

April 2016

# the Networker

Quarterly Newsletter



## 2016 Board of Directors

### Executive Committee

**Bama Wood**

President

**Bill Kirby**

President Elect

**Debbie Webb**

Secretary

**Paula Sandidge, M.D.**

Secretary

**Chad Poff**

Treasurer

### Board of Directors

Rhonda Ashley-Dixon

Kristin Brownlee

Katrina Donaldson

Devika Kumar

Cece Ralston

Molly B. Rollins

## TVC Leadership

**Rikki Harris**

Chief Executive Officer

**Emily Carroll**

Director of Development & Marketing

**Adam Horn**

Clinical Director

**Kathy Rogers**

Director of Programs

**Kim Sterling**

Human Resources Director

**Brian Taylor**

Chief Financial Officer/  
Chief Operational Officer

Please contact  
info@tnvoices.org  
with questions regarding  
The Networker

# mission

Tennessee Voices for Children provides leadership, support, and services that promote voice, hope, and empowerment for the emotional and behavioral well-being of children, youth, and families.

# core values

## Family-Driven Services

We are committed to the provision of high quality, evidence-informed services based on System of Care principles that are family-driven, youth-guided, and culturally and linguistically competent.

## Access to Services

We believe that a broad range of mental health services should be available, without any associated stigma, to all children and young adults age 0-24.

## Family Member/Caregiver Education

We believe that empowering family members/caregivers through effective training and education can lead to improved ability to meet mental health needs.

## Lived Experience/Peer Support

We believe that emphasizing lived experience and peer support with caregivers and youth can produce individuals who become experts in navigating the child-serving systems.

## Statewide Presence

We are dedicated to supports and services that produce a positive impact statewide in rural, urban, and suburban communities.

## Leadership through Collaboration

We embrace a leadership role in the development of public policy affecting children and families and recognize that collaboration with other child-serving organizations is critical in realizing success.

# a letter from the CEO



Rikki Harris, Chief Executive Officer

Dear Friends,

At Tennessee Voices for Children we have all enjoyed the opportunity this quarter to engage with so many critical partners in planning for advocacy. We strive to hear the voices of children, youth, and caregivers about how systems could coordinate to better serve them. We also bring knowledge and new information from around the country to our caregivers as they plan and prepare their children for the future. One of the stand-out moments in our advocacy work each year is the opportunity to attend Children's Advocacy Days (CAD) and Behavioral Health Day on Capitol Hill. At CAD we had the opportunity to learn about Adverse Childhood Experiences (ACEs) and the many ways that the child-serving systems could support children who have suffered from trauma. At Behavioral Health Day on Capitol Hill we were encouraged to hear from our state's leaders about their commitment to mental health treatment and recovery. Time spent with others who care about children's mental health like we do energizes us and makes us more creative and open to the needs that could be met for families.

We are thrilled that Children's Mental Health Awareness Week coincides with The Community Foundation of Middle Tennessee's (CFMT) The Big Payback. Last year CFMT raised more than \$2 million for non-profits in the community. TVC is honored to be a recipient to a portion of those funds. We will need your help in making children's mental health matter!

Sincerely,

Rikki Harris

## contents

### 04

#### memorial

*TVC honors and remembers longtime friend and board member, Dr. Lorraine Williams Greene*

### 05

#### be a voice

*We take a look back at Children's Advocacy Days and Behavioral Health Day on Capitol Hill and look ahead toward the Big Payback and Children's Mental Health Awareness Week.*

### 07

#### give hope

*TVC forms Zero Suicide Committee. We also outline ways you can support TVC and give hope to children and families in Tennessee.*

### 08

#### empower others

*In seeking to reduce mental health stigma and support others in the field, TVC hosted trainings and participated in the NAMI Davidson County Community Walk.*

### 09

#### youth spotlight

*Get to know Youth M.O.V.E.'s East Hickman County Youth Council President and the ways his involvement in Youth M.O.V.E. impact his life and community.*

# honoring and remembering

## Dr. Lorraine Williams Greene

It is with much sadness that Tennessee Voices for Children acknowledges the passing of longtime friend and Advisory Council Member, Dr. Lorraine Williams Greene. Her work has no doubt impacted the lives of so many. Tennessee Voices for Children will be forever grateful for her service. She will be greatly missed.



“My friend, mentor, classmate and colleague, Dr. Lorraine Williams Greene was a warrior for mental health across the life span. Lorraine was a brilliant visionary and advocate for communities. She began her professional career as a school psychologist in the Atlanta area and advocated for children and their families to receive services to maximize the potential of each child. She was the founder and principal of Greene, Peters and Associates and she championed mental health prevention and treatment. She was the Lead Evaluator for the Nashville Prevention Partnership and was committed to empowering communities to confront their own challenges and build stronger families and neighborhoods. She served as a national consultant for gender-specific programming for girls at risk for involvement in the juvenile justice system.

Lorraine was the Director of the “I Have a Future” comprehensive adolescent health promotion program at Meharry Medical College. She served as a mentor and role model for mothers, grandmothers, families and children and youth who felt trapped in their options. She gave wings to the vision of Dr. Henry Foster’s dream and lifted “I Have a Future” to national prominence as the 404th Point of Light. She was dedicated to lifting the whole person and through her insight, she created an entrepreneurial program for youth in the John Henry Hale and Preston Taylor Homes.

She was a national leader in the American Psychological Association and served in the Division of Psychologists in Public Service for eighteen years. She served as the Chair of the Police and Public Safety section and Division representative to the APA Council. Recently, she became President-elect of the Division. She was awarded the APA Presidential Citation for her dedicated work in law enforcement. In addition, she was awarded the Harold Hildreth Award for Distinguished Public Service. She provided leadership in behavioral health in the Metro Police Department and advocated for victims and effective community policing.

Lorraine was a founding member of the Advisory Board of Tennessee Voices for Children. Her legacy is a tremendous example of a professional life dedicated to insure the safety of all within their communities, societal institutions and families. Her spirit remains as long as there is one child who needs a safe pathway to fulfill his/her potential. We salute Dr. Lorraine Williams Greene.”

- Sheila Peters, Ph.D., Tennessee Voices for Children, Advisory Council Member

Memorial Donations can be made to The Danita Marsh Scholarship for Women in Public Service,  
The Nashville Coalition of 100 Black Women Foundation Inc.

# be a voice

## Children's Advocacy Days

The Tennessee Commission on Children and Youth (TCCY) hosted Children's Advocacy Days – *Under Construction: Building Tennessee's Next Generation* on Tuesday, March 8 and Wednesday, March 9, 2016. The two-day event centered on the topic of Adverse Childhood Experiences (ACEs), to include prevention, mitigation and recovery. Attendees heard from Jim Henry, Deputy Governor; Loraine Lucinski, Deputy Director for Child Health, Department of Health; Linda O'Neal, TCCY's Executive Director and many others. The first day offered a moving Commissioner's Panel discussion and conversation about addressing toxic stress in partnership with mothers. Day two presented a lively Judge's Panel discussion and a powerful conversation about changing the future in Tennessee through ACEs prevention, mitigation and recovery work.

Tennessee Voices for Children was honored to sponsor this two-day event, discussion, and planning for "Building Tennessee's Next Generation."



Linda O'Neal, Tennessee Commission on Children & Youth Executive Director and TVC Advisory Council Member



Jim Henry, Deputy to the Governor/Chief of Staff and former Commissioner for the Department of Children's Services

## Behavioral Health Day on Capitol Hill



Tom Starling, Mental Health America of Middle Tennessee CEO; Marie Williams, Deputy Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services; Doug Varney, Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services

Tennessee Voices for Children was proud to serve as a partner and sponsor of The Tennessee Coalition of Mental Health and Substance Abuse Services' *15th Annual Behavioral Health Day on Capitol Hill: Rebuilding for Recovery* at War Memorial Auditorium in Nashville on Tuesday, March 15, 2016. The event was a huge success! It was attended by more than 30 organizations and nearly 400 advocates all committed to ensuring mental health and alcohol and drug treatment and support services are accessible to all individuals. Attendees received information on platform issues (Insure TN, Individualized Placement and Support (IPS) supported employment services, crisis stabilization resources for youth and funding for recovery) by industry leaders and legislative supporters, including Doug Varney, Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services, and Beth Harwell, Speaker of the House; they were moved by the personal testimonials of men and women living with mental health and substance abuse issues. As the day wrapped, all in attendance were encouraged to visit their legislators to share the need for resources and funding for mental health and recovery services and their life changing impacts.

# be a voice



For more information about The Big Payback, visit [www.TheBigPayback.org](http://www.TheBigPayback.org)



A very special thanks to Doug Havron and the team at Gabby's Burgers & Fries for their support of Tennessee Voices for Children!

## The Big Payback - May 3, 2016

Tennessee Voices for Children is participating in The Big Payback on **Tuesday, May 3**. The Big Payback is a community-wide, 24 hour online giving challenge hosted by The Community Foundation of Middle Tennessee. This charitable event helps area nonprofits raise much-needed dollars and bring awareness to pressing needs in our communities.

How does The Big Payback work? Kicking off at 12:00 a.m. on Tuesday, May 3, donors can make gifts online to the Big Payback participants located in or providing services to the 40 counties of Middle Tennessee. Your contributions to Tennessee Voices for Children could be amplified by additional incentives, bonuses and prizes made possible by The Big Payback sponsors throughout the day.

We are thrilled that this year's event coincides with Children's Mental Health Awareness Week. What an incredible opportunity to raise funds and awareness for the importance of children's mental health!

**We invite you to join us in supporting Tennessee Voices for Children on May 3. All funds raised for TVC during The Big Payback will be matched, up to \$2,000, by our generous friends at Gabby's Burgers & Fries. Visit [www.tnvoices.org](http://www.tnvoices.org) for more information and to make your gift!**

## Children's Mental Health Awareness Week - May 1 - May 7, 2016

Join us as we celebrate Children's Mental Health Awareness Week May 1 - May 7, 2016. This important week seeks to raise awareness about the importance of children's mental health and to show that positive mental health is essential to a child's healthy development from birth.

Stay tuned for more information on how Tennessee Voices for Children will recognize and celebrate this important week of awareness.



## Zero Suicide Committee

Tennessee Voices for Children is committed to improving the care we provide our youth and families who are struggling with suicide. In the work we do, nothing is more important than saving a life. We hope to make suicide a “never event.”

To some, this may sound audacious; but simply put, one life lost to suicide is one too many. As we all know, the work of caring for individuals at risk for suicide is challenging. Tennessee Voices for Children is dedicated to providing our staff with the skills and confidence to treat these youth and families. In the coming year, we will be adopting the Zero Suicide approach to suicide care, a comprehensive approach

developed by the Suicide Prevention Resource Center and the National Action Alliance for Suicide Prevention. We believe this approach will improve the care and safety of our youth and families, thereby making our organization a safer, and hopefully more fulfilling, place to work.



## TVC Awarded Baptist Healing Trust Advocacy Grant

Tennessee Voices for Children received a grant from The Baptist Healing Trust, which awarded funds totaling over \$1.4 Million in its most recent grant cycle. Tennessee Voices for Children’s grant was for \$195,000 and will be used for improving the children’s mental health system (increasing the number of certified Family Support Specialists (FSS) and the provision of FSS services across the state, serving children in the 25% treatment gap), reducing the stigma through awareness/outreach, and reducing the number of Adverse Childhood Experiences (ACEs) through education, training, services, support, and intervention for children and parents/caregivers.

“We are thrilled to be in partnership with these 23 nonprofits that are investing themselves into their communities and creating access to compassionate healthcare for the most vulnerable of our neighbors,” said President & CEO Dr. Cathy Self. The mission of the Baptist Healing Trust, a private grant making foundation, is the sacred work of fostering healing and wholeness for vulnerable populations through strategic investing, philanthropy, and advocacy.



Beth Uselton, BHT Program Director; Emily Carroll, TVC Director of Development & Marketing; Rikki Harris, TVC CEO; Catherine Smith, BHT Program Assistant; and Kristen Keely-Dinger, BHT Executive Vice-President

Recipients of the contributions include non-profit organizations from 40 counties in Middle Tennessee that focus on advocacy, physical health, mental health, recovery from alcohol and drug abuse or healing from abuse, neglect, and violence. This year’s grants bring the collective grant making of the Baptist Healing Trust to over \$73 million since 2002. The Trust, while created out of the sale of Baptist Hospital to Ascension Health/St. Thomas Health Services, is a private, independent foundation and is not affiliated with the St. Thomas Health Services or the St. Thomas Health Services Fund.

Tennessee Voices for Children is deeply appreciative of the many ways Baptist Healing Trust supports our organization and the community as a whole!

# empower others

## NAMI Davidson County Walk

Tennessee Voices for Children was proud to support our friends at NAMI Davidson County through sponsorship of the 2016 NAMI Community Walk, 5K and Village at Shelby Park in East Nashville on Saturday, April 9. TVC staff, friends and family participated in the stigma-free morning along with hundreds of advocates from across Middle Tennessee. The event was one of inclusion and celebration of NAMI's work to improve the lives of people with severe and persistent mental health issues. In addition to participating in the walk, Tennessee Voices for Children hosted a booth in the event's "Village."



Team TVC at the NAMI Davidson County Walk sporting their "Be A Voice" TVC t-shirts.

## Kimochi Trainings

Kimochi (KEY.MO.CHEE) means "feeling" in Japanese.

Sometimes kids (and adults) have strong feelings that can fuel challenging behaviors. Kimochis® are a playful way to help children (and adults!) learn how to identify and express feelings. When kids can communicate their feelings effectively, they develop positive social skills that lead to lasting friendships and success in all aspects of life.

Kimochis® is a social emotional learning curriculum designed to give children the knowledge, skills and attitudes they need to recognize and manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations constructively. These skills have been identified by leading researchers in the field of social and emotional learning as necessary for school success, academic achievement, positive social relationships and the development of emotional competence. The Kimochis® social emotional learning curriculum incorporates innovative and fun activities developed to teach children how to manage challenging social situations with skill, character and confidence.



Brittney Jackson, TVC Lead Family Contact, Early Connections Network



Brittney Jackson, TVC Lead Family Contact, Early Connections Network, and Noelle Cannon, Technical Assistance Coordinator, Early Connections Network, are certified Kimochis® trainers. They trained professionals, families, and even a few TVC staff in the Kimochis® curriculum. Brittney and Noelle will be continuing Kimochis® trainings throughout the year, including some Trainings for Trainers!

# youth in the spotlight

## Devlin Sheppler

Youth M.O.V.E., Hickman Co.



Devlin Sheppler is in 8th grade at East Hickman Middle School (EHMS). He has been a member of Youth M.O.V.E. since January 2015 and is currently serving as the president of the EHMS Youth M.O.V.E. Youth Council. Outside of school, Devlin enjoys cooking, baking, and reading. As president of the EHMS Youth M.O.V.E. Youth Council, he has helped to plan events for his council and community, recruit new members, and assist in conducting discussions about mental health with the Youth M.O.V.E. groups in every grade. He joined Youth M.O.V.E. to be able to use his experience to help others. When he needs encouragement or help, Devlin turns to his friends and school staff and encourages all members in the group to do the same.

## Youth M.O.V.E. Tennessee Conference

At the Youth M.O.V.E. Conference in January, youth and adult volunteers had the opportunity to participate in an art workshop presented by the Nashville-based nonprofit organization, *Your Heart on Art*. The theme of the workshop was, “Walk in Your Shoes.” The youth were given complete freedom to paint their shoes as much or as little as they wanted, with no pressure. *Your Heart on Art* created a supportive environment that encouraged creativity with relaxing music, a large supply of paint, various brushes, and many other art supplies to represent what a “walk in their shoes” felt like. Participants were frequently encouraged not to focus on the end product, but the process of creating. After completing the project, participants were given inserts to write what it is like to walk in their shoes. No matter the level of artistic ability prior to the workshop, the experience helped youth and adults alike to express their walk and process their feelings visually—an experience valued by all.



# staff update

## new staff members



Emily Carroll

Director of Development and Marketing

Emily Carroll is the Director of Development and Marketing at Tennessee Voices for Children. Emily earned her B.S.S.W. at The University of Tennessee and a graduate certificate in nonprofit management from North Park University. Prior to her employment at TVC, Emily served as Director of Development at The Refuge Center for Counseling and in various roles at nonprofits in the Nashville area, Chicago, Illinois, and Anchorage, Alaska. The act of serving others is in her blood and has been a lifelong driving force. Emily is a gifted communicator and relationship-builder; she is in her element when conversing and connecting with people. She is extremely passionate and is able to transfer that passion to others. Through the transference of passion, she is able to expand the reach of an organization and its mission.

## new interns



Emily Sullivan

Emily Sullivan is a graduate student at Northcentral University studying Marriage and Family Therapy. She's joined the Tennessee Voices for Children team as an intern in the Youth Screen and Youth M.O.V.E. programs.

Kathleen Dunn

Kathleen Dunn is a graduate student at Trevecca Nazarene University. She will graduate in December 2016 with a master's degree in Marriage and Family Therapy. She's joined the Tennessee Voices for Children team as an intern in the Youth Screen and Youth M.O.V.E. programs.



Winn Thomas

Winn Thomas is a graduate student at Lipscomb University. She will graduate in August 2016 with a master's degree in Marriage and Family Therapy. She's joined the Tennessee Voices for Children team as an intern in the Youth Screen and Youth M.O.V.E. programs.

# about TVC

## Our Mission

Tennessee Voices for Children provides leadership, support, and services that promote voice, hope, and empowerment for the emotional and behavioral well-being of children, youth, and families.

we provide...

Support, Training, Advocacy, Information, Prevention,  
Early Intervention, Public Policy, Referral & Hope

# support



Did you know that you can support Tennessee Voices for Children simply by shopping at Kroger? It's easy when you enroll in Kroger Community Rewards®! To get started, sign up with your Plus Card by visiting [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com).

**East and Middle Tennessee:** Enter NPO Number 47052

**West Tennessee:** Enter Enter NPO Number 81566

You can support Tennessee Voices for Children while you shop by starting all purchases at [smile.amazon.com](http://smile.amazon.com). Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Visit [www.smile.amazon.com](http://www.smile.amazon.com) to get started!



Raise money for Tennessee Voices for Children by searching the internet or shopping online with GoodShop - [www.goodshop.com](http://www.goodshop.com) and GoodSearch - [www.goodsearch.com](http://www.goodsearch.com)

For more information on how you can support Tennessee Voices for Children contact Emily Carroll, Director of Development & Marketing at (615) 269-7751 or [ecarroll@tnvoices.org](mailto:ecarroll@tnvoices.org) or visit us online at [www.tnvoices.org](http://www.tnvoices.org).



Change Service Requested

Non-Profit Org  
US Postage  
PAID  
Nashville, TN  
Permit No. 3182

701 Bradford Avenue  
Nashville, TN 37204  
615-269-7751  
[www.tnvoices.org](http://www.tnvoices.org)

Mental health challenges are real and treatable.  
And we're here to help.



Stay connected  
along with more  
than 1,000 other  
followers



Follow us on  
Instagram  
@tnvoices



Follow us on  
Twitter  
@tnvoices



See us in action  
on our  
YouTube channel



Follow our  
pins & boards on  
Pinterest



Connect with us  
via LinkedIn



Join us on  
Google Plus

### **Middle Tennessee/ Main Headquarters**

701 Bradford Avenue  
Nashville, TN 37204  
Phone 615-269-7751  
Fax 615-269-8914

### **East Tennessee**

PO Box 20847  
Knoxville, TN 37940  
Phone 865-633-7639  
Fax 865-523-0705

### **West Tennessee**

1920 Kirby Parkway,  
Suite 200  
Memphis, TN 38138  
Phone 901-758-2522  
Fax 615-269-8914

For more information on how you can support Tennessee Voices for Children  
call us toll free at 1-800-670-9882 or visit us online at [www.tnvoices.org](http://www.tnvoices.org).