

# THE NETWORKER

4th Quarter 2013

*Charlotte Bryson  
Legacy Fund  
2013 Songwriter's  
Night Dinner &  
Concert*





# A Letter From The Executive Director



Charlotte Bryson, Executive Director

Dear Friends, Supporters and Partners,

After I announced that I was retiring from Tennessee Voices for Children, many people asked me if I had any words of wisdom to offer those remaining at TVC, those continuing to advocate for children and families and/or those leading other agencies. I gave this considerable thought and wished that I had eloquent words to leave to all of you as my legacy.

The words that did come to my mind were the simple ones that I heard as a child from my Dad who was a man of few words. My Dad was a Texas rancher, a cattleman and horseman who was known in Texas, New Mexico, and Oklahoma as a man of his word who insisted a handshake was all that was needed for any transaction. He gently broke his horses and whispered in their ears so that they ran the fastest, cut the sharpest, and reined the easiest. The horses trusted him completely, and the trust was mutual.

I don't know what he whispered in his horses' ears but I know what he whispered in his three childrens'. In any challenge it was always a quiet "You can do it" and in the face of failure it was a quiet nudging, "Get back up on that horse" which was followed by the reassurance of, "The only people who don't get thrown are those that don't ride." When there were hard choices, his words were, "Giving up is not on the menu" and his advice about being prepared was, "You have to make your loop first before you can throw your rope if you want to lasso the cow." About relationships and working together, it was, "Better treat your friends right: just try to move a herd of cattle by yourself." About people it was, "Nobody is any better than anybody else," and on harboring a grudge he pointed out, "You won't get very far riding with a burr under your saddle." He insisted that if you had something to say to anyone, "Look them in the eye and say it right out" and in any crisis his words came, "Stay calm." Even after he and his horse, Big Red, took a tumble down a rugged mountain in a remote area, he was able to whisper to us with Big Red refusing to leave his side, "Stay calm, make sure Red is alright, you know what to do," and thanks to his confidence, we did.

I know that there are continuing challenges facing children and families. More families need to be covered by insurance. More support, advocacy and services are needed for children with mental health problems and their families. We need peer support centers for adults. We need more intervention in schools to prevent bullying and to identify youth with mental health needs. We need support for the Youth Move Councils.

While all of you go forward facing challenges and barriers, if any of my Dad's words are helpful, please feel free to use them. They worked for me.

Sincerely,

*Charlotte G. Bryson*



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## YOU can make a difference...

Tennessee Voices for Children continues to be part of the solution, and YOU can too with our many opportunities for support. TVC needs your gifts, in-kind donation, and volunteerism to further our mission. Consider making a contribution that helps make our families and communities stronger. Donations can be sent via check, cash, or credit card (convenient processing available online at [invoices.org/supportTVC](http://invoices.org/supportTVC)).

Contributions can be made in the following ways: Direct contribution, Pledge, Honorarium, In-Kind Donation, and Bequest. For more information contact Rikki Harris at 615-269-7751 or [rharris@tnvoices.org](mailto:rharris@tnvoices.org) or visit [invoices.org/supportTVC](http://invoices.org/supportTVC)

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Chad Poff - Treasurer  
Michele Johnson - Past President

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## TVC Management

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Millie Sweeney  
Brian Taylor  
Rikki Harris  
Kim Sterling  
Tonia Kirkpatrick  
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Please contact Kelsea LaCroix with questions or comments regarding The Networker

# Songwriter's Night Dinner and Concert 2013

On November 8, 2013, Tennessee Voices for Children hosted its second annual Songwriter's Night Dinner and Concert. Performances included Kim Tribble, Dave Turnbull, Aaron Barker, Colton James, Chris Wallin, Rick Otts, and several other singer/songwriters. Building on the success of the previous year, there was a fun mix of new and returning attendees at the event. After introductions from TVC Board members Chad Poff and Dick Blackburn, Executive Director Charlotte Bryson presented the trailer for *Hear Our Voices: Transforming the Children's Mental Health System*. Attendees were served a traditional Southern dinner by the Loveless Cafe while the performers began the show. Throughout the evening, guests placed their bids on a wide array of silent auction items including signed guitars, spa packages, Southwest airline tickets, and much, much more! Planning is already underway for the 2014 Songwriter's Night with plans for more auction items, and (if it's possible) even more fun!







**Special thanks to our sponsors:**

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# 2013 Contributors

A very special thank you to our 2013 contributors. You are making a difference in the lives of children and their families!

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Michael Sullivan  
Michele Johnson  
Molly Rollins  
Mr. & Mrs. Robert John Hoff  
Oak Plains Academy  
Pamela Rhea  
Patricia Storms  
Patti van Eys  
Paula Sandidge  
Regina M. O'Keefe  
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Sequel Youth and Family Services  
Shelley Freeland  
State of Tennessee  
Susan Fogg  
Susan J. Piontek  
Tennessee Suicide Prevention Network  
Thomas and Kathy Garthwaite  
Tony Lamb  
Youth Villages

## Friends of TVC

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Glenn and Nancy Sneed  
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Healing Arts Project  
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Jan and Karen Callen  
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Julie Polter  
Karen Goodwin  
Kari Moates  
Katie Turman  
Kim Tribble  
Kimberly Chew  
Kyle Collins  
M. Kathleen Edwards  
Marthagem Whitlock  
Melanie Hampton  
Merril Harris  
Monica Causey  
Monica Marsh  
Mr & Mrs. Byron Grizzle  
Pat Wilson  
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## Gifts In Honor Of

Charlotte Bryson  
Elaine Anderson  
Neil and Helen Copelan  
Skip and Kay Lunsford

## Gifts In Memory Of

Mildred Coode  
Michael McKenzie  
Jackie Lucas-Beverly  
Thomas L. Parker  
Viola Gary Taylor

# Charlotte Bryson Legacy Fund

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**TVC is excited to announce the newly created Charlotte Bryson Legacy Fund.**

After 18 years at Tennessee Voices for Children's Executive Director, and 40+ years of success in advocacy and support for children and their families, Charlotte is leaving behind an honorable legacy of commitment and dedication to children's mental health issues. Upon the announcement of Charlotte's retirement, monetary gifts in her honor have come in to Tennessee Voices for Children, and many have

asked how they can honor her work at TVC.

For this reason and upon Charlotte's request to continue to support TVC programs, we have created the Charlotte Bryson Legacy Fund. The mission of the fund is to engage those who have a deep passion for supporting youth with mental health challenges to participate in strengthening and empowering activities that ultimately lead to their success as adults.

This Legacy Fund is an opportunity to use targeted funds to develop the Youth Council activities and Youth Programs, as these programs exist to provide peer to peer support for youth as they face personal and family challenges. Several of these youth were featured in the documentary film, *Hear Our Voices*, which was produced by Charlotte. She desires to ensure that youth have a voice and are heard when they communicate their needs and desires for supportive programs.

If you would like to contribute to the Charlotte Bryson Legacy Fund to honor a lifetime of dedication to youth and families dealing with mental illness, please visit our website at [www.tnvoices.org/SupportTVC](http://www.tnvoices.org/SupportTVC) or contact Rikki Harris:

615.269.7751 • [rharris@tnvoices.org](mailto:rharris@tnvoices.org) • [www.tnvoices.org/Support](http://www.tnvoices.org/Support) TVC



# TVC Trainings

The Center for Family Driven Care is excited to announce the scheduling of trainings across the state of Tennessee

## Family Support Specialist Professional Competencies Training

TVC and NAMI-TN's Professional Competency Training is required for certification by TDMHSAS as a Family Support Specialist. The course is provided from 9:00am - 4:30pm with an hour lunch break on 3 consecutive days. The training includes the FSS Professional Competencies manual, practice tests, and final competency test/trainer evaluation. Trainings are provided in each grand region of the state. Upcoming dates are below, additional trainings can be scheduled for groups of 8 or more participants.

East Tennessee • February 5-7, 2014 • Knoxville, TN

West Tennessee • April 9-11, 2014 • Memphis, TN

## Parent-2-Parent

This training provides powerful information surrounding Systems of Care, locating community resources, juvenile justice, mental health, school issues, and much more. Upcoming classes are listed below, and are available throughout the year by request.

Middle Tennessee • January 28-30, 2014 • Nashville, TN

Middle Tennessee • April 3, 10, & 17, 2014 • Gallatin, TN

West Tennessee • May 2014 • Memphis, TN



## Strengthening Families Program

The Strengthening Families Program is a nationally and internationally recognized parenting and family strengthening program for all families, including those that are high-risk. The Strengthening Families Program (SFP) is an evidence-based family skills training program found to significantly reduce problem behaviors, delinquency, alcohol and drug abuse, and improve social competencies and school performance in children. Currently scheduled sessions are listed below.

East Tennessee • January 22, 2014 • Knoxville, TN

Middle Tennessee • May 17, 2014 • Gallatin, TN

West Tennessee • March, 2014 • Memphis, TN

Middle Tennessee • April, 2014 • Nashville, TN

### Recent Trainings

#### Throughout Tennessee and Virginia

Family Leadership

Youth Leadership

Foster Care Review

Peer Advocates

Nurturing Parenting

Family Driven Care

### FOR ADDITIONAL INFORMATION

#### CONTACT:

Brenda Donaldson

Training Coordinator

Tennessee Voices for Children

615.269.7751

[bdonaldson@tnvoices.org](mailto:bdonaldson@tnvoices.org)



# Programs and Events

## Sponsors make K-Town youths' Christmas merrier

More than 20 sponsors stepped up to make the holiday season merry and bright for the youth and families served by K-Town Youth Empowerment Network. "The generosity and willingness of our sponsors to collaborate with us this holiday season has been amazing," said Project Director Belinda Jones. "Many of our families face struggles that make this time of year difficult for them. We are very grateful for the generosity of our community partners."

The Christmas program at K-Town matched youth with sponsors, ensuring that each youth received warm winter clothing, other necessities and some of their Christmas wishes. Thirty-three youth were served through the program this year.

"K-Town is extremely appreciative of all that have sponsored K-Town youth and families," Jones said. "All of our sponsors have made a truly 'Merry' Christmas for our youth and families. Thanks so much for your compassion, support and gifts."



## Charlotte Bryson Receives Awards

After announcing that she would be retiring in January 2014, Charlotte Bryson quickly received several awards by individuals and organizations wishing to acknowledge her extensive and outstanding work in the field of Children's Mental Health. She first received the Lifetime Achievement Award presented by Sandra Spencer at the National Federation of Families for Children's Mental Health Annual Conference on November 16, 2013. Shortly after, Charlotte received recognition from Tennessee Governor Bill Haslam for her outstanding service in the best interests and the highest traditions of the State of Tennessee presented by the Tennessee DMHSAS Commissioner Doug Varney.



## Youth M.O.V.E. - is on the MOVE

Through a System of Care SAMHSA Expansion Grant from the Tennessee Department of Mental Health and Substance Abuse Services, Youth M.O.V.E. (Motivating Others through Voices of Experience) Councils will be starting up in Williamson, Hickman, and Rutherford Counties. The Councils will focus on transition age youth ages 14-21, and the grant focuses on building local capacity to provide the support needed in order to foster better outcomes for youth.

In this initiative, youth will be active leaders at all levels, working along side providers and community members to build a system of care to benefit youth and young adults with emotional and behavioral disorders. For more information and to become involved, please contact James Martin, Statewide Youth Engagement Specialist.



# TVC Staff Update

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**Kevin Hodges**

Youth Engagement Specialist/  
Cultural Linguistic Competency  
Coordinator  
K-Town Youth Empowerment Network



**Shevada Dragg**

Transition Support Provider/Cultural  
Linguistic Competency Coordinator  
K-Town Youth Empowerment Network



**Quayshaun Crowder**

Transition Support Provider  
K-Town Youth  
Empowerment Network



**Annette DuPree-Sanders**

Social Emotional Trainer &  
Head Start Classroom Observer  
Team Tennessee



## Did you know.....

### The latest research and facts from our NIMH Outreach Partnership

([www.nimh.nih.gov](http://www.nimh.nih.gov))

- CDC report provides the estimate of psychotropic medication use among U.S. non-institutionalized adolescents aged 12 to 19 years. (ref: <http://www.cdc.gov/nchs/data/databriefs/db135.htm>)
- The National Child Traumatic Stress Network (NCTSN) has released six online briefs that discuss the key elements of a trauma-informed juvenile justice system. (ref: <http://www.nctsn.org/resources/topics/juvenile-justice-system>)
- Teens - and adults who care for them - can now find answers to questions about drug abuse and addiction more easily, and through smartphones and tablets. Spanish language versions of easy to understand resources on drug abuse and addiction are now also available. The updates, announced by the National Institute on Drug Abuse (NIDA), were launched as part of National Substance Abuse Prevention Month events in October. (ref: <http://www.nih.gov/news/health/oct2013/nida-21.htm>)
- Administration issues final mental health and substance use disorder parity rule which breaks down financial barriers and provide consumer protections. (ref: <http://www.hhs.gov/news/press/2013pres/11/20131108b.html>)

## About Tennessee Voices for Children

**Tennessee Voices for Children speaks out as active advocates for the emotional and behavioral well-being of children and their families.**

### TVC Provides:

Support                      Referral  
Advocacy                    Prevention  
Training                    Early Intervention  
Information                Public Policy  
... for families, professionals, and educators.

TVC assists children, youth, and families across Tennessee who are currently struggling with having a child who has been diagnosed with a mental, emotional, or behavioral health challenge or think their child may have a diagnosis.

**Mental health problems are real and treatable.  
And we're here to help.**

For more information, or to find a support group near you, call 1-800-670-9882 or visit us online at [www.tnvoices.org](http://www.tnvoices.org)



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Tennessee Voices for Children speaks out as active advocates for the emotional and behavioral well-being of children and their families. We provide Advocacy, Training, Support, Referral, Prevention, and Early Intervention Services. Visit our website for more information.

# Calendar of Events

May 8, 2014

Children's Mental Health Awareness Day

Celebration and event plans in your region coming soon!

## Middle Tennessee

**Main Headquarters**  
701 Bradford Avenue  
Nashville, TN 37204  
Phone 615-269-7751  
Fax 615-269-8914

## East Tennessee

**Knoxville Office**  
901 E. Summit Hill  
Drive, First Floor  
Knoxville, TN 37915  
Phone 865-523-0701  
Fax 865-523-0705

## West Tennessee

**Memphis Office**  
1920 Kirby Parkway,  
Suite 200  
Memphis, TN 38138  
Phone 901-758-2522  
Fax 901-758-2622