



Children & Families Connection

September 2019 Newsletter

Welcome to NASW-TN's 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.



**NATIONAL
RECOVERY
MONTH 2019**
30th Anniversary

September is Recovery Month!

National Recovery Month (Recovery Month), sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help.

SAMHSA creates a [Recovery Month toolkit](#) to help individuals and organizations plan events and activities to increase awareness about mental and substance use disorders, treatment and recovery. The kit provides media outreach templates, tips for event planning and community outreach, audience-specific information and data on behavioral health conditions, and resources for prevention, treatment, and recovery support services. These resources help local communities reach out and encourage individuals in need of services, and their friends and families, to seek treatment and recovery services and information.

[Click here to access the Recovery Month Toolkit!](#)

Resources for You from NASW!

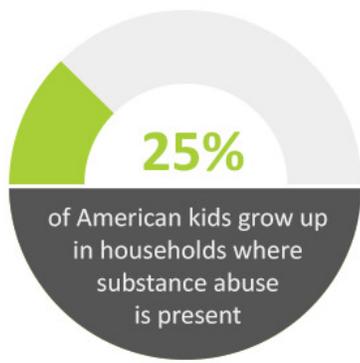
NASW provides a variety of resources to assist our members. Click the button below to access a list of some resources NASW provides related to addiction and recovery.

[NASW Resources on Addiction & Recovery](#)



Cornerstone of Recovery

[As deaths due to drugs, alcohol](#)



[Guide for Children of Addicted Parents](#)

Regardless of our age, we are always deeply influenced by the people who raise us. These influences include not only the genes inherited from biological parents, but also the behaviors, habits, values, and communication styles that we learn from our adult caregivers. This same pattern applies to the way we use alcohol or drugs. The [National Institute on Drug Abuse](#) estimates that 25 percent of American kids grow up in households where substance abuse is present. In homes where one or more adults abuse alcohol or drugs, children are approximately twice as likely to develop addictive disorders themselves, according to [Current Drug Abuse Reviews](#). These children are also more likely to experience:

- Poor performance in school
- Emotional and behavioral problems
- Low self-esteem
- A higher risk of physical, verbal, or sexual abuse
- A higher risk of developing anxiety or depression
- Earlier onset of experimentation with drugs or alcohol
- A greater chance of becoming addicted once they start using drugs or alcohol

On a positive note, children can have a powerful impact on the adults in their lives if they have access to the right resources and support services. Learning about these support systems, and how to use them to get help for addicted parents, can change the course of a child's future and may help a parent begin the recovery process. [Read More...](#)



American
Addiction Centers

[and suicide rise, TSPN prepares for much-needed new prevention funding](#)

It's a correlation long recognized by professionals in the suicide prevention and addiction treatment fields, but now there's indisputable data: In 2017, deaths due to drugs, alcohol and suicide spiked to their highest levels ever recorded. The Centers for Disease Control and Prevention has collected that data since 1999, but two public health nonprofit organizations — the Trust for America's Health and the Well Being Trust — released an analysis of that data this week that show "the national rate for deaths from alcohol, drugs and suicide rose from 43.9 to 46.6 deaths per 100,000 people in 2017, a 6 percent increase," according to a story published on the front page of a March edition of USA Today.

In fact, according to the numbers, death from suicides increased by 4 percent, double the national average annual pace over the previous decade, according to the story. For Amy Dolinky, East Tennessee Director of the [Tennessee Suicide Prevention Network](#), those numbers are sobering but not particularly surprising, she said.

"Suicide is the leading cause of death for people with substance use disorders if you look at the disease model," Dolinky said. "For these people, the problem is life, and the solution is drugs and alcohol. When you remove those, you still have those problems of life, and it seems that suicide could be an easy next option for some folks. Whether that person is in recovery, or the drugs and alcohol are not working like they used to, it just seems like a progression that's bound to happen."

[Read more...](#)



"Saving Lives in Tennessee"

[OxyContin maker Purdue Pharma files for bankruptcy as part of](#)

[Substance Use Best Practice Tool Guide](#)

The Tennessee Department of Mental Health and Substance Abuse Services' Division of Clinical Leadership, in collaboration with the Division of Substance Abuse Services, has developed its first substance use best practice tool guide. The document contains information and resources and aligns with initiatives of the Substance Abuse and Mental Health Services Administration:

- Increasing awareness and understanding of substance use;
- Promoting the use of best practices for individuals with substance use disorders, including co-occurring disorders;
- Encouraging innovative and improved practice in the field;
- Enhancing capacity that will result in stronger communities; and
- Developing expertise around substance use issues for an array of audiences.

The tool guide has been reviewed by a diverse group of stakeholders from across the state, including academia, non-profits agencies, for-profit entities, and government agencies. Evidence-based practices are emphasized throughout the document. In summary, the tool guide aims to promote knowledge, wholeness, and recovery.

[The entire document is available at this link.](#)

[opioids settlement](#)

Purdue Pharma, the company that made billions selling the prescription painkiller OxyContin, filed for bankruptcy in White Plains, New York, days after reaching a tentative settlement with many of the state and local governments suing it over the toll of opioids.

The filing was anticipated before and after the tentative deal, which could be worth up to \$12 billion over time, was struck. "This settlement framework avoids wasting hundreds of millions of dollars and years on protracted litigation," Steve Miller, chairman of Purdue's board of directors, said in a statement, "and instead will provide billions of dollars and critical resources to communities across the country trying to cope with the opioid crisis. We will continue to work with state attorneys general and other plaintiff representatives to finalize and implement this agreement as quickly as possible." But legal battles still lie ahead for Stamford, Connecticut-based Purdue, which is spending millions on legal costs as it defends itself in lawsuits from 2,600 government and other entities.

[Read more...](#)



Resource Corner

[Tennessee Association of Alcohol, Drug, and other Addiction Services \(TAADAS\) Free Publications](#)

[TDMHSAS: Helpful links for Behavioral Health Providers in TN](#)

[TDMHSAS: Treatment & Recovery Providers and Resources](#)

[Fetal Alcohol Spectrum Disorders \(FASD\) Training And Resources](#)

[American Academy of Pediatrics: Substance Use Screening and Intervention Implementation Guide](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[Jackson Area Council on Alcoholism and Drug Dependency \(JACOA\)](#)

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

[Best Practices in Social Work Supervision](#)

6.0 CEUs with 3.0 in Ethics
September 27, 2019
Nashville, TN

[Southeast Branch Forum](#)

6.0 CEUs with 3.0 in Ethics
September 27, 2019
Chattanooga, TN

[Best Practices in Social Work 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

Midwest Branch Forum

6.0 CEUs with 3.0 in Ethics
November 8, 2019
Jackson, 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.



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