



THE ADVOCATE

Promoting Positive Relationships and Mental Health



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Welcome to the August, 2024 issue of The Advocate! As we transition from the relaxing days of summer to the hustle and bustle of the new school year, we're focusing on promoting positive relationships and mental health. In this month's Advocate we'll share valuable insights and reports to help children and families foster strong, supportive connections and prioritize emotional well-being. Let's make this busy a month a great opportunity for a time of growth and positivity!

Legislative Updates

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Children and Youth Articles



The Child and Adolescent Health Measurement's Initiative called Data Resource Center for Child and Adolescent Health has partnered with the Health Resources and Services Administration's Maternal and Child Health Bureau for decades to provide user-friendly access to data findings which provide an excellent starting point for promoting health equity in Tennessee and every state in the U.S. Click the link to maximize the power of their national surveys to promote health equity among our nation's youth.

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Racial socialization helps develop racial and ethnic identity during childhood and adolescence. However, racial socialization may look different for young people who are involved in the foster care



A program report that highlights research on children and families provides an in depth look at long-term consequences of early life conditions and the effects of public programs affecting children. Click the link to find summaries on studies that include gun violence, mental health, access to women's care and even the long-lived effects of the COVID-19 pandemic.

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A recent study examined the experiences of divorcing African American parents who took part in a state-mandated divorce education program. Click the link to learn how women and men who participated in this course

system. Click the link to read a blog that draws from an in depth study to indicate how adults within the foster care system can help young people develop healthy racial identities through supportive practices.

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emerged with new knowledge about how divorce impacts children and youth and the benefits of healthy co-parenting.

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A health expert highlights the need to notice small changes in behavior, mood and daily activities that might signal the start of depression or mental health issues. Click the link to find tools to step in early and offer the right support to young people who may be at risk.

[Watch Video](#)



Participate in state-run virtual sessions for students with disabilities and their parents, providers and advocates to learn about employment, training, and resources to help students successfully transition from student to adult life and work in Tennessee.

[Get Involved](#)

Mental Health Resources

[TN Partners for Health](#)

[TDMHSAS Mental Health Services](#)

[988 Hotline](#)

Calendar of Events

Tuesday, August, 13 - Second Look Commission - Contact kylie.graves@tn.gov for additional information.

Friday, August, 16 - TCCY Commission Meeting

Thursday, August, 22 - Home Visiting Leadership Alliance - Virtual Meeting

Wednesday, August, 28 - Resilient Tennessee Collaborative Networking Meeting. Ellington Agriculture Center, 440 Hogan Rd. Nashville, TN.

Thursday, August, 29 - Council on Youth Justice Meeting - Family and Children's Services, 2400 Clifton Ave. Nashville, TN.

The Tennessee Commission on Children and Youth | [Website](#)



Tennessee Commission on Children and Youth | 502 Deaderick Street 9th Floor - Andrew Jackson Building | Nashville, TN 37243 US

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