



# THE ADVOCATE

## April is All About the Brain!



Welcome to our April newsletter, where we delve into the fascinating world of the brain! The brain is a remarkable organ that controls all aspects of our lives, from our thoughts and emotions to our movements and senses. It is a complex system that continues to intrigue scientists and researchers around the world. In this edition, we take a journey into the inner workings of the brain and uncover the latest findings in this exciting field.

### Legislative Updates

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### Research Articles



## **Daylight Saving Time: American Academy of Sleep Medicine**

The last several years have seen intense debate about the issue of transitioning between standard and daylight saving time. In the United States, the annual advance to daylight saving time in spring, and fall back to standard time in autumn, is required by law (although some exceptions are allowed under the statute). An abundance of accumulated evidence indicates that the acute transition from standard time to daylight saving time incurs significant public health and safety risks, including increased risk of adverse cardiovascular events, mood disorders and motor vehicle crashes.

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## **The Role of Nutrition in Brain Development: The Golden Opportunity of the “First 1000 Days”**

Every child has a right to optimal cognitive, social and emotional behavioral development. The cognitive, social and emotional parts of the brain continue to develop across the lifespan. However, the brain’s growth and development trajectory is heterogeneous across time. A great deal of the brain’s ultimate structure and capacity is shaped early in life before the age of 3 years. The identification and definition of this particularly sensitive time period has sharpened the approach that public policies are taking related to promoting healthy brain development.

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## **Assessment of Long-Term Effects of Sports-Related Concussions: Biological Mechanisms and Exosomal Biomarkers**



## **Efficacy of Electroconvulsive Therapy as a Potential First-choice Treatment in Treatment-resistant Depression**

Electroconvulsive therapy (ECT) is a

Concussion or mild traumatic brain injury (mTBI) in athletes can cause persistent symptoms, known as post-concussion syndrome (PCS), and repeated injuries may increase the long-term risk for an athlete to develop neurodegenerative diseases such as chronic traumatic encephalopathy (CTE), and Alzheimer's disease (AD).

The Centers for Disease Control estimates that up to 3.8 million sport-related mTBI are reported each year in the United States. Despite the magnitude of the phenomenon, there is a current lack of comprehensive prognostic indicators and research has shown that available monitoring tools are moderately sensitive to short-term concussion effects but less sensitive to long-term consequences.

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technique that has been used since 1938 to treat several psychiatric disorders as a replacement for chemically induced seizures. Despite its history of stigma, controversy and low accessibility, ECT is found to be beneficial and efficient in severe cases of depression where medication fails to bring results. Titration tables developed over time, based on evidence-based medicine, have made this treatment technique safe and, in some cases, the first choice of treatment. The aim of the review was to summarize the research conducted on the efficacy of ECT on major depressive disorder and variables studied such as technique, comorbidities and medication as well as the effects and outcomes of this procedure.

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## Mental Health Resources

[TN Partners for Health](#)

[TDMHSAS Mental Health Services](#)

[988 Hotline](#)

data  
center

KIDS COUNT

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### **National, State-by-State Data Show Depth of Mental Health Pandemic for Youth**

Children in America are in the midst of a mental health crisis, struggling with anxiety and depression at unprecedented levels, according to the [2022 KIDS COUNT® Data Book](#), released by the Annie E. Casey Foundation with 50-state data on child well-being. The annual report focuses on youth mental health, concurring with a recent assessment by the U.S. surgeon general that current conditions amount to a youth mental health pandemic. The report sheds light on the health, economic and other challenges affecting American children.

## **Child Care Star Rating System**

One of the biggest decisions facing working parents is finding quality child care. After all, the choice you make today could affect your child's development, learning and future success in school. The Department of Human Services (DHS), the department responsible for licensing childcare agencies, is working to help families make informed choices about child care through Tennessee's Child Care Report Card and Star Quality Program.



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## **Calendar of Events**

**Saturday, April 1** - Wedge: Tournament Sponsorship Package benefitting Madison County CASA, 11AM CST (Leeper's Lane Park Jackson, TN)

**Wednesday, April 5** - TN Voices: Introduction to the Pyramid Model Webinar, 2:30-3:30PM CST

**Thursday, April 6** - Rural Health Association of Tennessee: East TN Regional Event, 9AM-3PM EST (ETSU, Johnson City, TN)

**Monday, April 10** - Pathways to Resilience: It Starts With Us: Building a Trauma-Responsive and Resilient Workplace, 2-3PM EST

**Friday, April 14** - UCCCY: Annual Legislative Breakfast, 8:30AM-11AM CST

**Wednesday, April 19** – TN Voices: Pyramid Model Super Friends Training Webinar, 3-4PM CST

**Thursday, April 20** - West Tennessee Legal Services: Virtual Fair Housing Conference, 1-3:30PM CST

**Thursday, April 27** - NWCCY: The Ethics of Self Care: Taking Care of Yourself While Taking Care of Others, More details coming soon, (UTM Boling University Center, Martin TN)

**Friday, April 28** – NYS-AIMH: Managing our Implicit Bias As We Navigate Professional Boundaries in I/ECMH Work, 9AM-4PM EST

**Friday, April 28** - Putnam County Blue Ribbon Committee: Safeguarding Our Children and Youth, 9AM-12PM PST (Upper Cumberland Development District 1104 England Drive Cookeville, TN 38501)

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# TennCare & CoverKids **Alert**

**Renewals are starting soon.**

**Don't risk a gap in your health coverage!** Steps you can take to prepare for renewals:

- ✓ **Create a free, online TennCare Connect account** to manage your contact information, see renewal updates, and view benefits.
- ✓ **Verify your contact information** with TennCare by logging into TennCare Connect at [TennCareConnect.TN.Gov](https://TennCareConnect.TN.Gov) or calling 855-259-0701.
- ✓ **Open and respond to all mail from TennCare.** If TennCare cannot auto-renew your coverage using existing data, you will receive a renewal packet in the mail or electronically, depending on the communication's preference you have selected.

Create your TennCare Connect account today by scanning the QR code and linking your TennCare account!



TennCare Connect

**Verify TennCare contact information:**  
[TennCareConnect.TN.Gov](https://TennCareConnect.TN.Gov) or 855-259-0701



# Alerta de TennCare y CoverKids

Las renovaciones comenzarán pronto.

¡No se arriesgue a quedarse sin su cobertura de salud! Pasos que puede seguir para prepararse para las renovaciones:

- ✓ **Cree una cuenta gratuita en línea de TennCare Connect** para administrar su información de contacto, ver las actualizaciones de renovación y consultar los beneficios.
- ✓ **Verifique su información de contacto** con TennCare iniciando sesión en TennCare Connect en [TennCareConnect.TN.Gov](https://TennCareConnect.TN.Gov) o llamando al 855-259-0701.
- ✓ **Abra y responda a todo el correo que reciba de TennCare.** Si TennCare no puede renovar automáticamente su cobertura utilizando datos existentes, recibirá un paquete de renovación por correo o de manera electrónica, dependiendo de la preferencia de comunicación que haya seleccionado.

Cree su cuenta de TennCare Connect hoy mismo escaneando el código QR y vinculando su cuenta de TennCare



TennCare Connect

Verifique la información de contacto de TennCare: [TennCareConnect.TN.Gov](https://TennCareConnect.TN.Gov) o 855-259-0701

The Tennessee Commission on Children and Youth | [Website](https://www.tn.gov/children-youth)



TENNESSEE COMMISSION ON CHILDREN & YOUTH

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