



This project is funded under a grant contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.

Strong Futures Tennessee

Strong Futures

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Healing women,
supporting families

Strong Future Tennessee

Strong Futures Tennessee provides a comprehensive and evidence-based substance use treatment specifically designed for women. Our family-centered recovery model prioritizes admission for pregnant, post-partum and parenting mothers; however, all women (18 years or older) struggling with personal or familial substance use issues are welcome.

Admission to Strong Futures focuses on individual patient needs. Women are matched to the least intensive level of care where they can be treated safely and work through a personalized treatment plan. Care is provided by a highly skilled team of clinician professionals, case managers and certified peer recovery specialists who are trained in both substance use and mental health disorders.

Patient story

Three years ago, Blake Denton, surrendered custody of her two daughters to a relative. Blake was struggling with substance use disorder and turned to Strong Futures for help. Blake graduated from Strong Futures in 2024, and today she has regained custody of her daughters and works to support other women going through the program.

“My daughters deserved more. I deserved more. And Ballad Health Strong Futures knew I could do more. Ballad Health Strong Futures and living center completely turned my life around.”

— Blake, Strong Futures alumni 2024
and Current Ballad Health Employee

Services Offered

Adult Services:

- Individual, group and family therapy
- Outpatient and intensive outpatient programs
- Case management
- Peer support
- Teletherapy
- Improving access to care

Life skills:

- Job preparation
- Relapse prevention
- Support for women facing intimate partner violence

Family Support:

- Parenting classes
- Family/marriage counseling
- Reunification efforts
- Judicial liaison services

Living Center

Mothers may reside with their children at Strong Futures, provided the children are 12 years of age or younger and their placement is deemed clinically appropriate.

