

## Note From the CEO

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May was a busy month in the life of TN Voices! We worked all across the state with leaders and decisions makers during Children's Mental Health Acceptance Week to bring awareness and access to the mental health resources for children and their families. May was also Mental Health Awareness month and during it we highlighted our services across our lifespan. We continued with outreach within Tennessee communities to bring education and resources to all who have a need for mental healthcare.

We have also been honored to support several of our partners with events that support mental health such as the NAMI Walk, Art for Awareness, and all of the events in support of Children's Mental Health Acceptance Week. Collaboration is part of our mission and we strive to be great partners, collaborators, and supporters of those doing work that advances Tennesseans' mental well-being.

Lastly, we had our golf tournament in May to raise funds for the programs of TN Voices. We had a phenomenal day at the Bluegrass Country Club in Hendersonville hosting 92 golfers! We are incredibly grateful for the support of our partners, donors, board members, friends, and family. I hope you enjoy seeing a few pictures from this event below.

If you or someone you love is struggling with mental health needs do not hesitate to give us a call. We serve all 95 counties of Tennessee. Call 1-800-670-9882 or visit [tnvoices.org](http://tnvoices.org) today.

Sincerely,  
Rikki Harris, CEO

## TN Voices 3rd Annual Charity Golf Tournament Recap



Thank you to our amazing sponsors!



## Join Our Team

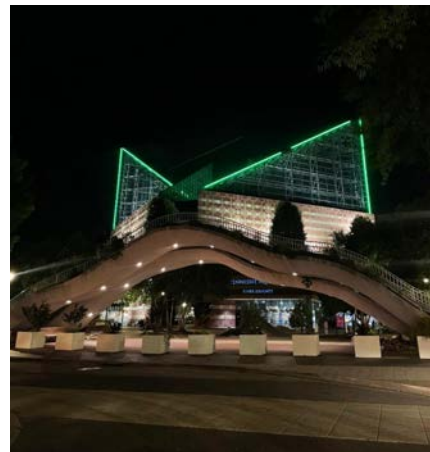


Have you thought of a career in Mental Health? Check out our open positions at [TN Voices](#).

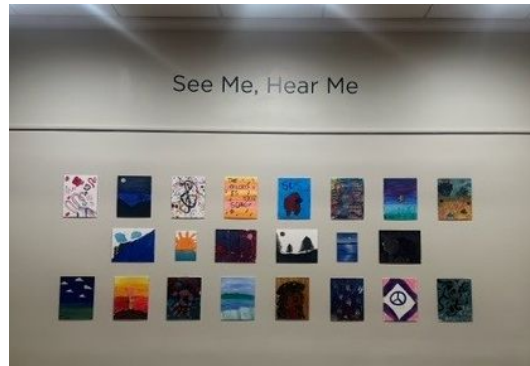
## Children's Mental Health Awareness Week Recap



Pedestrian Bridge lit up in Green in honor of CMHAW



Chattanooga Aquarium lit up in Green



"See Me, Hear Me," Art event in counties across TN to honor CMHAW. Many thanks to Langston High School, Theatre Bristol Artspace, Hands On Discovery Center, Lawrence County Public Library, and Johnson City Public Library for collaborating with TN Voices!

## Supporting Children's Mental Health During Summertime:

Summer is here and school is out! Summer is a great break for children and adolescents from the busy school year of homework, sports and activities. While this can be relaxing, it is also important to check in on your child's mental health. During the summer, children are not surrounded by teachers and school counselors who provide emotional support and often check in on their mental health. Summer is a great time for parents and other adults in children's lives to engage with them and check in for signs of mental health struggles.

Here are some tips to help you support your child's mental health during the summer break:

1. **Check in with your children and ask them open-ended questions about how they're feeling.**

- Are you feeling connected with your friends?
- How are you feeling now that school's out?
- How do you feel in general?

Checking in with your children will allow for connection and provide insight on how they are feeling and any struggles they may be having.

2. **Maintain or Create a Routine:** Children are used to a structured school day that provides predictability in what will be happening in their day. Predictability creates a sense of safety and ultimately decreases anxiety. While you may never be able to duplicate the structure school provides, it helps to maintain structure when it comes to mealtimes and bedtimes throughout the summer. Create a visual schedule that your child can see that details the activities or plans for the day, week or month.

3. **Keep an eye on sudden mood changes:** Sudden mood changes and overall irregular behavior from your child such as becoming withdrawn, quiet, tearful, irritable are signs to look out for. These can be indicators they are struggling and need support from parents or adults. See #6 for resources and mental health support.

4. **Make plans:** It can be tough finding play dates for kids who have difficulty socializing with peers, but some parents have found success through Yahoo! and Meetup groups and other online sites. There, you can get to know other likeminded, nonjudgmental parents who "get" your kids and won't be offended if a play date has to be cut short. Of course, if you are lucky enough to have family members who are great with your child, don't be shy about taking them up on offers of help. ([www.childmind.org](http://www.childmind.org)).

Free and low-cost summer activities are often advertised and available in your local area.

Check out these links below:

- <https://nashvillefunforfamilies.com/free-summer-fun-in-nashville/>
- <https://nashville.kidsoutandabout.com/content/free-places-take-kids-and-around-nashville>
- <https://memphis.kidsoutandabout.com/content/free-places-take-kids-and-around-memphis>
- <https://knoxvillemoms.com/free-and-inexpensive-indoor-activities-for-kids/>

5. **Get outdoors:** Children spend a lot of time in front of screens and on tablets during the school year. Summer is a great time to get outdoors with your kids! This could be bike riding, playing tag, finding a local swimming pool, or taking walks with your children. Plus, physical activity and movement is great for the mind and body and your kids can burn off some energy!

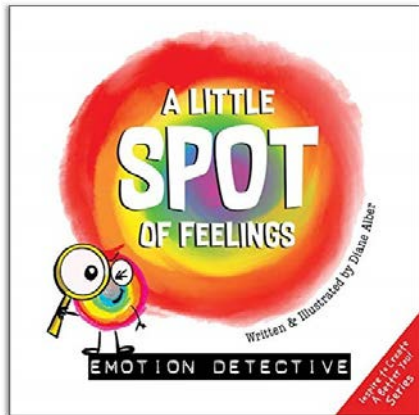
6. **Find support:** TN Voices offers a variety of mental and behavioral health services,

including therapy. Find support at <https://tnvoices.org/>.

Written by Brianna Grant, our Director of Outpatient and Clinical Services.

## Online Library Resources

### A Little Spot of Feelings – Emotion Detective By Diane Alber

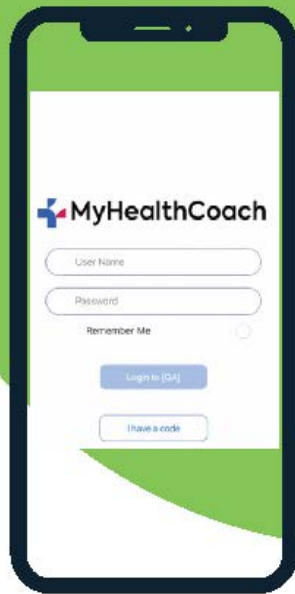


Do you have a little one that has a tough time expressing their feelings? This book helps children not only recognize feelings in themselves, but in others too! A Little Spot of Feelings is a story about a little Scribble Spot that is an Emotion Detective. He teaches you all about different emotion and facial expressions so you know how to name your feelings. He also shows specific examples of children describing how they are feeling. Targeted to young children, this book will inspire kids to discuss and name their multitude of feelings in a kid-friendly way.

[Listen and Read Along Here!](#)

[View more resources in our online library here!](#)

## My Health Coach App



## FREE MENTAL HEALTH & WELLNESS APP

TN Screen is a partnership between TN Voices and My Health Coach App.

To begin click "I have a code" button. Enter code:

### Newsletter

SCAN TO  
DOWNLOAD  
THE APP ON  
APPLE



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THE APP ON  
GOOGLE



## Upcoming Trainings

### Free Classes and Trainings

TN Voices offers numerous classes and trainings each month through Eventbrite.

Each training is designed uniquely to be an informative and innovative class for parents and caregivers to be enriched in a safe and positive environment.

[Introduction to Pyramid Model](#) - July 5

[Common Sense Parenting](#) - July 10-27, meets twice a week for 3 weeks

[Parent 2 Parent Training](#) - July 11-12

[Positive Solutions for Families](#) - July 11-August 22, meets each Tuesday mid-day

[Positive Solutions for Families](#) - July 11-August 22, meets each Tuesday evening

[Calm Corners](#) - July 19

[Introduction to Pyramid Model](#) – August 10

[Educator Toolkit: Super Friends](#) – August 22

[Parent 2 Parent Training](#) – August 29–30

Follow us on Eventbrite so you don't miss upcoming events

[TN Voices Eventbrite](#)

The Eventbrite logo is displayed in a bold, lowercase, sans-serif font. The word "eventbrite" is colored in a vibrant orange-red hue.

## TNV Parenting Education Overview

TN Voices' vision is to build hope for all generations. TN Voices recognizes that all families have strengths. Offering a variety of parenting programs is designed to support these strengths and aid families in achieving the goals they have for their family. Understanding that all families are unique, we offer a diverse range of parenting programs.

**Darkness to Light** is a leader in child sexual abuse prevention education, research, and advocacy. Guided by the belief that all children have rights, we offer training that give adults the tools to prevent, recognize, and react responsibly to child sexual abuse. This is a 2-hour course appropriate for parents, caregivers and other adults involved in the lives of children.

**Nurturing Parenting Program** is a family-centered, trauma-informed, and evidence-based program designed to build nurturing parenting skills and positive child-rearing practices, to reduce child abuse and neglect. Classes also include the Darkness to Light training. This program is 7-sessions in length and is appropriate for first time parents, single parents, caregivers of special needs children, parents with substance abuse issues, or parents that are involved with the child-welfare agency.

**Strengthening Families** is an evidence-based family skills training program designed for the entire family. This program is most appropriate for families with children ages 6–16 year of age. The 12-week program strengthens families in the area of parenting skills, youth life skills, and the family unit skills. Families meet once a week for a meal, breakout sessions for parents/youth, and family time to practice skills learned. Families are then encouraged to practice learned skills at home. A 5-week modified virtual class is also available for parents only.

**Common Sense Parenting** is a 6-week practical, skill-based parenting program that can be applied to every family. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision making, relationships, self-control and school success. These skills will enable them to learn to nurture their children's development and combine affection and discipline to decrease their children's negative behaviors and increase their positive behaviors.



**Positive Solutions for Families** is an evidence-informed 6-part series of workgroups. Parents and caregivers will learn how to use positive approaches and effective parenting techniques to improve interactions with their children, which in turn will support social and emotional development and address changing behaviors. This course is currently being offered virtually via zoom.

**CATCH My Breath** is a peer-reviewed, evidence-based youth vaping prevention program. The program provides up-to-date information to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards. This curriculum is appropriate for children 10-18 years old and includes 4 sessions lasting 40 minutes each.

For more information on any of the above programs contact Brittany Ballard, Statewide Training Program Manager:

Email: [bballard@tnvoices.org](mailto:bballard@tnvoices.org)

Phone: 615-906-1169

Make a referral at <https://tnvoices.org/make-a-referral>

## Early Childhood Program News

Beginning July 1, 2023, TN Voices Early Childhood Program will become **Ready. Set. Grow!** Our hope is that this name change will communicate a sense of hope to potential service recipients and aid in reducing any stigma-related barriers to accessing services.

Contact us for more information:  
Email: [early.childhood@tnvoices.org](mailto:early.childhood@tnvoices.org)  
Instagram: [@readyssetgrow.tn](https://www.instagram.com/readyssetgrow.tn)



TN Voices' Early Childhood program supporting Families & Educators of children 0-8

## Statewide Young Adult Leadership Council



## STATEWIDE YALC

### Statewide Young Adult Leadership Council

Follow us on Social Media



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TN Healthy Transitions



tnhealthytransitions.org

We welcome youth and young adults ages 16-30, who self-identify as living with mental illness, substance abuse, and/or systems involvement (e.g. foster care, child welfare, juvenile justice, housing, etc.). No mental health diagnosis or amount of recovery time is required. YALC is a safe place where youth voice and youth choice is encouraged. Our hope is to create leaders who aspire to make a change in their local communities and within youth serving systems.



For more information or to join our statewide young adult leadership council scan the QR code.



## Counseling Services

TN Voices offers Counseling services for kids, teens/young adults, adults, and families. Counseling can be extremely helpful for anyone struggling with emotional difficulties, mental health concerns, academic challenges for students, or even just life challenges.



Make a referral here!



TN Voices | 800-670-9882 | [tvc@tnvoices.org](mailto:tvc@tnvoices.org) | [www.tnvoices.org](http://www.tnvoices.org)