

## Note From the CEO

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Summer is winding down and the season will soon change. Fall is my favorite season, but it also proves to be a harder season for our families, businesses, and life overall. That's also true for most young people. Back to school can be a stressful and difficult transition for many families. In fact, emergency department visits increase in the fall as students respond to stress which creates a strain for families.

This issue focuses on helping yourself and your students transition back to the routines and demands of school and work in a way that protects them from becoming overwhelmed. As a caregiver, don't forget that the best thing you can do is "put your mask on first." Self-care for the caregiver not only helps you but it has a positive impact on those you care for. It makes you more joyful, more positive, and sets a great example on how to care for oneself.

I hope you will find help in these articles as you navigate transitions and stress. More importantly, if you need us, we are here to help. Don't hesitate to reach out to us at [tnvoices.org](https://tnvoices.org) or 1-800-670-9882.

Sincerely,  
Rikki Harris, CEO

## TN Voices Charity Casino Night Fundraiser

*Save the Date!*

ROARING 20s

# CASINO NIGHT



*Try your luck at this year's TN Voice's fundraising event!*

DATE : NOVEMBER 04, 2023

TIME: 6 PM - 10 PM

WHERE: BMW of Nashville (Cool Springs)

*Contact us at [social@tnvoices.org](mailto:social@tnvoices.org) or  
visit the link in our bio for tickets &  
sponsorship information.*

**RSVP Now!**

## Join Our Team

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

## Meet the TN Voices team by region!

### Middle TN Team



## West TN Team



## East TN Team



## 8 Ways to Manage Anxiety and Stress

By David Thomas

To view more helpful Fact Sheets like this one, [click here.](#)

At some point, anxiety and stress affect everyone. They can present differently in different people, and the level of anxiety one experiences can vary, but there are ways to manage anxiety, even if it feels out of control. Some coping strategies include:

1. Keep physically active.

Focusing on your body and not your mind may help relieve your anxiety. Low impact exercises like walking can often help people to reduce stress and manage anxiety symptoms.

2. Use relaxation techniques.

Deep breathing techniques, visualization, meditation, and yoga are examples of relaxation techniques that can ease anxiety.

### 3. Make sleep a priority.

Do what you can to make sure you're getting enough sleep to feel rested. Sleep can give you the energy to cope with difficult feelings and experiences.

### 4. Schedule Worry Time

Anxiety can make it really hard to stop worrying. You might have worries you can't control. It can be helpful to try different ways of addressing these worries. Set aside a specific time to focus on your worries - so you can reassure yourself you haven't forgotten to think about them. Some people find it helps to set a timer.

### 5. Grounding techniques

Grounding techniques such as journaling and the 333 rule can often help to calm immediate feelings of anxiety. The 333 rule involves naming three things you can see, three sounds you can hear, and interacting with three things you can touch.

### 6. Journaling

Writing down what's making you anxious gets it out of your head and can make it less daunting. Reading your thoughts and feelings can help you take stock of your emotions in the immediate moment. This can also help you better understand the situations and events that cause anxiety.

### 7. Question your thought pattern

Unhelpful thoughts can take root in your mind and distort the severity of the situation. One way is to challenge your fears, ask if they are 100% true, and see where you can regain control. Make a conscience effort to replace negative thoughts with positive ones.

### 8. Distract yourself

At times, it may be most helpful to simply redirect yourself to focus on something other than your anxiety. You may want to reach out to others, do some work around your home, or engage in an enjoyable activity or hobby.

[View more Fact Sheets](#)



## Program Spotlight: Youth Screen

Youth Screen is a suicide prevention program striving to raise awareness of mental health in youth and provide access to care. Our primary goal is to identify youth with mental health risk - before they fall behind in school, end up in trouble, or attempt to take their own lives - and to offer the families of these youth the opportunity to connect with resources and services in the community as needed. In addition, Youth Screen works to reduce stigma surrounding mental health issues.

Youth Screen identifies mental health concerns in youth, ages 11-19, and connects them with help and support after the screening when needed. Our screening tool is a reliable, user-friendly, voluntary, and confidential computer-based screening instrument. The questionnaire does not diagnosis but assesses symptoms of anxiety, depression, eating disorders, post-traumatic stress disorder, substance abuse, self-harm, and suicidal ideation. Results and resource linkage will be provided to guardians within 48 hours of a screen.

Youth Screen has also partnered with MyHealthCoach to offer a free depression screener for both youth and adults. This screener can be taken in the comfort of your own home and the user has the option to stay anonymous. At the end of the brief questionnaire, the user is provided with mental health resources and given the opportunity to provide TN Voices with their contact information if they would like to be connected with mental health resources.

Lastly, Youth Screen offers free mental health trainings for adults working with youth. Youth Mental Health First Aid (YMHFA) helps adults interacting with youth to recognize signs, symptoms, and mental health problems and guides them on how to connect youth with appropriate help. QPR: Question, Persuade, Refer is an evidence-based suicide prevention training. Both trainings, YMHFA and QPR, can be given to staff and parents. Visit [www.tnvoices.org](http://www.tnvoices.org) to learn more information or make a referral.

## Program Spotlight: Statewide Family Support Network

Statewide Family Support Network (SFSN) provides advocacy,

education, and support services in all 95 counties to families with children with a mental health diagnosis. Having support and guidance as a parent is so important when navigating the complex child-serving systems. Outreach Specialists help navigate the various systems and services available for children. Their goal is to walk alongside caregivers during the advocacy journey and connect families with the most appropriate services in local communities.

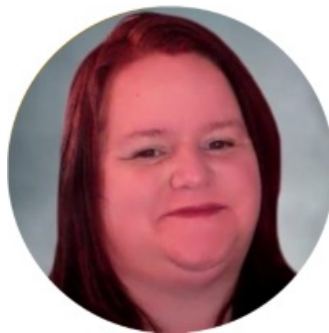
Every family deserves the resources and support necessary for success. We work together with schools, courts, providers, community partners, and policymakers to provide training and support for the families. Collaboration unlocks a world of resources, advocacy, and community to help families thrive. Trainings are offered to both families and professionals on a variety of topics associated with children's mental health, effectively engaging families in all systems, and family driven care.

The SFSN team provides advocacy, connection to resources, and training for parents and professionals.

Meet the SFSN team of Certified Family Support Specialists:



Sabrina Moore serves families in Middle TN.



Amy Blackwell serves families in East TN.



Carolyn Lawson serves families in Middle TN.



Jennifer David serves

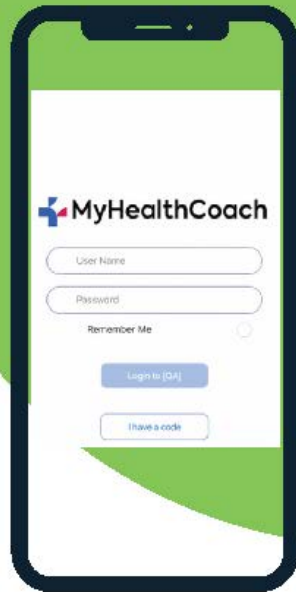


Jordan Buchanan,



Tammy Bass is the

## 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

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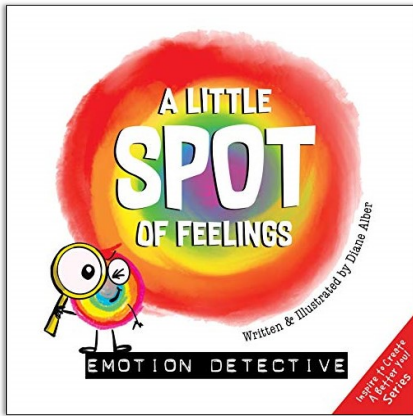
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## Online Library Resources

### 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!](#)

## 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.

#### **Nurturing Parenting- Davidson/Mid-Cumberland/Upper Cumberland**

September 26 - October 31

12:00-2:30pm CST

Location: Virtual

Contact Dana Donaldson for more information. [Dana.donaldson@tnvoices.org](mailto:Dana.donaldson@tnvoices.org)

#### **Nurturing Parenting: Class for Teenage Parents**

September 26 - November 7

6:30-8:00 pm CST

Location: Virtual

Contact Dana Donaldson for more information. [Dana.donaldson@tnvoices.org](mailto:Dana.donaldson@tnvoices.org)

#### **Parent 2 Parent Advocacy Training**

October 24 - 25

9:00 - 3:30 CST

Location: Virtual

Register [here](#)

#### **All Things Behavior**

October 25th

11:30 am - 12:30 pm CST

Location: Virtual



For more information and to register click [here](#)

Presented by Sabrina Moore, SFSN Outreach Specialist. [Sabrina.Moore@tnvoices.org](mailto:Sabrina.Moore@tnvoices.org)

### **FSS (Family Support Specialist) Competency Course**

October 29 - November 3

Location: Virtual

For more information and to register, email [fsscompetencycourse@tnvoices.org](mailto:fsscompetencycourse@tnvoices.org)

### **Effective Advocacy**

November 29<sup>th</sup>

12:00 - 1:30 pm CST

Location: Virtual

For more information and to register click [here](#)

Presented by Carolyn Lawson, SFSN Outreach Specialist.

[Carolyn.Lawson@tnvoices.org](mailto:Carolyn.Lawson@tnvoices.org)

### **Empowering Families through the Special Education Process**

December 13<sup>th</sup>

10:00 am - 12:00 pm CST

Location: Virtual

Register [here](#)

Presented by Jennifer Davis, SFSN Outreach Specialist. [Jennifer.Davis@tnvoices.org](mailto:Jennifer.Davis@tnvoices.org)

### **FSS (Family Support Specialist) Competency Course**

January 22 - 26

Location: Virtual

For more information and to register, email [fsscompetencycourse@tnvoices.org](mailto:fsscompetencycourse@tnvoices.org)

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

[TN Voices Eventbrite](#)

**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!



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

Tennessee Voices for Children | 500 Professional Park Drive, Goodlettsville, TN 37072

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