

## Note From the CEO

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Can you believe we are almost through the winter season? I hope these last few months have brought you a great start to the new year and time to recharge. During this transitional time of year, I can always feel the upcoming change and growth both out in nature and personally. As trees start to bloom outside, it might be a good time to check in on your goals for the year, has anything bloomed for you? If not, it may be time to reorganize your goals and prepare for a refresh.

Speaking of growing, our organization has had some excited growth this month! After many months of hard work, we have finally opened the Jackson Manor Intensive Long-Term Support Home in Jackson, TN. We are so grateful to be able to support people as they leave the Western Mental Health Institute. We also have opened our new Meadowlark Outpatient Clinic! Making space to provide more people with the mental health care they need.

I hope the springtime brings you personal growth, great weather, and a nice refresh! I encourage you to browse this newsletter and find ways you can help yourself or a loved one who needs support! We here at TN Voices are always here to help, just give us a call or log on to [www.tnvoices.org](http://www.tnvoices.org)!

Sincerely,

Rikki Harris, CEO

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## Join Our Team



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

## Self-Care and Why It Is So Important For Our Health

By: Brianna Grant, LCSW, RPT-S, Clinical Director, TN Voices

Self-Care is a buzz word we have been hearing about for many years now. But what is self-care exactly? The [National Institute of Mental Health \(NIMH\)](#) Trusted Source states that self-care means taking time to do things that improve both physical and mental health in order to live well. Sounds simple enough right? Taking the time to take care of ourselves with busy day to day schedules can be challenging. Not to mention the common misconception that self-care is synonymous with self-indulgence or being selfish. Self-care is not selfish; it is required for us to stay healthy. According to Google Trends, the number of searches for “self-care” has nearly quadrupled since 2018.<sup>[1]</sup> This isn’t surprising with the use of technology and immediate access to our time via emails and texts, along with the hustle and bustle of day to day life and its demands. The need for self-care is even more important than ever!

The effects of stress and lack of self-care can have a negative impact for us physically, emotionally, and behaviorally. Below are just a few symptoms of prolonged stress.

- Physical Effects
- Emotional Effects
- Behavioral Effects
- Headaches
- Anxiety
- Overeating or undereating
- Stomach upset
- Depression
- Anger outbursts
- Fatigue
- Lack of motivation
- Avoiding others
- Sleep problems
- Memory problems
- Drug/alcohol/tobacco use

There are many forms that good self-care can take. It could be ensuring we get enough sleep every night or stepping outside for a few minutes for some fresh air. Self-care is vital for building resilience toward those stressors in life that we can't eliminate. When we have taken steps to care for our mind and body, we will be better equipped to live our best life.

**Take some time to ask yourself the following questions:**

- Are you getting enough sleep?
- Are you exercising or moving your body enough during the day?
- Are you fueling your body with vitamins and healthy foods?
- Are you taking time to connect with friends?
- Are you nurturing your relationships?
- Are you making enough time for enjoyable, stimulating activities?
- Do you have healthy ways to process your emotions?
- Do you participate in activities that help you feel recharged or relaxed?

If you noticed you were answering no to some or all these questions, it is important to begin a self-care routine for your mental and physical health. To get started with a self-care routine begin by identifying activities that bring you joy, allow you to recharge and/or provide relaxation. Next identify one behavior to add into your week. Finally, gradually add more and more self-care activities to your week. Schedule these self-care activities like you would a doctor's appointment or a meeting. That is your protected time to take care of you!

**Self-Care Practices:**

- Taking a drive on your lunch break
- Stepping away/taking a 10-minute break in your work schedule
- Journal
- Calling a friend or family member to catch up
- Pick a bedtime and stick to it
- Eat breakfast
- Start the day with an affirmation, intention for the day
- Take a music break
- Take up a relaxing hobby (knitting, walking, painting, etc.)

The bottom line is Self-Care will have a positive effect on your physical and mental health, will allow you to live a healthy life and is essential to your overall well-being.

**\*To take your own self-care assessment go to:**

<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-assessment.pdf>

References:

[www.nimh.nih.gov/health/topics/caring-for-your-mental-health](http://www.nimh.nih.gov/health/topics/caring-for-your-mental-health)

<https://trends.google.com/trends/explore?q=self-care&geo=US>

[www.verywellmind.com/](http://www.verywellmind.com/)

[www.everydayhealth.com](http://www.everydayhealth.com)

## TN Voices 4th Annual Charity Golf Classic

It's that time of year again! Our 4th Annual Charity Golf Tournament is coming up in 2 months on May 13th, 2024 at Old Natchez Country Club in Franklin, TN. We would love to see you at this day of fun and fundraising to help those in need of mental health care.

**TN VOICES 4TH ANNUAL**

**CHARITY GOLF TOURNAMENT**



**PRIZES, FOOD, & FRIENDLY COMPETITION!**

Old Natchez Country Club  
FRANKLIN, TN

**MAY 13TH 2024**  
START TIME: 11 AM

**REGISTER NOW**

**TNVOICES.ORG/GOLF2024**



Save your spot!





## Reduce the Risk Community Event

We are excited to announce the 2<sup>nd</sup> Annual Reduce the Risk community event taking place on **Saturday, April 27, 2024**. The event will be from **9:00 a.m. - 1:00 p.m.** at the **National Guard Armory in Ashland City**. TN Voices, Cheatham County School District, Cheatham County Community Enhancement Coalition, and other community supporters are partnering to make this event even bigger and better than last year!

**Reduce The Risk** is a community-based event geared towards providing interactive trainings and activities for families that educate them on risk factors that harm youth and teens. The purpose of the event is to help families put more protective factors in place by connecting with resources in their community, reducing risk factors and strengthen families that are at higher risk for child abuse, neglect, sex trafficking, alcohol and drug use.

Participants can look forward to **FREE food, interactive activities and trainings, and tons of fun for the whole family!** We encourage families to **register on Eventbrite** to ensure their spot and food at this event! Register at [Reduce the Risk Community Event Tickets, Sat, Apr 27, 2024 at 9:00 AM | Eventbrite](#)

For questions about the event, please contact Brittany Ballard @ [bballard@tnvoices.org](mailto:bballard@tnvoices.org) or 615-906-1169. Follow us on IG @ReducetheriskTN

We hope to see everyone there!

**Register Here**

**National Crime Victims' Rights Week - April 21-27 2024**

Follow @SurvivorConnection on Instagram for more information and resources about this week.



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## Program Spotlights

### Behavioral Health Safety Net (BHSN)



The Behavioral Health Safety Net (BHSN), operated through the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), provides essential outpatient mental health services to uninsured adult Tennesseans and uninsured/underinsured Tennessee children who meet program eligibility criteria. Essential services include assessment, evaluation, individual group and family therapy, diagnostic and therapeutic intervention,

psychiatric medication management, labs related to medication management, peer support services, case management and pharmacy assistance and coordination. BHSN Providers serve eligible Tennesseans no matter which county they live in.



## BEHAVIORAL HEALTH SAFETY NET FOR ADULTS



### FREE THERAPY, MEDICATION MANAGEMENT & CASE MANAGEMENT

#### Eligibility Requirements

- Ages 18 & up!
- TN Resident
- Mental Health Diagnosis
- No Insurance
- Lack of full mental health benefits

Make a referral today!



Scan the QR code to make a  
referral



800-670-9882 | 500 Professional Park Dr., Goodlettsville, TN 37072 | [tnvoices.org](https://tnvoices.org)

This project is funded under a Grant Contract with the State of Tennessee,  
Department of Mental Health and Substance Abuse Services.

[Learn More](#)

## Outpatient Program with TNV:

The TN Voices Outpatient Program provides counseling/therapy and medication management services.

### Therapy/Counseling Services:

The TN Voices Outpatient Program provides counseling/therapy services with a master's level clinician to meet the needs of individuals and families. TNV provides a strengths-based approach while using evidence-informed practices for children (3+), adolescents, young adults, parents, caregivers, and families to address mental and behavioral concerns such as anxiety, depression, mood disorders, ADHD, grief/loss, parenting, trauma and more. TNV provides counseling services



statewide via telehealth and in-person at our TNV office located in Goodlettsville, TN.

Therapy/Counseling can be extremely helpful for anyone struggling with emotional difficulties, mental health concerns, academic challenges for students, or even just life challenges. While you may feel unsure about seeking help, those who do often feel the rewards of improvement in all aspects of their life.

### **Medication Management Services:**

The TN Voices Medication Management program is a medical service designed to support our clients who are struggling with thinking, moods, or behaviors which are causing issues in their everyday life. TNV provides medication management for children (6+), adolescents and adults statewide via telehealth and in-person at our TNV office located in Goodlettsville, TN.

TN Voices accepts listed insurance plans, offers sliding scale, and participates in the state funded program, Behavioral Health Safety Net. This application-based program serves uninsured adults and all children. Please visit our website for a list of accepted insurance plans.

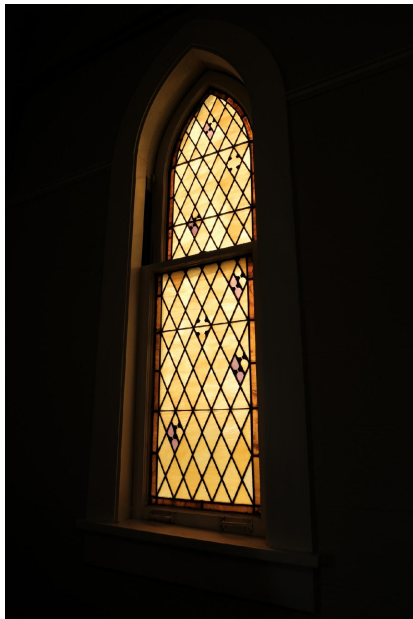
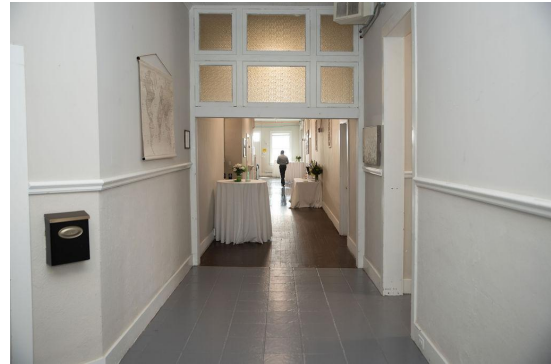
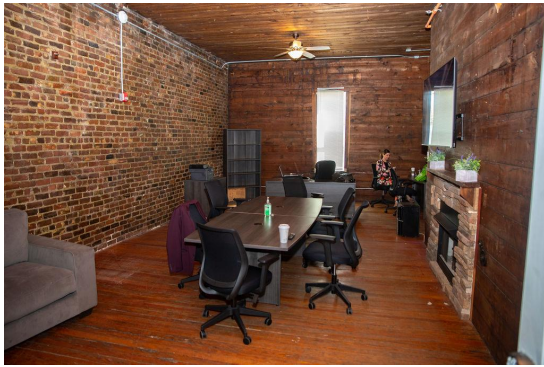
To initiate outpatient services or determine if you qualify for assistance, please contact TN Voices Outpatient Intake Coordinator at 615-934-5540 or complete an online referral form indicating the type of service as: Adolescent/Child - Outpatient Therapy, Adult - Outpatient Therapy or Medication Management. Referral link: <https://tnvoices.org/make-a-referral/>

**Make a Referral**

## **Jackson Manor Grand Opening**









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**Children's Mental Health Acceptance Week is coming up!**  
**May 5th-11th**



**We will have events throughout Tennessee to celebrate and bring attention to the importance of Children's Mental Health.**  
**Remember to wear green during this time in May to show your support!**

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# Save THE Date

## HEALTHY TRANSITION'S PEER LEADERSHIP ACADEMY

**MARCH**

**TUES-  
THURS | 26TH-28TH | 4PM**

**2024**

**WHO: CPRS, CYAPPS, CFSS, AND ANY YOUNG PEOPLE  
WORKING IN MENTAL HEALTH**

**WHAT: PROFESSIONAL DEVELOPMENT**

**WHERE: FALL CREEK FALLS-SPENCER, TN**

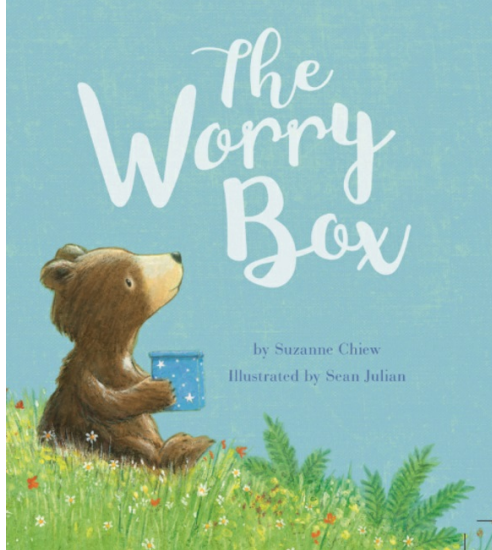


[Register Here](#)

## Online Library Resources

The Worry Box  
Book by Suzanne Chiew

Christmas is coming! The whole forest is buzzing with excitement. Everybody, that is, except bear. Because bears hibernate during the winter, Bear



always misses out on the festivities. But this year, his friends are going to be sure that bear stays awake. If he can do it, Bear is certain to have the time of his life and may even get a special Christmas eve visit from you know who! Join the party by watching this dramatic read of *Bear Stays Up for Christmas* by Karma Wilson.

[Listen and Read Along Here!](#)

Search "The Worry Box" on this page to find the book.

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

## Upcoming Trainings



**March 19th-April 30th**

Tuesday Afternoons

12:00PM-1:30PM CST  
1:00PM-2:30PM EST  
via Zoom

Positive Solutions for Families (PSF) is an evidence-informed seven-part series for parents and caregivers of young children. Participants will learn how to use positive approaches and effective techniques to improve interactions with their child(ren). These tools will promote optimal development and will address challenging behaviors.

March 19- Session 1: Making a Connection  
March 26 - Session 2: Keeping it positive  
April 2-Session 3: Behavior has meaning  
April 9- Session 4: The power of routines  
April 16 - Session 5: Teach me what to do!  
April 23- Session 6: Responding with purpose  
April 30- Session 7: Bringing it all together

**REGISTER  
HERE BY  
March 15th**



This project is funded under a grant contract with the State of Tennessee, Department of Mental Health and Substance Abuse Services.





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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 US

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