

Note From the CEO



Spring is a season of renewal, growth, and new possibility.

At TN Voices, we are feeling that energy deeply. We are honored to have been selected as a recipient of the Reconstruct Thriving Youth Challenge, an initiative that will allow us to embed trauma-informed mental health support directly into transitional housing for youth aging out of foster care. Like seeds taking root after a long winter, this funding will help young adults build the stability and connection they need to truly flourish.

This spring also brings Children's Mental Health Action Week (May 3–9), a powerful reminder that every conversation, every connection, and every small act of support plants a seed in the life of a child. Across all 95 Tennessee counties, our Statewide Family Support Network continues to walk alongside caregivers — offering guidance, peer support, and hope to families navigating complex systems. Together, we are cultivating communities where children feel seen, supported, and empowered to thrive.

Thank you for being part of this season of growth with us.

With gratitude,
Rikki Harris
CEO, TN Voices

Reconstruct Thriving Youth Challenge

We're proud to share that TN Voices has been selected as a recipient of funding through the Reconstruct Thriving Youth Challenge.

This \$1M initiative, led by the Tennessee Governor's Faith-Based and Community Initiative, the Tennessee Department of Children's Services, Every Child TN, Belmont Innovation Labs, and Access Ventures, is investing in scalable solutions that improve outcomes for youth aging out of foster care across Tennessee.

This funding will support a trauma-informed mental health pilot that embeds therapy, certified peer support, and digital wellness tools directly into transitional housing—helping young adults build stability, meaningful connection, and long-term wellbeing.

We're honored to stand alongside a cohort of organizations committed to sustainable, systems-level change.



Children's Mental Health Action Week 2026

Children's Mental Health Action Week 2026 (May 3rd-9th) is a powerful reminder that nurturing mental wellness starts with small, intentional steps—listening, learning, and showing up for our children and families.

This week encourages communities across Tennessee to raise awareness, reduce stigma, and take meaningful action to support the mental health of children and youth. By strengthening connections between families, schools, providers, and communities, we help create environments where children feel supported, understood, and empowered to thrive.

Together, our collective efforts—no matter how small—can lead to big, lasting impacts on the well-being of Tennessee's children and families. Be sure to watch for activities and events across the state!

See Me...Help Me Grow! Children's Art Event

Thursday, May 7

1 pm-2:30 pm CT

Dodson Branch Elementary School

16221 Dodson Branch Hwy

Cookeville, TN 38501

Contact: [Carolyn Lawson](#)

Empowered Families, Empowered Children: Breaking the Stigma Resource Fair for Parents & Caregivers

Thursday, May 7

3:00 pm-6:00 pm CT

Boys & Girls Clubs of NWTN

Union City Club

1015 E College St

Union City, TN 38261

Contact: [Jennifer Davis](#)

Rooted in Resilience: Know More, Grow More

Friday, May 8th

4:30 pm-7:00 pm ET

Campbell County High School
150 Cougar Lane
Jacksboro, TN 37757
[RSVP](#)

Mind in Motion Festival 2026

9:00 am-11:30 am CT

Pavilion

208 S Military Ave

Lawrenceburg, TN 38464

Contact: [Sabrina Moore](#)

Program Highlight

Statewide Family Support Network (SFSN)



TN VOICES
Mental Health Services From Firsthand Experiences

**STATEWIDE
FAMILY
SUPPORT
NETWORK**

We're here to help families and communities across Tennessee.

- We support families with children, youth, and young adults (ages 0–22) who are facing serious mental health challenges.
- We guide families through special education and 504 plans.
- We teach and raise awareness about mental health in children and teens.
- We offer training and support for professionals, too.

Our services are available in all 95 counties and can be tailored to fit your needs, wherever you are.

Services Provided

- ✓ Peer Support
- ✓ DCS & Juvenile Justice Support
- ✓ Education Support
- ✓ Training for professionals, & parents/caregivers
- ✓ Flexible Scheduling
- ✓ Connection to mental health & other resources

More Info



CONTACT US

sfsn@tnvoices.org | (615) 269-7751



Sign Up



*No person in the United States shall, on the grounds of race, color or national origin, be excluded from participation in, be denied the benefit of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

As we *spring into wellness*, the Statewide Family Support Network (SFSN) reminds us that small steps—like having the right support—can make a big impact. Serving families in all 95 Tennessee counties, SFSN offers advocacy, education, and peer support to caregivers of children with mental health diagnoses. Our Outreach Specialists are parents who have walked this path themselves and understand how overwhelming child-serving systems can feel. They walk alongside families, offering guidance, encouragement, and connections to local resources that help children and caregivers grow and thrive.

Through collaboration with schools, courts, providers, community partners, and policymakers, SFSN helps cultivate strong, family-driven care across all systems. In addition to advocacy and support, SFSN provides trainings for families and professionals on children's mental health and authentic family engagement—planting seeds of knowledge that strengthen communities statewide.

[Make a Referral](#)

Online Library Resources

Resilience: A book to Encourage Resilience, Persistence



Resilience: A book to encourage resilience, persistence and to help children bounce back from challenges and adversity by Jayneen Sanders. Illustrated by Sofia Cardoso, read by Riko.

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

Mental Health Fact Sheet



This fact sheet explains how childhood mental illness can affect a child's emotions, behavior, and daily functioning. It emphasizes the importance of early identification and support, and highlights how families, relationships, and access to care can help children manage challenges and build resilience.

[MH Fact Sheet](#)

Upcoming Trainings

Mental Health First Aid Classes: IN-PERSON Training

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among youth (in YMHFA) and adults (in AMHFA).

April 28th, 10 am-3 pm EST (AMHFA) – Meeting at 5600 Brainerd Road, Chattanooga. Register [here](#). For more information, contact Mindy Sidwell at Melinda.Sidwell@tnvoices.org.

To inquire about scheduling in-person Adult or Youth Mental Health First Aid trainings across the state, please contact Tammy Bass at tbass@tnvoices.org.

Nurturing Parenting: Virtual training via Teams

This is an evidence-based class that builds protective factors in families that, when present, increase the health and well-being of children and families. It is an innovative approach to empower parents in creating a competency-based parenting plan to meet the specific needs of their family.

Starting April 9th, (Mondays and Wednesdays), 6-8:30 pm ET. This class meets twice a week (2.5 hours per session) for 4 weeks. Register [here](#). For more information, contact Brittney Goins at Brittney.Goins@tnvoices.org.

Starting April 21st, 4:30 pm ET weekly on Tuesdays for 7 weeks. Register [here](#). For more information contact Brittany Ballard at bballard@tnvoices.org.

Starting April 27th, 10 am ET weekly on Mondays for 7 weeks, Register [here](#). For more information contact Brittany Ballard at bballard@tnvoices.org.

Starting May 11th, 5:30 pm ET weekly on Mondays for 7 weeks. Register [here](#). For more information contact Brittany Ballard at bballard@tnvoices.org.

ReACT for Youth: Accountability, Control, and Transformation (Anger Management Training) – Virtual training via Teams

ReACT is a free 8-week training that utilizes accountability and education to improve anger management. Participants will learn: 1) Brain science related to anger management; 2) What it takes to process our anger emotion differently, and 3) Doable strategies to change our response to anger triggers.

ReACT for Youth (ages 12-17) – This class meets weekly on Wednesdays, 5-6:00 pm CT. Register [here](#). Youth must attend 8 sessions within a 3-month period to receive a certificate of completion.

For more information, contact Cynthia Stockton at Cynthia.Stockton@tnvoices.org.

Parent 2 Parent Advocacy Training via Teams

P2P is a free 2-day (Tuesday and Wednesday) class to equip you with tools to advocate for your child and family. It is also a step towards certification as a Family Support Specialist so that you can also advocate with and for other families. Topics include: System of Care (coordinating supports for children & families), Effective Advocacy (making your voice heard), Finding Resources, IEP & 504 Plans (your child's rights and the process), among other topics.

April 7th-8th, 8 am-4 pm ET. Register [here](#).

For more information, contact Jordan Buchanan at Jordan.Buchanan@tnvoices.org.

June 9th-10th, 8 am-4 pm CT. Register [here](#).

For more information, contact Jennifer Davis at Jennifer.Davis@tnvoices.org.

Family Support Specialist Competency Course

April 20-24 and May 11-15 via Zoom

This 40-hour course prepares individuals to support others using their lived experience and training, and to become certified through the TN Department of Mental Health and Substance Abuse Services.

This course is repeated monthly. There is a \$750 fee for the course, with scholarships available for qualified applicants.

For questions or to request an application, contact:

fsscompetencycourse@tnvoices.org.

Teen Connect

Teen Connect is for parents/caregivers of teenagers ages 12-18 who have challenging behaviors that put them at risk of out-of-home placement or whose children are already placed outside of the home. Teen Connect teaches parents how to respond to a teenager who is struggling behaviorally or emotionally, using empathy. It teaches how attachment relates to teen development, as well as helping the parent to better identify the need the teenager is expressing through their behavior.

Teen Connect is a ten-week long, free online program. Classes are offered during the day as well as in the evening.

Wednesday's 11am CST/12pm EST - beginning 7/1/26

Thursday's 5pm CST/6pm EST - beginning 7/2/26

Monday's 11am CST/12pm EST - beginning 7/6/26

Tuesday's 5pm CST/6pm EST - beginning 7/7/26

***Spanish only: Wednesday evenings at 5pm CST/6pm EST** beginning 4/8/2026.

For more information or to make a referral, please contact Monique Jenkins, mjenkins@tnvoices.org or Karen Howell, Karen.Howell@tnvoices.org

Strengthening Families Parenting Group

The Strengthening Families Parenting Group is a *FREE*, 5-week virtual parenting program designed to help families build stronger, healthier relationships. The group teaches fun, easy-to-learn, research-based parenting skills that support creating a happy, well-connected family environment. Through weekly sessions, parents learn strategies to improve communication, increase family unity, and reduce conflict. The program focuses on strengthening family bonds, promoting positive parenting practices, and helping keep youth safe and supported.

Groups are being offered starting on the following dates/times:

March 25th, 11am CT/12 ET

April 15th, 10am CT/11 ET

April 22nd, 10am CT/11 ET

For more information or to register, please contact:
Sharon Purnell at sharon.purnell@tnvoices.org



TN Voices | 615-269-7751 | tvc@tnvoices.org | www.tnvoices.org

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