

Children's Mental Health



the Voice of Hope

April 2018



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Please contact
info@tnvoices.org
with questions regarding
The Voice of Hope

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

Access to Services

Family Member/Caregiver Education

Lived Experience/Peer Support

Statewide Presence

Leadership through Collaboration



a letter from the CEO



Dear Friends,

In the last three months, we have been engaged in numerous activities including an opportunity to advocate on the system level by talking to legislators about several bills that involve children. We had a great experience participating in Child Advocacy Days, hosted by Tennessee Commission on Children and Youth. We have also been engaging the community in preparation for Children Mental Health Awareness Week. Not to mention that on May 2nd we will participate in the Big Payback—a day of charitable giving!

I am so proud to serve such a strong organization with such rich history in family-driven and youth-guided care for children with mental health needs and their families. I recently had the opportunity to talk with a mom who told me about how hard it is to raise a young person with depression. There is so much social pressure for young people to be happy that her child was hardly able to face her peers anymore. There is hope for her child! Services are available at TVC to help. And, with Mother's Day around the corner, it reminded me of what incredible advocates that moms, dads, and other caregivers can be! They have to be vulnerable and strong simultaneously. It's hard. Luckily, we have a staff who know and understand that struggle very deeply and as you read ahead some of them have shared their own experiences.

TVC offers hope and help!

Sincerely,

Chief Executive Officer

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strengthen FSS services

partnerships

TVC Hosts Sponsor Appreciation Breakfast

Thank you, sponsors! On Thursday, March 8th, our wonderful past and potential Green Ribbon Gala sponsors joined us for an appreciation breakfast kindly co-hosted by the 21c Museum and Hotel!

Our sponsors helped to create a successful 2nd annual Green Ribbon Gala in 2017, allowing us to advance our mission to provide leadership, support, and services that promote voice, hope, and empowerment for the emotional and behavioral well-being of children, youth, and their families. Did you know that we were able to reach more than 52,000 children, families, and child serving professionals in the last year alone?



This year, our 3rd annual Green Ribbon Gala black tie event will be held on Saturday, October 20, 2018 at The Westin Nashville- shoutout to the Westin for being a sponsor again this year! Funds raised through The Green Ribbon Gala in 2018 will support the expansion and enhancement of our statewide programs reaching children, youth, and families in all 95 counties in Tennessee. (Pictured to the left, Patrick Sims- Tennessee Voices for Children Board President-Elect)

For sponsorship information, please contact Pragati Singh at psingh@tnvoices.org or call 615.269.7751.

Thank You, 650 AM WSM Radio!

Thank you to WSM Radio for hosting us on-air on March 22, 2018 to promote our annual Green Ribbon Gala! It's always a pleasure to be on the show!

(Pictured left to right: Pragati Singh- Director of Strategic Partnerships & Initiatives at Tennessee Voices for Children, Devon O'Day- WSM Radio Broadcaster, and Vince Foster- Tennessee Voices for Children Board Secretary)



TVC Receives Nashville Predators Foundation Grant!



We are excited to announce that we were awarded a grant through the Nashville Predators Foundation! The funds from this grant will be used to provide a "Field Day with Mentors!" for TVC children at YMCA Camp Widjiwagan this summer. This event will feature games,

activities, food, and we will end the day with a special concert just for youth participants and their mentors for the day! We would like to thank the Nashville Predators Foundation for this opportunity; we are also extremely grateful to Laura Fair, Tennessee Voices for Children Board Member, for her vision for this event and assisting in the grant writing process!

be a voice

The Big Payback- Donate Online to TVC on May 2, 2018



Neighbor, thanks to YOU Tennessee Voices for Children continues to provide services and resources to children, youth, families, and professionals!

We believe children and youth deserve an available, aware, and supportive community of families and professionals to nurture good mental health.

On Wednesday, May 2, 2018 visit www.TheBigPayback.org and search for Tennessee Voices for Children to donate!

Mr. Rogers was a wonderful advocate for the social emotional health of young children. "Always look for the helpers," said Mr. Rogers' mom. We wish a Happy 50th birthday to Mr. Rogers' Neighborhood!



2018 Children's Mental Health Awareness Week Events

Block Party & Community Resource Fair- May 19, 2018, 9:00 am to 1:00 pm, Hadley Community Center, Nashville, TN

Kid Power- May 19, 2018, 10:00 am to 2:00 pm- Crossroads Christian Church, Gray, TN

Look for several landmarks around the state to be lit up in green for Children's Mental Health Awareness Day on May 10, 2018!

Also, make sure to check out our social media channels that will support the Child Mind Institute's #SpeakUpForKids campaign.

Celebrate at The Frist!

Thank you to the Frist Art Museum for helping us celebrate National Children's Mental Health Awareness Day on May 10, 2018! The Frist is offering FREE ADMISSION to anyone with the voucher (on the back cover)- in print or on your mobile at www.tnvoices.org.



FREE ADMISSION
at The Frist Art Museum
on Thursday, May 10, 2018!
Tag us in your photos!
#YoungFitMindsTNVoices



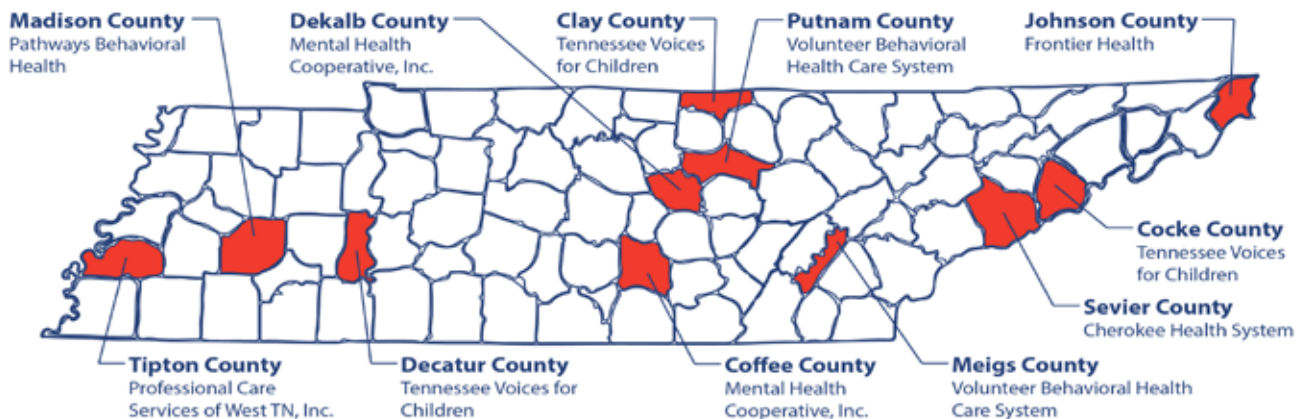
Hours on May 10- 10:00 am to 9:00 pm

Facebook-@tnvoicesforchildren Instagram-@tnvoices

System of Care Across TN

TVC SOCAT Team Now Accepting Referrals

The System of Care Across Tennessee (SOCAT) Team has been busy these past several weeks attending multiple trainings concerning the SOCAT program and Wraparound process. Team members attended the Introduction to Wraparound training facilitated by the National Wraparound Implementation Center (NWIC) in Nashville, TN. This training was meant to help them gain an understanding of the critical components of the wraparound process in order to provide high fidelity wraparound practice. They spent three days practicing steps of the process to include: eliciting the family story from multiple perspectives, re-framing the family story from a strength perspective, developing vision statements, team missions, identifying needs, establishing outcomes, brainstorming strategies, and creating a plan of care and crisis plan that represents the work of the team and learning basic facilitation skills for running a wraparound team meeting. The following weeks were spent being oriented to SOCAT and learning the various evaluation tools for SOCAT. They are excited to be taking referrals and ready to put all their new skills into practice. Below is a map of all current SOCAT counties and providers.



Eligibility Information

The young child/child/youth/young adult:

- Is between the ages of 0-21;
- Is experiencing emotional or behavioral concerns that affect their daily life (i.e. having trouble in school, with their family, with peers or adults, with law enforcement, or children's services);
- Is having difficulty or is at-risk of being kicked out of pre-school, child care, school, home, etc;
- Has been, is currently, or is at-risk of psychiatric hospitalization, residential placement, or DCS custody;
- Is willing and interested in participating (if under 16, includes family).

Anyone can make a referral for Wraparound services! For more information or to access the referral form, visit the SOCAT website at www.socacrosstn.org.

SOCAT team members

Meet Our New SOCAT Staff!



Jennifer Aitken
Family Support Specialist,
System of Care Across TN
Jennifer recently joined Tennessee Voices for Children as a Family Support Specialist after relocating to Tennessee from Nevada. Jennifer has an Associate's Degree in Family Studies. She served as a Case Manager in Nevada, and also brings years of life experiences into

her peer support role. Jennifer understands the importance of fostering mental health in our youth and thrives to give them the tools to empower themselves in daily life. In her free time, Jennifer enjoys spending time with her adult son with Autism whom she adopted when he was just five.



Amy Blackwell
Family Support Specialist,
System of Care Across TN
Amy joined Tennessee Voices for Children in February as a Certified Family Support Specialist serving Cocke County. Her background is in real estate and auctioneering, but she became passionate about advocacy and empowering families to have

a voice two years ago when she became a kinship foster parent. Amy is now an adoptive parent of children with mental health issues. In Amy's free time she enjoys spending time her family, volunteering in youth ministry, feeding the homeless, and is a board member of the Blount County Foster Parent Association.



Carey Farley
Family Support Specialist,
System of Care Across TN
Carey is a native Tennessean, born in Wilson County and raised in White County. He graduated from Tennessee Technological University. Carey spent almost 13 years as a Probation and Parole Officer for Tennessee Department of

Corrections. He became a foster parent to a special needs child who he eventually adopted as his son. Carey has also served as a scout master and as an assistant youth coach.



Kim Fyke-Vance
Program Manager,
System of Care Across TN
Kim was born in Georgia and raised in Tennessee. She earned a BA in Psychology from Emory & Henry College and received her Masters of Science in Social Work from the University of Tennessee campus in Nashville. She began her career at TVC, working as the

Respite Training Coordinator and Volunteer Coordinator. After time spent pursuing other career opportunities in the field, she is happy to return back to TVC. Kim enjoys spending time with her two young children and husband, traveling, and working in her vegetable garden.



Dakota Sullivan
Care Coordinator,
System of Care Across TN
Dakota was born and raised in Dickson, Tennessee. He attended college at Austin Peay State University in Clarksville and graduated with a Bachelors degree in Social Work and an Associates in Science. He worked at the Department of Children Services

for a year as an intern and an investigator. He has always had a passion for working with children and helping families succeed. He enjoys being able to help families and considers it a privilege to do so. He and his wife are expecting their first son in September.



Tammy Wilson
Care Coordinator,
System of Care Across TN
Tammy was born and raised in Georgia and moved to Tennessee sixteen years ago. She earned a Bachelor's in Social Work from Auburn University. After her oldest son's autism diagnosis, she decided to pursue a Master's in Human Services from Lubbock Christian University. She enjoys being a Court Appointed

Special Advocate for the Lakeway CASA program, and working in the Sunshine Ministry at her church helping children with autism enjoy services. Tammy enjoys singing in the choir and spending time with her husband and four wonderful teenagers.

making a difference

Healthy Transitions Awarded Dare to Dream America Grant

The Tennessee Healthy Transitions Initiative was Awarded the Youth M.O.V.E. Dare to Dream America Grant in January. The Dare to Dream America program provides an opportunity for youth



(ages 13 to 25) or Youth M.O.V.E. Chapters to get involved in mental health awareness activities. Successful applicants are awarded a grant up to \$2500 to implement projects that promote mental health awareness. Through the Humans in Real Life Campaign Expansion, we will allow our participants to share their stories and experiences. This is a voluntary project where a participant will fill out a survey and be published on our social media accounts. Through the Dare to Dream America Grant, the Healthy Transitions Statewide Young Adult Leadership Council hopes to increase awareness in communities across the state of mental health, as well as decreasing the stigma.



Humans in Real Life Campaign

Created by the Healthy Transitions Young Adult Leadership Council and inspired by Brandon Stanton's "Humans of New York" Campaign, the "Humans in Real Life" Campaign shares an insightful and inspiring look into the mental health of youth and young adults.

"I'm a goal-oriented person, so I like to celebrate my little achievements in addition to the bigger things I have accomplished in my life. I earned my Eagle Scout in high school which was a huge deal and something

I'm still proud of to this day. With that, I've also learned that day to day things in life are worth celebrating. I sometimes experience bouts of low mood and worthlessness so in those times I experience success just by getting out of bed. Over the course of my life, I've learned that success can be anything I that I see it as and it's important to celebrate all of life's victories, not just the big ones." ~ Garrett

To learn more about the Humans in Real Life Campaign, visit the Tennessee Healthy Transitions website at www.tnhealthytransitions.org.

Interested in Making a Difference?

Join the Healthy Transitions Statewide Young Adult Leadership Council! The Council meets monthly in Nashville to collaborate, brainstorm, and develop a plan to help serve young adults statewide, and they have fun along the way!

Are you are 16-25 years old and have personal experience with mental illness, substance abuse, foster care, or juvenile justice? Would you like to use your voice to help others? Join this movement!

Contact Will Voss, Healthy Transitions Statewide Youth Coordinator, at (615) 269-7751 or wvoss@tnvoices.org to learn more or get involved!



empowering others

TVC's Early Childhood Program Provides Social Emotional Learning Trainings & Resources

TVC's Early Childhood Program partnered with the Early Learning Programs at Middle Tennessee State University to provide trainings and consultation services to their infant and preschool teachers. Teachers attended a series of 5 Pyramid Model trainings over the course of a few months where they discussed new ways to integrate social and emotional learning into their classrooms. Following each training, teachers met individually with an Early Childhood Consultant to reflect on the unique needs of their students. Teacher feedback indicated that this was a valuable time of reflection, brainstorming, and individualized support.

Throughout the training and consultation process, teachers created and received new materials to use in their classrooms. The Feelings Face chart (pictured to the right) is a tool used to promote emotional literacy in young children. TVC staff created a new version of the Feelings Face chart for older children, which will soon be available for download on the TVC website.



behavior and learned the Observe, Learn, and Respond technique, a way to focus on what the behavior is communicating. The training concluded with a discussion on the importance of schedules and routines and how to create safety and predictability within the classroom. Feedback was positive and additional training is in the works for Sumner County and the neighboring communities. Pictured above: Anna Arts, Early Childhood Program Manager at Tennessee Voices for Children.

Did you know?

Tennessee has one of the highest preschool expulsion rates in the United States. National studies show that preschool-age children are expelled for behavior problems at three times the rate of school-age children. Data provides promising evidence that when the Pyramid Model is implemented there is a significant increase in reducing challenging behavior in the classroom.

power of a peer

Family Support Specialist in the Spotlight- Monique Jenkins

“I am married and have six children. I was born and raised in Nashville, Tennessee. I graduated from Bethel University and have spent all of my career with non-profit organizations. I have worked as a Director of Operations, a Parent Educator, Family Specialist, and an Assistant Director all with non-profit agencies. I love the work as a Family Support Specialist, because it allows me to have direct contact with families. I feel that I am able to make a difference with the families served. I have the pleasure of spending time with not only the children/youth but with the parents as well. This allows me to use my training as a parent educator. I enjoy the “boots on ground” type of work which I am allowed to do as a Family Support Specialist.”

-Monique Jenkins, Family Support Specialist at Tennessee Voices for Children

TVC Awarded BRSS TACS

On February 1, 2018, TVC received the SAMSHSA- Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) Capacity Building Opportunity Grant. The work on this began with an assessment of our strengths and areas to build capacity by supporting our peer and family support workforce. We will focus this technical assistance on addressing the need for more Certified Peer Family Support Specialists and providing a peer community within the Family Support Specialist Coalition that will help further the field.



Upcoming Family Support Specialist Coalition Meetings

Are you a Family Support Specialist? Are you interested in what Family Support Specialists do?

Be a part of the coalition of fellow Family Support Specialists you can reach out to when you face challenges. You will also participate in trainings and network with community members.

East TN- Meets in Knoxville the 1st Wednesday of every month, 11:30 am to 1:00 pm

Middle TN- Meet in Nashville quarterly on the 3rd Thursday, 11:30 am to 1:00 pm

-July 19, 2018

-October 18, 2018

West TN- Meets quarterly on the 3rd Friday, 11:30 am to 1:00 pm

-July 20, 2018

-October 19, 2018



we provide...

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

for...

Children, Youth, Families, Caregivers, Educators & Professionals

our new team members



Monique Jenkins
Family Support Specialist,
Family Connection Program

Monique joined Tennessee Voices for Children in January. She was born and raised in Nashville, TN. She attended Bethel University and received her Bachelor of Science degree in Organizational Leadership. Outside of work, she loves

to read and enjoys spending time with her children.



Garrett Spurlin
Support Specialist,
Youth Screen Program

Garrett is a senior social work student at Middle Tennessee State University. He is also a Resident Assistant and a member of Alpha Sigma Phi. Garrett will graduate in December 2018 and will pursue a Masters of Social Work in the fall of 2019. After

completing his education, he hopes to join the Peace Corps then return to the south to work with LGBT+ youth.



Elizabeth H. Ball
Clinical Director

Elizabeth joined Tennessee Voices for Children in March of this year. She grew up in Morristown, Tennessee and attended the University of Tennessee at Knoxville before moving to Texas as part of a national volunteer program working with adolescents. Elizabeth finished her undergraduate degree in Government and graduate degree in Social Work at the University of Texas at Austin. She also earned her distinction as a Licensed Clinical Social Worker in Texas. For the majority of her career, Elizabeth has worked with children and families in the mental health and juvenile justice fields. Elizabeth has expertise as a Case Manager, Therapist, Juvenile Probation Officer, Director of Children's Outpatient Clinic, Treatment and Case Management Director, and Quality Assurance Administrator. She also has worked

with systems of care communities and programs for 20+ years and in multiple capacities. In 2014, she returned to Tennessee to serve as the Clinical Director and subsequently the Project Director for an Early Childhood Mental Health system of care grant within middle Tennessee. Her background also includes roles in contract management, service standards, program development, clinical supervision, volunteer administration, grants management, and strategic planning. Elizabeth serves on the Board of the Association of Infant Mental Health in Middle Tennessee, and the advisory board of Prevent Child Abuse Tennessee.

Staff Achievements

We would like to congratulate Wendy Sullivan on receiving her Bachelor of Science in Organizational Leadership from Bethel University! Wendy serves as the Program Manager for the Statewide Family Support Network Program at Tennessee Voices for Children.

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



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.

Donate to Tennessee Voices for Children on May 2, 2018!



Join Us!

Trainings

Family Support Specialist Competency Course

- April 24-26, Memphis, TN
- June 19-21, Nashville, TN

Parent-2-Parent Advocacy Training

- June 13-14, 9:00 am- 4:00 pm

Save the Date

SpeakUp5K Nashville

- April 21, 2018

The Big Payback

- May 2, 2018

Children's Mental Health Awareness Day

- May 10, 2018

The Green Ribbon Gala

- October 20, 2018



Children's Mental Health Awareness Day!
FREE ADMISSION at the Frist!
 Thursday, May 10, 2018- 10:00am to 9:00 am





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