



# Tennessee Voices for Children

## Early Childhood Program

IN THIS ISSUE

## Happy End-of-School Season!

We hope you've had another great school year. As we wrap up, the month of May gives us an opportunity to turn our attentions to an issue that affects many of the students in our classrooms. Go green with us for children's mental health!

### Children's Mental Health Awareness

May 10 will be National Children's Mental Health Awareness Day (CMHA). The goal of CMHA is to raise awareness that mental health is not an issue exclusive to adults. Young children can and do encounter mental health challenges.



**1 in 7 children have a diagnosed mental, behavioral, or developmental disorder**

Consider that current national data estimates 1 in 7 children ages 2 to 8 have a diagnosed mental, behavioral, or developmental disorder (CDC, 2012). This does not include the vast number of children whose symptoms go undetected or ignored and do not receive help. "When people look at children and think about mental health problems what they have in mind often is the kinds of mental health problems we see in adults. They're looking to see the equivalent of a depressed adult in a child." - Dr. Philip Fisher, Oregon Social Learning Center

Because children do not have the developmental capabilities to respond to situations as an adult, symptoms of early mental health concerns look different.

Fortunately, research in children's brain development shows that early detection and intervention can prevent early problems from becoming lifelong challenges.

### Go Green with Us for Children's Mental Health!

Join TVC as we celebrate children's mental health awareness day with events across the state!  
#MakeTNGreen

Page 2

**"When people look at children and think about mental health problems what they have in mind often is the kinds of mental health problems we see in adults. They're looking to see the equivalent of a depressed adult in a child."  
- Dr. Philip Fisher**

## What does it look like?

Developmental stages, temperaments, and environments all play a role in the way a child expresses symptoms. Signs that child has or is at risk of developing a mental health problem may fly under the radar under the guise of “behavior problems.” However, just because a child has difficulty paying attention doesn’t mean he has ADHD. The hard truth is that positive or negative mental health can look different for every child. That is why it is important that each child has someone who is willing to investigate and figure out what is going on.

**“Every child needs one person who is crazy about him.” -Uri Bronfenbrenner**

Children’s social and emotional development is an essential component in the prevention of mental health problems. The good news: we don’t necessarily have to know who is at risk to make a difference. While early detection and identification of mental health concerns is important, all children benefit from **safe, stable nurturing relationships and environments.**

Social-emotional skill building is more than targeted strategies to address challenging behavior. It involves creating a school culture that is responsive rather than reactive. When we provide this atmosphere in our schools, we are more likely to identify children who need support for underlying issues.

**The Pyramid Model** provides a framework for creating a responsive culture that inherently develops these critical skills. For more information about the Pyramid Model, visit [The National Center for Pyramid Model Innovations](#) or find our contact information on the next page.

## Child Mind Institute

The Child Mind Institute, a national non-profit agency that promotes education and research for children’s mental health and learning disorders, has created guides for educators to explore how different types of mental health concerns might look in young children and in the classroom. Click on the links below to explore topics such as:

**[ADHD](#)**  
**[Oppositional Defiance Disorder](#)**

Find more at:  
<https://childmind.org/topics-a-z/guides/>



A second goal of CMHA is to reduce the stigma surrounding diagnosis and reaching out for help.

“When it comes to mental health conditions, we often treat them differently from other diseases like cancer, diabetes or asthma. And that makes no sense. Whether an illness affects your heart, your leg or your brain, it’s still an illness, and there should be no distinction ... Imagine if we told folks with heart disease that... taking cholesterol medication or having surgery was something to be ashamed of. Imagine how many people wouldn’t be alive today if we took that approach.”

- Michelle Obama for the Campaign to Change Direction, 2015

Join in the national dialogue about the importance of children’s mental health by celebrating Children’s Mental Health Awareness Day at events across the state! All events are **free** and open to the public. Learn about resources from local exhibitors and participate in fun events for the whole family!

East	Middle	West
May 19, 2018	May 19th, 2018	May 10, 2018
10:00 am-2:00pm	9:00am-1:00pm	6:00pm-10:00pm
Crossroads Christian Church	Hadley Park Regional Center	T.R. White Sports Complex
1300 Suncrest Drive Gray, TN 37615	1037 28th Avenue North Nashville, TN 37208	304 N. Hays Ave. Jackson, TN 38301



On behalf of Tennessee Voices for Children, thank you for the work you do to support children and families. Teachers play a vital role in children's healthy development and your efforts do not go unnoticed!

Have a great summer!

## Help us end the stigma of mental health!



### Children's Mental Health Awareness Day is May 10, 2018!

Join Tennessee Voices for Children as we celebrate at the Frist Art Museum!



The Frist is offering **FREE ADMISSION** on **Thursday, May 10th**: show this voucher in

[print or online at www.tnvoices.org](http://www.tnvoices.org)

*Wear your green ribbon from the Frist's admission desk and tag us on social media!*

#YoungFitMindsTNVoices #MakeTNGreen



@tnvoicesforchildren



@tnvoices



@tnvoices



## Tennessee Voices for Children

500 Professional Park Dr  
Goodlettsville, TN 37072

Tennessee Voices for Children Early Childhood Program appreciates the work that you do and wants to provide you with ongoing support. Please reach out if we can support you in any way.

**Anna Arts**  
Program Manager  
615-269-7751 ext. 128  
aarts@tnvoices.org

**Kelli Mott**  
Program Coordinator  
615-269-7751 ext. 104  
kmott@tnvoices.org