

## The latest news for you

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# **Behind the Walls...**

## **POLICE CAN "SEE" THROUGH WALLS**

Technically Incorrect: The Range-R is a piece of military equipment that police are using now to check if there's someone in a building.

[Read More](#)

# ...Behind the Smiles

Colonel William Bruce Rember (1957–2006) was a distinguished officer in the United States Air Force, remembered for his service, leadership, and dedication to both his country and community. I grew up with Bruce, played street football, baseball, Hit the Bat, Ghost in the Graveyard, SPUD, and every other game neighborhood kids could play.

We built rockets, train sets, and in the summer between the eighth grade and ninth grade, we rode our bikes from our homes in Cincinnati to the farmhouse the Rember family owned in Indiana.

But by the time that summer ended he went back to his high school, and I was still in junior high. The two-year difference in our age served as a huge hidden barrier. His friends were older, and the teams and clubs he was on were at a different school.

We began to develop new friends, and over time followed different paths that took us miles away from one another. He became a pilot in the US Air Force, having been appointed to the Air Force Academy, and I eventually moved to Alabama. We lost contact with one another.

But one thing Bruce did, was make a trip to see my parents on the few occasions he made it back to his old hometown. He never missed the opportunity, often times visiting my Mom and Dad, and I only found out months later when Mom would mention it. He shared his stories of his career, becoming a fighter pilot, a training pilot, working at the Pentagon, and of his family as his kids grew older. Eventually he shared with my Dad that he was going to be retiring soon.

My parents, unbeknownst to me at the time, were folks he trusted, and felt comfortable being himself, rather than the persona we often times place on individuals based upon their profession, or position in life. He could be himself.

Bruce retired, took a job in the private sector as a defense sector consultant. Unfortunately, and for reasons we will never really understand, just a few weeks later he dressed for work, in his newly purchased suit and tie and left for work. He pulled off into a Washington D.C. parking lot used by the thousands of commuters each day, placed a hose in the exhaust pipe of his car and ran it into a window opening. With the car running, the Bruce Rember I never knew, took his life, leaving behind a wife and three children.

Just 3 months before he had been on a mission trip to Mississippi and made new friends who remembered Bruce as "quietly unassuming, but very funny, knowledgeable, and hard-working guy. Maybe unassuming is not what you might expect for a guy who had risen to the rank of Colonel in the Air Force. Maybe, if he'd wanted to, he could have thrown his weight around a bit. But Bruce was a team player all the way."

I will always remember his smile but am still haunted that I never knew the pain hidden behind his smiles. On Memorial Day, I saluted the warrior, and remembered the friend, who is part of my life's journey.

With so many mental health issues hidden in the shadows, and with so many suffering in the world today, don't hesitate to offer a gentle nudge of support. It can make all the difference.

I couldn't see through the wall. And I lost a friend.

## Beyond the Surface:

"I Don't Know Who I Can Trust"

Mike Kirk of Shelbyville, KY is shown above as he took a "selfie" while on the run after a bank robbery he committed in Paris, KY.

The photo below depicts the surveillance photo of Kirk during the robbery of the Kentucky National Bank.

### **"I Don't Know Anyone"**

Years ago, I got to know FBI Special Agent Pat Maley when he was a Supervisor in the Covington, Kentucky Resident Agency. Pat survived many management challenges in his career, before being named as the Special Agent in Charge in Birmingham from 2009-2012.

Pat was always focused on the communities in which he lived and worked, and he shared with me the recording a bank robber made as he planned and the robbed a Kentucky bank. He asked if it would be helpful in preparing financial institution employees during my seminars, as the FBI was reducing their involvement in "bank robbery" matters.

For years I used that recording, challenging participants to use his words and actions to better understand how crooks think when evaluating targets, as well as during a robbery. The recording depicts the actions and words before and after robbing the bank, leading police on an all-day manhunt, shooting multiple officers (all survived), losing them, and then late in the day discovered in his 3rd carjacked vehicle. He was surrounded when he put his gun to his head and ended the ordeal. (*I don't play the entire recording for bank trainings but use it in law enforcement settings.*)

But this column is not about his actions, but about an encounter in a training room long after everyone had left.

On the night that will stick in my mind forever, I had conducted a training session from 6-830pm, for about 45-50 employees of various financial institutions in the Shelbyville, Kentucky area. I knew this was the hometown of the deceased robber, so I gave a warning before discussing the case and using the recording. I made it easy for anyone who might be sensitive to hearing it leave for 10 minutes to refresh their drinks or step outside. No one took the offer, so I proceeded.

The session ended, everyone left, and at around 9pm I was packing my laptop away in the now empty training room. I heard the sound of a door opening, and a lone woman entered and began walking toward me. She looked as if she had seen a ghost, and I feared that I had offended her with an offhand comment or joke I made during the session.

It was neither.

Her words, after asking if I had a minute, were: "Jim, I don't know how I am going to go home tonight." I feared that she

was about to tell me of domestic abuse.

Instead, she went on to tell me that she knew the robber personally, and that she and her husband were personal friends with he and his wife. They attended church together, they went out to eat together, they attended community events together. She continued by saying "I knew him as well as I know my husband, my children, my close friends and my neighbors. I knew of what happened years ago, but hearing his words has shattered my ability to trust anyone now. I'm leaving here tonight crushed by the thought that I don't truly know anyone."

Mike Kirk had no criminal record, no run-ins with law enforcement. Was married, was an avid hot air balloon pilot and was a long-term employee without any issues.

We talked for an hour, as I gave her reassurance that this was an aberration, and she could use the experience to look in hindsight for red flags that may have been overlooked. I suggested that she engage counseling if she thought she needed it, but she was clear headed about everything during our discussion, and I trusted that she would proceed forward in a thoughtful and rational way.

But her final comments reflected an educational objective I didn't intend, and as she turned to leave, she said: "Jim, I'm still leaving here with the feeling that I don't know who I can trust." The door closed quietly behind her as she left.

I should have given her solace with guidance to the scripture, but unfortunately, I was the one left stunned, and I missed an opportunity to suggest the one person whom she could always trust and with whom she could turn to for guidance.

## **The Resource Hotline Failure Uncovered**

Elizabeth Smart penned an interesting opinion article about the failure of the National Human Trafficking Hotline, which caught my attention as I included a host of resources dealing with Mental Health issues shown below. As I do not test the links, nor evaluate the quality, I hope they are more effective than what Smart outlines as shortcomings in the NHT Hotline.

[Learn More](#)

## **A Peek at ICJE Classes for the Second Half of 2025**

Many Are Not Yet Open for Registration, but the ICJE link Below Can Be used Each Month as They Update to "Open for Registration Status"

[Visit the ICJE Website](#)

# **Mental Health Resource Guide for Community Responders**

Support for recognizing and responding to early signs of mental health issues

## **Recognizing Early Warning Signs**

Watch for changes such as:

- Withdrawal from social or work life
- Mood swings, irritability, or prolonged sadness
- Increased anxiety or fearfulness
- Trouble sleeping or concentrating
- Talking about feeling hopeless or overwhelmed
- Disheveled appearance or neglecting self-care
- Expressing unusual beliefs or confusion
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## **How to Approach Someone**

- Be calm and nonjudgmental
- Use open-ended questions (e.g., "How have you been feeling lately?")
- Listen actively – Show empathy, not solutions
- Ensure safety – If there's a risk of harm to self or others, do not leave them alone
- Offer next steps – Suggest speaking to a professional or calling a support line

## **Crisis & Support Lines (USA)**

- 988 Suicide & Crisis Lifeline – Dial 988 (24/7, free and confidential)
- Crisis Text Line – Text HELLO to 741741
- SAMHSA National Helpline – 1-800-662-HELP (4357)
- Veterans Crisis Line – Dial 988, then press 1
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## **Free Online Screening Tools**

- Mental Health America: [www.mhascreening.org](http://www.mhascreening.org)
- NAMI Learn More: [www.nami.org/Your-Journey](http://www.nami.org/Your-Journey)

## **Referral Resources**

Your Primary Care Provider

# Mental Health Resources in Alabama

## Introduction

Mental health is a vital component of overall well-being, and access to quality resources and support is essential for those experiencing challenges. In Alabama, various organizations, facilities, and initiatives are dedicated to providing mental health services to individuals, families, and communities. This guide aims to highlight the key resources available across Alabama, offering insights into where and how residents can access the help they need.

## Statewide Mental Health Services

### Alabama Department of Mental Health (ADMH)

The Alabama Department of Mental Health is the primary state agency responsible for coordinating and overseeing mental health services. It provides resources for individuals dealing with mental illness, substance abuse, and developmental disabilities. Services include crisis intervention, outpatient care, residential treatment, and community-based programs. ADMH's website offers a directory of providers and information on various programs ([URL]).

## Substance Abuse and Mental Health Services

### Administration (SAMHSA)

Residents of Alabama can access SAMHSA's helpline (1-800-662-HELP), which provides 24/7, confidential support and referrals for mental health and substance use concerns. SAMHSA also maintains a Behavioral Health Treatment Locator tool online for finding local services ([URL]).

## Community Mental Health Centers

Alabama is home to numerous community mental health centers that offer affordable and accessible care. These centers provide a range of services, including therapy, medication management, and support groups. Some notable centers include:

- AltaPointe Health: Serving southern Alabama, AltaPointe offers comprehensive mental health services, including inpatient care, outpatient therapy, and crisis response.
- East Alabama Mental Health Center: Located in Opelika, this center provides individualized care for those facing mental health challenges.
- Northwest Alabama Mental Health Center: Serving the northwestern region, this center focuses on community-based services.

## Nonprofit Organizations

Several nonprofits in Alabama work to address mental health needs, often focusing on specific populations or issues.

- National Alliance on Mental Illness (NAMI) Alabama: NAMI Alabama provides advocacy, education, and support for those affected by mental illness. They also offer peer-led programs and family support groups.
- The Crisis Center: Located in Birmingham, this organization provides crisis intervention services, suicide prevention, and support groups for individuals in distress.



- Family Guidance Center of Alabama: This nonprofit offers counseling and support services to strengthen families and individuals facing mental health challenges.

## **Crisis Services**

For immediate mental health support, Alabama residents can access various crisis services:

- Suicide & Crisis Lifeline: Dial 988 for confidential support and crisis intervention available nationwide, including Alabama.
- Crisis Text Line: Text HOME to 741741 for text-based crisis support.
- Local Crisis Hotlines: Many community mental health centers operate hotlines for immediate assistance.

## **Specialized Services**

### **Veterans' Mental Health**

Alabama offers dedicated resources for veterans through the U.S. Department of Veterans Affairs (VA). VA clinics provide therapy, medication management, and support groups tailored to veterans' needs. Local organizations, like Still Serving Veterans, also assist with mental health care and employment services.

### **Children and Adolescents**

Organizations like Children's of Alabama and local school systems provide mental health resources for young individuals. Many schools in Alabama have implemented counseling programs to support students facing emotional or behavioral challenges.

### **Rural Mental Health**

Addressing the unique challenges of rural areas, programs such as the Rural Health Initiative aim to expand access to mental health services in underserved regions. Telehealth has become a vital tool in connecting rural residents with mental health professionals.

## **Telehealth and Online Services**

The rise of telehealth has significantly improved access to mental health care in Alabama, especially for those in remote areas. Many providers now offer virtual therapy and consultations, making it easier for individuals to receive support from the comfort of their homes. Popular platforms include BetterHelp and Talkspace, which connect users with licensed therapists.

# **Mental Health Resources in Tennessee**

## **Introduction**

Mental health is a cornerstone of overall well-being, impacting physical, emotional, and social health. Access to quality mental health resources and services is vital for individuals facing mental health challenges, substance use disorders, or crises. Tennessee offers a wide array of organizations, programs, and facilities committed to supporting mental health. This guide outlines the key resources available, providing residents with information on how to access the help they need.

## **Statewide Mental Health Services**

## **Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS)**

The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) is the state's principal agency managing mental health and substance use services. It collaborates with community partners to deliver integrated care tailored to individuals' needs. Services offered include crisis assistance, outpatient therapy, inpatient care, housing support for those with mental health issues, and programs for substance abuse prevention.

TDMHSAS operates a helpline (1-855-CRISIS-1) available 24/7 for those experiencing emotional distress or mental health crises. Their website hosts a directory of providers and detailed information on statewide programs aimed at recovery and well-being ([URL]).

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Tennessee residents can access SAMHSA's resources, including the national helpline (1-800-662-HELP), which offers confidential support and guidance for mental health and substance use disorders. SAMHSA's Behavioral Health Treatment Locator tool is available online, enabling individuals to find local providers, treatment options, and community-based care ([URL]).

## **Crisis Intervention Services**

### **Mobile Crisis Units**

Tennessee operates mobile crisis units across the state to provide immediate assistance for individuals facing acute mental health crises. These teams, staffed by trained professionals, offer on-site evaluations, stabilization services, and referrals to appropriate resources. Mobile crisis units are available 24/7 and aim to prevent hospitalization whenever possible.

### **Behavioral Health Safety Net (BHSN)**

The Behavioral Health Safety Net program is designed to ensure access to mental health services for uninsured adults and children living in Tennessee. It provides outpatient care, therapy, medication management, and case management for individuals who may otherwise face barriers to treatment.

## **Community Mental Health Centers**

Tennessee is home to numerous community mental health centers that deliver affordable and accessible care. These centers cater to a diverse population, offering services such as individual and group therapy, psychiatric evaluations, and support for substance use disorders. Some prominent centers include:

- **Centerstone:** A leading provider of mental health care and addiction services, Centerstone operates multiple facilities statewide. Their programs include counseling, crisis services, case management, and residential treatment.
- **Frontier Health:** Serving Northeast Tennessee, Frontier Health provides comprehensive mental health and addiction care, including outpatient therapy, inpatient treatment, and support groups.
- **Helen Ross McNabb Center:** The Helen Ross McNabb Center specializes in children's mental health, substance use recovery, and trauma care. They also offer housing services and crisis intervention.

# **Specialized Programs and Initiatives**

## **Suicide Prevention Programs**

Tennessee has implemented various suicide prevention initiatives to address rising concerns. The Tennessee Suicide Prevention Network (TSPN) works statewide to educate communities about suicide risks and promote resources for those in distress. TSPN also provides training programs for schools, workplaces, and healthcare settings to increase awareness and intervention strategies.

## **Children and Youth Services**

Numerous programs in Tennessee focus on the mental health needs of children and adolescents. The System of Care Across Tennessee (SOCAT) initiative emphasizes holistic family-centered care, promoting collaboration between schools, healthcare providers, and community organizations. Additionally, schools often have counselors and mental health professionals on-site to assist students.

## **Veterans Mental Health Support**

Tennessee offers specialized support for veterans through organizations like the Department of Veterans Affairs and Vet Centers. These programs provide trauma care, therapy, and substance use recovery services tailored to veterans' unique experiences.

## **Telehealth Services**

The rise of telehealth has transformed mental health care accessibility in Tennessee. Virtual therapy and counseling sessions bring mental health support directly to individuals, regardless of their location. Many providers, including Centerstone and Frontier Health, offer telehealth options for therapy, medication management, and crisis intervention.

## **How to Access Services**

Residents seeking mental health support in Tennessee can start by contacting relevant agencies like TDMHSAS or exploring SAMHSA's online directory. Community mental health centers often have open intake processes, allowing individuals to schedule appointments or access walk-in services. For immediate assistance, crisis hotlines and mobile units are available throughout the state.

## **Last Thought**

The best antidote for fear and anxiety is faith  
and trust in God.

Phil Robertson

Phil Ro

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