

**Toxic stress
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Child Social, Emotional, and Mental Health

Children's social and emotional health affects their overall development and learning. Research shows that children who are mentally healthy tend to be happier, show greater motivation to learn, have a more positive attitude toward school, and show higher academic performance than less mentally healthy peers. Thus, children's social and emotional health is just as important as their physical health and affects their ability to develop and lead a fulfilling life. Within the context of one's family, community and cultural background, social and emotional health is the child's developing capacity to:

- Form safe relationships
- Experience and control emotions and,
- Explore and learn

Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are potentially harmful events that occur in childhood. ACEs can include violence, abuse, neglect, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially:

- Lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood.
- Reduce risky behaviors like smoking and heavy drinking.
- Improve education and employment potential.
- Stop ACEs from being passed from one generation to the next.

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



To learn more about ACEs, visit:

1. Adverse Childhood Experiences -Tennessee Commission on Children and Youth ([tn.gov](https://www.tn.gov))
2. The Economic Cost of ACEs in Tennessee - The Sycamore Institute (Economic Impact)
3. ACE Awareness Foundation



Mindfulness and Managing Emotions

By teaching children meditation and mindfulness skills it can help to increase their wellbeing and enable them to meet the stresses of the world with self-respect, compassion, and openness.

Mindfulness meditation, at its simplest, is paying attention to what is happening in the present moment. It may be what the child is feeling, hearing, or anything else they notice. There's no special place of calm a child must reach and it's not about clearing their mind, it's just an honest and kind look at what the child is feeling in that moment.

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Research Supports Yoga & Mindfulness in Schools

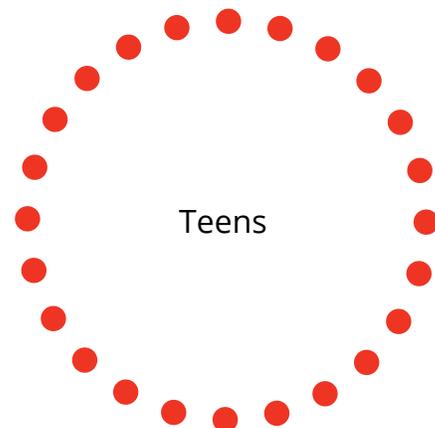
There's been a lot of interest in recent years about the potential benefits of implementing yoga and mindfulness in schools. While research on school-based yoga and mindfulness is in its early stages, the initial results are promising.

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<h3>Mental Health and Resilience</h3> <p>Reduces anxiety,¹ problematic stress responses² and depression.³ Improves resilience⁴ and coping frequency.⁵</p>  <p><small>1. Regehr (2012) 2. Henderson (2016) 3. White (2017) 4. Slings (2015) 5. Schreiner (2016)</small></p>	<h3>Social-Emotional Skills</h3> <p>Improves social-emotional outcomes⁶ such as self-regulation⁷ and social skills.⁸ Reduces problem behaviors such as suspensions and disciplinary referrals,⁹ bullying¹⁰ and hostility.¹¹</p>  <p><small>6. Maynard (2017) 7. Finken (2016) 8. Daniels (2017) 9. Ricca (2015) 10. Baksh (2015) 11. Frank (2016)</small></p>
<h3>Physical Health</h3> <p>Increases physical well-being¹² and physical fitness¹³ as well as flexibility, balance and strength.¹⁴</p>  <p><small>12. Chen (2014) 13. Paudel (2016) 14. Fialho (2016)</small></p>	<h3>School / Classroom Climate</h3> <p>Cultivates positive climates by fostering beneficial mental, social-emotional, academic and physical outcomes for educators and students.^{22, 23, 24}</p>  <p><small>22. Rober (2012) 23. O'Leary (2014) 24. Kelly (2013)</small></p>
<h3>Academic Performance</h3> <p>Enhances focus and attention^{15, 16} and supports positive academic outcomes such as improving grades¹⁷ and test scores,¹⁸ and preventing declines in Grade Point Average (GPA).¹⁹</p>  <p><small>15. Baksh (2015) 16. Tarruck (2016) 17. Bellinger (2015) 18. Ma (2016) 19. Bennett (2016) 20. Butler (2015)</small></p>	<h3>Teacher Well-Being</h3> <p>Educators who participate in yoga-and-mindfulness-based training experience improvements in mood, classroom management, physical symptoms, blood pressure and cortisol awakening response²⁰ as well as teaching efficacy, well-being, stress reduction and burnout prevention.²¹</p>  <p><small>20. Harris (2016) 21. Jennings (2013)</small></p>



Mindfulness and Managing Emotions Resources



Regional Intervention Program

“Parenting that works!”

Locations

To enroll in RIP, contact the program nearest you:

WEST TENNESSEE

Memphis
901-678-5258

MIDDLE TENNESSEE

Nashville
615-963-1177

Clarksville
931-920-2347

Columbia
931-490-1556

Franklin
615-786-2821

Gallatin
615-451-9618

Smyrna
615-890-4622

EAST TENNESSEE

Cleveland
423-339-6781

Johnson City
423-232-4211

Kingsport
423-224-1020

Knoxville
865-523-8695

The Regional Intervention Program (RIP) is a parent-implemented, professionally-supported program for young children — ages 2 to 6 years — and their families who are experiencing challenging behaviors. **The program is FREE for Tennessee families.**

This unique, internationally-recognized program guides parents in learning the skills to work directly with their own children while they receive training and support from experienced RIP families.



Services for Families

Families enrolled in the Regional Intervention Program move through two phases of treatment:

Phase I: Active Treatment

In Phase I, families learn specific positive behavior management strategies and skills to effectively address challenging behaviors and have opportunities to practice directly with their own child and in RIP classrooms.

Phase II: Payback Treatment

In Phase II, parent implementation comes to life! Families strengthen their skills by teaching and supporting newly-enrolled families. Phase II is not only considered a continuation of skills learned, but it serves as a way in which families “give back” to the program.



To learn more about Tennessee’s Regional Intervention Program, reach out to the RIP program in your area or:

**Call: 615-963-1177 | Email: rip.tdmhsas@tn.gov
Visit: tn.gov/parenting-that-works**

Positive Solutions For Families (PSF)

FREE Parenting Series!



Positive Solutions for Families (PSF) is an evidence-informed six-part series of workgroups. Parents and caregivers will learn how to use positive approaches and effective parenting techniques to improve interactions with their child(ren), which in turn will support social and emotional development and address challenging behaviors.

Call 615-963-1177 for more information

LOCATIONS

To enroll in PSF, contact the program nearest you:

WEST TENNESSEE

Memphis
901-678-5258

MIDDLE TENNESSEE

Nashville
615-963-1177

Clarksville
931-920-2347

Columbia
931-490-1556

Franklin
615-786-2821

Gallatin
615-451-9618

Smyrna
615-890-4622

EAST TENNESSEE

Cleveland
423-339-6781

**Regional Intervention
Program Building
3411 Belmont Blvd.
Nashville**



Overview of Topics Covered

Session 1: Making a Connection: Talk about building positive relationships with children and the power of positive comments and encouragement.

Session 2: Understanding Behavior Part 1 (Promoting Positive Behavior): Learn about key social/emotional skills and how to promote these skills in your child(ren).

Session 3: Understand Behavior Part 2 (Preventing Challenging Behavior): Practice ways to determine the meaning of behavior and what influences it.

Session 4: Emotional Literacy: What is emotional vocabulary? How can games, songs, books, and other activities promote emotional literacy?

Session 5: Proven Practices: Examine specific strategies that can be used to promote positive behavior in and out of the home.

Session 6: If I Knew Then... Review past sessions and strategies while discussing best practices on prevention, teaching new skills, and responses to challenging behavior. Examine resources for continued education and identify supports for children.



To learn more about PSF or Tennessee's Regional Intervention Program, reach out to a program in your area or:

**Call: 615-963-1177 | Email: rip.tdmhsas@tn.gov
Visit: tn.gov/parenting-that-works**

SCHOOL-BASED INITIATIVES

Project AWARE

AWARE aims to expand youth access to mental health resources and promote resilience and positive behavioral functioning among school-age youth to keep youth in school and out of the juvenile justice system. The AWARE Youth Councils empower the youth voice to reduce the stigma and implement change for youth mental health.

Available in 7 counties



K-3rd Grade

Project BASIC is a prevention and early intervention school-based program that promotes mental health by identifying children at risk of serious emotional disorders and referring them to treatment.

Available in 57 counties.

Erase The Stigma

Erase the Stigma (IC Hope) is a free program for all ages that provides education around mental illness while reducing the stigma surrounding mental health issues.



Available in Middle and West Tennessee

Violence & Bullying Prevention

4-8th Grade

The Violence and Bullying Prevention program is available to schools to help children with skill enhancement in: empathy building, resilience training, impulse control, decision making, and anger management.

Available in Middle Tennessee

School-Based Behavioral Health Liasons

K-12th Grade

School-Based Behavioral Health Liasons provide face-to-face consultation with classroom teachers who will enhance learning environments for children who have or are at-risk for Serious Emotional Disturbance (SED), behavior problems, or substance use disorders. Liasons also provide training and education for the classroom teacher and serves as a link between the school and the child's family.

Available in 95 counties.

State of Tennessee Family Support Specialist Certification Program

A Certified Family Support Specialist (CFSS) is a person who has self-identified as the *caregiver* of a child or youth with a *mental, emotional, behavioral or co-occurring disorder* and who has successfully navigated the child-serving systems to access treatment and resources necessary to build *resiliency* and foster success in the home, school, and community. This individual has successfully completed training recognized by TDMHSAS on how to assist other *caregivers* in fostering *resiliency* in their child, based on the principles of *resiliency* and *recovery*.

For an individual to be eligible for certification, certain qualifications of personal experience, training, employment, and job duties must be met.

Personal Experience

- Self-identify as being or having been the primary *caregiver* of a child or youth with a *mental, emotional, behavioral, or co-occurring disorder*.
 - Personal experience regarding navigating the child-serving systems as the *caregiver* of a child or youth with a *mental, emotional, behavioral or co-occurring disorder*.
 - Have actively participated for at least twelve consecutive months at any time during the past five years in service planning, system navigation, and building *resiliency* for a child or youth.
 - Have a minimum of six months' work experience (paid and/or volunteer) as a *Family Support Specialist, Support Group Facilitator, Caregiver Educator* and/or *other relevant experience*.
-
- ✓ Be at least eighteen (18) years of age or older;
 - ✓ Hold a high school diploma or a General Educational Development (GED);
 - ✓ Self-identify as being or having been the *caregiver* of a child or youth with a *mental, emotional, behavioral, or co-occurring disorder*;
 - ✓ Provide a statement of personal experience regarding navigating the child-serving systems as the *caregiver* of a child or youth with a *mental, emotional, behavioral or co-occurring disorder*; and
 - ✓ During the last five (5) years, have actively participated for at least twelve (12) consecutive months in service planning, system navigation, and building *resiliency* for a child or youth.

Referral Resource Guide

Tennessee

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation

Dial 911

Mobile Crisis

Youth Villages

(866) 791-9221 (North Middle TN)
(866) 791-9222 (South Middle TN)
(866) 791-9227 (Rural West TN)
(866) 791-9226 (Memphis Region)
(866) 791-9224 (East Region)
(866) 791-9225 (South East Region)

Mental Health Cooperative

(615) 726-0125 (Davidson County)

Frontier Health

(877) 928-9062 (Upper East TN)

Helen Ross McNabb

(865) 539-2409 (East TN)

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
press 1 for veterans, 2 for Spanish

TN Statewide Crisis Line 24/7

1-855-274-7471
Or Text "TN" to 741741

Other TN Resources:

Department of Mental Health and Substance Abuse Services- <http://www.state.tn.us/mental>

Information provided to families in the areas of health, education, child development and support-funded by the Tennessee Children's Cabinet-
<http://kidcentraltn.com/>

Tennessee Suicide Prevention Network: TSPN at 615-297-1077, Misty Leitsch Director www.tspn.org

2021-2022 Mental Health and Suicide Prevention Resource Directory- [here](#)

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

<p>National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453) Tennessee: 877-237-0004 https://apps.tn.gov/carat/</p>	<p>National Sexual Assault Hotline 1-800-656-HOPE (4673)</p>
<p>National Domestic Violence Hotline 1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line) TN 1-800-356-6767</p>	<p>RAINN (Rape, Abuse & Incest National Network) 1-800-656-HOPE (4673) www.rainn.org</p>

TREATMENT RESOURCES

Substance Abuse Treatment

Tennessee Association of Alcohol, Drugs and Alcohol: 615-780-5901 taadas@taadas.org

Tennessee REDLINE, 24/7 hotline that connects Tennessee residents with state-funded, addiction treatment and recovery services 1-800-889-9789

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. TheNationalCouncil.org (click on “Find a Provider”)

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. 1-800-950-NAMI (6264)

Tennessee Association of Mental Health Organizations- www.tamho.org

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. TheNationalCouncil.org (click on “Find a Provider”)

National Runaway Safeline

1-800-621-4000 1-800-RUNAWAY

RESOURCES FOR SPECIAL POPULATIONS

GLBT National Help Center

1-888-843-4564
www.glnh.org

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)
www.glnh.org/talkline

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)
www.theTrevorProject.org

SELF-HELP RESOURCES AND GROUPS

Find a time and location of a meeting.

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

Al-Anon and Alateen Meetings

www.al-anon.alateen.org/local-meetings

Dual Recovery

www.draonline.org

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)
www.na.org/meetingsearch

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com

TDMHSAS: OFFICE OF CHILDREN, YOUNG ADULTS, & FAMILIES

ASHLEY JASINSKI	Regional Intervention Program (RIP) T/TA Coordinator	
Ashley.Jasinski@tn.gov	615-963-1177	
EARLY INTERVENTION & PREVENTION PROGRAM	0-11 y/o	(STATE)
This program provides early intervention and prevention services including on-site child, family, and group counseling to children who are at-risk of serious emotional disturbances and their mothers who are enrolled in or are alumni of the family residential or intensive outpatient substance abuse programming at Renewal House.		
<u>Agency</u>	<u>City/County</u>	
Renewal House	Davidson	
MELISSA BINKLEY	Regional Intervention Program (RIP) Director	
Melissa.Binkley@tn.gov	615-963-1177	
CHILD CARE CONSULTATION	0-8 y/o	(MHBG)
Provides early childhood mental health training, coaching and consultation (using best practices) to centers and systems that serve young children across the state. In addition, capacity development and awareness building will be provided around the need for early childhood mental health and healthy social emotional development. The training site in Nashville serves the whole state.		
<u>Agency</u>	<u>City/County</u>	
TVC	Statewide	
REGIONAL INTERVENTION PROGRAM (RIP)	2-6 y/o	(MHBG)
The Regional Intervention Program is a parent-implemented, professionally-supported program for young children (2-6 years old) and their families experiencing challenging behaviors. RIP has been serving families with young children since 1969. This unique, internationally recognized program guides parents in learning the skills necessary to work with their own children, while they receive training and support from other RIP families.		
<u>Agency</u>	<u>City/County</u>	
Centerstone	Montgomery	
	Maury	
Frontier	Sullivan	
	Washington	
Helen Ross McNabb	Knox	
TDMHSAS	Davidson	
University of Memphis	Shelby	
VBHCS	Williamson	
	Sumner	
	Rutherford	
	Bradley	
RIP (Out-of-State Revenue Contracts)	2-6 y/o	(REV)
<u>Agency</u>	<u>State</u>	
Chula Vista Elementary School District	Chula Vista, CA	
St. Luke's Hospital (TIES)	Cedar Rapids, IA	
CATY DAVIS	Assistant Director of School-Based Initiatives	
Caty.Davis@tn.gov	865-594-2656	
ERASE THE STIGMA	All ages	(STATE)
This program uses a mental health awareness curriculum that promotes understanding of mental health and social-emotional wellness and reduces stigma of mental illness through educational presentations and public awareness campaigns. Presentations are primarily in schools, but are available to any agency upon request.		
<u>Agency</u>	<u>City/County</u>	
MHAMTN	Middle TN	

West TN		
PROJECT B.A.S.I.C.	K-3rd grade	(MHBG)
Project B.A.S.I.C. (Better Attitudes and Skills in Children) is a school-based, mental health prevention and early intervention service that focuses on the promotion of mental health in children in the earliest school grades (K-3 rd grade). A child development specialist (CDS), employed by a community mental health agency, works full-time in an elementary school to promote Pyramid Model practices and implementation. The program includes: identification and referral of children with serious emotional disturbance (SED), teacher consultation, student consultation, positive school climate activities, and classroom mental health promotion presentations, all guided by the Pyramid Model framework.		
<u>Agency</u>	<u>City/County</u>	
Carey Counseling	Benton	
	Henry	
	Lake	
Centerstone	Giles	
	Lewis	
	Maury	
	Perry	
	Robertson	
	Wayne	
	Humphreys	
Cherokee	Hamblen	
	Union	
Frontier	Carter	
	Greene	
	Hancock	
	Hawkins	
	Unicoi	
Helen Ross McNabb	Hamilton	
Pathways	Madison	
	Obion	
Professional Care Services	Dyer	
	Fayette	
	Haywood	
	Lauderdale	
Quinco	Decatur	
	Hardeman	
	Henderson	
	McNairy	
Ridgeview	Anderson	
VBHCS	Bledsoe	
	Cumberland	
	Grundy	
	Macon	
	Meigs	
	Warren	
PLANNED RESPITE	2-15 y/o	(MHBG)
This program provides planned respite services to families of children with SED or dually-diagnosed with SED and Autism Spectrum Disorder, who are two through fifteen (2-15) years of age. Respite consultants provide short-term respite, and work with the family to identify long-range respite resources. An Individualized Family Respite Plan (IFRP) is developed with the family. The IFRP may include short-term direct respite care by staff, identification of		

possible respite resources, and determination of child learning characteristics and behavior patterns that interfere with the family’s ability to secure respite. The respite consultant will assist the family in identifying and developing community based respite resources, and will work with families to help them utilize these respite resources in the most effective manner.		
<u>Agency</u>	<u>City/County</u>	
Alliance	Shelby	
Frontier	Sullivan	
	Washington	
	Unicoi	
	Carter	
Quinco	Madison	
Ridgeview	Anderson	
	Knox	
VBHCS	Hamilton	
	Rutherford	
	Sumner	
RESPITE VOUCHER	0-18 y/o	(MHBG)
The Respite Voucher program provides respite vouchers for families whose children are diagnosed with a SED or Autism Spectrum Disorder. Parents choose their own respite provider, negotiate rate of pay, and are reimbursed for the respite service. The Respite Helpline maintains a list of known respite providers across the state.		
<u>Agency</u>	<u>City/County</u>	
TN Respite Coalition	Statewide	
VIOLENCE & BULLYING PREVENTION	4th-8th grade	(STATE)
Violence prevention and resiliency program uses an evidence-based practice (e.g. Second Step curriculum) to teach empathy, impulse control, decision-making skills, and anger management to youth in grades 4-8.		
<u>Agency</u>	<u>City/County</u>	
Centerstone	Bedford	
	Bradley	
	Coffee	
	Hamilton	
	Marion	
	Montgomery	
	Robertson	
	Rutherford	
	Stewart	
KAYLA MUMPHREY-OQUENDO	Director of School-Based Initiatives	
Kayla.m.mumphrey@tn.gov	615-532-3648	
SCHOOL BASED BEHAVIORAL HEALTH LIAISONS	K-12th grade	(MHBG, STATE)
School Based Behavioral Health Liaisons use the Multi-Tiered Systems of Supports (MTSS) framework to provide face-to-face consultation with classroom teachers to enhance trauma-informed learning environments for children and youth who have or are at-risk for SED, behavior problems, or substance use disorders. Liaisons provide training and education for the classroom teachers regarding mental health and substance abuse topics, as well as behavioral interventions. Liaisons provide a connection between the child’s family and school to ensure collaboration and proper communication; assists with transitions between alternative school/classroom placements; supports school staff/families in navigating mental health transitions between alternative school/classroom placements; supports school staff/families in navigating mental health and other needed services; and provides mental health screenings and brief therapy for the child or youth as needed.		
<u>Agency</u>	<u>City/County</u>	
Local Community Mental Health Providers	Statewide	
Danielle Jackson	Director of System of Care Initiatives	
Danielle.Consuleo.Jackson@tn.gov		

SYSTEM OF CARE ACROSS TENNESSEE (SOCAT)	0-21 y/o	(FEDERAL GRANT)
<p>System of Care Across Tennessee (SOCAT) aims is to ensure Tennessee families have access to community-based services for children, youth, and youth adults with mental, emotional, and behavioral health needs that is coordinated across systems, individualized to a family’s unique needs, strengths, and culture, where the families are the primary decision makers in the care of their children. SOCAT aims to put in place policies, organizational structures, training and technical assistance, and funding mechanisms that support the implementation and expansion of a children’s mental health system in Tennessee grounded in system of care values and principles. Through partnerships with local behavioral health providers, SOCAT serves families through a High Fidelity Wraparound approach with Family Support Services and access to Youth and Young adult resources.</p>		
<u>Agency</u>	<u>City/County</u>	
Local Community Mental Health Providers	Statewide	
BRENDA DONALDSON	Family Engagement Program Manager	
Brenda.Donaldson@tn.gov	615-770-1788	
FAMILY SUPPORT & ADVOCACY	0-18 y/o	(STATE)
<p>This is a comprehensive family advocacy, outreach, support, and referral service for families of children with SED and professionals who work with these children. Also provides information and training to lay and professional groups; maintains a resource library of book and publications; a webpage that provides mental health resources; provides quarterly, informative and educational newsletter.</p>		
<u>Agency</u>	<u>City/County</u>	
TVC	East TN	
	Middle TN	
	West TN	
SYSTEM OF CARE ACROSS TENNESSEE (SOCAT)	0-21 y/o	(FEDERAL GRANT)
(See SOCAT description above)		
<u>Agency</u>	<u>City/County</u>	
Healing Word Counseling Center	West TN	
CERTIFIED FAMILY SUPPORT SPECIALIST PROGRAM	18+	(FEDERAL GRANT)
<p>The Family Support Specialist Certification Program (FSSCP) provides State certification for individuals who provide direct caregiver-to-caregiver support services to families of children and youth with mental, emotional, behavioral, or co-occurring disorders. Because of their life experience in caring for children with these disorders and navigating child-serving systems, Certified Family Support Specialists (CFSSs) are able to use their unique experience to inspire hope and provide support to others who are facing similar challenges. This program will allow Certified Family Support Specialists to provide a level of service and support beyond that of clinical staff.</p>		
<u>Agency</u>	<u>City/County</u>	
TDMHSAS	Statewide	
ELIZABETH SETTY REEVE, JD	Director, Juvenile Justice Programming	
Elizabeth.Reeve@tn.gov	615-253-8401	
JUVENILE JUSTICE PROGRAMS	0-18 y/o	(STATE)
<p>The Juvenile Justice Diversion Programs use funding to expand community-based services and training to provide treatment options for juvenile courts to utilize across the state, specifically services and training that are evidence-based and outcomes oriented. The targeted population is youth who have been referred to juvenile court for a delinquent/unruly charge, or who have already been adjudicated delinquent/unruly, and are at risk of being placed in DCS custody. Partners in this effort include the Tennessee Department of Children’s Services, Tennessee Commission on Children and Youth, Tennessee Administrative Office of the Courts, and juvenile judges and court staff from across the state. Work done by grantees will capitalize on the Building Strong Brains initiative which factors in the effects of childhood trauma or Adverse Childhood Experiences (ACEs). The array of services to be provided can include care coordination, intensive family therapy, group therapy, peer support, medication management, substance abuse services, crisis planning, school-based monitoring, community-based monitoring, respite services, and resource linkage. Service providers will accept referrals from juvenile court judges, juvenile court staff, and the Department of Children’s Services.</p>		
JESSICA MULLINS, LMSW	Young Adult Initiatives Project Director	

Jessica.Mullins@tn.gov	615-253-4545	
CLINICAL HIGH RISK FOR PSYCHOSIS (CHR-P)	12-25 y/o	(FEDERAL GRANT)
The Community Programs for Outreach and Intervention with Youth and Young Adults at Clinical High Risk for Psychosis (CHR-P) program is designed to prevent or delay the onset of psychosis for youth and young adults ages 12 to 25 who are at clinical risk for developing psychosis. The CHR-P service model utilizes a stepped-care approach with the purpose of improving access, quality, and utilization of services and supports, and includes the following components: care coordination, family peer support, young adult peer support, supported employment and education services, medication management, and therapy services.		
<u>Agency</u>	<u>City/County</u>	
Case Management, Inc.	Shelby	
Centerstone Research Institute (Evaluation)	Shelby	
FIRST EPISODE PSYCHOSIS INITIATIVE (FEPI)	15-30 y/o	(MHBG, STATE)
The First Episode Psychosis Initiative is designed to provide early intervention services for youth and young adults fifteen through thirty (15-30) years of age in selected Tennessee counties who have experienced first-episode psychosis. This comprehensive intervention model (OnTrackTN) is a team of mental health professionals and support services, focusing on helping people work toward recovery and meeting personal goals. The program includes the following components: individual and group psychotherapy, supported employment and education, family education and support, peer support, psychopharmacology, and care coordination and management.		
<u>Agency</u>	<u>City/County</u>	
Alliance	Shelby	
Carey Counseling	Benton	
	Carroll	
	Gibson	
	Henry	
	Lake	
	Obion	
	Weakley	
Mental Health Cooperative	Davidson	
Helen Ross McNabb Center	Knoxville	
	Hamilton	
Vanderbilt COE (Training & TA)	Statewide	
KRYSTAL FORTNEY	Healthy Transitions 2 (HT2) Project Director	
Krystal.Fortney@tn.gov	615-532-3754	
HEALTHY TRANSITIONS 2 (HT2)	16-25 y/o	(FEDERAL GRANT)
The Tennessee Healthy Transitions 2 Initiative assists Tennessee youth and young adults (Y/YA) who have a serious mental disorder or co-occurring intellectual developmental disability (IDD), in improving their health and wellness, leading self-directed lives, and reaching their full potential. Services are available to youth and young adults sixteen to twenty-five (16-25) years of age who reside in selected Tennessee counties. The Healthy Transitions service model includes the following components: care coordination, peer support, and supported employment and education services. This initiative also includes a young adult peer stabilizer that will be collaborating with the child and adult mobile crisis teams at one of the local sites.		
Mental Health Cooperative	Davidson	
Frontier	Greene	
TVC (CYAPSS Peer Stabilizer & Social Marketing)	Davidson & Statewide	
MORGAN MORRIS	Youth & Young Adult Coordinator	
Morgan.Morris@tn.gov	615-532-5006	
CERTIFIED YOUNG ADULT PEER SUPPORT SPECIALIST	18-30 y/o	(FEDERAL GRANT)
The Certified Young Adult Peer Support Specialist (CYAPSS) program is a collaborative project with the Office of Consumer Affairs and Peer Recovery Services. While it's currently being developed, the goal of YAPSS is to provide training and State certification for individuals with lived experience of a mental health challenge, substance abuse disorder, co-occurring disorder, and/or involvement with child and adult-serving systems (e.g. justice system, child		

welfare, homeless services, etc.). Because of their lived experience, YAPSS are able to use their unique perspective to inspire hope and provide support to others who are facing similar challenges. This program will allow YAPSS to provide a level of service and support beyond that of clinical staff.

STATEWIDE YOUNG ADULT LEADERSHIP COUNCIL (YALC) 18-30 y/o (FEDERAL GRANT)

Funded through the Healthy Transitions (HT) Initiative, the Statewide Young Adult Leadership Council is made up of young adults ages 16-30 who have lived experience with mental illness, substance abuse, co-occurring disorder, or child-serving systems, such as juvenile justice, homelessness, and foster care. They meet monthly in Nashville to connect with their peers who have similar experiences and passions, enhance leadership skills, and learn how to advocate for themselves and others. The council is co-facilitated by the TDMHSAS Youth and Young Adult Coordinator and Tennessee Voices for Children’s HT Youth Coordinator.

Benita Hayes Technical Assistance Coordinator

Benita.Hayes@tn.gov 615-253-8162

TRAINING AND TECHNICAL ASSISTANCE CENTER All ages (FEDERAL GRANT)

The SOCAT Training and Technical Assistance Center (TTAC) promotes system of care values and principles through providing quality resources, trainings, and consultation to children, youth, and young adults with behavioral health needs, their families, and those who serve them. The TTAC is committed to providing quality technical assistance in a variety of forms, depending on need, including: training – provided by a content expert from the TA Network to a group of individuals who would like to increase their knowledge about a specific topic, consultation – provided by a content expert from the TA Network to a group of individuals or organizations/agencies who would like one-on-one, targeted support around a specific need or problem, and resources and materials – an extensive compilation of behavioral health resources, accessible for free on our website or by request – www.SOCacrossTN.org.

Keri Virgo Director, Office of Children, Young Adults, and Families

Keri.Virgo@tn.gov 615-906-2590

TENNESSEE RESILIENCY PROJECT (TRP) All ages (STATE)

The TRP Grant provides grants to local community behavioral health providers/school districts/other health entities aiming to address children and youth mental health concerns. The TRP Grant supports evidence-based mental health services for youth ages birth through eighteen (18) years with social, emotional, or behavioral needs and their families resulting in outcomes such as increase in childcare/pre-school attendance, decrease in K-12 disciplinary referrals, and children being diverted from inpatient hospitalization in emergency departments.

<u>Agency</u>	<u>City/County</u>
Local Community Mental Health Providers	Statewide

Local Community Mental Health Providers	Statewide
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TTI GRANT – Pilot Children/Youth Behavioral Health Coordination Project All ages (Non-Governmental)

In FY22, TDMHSAS was awarded a Transformation Transfer Initiative (TTI) grant with non-federal funds through National Association of State Mental Health Program Directors (NASMHPD) for the Pilot Children/Youth Behavioral Health Coordination project. This pilot program will work with Nashville and Knoxville emergency departments with families presenting with a child/youth in mental health crisis to provide care coordination and reduce the time families spend in EDs. Each community team includes a care coordinator and family support specialist, that are embedded within the current local crisis team. The care coordination teams will provide resource linkage and referral, advocacy, empowerment, and support to families engaged in services.

<u>Agency</u>	<u>City/County</u>
Mental Health Cooperative	Davidson County
McNabb Center	Knox County

Mental Health Cooperative	Davidson County
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McNabb Center	Knox County
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