



# Advocate

<a href="#">Calendar</a>	<a href="#">In the News</a>	<a href="#">KIDS COUNT Facts</a>	<a href="#">Research</a>
<a href="#">TCCY Home</a>	<a href="#">Upcoming Events</a>	<a href="#">TCCY Newsroom</a>	<a href="#">TCCY Regional Councils</a>

## Trauma Has Long-Term Effects

Childhood trauma has long-term effects. TCCY reinforces this message in its trainings, publications and other communications, drawing on research from the Adverse Childhood Events Study and other studies. Protecting children from chronic stressors prevents emotional and physical health costs and improves economic outcomes for all of us. Researchers have discovered that the long-term pain of witnessing violence can be as destructive as that of being a victim yourself.

## Secondary Trauma

Social workers and helping professionals voluntarily expose themselves to secondary traumatic stress (STS) by caring for their clients. Sometimes called “compassion fatigue” or “vicarious stress,” this condition can be caused by frequent and chronic exposure to emotional and detailed accounts of traumatic events, continuing work with families in which serious abuse and violence has occurred, deaths of clients and/or helping those grieving deaths. Child protective workers face potential danger when dealing from people with a history of violence.

Workers dealing with STS may not get the support they need, as symptoms include lower productivity, greater absenteeism, alcohol abuse, irritability and persistent anger or sadness. Possibly the most destructive STS symptom is a loss of hope, both personally and for clients.

## Self Care

Empathy is important in helping people but may be a risk factor for secondary stress. Recognizing the potential for STS is an important step toward preventing it. Much of the discussion in the past has focused on self care by professionals to prevent STS. Workers at risk of STS should:

- Be aware of the symptoms;
- Take care of health: eat well, get enough sleep and exercise;
- Maintain a healthy work-personal life balance, including limiting overtime and taking leave;
- Get social support;
- Ask for help.



Perhaps most importantly, workers should be aware of how their personal trauma history weaves into the trauma they observe in clients and co-workers and be able to vent safely and confidentially.

## What Can Agencies Do?

Unresolved trauma saps agencies as well as staff. Agencies should consider STS in preparing human resource policies. A National Child Traumatic Stress network report said, “At the very least, being open to talking about trauma can send the message that the agency cares about employee well-being.”

Agencies should:

- Recognize the potential impacts of stress on workers;
- Make sure mental health services are covered by health plans;
- Help workers maintain boundaries and maintain work/home balance;
- Train workers in stress management techniques.

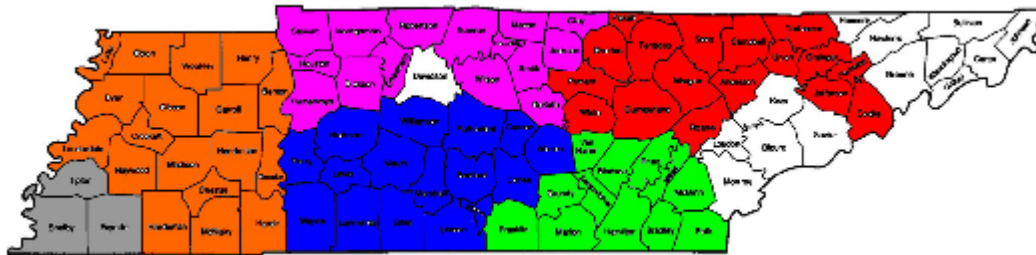
Professional isolation is as devastating for workers as social isolation is for their clients. Agencies should be aware of the isolation caused by geographic distance, social barriers and smaller case populations.

Resources:

- *Child Welfare Work and Secondary Traumatic Stress*, National Center for Child Traumatic Stress, UCLA: <http://bit.ly/TCCYad14>;
- *Secondary Trauma for Caseworkers*, Administration for Children and Families, U.S. Department of Health and Human Services: <http://bit.ly/tccyad17>.

# TDMHSAS Announces Regional Crisis Response Partners

The Tennessee Department of Mental Health and Substance Abuse Services has assigned responsibility for providing crisis services for children and youth to providers in nine regions across the state. This change went into effect July 1.



## \*Frontier Health

Tri-Cities (877) 928-9062

## \*Helen Ross McNabb Center

Greater Knoxville: (865) 539-2409

## \*Mental Health Cooperative

Davidson County: (615) 726-0125

\*Counties in white on map.

## Youth Villages

East Region: (866) 791-9224

Southeast Region: (866) 791-9225

North Middle Region: (866) 791-9221

South Middle Region: (866) 791-9222

Rural West Region: (866) 791-9227

Memphis: (866) 791-9226

## July is....

Perhaps it is not the best self care to do, but July is officially Ice Cream Month (<http://bit.ly/tccyad16>).

Furry friends and family help, too.



## Updates

**About Us.** Two new Commission members, **Ashley Dunkin** of Lawrenceburg and **Amy Jones** of Jackson have been appointed by the Governor to three year terms. Dunkin, an attorney who practiced in Lawrence County, has served as a juvenile court magistrate since 2012. She and her family (at right) recently adopted two children. Jones, the executive director of Madison County Juvenile Court Services, previously served as the executive director of the local CASA (Court Appointed Special Advocate) program. TCCY Vice Chair Rob Mortenson (Nashville) and members Kelly Drummond (Knoxville) and Jill Grayson Stott (Jonesborough) were reappointed to serve until 2017.



## Mark Your Calendar

**July 22, 12:30-2:30 p.m., Tennessee Department of Health** workshop to collect input from the public about the **State Health Plan**, UT Health Science Center, Student Alumni Center, 800 Madison Ave., Memphis. Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**July 24, 10 a.m.-12 noon, Tennessee Department of Health** workshop to collect input from the public about the **State Health Plan**, Tennessee State University, Avon Williams Campus, Rm. 354, 330 10<sup>th</sup> Ave., North, Nashville. Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**July 25, 1:30-3:30 p.m., Tennessee Department of Health** workshop to collect input from the public about the **State Health Plan**, UT Howard Baker Center for Public Policy, 1640 Cumberland Ave, Knoxville. Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**July 28, 10 a.m.-12 noon, Tennessee Department of Health** workshop to collect input from the public about the **State Health Plan**, ETSU D.P. Culp University Center, 807 University Parkway, Johnson City. Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**July 31, 12:30-2:30 p.m., Tennessee Department of Health** workshop to collect input from the public about the **State Health Plan**, Dyersburg State Community College, Campus Activities Building, 1510 Lake Rd., Dyersburg. Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**July 31, 12:30-3:30 p.m., Youth Transitions Advisory Council** meeting, Goodwill Industries of Middle Tennessee, 937 Herman Street, Nashville. Tennessee Housing Development Agency (THDA) staff will present

information. Contact [steve.petty@tn.gov](mailto:steve.petty@tn.gov) or (615) 532-1685.

**Aug. 1, 11:30 a.m.-2 p.m., Upper Cumberland Council on Children and Youth sponsors “Justice for All”** presentation by Sevier County Juvenile Court Judge Dwight Stokes, Upper Cumberland S Regional Health Facility, 1100 England Drive, Cookeville. Registration for attorneys seeking CLEs: <http://bit.ly/uccy1>. Registration for all others: <https://uccyjusticeforall.eventbrite.com> (free for members; nonmember registration fee covers lunch).

**Aug. 3-6, Tennessee Juvenile Court Services Association Conference, Park Vista Hotel, Gatlinburg.** Contact [mmiller@bristoltn.org](mailto:mmiller@bristoltn.org) or (865) 436-9211.

**Aug. 6, 1:30-3:30 p.m., Tennessee Department of Health workshop to collect input from the public about the State Health Plan, TTU, Nursing and Health Services Building, 1 William L. Jones Drive, Cookeville.** Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**Aug. 8, 7:30 a.m.-5:15 p.m., Setting Captives Free Human Trafficking Awareness Training, Tenssco Community Center, 115 Tenssco Drive, Dickson.** Registration fee: \$70, includes 8 contact hours or 8 hours POST certification. Register at <http://bit.ly/tccycal1>.

**Aug. 12, 12:30-2:30 p.m., Tennessee Department of Health workshop to collect input from the public about the State Health Plan, Jackson State Community College, Science Building, 2046 N. Parkway, Jackson.** Contact Julia Bayles, assistant director of Health Planning, at 615-253-8483 or [Julia.Bayles@tn.gov](mailto:Julia.Bayles@tn.gov).

**Aug. 15, 8 a.m.-4:30 p.m., TCSW Middle Tennessee Summer Spritzer, Nashville First Church of the Nazarene, 510 Woodland Street.** More info/registration: <http://conta.cc/1q3v69N>.

**March 10-11, 2015 Children’s Advocacy Days, War Memorial Auditorium, Nashville.** Contact [Richard.Kennedy@tn.gov](mailto:Richard.Kennedy@tn.gov).

## In the News

*The (Clarksville) Leaf Chronicle, “Judges Call on Churches to Double Number of Foster Families,”*

<http://bit.ly/tccyfb14>

*The (Nashville) Tennessean, “Program Assisting Former Foster Kids Earns Praise,”* <http://bit.ly/TCCYfd10>

## Research Information

*Are the Children Well? A Model and Recommendations for Promoting the Mental Wellness of the Nation’s Young People,* Robert Wood Johnson Foundation, July 2014: <http://bit.ly/tccyad12>

*Mother’s Education and Children’s Outcomes: How Dual-Generation Programs Offer Increased Opportunities for America’s Children,* Foundations for Child Development: <http://bit.ly/tccyad13>

*What Would Happen If Health Care in Your State Improved?* The Commonwealth Fund: <http://bit.ly/tccyfb8>

# Tennessee KIDS COUNT Facts

## Confirmed Victims of Maltreatment Who Received Post-Investigation Services



### CHILDREN WHO ARE CONFIRMED BY CHILD PROTECTIVE SERVICES AS VICTIMS OF MALTREATMENT WHO RECEIVED POST-INVESTIGATION SERVICES (NUMBER)

**National KIDS COUNT**

KIDS COUNT Data Center, [datacenter.kidscount.org](http://datacenter.kidscount.org)

A project of the Annie E. Casey Foundation

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

To suggest content or manage subscriptions to *The Advocate*, contact [fay.delk@tn.gov](mailto:fay.delk@tn.gov).  
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