

NASW-TN Children & Families Connections

May 2019 Newsletter



Welcome to NASW-TN's new e-newsletter. This will be a monthly publication focused on supporting your work with children & families in Tennessee. Monthly issues will be emailed to our members and shared with the public through our Facebook page and website. Each issue will include a theme for that month, the latest information and research related to children & families, as well as tools and resources you can use in your practice.



May is Children's Mental Health Awareness Month!

Children's Mental Health Awareness Day (CMHAD) was observed on May 9th but there are many ways you can continue to raise awareness for Child and Adolescent Mental Health. The theme for this year is "Suicide Prevention: Strategies That Work" and this issue provides information on that topic and other child and adolescent mental health information and resources.

Half (50%) of all lifetime cases of mental illness begin by age 14, and 75% surface by age 24. The critical thing about our youth is that national averages indicate that it takes 8-10 years from the onset of symptoms until intervention. That can lead to problems at home, problems at school, interaction with the juvenile justice system, and even thoughts of suicide. More than 90% of the children and youth who die by suicide have a mental health condition.

As a community, what can we do better to make sure all Tennesseans get the help they need? [The National Council for Behavioral Health](#) has a great resource entitled "[7 Super Skills to Help a Friend in Need](#)." They list calmness, honesty, a non-judgmental attitude, empathy, resourcefulness, reassurance, and encouragement as the seven tools needed for helping someone experiencing difficulty.

Below are some resources you can use to help promote the health and well-being of our children and youth.:

Suicide Prevention Resources

[Suicide Prevention and the Clinical Workforce: Guidelines for Training](#)

[National Suicide Prevention Lifeline\(NSPL\)](#) (1-800-273-8255)

- [Ayuda En Español](#) or [Help for people who are Deaf, Hard of Hearing, or hearing loss](#)

[TN Statewide Crisis Phone Line](#)

[Tennessee Suicide Prevention Network](#)

[The Trevor Project](#)

[National Crisis Text Line](#)

- You can text TN to 741741 to connect to the Crisis Text Line

[Tennessee Crisis Services & Suicide Prevention](#)

Suicide and Suicide Prevention Prevention Fact Sheets

[Facts About Suicide in Tennessee](#)

[CDC Fact Sheet](#)

[Trevor Project Fact Sheet](#)

Resources for You from NASW!

NASW provides a variety of resources to assist our members. Click the button below to access a list of some resources NASW provides in relation to children's mental health.

NASW Resources on Child and Adolescent Mental Health for Your Practice



Resources from the Tennessee Department of Mental Health & Substance Abuse Services

[Best Practices for Children & Adolescents](#)

These guidelines have been developed to offer social workers and other health care professionals with evidence-based best practices in serving individuals from birth to the age of 17.

[Services for Children & Youth](#)

The Tennessee Department of Mental Health and Substance Abuse Services has a professional network of community service providers and sister agencies with a number of services for children & youth.

[It Takes Teamwork — Systems of Care in Behavioral Healthcare](#)

By Kelly Bauermeister, LCSW, and EAnn Ingram

Alex, a 17-year-old student, was diagnosed with a severe case of attention-deficit/hyperactivity disorder (ADHD) early in his high school career. He was struggling to concentrate in school and had been failing several classes. His impulse control was poor, and he was increasingly causing trouble both in the classroom and at home... To help change Alex's course, the court referred him to a federally funded system of care program that would change the type of care and support Alex received by creating a specialized wraparound process that involved both Alex and his family.

[Read more](#)



Mental Health Resources

Mental health services for children and youth can include outpatient counseling, case management, psychiatric services or other support services for your family. These services are available from community mental health centers, other community agencies and private providers through TennCare, private insurance plans and private pay fees.

[Click here to access kidcentral's mental health resources for children across](#)

[NASW-TN Member Spotlight!](#)

Below are a few of our members making a difference in the area of Children's Mental Health!

Alison D. Peak LCSW, IMH-E

Executive Director
Allied Behavioral Health Solutions
<http://alliedbehavior.com/>

Annie Farris Stricklin, MSSW

Volunteer Behavioral Health
Juvenile Justice Reform Program Director
[Tennessee Department of Mental Health and Substance Abuse Services Region III](#)

Madelyn Whitley Bowman, LMSW

Student Assistance Counselor
in Sumner and Williamson Counties
STARS Nashville
www.starsnashville.org

Crisis Services for Children

A mental health crisis is an intense behavioral, emotional, substance use or psychiatric situation that, if left untreated, could result in an emergency situation.

Crisis services include toll-free hotline help and mobile crisis services that are available 24 hours a day, seven days a week.

If you need crisis services at any time, call the statewide toll-free crisis hotline at: **855-CRISIS-1 (855-274-7471)**

[Click here to access kidcentral's mental health crisis resources](#)

Madelyn Whitley has shared her leadership skills as the NASW-TN Middle Branch Chair for the last two years. NASW-TN extends our thanks and best wishes as she moves to Colorado during the summer! She will continue her work with children as a Social/Emotional Interventionist in the St. Vrain Valley School District in Colorado.

We invite you to send us suggestions of NASW-TN members making a difference in your community.

If you have someone you would like to highlight here, contact Jacquie Telfer at jtelfer.naswtn@socialworkers.org

Services & Resource Corner

[Association of Infant Mental Health in TN AIMHiTN](#)

AIMHiTN promotes the healthy social and emotional development of Tennessee children from birth through age 5 with the goal of weaving infant mental health practices and principles into the everyday activities of individuals who touch the lives of infants, young children and their families.

[Carey Counseling Center, Inc.](#)

Dedicated to serving Northwest TN by offering a full range of community-based, behavioral health services.

[Council on Children's Mental Health](#)

The Council on Children's Mental Health was created to develop a plan for a statewide system of care where children's mental health services are child-centered, family-driven, culturally and linguistically competent, and provides a coordinated system of care for children's mental health needs in the state.

[Frontier Health](#)

Northeast TN's leading provider of behavioral health services, offering treatment for mental health, co-occurring, and substance abuse problems, recovery & vocational rehabilitation, & developmental and intellectual disabilities services.

[Helen Ross McNabb Center](#)

Provides quality and compassionate care to help children overcome behavioral health challenges since 1948. Our team of trained professionals creates individualized treatment plans to address the unique needs of each child.

[STARS](#)

STARS is a nonprofit organization that supports young people through the social

[TN Voices for Children](#)

Exists to build the emotional and behavioral health of children, young adults, and families.

[TN Dept. of Health - Maternal & Child Health](#)

The Maternal and Child Health Section is part of the Tennessee Department of Health's Division of Family Health and Wellness. This lists program for Women's Health as well as Children's Health.

[Volunteer Behavioral Health Care System](#)

One of the leading mental health providers in the Middle, Southeast, and Upper Cumberland regions of TN.

[Youth Villages](#)

Provides help for children and youth who face a wide range of emotional, mental and behavioral problems.

Need to get your CE Hours? Here are some upcoming Continuing Education Workshops from NASW-TN!

[Middle Branch Meeting - 2019 Legislative Update](#)

1.0 CEU with Lunch
May 29, 2019
Nashville, TN

[Northeast Branch Forum](#)

6.0 CEUs with 3.0 in Ethics
June 14, 2019
Johnson City, TN

[Best Practices in Social Work](#)

and emotional barriers they face. Our five evidence-based school & community programs address issues like bullying, substance abuse and violence.

[Systems of Care Across TN \(SOCAT\)](#)

SOCAT ensures TN families have access to community-based services for children, youth, and young adults with mental, emotional, & behavioral health needs.

[TCCY](#)

The Tennessee Commission on Children and Youth (TCCY) advocates to improve the quality of life for children and families and provides leadership and support for child advocates.

[Supervision](#)

6.0 CEUs with 3.0 in Ethics
October 4, 2019
Memphis, TN

[Licensure Examination Preparation](#)

15.0 CEUs with 3.0 in Ethics
November 1-2, 2019
Nashville, TN

HELP4TN

Free civil legal help is available through resources provided by Tennessee Alliance for Legal Services. Visit www.HELP4TN.org or call 1-844-HELP4TN to talk to an experienced Tennessee attorney for free legal advice and referrals.

NASW, Tennessee Chapter helps support the inclusion of information on social services through this website.

kidcentral tn

HOME

Free, one-stop resource for TN families to raise healthy and happy kids. kidcentral tn features articles on health, education, development and more. It also includes a searchable directory for state-sponsored services for children & families.

The site is maintained by the Tennessee Commission and Children and Youth.



National Association of Social Workers



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