



General Meeting

January 22, 2018

2 pm at TPD Community Room

***Presentation: JacQuan Winters—The Kristen Amerson Youth Foundation, Inc.***

*From KristenAmersonYouth.org:* The Kristen Amerson Youth Foundation was created to carry on the memories and legacy of Kristen Amerson. Kristen never got the chance to meet her potential, or to find her purpose, and her family vowed to keep her spirit alive, which is the inspiration for the Kristen Amerson Youth Foundation.

It is the purpose of the foundation to provide suicide prevention, success-coaching, educational outreach, and advocacy services to young men and women. The organization's goal being to prevent suicide amongst youth. The foundation will also work to provide services to increase awareness of suicide and bullying amongst the younger generation. It is our hope that these services will empower youth by providing educational support to ensure a more balanced and healthy life for local at-risk youth.

The mission of the Kristen Amerson Youth Foundation is to ensure better lives for community youth through suicide prevention and other educational resources. The vision of the Kristen Amerson Youth Foundation is to empower and affect positive change with youth who are enduring personal struggles; the goal of which is to provide a good influence and balanced lifestyle.

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Mr. Winters is President and Founder of the Foundation, which began in 2017.

Goals for the Foundation include: educate families about the signs of suicide, decrease the number youth suicide, create safer environments for youth, promote positive mental health, ensure healthy lifestyles.

Currently developing a pilot program for middle school students in the Tuscaloosa City School system, as well as a book club, "Kristen's Book Buddies" and a scholarship program for first-time college students.

## ***Board Report and Hot Hundred***

*From the 1-9-18 Steering Committee Meeting Minutes:* Britney McComb offered an update on planning for the 2018 ride.

The UA Rec Center has approved the Grounds Use Permit for Saturday, July 28<sup>th</sup>. However, at this time, the City of Tuscaloosa plans to charge \$3,360 for police support for the event. At the recommendation of the City, Britney has applied for \$5,000 from Tuscaloosa Tourism and Sports Commission to help cover costs. She requested letters of recommendation and success stories from Steering Committee members.

Britney has met with members of DCBC who have created a new route, rather than a reversal of the original, and reduces the number of rest stops to 3. At least one DCBC member is slated to be in charge of each rest stop.

In addition, there is discussion about adding a shorter ride that is tailored for children and/or families.

Registration opened January 18<sup>th</sup> with early bird registration of \$55—Jan. 22-March 1.

### ***Other Announcements***

TMHA is completing its partnership with a group of six University of Alabama students in the Blackburn Institute to publish an illustrated story written for 4<sup>th</sup> and 5<sup>th</sup> grade city school students about mental health. This is a Daniel Community Scholars Program opportunity. The student team presented their civic engagement idea to the University in November 2017 and the idea was chosen to receive funding of \$5,000 for implementation.

“Doing What Matters for Alabama’s Children” will be held from 8 am to 4:30 pm at the Bryant Conference Center on Tuesday, January 23<sup>rd</sup>. Onsite registration is \$40 and 5 CEU hours are available.

April 2-5 is National Public Health Week. Monday, April 2, has a specific focus on behavioral health and access to mental health services. Terry is checking to see if the Alliance can participate in Eta Sigma Gamma’s coordination of University activities on that day.

### ***Upcoming Meetings***

Board and Steering Committee — February 13<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — February 26<sup>th</sup> at 2 pm

*TPD Community Room*



General Meeting

February 26, 2018

2 pm at TPD Community Room

***Presentation: Steve Davis—Historian for Alabama Department of Mental Health***

Davis, a UA alumnus, has worked in multiple capacities for the Alabama Department of Mental Health for more than 40 years. He provided an overview presentation of the state mental health history.

“From Start to Stickney to Starting again.”

Bryce Hospital, opened in 1861 as the Alabama State Hospital for the Insane, is Alabama’s oldest and largest inpatient psychiatric facility.

Peter Bryce believed four things about treating mental illness: (1) Catch it early (2) Educate the public (3) Gain community and family support (4) Keep patients as close to family as possible.

There are more than 6,000 unmarked graves at Bryce Hospital.

***Board Report and Hot Hundred***

*From the 2-13-18 Steering Committee Meeting Minutes:*

Terry noted the Tuscaloosa Police Department plans to charge \$3,360 for Ride support on Saturday, July 26<sup>th</sup>. Joseph would like to meet with Alliance members at noon on Friday, February 16<sup>th</sup> at his office to discuss options for covering this cost.

Registration opened January 18<sup>th</sup> with early bird registration of \$55 until March 1.

***Other Announcements***

Terry Heverly has agreed to serve as Interim Chairperson of the Alliance. A Chair and Chair-Elect for the Steering Committee are still needed for 2018, as well as a President and Vice-President for the Board.

A free event called *Girl Talk—Overcoming Obstacles to Empower Women*—will be held by PRIDE at the RiverMarket on April 26<sup>th</sup>. Nicole mentioned the organization is seeking exhibitors to purchase tables and sponsors to cover the cost of food.

The 2018 Greensboro Spring Festival will be held March 24<sup>th</sup> and vendor information has been distributed via email to Alliance members. General information can be obtained by calling Yaschica Stewart-Agoro at 334-781-8862.

### ***Upcoming Meetings***

Board and Steering Committee — March 13<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — March 19<sup>th</sup> at 2 pm

*TPD Community Room*



General Meeting

April 16, 2018

2 pm at TPD Community Room

***Presentation: Hallie Leavell, Juvenile Court***

Leavell currently serves as a municipal judge in Gordo, as well as private practice attorney and referee in Tuscaloosa County Juvenile Court.

Juvenile Court has specific jurisdiction and is limited to what cases can be heard. Categories include, but are not limited to, (1) children who are alleged to be dependent/abuse and neglect, (2) children who are alleged to be delinquent/children charged of crimes that will not be tried as an adult, (3) children who are in need of supervision, (4) involuntary commitment hearings for those under the age of 19, (5) appeals from School Board, (6) terminations of parental rights and (7) contributing charges/adults who have aided a delinquent.

Probation officers are on staff and recently completed Youth Mental First Aid classes at IRMHC. The goal of Juvenile Court is always rehabilitation and to prevent youth from remaining in and going deeper into the corrections system.

The only court whose standard is “best interest of children.”

The Juvenile Justice Work Group began a few years ago as an alliance between the Youth Services Institute of The University of Alabama and Juvenile Court. Tuscaloosa REACTS conference was born of this alliance, as well as several grants to develop services—including a MAPS program to address the specific needs of younger children involved in problematic sexual behaviors.

In 2008, Tuscaloosa Juvenile Court became a JDAI site to minimize the number of youth who are incarcerated and evaluate that those detained truly need to be because they are a danger to themselves or the community. Children who are in need of supervision and children who are charged of crimes that are only illegal due to age (such as possession of alcohol) cannot be detained.

Currently, one of the pressing issues in the Juvenile Court is possession of handguns, as well as substance abuse—prescription drugs and intravenous, especially.

Tuscaloosa Juvenile Court is cooperating with YSI, DHR, DCH and Jefferson County on a grant to implement Human Trafficking protocol statewide with steps on how to recognize and intervene.

Justice Program administered through Tuscaloosa’s One Place is a newly implemented re-entry program for youth released from incarceration. A case manager will see the child once a week, as well as work with the family network. In addition, an attorney will oversee any other legal issues affecting the child.

***Update on Blackburn Institute Publication***

Final edits are being made to the comic book. Volunteer training and classroom reading has been moved to the fall semester.

***Board Report and Hot Hundred***

*From the 4-10-18 Steering Committee Meeting Minutes:*

Joseph met with members of DCBC on Friday, March 16<sup>th</sup> at noon to discuss the financial agreement between the two organizations. The agreement has not yet been finalized.

Joseph noted the need to increase overall participation by all TMHA members for the 2018 event, which will be held Saturday July 28<sup>th</sup>. The Wish List will be released in coming weeks, providing opportunities for individuals and agencies to donate a variety of items needed, which offsets the overall cost of the ride.

The Tuscaloosa Police Department has reduced the fee required for Ride Day support to \$1,000.

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Sponsorships are down relative to April 2017.

***Other Announcements***

A free event called *Girl Talk—Overcoming Obstacles to Empower Women*—will be held by PRIDE at the RiverMarket on April 26<sup>th</sup>. Nicole mentioned the organization is seeking exhibitors to purchase tables and sponsors to cover the cost of food.

TMHA will host a fall conference at the Alabama Fire College on the 3<sup>rd</sup> Tuesday of October. CEUs are pending for nurses and social workers—up to 4 hours. The focus on the conference will be updates on treatment of mental illness. The start time will be pushed back to 9 am to account for morning traffic. Speaker recommendations are being accepted.

***Upcoming Meetings***

Board and Steering Committee — May 8<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — May 21<sup>st</sup> at 2 pm

*TPD Community Room*



General Meeting

May 21, 2018

2 pm at TPD Community Room

***Presentation: Larry Deavers, Family Counseling Service***

From *counselingservice.org* and flyer provided by FCS:

Founded in 1963 and named a United Way of West Alabama Partner Agency in 1969, Family Counseling Service improves the quality of life for people of West Alabama by providing accessible, expert counseling services and state-of-the-art programs that promote mental, emotional and social well-being.

FCS offers various counseling services for families, parenting, and individuals. For families, services are available to address marriage/couples, elderly issues, premarital counseling, divorce adjustment, communication, blended family issues and crisis management. For parents, assistance is available for general parenting issues as well as child loss and grief, school issues, conduct problems, childhood anxiety, effects of divorce and mood disturbances. For individuals, help is available to manage anxiety, emotional conflict, depression, stress, grief and anger.

FCS offers various programs for children and teens (6 yrs+) that target their specific needs, helps them improve their ability to think and problem solve in healthy ways, teaches them to better manage their thoughts and feelings, and helps them begin to think about the long-term results of the choices they make. Programs offered include Positive Directions, a program that provides counseling to school students and/or their families in circumstances where the students is experiencing academic problems due to personal crisis at home; DOVE, a program aimed at helping teens learn positive problem-solving skills and equip them with alternatives to resorting to aggression with others; and CHOICES, a program for teens with property offenses who need to identify the thoughts, beliefs and attitudes which led up to their decisions and equip them to make better choices in the future.

FCS offers specialized intervention programs aimed at helping adults make change in their personal behavior and develop new ways of managing their emotions that are more positive and enriching. Programs offered include Building Bridges, a four-hour seminar for divorced or separated parents; specialized intervention programs for Domestic Violence and Anger Management (working closely with Turning Point); as well as POINT, a life skills program.

Hours of operation are 8:30 am to 5 pm at 2020 Paul W. Bryant Drive 35401. For more information, contact 205-752-2504. Some insurance plans are accepted, as well as self-pay.

### ***Update on Blackburn Institute Publication***

The copy of the comic book has been approved. However, final illustration, publication of the comic book, volunteer training and classroom reading has been moved to the fall semester.

### ***Board Report and Hot Hundred***

*From the 5-8-18 Steering Committee Meeting Minutes:*

Ride Director Britney McComb provided an update on planning for the 2018 ride, which will be held Saturday July 28<sup>th</sup>.

Registration is low to date, but there are radio spots for Town Square Media and iHeart Radio that have been produced with Shanna's help and will run as recurring announcements now through the end of July. In addition, Britney plans to schedule interviews on Talk of Alabama closer to Ride Day.

Queen City Cycles has agreed to partner with TMHA/DCBC to increase registration, including giveaways on social media. TuscaBlue has agreed to sponsor flyers to promote the event.

Sponsorship confirmed to date is \$11,000. Funds received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission.

A member of DCBC has offered a connection to supply ice for the event.

NorthStar Ambulance has been confirmed to be present at headquarters.

TTSC is providing goody bags.

Britney is working with the Greek system at the University of Alabama to allow fraternity and sorority members to donate money through Venmo to Tuscaloosa Mental Health Alliance for points. She has also identified a UA graduate working to establish a photography business willing to donate his time on Ride Day.

SignUp Genius lists will be created to manage the Wish List, as well as each rest stop and volunteers for ride events, like Bag Day.

Regarding the medals, a small number will be ordered in advance and names will be taken to order post-ride for all centurions who would like one.

Bag Day will be held Wednesday, July 25<sup>th</sup> from 8 am to noon in the IRMHC Training Room. Pre-Registration will be held from 5-8 pm at Black Warrior Brewing on Friday, July 27<sup>th</sup>.

Four rest stops will be stocked this year with two stops being utilized twice for the longest routes.

McAbee will provide a crane again this year and will serve as another stop with parking for friends and family members tracking cyclists.

Britney will investigate the option of a 6-foot TMHA logo tablecloth from TuscaBlue being included in their sponsorship of the Ride.

### ***Other Announcements***

TMHA will host a fall conference at the Alabama Fire College on the 3<sup>rd</sup> Tuesday of October. CEUs are pending for doctors, nurses, counselors and social workers. The focus on the conference will be updates on treatment of mental illness. The start time will be pushed back to 9 am to account for morning traffic. Speakers are currently being confirmed. The conference will last until approximately 4 pm. Barbara Huguley noted that the Tuscaloosa alumni chapter of Delta Sigma Theta, Inc. will assist with registration and refreshments.

The Tuscaloosa alumni chapter of Delta Sigma Theta, Inc. and Tuscaloosa's One Place will host Fathers in the Park & Impact Day at Annette Shelby Park from 10 am to 2 pm on June 9<sup>th</sup>. Free food, activities and games will be provided.

Whatley Health Services will host a Health Fair on July 27<sup>th</sup> from 9 am to 1 pm behind the WHS building.

SPAN is hosting the 5<sup>th</sup> Annual Night Bass Fishing Tournament on June 22<sup>nd</sup> from 7 pm to 2 am, along with a \$5/ticket raffle—top prize is a 2-night stay at the Perdido Beach Hilton. Prizes will be drawn June 21<sup>st</sup>.

United Way will host Day of Action on June 15<sup>th</sup>. Visit [uwva.org](http://uwva.org) to sign-up as a volunteer or as a site.

### ***Upcoming Meetings***

Board and Steering Committee — June 12<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — June 18<sup>th</sup> at 2 pm

*TPD Community Room*



General Meeting

June 18, 2018

2 pm at TPD Community Room

***Presentation: Tamika Alexander, United Way of West Alabama***

From *uwwa.org*:

2-1-1 is an easy to remember telephone number that connects people with important community services and volunteer opportunities. For example, 2-1-1 can offer access to the following types of service:

Its function is to raise much needed funds for services at its 27 partner service agencies. United Way of West Alabama operates under the direction of a maximum 30-member Board of Directors who represent a cross-section of West Alabama citizens.

Basic human needs resource: food banks, clothing closets, shelters, rent assistance, utility assistance.

Physical and Mental Health Resources: health insurance programs, Medicaid and Medicare, maternal health, Children's Health Insurance Program, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation.

Employment Supports: financial assistance, job training, transportation assistance and education programs.

Support for Older Americans and Persons with Disabilities: adult daycare, Meals on Wheels, home health care and transportation.

Support for Children, Youth and Families: Childcare, after school programs, Head Start, family resource centers, summer camps, recreation programs, mentoring and tutoring.

**Benefits to Users**

- One call gives you access to resources across your community.
- No more wrong numbers, wasted time or trying to find the right resources.
- 24-hour/7 days a week availability.

**Accessing 2-1-1**

- Call 2-1-1 on your AT&T, Sprint, and Verizon cell phone or from any land line phone.
- Or call 205-345-7775.

## ***Board Report and Hot Hundred***

*From the 6-12-18 Steering Committee Meeting Minutes:*

Sponsorship confirmed to date is \$13,000. Funds received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission; \$1500 McAbee; \$1000 Blue Cross Blue Shield.

Joseph noted volunteers are now being recruited for Bag Day (IRMHC from 8:30 am to 11:30 am), Pre-Ride (Black Warrior Brewing from 5-8 pm) and Ride Day (UA Headquarters and Rest Stops from 5 am to 5 pm). Terry has talked with Phoenix House about providing assistance for setup and cleanup at the UA Outdoor Pool Complex.

Britney suggested more volunteers are needed at the end of the day on Ride Day to acknowledge incoming riders and help with cleanup, and a minimum of 10 Rest Stop volunteers are still needed.

It was agreed after discussion not to order a minimum of 10 jerseys to have on hand for sale at headquarters.

Britney has flyers printed and ready to distribute around town. Laura offered to provide additional printed materials for the ride as needed.

To date, only a few items have been confirmed for donations to the Wish List. (Kathryn re-circulated the email with the Sign Up Genius link during today's meeting)

## ***Other Announcements***

TMHA will host a fall conference at the Alabama Fire College on the 3<sup>rd</sup> Tuesday of October. CEUs are pending for doctors, nurses, counselors and social workers. The focus on the conference will be updates on treatment of mental illness. The start time will be pushed back to 9 am to account for morning traffic. Speakers are currently being confirmed. The conference will last until approximately 4 pm.

Whatley Health Services will host a Health Fair on July 27<sup>th</sup> from 9 am to 1 pm behind the WHS building.

SPAN is hosting the 5<sup>th</sup> Annual Night Bass Fishing Tournament on June 22<sup>nd</sup> from 7 pm to 2 am, along with a \$5/ticket raffle—top prize is a 2-night stay at the Perdido Beach Hilton. Prizes will be drawn at 2 pm on Thursday, June 21<sup>st</sup>.

TVAMC Health Fair on August 10<sup>th</sup>.

Dirt, Sweat & Gears for the DCH Foundation will be held at Lurleen Wallace State Park on Saturday, June 23<sup>rd</sup>.

West Alabama Area Agency on Aging provided flyers and brochures to all in attendance.

Grant presented to Board members in attendance:

*Motion:* Shanna McIntosh

Approve \$500 grant for S.P.A.N. graduation ceremony—20 \$25 Walmart gift cards for graduates and to purchase supplies for the ceremony.

*Second:* Laura Reeves

Motion carried unanimously.

***Upcoming Meetings***

Board and Steering Committee — July 10<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — July 16<sup>th</sup> at 2 pm

*TPD Community Room*



General Meeting  
July 16, 2018  
2 pm at TPD Community Room

### ***Hot Hundred Planning/Volunteer Information***

Britney McComb and Joseph Abrams led an orientation session for TMHA members and event volunteers.

Joseph specifically requested a group of volunteers to work registration at both Pre-Ride Registration on Friday, July 27<sup>th</sup> and Ride Day Registration on Saturday, July 28<sup>th</sup>. T-shirts will be provided to volunteers who commit a minimum of 6 hours to the event.

There are 122 registered riders to date.

The website has been updated with some additional Ride Day information, including routes and rest stops (*bikehothundred.com*).

The Wish List on Signup Genius has closed, but members were encouraged to simply make donations to the Alliance to offset any additional purchases that will need to be made for Rest Stops.

Joseph noted discussion about additional fundraising opportunities at the July 10<sup>th</sup> Board and Steering Committee meeting.

### ***Fall Workshop & Other Announcements***

Registration for the workshop will open in August. Save the Date cards will be sent next week. Vendor tables are still available. Nicole Hall is the contact at 617-2423.

*Per the July 10<sup>th</sup> Steering Committee Meeting:*

The conference is now scheduled for October 23<sup>rd</sup> from 8:30 am to 4 pm. Joseph is working to confirm the Alabama Fire College.

Speakers, CMEs and CEUs are still being confirmed. Terry presented a sample of the program to the Board and Steering Committee for review and suggestions.

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The 6<sup>th</sup> Annual Veterans Community Mental Health Summit will take place on Friday, August 10<sup>th</sup>.

***Upcoming Meetings***

Combined Board and Steering Committee — August 14<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — August 20<sup>th</sup> at 2 pm

*TPD Community Room*



General Meeting

August 20, 2018

2 pm at TPD Community Room

***Presentation: Richard Beatty, VA—Suicide Prevention***

From *tuscaloosava.gov*:

Richard serves as the TVAMC Suicide Prevention Coordinator.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. The hotline is located in Canandaigua NY, and answered by Veterans or other staff trained in Veteran services. The call can be 100% confidential but if you choose, a consult will be put in to us at the Tuscaloosa VAMC (or your closest VAMC), which will be responded to within 24 business hours.

Our local team is reached through our national support system day and night to provide needed support. A consult will automatically be placed if a rescue is needed.

Suicide prevention coordinators work with mental health care teams to monitor and support Veterans at high risk for suicide. A personal safety plan that helps the Veteran recognize signs that often precede his/her suicidal ideas and lists strategies that help the Veteran manage those thoughts and feelings. The plan also identifies people that the Veteran can turn to for help. Safety plans are created with the mental health provider and the Veteran (including family members, if desired). This way, a plan is designed specifically for the Veteran and his/her problem areas. At Tuscaloosa VAMC you can reach the Suicide Prevention team during normal hospital hours by calling 205-554-2835 or 205-534-1564.

Use the crisis line if you need immediate attention any time. Call 1-800-273-8255 and Press 1.

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ReachVet is a new program that uses statistical modeling to identify individuals that may be at risk for suicide before they exhibit any thoughts or consideration of suicide. This may help identify individuals that otherwise would slip through the cracks. Comprehensive information about mental health services provided by the VA available at: [https://www.mentalhealth.va.gov/docs/MHG\\_English.pdf](https://www.mentalhealth.va.gov/docs/MHG_English.pdf)

## ***Board Report and Hot Hundred***

*From the 8-14-18 Board and Steering Committee Meeting Minutes:*

Projected income for the 2018 ride is \$8,850.79. Laura provided Kathryn waivers from the event, as well as a printed breakdown of expenses, which totaled \$9,750.20.

Sponsorship confirmed to date is \$13,000. Funds of \$9,000 received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission; \$1500 McAbee; \$1000 Blue Cross Blue Shield; \$1000 Capstone Health Services; \$500 DCH.

Joseph provided Kathryn \$250 from DCBC to cover half of the \$500 for the Hot Hundred snow cones truck.

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Monty Morrow noted the Alliance is considering new fundraising efforts in the coming year. He encouraged all members to get involved and offer any suggestions/ideas.

An extended discussion from the August 14<sup>th</sup> combined Board and Steering meeting took place after the General meeting was adjourned.

*Motion:* Terry Heverly

Approve \$500 charitable donation to Britney McComb.

*Second:* Monty Morrow

Motion submitted to full Board for an electronic vote.

## ***Other Announcements***

TMHA will host a fall conference at the Alabama Fire College on October 23<sup>rd</sup> from 8:30 am to 4 pm. The topic will include the advancement of psychotropic drugs in the treatment of mental health issues. A Save-the-Date email will be going out soon, and registration will open on Eventbrite.com closer to the conference date. Nicole also provided printed Save-the-Date cards to those in attendance. Three speakers have been confirmed to date, but a fourth is still needed.

As Joseph Abrams has accepted a new job in Birmingham, Monty Morrow was nominated, approved and installed to serve as Board President of the Alliance at the regularly scheduled combined Board and Steering Committee meeting on August 14.

Crimson Care, mental health urgent care, has opened on Skyland Blvd.

Tailgate Tuscaloosa—Champions of Recovery will take place on September 22<sup>nd</sup>. Tables are available, and anyone interested can contact Nicole Hall.

Tommy Dockery supplied applications for the Healthcare Coalition.

***Upcoming Meetings***

Board and Steering Committee — September 11<sup>th</sup> at 1 pm

*IRMHC Board Room*

General Meeting — September 17<sup>th</sup> at 2 pm

*TPD Community Room*

*Presentation: Misty Moon, Catholic Services*



General Meeting

September 17, 2018

2 pm at TPD Community Room

***Presentation: Misty Moon, Catholic Social Services of West AL***

From [csstuscaloosa.org](http://csstuscaloosa.org):

The mission of Catholic Social Services is to meet the needs of those living in poverty or suffering from despair and to advocate for those suffering from oppression in our communities. We joyfully choose to collaborate with all of God's people regardless of race, creed, religion, or economic background in order to build a more just and compassionate society. We do this by providing financial assistance, food, clothing, referrals, and more.

Catholic Social Services of West Alabama serves over 6,000 clients per year from a highly impoverished ten county service area in the 6th poorest state in the country. Our clients live in counties suffering from 18% – 40% poverty, according to the U.S. Census Bureau.

Since 1989, Catholic Social Services of West Alabama has advocated for the most vulnerable in our community, guided by the basic belief in the inherent dignity of every human being. We vigorously advocate for poverty reduction programs, establish collaborative partnerships to end poverty in West Central Alabama, and support our local agencies in their provision of essential services to those in need.

Catholic Social Services of West Alabama benefits greatly from the leadership provided by our distinguished Advisory Board and the passion for community service exhibited by our caring staff.

When available, Catholic Social Services of West Alabama can provide helpful emergency items.

- IDs for obtaining employment or residency
- Birth Certificates for obtaining employment or residency
- Emergency baby formula, diapers, and toiletries
- Emergency Prescription Assistance. Please bring a copy of the necessary prescription from the pharmacy with you. We cannot provide narcotic drugs.
- Clothing Closet. Call us at 205-759-1268 to make an appointment. Please note that due to limited space, children are not allowed in the clothing room.

Food assistance is available once every three months.

Appointments must be scheduled by phone only at 205-759-1268. If possible please call after 2:00 p.m. on Monday – Thursday.

Financial assistance is available once every 12 months per household.

No appointment is necessary to apply. Applications are accepted in our offices on the following days and times if the bill is \$299 or less:

- Monday – 1:30 to 3:00 pm
- Tuesday – 1:30 to 3:00 pm
- Wednesday – 1:30 to 3:00 pm

The following items are required, depending on the type of assistance you are seeking:

- Utility Assistance – Bring a copy of your current bill
- Rent Assistance – A copy of your lease and a letter from your landlord stating the full amount owed, the month(s) owed, and the amount that will keep you in the unit for at least 30 more days

Payday loan assistance is coming.

Operational costs are covered by the Diocese of Alabama, and 100 percent of donations go to assisting individuals and families.

More details about services available online.

### ***Board Report and Hot Hundred***

*From the 9-11-18 Board and Steering Committee Meeting Minutes:*

General discussion about future fundraising for the Alliance. Monty met with Bill Carter of DCBC on Monday, September 10<sup>th</sup>.

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Terry noted net profit from the ride is approximately \$10,000.

### ***Other Announcements***

TMHA will host a fall conference at the Alabama Fire College on October 23<sup>rd</sup> from 8:30 am to 4 pm. The topic will include the advancement of psychotropic drugs in the treatment of mental health issues. Registration is now open on Eventbrite.com. Kathryn will email the registration link to the TMHA

membership. Three speakers have been confirmed to date, but a fourth is still needed. Nicole Hall is handling vendor table reservations (\$50 each) for the conference. She can be reached at 205-617-2423 or [nkhughes81@yahoo.com](mailto:nkhughes81@yahoo.com)

West Alabama Recovery Coalition will host Tailgate Tuscaloosa—Champions of Recovery on September 22<sup>nd</sup> from 10 am to 1:30 at Government Plaza. Free food, games, fun and prizes. Tables are available, and anyone interested can contact Nicole Hall.

October 7<sup>th</sup> will be the Out of Darkness walk on the UA campus. Community involvement is welcomed. Registration at 1 pm and walk begins at 2 pm.

Janet Lewis of JustServe.org also presented briefly today. The website matches volunteers with volunteer opportunities. She can be reached at 801-360-1413 or [janetlewis@justserve.org](mailto:janetlewis@justserve.org)

The Blackburn Institute comic book project is still underway. A final version is being reviewed by Dr. Amy Crosby. 1600 copies will be printed and presented to 5<sup>th</sup> and 6<sup>th</sup> grade Tuscaloosa City School students.

### ***Upcoming Meetings***

Board and Steering Committee — October 9<sup>th</sup> at 1 pm

*IRBH Board Room*

General Meeting — October 15<sup>th</sup> at 2 pm

*TPD Community Room*

*Presentation: Antwon Prince-Sealy, Community Service Programs of West AL*



General Meeting

October 15, 2018

2 pm at TPD Community Room

***Presentation: Antwon Prince-Sealy, Community Service Programs of West AL***

From *cspwal.com*:

Community Service Programs of West Alabama, Inc. (CSP) is a private, nonprofit, community action agency, created by the Economic Opportunity Act of 1964. CSP is dedicated to improving the quality of life for low-income and vulnerable populations in its service area. The agency uses public and private funding sources to develop and administer its various programs and encourages participation in coalitions with other organizations.

The agency's mission is to provide resources and services, which resolve immediate needs and lead to long term self-sufficiency in low-income and vulnerable populations.

The agency's 10-county West Alabama service area includes Bibb, Choctaw, Fayette, Greene, Hale, Lamar, Sumter, Dallas, Perry and Tuscaloosa. The agency provides weatherization services only in Pickens county.

CSP maintains collaborative relationships with other non-profits and resource agencies as well as faith-based entities in order to provide a full array of resources to its client base.

CSP's Supportive Services Department aids families with direct resources through:

- Energy assistance
- Emergency aid
- Food distribution
- Meals-on-Wheels
- Workforce development
- Life skills training and
- Referrals to other agencies

CSP of West Alabama administers educational programs that prepare children to develop to their fullest potential. **Early Intervention** is designed to help children under the age of three who have developmental delays or who may be pre-disposed to development delays because of a medical diagnosis. Services offered through the Early Intervention Program treat delays in the following areas: motor, cognitive, adaptive, communication as well as medical diagnoses, such as Spina Bifida, Down Syndrome, Cerebral Palsy and autism. **Early Head Start** provides a range of quality health and

family services to expectant mothers, infants and toddlers. **Head Start** is a comprehensive child development program that serves the needs of over 900 children and their families in West Alabama. Individualized services are in the areas of health, nutrition, parent involvement and family development with the program's focus being preparing young children for future success through school readiness programs.

CSP believes innovative programs are increasingly necessary to provide working families the opportunity to obtain decent, safe and affordable housing. Some of these programs, provided through a collaboration with NeighborWorks America®, include:

- New construction
- Property management of the agency's rental units
- Specialized housing for the elderly and disabled
- Housing counseling
- Homebuyer education
- Lease-purchase programs
- Weatherization
- Housing rehabilitation
- Foreclosure prevention

From meager beginnings, CSP has grown into a premiere resource agency for the low-income and special needs population of West Alabama. Its current budget exceeds \$12 million dollars and the executive director and her management staff continue to seek additional resources to increase the agency's ability to lead clients to self-sufficiency.

### ***Board Report and Hot Hundred***

*From the 10-9-18 Board and Steering Committee Meeting Minutes:*

Payment has been made to DCBC for their portion of registration fees. Monty is waiting to have another meeting with Bill Carter.

Students from the Blackburn Institute—a civic engagement leadership group at The University of Alabama, have partnered with TMHA on an illustrated comic book story written for 4<sup>th</sup> grade city school students about mental health.

The comic book—"What Would I Do?"—is complete and is slated to be read to as many as 1,600 TCS students during the spring semester after a suggested case study of 1 or 2 classrooms in the fall.

The book should be available to send to TMHA members in a .pdf format by next week.

### ***Other Announcements/Fall Conference***

The 2019 Steering Committee Ballot was provided to TMHA members for consideration. Forms are due at the regularly scheduled General meeting on Nov. 19<sup>th</sup>.

Homeless Stand Down 2018 will be held at TVAMC Friday, Oct. 19<sup>th</sup> in the Auditorium from 9 am to 1 pm. Table space is available. Contact is Aaron Wade at 554-2000 ext. 4400 or [aaron.wade@va.gov](mailto:aaron.wade@va.gov)

S.P.A.N. Open House on Oct. 31<sup>st</sup> from 9 am to 11 pm to celebrate 30 years of service.

TMHA will host a fall conference at the Alabama Fire College on October 23<sup>rd</sup> from 8:30 am to 4 pm. The topic will include the advancement of psychotropic drugs in the treatment of mental health issues. Registration is now open on Eventbrite.com. There are only 12 spots available to date. The capacity at Alabama Fire College is 200 seats or 225 standing room only. 5 CEU hours (social workers, nurses and LPCs) have been approved.

### ***Upcoming Meetings***

Board and Steering Committee — November 13<sup>th</sup> at 1 pm

*IRBH Board Room*

General Meeting — November 19<sup>th</sup> at 2 pm

*TPD Community Room*

*Presentation: Hon. Brad Almond, Mental Health Court*



General Meeting

November 19, 2018

2 pm at TPD Community Room

***Presentation: Hon. Brad Almond, Mental Health Court***

Judge Almond provided an update on the Tuscaloosa Mental Health and Veterans Courts.

Mental Health Court began in July/August 2012 in partnership with Judge Almond, IRMHC, TCSO, District Attorney's Office and TPD.

Participants plead guilty to charges—after receiving treatment, if needed, to obtain competency. Participation is entirely voluntary and requires regular court appearances, sometimes more than once a week, as well as drug testing and general monitoring of medication compliance.

The first track allows participants to follow guidelines to have charges dismissed over a 12-month period.

A second track involves sentencing and probation over a 12-month period that includes mental health care and treatment.

Probation-revocation is a third track option for repeat offenders to avoid a prison sentence.

The final track available involves alternative sentencing.

IRMHC social workers provide therapy and manage cases for Mental Health Court, including Gloria Jackson, Adezza DuBose Williams and Karen Jones. VA VJO (Veterans Justice Outreach) Coordinator Will Adams manages cases and provides treatment support for participants in Veterans Treatment Court.

Veterans Court grew out of the Mental Health Court as the need became apparent to specifically address the needs of veterans in the system.

Mental Health Court has graduated 106 participants since inception.

Forty-seven participants have been revoked from the program and sentenced or placed on traditional probation. Participants with paranoid schizophrenia are the most successful in the program, while those with severe depression and bi-polar disorder seem to be least successful.

Veterans Treatment Court has 15 participants at this time, while Mental Health Court has approximately 30. Judge Almond estimates that numbers could be three times as high or more if all those in the system with mental health issues were included in the program. He also noted the biggest obstacles to success in these special court programs include substance abuse, especially meth and opiates, as well as young age, family environment and lack of housing or transportation. In the case of Veterans Treatment Court,

a tremendous struggle for many participants is PTSD. Two participants in VTC have been lost to overdose, and one to suicide.

Public Defenders office attorneys are the most likely to identify mental health issues and refer participants to the MHC program.

Mental Health Court meets the last Friday of every month and Veterans Treatment Court meets the Friday prior.

Requirements for participation: 1) Resident of Tuscaloosa County 2) Diagnosed by IRMHC with a serious mental illness 3) Charged with a non-violent offense; Veterans must be VA eligible and have a confirmed diagnosis.

Dr. Gigi, psychiatrist at the Tuscaloosa County Jail, coordinates with Maude Whatley to run a transition clinic for those released. Crimson Care has also opened as an urgent care clinic for mental health issues.

### ***Board Report and Hot Hundred***

Terry and Monty have plans to meet with Brad Poindexter and Bill Carter to discuss options for the future of Hot Hundred and the DCBC partnership. A meeting with the DCBC Board of Directors is tentatively scheduled for December.

### ***Other Announcements/Fall Conference Report***

The 2019 Steering Committee Ballot was provided to TMHA members for consideration.

Engage Tuscaloosa: Opioid Summit by PRIDE of Tuscaloosa will be held Nov. 28<sup>th</sup> at the Bryant Conference Center from 8:30 am to 1:30 pm. Nicole Hall provided flyers.

Bradford Health Services will host an open house 11 am to 1 pm on Nov. 30<sup>th</sup> at 515 Energy Center Dr. in Northport.

Multiple donations have been received in honor of Jessica Tooson.

Terry noted that he is the outgoing TMHA Chairperson, so a new Chair is needed. He also presented the completed Blackburn Institute comic book for review by members in attendance. Over 1700 comic books will be printed for presentation in the Tuscaloosa City Schools beginning in February 2019.

TMHA hosted a fall conference at the Alabama Fire College on October 23<sup>rd</sup> from 8:30 am to 4 pm. The topic will include the advancement of psychotropic drugs in the treatment of mental health issues. 5 CEU hours (social workers, nurses and LPCs) were available. There were 200 registered for the conference, and the event had a waitlist. All vendor tables were reserved. The most common recommendation from attendants was for the Alliance to consider offering lunch at the event.

***Upcoming Meetings***

**NO GENERAL MEETING IN DECEMBER**