

Note From the CEO



Spring cannot come fast enough! I need the sunshine and most of all I need to see the grass turn back to green. Winter is hard for many of us, as a matter of fact, winter typically causes us to get less exercise, less vitamin D, and less social time. Many people experience loneliness as well as more vulnerability to illness in the winter months, making it a hard season for our mental health.

Spring is a rejuvenating time and a reminder of nature's resilience as well as our own. Watching flowers bloom and leaves turn green reminds me that we can rise above difficult circumstances. When hard things do happen, it may mute our color, but we often find our way back to full color, even if it takes people around us to help us get there.

As we move into Spring, in the life of TN Voices, we typically celebrate Children's Mental Health Acceptance in early May. I invite you to join us and start thinking about ways you too can reduce the stigma and start a conversation about the importance of mental healthcare. With new reports of an alarming rise in suicide among teen girls, children and youth need our voices now more than ever before.

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 today.
Sincerely,
Rikki Harris, CEO

CAN + DID Podcast

CAN+DID is a podcast about mental health, featuring stories of people who have overcome mental health challenges, as well as those who have helped others overcome mental health challenges. This podcast is about authenticity and is intended to give a voice to those who are passionate about mental well-being. We hope that by sharing



stories, listeners will understand mental health, and how important it is and help us reduce stigma.

[Listen Here!](#)

Join Our Team



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

Connecting Forward

We are excited to share that we have launched the Connecting Forward Program on February 1, 2023!!

WHAT WE DO: Connecting Forward is a program available as part of the Tennessee Opportunity Act Initiative grant awarded to Family and Children's Service in Nashville, TN and funded by the TN Department of Human Services to provide support for Families in Middle TN. The program is a partnership of 12 Non-Profit agencies to help families meet their mental health, workforce and employment, housing, education, family planning and permanency goals.

Low income and families that receive benefits like SNAP, Families First, Section 8 or Public Housing, Free or reduced lunch likely qualify. If they qualify they can receive case management, counseling, coaching, wraparound services (like short term rent and utility assistance), and milestone payments that are directly to families for achieving milestones like post-secondary courses, completing certifications programs and maintaining

employment.

We serve a 28-county area in middle TN:

Contact us at: connectingforward@invoices.org

**CONNECTING
FORWARD**



Resources



"If only... you could package your precious child in cotton wool and protect them from the hard knocks in life.

The truth is – you can. But the ‘cotton wool’ is called resilience and it is a protective emotional armor.

You can build resilience in children from a young age, in fact, the earlier the better.

Not only are young people more amenable to change because their brains and personalities are still developing; but, because young children are often exposed to stressors, it certainly makes sense to empower them with resilience-promoting tools early enough to curtail negative outcomes."

[Read the Rest of the Article Here](#)

"Functional medicine for your children’s mental health is all about providing the tools necessary to navigate life’s daily stressors while balancing the biological chemistry kids need to thrive. See how many of these simple mental health activities you can incorporate at home, and watch as you reap the many benefits of improved mental and emotional wellbeing."



Developing Resilience in Children

Resilience is the ability to ‘bounce back’ after challenges and tough times. For children, challenges and tough times may include events like starting at a new school, moving to a new area, or welcoming a sibling into the family. They can also include serious experiences like being bullied, divorce, family illness or death. Children build resilience over time through experience. Children who are resilient can recover from obstacles and get back to living their lives more quickly. And when children overcome obstacles and problems, it builds their confidence and helps them feel more capable the next time a problem comes up. One-way caregivers can help children learn skills and develop resilience is by having warm, supportive relationships with them.

[Fact Sheet on Fostering Resilience](#)

Other ways to build your child’s resilience:

- Support your child but try not to solve every minor problem or disappointment
- Help your child to label and manage strong emotions
- Encourage your child to have another go when things don’t work out the first time they try something
- Praise your child often for trying, no matter the result
- Help your child to develop problem-solving skills by brainstorming solutions together
- The best way to teach resilience is to model it, as adults we can model coping and calming strategies for our kids

[View more mental health fact sheets here!](#)

Online Library Resources

Resilience: A book to Encourage Resilience, Persistence



Find: Resilience: A book to Encourage Resilience, Persistence by Jayneen Sanders using TNV’s Online Library

[Listen and Read Along Here!](#)

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

here!

My Health Coach App



FREE MENTAL HEALTH & WELLNESS APP

Looking for help with
your Mental Health?



**Scan a QR code below to download the app
for a free assessment.**

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



App Store



Google Play

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.

[Youth Mental Health First Aid](#) - 4/6/2023

[Young Adult Peer Leadership Academy](#) - 3/16-18/2023

[Introduction to the Pyramid Model](#) - 4/5/2023

Follow us on Eventbrite:

[TN Voices Eventbrite](#)

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!**



Children's Mental Health Acceptance Week

Children's Mental Health Matters

NATIONAL FEDERATION OF FAMILIES

Bringing Lived Experience to Family Support



ACCEPT. ADVOCATE. ACT.
BECAUSE AWARENESS ISN'T ENOUGH



CHILDREN'S MENTAL HEALTH

ACCEPTANCE WEEK

MAY 7-13, 2023



TN Voices | 800-670-9882 | tvc@tnvoices.org | www.tnvoices.org