

## Note From the CEO

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Dear Friends and Supporters,

As the summer soon turns to fall, we find ourselves at the beginning of a new academic year. For students, parents, and educators alike, this time of year brings a mix of excitement, anticipation, and for many, a bit of anxiety. At TN Voices, we believe that as we embark on this journey of learning and growth, it is essential to prioritize mental health and effective time management.

The pressures of academics, social dynamics, and extracurricular commitments can create a perfect storm of stress. As we work to equip our youth with the knowledge and skills they need to succeed, consider also creating an environment where mental health is openly discussed and prioritized.

This year, I encourage you to commit to create supportive spaces where students feel safe to express their concerns and emotions. Whether it's through counseling services, peer support groups, or simply fostering open communication at home, we can all play a role in nurturing mental well-being.

TN Voices wishes you all a great school year!

Sincerely,  
Rikki Harris, CEO

## TN Voices Halloween Casino Night Fundraiser

Save the date for a night of gambling fun, delicious food, a silent auction, music, prizes and more! All to raise funds for mental health care for children, teens, adults, and families in Tennessee.

For ticket or sponsorship information reach out

**V TN VOICES**  
*Presents*

*Halloween*  
**CASINO NIGHT**  
*Fundraiser*

**SATURDAY  
OCTOBER  
26TH**  
BMW Cool  
Springs  
6:00-10:00 PM

**TICKETS:**  
**\$200**  
PER PERSON  
OR INQUIRE  
ABOUT  
SPONSORSHIP  
OPPORTUNITIES!

Try your luck at our  
2nd Annual Charity  
Casino Night!  
This year, with a  
Halloween twist.  
Dress up in your best  
costumes and get  
ready for a night of  
fun!

CASINO GAMES - APPETIZERS & DESSERTS - OPEN BAR -  
LIVE DJ - PRIZES & COSTUME COMPETITIONS

Buy your tickets and sponsorships here:  
<https://tnvoices.org/casinonight2024/>

**RSVP Today!**

**Back to School: Tips on how to start this school year off with success!**

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

Back to school time can be something to look forward to and also a time of stress. For most parents, we are happy to get back to the routine of the

school year and that can also bring stress when it comes to organizing and scheduling. Here are some tips to help get your family and kids organized and adjusted to the start of a new school year and set your family up for success!

### Tip #1: Calendars

Calendars really are indispensable when it comes to time management and adjusting to transition, especially during changes in routines like back-to-school season.

Calendars help us align our routines and schedules. They guide our weekly patterns and keep us informed of exceptions such as holidays and school breaks. And they provide a convenient place to keep track of everything, from short appointments to long vacations.

Look up and print off your children's school calendars that note holidays, half-days, teacher in-service days, TCAP testing days, etc. Add all of these to your family calendar for the school year. It may be tedious, but I promise you will be thankful you took the time to enter these important dates when the time comes.

Pro Tip: Color coding your calendar events based on family members or school comes in handy when you have more than one child or family member on the schedule.

Purchasing a large year "desk" calendar to hang on the wall is an effective tool so that you can add all appts, events for the year now.



### Tip#2: Review The Calendar Each Night

Preparing for the upcoming day is a great way to make sure the entire family stays on track with their time management throughout the week. Review your calendar to see what's coming next and take action to get ready for it.

Helping your children build this habit will assist them in implementing organization and planning. When reviewing the calendar with your child and it shows that the next day they have a field trip, use that time to ask them and assist them in fathering needed items for the trip. Or they can assist in packing their brown bag lunch especially for the field trip.

Pro Tip: When reviewing the calendar each evening also review the whole week and prepare for coming events later that week or weekend.

### Tip # 3: Create a Homework Routine

Creating a tentative homework routine for each day will assist your child and hopefully reduce those homework tears that can come due to frustration. The tentative routine is stated due to other daily activities such as sports practices or after school care that may be in place some days so the schedule can change. It is ideal to allow your child 30-60 minutes of free time upon returning home from school. This can be to eat a snack, watch TV, play with a neighbor, etc. prior to starting the homework routine. This allows for some relaxation or fun before the work begins. An example homework routine may look like: 4pm Arrive home from school, 4-5pm Free time, 5-6pm: homework with 5 mins break every 20 mins, 6-630pm: dinner, 630-7pm: finish any remaining homework and studying. Depending on their age, you can allow for added free time in between homework and bedtime or begin the bedtime routine.

Pro Tip: Create a specific homework space in your home and a mobile small box of all supplies needed (pencils, erasers, pencil sharpener, calculator, paper, fidgets, etc.) that is easily accessible in order to reduce any disruptions.

Pro Tip: If your child attends an after-school program that assists with completion of homework prior to returning home, still set up a return from school schedule in the evening. This could include free time, homework check, helping with dinner, etc.

### Tip# 4 : Create a Bedtime Routine

Creating a bedtime routine that is consistent will assist your child(ren) in beginning to settle down each evening and prepare for a good night's sleep. Picking a time that all electronics are turned off for the evening to allow no screen time prior to bedtime is a great addition. A bedtime routine, for younger children, could look like: 645pm: turn off electronics and prep for next day, 7pm: bath/shower/brush teeth, 730pm: reading a book and 745pm: tucked in bed and saying goodnight.

### Tip #5: Nightly Routine

Mornings can be chaotic when it comes to getting the kids out of bed, clothes picked out, teeth brushed and yourself ready for the day . Setting up a nightly routine where the family checks the calendar and then prepares for the next day will make all the difference in the morning! Picking and laying out clothes for the next day, prepping lunches and backpacks, water bottles, sports gear, etc. and having it set out for the next day will decrease the morning chaos and start each day off with ease.

Pro Tip: Involve the kids in prepping for the next day to reinforce the habit for when they get older.

Sending everyone wishes for a successful 2024-2025 school year from TN Voices!

**What's new at TN Voices?**



Jennifer Davis represented TN Voices at the Rural West YSO Roundtable hosted by Northwest and Southwest TCCY.



Will Voss and Victor O’Bryant were able to present at the Georgia peer support conference in July. This conference was inclusive of parent and young adult peers supporting individuals on their journey across the state of Georgia.



Back to School Fest Madison County. Over 330 kids were given supplies along with approximately 200 adults attending as well!



The Robertson County team worked at the Back to School Bash last month. Approximately 800 families attended!

Great Back to School Bash the Decatur SOCAT-TANF team participated in.





TN Voices staff spent two days at the STRONG Accountable Care Community Regional Symposium last week. The Symposium focused on accelerating impact together as collaborative agencies. It was a wonderful opportunity to engage with so many individuals doing like-minded work with such a deep passion for the region. Congratulations to Tammy Wilson, our Data and Quality Director, who was presented with the 2024 Resilience Award!

## Join Our Team



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

## Program Highlight: Statewide Family Support Network (SFSN)

Statewide Family Support Network (SFSN) provides advocacy, education, and support services in all 95 counties. Outreach Specialists serve families with children with a mental health diagnosis, as well as the professionals who work with them. Having support and guidance as a parent is so important when navigating complex child-serving systems. Outreach Specialists provide peer support, which means they have parented a child with a mental health diagnosis. Their goal is to walk alongside caregivers during the advocacy journey and connect families with the most appropriate services in their 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 families. Collaboration unlocks a world of resources, advocacy, and community to help families thrive. In addition to support and advocacy services, 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.

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### September is Suicide Prevention Month

September is National Suicide Prevention Month - a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.

During September, and throughout the year, we can care about suicide prevention by connecting to community, culture, data, and research; and collaborating with others to address this public health problem that has impacted millions of Americans. If you or someone you know is struggling, call or text 988 for support.





# Suicide Fact Sheet

## Suicide Facts

- Suicide is the second leading cause of death for ages 10-24 in the United States accounting for 5,178 deaths
- On average one person dies by suicide about every 8 hours in the state of Tennessee

## Warning Signs

- Expressing hopelessness, no reason for living, or having no sense of purpose in life
- Having rage, anger, or seeking revenge
- Acting recklessly or engaging in risky activities seemingly without thinking
- Withdraw from friends, family, and society
- Having dramatic change in moods
- Giving away prized possessions

## Suicide Resources

- 1-800-SUICIDE (784-2433)
- 1-800-273-TALK (8255)
- 1-800-799-4TTY (4889) – For hearing and speech impaired

## How You Can Help

- Tell the person that you are concerned and that you want to help
- Express empathy for the young person and what they are going through
- Respect the culture of the person and respond in ways that demonstrate this respect
- Clearly state thoughts of suicide are common and help is available to discuss these thoughts because this may instill a sense of hope
- Tell the person that thoughts of suicide do not have to be acted on

\*Source: [Mental Health First Aid](#)



TN Voices provides a wide range of mental health services and support to children, youth, and families across Tennessee. We specialize in improving the emotional and behavioral health of young people and their families through a comprehensive approach that includes advocacy, training, and direct services. Our key services include:

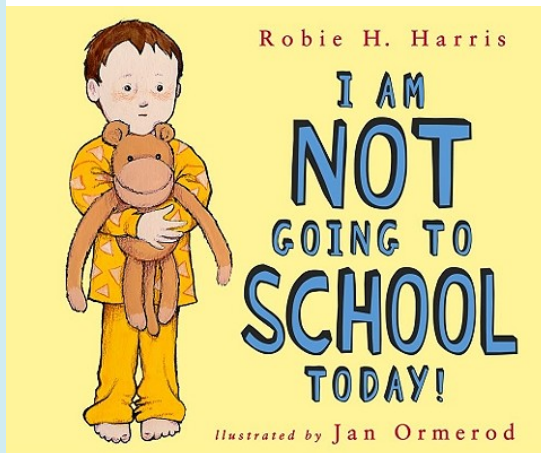
- **Psychiatry/Evaluation & Medication Management:** We provide child, adolescent, and adult psychiatric services (we have immediate capacity).
- **Counseling and Therapy:** Offering individual and family therapy sessions to address mental health challenges and improve overall well-being.
- **Behavioral Health Safety Net (BHSN):** Providing outpatient mental health services to uninsured and underinsured Tennesseans, ensuring access to essential care- Psychiatry, Therapy and Case Management.
- **Care Coordination:** Assisting families in navigating mental health

- resources, ensuring they receive the appropriate services and support.
- Parent and Youth Support: Providing peer support to parents and youth to empower them in managing mental health issues.
  - School-Based Services: Collaborating with schools to deliver mental health education, prevention programs, and early intervention services.
  - Training and Education: Offering professional development for educators, mental health professionals, and community members to raise awareness and understanding of mental health issues.

**Make a Referral  
Today**

## Online Library Resources

**I Am Not Going to School by  
Robie H. Harris & Jan Ormerod**



When a child gets ready for the first day of school, it feels very exciting. But doing something new for the first time can also feel somewhat scary.

With great affection and humor, Robie H. Harris and Jan Ormerod, creators of the award-winning picture book *Goodbye Mousie*, tell the captivating story of a child who decides that skipping the very first day of school is a very good idea.

But with help from his favorite stuffed animal, Hank, and his parents, he discovers that going to the very first day of school can be fun and exciting -- and once you have done something new, it's not quite so new and scary anymore.

[Listen and Read Along Here!](#)

Search "I Am Not Going to School" on this page to find the book.

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

## Upcoming Trainings

**Effective Advocacy Training:** Would you like to build your confidence in your ability

to advocate for yourself and your child? Our advocates are here to help! We will provide information and tips, as well as discuss some of the barriers we encounter. This training is FREE and **virtual**.

9/10 (11 am - 12 pm CST, 12 pm - 1 pm EST). Register [here](#) or contact Carolyn Lawson at [Carolyn.Lawson@tnvoices.org](mailto:Carolyn.Lawson@tnvoices.org) with questions.

10/16 (11 am - 12 pm CST, 12 pm - 1 pm EST). Register [here](#) or contact Jordan Buchanan at [Jordan.Buchanan@tnvoices.org](mailto:Jordan.Buchanan@tnvoices.org) with questions.

**All Things Behavior: FBA, BIP, Manifestation Meetings & More** This FREE **virtual** class is specifically designed for parents, caregivers, and professionals who want to understand key elements of behavior management in school settings. In this course you'll learn about Functional Behavior Assessments (FBAs), Behavior Intervention Plans (BIPs), and Manifestation Meetings. This knowledge will equip you with the essential tools and insights to be an active part of a child's learning journey and advocacy for their behavioral needs.

9/18 (11 am - 12 pm CT/12 pm - 1 pm ET). Register [here](#) or contact Jordan Buchanan at [Jordan.Buchanan@tnvoices.org](mailto:Jordan.Buchanan@tnvoices.org) with questions.

10/24 (11 am - 12 pm CT/12 pm - 1 pm ET). Register [here](#) or contact Carolyn Lawson at [Carolyn.Lawson@tnvoices.org](mailto:Carolyn.Lawson@tnvoices.org) with questions.

**Empowering Families through the Special Education Process:** This class is designed to equip parents and professionals with the knowledge and tools to navigate the complexities of the education system successfully. This class will guide you step by step through the IEP and 504 Plan processes in special education. By the end of this class, you will be empowered to advocate effectively for children's educational needs, ensuring they receive the personalized support and accommodations necessary for a successful learning journey. This class is FREE and **virtual**.

9/30 (11 am - 12 pm CT/12 pm - 1 pm ET). Register [here](#) or contact Sabrina Moore at [Sabrina.Moore@tnvoices.org](mailto:Sabrina.Moore@tnvoices.org) with questions.

**Parent 2 Parent Advocacy Training:** Are you looking for support with your child's IEP, 504, mental health, child welfare, or juvenile court involvement? Our advocates are here to help! We will walk you through the process and offer support and training. This is a FREE and **virtual** training. It can also be a step towards getting your certification as a Family Support Specialist.

10/22 & 23 (8 am - 4 pm CT/9 am - 5 pm ET). Register [here](#) or contact Jennifer Davis at [Jennifer.Davis@tnvoices.org](mailto:Jennifer.Davis@tnvoices.org) with questions.

**Family Driven IEP Training:** Family Driven IEP Training: Could you benefit from learning new ideas on how to apply and promote a family drive approach that ensures family involvement during the evaluation, development, and implementation of the IEP? Then this FREE Family Driven IEP **virtual** training is for you!

10/29 (11 am - 12 pm CT/12 pm - 1 pm ET). Register [here](#) or contact Sabrina Moore at [Sabrina.Moore@tnvoices.org](mailto:Sabrina.Moore@tnvoices.org) with questions.

**Youth Mental Health First Aid:** YMHFA is designed to help anyone interacting with youth recognize signs & symptoms of mental health problems and learn how to connect youth with appropriate help. These FREE classes are **in-person**.

9/21 (8:30 am - 4:30 pm) Girls Scouts of Middle TN office - Nashville. [Register here.](#)

9/25 (8:30 am - 4:30 pm) Community Soup Kitchen - Shelbyville. [Register here.](#)

10/7 (8:30 am - 4:30 pm) TN Voices office - Goodlettsville. [Register here.](#)

10/17 (8:30 am - 4:30 pm) Columbia State University - Lawrenceburg. [Register here.](#)

Please contact Michelle Reeves at [Michelle.Reeves@tnvoices.org](mailto:Michelle.Reeves@tnvoices.org) for information about YMHFA classes in Middle TN and Brittany Goins at [Brittany.Goins@tnvoices.org](mailto:Brittany.Goins@tnvoices.org) for information about YMHFA classes in East TN.

**Nurturing Parenting:** This evidence-based program builds protective factors in families that, when present, increase the health and well-being of children/teens and families. Classes also include the Darkness to Light presentation of child sexual abuse. Classes are offered monthly. They are **virtual** and are FREE. Contact Randall Sidwell at [Randall.Sidwell@tnvoices.org](mailto:Randall.Sidwell@tnvoices.org) with any questions.

October classes (October 7-10, 14-15, 4:30 pm - 7 pm CT/5:30 pm - 8 pm ET). Register [here.](#)

November classes (November 11-14, 18-19, 4:30 pm - 7 pm CT/5:30 pm - 8 pm ET). Register [here](#).  
December classes (December 9-12, 16-17, 4:30 pm - 7 pm CT/5:30 pm - 8 pm ET). Register [here](#).

**Ready. Set. Grow! Educator Toolkit Training: Creating a Caring Classroom Community.** What you will learn: Universal supports for all students; Creating a sense of belonging; Building positive identities; Creating shared ownership and culture of kindness. This class is free and **virtual**. For more information, contact [early.childhood@tnvoices.org](mailto:early.childhood@tnvoices.org).  
9/26 (12 pm - 1 pm CST/1 pm - 2 pm EST). Register [here](#).

**Ready. Set. Grow! Family Toolkit Training: Engaging with Intention.** What you will learn: The relationships between connection and positive behavior; How to implement the strategy of banking time with your children; How to offer feedback that increases positive behaviors. This class is free and **virtual**. For more information, contact [early.childhood@tnvoices.org](mailto:early.childhood@tnvoices.org).  
9/26 (6:30 pm - 7:30 pm CST/7:30 pm - 8:30 pm EST). Register [here](#).

**Teen Connect Parenting Group:** If you are a parent of a teen experiencing challenging behaviors, you are welcome to learn alongside us in Teen Connect! Our goal is to provide you a safe space and supportive skills to help build a stronger relationship with your teen. This is a FREE 10-week **virtual** Parenting Class, offering day and evening classes. For more information please contact Monique Jenkins at 615-517-0180 or [mjenkins@tnvoices.org](mailto:mjenkins@tnvoices.org) or Karen Howell at 615-330-4480 or [Karen.Howell@tnvoices.org](mailto:Karen.Howell@tnvoices.org).  
Thursdays: 9/26 - 11/28 (5 pm CST/6 pm EST)  
Mondays: 9/30 - 12/2 (11 am CST/12 pm EST)  
Tuesdays: 10/8 - 12/10 (5 pm CST/6 pm EST)  
Wednesdays: 11/6 - 1/22 (11 am CST/12 pm EST)

**Family Driven IEP Training:** Could you benefit from learning new ideas on how to apply and promote a family drive approach that ensures family involvement during the evaluation, development, and implementation of the IEP? Then this FREE Family Driven IEP **virtual** training is for you!  
10/29 (11 am - 12 pm CT/12 pm - 1 pm ET). Register [here](#) or contact Sabrina Moore at [Sabrina.Moore@tnvoices.org](mailto:Sabrina.Moore@tnvoices.org) with questions.

**Positive Solutions for Families (PSF):** PSF is an evidence-informed 7-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 children. These tools will promote optimal development and will address challenging behaviors. Our new 1-on-1 sessions will allow participants to take this training no matter their schedule! These classes and sessions are all FREE!  
Trainers: Amissa Keller ([Amissa.Keller@tnvoices.org](mailto:Amissa.Keller@tnvoices.org)) is the PSF Facilitator for TN Valley & East TN and Crystal Wedley ([Crystal.Wedley@tnvoices.org](mailto:Crystal.Wedley@tnvoices.org)) for Northwest TN. Sign up [here](#).



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