WORKING FOR A HEALTHIER TN

WELLNESS COUNCIL WEBINAR

September 2022

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Guest Speaker
Quarterly Activity List
What's New?
Wellness Council Spotlight
Upcoming Schedule
Sharing

WORKING FOR A HEALTHIER TN

TDH Suicide Prevention Program

Brittany Willis
Suicide Prevention Program Director

Suicide Prevention

Brittany Willis
Suicide Prevention Program Director

September 1, 2022

Acknowledgements

This presentation is supported by the grant number 6 NU50CE002589-03-00 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC or the Department of Health and Human Services.

Objectives

- Review available programs and services
- Highlight available resources
- Discuss suicide-related syndromic surveillance efforts

Available Programs, Services, and Trainings

Applied Suicide Intervention Skills Training (ASIST)

- Free, two-day interactive training
- Uses evidence-based suicide intervention model
- Teaches participants:
  - How to identify persons with thoughts of suicide
  - How to recognize & understand risk for suicide
  - How to intervene to prevent the immediate risk of suicide
  - How to develop a safety plan & prepare for follow-up

SUICIDE ASIST

Applied Suicide Intervention Skills Training

Question, Persuade, Refer (QPR)

- Free, one hour training (virtual or in-person)
- CEU's available
- Teaches participants:
  - How to recognize the warning signs of someone who may be contemplating suicide and **QUESTION** them about suicidal intent
  - How to offer hope to an individual experiencing a suicidal crisis and **PERSUADE** them to get help
  - How to **REFER** an individual having a suicidal crisis to help in order to save their life

Counseling on Access to Lethal Means (CALM)

- Free, self-paced, online course
- Evidence-based strategy for suicide prevention
- Teaches participants how to:
  - Identify those for whom lethal means counseling is appropriate.
  - Describe strategies for raising the topic of lethal means and feel more comfortable and competent applying these strategies with patients/clients.
  - Advise patients/clients on specific off-site and in-home secure storage options for firearms and strategies to limit access to dangerous medications.
  - Work with patients/clients and their families to develop a specific plan to reduce access to lethal means and follow up on the plan over time.

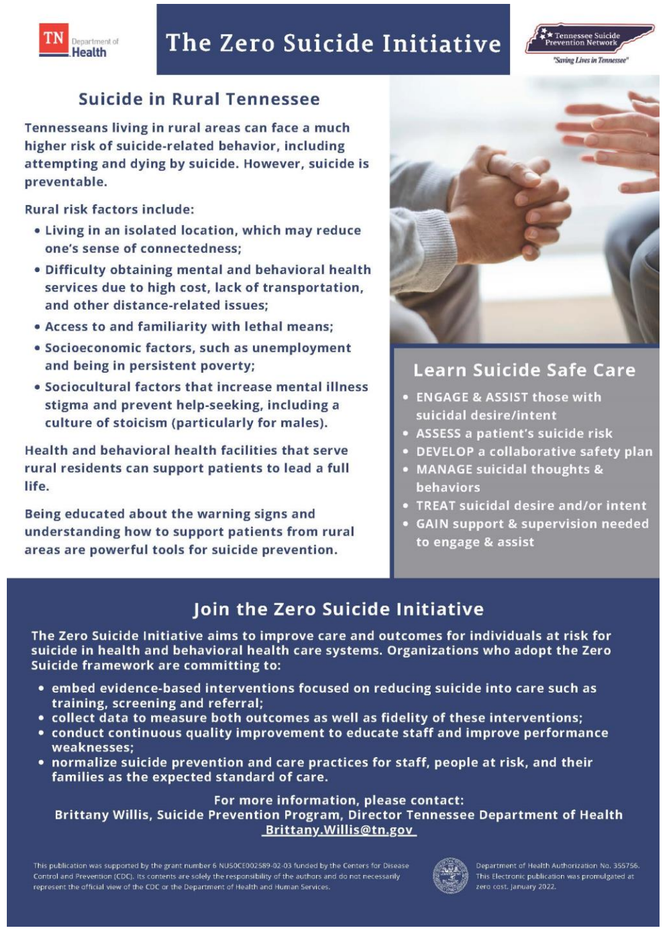
SPRC
Suicide Prevention Resource Center

ZERO SUICIDE

https://zerosuicidetraining.edc.org/enrol/index.php?id=20

Zero Suicide Initiative

- Free trainings, technical assistance, and support provided
- Aims to improve care and outcomes for individuals at risk for suicide in health and behavioral health care systems
- Organizations who adopt the Zero Suicide Initiative:
  - Embed evidence-based interventions focused on reducing suicide into care of all patients
  - Collect data to measure both outcomes as well as fidelity of interventions
  - Conduct continuous quality improvement to educate staff and improve weaknesses
  - Normalize suicide prevention and care practices for staff, people at risk, and their families as the expected standard of care



TN Department of Health

The Zero Suicide Initiative

Tennessee Suicide Prevention Network "Saving Lives in Tennessee"

Suicide in Rural Tennessee

Tennesseans living in rural areas can face a much higher risk of suicide-related behavior, including attempting and dying by suicide. However, suicide is preventable.

Rural risk factors include:

- Living in an isolated location, which may reduce one's sense of connectedness;
- Difficulty obtaining mental and behavioral health services due to high cost, lack of transportation, and other distance-related issues;
- Access to and familiarity with lethal means;
- Socioeconomic factors, such as unemployment and being in persistent poverty;
- Sociocultural factors that increase mental illness stigma and prevent help-seeking, including a culture of stoicism (particularly for males).

Health and behavioral health facilities that serve rural residents can support patients to lead a full life.

Being educated about the warning signs and understanding how to support patients from rural areas are powerful tools for suicide prevention.

Learn Suicide Safe Care

- ENGAGE & ASSIST those with suicidal desire/intent
- ASSESS a patient's suicide risk
- DEVELOP a collaborative safety plan
- MANAGE suicidal thoughts & behaviors
- TREAT suicidal desire and/or intent
- GAIN support & supervision needed to engage & assist

Join the Zero Suicide Initiative

The Zero Suicide Initiative aims to improve care and outcomes for individuals at risk for suicide in health and behavioral health care systems. Organizations who adopt the Zero Suicide framework are committing to:

- embed evidence-based interventions focused on reducing suicide into care such as training, screening and referral;
- collect data to measure both outcomes as well as fidelity of these interventions;
- conduct continuous quality improvement to educate staff and improve performance weaknesses;
- normalize suicide prevention and care practices for staff, people at risk, and their families as the expected standard of care.

For more information, please contact:
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This publication was supported by the grant number 6 NU50CE002589-02-03 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC or the Department of Health and Human Services.

Department of Health Authorization No. 356756. This Electronic publication was promulgated at zero cost, January 2022.

TN Department of Health

https://zerosuicide.edc.org/
www.preventsuicidetn.com
www.tspn.org

Be the One: Suicide Prevention for the Workforce

- Multifaceted Campaign
  - Gatekeeper training
  - Social marketing and awareness
  - Postvention Suggestions

- Talk, Listen, Connect Gatekeeper Training
  - Provides tools & resources to ultimately save lives within the workplace and beyond.
  - Teaches how to recognize when someone you know may bethinking about suicide.
  - Teaches how to ask the someone about suicide directly and offers tips on how to develop good listening skills, a key component of suicide prevention.
  - Provides tools that help instill hope when someone seems to have lost all hope.

Trainings on Best Practices for Utilizing Telehealth

- CEU's
- 1-hour virtual sessions
- Non-licensed and licensed behavioral health providers and professionals
- 15 different topics covered

CENTERSTONE

AN OPPORTUNITY FOR FREE ONLINE TRAINING WITH CEU'S PROVIDED

ON THE LINE:

A Training Series for Staying Connected as Telehealth Providers in Behavioral Health

ALL SESSIONS AT NOON CENTRAL

DELIVERED BY EXPERT CLINICIANS AND EDUCATORS

TO REGISTER FOR ANY SESSION, CONTACT:
brooke.bellamy@centerstone.org

Centerstone's Research Institute will host a dynamic online series of FREE training sessions for mental health professionals of all levels on the best practices for utilizing telehealth in the work you do with your clients. Each one-hour Zoom session will be open to all mental health industry professionals and qualifies for continuing education clock hours. Trainings for September & October, 2022 include:

Sept 14: Addressing Burnout & Staff Resiliency
Sept 21: Suicide Prevention-How To Recognize and Talk About Suicide Risk
Sept 28: Suicide Prevention-Building a Life Worth Living
Oct 5: Working With Veterans
Oct 12: Motivational Interviewing
Oct 19: Substance Use Disorders & Strategies for Telehealth
Oct 26: Trauma Informed Assessment Over Telehealth

This publication was supported by the grant number 6 NU50CE002589-01-03 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC or the Department of Health and Human Services.

Centerstone Research Institute has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7204. Programs that do not qualify for NBCC credit are clearly identified. Centerstone Research Institute is solely responsible for all aspects of the programs.

Sources of Strength

- High quality evidence-based prevention program for suicide, violence, bullying and substance abuse

- Offers training and support to help empower both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.

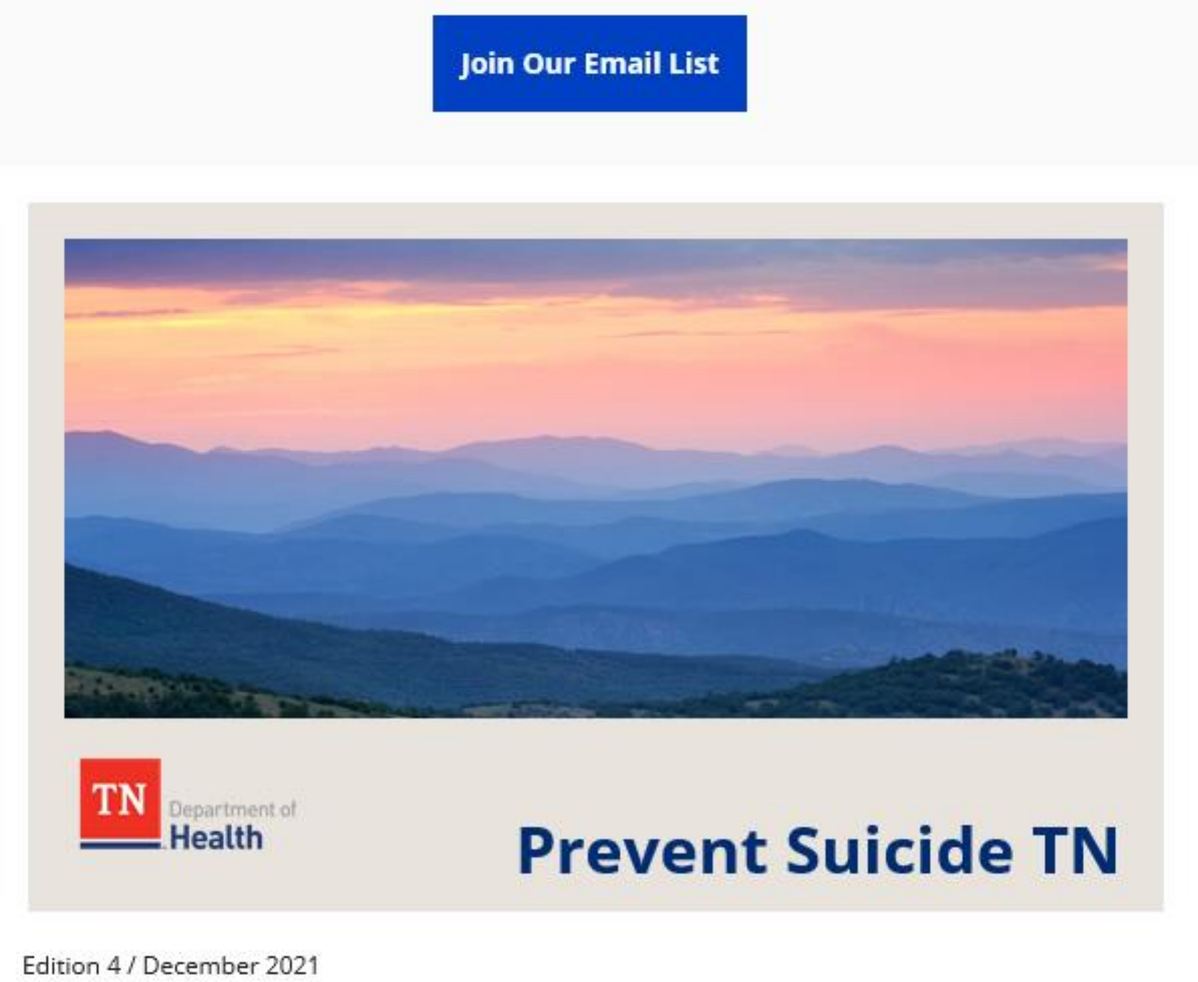
SOURCES OF STRENGTH

Additional Resources

TDH Suicide Prevention Program Monthly Newsletter

The monthly newsletter includes:

- Program Announcements
- Partner Profile Highlight
- Available Trainings
- State and National Resources
- Data Highlights.



https://mailchi.mp/93a77c8b51c4/prevent-suicide-tn

2021 Suicide Prevention Annual Report

The annual report:

- Provides overview of suicide-related data (2015 to 2019)
  - Deaths by suicide
  - ED and hospitalization visits for suicide attempt and suicidal ideation
  - Youth and adult behavioral risk surveys (YRBS & BRFSS)
  - ESSENCE
  - Child Fatality Review
- Highlights statewide programs and services
- Includes 30 prevention recommendations

Legislative Policies
- Mental health facilities should comply with legislation that allows mental health records of patients who have died by suicide to be shared with medical examiners and state fatality review programs
- Health insurers in Tennessee should comply with the Mental Health Parity and Addiction Equity Act to provide mental health benefits comparable to medical benefits.

State and Community Agencies
- Increase access to adequate mental health care for all Tennesseans
- Spread awareness of suicide and encourage help-seeking behavior
- Support the use of standardized behavioral health assessment protocols and tools
- Strengthen the crisis response infrastructure with an emphasis on children and rural communities
- Support suicide prevention trainings promoting connectedness and resiliency

Clinics and Hospital Systems
- Health and behavioral health care systems should maintain "suicide safe" facilities
- Implement policies to provide information on lethal means restriction to patients and families
- All hospitals should continue to report into the Electronic Surveillance System for the Early Notification of Community-Based Epidemics (ESSENCE) database to monitor ED utilization.

Healthcare Providers
- Disseminate suicide prevention educational materials to patients.
- Primary care and pediatric providers should increase screening of patients for risk of suicide and ensure appropriate referral and follow-up.
- Behavioral health providers should complete training on best practices for utilizing telehealth.
- Providers should complete the "Counseling on Access to Lethal Means" course.

Public Safety and Emergency Response Agencies
- Expand crisis intervention training to every public safety system and implement a standardized crisis response protocol across the entire state.
- Promote partnerships to implement crisis response models that support mental health diversion.
- Create safe, protective, and supportive work environments for first responder agencies.
- Develop a standardized suicide death investigation form and data collection tool.

Educational Institutions
- Increase mental health screening and referral in schools.
- Provide suicide prevention training to all school staff.
- Display the Tennessee statewide crisis number and text line information in schools.
- Implement the Good Behavior Game program within K-2 classrooms across the state.
- Implement Sources of Strength or Hope Squads in middle and high schools.
- Incorporate ESSENCE alert protocols into the school suicide prevention response plan.

Individuals, Families, and Friends
- Seek care with the earliest symptoms of depression or signs of suicide.
- Learn the risk factors for suicide, how to reach out for help, and appropriately refer a person at-risk.
- Seek training for emotion or anger control, problem solving, conflict resolution and coping skills.
- Complete suicide prevention gatekeeper trainings.
- Reduce access to lethal means within the home.
- Encourage conversations of suicide prevention awareness within the community.

https://www.tn.gov/content/dam/tn/health/program-areas/vipp/2021-Suicide-Annual-Report.pdf

Infographics

Suicide-Related Syndromic Surveillance ESSENCE in Tennessee 2021

Electronic
Surveillance
System for the
Early
Notification of
Community-based
Epidemics

Facts About ESSENCE

- Monitors Trends in Suicidal Behavior/Risk Factors (Suicide Attempts, Intentional Self-Harm, and Suicidal Ideation)
- Provides Alerts for Increases in Suicide-Related ER Visits
- Offers Current and Timely Provisional ED Data (Not Hospitalization Data)
- Delivers Reassurance that Suicide Behavior has not Occurred

ESSENCE Utilizes Patient Encounter Data from Emergency Departments to Detect Potential Outbreaks

In Tennessee, 95% of Hospitals with Emergency Departments Report into ESSENCE

Available Data

Suicide Related ED Totals/Alerts for Children Under 18 and Young Adults 18-24

Age Groups, Race, and Gender of Patients

Data Currently Unavailable Due to Release Guidelines

Specific Count of ER Visits in Each County

Any Information with Counts Less than 11 Individuals

Next Steps for Suicide Syndromic Surveillance & Prevention

Rapid Response Plans Across Lifespans for the Following Age Groups: 25-44, 45-64, and 65+

Individual, Relationship, and Community Risk Factors

Action After a County, Metro, or Region Receives an Alert

Internal and external partners will use ESSENCE alerts to help target prevention efforts in near real-time within areas of the state seeing increases of suicide-related behavior. Responses to alerts include spreading awareness of suicide through dissemination of the statewide crisis line and promoting suicide prevention programs and services available across the state.

TN Department of Health

Data Request Form: https://www.surveygizmo.com/s3/5819792/TDH-Data-Request-Form
For more information, go to www.preventsuicidetn.com

Department of Health Authorization No. 355656.
This Electronic publication was promulgated at zero cost. July 2021

This publication was supported by the grant number 1 NU50CE002589-01-00 Funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC or the Department of Health and Human Services.

Suicide Deaths in Tennessee

2020

1,220 Tennesseans died by suicide

In Tennessee, death by suicide* is

The second leading cause of death between ages **10-14** & **25-34**

Highest among individuals aged **25-44**

90% of deaths by suicide in 2020 were among white individuals

90%

Individuals living in rural areas died by suicide at a rate 1.5x higher than those in metro areas

Firearms were the mechanism used by 63% of deaths by suicide

17% of deaths were affiliated with the US Armed Forces

Males died by suicide at a rate 4x higher than females

Anyone experiencing a mental health crisis can contact the Tennessee statewide crisis line.

Call 855-274-7471

Text TN to 741741

For more information and resources, go to **www.preventsuicidetn.com**

Department of Health Authorization No. 355743.
This Electronic publication was promulgated at zero cost. December 2021

This publication was supported by the grant number 6 NU50CE002589-02-02, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

TN Department of Health

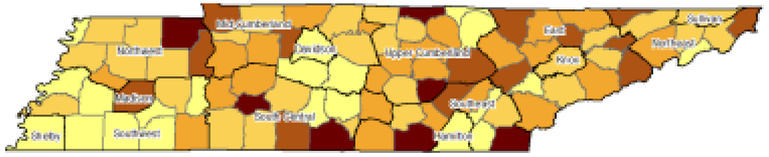
* The most recent leading cause of death and age data from the CDC is from 2019.

Tennessee Suicide Death Maps

Suicide Death by County 2015 - 2019

Five-Year Rate Based on Suicide Death per 100,000

The total number of deaths by suicide increased by 13% from 2015 to 2019 (1,065 vs. 1,220 deaths). The rate of deaths by suicide (per 100,000 population) increased by 11% from 2015 to 2019 (16.1 vs 17.9 respectively). The 2019 rate of suicide in Tennessee is 29% higher than the national rate (13.9).



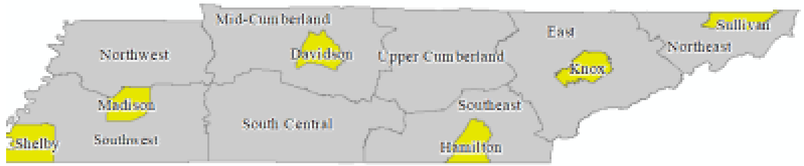
Suicide Death 2015 - 2019
5-Year Rate per 100,000

- 10.2 - 16.3
- 16.3 - 20.8
- 20.1 - 23.9
- 23.6 - 29.1
- 29.2 - 44.1

Top 20 Counties with High Suicide Death Rates

1. Clay
2. Lewis
3. Henry
4. Polk
5. Van Buren
6. Macon
7. Lincoln
8. Scott
9. Stewart
10. Hancock
11. Benton
12. Roane
13. Bledsoe
14. Johnson
15. Cumberland
16. Hamblen
17. Cheatham
18. Cocke
19. McNairy
20. Union

Rural Populations/Counties are Included in the Most Vulnerable Populations



Metro	
Memphis Shelby Metro	10.2
Nashville Davidson Metro	13.5
Chattanooga Hamilton Metro	14.6
Jackson Madison Metro	14.7
Knoxville Knox Metro	16.2
Sullivan Metro	19.3

Rural	
Mid Cumberland Region	16.7
North East Region	17.8
West Tennessee Region	18.2
South East Region	18.9
South Central Region	20.1
East Tennessee Region	20.6
Upper Cumberland Region	21.6

Department of Health Authorization No. 355721.
This Electronic publication was promulgated at zero cost. October 2021

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TN Department of Health

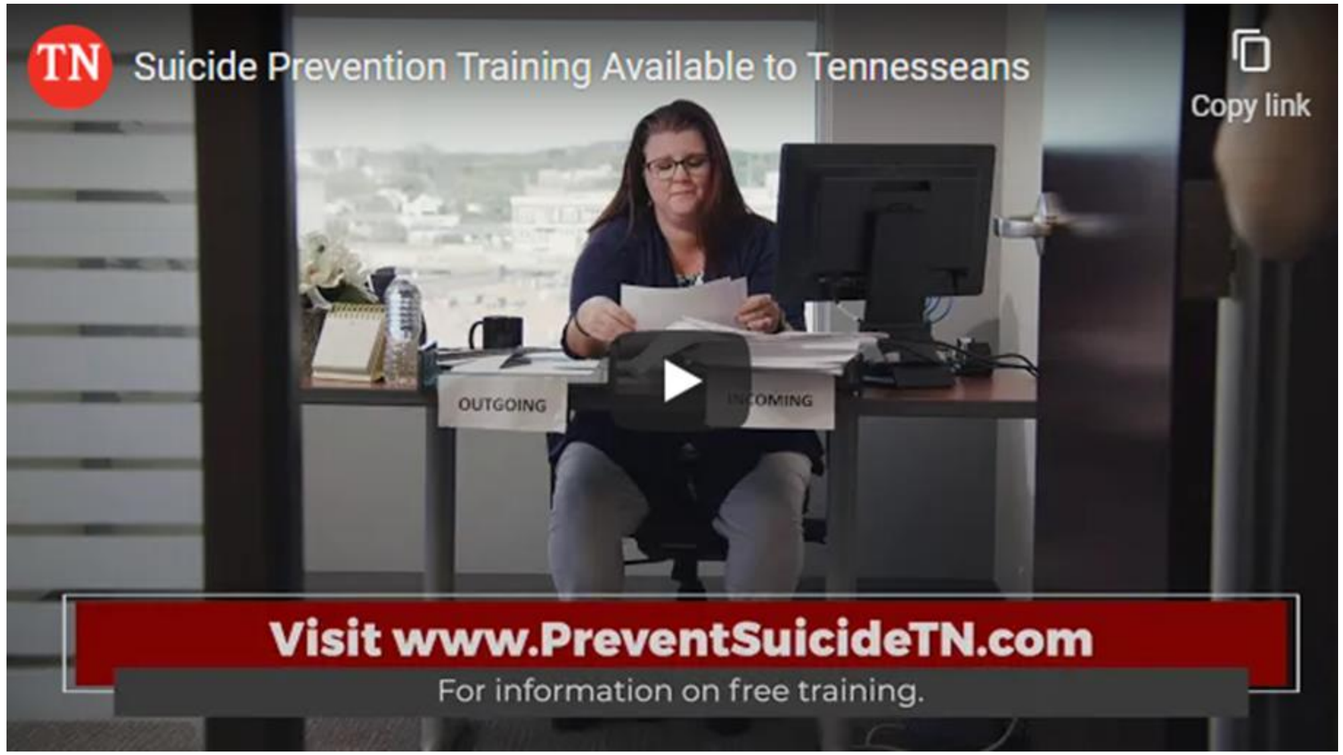
Data source: Tennessee Department of Health, Office of Vital Records and Statistics, Death Statistical File, 2005-2019.

https://www.tn.gov/health/health-program-areas/fhw/vipp/suicide-prevention/data.html

TN Department of Health

Public Service Announcements

- Developed two PSAs to help promote suicide prevention trainings available across the state:
  - Training for General Public PSA
  - Training for Professionals PSA



Statewide Crisis Line

STATEWIDE

CRISIS LINE

HELP IN A MENTAL HEALTH CRISIS

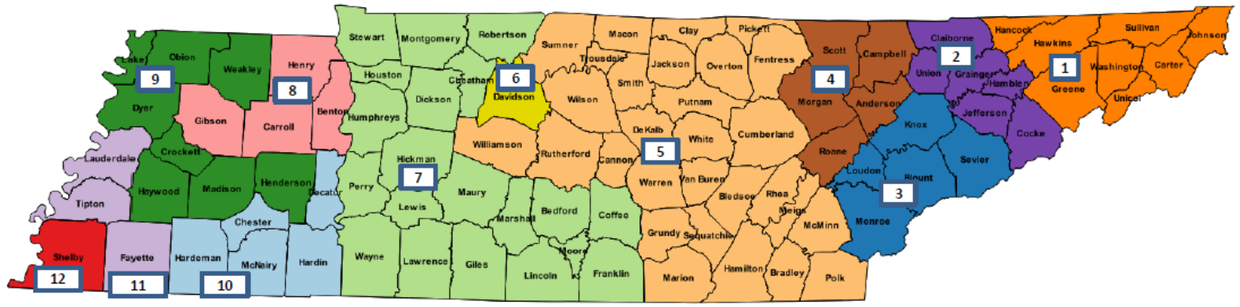
855-CRISIS-1
855-274-7471

TN.gov/CrisisLine

TN Department of Mental Health & Substance Abuse Services

TN Department of Mental Health & Substance Abuse Services

Mobile Crisis Service Areas and Providers



AREA:	ADULT:	CHILDREN & YOUTH:
1	Frontier Health	Frontier Health
2	Cherokee Health Systems	Youth Villages
3	Helen Ross McNabb	Helen Ross McNabb
4	Ridgeview Psychiatric Hospital & Center	Youth Villages
5	Volunteer Behavioral Health	Youth Villages
6	Mental Health Cooperative	Mental Health Cooperative
7	Centerstone Community MHC	Youth Villages
8	Carey Counseling Center	Youth Villages
9	Pathways of Tennessee	Youth Villages
10	Quinco Community MHC	Youth Villages
11	Professional Care Services	Youth Villages
12	Alliance Healthcare Services	Youth Villages

Redline

The TN REDLINE is toll free and available 24/7 for up-to-date addiction information and referrals.

TN REDLINE

1.800.889.9789

CALL OR TEXT

RESILIENTN

Emotional Support Line for Pandemic Stress

The emotional support line:

- Created for TN healthcare providers, medical workers, first responders, & other frontline workers
- Provides free and confidential support
- Does not include clinical, medical, or therapeutic services

Statewide Directory & Information Resource Guide

The resource directory includes:

- Overview of Suicide in TN
- Warning Signs
- Risk and Protective Factors
- When to Access Help for Mental Health
- Accessing and Paying for Mental Health Services
- All Resources and Services Available Statewide
- Charts of all Suicide Prevention Programs/Services, Laws/Policies, and Groups/Coalitions

https://www.tn.gov/content/dam/tn/health/program-areas/vipp/TDH-Suicide-Prevention-Resource-Guide-Final-Draft-9-24-2021.pdf

Suicide-Related Syndromic Surveillance Efforts

Reminder: What is ESSENCE?

Electronic
Surveillance
System for the
Early
Notification of
Community-based
Epidemics

ESSENCE Available on the NSSP BioSense Platform

Goal: To Help CDC Improve Data Quality, Efficiency, and Usefulness of Data Collected as Part of the NSSP

NSSP
National Syndromic Surveillance Program
BioSense Platform

https://www.tn.gov/health/health-program-areas/fhw/vipp/suicide-prevention/surveillance.html

How To Receive Weekly ESSENCE Alerts

ESSENCE ALERT SIGN-UP

Sign Up To Receive ESSENCE Alerts (Counties A-K)

If you are interested in being notified when an ESSENCE Alert is generated for your county, sign up below. You may sign up for as many counties as you like; if you would like to sign up for counties in both columns, you must enter your email twice.

* **Email**

Sign Up To Receive ESSENCE Alerts (Counties L-Z)

If you are interested in being notified when an ESSENCE Alert is generated for your county, sign up below. You may sign up for as many counties as you like; if you would like to sign up for counties in both columns, you must enter your email twice.

* **Email**

https://tspn.org/initiatives-outreach/essence/essence-alert-sign-up/

ESSENCE Alert Details: July 31- August 6, 2022

ESSENCE alerts for youth 10-17 years: Anderson, Bedford, Blount, Cheatham, Coffee, Cumberland, DeKalb, Dickson, Dyer, Hamblen, Lawrence, Marshall, Maury, Monroe, Montgomery, Robertson, Stewart, Wayne, Weakley, and Wilson Counties.
ESSENCE alerts for young adults 18-24 years: Shelby County.
ESSENCE alerts for adults 25-44 years: Bedford, Bradley, Coffee, Hickman, Marshall, Maury, Rhea, Sequatchie, and Shelby Counties.
ESSENCE alerts adults 45-64 years: Bradley, Franklin, Grundy, Hamilton, Knox, McMinn, and Shelby Counties.
ESSENCE alerts adults 65+: Anderson, Davidson, Roane, and Sevier Counties.

Current Trends: Weeks of 7/31/2022 to 8/6/2022

- Last week's highest number of ED alert visits were in the South-Central Region for youth 5-17 and predominantly white females for the second week in a row. Shelby Metro had the highest alerts for ages 18-24, with overall alerts higher for males and equal between Whites and Blacks.
- For a second week, the Davidson Metro had the highest alerts for ages 25-44. Alerts for males were three times higher than for females, and Black or African Americans alerted higher than White patients. The Hamilton, Knox, and Shelby Metros alerted highest for ages 45-64 and predominantly male. The Davidson Metro had the highest alerts for ages 65+.
- Most visits were for suicidal ideation, with 13 suicide attempts reported, a decrease compared to last week.

- **Risk Factors for ages 10-17:** Depression, plans for suicide, hallucinations, history of intentional self-harm (e.g., cutting), fighting with family, aggressive behavior, and access to a firearm.
- **Suicidal Behavior:** Overdosing on prescription/non-prescription medication (e.g., opioids, insulin, and Ibuprofen) and cutting with a razor.

- **Risk Factors for ages 18-24:** Depression, drug abuse (e.g., fentanyl and methamphetamines), hearing voices, and brain damage.
- **Suicidal Behavior:** Overdosing on prescription/non-prescription medication.

- **Risk Factors for ages 25-44:** Alcohol abuse, health issues (i.e., HIV and cancer), schizophrenia, loss of a loved one, and drug/alcohol withdrawal.
- **Suicidal Behavior:** Intentional self-ham/lacerations and intentional overdose on methamphetamines.

- **Risk Factors for ages 45-64:** Hallucinations, homelessness, plans for suicide with a gun or walking into traffic, cocaine, and alcohol abuse, breaking up with a partner, spousal abuse, and alcohol dependency.
- **Suicidal Behavior:** Intentional self-ham/lacerations and overdosing on prescription medication and alcohol.

- **Risk Factors for age 65+:** Loneliness and isolation, loss of friends due to death, dementia, health issues, inability to afford housing, and past suicide attempts.
- **Suicidal Behavior:** Intentional use of a firearm on self.

Additional Funding for Surveillance Efforts

- Received additional funding to support syndromic surveillance efforts
  - $133,000

- Plans for additional funding:
  - Educate hospital partners and emergency department staff on the importance of reporting into ESSENCE in a timely manner and understanding the work that is being done with the information put into ESSENCE to prevent suicide attempts and death
  - Educate both the public and organizations that serve the public about ESSENCE, the alert system, and what communities can do after an alert has been received within the area(s) they work/live
  - Recruit new ESSENCE alert subscribers from rural areas and who work in populations that address risk factors seen in ESSENCE alerts
  - **Fund rural county health councils in high-risk areas to develop and implement a response to weekly ESSENCE alerts**
  - Work with organizations such as community mental health centers, primary care clinics, health departments, large workforce organizations and others that serve our selected vulnerable populations to improve the response to ESSENCE alerts within rural communities
  - Coordinate prevention activities across the state occurring in response to ESSENCE alerts by creating a mechanism for community partners to report activities.

Questions?

TN Department of Health

Contact info:

Brittany Willis
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TDH Suicide Prevention Program Website: www.preventsuicidetn.com

Thank You!

WORKING FOR A HEALTHIER TN

Quarterly Activity List

WORKING FOR A HEALTHIER TN

Friendly Reminders

Fiscal Year 2023

July 2022 – June 2023

Q1	Q2	Q3	Q4
July Aug Sept	Oct Nov Dec	Jan Feb March	April May June

September Suggestions

Share about:

- National Yoga Month
- Whole Grains Month
- National Suicide Prevention Month

Get involved with:

- Show off your balanced breakfast in honor of Better Breakfast Month
- Join our “Fall in Love with Veggies” webinar (presented by ActiveHealth) on Thursday, Sept. 15 from 12-12:30 p.m. CT
- Join our “Cholesterol 101”webinar (presented by ActiveHealth) on Thursday, Sept. 22 from 11:30 a.m. – 12:30 p.m. CT

WORKING FOR A HEALTHIER TN

What's New?

NEW WFHTN Swag!

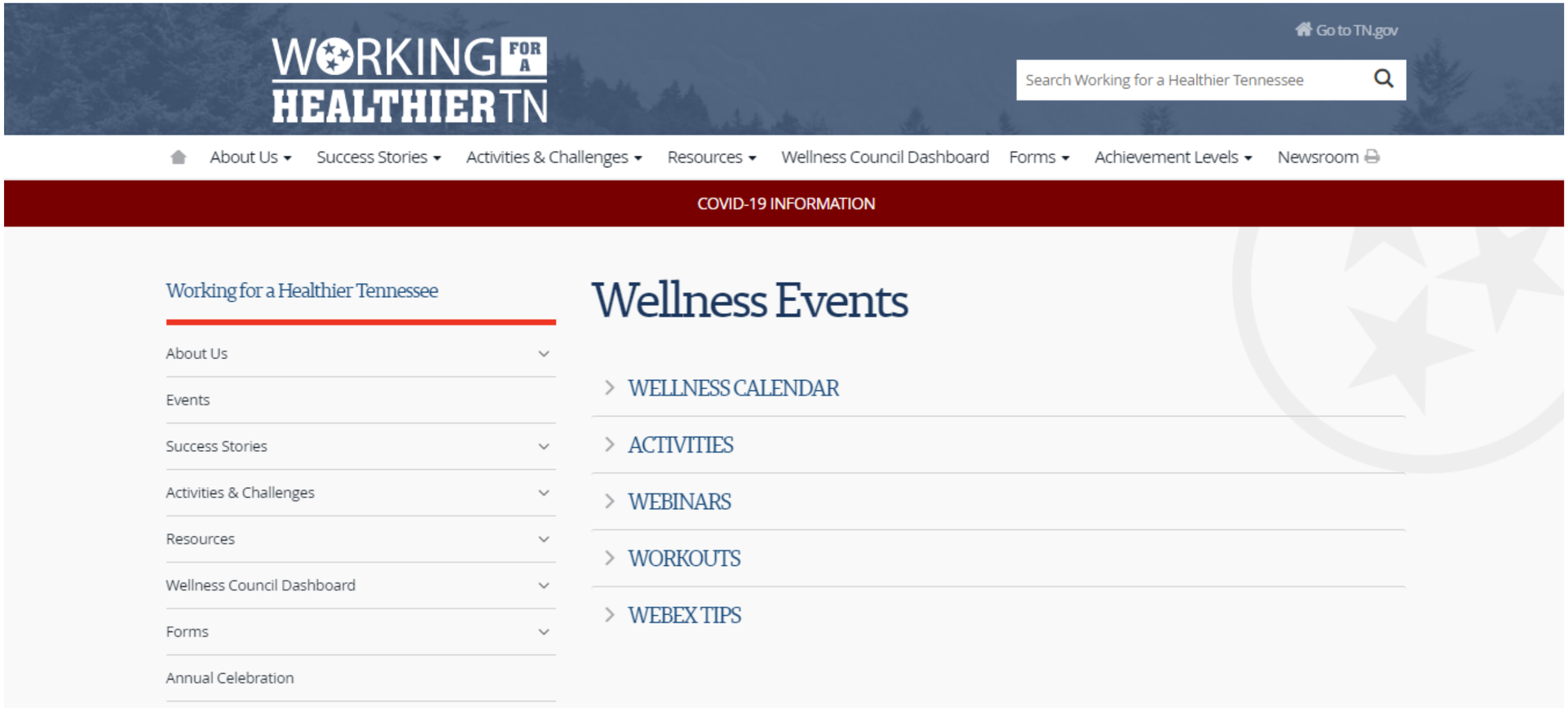
- Microfiber Cooling Towel
- Aromatherapy Sleep Mask
- Activity Waist Pack
- Mini Popcorn Popper
- Slingpack Bag
- Wireless Speaker
- Resistance Band Set
- Bento Lunch Box

Item	Quantity Available
WFHTN Trophy Stress Reliever	16
WFHTN Insulated Lunch Bag	13
WFHTN Portion Bowl	3
WFHTN Performance Tee (Ladies-Large)	1
WFHTN Cutting Board	21
WFHTN Sportpack	69
WFHTN Memo-Notebook	70
TDEC Get Food Smart TN Meal Planning Pad	30
Flashlight	1
Moko Waist Bag	2
Universal Care Cell Phone Holder	1
Kootek Bluetooth Selfie Stick	1
Dreamcatcher Monopod Selfie Stick	1
Reflector Bike Pant Leg Straps	1
We Stand Together Red Bracelets	75
Here4TN Cloth Face Mask	23
Here4TN Phone Wallet	12
Here4TN Keychain Light	26
Here4TN Stress Toy	15
Here4TN Webcam Cover	4
WFHTN Microfiber Cooling Towel *(NEW!)*	*130*
WFHTN Aromatherapy Sleep Mask *(NEW!)*	*143*
WFHTN Activity Waist Pack *(NEW!)*	*50*
WFHTN Mini Popcorn Popper *(NEW!)*	*38*
WFHTN Slingpack Bag *(NEW!)*	*40*
WFHTN Wireless Speaker *(NEW!)*	*50*
WFHTN Resistance Band Set *(NEW!)*	*50*
WFHTN Bento Lunch Box *(NEW!)*	*29*
WFHTN Duffle Bag *(available 9/1)*	*49*
Fitness Tracker *(available 9/1)*	*10*
Jump Rope *(available 9/1)*	*32*

To access pictures of any of these items listed, please CLICK HERE.

Wellness Events Page

www.tn.gov/wfhtn/challenges/wellness-events.html



September Daily Wellness Calendar & Virtual Events

WORKING FOR A HEALTHIER TN

MAKE IT A SEPTEMBER TO REMEMBER!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 1-2	Please note: All times listed are in the Central time zone.			Join DCS for a Fitness Break from 11-11:15 a.m. (Calendar invite)	Try these on-demand yoga video resources or attend a live virtual yoga class in honor of National Yoga Month.
September 5-9	HAPPY LABOR DAY	Share a photo of your balanced breakfast in honor of Better Breakfast Month.	Read the Role of Co-Workers in Preventing Suicide.	Need a little help with managing deadlines? Try this handy tool to keep you on track.	Join the Suicide Prevention Efforts in Tennessee webinar from 11:30 a.m.-12 p.m. (Calendar invite)
September 12-16	Complete this Breakfast Crossword and send it to WFHT.TN@tn.gov.	Today is Positive Thinking Day! Learn ways to change your negative thoughts.	Watch Seannalyn's success story of how she turned a frightening diagnosis into an opportunity to live a healthier way!	Join the Fall in Love with Veggies webinar from 12-12:30 p.m. (Calendar invite)	Need help with getting in more veggies? Try this Vegetarian Breakfast Casserole!
September 19-23	Check out the Whole Grains 101 handout in honor Whole Grains Month.	Discover why sourdough bread is a healthy option. Here's a simple recipe that will easily become a family heirloom!	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Join the Cholesterol 101 webinar from 11:30 a.m. - 12:30 p.m. to learn ways to lower your risk. (Calendar invite)	The WFHTN pets don't live in the White House, yet they're being honored for National Dogs in Politics!
September 26-30	Today is National Quesadilla Day! Try this easy Cheesy Egg Quesadilla!	Check out our video library to add variety to your workout.	Time for a financial wellness check-up! Learn more with Are You Financially Fit?	Finding ways to relax is key to a healthy heart. Join us for a Calm Break from 10-10:15 a.m. (Calendar invite)	Join Yoga: Core & More from 12:15-12:45 p.m. (Calendar invite)

UPCOMING EVENTS

SEPTEMBER 2022

WORKING FOR A HEALTHIER TN

WORKOUTS

YOGA FOR ALL (WITH SOPHIA)
Mondays from 12-12:15 p.m.
Link to join. Calendar invite.

DHS FITNESS BREAK
Wednesdays from 11-11:10 a.m.
Link to join.

YOGA FOR ALL
Wednesdays from 12-12:15 p.m.
Link to join. Calendar invite.

DCS FITNESS BREAK
Thursdays from 11-11:15 a.m.
Link to join. Calendar invite.

YOGA: CORE & MORE
Fridays from 12:15-12:45 p.m.
Link to join. Calendar invite.

ACTIVITIES

CALM BREAK
Thursday, Sept. 29 from 10-10:15 a.m.
Calendar invite.

BETTER BREAKFAST MONTH
- Complete our **breakfast crossword**.
- Send in a photo of your **balanced breakfast** to WFHT.TN@tn.gov by Friday, Sept. 30.

FIVE participants chosen at random will win a prize for EACH activity!

WEBINARS

SUICIDE PREVENTION
Presented by the Department of Health
Friday, Sept. 9 from 11:30 a.m.-12 p.m.
Calendar invite.

FALL IN LOVE WITH VEGGIES
Presented by ActiveHealth Management
Thursday, Sept. 15 from 12-12:30 p.m.
Calendar invite.

CHOLESTEROL 101
Presented by ActiveHealth Management
Thursday, Sept. 22 from 11:30 a.m.-12:30 p.m.
Calendar invite.

For more information about these events, visit https://www.tn.gov/wfhtn/challenges/wellness-events.html.

Please note: All times are listed in Central time zone.

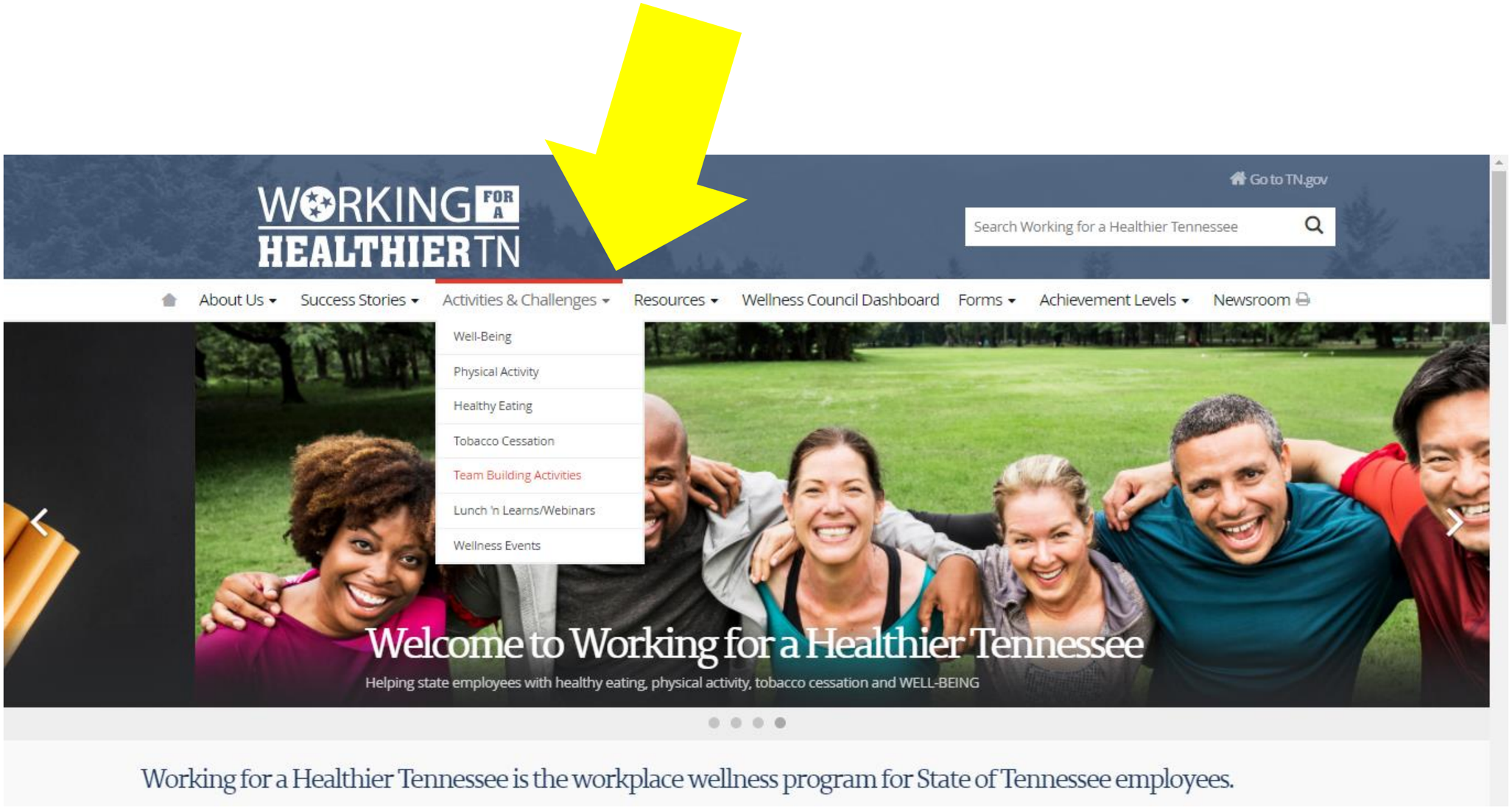
WFHTN YouTube Videos

https://youtu.be/KA50vWLBVhY

Subscribe to our YouTube channel: YouTube.com/TNSiteChampions

WFHTN Team Building Activities

www.tn.gov/wfhtn/challenges/team-building-activities.html



Example: Breakfast Demo

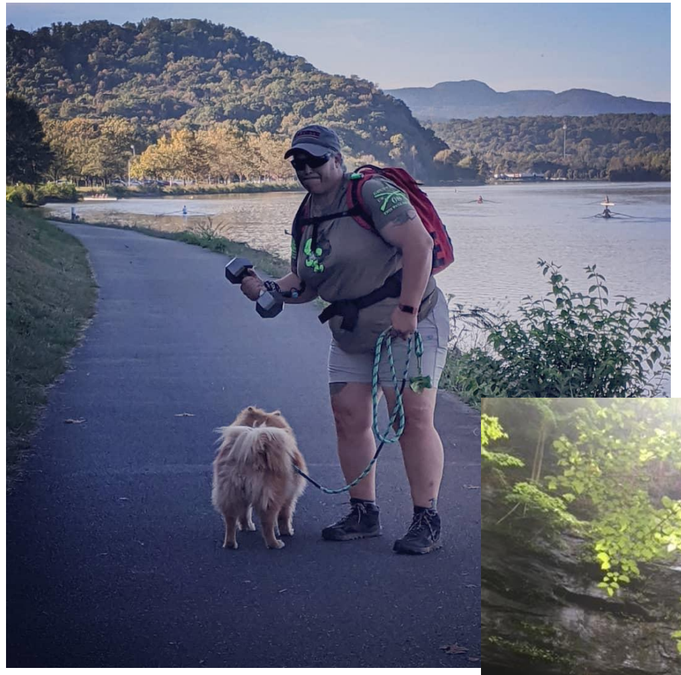
https://youtu.be/nZn2u0ERYik

Wellness Council Spotlight

WORKING FOR A HEALTHIER TN

Move More Challenge

246 participants from 21 agencies



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2022 TDCI-lympics

Department of Commerce & Insurance

TDCI OLYMPICS 2022

WORKING FOR A HEALTHIER TN

Just Breathe Challenge

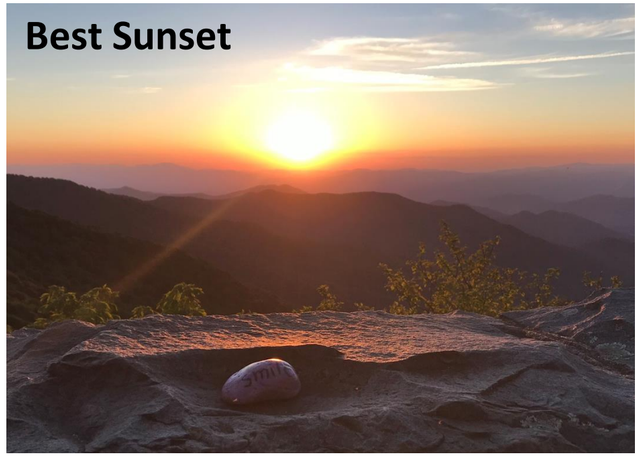
Department of Health

“The reminders each day from [Microsoft] Teams reminded me to actually focus on taking pause.”

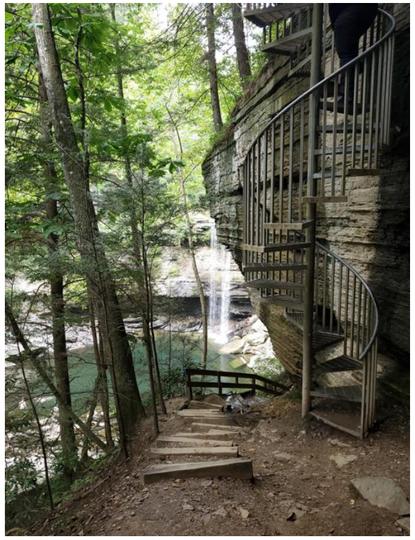
State Park Photo Contest

Department of Human Services

Best Action Shot



Best Landscape



Best Wildlife

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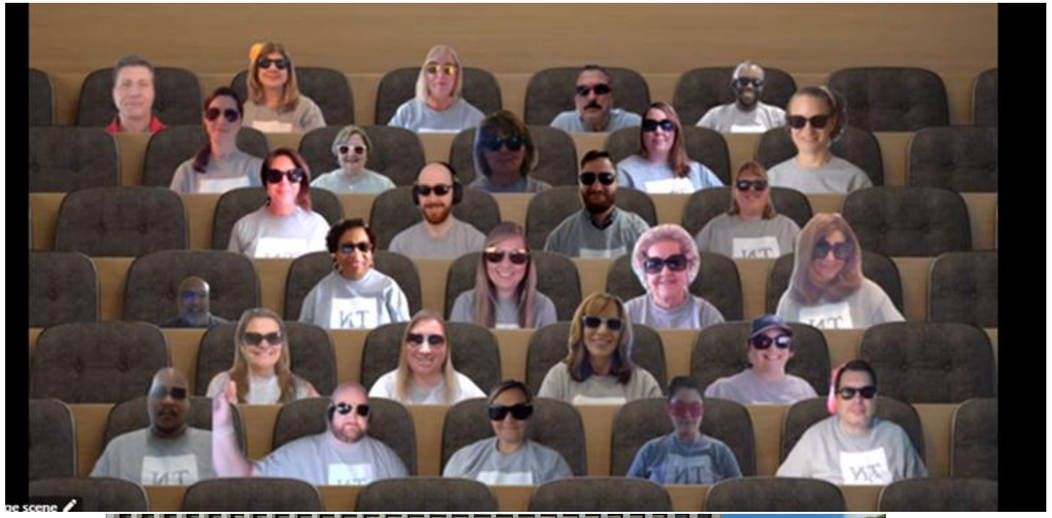
DGS Day

Department of General Services



WORKING FOR A HEALTHIER TN

Upcoming Schedule

October Wellness Council Webinar

Thursday, Oct. 6 from 9-9:45 a.m. Central

Quarter 1 Activities

Submit activities by Monday, Oct. 3

For our full virtual event list, please visit
https://www.tn.gov/wfhtn/challenges/wellness-events.html

WORKING FOR A HEALTHIER TN

Your Updates!

Questions

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