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Advocate

June 2017

Calendar

In the News

KIDS COUNT Facts

Research

TCCY Home

Upcoming Events

TCCY Newsroom

TCCY Regional Councils

Education

In This Issue

[Safe Sleep Saves Lives;](#)
[Other Sleep Risk Factors;](#)
[Internet Information Not Reliable;](#)
[Baby Safe Sleep;](#)
[Breast Feeding and Safe Sleep;](#)
[Happy Father's Day: Fathers Matter;](#)
[Systems of Care Across TN;](#)
[Legislative Alerts/Information;](#)
[Update.](#)



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Safe Sleep Saves Lives

We as a people select people in political leadership to build government structures based on shared community values, understanding the web connecting all of us. Each year, in both the

National Institute of Child Health and Human Development, ***Safe to Sleep, Fast Facts About SIDS***, <http://bit.ly/2q4Fnnp>.

[Return to Table of Contents.](#)

Position is Not the Only Risk Factor for Sleep-Related Deaths

Although one of the biggest concerns with safe sleep practices for infants is sleep position, other factors contribute to SIDS and Sudden Unexpected Infant Death (SUID). Breastfeeding and adequate prenatal care can increase arousal responses. This means a baby will wake more easily and often. However, exposure to tobacco, drugs or alcohol in the womb can harm a baby's arousal responses.

This means infants are less likely to wake up when in unsafe situations. Although sleep position is important in preventing SIDS, these other factors also contribute to the sleep safety of infants.

Moon, R.Y. & Hauck, F.R, *Pediatrics*, **SIDS Risk: It's More Than Just the Sleep Environment**, <http://bit.ly/2qGquK5>.

[Return to Table of Contents.](#)

Caution Needed in Using Internet as a Source of Safe Sleep Info

Google is one of the largest resources for information for caretakers. Although the Internet is constantly changing, it is important to note that inaccurate information is out there. Caretakers should use caution in taking advice from the Internet. The Tennessee Department of Health's ABC (**A**lone, on their **B**ack, and in a **C**rib) is reducing sleep deaths in Tennessee. Great resources for accurate information are the AAP website, healthychildren.org, or the child's pediatrician.

In a 2012 study, researchers were interested in whether or not Google searches provided accurate information on safe sleep practices for infants that align with the recommendations from the American Academy of Pediatrics (AAP). The researchers examined over 1,300 websites and found that 43.5 percent of the websites contained accurate information, 28.1 percent of websites contained inaccurate information, and 28.4 percent of websites contained irrelevant information. The most accurate information came from official websites, and the most inaccurate information came from blogs.

Chung, M., Oden, R. P., Joyner, B., Sims, A., & Moon, R. Y. (2012). *The Journal of Pediatrics* 161, **Safe infant sleep recommendations on the Internet: Let's Google it**, <http://bit.ly/2q1qtPE>.

Tennessee Department of Health, **Safe Sleep**, <http://bit.ly/2qCAfe2>.

AAP, healthychildren.org, **Sleep**, <http://bit.ly/2pUrh2>.

(Thanks to Sarah Kirschbaum for this report.)

[Return to Table of Contents.](#)

Breast Feeding and Safe Sleep

Parents may be confronted by safe sleep and breast feeding recommendations that appear to conflict. In 2016, experts were drawn together to form the National Action Partnership to Promote Safe Sleep, funded by the U.S. Maternal and Child Health Bureau. The Partnership has resources to help organization improve outreach efforts to encourage both breast feeding and safe sleep..

U.S. Maternal and Child Health Bureau, **National Action Partnership to Promote Safe Sleep: A Wake-Up Call to Safeguard Sleeping Infants**, <https://www.nappss.org/>.

[Return to Table of Contents.](#)

The Center for Disease Control's Recommendations for

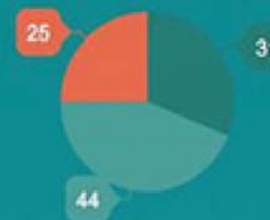
Baby Sleep Safety

Sudden Unexpected Infant Death (SUID)

About 3500 infants die from sleep-related incidents in the United States every year. A safe sleep environment decreases the risk of accidental sleep death for the first year of life.

Breakdown of SUID

Unknown Causes (31%) Sudden Infant Death Syndrome (44%)
Suffocation & Strangulation (25%)



Create a Safe Sleep Environment



Always place baby on back to sleep



Baby should sleep on a firm bed, free from soft objects



Sleep in the same room as baby, but on different bed



Avoid sleeping with baby on armchairs and couches



Help keep your baby safe

Breastfeeding, proper prenatal care, and avoiding smoke exposure all help to reduce the risk of SUID!

Source: Graphic created by Molly Sokolosky, with information from the CDC

(Thanks to Sarah Kirschbaum for this information.)

National Institute of Child Health and Human Development, National Institutes of Health, HHS, **What does a safe sleep environment look like?** <http://on.ny.gov/2qAb7UQ>.

AAP, **SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment**, <http://bit.ly/2rmWjdk>.

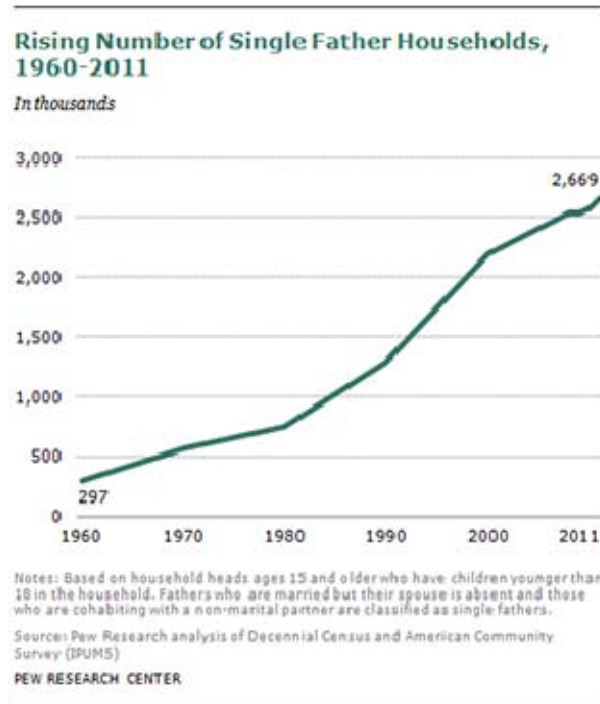
[Return to Table of Contents.](#)

Happy Father's Day: Fathers Matter

Fathers have a significant role in raising the fathers and mothers of the future. They do not have the role in popular culture mothers do, but they get recognition for their contributions in June.

kidcentral tn, **Involved Fathers Provide Key Benefits to Kids**, <http://bit.ly/2qPzsoj>.

U.S. Health and Human Services, **National Responsible Father Clearinghouse State Profile: Tennessee, September 2016**, <http://bit.ly/2ru1p7W/>.



[Return to Table of Contents.](#)

TCCY Efforts to Increase Systems of Care Expanding

TCCY is partnering with the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) in the federal Systems of Care Across Tennessee (SOCAT) Initiative. A \$12 million, four-year grant will provide resources for Tennessee to move forward with implementation of a statewide plan for system of care by the end of the grant term. As partners in this grant, TCCY recently on-boarded three divisional positions:

Jill Murphy is the **East Tennessee** SOCAT coordinator. Jill comes to TCCY from the Roane County Anti-Drug Coalition, where she worked for several years to reduce youth substance abuse. Prior to working with the Coalition, she served as a therapist for an inpatient psychiatric facility, working with children, adolescents, adults and families. Both positions gave her great insight to the obstacles and stigmas that families dealing with mental illness and substance abuse face on a regular basis.

Laritha Fentress will be coordinating **Middle Tennessee** SOCAT efforts. She served as

Statewide Family Support Network Program Manager for Tennessee Voices for Children prior to joining TCCY.. She is a Certified Family Support Specialist and holds a masters of arts degree in Conflict Resolution.

Jerri Moore, new **West Tennessee** divisional coordinator, has varied early childhood experience, including her recent position as the Child Care Resource and Referral Network Early Learning and Wellness specialist, providing professional development and community networking to home visitation and child care providers in West Tennessee. With bachelor's degrees in Natural Resource Management and Early Childhood Education and a master's degree in Education, she has also worked as an environmental educator, teacher, family advocate, child care specialist and a home visitor.

TCCY looks forward to working with its new staff and stakeholders across the state to improve mental health services for children.

[Return to Table of Contents.](#)

Legislative Action

The General Assembly has gone home for the year. TCCY youth policy advocate Steve Petty continues to finalize information on the bills that survived the process.

The final budget did not include funds for the publication of the *Compilation of Selected Laws on Children, Youth and Families*. TCCY plans to produce information about laws enacted this year and continue to work to get funding for the book next year.

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 Summary: <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>.

[Return to Table of Contents.](#)

Update



Shaun Noblit, TCCY South Central regional coordinator, was recognized for chairing the safe sleep subcommittee of the Healthy Beginnings Community Action Network.

TCCY expresses condolences to Commission member Phil Acord and his family on the death of his father, Woodrow Miller, Sr.

[Return to Table of Contents.](#)

Mark Your Calendar

June 1-2, **Neuroscience and Education: The Connection**, Currey Ingram Academy, 6544 Murray Lane, Brentwood. Information: 615-322-8340 or karen.buckner@currey Ingram.org. Registration: \$200 per person; lower rates for groups or or students.

June 2, 9 a.m. to 12 p.m., Northeast Council on Children and Youth, "**New Rules of Juvenile Practice and Procedure and Other New Laws**," Memorial Park Community Center, 510 Bert Street, Johnson City. Information: Jill.Stott@tn.gov. Register: <http://bit.ly/2r4VDWi>.

June 2, 9 a.m. to 12:30 p.m., **Tennessee Conference on Social Welfare Memphis Mini-Conference**, FedEx Institute of Technology, University of Memphis, 365 Innovation Dr, Memphis. Contact: pfoster@tcs.org.

June 6-7, **Healthy Tennessee Summit on Community Health**, 1st Amendment Center, 1207 18th Ave., S., Nashville. Information: <http://bit.ly/2oksMx1>. Registration: info@myhealthytennessee.com.

June 13, 9 a.m. to 2 p.m., Memphis and Shelby County Juvenile Detention Alternatives Initiative presents the **Juvenile Justice Summit "A Just Village: Our Children, Our Responsibility,"** The Gathering Place, Hickory Ridge Mall, The New Towne Centre, 6075 Winchester Rd., Memphis. Information: Kimbrell.Owens@shelbycountytg.gov. Register: <http://bit.ly/2s0mjb5>.

June 14, 1 p.m. to 4 p.m., Multicultural Alliance on Disability sponsors "**Building Community Collaborations: Steps Towards Cultural Competence**," Vanderbilt Kennedy Center Room 241, 110 Magnolia Circle, Nashville. Training is free, but participants must register at <http://bit.ly/2rdvOY7>. Information: (615) 875-5083 or alexander.santana@vanderbilt.edu.

June 14-15, **8th National Suicide and the Black Church Conference, "I Survived (And So Can You),"** University of Tennessee Health Science Center, 800 Madison Avenue, Memphis. Luncheon speaker is Chamique Holdsclaw, WNBA Rookie of the Year and mental health activist. Information and registration at <http://bit.ly/2qsdObN>. \$50 registration.

June 22, 10 a.m. to 2 p.m., **Council on Children's Mental Health/Youth Transitions Advisory Council Joint Meeting**, Midtown Hills Police Precinct, 1443 12th Avenue South, Nashville. Information: 615-532-3073. Contact Melissa.McGee@tn.gov or Steve.Petty@tn.gov.

June 15, 8 a.m. to June 15, 11:45 a.m., **Tennessee Juvenile Court Services Association West Grand Division Mini Conference**, Double Tree by Hilton, 1770 Highway 45 Bypass, Jackson. Information: (731) 423-6140 ext. 115 or Cell: (731) 234-6799) or rferguson@madisoncountytg.gov.

June 22, 1 p.m. to 2 p.m. CDT, National Conference of State Legislatures presents a free **Webinar: "Integrating Early Childhood Data."** Information: <http://bit.ly/2q38fQc> or alison.may@ncsl.org.

July 20, 2 p.m. EDT/1 p.m. CDT, National Conference of State Legislatures presents a free **Webinar: "State Preschool Programs: Annual Yearbook Update."** Information: <http://bit.ly/2q38fQc> or alison.may@ncsl.org.

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

[Return to Top.](#)

In the News

Rudzinski, J., WDEF-12, **United Way Provides Childhood Awareness Grant**, <http://bit.ly/2q15Huc>.

Rainwater, K.A., *Chattanooga Times Free Press*, **Chattanooga holds summit aimed at preventing toxic stress in children**, <http://bit.ly/2rE8z9E>.

Lahey, J., *The Atlantic*, **The Children Being Denied Due Process: Most States Fail to Protect Minors' Entitlement to Counsel**, <http://theatlantic.com/2rMeGWI>.

Klass, P., *New York Times*, **The Checkup: The Science of Adolescent Sleep**, <http://nyti.ms/2qcEQ3L>.

[Return to Top.](#)

Research Information

Lewak, N., *Pediatric*, **Prone Sleeping Is a Risk for SIDS, Not for Suffocation**, <http://bit.ly/2qA866T>.

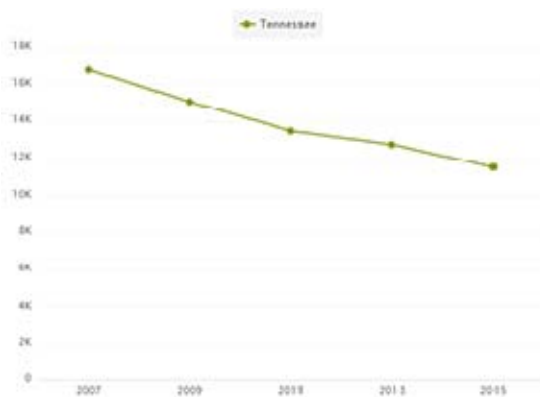
Irving, D., *Rand Review*, **Is Suicide Preventable? Insights from Research**, <http://bit.ly/2qTDVGF>.

Ringel, J, Schultz, D, Mendelsohn, J., Holliday, S.B., Sieck, K.A., Edochie, I., and Davis, L. *Rand Objective Analysis. Effective Solutions, Improving Child Welfare Outcomes; Balancing Investments in Prevention and Treatment*, <http://bit.ly/2rmhZab>.

[Return to Top.](#)

Tennessee KIDS COUNT Facts

Mothers Who Smoked During Pregnancy **Children Living with Cohabiting Domestic Partners**

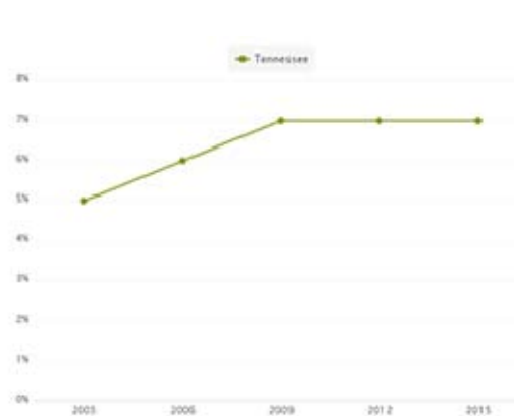


Note: Non-consecutive years appear adjacent in the trend line because one or more years have been deselected.

BIRTHS TO MOTHERS WHO SMOKED DURING PREGNANCY (NUMBER)

Tennessee Commission on Children and Youth
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

<http://bit.ly/2rv0q7g>.



Note: Non-consecutive years appear adjacent in the trend line because one or more years have been deselected.

CHILDREN LIVING WITH COHABITING DOMESTIC PARTNERS (PERCENT)

National KIDS COUNT
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

<http://bit.ly/2pTGZoM>.

More data on Tennessee child well-being are available at <http://bit.ly/15alkVu>.

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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