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# Advocate

May 2017

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## Children's Mental Health In This Issue

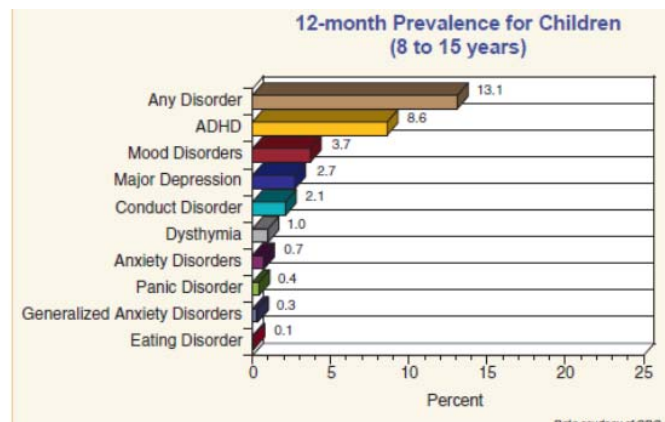
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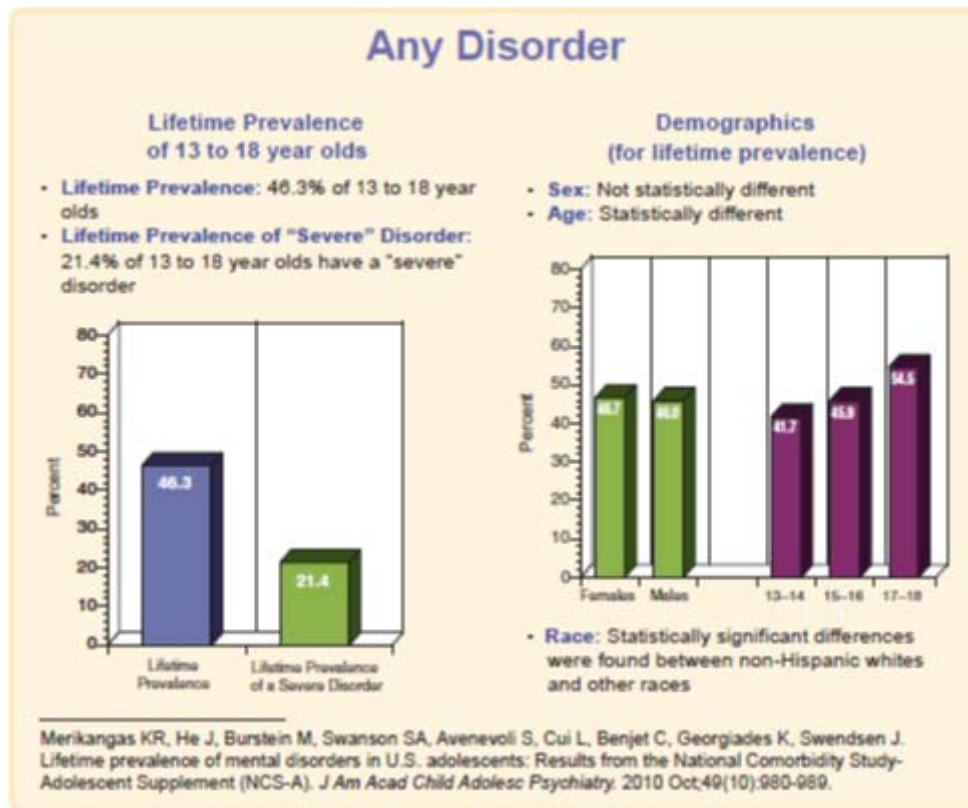


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## May Is Children's Mental Health Month

Around 13 to 20 percent of children in the United States have a mental health disorder. Efforts to help families identify problems early and increase resource are part of the Children's Mental Health Awareness Month.





Mental Health America, **National Children's Mental Health Awareness Month 2017**, <http://bit.ly/24kSGPz>.

American Psychological Association, **Resources: Children's Mental Health Month**, <http://bit.ly/2obYRKQ>.

Firth, S., *U.S. News and World Report*, **Study: Mental Health Hospitalizations Increasing in Children**, <http://bit.ly/2oIQ5jH>.

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## Mindfulness Emerging as Behavioral Health Tool for Children

Children and adolescents who practice mindfulness are more likely to experience more positive emotions, less anxiety, more positive friendships and an overall greater well-being. An overview of 19 studies on the positive impacts of mindfulness showed promising results in the area of children's mental health. In addition to these benefits, individuals who practice mindfulness have higher cognitive and performance skills.

Weare, K., The Mindfulness In Schools Project, University of Exeter, ***Evidence for the Impact of Mindfulness on Children and Young People***, <http://bit.ly/2pbiQq5>.

DeSocio, J., et al., *The Journal of School Nursing*, "**Children's Mental Health and School Success**," <http://bit.ly/2pifJ1K>.

Cowan, M., Greater Good Science Center, UC-Berkeley, ***Tips for Teaching Mindfulness to Kids***, <http://bit.ly/2oHKJEs>.

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## Fathers' Mental Health Influences Their Children's



Fathers are more involved in parenting than ever before, according to the National Institute of Child Health and Human Development. Thus, researchers are now interested in looking at the role fathers play in children's mental health.

A 2013 study looked at the relationship between mothers' mental health, fathers' mental health, and children's mental health. Research has found that a mother's mental health plays a large role in her child's mental health: if the mother is depressed, there is a higher risk of the child becoming depressed.

However, this study found that when fathers had good mental health, children were less likely to be affected by mothers' poor mental health. This means a healthy father can help shield a child from potentially poor mental health outcomes. This study not only sheds light on the protective role a father can play, but also emphasizes the importance of the mental health of one or both parents.

Gere, M. K., et al., (2013), *Depression and Anxiety*, **Fathers' mental health as a protective factor in the relationship between maternal and child depressive symptoms**, <http://bit.ly/2pbvd5G>.

*(Thanks to Sarah Kirschbaum and Angela Webster for this report.)*

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## AIMHiTN Making Progress



The Association of Infant Mental Health in Tennessee (AIMHiTN) is beginning efforts to improve the lives of infants, young children and families. The organization resulted from the Tennessee Infant and Early Childhood Mental Health Initiative. AIMHiTN is a multidisciplinary non-profit organization for all professionals who support the development of children ages birth through five.

"AIMHiTN is excited about this huge step in its developmental process and can't wait to begin these efforts through the implementation of various practice and programs," said Angela Webster, executive director.

One of AIMHiTN's biggest efforts is Tennessee's new Infant Mental Health Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health (IMH-E®). Endorsement® is an internationally recognized credential supporting and recognizing the

development and proficiency of professionals who work with or on behalf of young children, ages zero to three, and their families.

IMH-E® is available across four different practice specialties spanning the continuum of care. It is relevant for professionals across multiple disciplines ranging from early care and education to mental health, academia and medicine. Individuals can apply for the IMH-E® category that best aligns with their knowledge, experiences, and expertise:

- Infant Family Associate: Promotion;
- Infant and Family Specialist: Prevention/Intervention;
- Infant Mental Health Specialist: Clinical Intervention/Treatment;
- Infant Mental Health Mentor: Leadership.

AIMHiTN expects to begin accepting Endorsement® applications by November of 2017 and will share further information as things move forward! The kickoff event for AIMHiTN's IMH-E® is June 26-27, 2017, in the Nashville area. More details will be forthcoming. Information about IMH-E® and other infant mental health topics will be featured on AIMHiTN's website, which will launch soon.

*(Thanks to Sarah Kirschbaum and Angela Webster for this report.)*

AIMHiTN Website, [aimhitn.org](http://aimhitn.org).

AIMHiTN Facebook, <http://bit.ly/2pfRCOY>.

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## Physical Fitness and Children's Mental Health

May is National Physical Fitness and Sports Month. In addition to improving fitness and bone and heart health, physical activity is linked to improved academic performance and executive function. Evidence suggests physical activity also has mental health benefits in children. Activity is especially helpful for children with ADHD.



Wagner, K.D., *Psychiatric Times*, "Mental Health Benefits of Exercise in Children," <http://bit.ly/2pwZqPD>.

Centers for Disease Control and Prevention. **The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance**, <http://bit.ly/2q4rPMN>.

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## "In re Gault," 50th Anniversary of Juvenile Due Process Rights

On May 15, 1967, the Supreme Court issued *In re Gault*, finding children accused of crimes in juvenile court had a right to due process provisions, including representation by a lawyer, notification of the charges, ability to cross examine witnesses and right to not incriminate one's self. The National Juvenile Defender Center is leading the campaign to recognize the impact of these changes and call for improvements in the treatment of children in juvenile court. The Gault decision

was written by Justice Abe Fortas, a native of Memphis.

National Juvenile Defender Center, **Gault at 50**, <http://bit.ly/2qjs82A>.

United States Courts, **Facts and Case Summary: In re Gault**, <http://bit.ly/2pDcgfa>.

Gault at 50: Defending Children's Rights, **Blueprint for Reform**, <http://bit.ly/2pDq0Xm>.

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### May is National Teen Pregnancy Prevention Month!

Teen pregnancy rates are dropping across the country, but the need continues to provide alternatives to prevent young lives from being derailed when they are on their way to productive adulthood.

**The National Campaign to Prevent Teen and Unplanned Pregnancy**, <http://bit.ly/2oQthhQ>.

US HHS Family and Youth Services Bureau, **Adolescent Pregnancy Prevention Program**, <http://bit.ly/2oQCSp1>.

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### Legislative Action

The Tennessee General Assembly likely will complete its work on the budget the first week in May and adjourn the second week. Legislators have filed budget amendments to add funding for the Tennessee Compilation of Selected Laws on Children, Youth and Families. Two House amendments, one by Rep. Kevin Brooks, and one by Rep. David Hawk, will be considered in the House Budget Subcommittee. In the Senate an amendment by Senators Becky Massey, Doug Overbey and Rusty Crowe will be voted on in the Senate Appropriations Subcommittee.

Advocates are also working on amendments for home visiting and TN Court Appointed Special Advocates (TNCASA). The home visiting amendment would restore funding from non-recurring to recurring. The TN CASA amendment would provide an additional staff person to provide for quality assurance and expansion initiatives.

Don't forget to sign up for the TCCY Legislative Listserv (<http://www.tn.gov/tccy/article/leg-listserv>) to get progress reports each week.

Action Alert: <http://www.tn.gov/tccy/article/tccy-leg-alerts>.

TCCY Legislative Information: <http://www.tn.gov/tccy/article/tccy-legislat>.

Legislative Report: <http://www.tn.gov/assets/entities/tccy/attachments/legislat.pdf>.

TCCY Legislative Update: <http://www.tn.gov/assets/entities/tccy/attachments/legupdat.pdf>.

TCCY Budget Recommendations: <http://www.tn.gov/assets/entities/tccy/attachments/leg-recommend.pdf>.

TCCY Legislative Listserv: <http://www.tn.gov/tccy/article/leg-listserv>.

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## Update

Congratulations to TCCY Executive Director Linda O'Neal who received the Senator Douglas Henry Award for Service to Children and Families at Risk from the University of Tennessee College of Social Work March 22 at the Tennessee Conference on Social Welfare.

The Tennessee Commission on Children and Youth says goodbye to **Audrey Taylor Gonzalez**, who is returning to Uruguay and will no longer be serving on the Commission.



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## Mark Your Calendar

May 8, 11:30 a.m. CDT, **South Central Council on Children and Youth quarterly meeting**, Maury County Health Department, 1909 Hampshire Pike, Columbia. Contact [Shaun.Noblitt@tn.gov](mailto:Shaun.Noblitt@tn.gov).

May 8, 9:00 a.m. to 12:00 p.m. CDT, Tennessee Suicide Prevention Network Middle Tennessee Region presents **Adverse Childhood Experiences Training**, TSPN Main Office, 446 Metroplex Drive, Suite A-224, Nashville.

May 10, 17, 24, 31, 11 a.m. to 12 p.m. CDT, **Free Webinar Series: Children and Medicaid: Protecting Tennessee's Children**, Tennessee Justice Center. Contact [awalton@tnjustice.org](mailto:awalton@tnjustice.org). Register at <http://bit.ly/2qaPzLF>.

May 11, 12:30 p.m. to 3:30 p.m. CDT, **Youth Transitions Advisory Council**, 12:30 p.m.-3:30 p.m., Goodwill Industries of Middle Tennessee, 9327 Herman Street, Nashville. Information: (615) 532-1685.

May 25-26, **Tennessee Disability Megaconference, Community + Collaboration = Success!**, Nashville Airport Marriott, 600 Marriott Dr., Nashville. For information or assistance, call Lori Israel at 800-835-7077 ext. 22. Register or apply for a stipend at <http://bit.ly/2jZDAjw>. Registration discounts end March 31. Information: <http://bit.ly/1HZxP7v>.

March 13-14, 2018, **Children's Advocacy Days**, War Memorial Auditorium. Contact: [John.Rust@tn.gov](mailto:John.Rust@tn.gov).

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## In the News

TEDxNashville, **Judge Shelia D.J. Calloway, *Forgiveness in the Criminal Justice System***, <http://bit.ly/2prq5MH>.

Tennessee Department of Mental Health and Substance Abuse Services, **Tennessee to Receive \$13.8 Million Aimed at Prescription Opioid Crisis**, <http://bit.ly/2otwJTU>.

Hinton, M., *Education Week*, **More Than 1,450 Groups Ask Congress to Keep Federal Funding for After-School**, <http://bit.ly/2pj1l9u>.



No person shall, on the grounds of race, color, national origin, sex, age, religion, disability or ability to pay, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity operated, funded or overseen by the Tennessee Commission on Children and Youth (TCCY). It is the intent of TCCY to bind all agencies, organizations or governmental units operating under its jurisdiction and control to fully comply with and abide by the spirit and intent of the Civil Rights Act of 1964.

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