



INITIATIVE 1: COMMUNITY PARTNERSHIPS TO ADDRESS BEHAVIORAL & MENTAL HEALTH WELLNESS & ADDICTION



"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."
- Fred Rogers

"Be confused, it's where you begin to learn new things. Be broken, it's where you begin to heal. Be frustrated, it's where you start to make more authentic decisions. Be sad, because if we are brave enough we can hear our heart's wisdom through it. Be whatever you are right now. No more hiding. You are worthy, always."
- S.C. Lourie

Trinity Health Foundation of East Tennessee extends the healing ministry of Jesus by improving the physical, emotional, and spiritual health of our community.

Envisioned Goal: Trinity seeks projects that promote mental and emotional well-being for all ages emphasizing prevention and early intervention related to behavioral and mental health illness and addiction. Efforts to increase community education and awareness of core issues that lead to addiction and diminished mental health wellness are sought. In addition to prevention-focused initiatives, projects that provide access to evidence-based treatment programs are also sought.

A range of needs and challenges has been identified, including but not limited to: behavioral health issues - depression and anxiety, opioid/fentanyl addiction education, and awareness. Trinity seeks projects that measurably impact regional

health choices over the long term. Proposals that combine innovation, expertise, and collaborative interagency partnerships will be favorably considered.

Background: Behavioral and mental health illnesses and addiction are layered issues that increasingly plague the community. On average, 1 to 2 people die from drug overdoses daily in the Knoxville metropolitan area. It is estimated that another 10X overdose cases are saved by the rapid administration of Naloxone daily in our community. Major depression is the second most common mental illness in the U.S. And, in Knox County nearly 30% of adults have a depressive disorder. Unfortunately, many struggling with mental illness and addiction lack the necessary resources to access the services or support required to provide a pathway to wellness.