SAMHSA’S Mental Health Transformation Grant Profile: 
My Health, My Choice, My Life
Tennessee Department of Mental Health

Mission:
leverage the statewide infrastructure of Peer Support & Recovery Centers to integrate a peer-led health, wellness, & chronic disease prevention & self-management program for adult consumers with mental illness, substance use, & co-occurring disorders

Service Areas:
Middle & East Tennessee

Primary Focus:
Prevention & Early Intervention

Peer Support Centers: 45
Community Mental Health Organizations: 14
Addictions Disorder Peer Recovery Support Centers: 3

Peer Involvement
65 consumers trained as Peer Leaders in the Chronic Disease Self-Management Program
5 Peer Wellness Coaches
37 consumers trained as Peer Leaders in the Diabetes Self-Management Program

Impact
330 people received the Chronic Disease Self-Management Program

- Increase in ability to function in everyday life: 20%
- Increase in overall health: 16%

*through September 2012

SAMHSA’s GAINS Center March 2013