

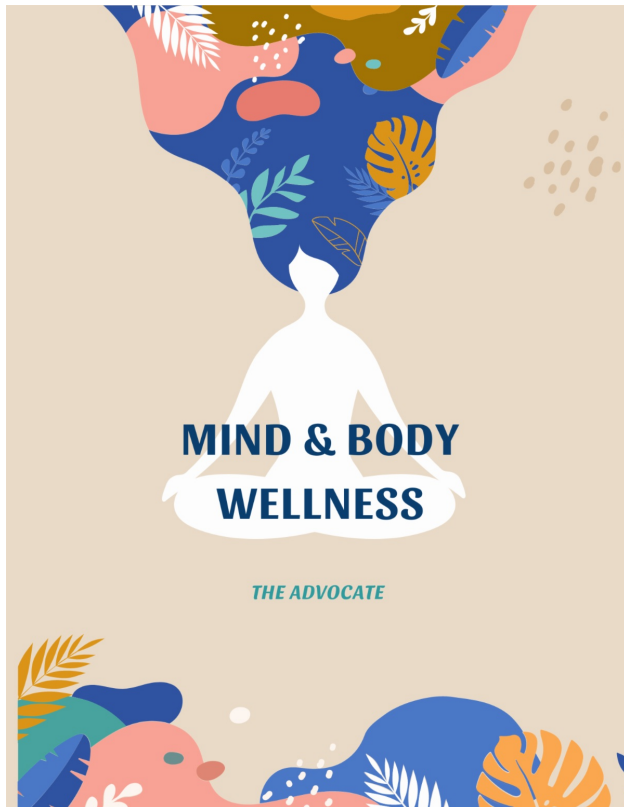


TENNESSEE  
COMMISSION ON  
**CHILDREN &  
YOUTH**

# THE ADVOCATE

**mental health** is just as **important** as physical health.

March is **National Social Work Month!**



## Baby Sleep Day (3/1)

This day recognizes how crucial sleep is for developing an infant's brain architecture. Babies sleep a lot! Don't you wish now that you wouldn't have argued against that nap in kindergarten? Sleep is integral for cognitive development and recharging for the next serve-and-return interaction.

## Research Links:

[The Unique Contributions of Day & Night Sleep to Infant Motor Problem Solving](#)

[ABCs of Safe Sleep - kidcentral tn](#)

## World Teen Mental Health Day (3/2)

"Adolescence is a time for young people to have a healthy start in life. The number of adolescents reporting poor mental health is increasing. Building solid bonds and connecting with youth can protect their mental health. Schools and parents can create these protective relationships with students and help them grow into healthy adults." - *Mental Health*, CDC 2023

## Brain Injury Awareness Day (3/4)

The brain is one of the most important organs in the body. It's responsible for many central nervous system functions and has numerous other jobs to help us live each day. Protecting our brains from physical, emotional and psychological traumas is extremely important!

## Research Links:

## Research Links:

Teens' Social Media Habits & Experiences

Association of Youth Suicides & County-Level Mental Health Professional Shortage Areas in the US

### National No Smoking Day (3/8)

Research shows the number of people around the world who smoke cigarettes is severely dwindling. The stigma surrounding smoking and the dangers of first-hand and second-hand smoke tend to get more severe as time goes on. But on National No Smoking Day, many are encouraged to help others quit.

## Research Links:

Nicotine Dependence from Electronic Cigarettes Use & Depressive Symptoms Among Adolescents

Secondhand Smoke: A Systematic Analysis for the Global Burden of Disease Study



### Positive Childhood Experiences among Tennesseans in 2021

The future prosperity of Tennessee depends on its ability to foster the health and well-being of the next generation. **Healthy child development is the foundation for economic productivity, responsible citizenship, and lifelong health**—all elements of a strong community and healthy economy.

Effects of Age on Traumatic Brain Injury Biomarkers

Depression, Anxiety, & Suicidality in Individuals With Chronic Traumatic Brain Injury Before & During the COVID-19 Pandemic

### State of the Child Annual Report 2022 *Mental Health*

When looking at the prevalence of mental health challenges among youth, particularly depression, **Tennessee sees similar or lower rates than the national average**. Tennessee falls significantly below the national average when it comes to ensuring youth who are struggling have **access to treatment**.

Appropriate care for mental health challenges is critical to mitigating potential adverse outcomes and supporting long-term health. While the state performs above the national average in 3 of the 4 indicators pertaining to adults, the low ranking is attributable primarily to youth indicators and workforce availability. **Tennessee has one mental health provider for every 590 individuals** compared to 350:1 nationally.

Learn More About State of the Child



A community of business leaders proving that family-friendly IS business-friendly.

The researched **Top 10 Policies** speak to benefits for families and their positive impact on business' profitability.

Take the 3-minute Assessment

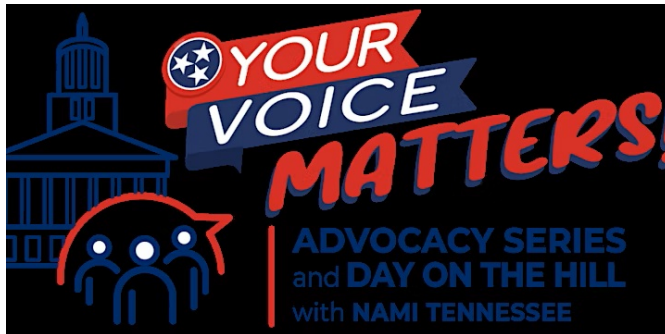
## Children's Advocacy Days 2023 March 7 & 8

The Tennessee Commission on Children & Youth hosts two exciting days celebrating **Children's Advocacy Days**, focusing on **musical movements within our communities**. Catering, performances and an outstanding lineup of speakers will be provided. We can't wait for you to join us for CAD 2023!

Visit our [website](#) for more details. Visit [Eventbrite](#) for Speaker Bios.



OF TENNESSEE CHILDREN & COMMUNITIES



### NAMI Tennessee's Day on the Hill

Wednesday, March 1 at 10 AM

NAMI Tennessee's Day on the Hill event gives advocates the opportunity to meet with lawmakers and educate them about policy issues affecting people with mental illness and their families. Legislative visits will begin in the morning, then convene for lunch at the state Capitol. Read the details [HERE](#).

### United Way of Greater Nashville's Calm Corners: Social Emotional Strategies for Students with Disabilities

Tuesday, March 28 at 12 PM

United Way of Greater Nashville's Read to Succeed program unites early childhood professionals to align knowledge, skills, and best practices for lifelong academic success and well-being for children and families. Read the details and register for the event [HERE](#).



## Calendar Events & Meetings:

Tuesday and Wednesday, March 7 & 8, 8AM-4:30PM & 8AM-12:30PM: Children's

Thursday, **March 9, 10AM-2PM: HVLA Meeting** - West Police Precinct 5500 Charlotte Pike Nashville or [Join Here Online](#)

Thursday, **March 23, 9AM-3PM: Rural Health Association West TN Regional Event** - Union University Carl Grant Events Center 1050 Union University Dr, Jackson, TN 38305. Register for the event [here](#).

Tuesday, **March 28, 12-1:30PM: United Way of Greater Nashville's Calm Corners** - United Way of Greater Nashville 250 Venture Circle Nashville, TN 37228

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### Tennessee Mental Health:

Children, Youth, & Family  
Resources

Reducing  
Stigma

988  
Hotline



### Health in the United States

Children's good health is fundamental to their overall development, and ensuring kids are born healthy is the first step toward improving their life chances. Exposure to violence, family stress, inadequate housing, lack of preventive health care, poor nutrition, poverty and substance abuse undermine children's health. Poor health in childhood affects other critical aspects of a child's life, such as school readiness and attendance, and can have lasting consequences on their future health and well-being.

Learn more in the ***2022 KIDS COUNT Data Book***.

### Self-Care Is an Important Part of Parenting

Parenting can be stressful and sometimes overwhelming. The rewards are countless, but so are the demands. To take good care of your children, you also need to take good care of yourself. That should always be a high priority. When you feel good about yourself, it will help you to be at your best as a parent. Here are some ways you can keep your body and mind healthy

