained officers undergo 40 hours of intensive training, which helps them identify mental health resources to assist people in crisis. The training connects officers with mental health professionals and other community agencies to create a team that can provide support when a challenging situation occurs. In addition, officers learn verbal de-escalation skills and experience scenario-based training on responding to crises.



In December, the graduating class included staff from the University of Tennessee Police Department, Knoxville Police Department, Knox County Sheriff's Office, UT Medical Center, Knoxville Fire Department, Lenoir City Police Department, American Medical Response, Alcoa Police Department, Knox County Schools, United States Probation, UT Medical Center Security, Tennessee Department of Homeland Security and Veteran Affairs Police.

VOLUNTEER SPOTLIGHT

ince April of 2023, Mollie Blalock has volunteered for the Regional Intervention Program (RIP) at the McNabb Center. RIP is a 12-24 week behavior modification program for children ages 2-6 and their caregivers. The program is designed to simultaneously decrease the child's unwanted behaviors while strengthening social skills and empowering parents to set developmentally appropriate limits and consequences for their child.

Mollie's dedication to the young participants resonates in everything she does. People describe her as not only incredibly smart and responsible, but also overflowing with kindness. This inherent warmth translates into her interactions with the children, who consistently light up in her presence.

Mollie's maturity has always been beyond her years, demonstrated by her time as a trusted and beloved babysitter. Parents praise her creativity, dependability and ability to handle any situation with grace and calm. This echoes within the intervention program, where her positive presence helps create a safe and nurturing environment for all involved. Mollie is currently studying psychology at the University of Tennessee, Knoxville. She plans on attending a masters program in counseling after graduation.

"She is fabulous! She is a ray of sunshine and always willing to help out when needed. She is so pleasant, and the clients love her calming presence." —Emma Rowland, Prevention & Early Intervention Coordinator

There's no doubt that Mollie's natural talent for working with children, coupled with her ongoing studies, will pave the way for a successful and impactful career. The McNabb Center is grateful for the time and care she's poured into our program, and we know she will leave a lasting positive impact on every child she encounters. Thank you, Mollie, for your invaluable contribution!



EDUCATION AND SUPPORT FOR THE NEXT GENERATION OF SOCIAL WORKERS

he McNabb Center is one of the largest mental health providers in East Tennessee employing over 1,300 staff members. These community mental health professionals provide services to more than 45,000 individuals each year. The need for quality mental and behavioral health services continues to grow at a higher rate than individuals entering the field, and the Center is taking a proactive approach in securing the next generation of social workers

"We're starting our recruiting efforts even earlier than we have in years past," says Jill Barnes, vice president of human resources for the McNabb Center. "We want to introduce college students to the field of community mental health early on. There are many directions that a degree in social work can take you, and we hope to guide more students into these important roles that fill a gap in care."

In 2023, the Center expanded efforts to connect with students through career fairs, information sessions and mentoring opportunities. Additionally, McNabb staff supervised more than 26,000 hours of student work for internships this past year. McNabb has also created scholarships and incentive programs for students who are interested in working at McNabb after graduation.

"Because of the depth and breadth of the programs and services we offer, students will find a wide variety of experiences in our internships. A great internship can really set someone up for success, and we're doing everything we can to support students as they're learning. We want to make sure that they know there's a need in the community and a place for them at the McNabb Center," says Jill Barnes.



In fiscal year 2023, McNabb Center staff supervised over 110 interns from a variety of programs including nursing, social work, counseling and family studies.



FOUNDATION EVENT WRAP-UP



Mountain Shadow Farm



Kerrie Hunter and Jessie Schroeder



Funds raised in 2023: more than \$108,000



Funds raised in 2023: more than \$57,000



McNabb Center Executive Staff



Hiller Plumbing, Heating, Cooling & Electrical



Phillip Kendrick and Ryan Owens Environmental Solution Group



2023 SCSC top shooter Matt Garret



Funds raised in 2023: more than \$28,000



Funds raised in 2023: nearly \$200,000



2023 Knoxville Challenger winner Alex Michelson



Taylor Rodgers, Howard Blum and Faith Rodgers



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 July 1, 2023 - December 31, 2023

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East Tennessee Foundation-CNS Y-12 Community Investment

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Power Equipment Company

Proffitt & Goodson,Inc.

Rogers Group

Stephen P. and Kim Rosen

Beth Roskelly

William K. Salmons

Shafer Insurance Agency, Inc.

Sims-Lohman

SMC Commercial LLC

Sticks and Stones Construction

Stowers Machinery Foundation

Visions Private Investigations

Wilderness at the Smokies

SCENIC CITY SPORTING CLAYS

Adman Electric Inc.

Chris and Heather Devaney

Chota

Environmental Solutions Group

Gavle Lodato

Groundscape Concepts

Pinnacle Asset Management

DeWayne and Angela Raines

Stowers Machinery Corporation

Tarver Distribution

Tennessee Valley Authority

Tyson & Associates Construction Company, Inc.

Vulcan Materials Company

Wright Industrial Group, LLC

SCHOOL BASED SERVICES

Bethel Apostolic Temple

SEVIER COUNTY CAPITAL CAMPAIGN

Sevier County Government

SEXUAL ASSAULT CENTER OF EAST TENNESSEE

Beta Theta Pi Fraternity

James and Laura Shamiyeh

University of Tennessee Interfraternity Council

SPIRIT AWARD DINNER

Shafer Insurance Agency, Inc.

The Boyd Foundation

SUNSET SHENANIGANS

Audi Knoxville

BarberMcMurry Architects

Larry and Mitzi Bodie

Empire Distributors of Tennessee, Inc.

Cvnthia Gibson

Carter T. Griffin

Heritage Realty

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Company, Inc.

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JBM Inc.

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Randy and Carol Overbey

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Patriot Investment Management

Propel Insurance

Quality Machine and Welding Co., Inc.

Stowers Machinery Foundation

Joe and Geri Sutter

The Club at Gettysvue

The Tap Truck

Trinity Benefit Advisors

Nord Unbehaun

Vextras

Woolf McClane Bright Allen & Carpenter PLLC

Wright Contracting, Inc.

Xul Beer Company

THERAPEUTIC PRESCHOOL CAMPAIGN

Mark and Joanie Scheuer

THERAPEUTIC PRESCHOOL - CHATTANOOGA

Rebecca Ashford First Horizon Bank Cynthia Stone

KNOX COUNTY WOMEN'S RECOVERY HOUSING

Laura Benton

Richard and Marilee Ewers

Joseph H. and Ann Huie

Mary Katsikas

Martin Family Foundation

David and Martha Reynolds

Robinson Charitable Foundation

Shafer Insurance Agency, Inc.

Claire and Mark Speight

YOUTH EMERGENCY SHELTER

Mt. Olive Baptist Church

Toneys Chapel Missionary Baptist Church

HONORING OTHERS

Henry F. and Sandy Bertelkamp, Jr. In honor of Mr. and Mrs. Neal Allen

Lisa Cudahy

In memory of Eunice Allen

Henry F. and Sandy Bertelkamp, Jr.

In honor of Mr. and Mrs. Bert Bertelkamp

John and Betty Blanch
In honor of Betty Blanch

Matthew Baker

In memory of Adam Jennings Brock

Henry F. and Sandy Bertelkamp, Jr.

In honor of Mr. and Mrs. Joe and Sue Ellen Cate

Brad Croisdale.

In memory of Montie Downs

Amy D. Martinez

In memory of Montie Downs

Emily Curtis

In memory of Austin Eaton

Roll Arena Party Zone

In memory of Austin Eaton

Kathryn Schrader

In memory of Austin Eaton

Michael D. and Saunya Wenger

In memory of Austin Eaton

Cedar Bluff & Chestnut Street Towing LLC

In memory of Christopher Egly

Ruth Holt

In memory of Kelsey Egly

Bill and Marion Cothern

In memory of Brenda Franklin

Donna Creech

In memory of Ben Goodson

Matt Cuvelier

In memory of Ben Goodson

John R. and Patti Allen

In memory of Nancy Goodson

American Lawn and Landscaping
In memory of Nancy Goodson

Martha and Thomas Ayres

In memory of Nancy Goodson

Kenneth J. and Margaret Badal In memory of Nancy Goodson

George R. Baddour

In memory of Nancy Goodson

Albert H. and Mary H. Bedinger In memory of Nancy Goodson

Frank and Kathie Bemis

In memory of Nancy Goodson

Gary W. and Julia Bentley
In memory of Nancy Goodson

Henry F. and Sandy Bertelkamp, Jr. In memory of Nancy Goodson Nancy Bible

In memory of Nancy Goodson

Hank and Michelle Bishop

In memory of Nancy Goodson

Andy and Brenda Black

In memory of Nancy Goodson

Ray and Sherry Bradley

In memory of Nancy Goodson

Andrea Brewer

In memory of Nancy Goodson

Judith E. Brookshire

In memory of Nancy Goodson

Jill Cameron

In memory of Nancy Goodson

Chris and Betsy Castleberry

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Bob and Ann Cermak

In memory of Nancy Goodson

Michael and Lauren Cermak

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Julia Connor

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John and Peggy Cowan

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Donna Creech

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Greg and Ann Curtin

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Nina Cuvelier

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John and Diana Day

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Sandra Day

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William R. and Jane Dempster In memory of Nancy Goodson

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Brian Donaldson

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Maribeth Ergen

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Mike and Amy Fitzgerald

In memory of Nancy Goodson

Ted Flickinger and Julie Howard In memory of Nancy Goodson	Samuel J. and Meg Manning In memory of Nancy Goodson	Dan Standish In memory of Nancy Goodson
Louise R. and Winston Frazier In memory of Nancy Goodson	Bick and Irina Marshall In memory of Nancy Goodson	Robert and Jean Standish In memory of Nancy Goodson
Mike and Jean Galyon In memory of Nancy Goodson	Carole and Robert Martin In memory of Nancy Goodson	Charlie and Karen Sterchi In memory of Nancy Goodson
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D.J. and Patricia Harris In memory of Nancy Goodson	Samuel and Sharon Moore In memory of Nancy Goodson	Trinity Health Foundation of East Tennessee In memory of Nancy Goodson
Bruce L. and Catherine Henschen In memory of Nancy Goodson	Kevin Murphy In memory of Nancy Goodson	Dwight R. and Jan Wade, Jr. In memory of Nancy Goodson
Diane Humphreys-Barlow In memory of Nancy Goodson	Randy and Laura Nichols In memory of Nancy Goodson	David H. Walker In memory of Nancy Goodson
Phillip K. and Lisa Icuss In memory of Nancy Goodson	Mark and Kaye Nickell In memory of Nancy Goodson	Rose and S G. Walker In memory of Nancy Goodson
Lee and Susan Iglehart In memory of Nancy Goodson	John Pittenger In memory of Nancy Goodson	Tamara Warner In memory of Nancy Goodson
Elizabeth Jaynes In memory of Nancy Goodson	Jim Proffitt In memory of Nancy Goodson	Andrea A. White In memory of Nancy Goodson
Lee and Mary Jones In memory of Nancy Goodson	Jill and Rob Quillin In memory of Nancy Goodson	Jill and Michael Harmon In memory of Senior Airman Brandon Hall
Mike and Janet Ketner In memory of Nancy Goodson	Carole Reeves In memory of Nancy Goodson	Paul and Sarah Barys In memory of Ava Hartmans
Debbie King In memory of Nancy Goodson	Ritchie & Powell, P.C. In memory of Nancy Goodson	Dean and Kitty Cress In memory of Ava Hartmans
Steven E. and Jenny Kitts In memory of Nancy Goodson	Beth Roskelly In memory of Nancy Goodson	Ruth Graham In memory of Ava Hartmans
Stephen and Nancy Land In memory of Nancy Goodson	Mark and Cindy Shoun In memory of Nancy Goodson	Rachel Hutcherson In memory of Ava Hartmans
Christy Lane In memory of Nancy Goodson	Bill and MaryEllen Smartt In memory of Nancy Goodson	Louisa Parsons In memory of Ava Hartmans
Caroline Levenson In memory of Nancy Goodson	Andy and Sandy Smith In memory of Nancy Goodson	Kelly and Dee Taylor In memory of Ava Hartmans
Robert and Teresa Levey In memory of Nancy Goodson	GK Smither In memory of Nancy Goodson	The Enterprise Center In memory of Ava Hartmans

Grant and Beth Walters Kristin Heeter In memory of Ava Hartmans In memory of William "Pat" Power Andy and Brenda Black Andy and Brenda Black In memory of Dr. Joe Johnson *In memory of Tony Rando* Craig and Cindy Bledsoe Jonathan P. and Tiffany Bryan In memory of Dr. Joe Johnson *In memory of Tony Rando* John and Sandra Butler Susan C. Conway *In memory of Dr. Joe Johnson In memory of Tony Rando* Jefferson and Vicki Chapman Bob and Linda Fisher In memory of Dr. Joe Johnson *In memory of Tony Rando* Bill and Trish Peck Ted Flickinger and Julie Howard In memory of Dr. Joe Johnson *In memory of Tony Rando* Randy and Jennifer Goodman Kent Starkey In memory of Dr. Joe Johnson *In memory of Tony Rando* Becky Hancock Mary Anne Nordeen In memory of Dr. Joe Johnson In memory of Joseph Ranger Pat Johnson Henry F. and Sandy Bertelkamp, Jr. In memory of Dr. Joe Johnson In honor of Mrs. John Samples William R. and Susan McKissick Bill and Jodi Faine In memory of Dr. Joe Johnson In honor of Mitch and Debby Steenrod J. Robert and Margaret Page Eugene S. and Suzanne Stowers III In memory of Dr. Joe Johnson *In memory of Sarah Stowers* Richard and Mary Stair, Jr. Henry F. and Sandy Bertelkamp, Jr. In memory of Dr. Joe Johnson In memory of John Testerman Clif and Nancy Tennison Henry F. and Sandy Bertelkamp, Jr. In honor of Mr. and Mrs. Bill Thomas In memory of Dr. Joe Johnson Henry F. and Sandy Bertelkamp, Jr. Otto T. and Patricia Wright In memory of Dr. Joe Johnson In honor of Mr. and Mrs. Mike Threlkeld Henry F. and Sandy Bertelkamp, Jr. Henry F. and Sandy Bertelkamp, Jr. In memory of Fred Langley *In honor of Linda Vaughn* Henry F. and Sandy Bertelkamp, Jr. H. Newton Williams In honor of Mr. and Mrs. Robert Mainard In honor of Meredith and Brian Vaughn Mike and Carolyn Cuddy Julie Kuntzendorf In honor of Richard and Joni Maples In honor of Kennetha Zitt Jim and Barbara Leach Jill Rowan In honor of Richard and Joni Maples In honor of Kennetha Zitt Randy and Laura Nichols Lynn Spain In honor of Richard and Joni Maples In honor of Kennetha Zitt Marlene Williams Rita Reagan In honor of Richard and Joni Mapless In honor of Kennetha Zitt

Dennis and Peggy Vonderfecht In memory of Brenda Parkhurst



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UPCOMING AWARENESS MONTHS



April is
Sexual Assault Awareness Month
&
Child Abuse Prevention Month

Follow @mcnabbcenter for awareness events, ways to get involved and statistics.



