

January 2018

the Voice of Hope



This issue is dedicated to
Jack McKenzie, 1947-2017.



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mission

Tennessee Voices for Children provides leadership, support, and services that promote voice, hope, and empowerment for the emotional and behavioral well-being of children, youth, and families.

core values

Family-Driven Services

Access to Services

Family Member/Caregiver Education

Lived Experience/Peer Support

Statewide Presence

Leadership through Collaboration

Please contact
info@tnvoices.org
with questions regarding
The Voice of Hope



a letter from the CEO



Dear Friends,

While reflecting back on 2017, I am so proud of the accomplishments of our organization. Our staff has worked diligently to reach more than 39,557 children and families so far this fiscal year! We are striving to ensure that children, youth, and families across the state receive the vital mental health services and resources they need to lead their best life.

This issue is dedicated to one of our beloved former board members, Jack McKenzie who passed away in December. As parents of a son with mental health challenges, he and his wife, Mamie, began serving as volunteers here at Tennessee Voices for Children over 20 years ago. Even after the passing of his son, Jack never hesitated to tell the story of his family's struggles to support their child in the very best way possible. He served as an advocate, including numerous years as TVC's Board President, who used his voice in many ways for both individual family advocacy as well as system advocacy and policy concerns. At our 2016 inaugural Green Ribbon Gala, Jack and Mamie were awarded the Legacy Award for a life dedicated to doing all that they could to speak out for children and young people struggling with mental health needs. Jack will be greatly missed by both the TVC family and so many others who he touched over his lifetime.

As we welcome the new year, I look forward to 2018 and the goals we have set forth for Tennessee Voices for Children. We plan to grow our programs and expand our services which will increase the number of children, youth, families, and professionals we serve this year. One goal is to expand our Youth Screen Program into the East and West regions of the state. Thanks to our generous sponsors and supporters of the Green Ribbon Gala this life-saving program will now be available in those areas.

From all of us at Tennessee Voices for Children, we wish you a healthy and prosperous 2018!

Sincerely,

A handwritten signature in blue ink that reads "Rikki Lane".

Chief Executive Officer

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Green Ribbon Gala

TVC Hosts Amazing Event for a Life Saving Program

Tennessee Voices for Children hosted its annual Green Ribbon Gala on October 21, 2017 at The Westin Nashville. This black-tie event featured a cocktail hour, gourmet dinner, live entertainment, and a silent and live auction. The room was filled with many philanthropists who care deeply about children's mental health and choose to support the work of Tennessee Voices for Children.



Tennessee Voices for Children's Founder, Tipper Gore, was honored with the Legacy Award. This award is presented to someone who embodies the mission of Tennessee Voices for Children. For more than twenty years, Mrs. Gore has been an advocate for children and families across the nation. As part of her acceptance speech, she thanked the organization for the amazing work taking place across the state of Tennessee. She stated that she was very proud of Tennessee Voices for Children and its many accomplishments over the years.

Funds raised from the evening will be used to aid in the expansion of the Youth Screen Program in East and West Tennessee. The Youth Screen Program's primary goal is to identify youth with a mental health risk before they fall behind in school, find themselves in trouble, or attempt to take their own life. In addition, Youth Screen offers the families of these youth the opportunity to connect with resources and services in the community as needed.

Over \$54,000 was raised to support the expansion of Youth Screen, a genuinely life saving program. These funds will assist in providing additional screens to middle and high school students. The screens help identify many factors such as: mental health, suicide and substance abuse risks, that if, unaddressed, could interfere with the health, well-being, and functioning of youth.



Patrick Sims and Vince Foster Co-Chaired the Green Ribbon Gala for the second year in row. They donated countless hours of their time to ensure the Green Ribbon Gala was a success. Patrick and Vince are both on the Board of Directors at Tennessee Voices for Children and are committed to erasing the stigma associated with children's mental health.

Patrick Sims (left) is the Vice President of Private Banking at ServisFirst Bank in Nashville, TN. Vince Foster (right) is the Director of Marketing Services at Sir Speedy Berry Hill.

Fellow Tennessee Voices for Children Board member Laura Fair gave a heartfelt speech about parenting a child with mental health issues. She discussed the importance of finding help for your child and embracing their special qualities. Laura's goal, for not only her child, but all who walk this life with mental health issues, is to erase the stigma and bring awareness for children's mental health. (Pictured to the right: Laura Fair, Board member at Tennessee Voices for Children).



Green Ribbon Gala



Tennessee Voices for Children is grateful for the support of community partners and sponsors that helped make this night possible. By working together, we can change lives of children and youth across the state of Tennessee!

System of Care Across

TVC Expands System of Care Work

Tennessee Voices for Children (TVC) is proud to work in partnership with the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) and the Tennessee Commission on Children and Youth (TCCY) to expand system of care work through the System of Care Across Tennessee initiative (SOCAT). SOCAT builds upon 17 years of system of care experience, and focuses on children, youth, young adults (0-21) and their families. SOCAT uses the system of care values and principles while empowering Tennessee families to work together with child-serving agencies as partners to guide their care. Through continued partnership, SOCAT aims to accomplish the following goals:

- Promote policy and system change;
- Create and/or build upon existing planning teams across the state;
- Oversee the implementation and sustainability of an all-inclusive children's mental health system structure that supports the needs and wants of Tennessee families.



Currently, TVC staff Taylor Phipps serves as the Social Marketing Manager of the SOCAT initiative. In this role, Taylor is responsible for the overall marketing of system of care values and principles, and communicating family and youth friendly information to the state through mediums such as the Facebook, Twitter, the SOCAT website and newsletter. Taylor is also responsible for the development and implementation of a statewide social marketing plan. The creation of this plan includes the input of a SOCAT social marketing workgroup consisting of youth and family voices and child-serving system representation in all 3 grand regions of the state.

If you or someone you know is interested in joining the SOCAT Social Marketing Workgroup to help us in spreading the word about system of care, contact Taylor at tphipps@tnvoices.org or (865) 202-4468. To keep up with SOCAT news and children's mental health events and information, follow SOCAT on Facebook or visit the website at www.socacrosstn.org.

SOCAT Services

Beginning this year, TVC will expand its role under the SOCAT initiative by implementing programs and services that incorporate the system of care philosophy as well as high-fidelity Wraparound with a Care Coordinator and Family Support Specialist in Clay County, Cocke County and Decatur County. Wraparound is a planning process that follows a series of steps to help children and their families realize their hopes and dreams. The wraparound process also helps make sure children and youth grow up in their homes and communities. It is a planning process that brings people together from different parts of the whole family's life. With help from one or more facilitators, people from the family's life work together, coordinate activities, and blend their perspective of the family's situation. The wraparound process is individualized to the strengths and needs of the children and their family and allows for children and family voice and choice in the process. Wraparound is culturally and linguistically competent and is community-based.

Tennessee (SOCAT)

Eligibility Information

The young child/child/youth/young adult:

- Is between the ages of 0-21;
- Is experiencing emotional or behavioral concerns that affect their daily life (i.e. having trouble in school, with their family, with peers or adults, with law enforcement, or children's services);
- Is having difficulty or is at-risk of being kicked out of pre-school, child care, school, home, etc;
- Has been, is currently, or is at-risk of psychiatric hospitalization, residential placement, or DCS custody;
- Is willing and interested in participating (if under 16, includes family).

Anyone can make a referral for Wraparound services! For more information or to access the referral form, visit the SOCAT website at www.socacrosstn.com.

Partnering to Provide the Best Quality of Care

Staff from SOCAT and various agencies across the state of Tennessee attended the National Federation of Families for Children's Mental Health 28th Annual Conference in Orlando, Florida. We are excited to participate in conferences and events with other child serving agencies who continue to offer care and services that benefit the child and their family. This is an integral part of the System of Care.



Pictured left to right: Jill Murphy, SOCAT Divisional Coordinator with TCCY; Debra Granger, SOCAT Family Support Specialist with Pathways Behavioral Health; Kathy Rogers, FSS Recruitment and Training Director with TVC; Laritha Fentress, SOCAT Divisional Coordinator with Tennessee Commission on Children and Youth; Will Voss, TN Healthy Transitions Youth Engagement Coordinator with TVC.

making a difference

Local Family Helps Make the Holidays Happier for Many

Many years ago a tradition began in the Krebs family to sponsor children and families during the holiday season. This tradition still lives on today in their grandmother's memory. Over 70 children and youth received gifts this holiday season because of the spirit of generosity of this family. We are so grateful for their support and the "Sweet Ones" giving program.

**"This is going to be a very special Christmas for her, these are the most gifts I believe she has ever gotten for Christmas."
~Anonymous**

A variety of toys, clothing, household items, and food were purchased for the children, youth, and families.

TVC staff members were able to deliver the items to the families to have in plenty of time before Christmas. To say they were thrilled would be an understatement!



Humans in Real Life Campaign

Created by the Healthy Transitions Young Adult Leadership Council and inspired by Brandon Stanton's "Humans of New York" Campaign, the "Humans in Real Life" Campaign shares an insightful and inspiring look into the mental health of youth and young adults.

"I have always put a lot of pressure on myself to do the best I can at everything I do. This can cause a lot of stress because nothing is ever perfect and there is always room for improvement. I believe striving to be the best person you can possibly be is the greatest goal someone can have. If you believe you are doing the best you can that is all anyone can ask of you and you should be proud of that." ~Emalee

Pictured to the left: Emalee Hanley, Young Adult Leadership Council Member.

To learn more about the Humans in Real Life Campaign, visit the Tennessee Healthy Transitions website at www.tnhealthytransitions.org.



be a voice

2017 National Federation of Families for Children's Mental Health Conference

The National Federation of Families for Children's Mental Health (NFFCMH) is a national family-run organization linking more than 120 chapters and state organizations focused on the challenges faced by children and youth with emotional, behavioral, or mental health needs and their families.

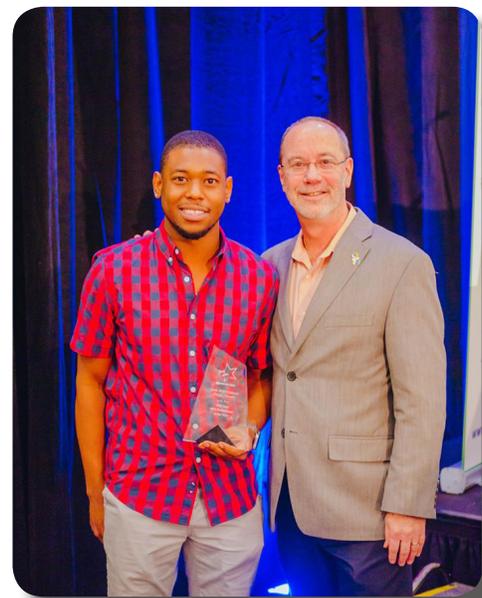
As the Tennessee statewide chapter for NFFCMH, Tennessee Voices for Children staff attended and presented at the 28th Annual Conference in Orlando, Florida. Over 650 parents, advocates, youth and young adults attended the 3-day conference and participated in sessions on wraparound services, engaging parents, and involving youth voice in client driven services.

Anna Arts, Child Care Consultation Program Manager, and Kathy Rogers, Family Support Specialist Recruitment and Training Director, presented the Tennessee Commission on Children and Youth's Building Strong Brains ACE Initiative. Attendees learned about the impact of trauma on the developing brain and how early adversity can lead to lifelong health and mental health challenges. The presentation concluded with a discussion on the power of relationships and how as community members we all play a part in the healthy development of our future society.

The conference held an awards luncheon to recognize outstanding individuals from across the United States who have made lasting contributions to the mental health field and who continue to support the positive growth and development of those with lived experiences. TVC staff Will Voss, Healthy Transitions Program Manager, received the Dr. Gary M. Blau Professional of the Year Award for his dedicated work with youth and young adults in Tennessee. Will organizes Young Adult Leadership Councils throughout the state, giving youth a space to connect and share their stories. Will uses the ideas from council members to shape his work, and this past May, brought their ideas life in a Children's Mental Health Awareness Day event in downtown Nashville. Will, the Young Adult Leadership Council Members, and TVC staff held a successful Children's Mental Health Awareness Block Party complete with swag bags and a "Humans of New York"-style campaign. Will continues to be a strong advocate for youth and young adults and believes, "collaboration is key to better understand others, it's not just stepping in their shoes, it's walking the mile in their shoes." Tennessee Voices for Children is proud of Will for his continued work and this national recognition.



2017 Youth M.O.V.E. Professional of the Year Award



Pictured L to R: Will Voss, Healthy Transitions Program Manger, and Dr. Gary Blau from SAMHSA.

power of a peer

FSS in the Spotlight

Stephanie Chudy has been in the role of a Family Support Provider at Tennessee Voices for Children since 2014. Stephanie has lived experience as a parent of two children who have a mental health diagnosis. This experience allows her to relate to the parents, caregivers, and children that she works with on a daily basis. Stephanie was also a military spouse who participated in the Family Readiness Group for 16 years. Of those 16 years, she volunteered more than 12 years as Family Support for military families. In that role, she played a critical piece in assisting families with coping emotionally, socially, and financially before, during, and after deployments.

“I love helping families succeed in advocating for their own families and using their voice whether I’m attending meetings with school personnel, the family themselves, or finding resources that work for the family. I help families discover resources and enhance positive communication within the family. My own experiences as a peer helps me in assisting families’ to identify their own strengths, learn new coping skills, and build self-esteem while working towards their goals.”



Pictured above: Stephanie Chudy, Certified Family Support Specialist at Tennessee Voices for Children.

TVC Now Offers New Online Support Forums!

The Statewide Family Support Network is so excited about our new Online Support Forums. These forums are a safe environment for parents and caregivers to connect with each other, share information, and support one another on a daily basis. There is one forum for each grand region of Tennessee and the forum will be monitored by the Outreach Specialist assigned to that region. These forums will explore topics such as:

- “What have been your biggest challenges as the parent of a child with unique needs?”
- “What supports have you had the hardest time finding?”
- “Do you know what services your child may be eligible for at school?”
- “What is the difference between an IEP and a 504 Plan?”

We know life can be hectic so our hope is that these forums will allow parents to connect with each other at a time and place that suits them. Further, we hope that parents and caregivers can meet others that are in similar life situations to connect and support one another.

To access the SFSN online support forums you can use the following links:

- East Tennessee- <https://groups.google.com/forum/#!forum/easttnfamilysupport>
- Middle Tennessee- <https://groups.google.com/forum/#!forum/middletnfamilysupport>
- West Tennessee- <https://groups.google.com/forum/#!forum/westtnfamilysupport>

our new team members



Quan Burkeen
Healthy Transitions Youth
Coordinator

Quan Burkeen was born and raised in Columbia, TN. He joined Tennessee Voices for Children in December as the Healthy Transitions Youth Coordinator. He has served in youth mental health facilities and youth detention centers for six years. He has always had a passion for youth and

willingness to help them succeed. Not only does he believe in youth, but he also believes that all things are possible for youth. Quan was the Vice President of one of TVC's Youth Councils in Columbia, TN in 2011. He has studied juvenile justice at Middle Tennessee State University. In his free time, Quan enjoys writing and has written two self-help books.



Marissa Pollard
Youth and Family Therapist

Marissa Pollard is a twice Lipscomb University alum, graduating with a Bachelor's in Psychology and also a Master's in Marriage and Family Therapy. Prior to becoming the Youth and Family Therapist, she interned with TN Prison Outreach Ministry for a year, providing therapy for the incarcerated and their families and co-facilitating

drug and alcohol classes. She has also been on several mission trips serving children and families. Marissa strives to encourage her clients and offer a hopeful presence as they navigate their situation. When Marissa practices self-care, she enjoys yoga, reading Harry Potter, cuddling her dog, and spending time with her husband and nephew.



Pragati Singh
Director of Strategic Partnerships
& Initiatives

Pragati Singh recently returned to Nashville, her hometown, to support the mental health community in our state after many years in D.C. and several prior in St. Louis. In D.C., she served as Director of Operations & Planning, Strategic Business & Planning Group at the American Psychological Association and administrator for Georgetown University Hospital's Department of Medicine. Her background also includes roles in consulting, grants management roles and research coordination at health/health-related organizations. Since her return to Nashville,

Pragati has served interim positions for The Healing Trust, Global Surgical Consortium and Vanderbilt University Medical Center. Pragati is known for strategic thinking, advocating cross-collaboration, and relationship building. Pragati received her Bachelor's and MBA degrees from Washington University in St. Louis. Grateful for expression in art and vastness of all things astronomy-related, Pragati can also be found supporting the arts community and discovering the stars at Dyer Observatory.

we provide...

Support, Training, Advocacy, Information, Prevention,
Early Intervention, Public Policy, Referral & Hope

Upcoming Trainings

Parent 2 Parent Training- February 12-14, 2018

Family Support Specialist Competency Course- February 27-28 & March 1, 2018

Family Support Specialist Competency Course- March 20-22, 2018



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Our Mission

Tennessee Voices for Children provides leadership, support, and services that promote voice, hope, and empowerment for the emotional and behavioral well-being of children, youth, and families.

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



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along with more
than 1,000 other
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For more information on how you can support Tennessee Voices for Children
call us toll free at 1-800-670-9882 or visit us online at www.tnvoices.org.