



Department of  
**Mental Health &  
Substance Abuse Services**

# Office of Faith-Based Initiatives

## Resources

Monty Burks, PhD



Department of  
**Mental Health &  
Substance Abuse Services**

Monty Burks, CPRS,  
Ph.D.

Director of Faith  
Based Initiatives

[monty.burks@tn.gov](mailto:monty.burks@tn.gov)

Office: 615-770-1783



# Historical Overview:

This initiative began in August 2014, under the vision of then Deputy Commissioner Marie Williams and Commissioner Doug Varney. For more than two years, they talked about what an opportunity it would be to leverage the faith community in service to those struggling with addiction. It wasn't until hearing Dr. Monty Burks speak about his personal path to recovery and the role the faith community played in that process that leadership felt they had the right person to lead the effort and build the vision.

Commissioner Varney believed that the faith community can, and should be, at the front lines of combatting addiction, especially facing the rise in opioid misuse, addiction, and overdose. The department created the first Director of Faith-Based Initiatives, whose sole responsibility was to reach out to local communities and congregations and engage them in a discussion of what it means to support the addicted community.

# Historical Overview: Vision

The vision of the Faith-Based Initiative is to partner with and leverage Tennessee's faith-based communities to increase outreach, build recovery pathways, and provide an educated, welcoming, and supportive place for individuals struggling with substance abuse issues so that they may find help and hope on their pathway to recovery.

# Historical Overview: Mission

The mission of the Faith-Based Initiative is to educate all 11,500 of Tennessee's faith-based communities about the brain science of addiction and resources available to help and certify each to be a Certified Recovery Congregation so that Tennesseans struggling with addiction can find sanctuary within the faith community as a welcoming place to pursue recovery.

# How We Got Here: Assessing your Community Needs

- **Step 1: Assess Needs** – Gather and assess data to ensure that efforts are appropriate and targeted to the needs of communities.
- **Step 2: Build Capacity** – Build and mobilize resources at the local level to address the needs identified in step 1.
- **Step 3: Plan** – Develop a plan to prioritize the needs identified in step 1. Understand the capacity within the community to ensure key goals can be achieved.
- **Step 4: Implement** – Put the strategic plan identified in step 3 into action.
- **Step 5: Evaluate** – Systematic collection and analysis of data to measure progress against goals and desired outcomes.



# Impact of Suicide and Substance Abuse in TN

In one year in your state:

- ✓ Over 1800 overdose deaths
  - The majority of these deaths are due to prescription opioids.
- ✓ Over 1100 suicides
- ✓ 1090 babies born with opioid dependence



By Nevit Dilmen - <https://commons.wikimedia.org/w/index.php?curid=15746170>

So, how can you help?

# Paradigm Shift: Leveraging the Faith Community

Partnering with Tennessee's Faith Community to effectively reimagine the conversation around Recovery:

- Leveraging established faith organizations to increase capacity for care
  - ✓ Over 12,000 Congregations/Institutions
  - ✓ Over 3.5 million People
- The faith community **CAN** help!
  - ✓ In Tennessee there are roughly 2500 people of faith for every one person lost to suicide or overdose.
  - ✓ That's 2500 chances to reach out and make a difference.



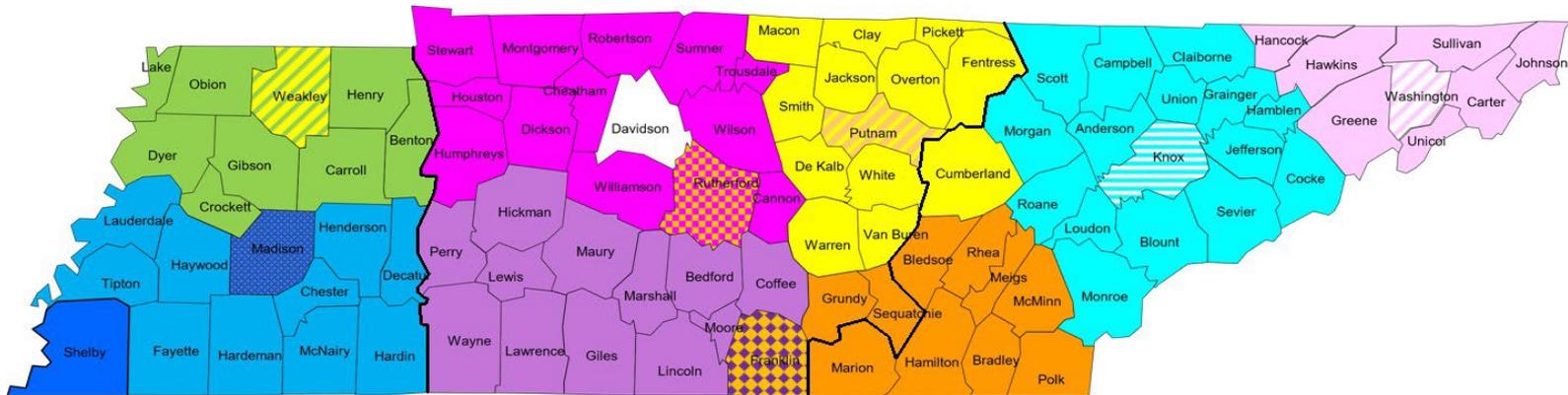
# Faith-Based Initiative Goals

The goals of the Faith-Based Initiative are to:

- Connect individuals struggling with addiction to treatment.
- Facilitate understanding of treatment and recovery.
- Increase knowledge about addiction.
- Understand the continuum of care and collaborate with it.
- Help groups understand and implement evidence-based practices (“The Best Practice Model”).
- Promote and continuously improve effectiveness of the faith-based initiative and how it connects the community with recovery and support services.

# Faith-Based Community Coordinators

A group of individuals with lived experience responsible for recruiting, training, and recognizing congregations/organizations as Certified Recovery Congregations/Organizations



## ***West Tennessee***

Amy Bechtol  
731-694-1993  
amy@jmprevent.org

## ***Middle Tennessee***

Will Taylor  
615-203-9066  
wtaylor@pc4s.org

## ***East Tennessee***

Eric Landry  
843-509-0764  
elandry@metrodrug.org

For more info:

<https://www.tn.gov/behavioral-health/substance-abuse-services/faith-based-initiatives.html>

# Faith-Based Community Coordinator RESULTS

- 746 Certified Recovery Congregations
- Educational Forums in all 95 Counties
- Increased Awareness of Recovery Support Resources Statewide
- We are a resource for you!



# What Faith-Based Community Coordinators Offer

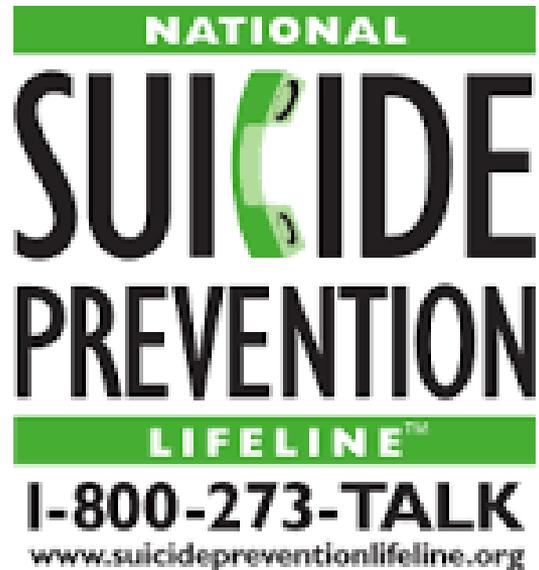
- Free Training Opportunities to Empower and Equip Your Ministries
- Connection to Recovery Resources and other Community Supports
- Opportunities to Collaborate with Other Faith-Based Organizations and Congregations
- Recognition as a Certified Recovery Congregation to Increase the Impact of Your Ministries
  
- We are a resource for you!

## Suicide Prevention:



- **Question, Persuade, Refer (QPR)** – A 1-2 hour basic training for suicide prevention covering how to ask someone if they are thinking about suicide, how to persuade the individual to live, and how to refer the individual to the appropriate help.

# Training Opportunities

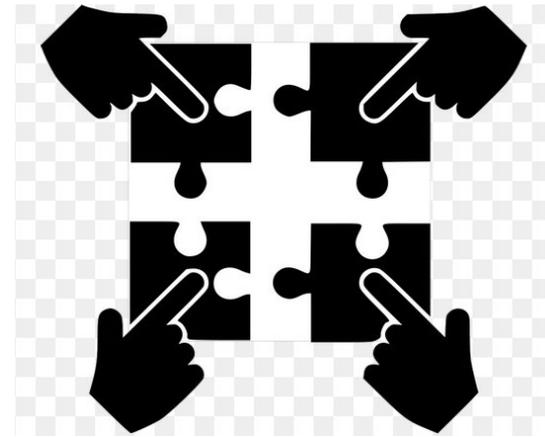


- **Applied Suicide Intervention Skills Training (ASIST)** – A 2-day intensive workshop that provides an understanding on how to implement a suicide intervention with individuals who may be having thoughts of suicide and keep the individual safe for now.

# Training Opportunities

## Adverse Childhood Experiences (ACEs)

- **Trauma Informed Care** – A 1-hour introduction or in-depth 5-hour training covering the effects of trauma and the need to build resilience in children and adults alike. The training focuses on the importance of community and connection as well as helps organizations and congregations create a safe place for healing conversations to begin.



# Training Opportunities

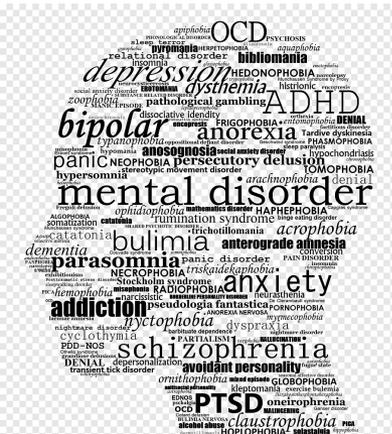


- **Building Strong Brains** – A 1 to 3-hour training that aids in building a knowledge around early childhood brain development. The training helps individuals see how ACEs negatively impact the architecture of the developing brain but how a safe, stable, and nurturing environment can help a child to thrive.

# Training Opportunities

## Mental Health First Aid

- **Adult** – An 8-hour training that takes the participant through an overview of common mental disorders and provides help to a person developing a mental health problem or experiencing a mental health crisis. The training explains how to give appropriate first aid until proper treatment and support are received or until the crisis resolves.
- **Youth** – An 8-hour training providing the same information as above but is focused more on helping a youth who may be experiencing a mental health problem or crisis.
- **Public Safety** – An 8-hour training providing the above information from a public safety perspective, effectively showing how to provide mental health first aid to individuals in need.



# Training Opportunities

## Addiction



- **The Addicted Mind** – A 1-2 hour presentation explaining how addiction affects the brain.
- **Sexual Addiction/Compulsion in the Congregation** – A 1-hour training that assists congregations in understanding the effects of sexual addiction/compulsion.
- **Support Group Facilitation** – A 3-day training allowing the congregation to effectively provide support groups to individuals with Substance Use Disorder and affected by Life-Controlling Issues.

# Connection to Like-Minded Faith Organizations

Being recognized as a Certified Recovery Congregation connects you to other faith organizations who follow “The Best Practice Model” for serving those in addiction or recovery:

- Provide Spiritual/Pastoral Support according to your congregation culture
- View addiction by its definition - as a treatable disease, thereby providing hope to those who need treatment
- Embrace and support people in recovery and walk with them on their journey
- Disseminate recovery information that the Department will provide
- Host or refer individuals to recovery support groups

# How to be Recognized as a Certified Recovery Congregation

There are two ways to be recognized as a Certified Recovery Congregation:

1. The Faith-Based Community Coordinator for your region becomes aware of your service to the community and chooses to recognize you.
2. You choose to fill out our survey to make us aware of the ways that you serve the community that promote recovery.

[https://stateoftennessee.formstack.com/forms/certified\\_recovery\\_congregations](https://stateoftennessee.formstack.com/forms/certified_recovery_congregations)

Scan this QR code with your phone:





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## **Lifeline Peer Project**

Raising Awareness and Opportunities for Recovery

# What is the Lifeline Peer Project

The Lifeline Peer Project was established to reduce the stigma related to the disease of addiction and increase community support for policies that provide for treatment and recovery services.

Project approaches include:

- Establishment of evidence-based addiction and recovery programs
- Educational presentations for civic groups, faith-based organizations, and community leaders to increase understanding of the disease of addiction and support for recovery strategies.



# Connection to Recovery Resources

## Certified Peer Recovery Specialists



- Help others on the path to recovery from mental illness or substance abuse.
- Have firsthand experience with mental illness and/or substance abuse and can offer support and understanding.
- Have at least two years of active recovery.
- Use their personal recovery story to help others.
- Promote self-determination, personal responsibility, and empowerment.

For more info:

<https://www.tn.gov/behavioral-health/mental-health-services/cprs/peer-recovery-services/certified-peer-recovery-specialist-program.html>

# CPRS Champion in YOUR Organization



- At least one individual in each congregation to become the point person.
- Provide referrals and recovery resources for individuals with SUDs and Mental Health Issues.
- Be active in the congregation.
- Train others to help.
- Help the congregation understand the reality of Mental Health and Addiction and provide support to those in need.

For more info:

<https://www.tn.gov/behavioral-health/mental-health-services/cprs/peer-recovery-services/certified-peer-recovery-specialist-program.html>

# Connection to Other Community Resources

Resources to access and leverage across your state might include:

- Community Prevention Coalitions
- Treatment and Recovery Courts
- Addiction Recovery Program (ARP) Agencies
- Local Health Departments/Councils
- Health Educators
- Local Law Enforcement Agencies
- Nonprofit Organizations
- Colleges /Universities



# Lifeline Peer Project Results

- There are 17 Lifeline Peer Project Coordinators
- Each located in Substance Abuse Prevention Coalitions across the state
- Lifeline's Outcomes:
  - Over **6,089** recovery trainings
- Referred **over 13,854** people to treatment and recovery support services
- Started over **660** new recovery meetings



# Find YOUR Lifeline!

## Lifeline Peer Project Regional Coordinators



### Region 6n

Chris Smith  
731-244-1449  
chris@martinhousing.org

Weakley County  
Prevention Coalition

### Region 5n

Will Taylor  
615-203-9066  
wtaylor@pc4s.org

Prevention Coalition  
for Success

### Region 4

Kirk Johnson  
615-715-1017  
kirk@npponline.org

Nashville Prevention  
Partnership

### Region 3n

Nathan Payne  
865-266-9764  
lifelineoftennessee@gmail.com

Power of Putnam

### Region 1

Jason Abernathy  
423-384-6150  
jason@insightalliance.org

Insight Alliance



### Program Director

Monty Burks  
615-308-3163  
monty.burks@tn.gov

### Region 7

Lincoln Coffman  
901-289-9706  
lcoffman@memphisprevention.org  
Memphis Area  
Prevention Coalition

### Region 6s

Dianne Sherrod  
dianne@jmplprevent.org  
731-694-3161

Jackson Madison  
Prevention Coalition

### Region 5s

Allen Burnette  
931-308-7689  
allen.b.burnette@gmail.com  
Franklin County Prevention  
Coalition

### Region 3s

Deonte Grimes  
423-355-6544  
deonte.grimes@hccoalition.org

Hamilton County Coalition

### Region 2

Ashlee Crouse  
865-410-9527  
acrouse@metrodrug.org

Metro Drug Coalition

**Region 6n Hybrid**  
Lauderdale, Lake  
Brannon Powell  
731-223-2755  
brannonpowell@yahoo.com  
Obion County  
Prevention Coalition

**Region 6s Hybrid**  
Hardeman, McNairy  
Sarah Mayes  
731-694-2544  
sarah@jmplprevent.org  
Jackson Madison  
Prevention Coalition

**Region 5s Hybrid**  
Wayne, Perry  
Ginger Wells  
731-803-3077  
gwells@lawcotn.org  
Lawrence County  
Substance Abuse  
Prevention Coalition

**Region 3n Hybrid**  
Clay, Jackson  
Colby Lane  
615-486-1061  
Clanerops3n@gmail.com  
Smith County Drug  
Prevention Coalition

**Region 3s Hybrid**  
Grundy, Bledsoe,  
Rhea  
Dave Hodges  
931-709-1161  
Davidchodges@gmail.com  
Hamilton Co. Coalition

**Region 2n Hybrid**  
Scott, Pickett, Hancock,  
Fentress, Morgan  
Randall Burge  
423-215-1933  
randallbyrge21981@gmail.com  
STAND Coalition

**Region 1n Hybrid**  
Cocke, Hancock  
Amber Thomas  
865-507-0353  
amberthomas@seviercountytn.gov  
Sevier County  
C.A.R.E.S.

# The Office of Faith-Based Initiatives Connection

- **Faith-Based Community Coordinators** recruit and build relationships with congregations willing to help guide their members and community to recovery
- **Project Lifeline** connects people with treatment and recovery support resources and serves as a single point of contact for Recovery Congregations seeking to establish support meetings and help others find treatment
- **Tennessee Recovery Navigators** work with Project Lifeline to identify community-based resources including, but not limited to, Recovery Congregations and are stationed in emergency departments to help those who have experienced overdose or drug-related injury
- **Regional Overdose Prevention Specialists** train people to administer Naloxone to prevent overdose deaths
- All four are designed to meet people where they are to encourage long-term recovery

# #ENDOVERDOSE



We welcome your  
questions!

