RESOURCE TABLES

Be sure to visit the resource tables to access their valuable information and resources.

- Chartwells Higher Education TN TECH DINING SERVICES
- Cookeville Pregnancy Center
- Heart of the Cumberland
- Mental Health Cooperative
- Office of Faith-Based Initiatives TDMHSAS
- Office of Wellness and Employment TDMHSAS
- Park Center
- Tennessee Kidney Foundation
- Tennessee Mental Health Consumers' Association

SESSION locations

General Sessions & Provider Breakout
Estes Williams Room
GROUND FLOOR

Young Adult Breakout
Herald Citizens Room
SECOND FLOOR

Network:
Leslie Town Centre
Password (case sensitive):
LTCevent.1

Wifi

THRIVING TOGETHER

BEHAVIORAL HEALTH INTEGRATION FOR THE NEXT GENERATION

AN IN-PERSON CONFERENCE
OCTOBER 6, 2026
LESLIE TOWNE CENTRE
COOKEVILLE, TN

Sponsored by:
TN Department of Mental Health & Substance Abuse Services

In partnership with:
Tennessee TECH
tamho

SAMHSA Substance Abuse and Mental Health Services Administration

This training event is sponsored by TDMHSAS in partership with the Tennessee Association of Mental Health Organizations (TAMHO). Funding has been provided [in part] under grant number SM90006, the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

9:00AM - 11:00 AM	Opening Session | They Don't See Silos: Building Systems That Work for the Next Generation
11:00 AM - 12:15 PM	Lunch & Networking
12:15 PM - 1:30 PM	**Breakout Sessions** Provider Breakout **Integrating Care for Youth and Young Adults** Young Adult Breakout • 12:15 - Fueling Your Whole Self: Nutrition as a Pillar of Integrated Health • 1:00 - The Untapped Potential of Music Therapy in Collaborative Care
1:30 PM - 1:45 PM	Break
1:45 PM - 2:45 PM	What Young Adults Want Their Providers to Know - A Youth Peer Panel
2:45 PM - 3:00 PM	Break
3:00 PM - 4:00 PM	Closing Session | Connecting Care, Strengthening Communities: A Call to Collective Action
4:00 PM	Adjourn

This training is supported by grant funding that does not permit the provision of food or beverages.

Please feel welcome during the event to enjoy a snack or beverage that you brought with you today.

A one-hour and 15-minute lunch break has been built into the agenda to allow participants time to purchase lunch at nearby locations and return for the afternoon session. To maximize on networking and resource table visits, feel welcome to enjoy a lunch you brought with you today or bring one into the center to enjoy.

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BEHAVIORAL HEALTH INTEGRATION

FOR THE NEXT GENERATION

OPENING GENERAL SESSION - They Don't See Silos: Building Systems That Work for the Next Generation

INTRODUCTION & FACILITATION
Krystal Fortney, PhD, LPC-MHSP, QS-TN, NCC, Director, Youth and Young Adult Initiatives, Division of Children and Youth Mental Health, TDMHSAS

SPEAKER
Kristie Hammonds, Chief Executive Officer, Frontier Health, Gray, TN

This session will explore the evolving landscape of integrated care for Generation Z and Generation Alpha, examining the behavioral health trends, barriers to care, and emerging opportunities shaping the well-being of today's youth and young adults. Participants will consider how technology, changing expectations, social and environmental factors, and the transition to adulthood are influencing how young people access and engage in care.

The session will then shift from understanding the landscape to taking action. Through an interactive, policy academy-style discussion, participants will examine the policy, organizational, and community factors that either create barriers or support meaningful integration. Together, participants will identify opportunities for stronger cross-sector collaboration and develop practical strategies to better connect behavioral health, physical health, higher education, and community-based services.

The session will challenge participants to move beyond simply discussing integration and begin identifying the partnerships, policy changes, and actionable steps needed to create more connected, accessible, and responsive systems of care for the next generation.

Learning Objectives:

- Describe the current landscape of integrated care for Generation Z and Generation Alpha by identifying at least three emerging behavioral health trends, barriers to care, and opportunities for improving access and engagement among young adults.
- Analyze factors that influence integrated care implementation by examining the policy, organizational, and community-level barriers and facilitators affecting behavioral health integration for Generation Z and Generation Alpha.
- Identify opportunities for collaboration between higher education, healthcare organizations, behavioral health providers, and community partners to better meet the needs of Generation Z and Generation Alpha.

BREAKOUT SESSIONS

PROVIDER - Integrating Care for Young Adults

INTRODUCTION & FACILITATION
Jack Brantley, MA, LPCC, NCC, Statewide On Track TN Trainer - Lead, Park Center

PANELISTS
Ravi Patel, MA, LPC-MHSP, Clinical Coordinator, Center for Counseling and Mental Health Wellness, Tennessee Technological University

Shirley A. Jennings, EdS, LPC-MHSP, Regional Vice President, Volunteer Behavioral Health Care System

Lisa Bumbalough, Public Health Director, Putnam County Health Department-Community Health Center

Focus on how crisis, physical health, and mental health providers can work together to provide more coordinated, whole-person care for young adults.

Learning Objectives:

- Understand how crisis, physical health, and mental health providers can work together to address the whole-person needs of young adults.
- Identify practical strategies for communication, collaboration, and warm handoffs across service systems.
- Apply the coordinated-care approaches that improve continuity, engagement, and outcomes for young adults.

YOUNG ADULT BREAKOUT SESSIONS

Two 30-minute sessions.

SESSION #1
Fueling Your Whole Self: Nutrition as a Pillar of Integrated Health

INTRODUCTION & FACILITATION
Krystal Fortney, PhD, LPC-MHSP, QS-TN, NCC, Director, Youth and Young Adult Initiatives, Division of Children and Youth Mental Health, TDMHSAS

SPEAKER
Christine Warrick, MS, RDN, LDN, Nashville Nutrition Partners

Nashville Nutrition Partners will deliver a 60-minute interactive breakout session designed specifically for college students. Grounded in the integrated health model, this session positions nutrition not as a stand-alone topic but as a foundational element of physical, behavioral, and emotional well-being. Students will leave with a clear understanding of how food choices affect mood, energy, focus, and stress response, along with practical tools they can use immediately on campus.

Learning Objectives:

- Explain how nutrition supports physical, behavioral, and emotional health within an integrated health framework.
- Identify practical nutrition strategies that support mood, energy, focus, and stress management in a college environment.

EVALUATIONS & CE DOCUMENTATION

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- Apply foundtational fueling principles to real-life campus scenarios through hands-on practice during the session.

SESSION #2
The Untapped Potential of Music Therapy in Collaborative Care

INTRODUCTION & FACILITATION

Krystal Fortney, PhD, LPC-MHSP, QS-TN, NCC, Director, Youth and Young Adult Initiatives, Division of Children and Youth Mental Health, TDMHSAS

SPEAKER

Kate Kelly, MT-BC, RYT-200, Owner & Executive Director, Empower Music Therapy

This engaging session will introduce participants to music therapy as an evidence-based clinical modality and explore its role in supporting behavioral health, well-being, and personal growth. Participants will gain an understanding of the education, training, and credentials of board-certified music therapists, as well as the diverse populations and therapeutic goals that can be supported through music therapy. The session will highlight opportunities to integrate music therapy into collaborative care across a variety of settings, including mental health programs, schools, nonprofit and community organizations, and healthcare environments. Through an experiential music therapy intervention, participants will also have an opportunity to experience firsthand how music can be intentionally used to promote regulation, strengthen connection, and support growth. The session will encourage participants to consider practical opportunities for incorporating music therapy into programs, services, and interdisciplinary approaches to care.

Learning Objectives:

- Describe music therapy as an evidence-based clinical modality, including the qualifications of a board-certified music therapist and the populations and goals music therapy can support.
- Identify opportunities to integrate music therapy into collaborative care settings, including mental health programs, schools, nonprofits, healthcare environments, and community organizations.
- Participate in an experiential music therapy intervention and reflect on how music can support regulation, connection, and growth.

GENERAL SESSION - What Young Adults Want Their Providers to Know

INTRODUCTIONS AND FACILITATION

Saressa Spencer, MBSC, College Wellness Behavioral Health Integration Counselor, TN Technological University, employed through Volunteer Behavioral Health Care System

PANELISTS

Brady Anderson, Student, Tennessee Technological University — Vice President, Student Veterans Organization

Latricia Hood, CYAPSS, Certified Young Adult Peer Support Specialist, YHSI Coordinator, Young Adult Action Board Chair. Chattanooga Homeless Coalition

Charles "Kullin" Lasne, Student, Tennessee Technological University

A young adult-led featuring peers sharing their experiences, perspectives, and recommendations related to treatment and support.

Learning Objectives:

- Explore the factors that influence whether young adults feel heard, respected, and supported in care.
- Examine young adult-identified opportunities to improve treatment, services, and the overall care experience.
- Consider ways providers and organizations can meaningfully incorporate young adult voice and lived experience into service delivery and program development.

GENERAL SESSION - Connecting Care, Strengthening Communities: A Call to Collective Action

INTRODUCTION & FACILITATION

Jack Brantley, MA, LPCC, NCC, Statewide On Track TN Trainer - Lead, Park Center

SPEAKER

Douglas Ribeiro, PhD, Associate Professor of the Practice, Vanderbilt University, Peabody College, Human and Organizational Development

Integrated care asks us to think beyond traditional models of service delivery and consider the broader relationships, systems, and communities that shape health and well-being. In this closing keynote, Dr. Ribeiro will invite participants to reflect on what it means to move from disciplinarily siloed approaches toward models of care grounded in collaboration, shared knowledge, and community strengths. Drawing on ecological, developmental, and liberation-oriented perspectives, the presentation will explore how professionals and organizations can recognize barriers within existing systems while also identifying opportunities for meaningful change. Participants will be challenged to consider their own sphere of influence and translate the day's learning into practical, collaborative action within their organizations and communities.

Learning Objectives:

- Examine integrated behavioral health through ecological and systemic perspectives, recognizing how individual well-being is shaped by relationships, systems, communities, and broader social conditions.
- Identify opportunities to move from expert-driven siloed models of care toward collaborative approaches that build upon the knowledge, strengths, and capacities of individuals and communities.
- Develop actionable strategies for advancing integrated care within their professional role, organization, or community through collaboration, critical reflection, and collective action.

EVALUATIONS & CE DOCUMENTATION

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CONTINUING PROFESSIONAL DEVELOPMENT

A certificate of continuing professional development for up to 5.00 contact/clock hours will be made available by TAMHO to all participants upon request for documentation of clock/contact hours earned for viewing the videos within this Video Learning Series.

National Association of Social Workers - Tennessee Chapter

This program has been approved by the National Association of Social Workers – Tennessee Chapter for 5.00 CE units/contact/clock hours. **Approval number NASW2026-0113**

Professional Counselors, Marital and Family Therapists, and Clinical Pastoral Therapists

As stated within the rules and regulations of the State of Tennessee Board for Professional Counselors (0450-01-.12-(5)-(a)-1-vi and vii), Marital and Family Therapists (0450-02-.12-(5)-(a)-1-vi and vii), and Clinical Pastoral Therapists (0450-03-.12-(5)-(a)-1-vi and vii), the hours approved for this conference by APA and/or NASW are considered pre-approved hours acceptable for submission of documentation for continuing professional development for individuals licensed by this Board.

State of Tennessee - Health Related Boards - Board of Licensed Alcohol and Drug Abuse Counselors (LADAC)

As stated within the rules and regulations of the State of Tennessee Board of Alcohol and Drug Abuse Counselors (1200-30-01-.12), TAMHO is considered an authorized entity for continuing education courses, events, and activities related to the practice of alcohol and drug abuse counseling. Individuals are responsible for assessing and determining the appropriateness of session content as relates to LADAC continuing professional development requirements.

Tennessee Certified Family Support Specialist (CFSS)

This program has been approved by the Tennessee Certified Family Support Specialists for up to 5.00 CE units/contact/clock hours.

Tennessee Certified Peer Recovery Specialist (CPRS)

This program has been approved by the Tennessee Certified Peer Recovery Specialists ffor up to 5.00 CE units/contact/clock hours.

Tennessee Certified Young Adult Peer Support Specialist (CYAPSS)

This program has been approved by the Tennessee Certified Young Adult Peer Support Specialists for up to 5.00 CE units/contact/clock hours .

It is the responsibility of the event attendee to use their professional judgment, to justify the continuing educational programs attended or electronic or digital media viewed meet the guidelines of their respective licensure or certification boards/agencies and is relevant to their professional practice.

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SPONSORED BY:

TN Department of Mental Health & Substance Abuse Services

DR. KRYSTAL FORTNEY

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https://www.tn.gov/behavioral-health/children-youth-young-adults-families.html
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