

# Healthy Family Handbook



# About Alignment Nashville



Alignment Nashville (AN) is a unique and scalable framework for developing community schools by bringing community organizations into alignment, creating coordinated support and a positive impact on public schools, children's health, and the success of our community.

In the past, Nashville organizations have worked individually to provide much-needed services. However, the issues concerning our children are far too complex for any single organization to address in isolation. The AN process allows community-wide collaboration among schools, nonprofits, businesses, and government agencies, generating the synergy necessary for sustained improvement in public education and children's health. This collaboration produces:

- **Enhanced capacity** - Very few organizations have the capacity for community-wide impact. A collective effort enhances the results of each organization while generating a much greater overall effect.
- **Higher-quality services** - Expertise from multiple organizations guarantees a broader perspective and a wiser approach.
- **Greater returns on investment** - By working together toward common goals, resources are leveraged, duplication is avoided, and efficiency is greatly increased. Also, AN initiatives have attracted national funding that increases the impact of the local funding used to build pilot programs.

## Attention Community Organizations:

If you would like to be included in future updates of this handbook, please visit the Alignment Nashville website at [www.alignmentnashville.org](http://www.alignmentnashville.org) and click on the "Get Involved" link. You may also contact Melissa Jagers, Associate Director, at [melissa@alignmentnashville.org](mailto:melissa@alignmentnashville.org).

## Alignment Nashville Primary Care Committee

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# Healthy Families

*“An ounce of prevention is worth a pound of cure.”*  
-- Benjamin Franklin

Dear Parents:

Regular check-ups are an important part of preventive care. That's why the Alignment Nashville Primary Care Committee developed this Healthy Family Handbook to help you learn more about the resources in our community that can help you and your child lead a healthy lifestyle.

Preventive care includes yearly checkups, immunizations, tests, and health guidance and is very important in keeping your child healthy. As a parent, you should know what preventive care your child needs. Work with your child's doctor or other health care provider to assure that he or she gets proper care.

The Healthy Family Handbook has information on needed preventive care and on good health habits. Use it as a permanent record to help you keep track of your child's health and care.

We encourage you to call the organizations listed in this guide; they can provide important services and resources for you and your family. If you have any comments or ideas about how we can improve this guide, please email [melissa@alignmentnashville.org](mailto:melissa@alignmentnashville.org).

Sincerely,

Michael D. Warren, MD, MPH  
Chair, Alignment Nashville Primary Care Committee

*Note: This guide is for informational purposes only and is not meant to replace specific medical advice about your child or by your child's provider.*



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### Information You Need at a Glance

We have included several handy forms for you to use to keep information about your child's health in a single place. These forms are located throughout this guide on the following pages:

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# Important Information



Use this to store information about your child and your primary care provider.

Child's name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Parent/guardian name(s): \_\_\_\_\_

Important health problems & diagnoses: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Allergies (to medicine, foods, or other things): \_\_\_\_\_

Health care provider name(s) and phone number(s): \_\_\_\_\_

After-hours contact information for your health care provider: \_\_\_\_\_

Health insurance number(s): \_\_\_\_\_

Poison Control Center phone number: 1-800-222-1222



# Words You Need to Know

**Acute care:** Acute care refers to visits to your provider for a specific problem. These are different from the preventive care (or "well visits"). You might think of these as "sick visits." Examples of reasons you might see your provider for a sick visit include things like sore throat, rashes, trouble sleeping, or feeling sad.

**Emergency department:** This is a place where you can take your child if you have a life-or-death emergency or if directed by your doctor. You should NOT go to the emergency department for minor problems that can be taken care of in your medical home.

**Health care provider:** Your child's health care provider is the person who is providing their medical care. This might be a doctor, nurse, nurse practitioner, physician assistant, or school health nurse.

**Immunizations (or vaccinations):** Immunizations are sometimes called "vaccinations" or "shots." Shots help to protect your child from diseases like polio, measles, chicken pox, or the flu. Most immunizations are given with a needle into the arm or leg, although some (like the flu nasal spray) can be given in other ways.

**Medical home:** Your child's medical home is the place where your child goes for their checkups when they are well, and when they are sick. The health care providers in the medical home have the chance to get to know you and your child and know the best ways to take care of your child. The providers there can also help you work with other providers (like specialists or community agencies) to meet your family's needs.

**Preventive care:** Preventive care includes all the things that your health care provider does to help keep your child well. Usually this happens at "well visits" or "well-child check-ups." At these visits, the provider will make sure that your child is growing and developing well and that they are up-to-date on their immunizations. Your provider might also check your child's hearing or vision, and may even order some lab tests (checking blood or urine). Another important thing that happens at these visits is that your provider will talk to you and your child about important things like eating healthy, being active and staying safe. (If you have TennCare, these visits sometimes are called an EPSDT screening. EPSDT stands for "Early and Periodic Screening, Diagnosis and Treatment.")

**Primary care:** "Primary care" means the first place that you turn for most of your child's health needs when they are sick and they are well. Most of the time, this will be a health center or doctor's office.

**Specialty care:** Specialty care helps you take care of specific health issues for your child. Your primary care provider will usually refer you to a specialist when your child has special health care needs or when they need more assistance in taking care of your child. For example, you might see a specialist who can help you with your child's asthma or sickle cell disease. The specialists work with your child's medical home to make sure that all the providers taking care of your child know a plan for keeping your child healthy.

# Health Insurance & Access To Care

**Is your family uninsured?** Or, do you have health insurance that isn't meeting your family's healthcare needs? Keep reading to learn more about Bridges to Care, TennCare, and other ways that uninsured and underinsured families in Nashville can get affordable health care.

## ~ **Uninsured? Live in Davidson County?**

Bridges to Care and Bridges to Care Plus may be able to help you find a medical home; access primary, dental, mental health and specialty care; get transportation to medical appointments; and access low-cost generic medications until you can get TennCare or other health insurance. To enroll, visit <http://btc.nashville.gov> or call **615-340-0573**. Bridges to Care is not health insurance. It is a program of the Metro Health Department that

links uninsured Nashvillians to medical homes that charge on a sliding scale. You can also call 211 for a referral to a sliding fee scale health center.

~ **Uninsured or underinsured? Live in Tennessee?** You or your child may actually be eligible for free health insurance through TennCare. TennCare is comprehensive health insurance for eligible Tennesseans. To qualify, your child must live in Tennessee and be a U.S. citizen or qualified legal alien. For children under 21, TennCare covers doctor visits (including well-child checkups), medicine, hospital and physician services, dental care, vision, and mental health care.

The following information will tell you about common ways that children and teens can get TennCare.

### **Have questions? Need help?**

Please call Health Assist Tennessee (HAT) at **615-244-0488**. HAT is a nonprofit organization that can answer your questions about eligibility, help you apply, and help you use your benefits.

All calls and services are confidential and free of charge to clients.

## **How can I apply for TennCare?**

You can apply for TennCare online at [www.tennessee.gov/humanserv/](http://www.tennessee.gov/humanserv/) or in person at your local Department of Human Services (DHS) office. In an emergency, you can also submit a TennCare application to DHS by fax from the hospital. Be sure your application is filed before midnight on the first day you get services from the hospital. (Always ask for a receipt for your application. Keep your receipt, fax stub, or confirmation number in a safe place.) After completing the application, most people will also have to do a face-to-face interview at DHS. Need help finding DHS? Have questions about the application? Call HAT at **615-244-0488** or the Family Assistance Service Center at **615-743-2000**.

## **Are you pregnant?**

### **Or do you need treatment for breast or cervical cancer?**

For immediate coverage, you may begin the application process at your local Health Department.

## **Does your child already have health insurance?**

Your children may qualify for TennCare Medicaid even if they have other health insurance. If approved, TennCare will become the child's secondary payer.

This means TennCare will help pay for medically necessary services (health, mental health, vision, or dental) that are NOT covered by the primary/private insurance. TennCare may also help pay for the part of medically necessary services that are not covered by the primary insurer, like co-pays.

# Ready to find out if your child can get TennCare?

Check the boxes that are true for you. Your child may be eligible for TennCare if:

- Your family has a lot of recent medical expenses and very little in savings or other resources.**

This kind of TennCare is for children under 21 and pregnant women. There is no income limit for this kind of TennCare! Please call Health Assist Tennessee at **615-244-0844** for more information about the resource limits, how many bills you'll need, and what kinds of expenses count. If you checked this box, apply for Medicaid Spend Down at your local DHS office.

- Your family participates in Families First.**

- Are you a single parent?
- Are you raising your grandchildren or other relative's children?
- If you are in a two-parent home, has your family lost work or had hours cut? Or are you or your spouse unable to work for health or mental health reasons?

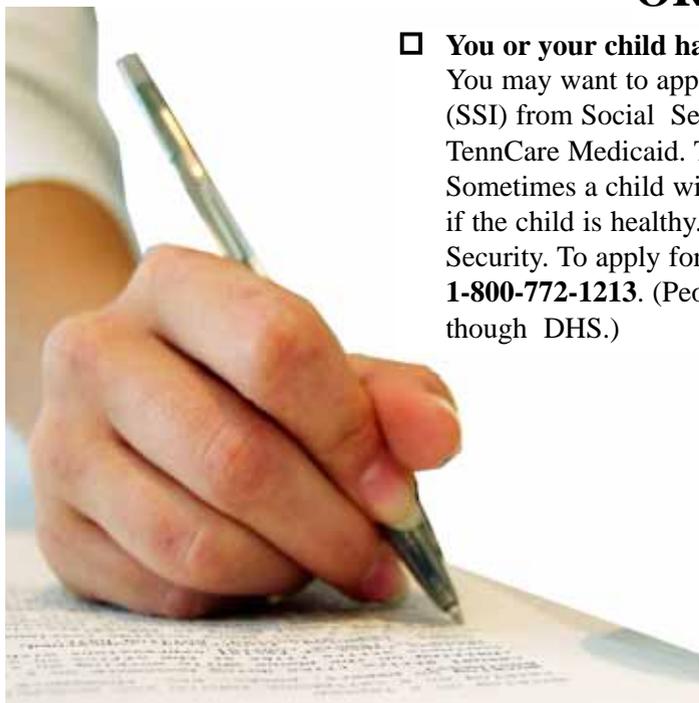
- Your family has recently had a low income.**

This kind of TennCare is for children under 19 and pregnant women. Your savings and other resources don't matter! All that matters is the size of your family, your child's age, and your family's recent income. (DHS usually looks at your income for the last 8 weeks. If you are self-employed, they may look at your most recent tax return.) It's easiest for children under 6 to get this kind of TennCare, so apply early! For more information about the income guidelines for your children, please call Health Assist Tennessee at **615-244-0844**. If you checked this box, apply for Medicaid PLIS at your local DHS office.

If you answered yes to any of these questions, check the box. Your whole family may be eligible for Families First and Medicaid. Apply for Families First and Medicaid at your local DHS office. If you have questions, call the DHS Family Assistance Service Center at **615-743-2000**.

## OR

- You or your child has a mental, physical, or developmental disability.** You may want to apply for disability and Supplemental Security Income (SSI) from Social Security. People who get SSI automatically qualify for TennCare Medicaid. Their Medicaid will last for as long as they get SSI. Sometimes a child will get SSI because his or her parent is disabled, even if the child is healthy. If you checked this box, apply for SSI with Social Security. To apply for SSI, call the Social Security Administration at **1-800-772-1213**. (People who get SSI don't have to apply for TennCare though DHS.)



### **Did you check one or more boxes?**

Your child may be eligible for TennCare! Please call Health Assist Tennessee at **615-244-0488** for help with your application or for any questions you may have. If you don't think you'll qualify for TennCare, please call anyway; the HAT Healthcare Navigation program can help you and your family find other ways to get the health care you need.



If your child is not eligible for TennCare, he or she may be eligible for CoverKids. You can apply online at [www.coverkids.com](http://www.coverkids.com) or call **1-866-620-8864**.

State and federal programs change over time. There may be new programs that can help you. The staff at Health Assist Tennessee can help you get the most up-to-date information.

If you need any help with TennCare, call the DHS Family Assistance Service Center for free. Their number is **1-866-311-4287**. In Nashville, call **615-743-2000**. You can also call Health Assist Tennessee at **615-244-0488**.

## **Do You Need Additional Help?**

If you have been denied medical services and need legal help, you can contact the Legal Aid Society at **615-244-6610** or the Tennessee Justice Center at **615-255-0331**. These organizations have staff that help parents and foster parents advocate for their children to get medically necessary health and mental health care from TennCare.

### **You can also contact:**

- State of Tennessee, Department of Commerce and Insurance, Consumer Insurance Services Section **615-741-2218** or **1-800-342-4029**
- Medical-Legal Partnership for Children **615-780-7133**



# Well Care

Your child needs a well visit (regular check-up) every year, even if he or she isn't sick. During your check-up, you will have a chance to talk to your health care provider about concerns you might have about your child's health. Your child's health care provider will want to see your child for check-up visits even when shots or tests are not due. If your child has special health care needs or you have specific questions, you can discuss with your provider whether your child needs to be seen more often.

You need to have an established relationship with your health care provider, so that when your

child is sick, he or she knows enough about your child to treat them effectively. This is why it is important to have a medical home – one place where your child goes when they are sick and they are well, and where the providers know your child the best. We encourage you to identify a provider in your area that you go to on a consistent basis. Many providers offer evening and weekend appointments so you can schedule appointments around your work schedule.

When your child has their yearly well visit, your provider will do a number of things to help keep your child healthy. These include:

- **Health History:** Talking with you and your child about how they have been feeling, and about any questions that you or your child might have about their health.
- **Physical Exam:** Listening to your child's heart and lungs; checking their skin, muscles, bones, eyes, ears, and stomach.
- **Developmental or behavioral screen:** Your provider will ask you and your child questions, or ask you to fill out a survey, to make sure that they are growing and developing normally. If you are worried that your child is not developing like other children their age, or if you have questions or concerns about your child's behavior, be sure to tell your child's provider.
- **Immunizations:** Your child may need shots to help protect them from diseases. Shots are not just for young children; adolescents need them, too! Adolescents usually need immunizations for Tetanus (lockjaw), Pertussis (whooping cough), Diphtheria, Hepatitis A & B (viruses that can cause problems with the liver), Meningococcal Meningitis (infection in the fluid around the brain), and Human Papilloma Virus (HPV, a virus that can cause genital warts and some types of cervical cancers). Your child may need other shots if they are behind on shots they should have gotten earlier, if they are traveling to special places, or if they have specific types of health problems. See page 14 for more information.

- **Lab tests:** Sometimes, your provider may need to order lab tests (checking blood or urine) to look for health problems.
- **Hearing and vision screens:** At some visits, your provider will want to check to make sure that your child can see and hear well. If you are worried that your child has trouble seeing or hearing, be sure to tell your child's provider.
- **Education:** For adolescents, an important part of your child's well visit is a time for education. Your provider will talk to you and your child about things that are important for keeping your child healthy. Your child's provider may talk about behaviors that may be dangerous - risky sexual behavior, drinking alcohol, smoking tobacco, or using other drugs. This is also a time to talk about ways to stay healthy - like eating a healthy diet, getting regular exercise, wearing a helmet and seatbelt, using birth control if your adolescent is sexually active, and getting plenty of sleep.

### **Please Note:**

As your child gets older, your provider may want to spend a few minutes talking with them alone (with you out of the room). This gives your child a chance to talk with their provider

about things that they may be embarrassed or scared to talk with you about. Your provider will keep these things confidential, unless they think that your child is in danger.

## Need help finding a medical provider?



### **If you have health insurance, you can call ...**

#### ***Cumberland Pediatric Foundation (CPF)***

CPF promotes the health care of children in the Cumberland region. Their website has a directory of pediatric providers, searchable by zip code.

**<http://www.cumberlandpediatricfd.com>  
615-936-6053**

#### ***Your health insurance provider***

Call the number listed on the back of your health insurance card. They will help you find a provider in your area. If you have TennCare, look for your primary care provider's (PCP) name on your TennCare card.

## If you don't have health insurance, you can call ...

### **2-1-1**

2-1-1 is United Way of Metropolitan Nashville's referral help line that is available 24 hours a day, 7 days a week. Staffed by trained specialists at Family & Children's Service, 2-1-1 provides information about more than 9,000 social, educational and health services offered by nonprofits, government and public agencies, community, civic and professional organizations, sliding-scale clinics, and churches and congregations, among others. Just dial **2-1-1** or visit [www.211tn.org](http://www.211tn.org) to find services in your neighborhood. If 2-1-1 won't work from your phone, just dial **615-269-4357**.

### ***Bridges to Care***

Bridges to Care links uninsured residents of Davidson County to a network of primary health, mental health, substance abuse, and dental clinics that serve patients based on their ability to pay. Through Bridges to Care, you can find a clinic that is best for you based on location, hours, language, and charges.

<http://btc.nashville.gov/> **615-340-0573**

If you need additional information, you can talk to your child's School Nurse. Contact the school where your child attends if you need help reaching the School Nurse.



### **What about Sports Physicals?**

Students must have a physical exam before they can participate in school sports.

You may see ads for "Sports Physicals" that can be done outside of your health care provider's office. That might sound like a good idea, but it's not. Instead, call your provider and schedule an appointment for a regular check-up, and then be sure to let your provider know that you need to have your child cleared to play sports.

Your child won't miss important parts of the regular checkup (like hearing and vision tests, developmental and behavioral screening, and immunizations), and your provider can make sure your child is healthy and ready to play.

**It's Important:** Children should go to their primary care providers on a regular schedule for a physical exam and a developmental, behavioral, and learning assessment. Use this chart to keep track of your child's visits, or go to [www.alignmentnashville.org/results](http://www.alignmentnashville.org/results) for a printable version of the chart.

Age	Date	Provider's Name	Comments
3 to 5 days			
1 month			
2 months			
3 months			
4 months			
5 months			
6 months			
7 months			
8 months			
9 months			
12 months			
18 months			
24 months			
30 months			

Age	Date	Provider's Name	Comments
3 Years			
4 Years			
5 Years			
6 Years			
7 Years			
8 Years			
9 Years			
10 Years			
11 Years			
12 Years			
13 Years			
14 Years			
15 Years			
16 Years			
17 Years			
18 Years			

# Immunizations

Your child needs immunizations to keep them safe from serious diseases. Immunizations are sometimes called “vaccines” or “shots.” Many parents think that only babies need shots, but adolescents need them, too. (In fact, there are new requirements for 7th grade students.) You should check with your child's primary care provider to find out if your child is up-to-date. If your child needs immunizations, you can get them from your child's primary care provider or from the Metro Public Health Department.

Below is a list of immunizations and the ages when your child should receive them. Immunizations should be given at the recommended ages - even if your child has a cold or minor illness at the time. Ask your health care provider about when your child should receive these important shots. Ask also if your child needs additional immunizations. Your child's provider can help answer any other questions you may have about immunizations and will give you the immunization certificate that is required by your child's school.



## Common immunizations that your child will need:

- ❑ **Pertussis (whooping cough):** Your child should get this vaccine when they are 11 or 12 years old. This vaccine is combined with the vaccine for tetanus (lockjaw) and diphtheria into one vaccine (Tdap).
- ❑ **Flu:** Your child should get a flu vaccine every year to help them avoid getting sick.
- ❑ **Meningococcal Meningitis:** This immunization will help your child avoid getting meningitis (infection of the fluid around the brain). This shot is given when your child is 11 or 12 years old.
- ❑ **Human Papilloma Virus (HPV):** This immunization can help protect against genital wart and some types of cervical cancer. Your child needs 3 doses of this vaccine to protect them. The first dose is given when your child is 11 or 12 years old.
- ❑ **Varicella (Chicken pox):** The varicella vaccine is given to prevent chickenpox and the severe, and occasionally fatal, consequences of chickenpox. This vaccine is given to children between 12 and 15 months and again between 4 and 6 years of age. Children, adolescents and young adults who have received only one dose should also get a second dose. For previously unimmunized adolescents (13 to 18 years old) or adults, the vaccine is given as a series of two shots, separated by four to eight weeks.
- ❑ **Flu and Pneumococcal:** Your infant will get these several times during the first and second year of life. These vaccines prevent against life-threatening blood infections and meningitis, ear infections, and pneumonia.
- ❑ **Polio:** This vaccine prevents polio, a disease that can cause paralysis and meningitis. Polio vaccine is given several times during the first and second year of life.



- ❑ **Measles, Mumps, and Rubella:** One vaccine provides protection for all three of these diseases. The vaccine is given at age 12-15 months and again at age 4-5 years. Measles can cause fever, rash, pneumonia, and encephalitis (infection in the brain). Mumps can cause fever, swelling of the parotid glands, inflammation of the testicles, and meningitis. Rubella causes fever and rash and can cause encephalitis. Rubella can also be very serious to pregnant women and can cause babies to be born with deafness, blindness, heart defects, or mental retardation.
- ❑ **Hepatitis A & B vaccines:** These vaccines are given to infants and toddlers and protect against infection in the liver with the hepatitis virus. These viruses can cause jaundice and fever. Hepatitis B can cause cancer, cirrhosis, and liver failure.
- ❑ **Rotavirus:** This is currently the only vaccine given in a liquid form by mouth. This vaccine prevents against Rotavirus, which causes diarrhea and dehydration.

Your child may need other immunizations if they are behind on shots that they should have received earlier, or if they have health problems that put them at risks for certain health problems.

## For more information about immunizations:

### **CDC-INFO**

#### **Contact Center**

A toll-free number for consumers and healthcare professionals who have questions about immunization and vaccine-preventable diseases.

Call **1-800-CDC-INFO**

or

**1-800-232-4636.**

The Center operates 24/7 in English & Spanish.

TTY:

**(888) 232-6348**

#### ***American Academy of Pediatrics (AAP)***

[www.aap.org/immunization/](http://www.aap.org/immunization/)

The AAP website contains information for both parents and clinicians.

#### ***Centers for Disease Control and Prevention (CDC)***

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

The information on this website ranges from official vaccine recommendations for health-care professionals to information for the general public about vaccines.

#### ***Immunization Action Coalition (IAC)***

[www.vaccineinformation.org](http://www.vaccineinformation.org)

IAC is a nonprofit organization that promotes immunization for all people against vaccine preventable diseases. These websites offer educational materials, photos, and video clips for parents, healthcare professionals, the media, and the general public.

#### ***National Network for Immunization Information (NNii)***

[www.immunizationinfo.org](http://www.immunizationinfo.org)

NNii provides current, science-based, extensively reviewed information to healthcare professionals, the media, policy makers, and the public.

#### ***Vaccine Education Center (VEC)***

[www.vaccine.chop.edu](http://www.vaccine.chop.edu)

The goal of the VEC at Children's Hospital of Philadelphia is to accurately communicate the facts about each childhood vaccine. VEC publishes a monthly vaccine e-newsletter for parents titled "Parents PACK."

**It's Important:** Children should get all their immunizations to protect them against major diseases. Use this chart to keep track of your child's vaccinations; for a printable version of the chart, go to [www.alignmentnashville.org/results](http://www.alignmentnashville.org/results)

Age	Hep B Hepatitis B	DTaP/Tdap Diphtheria, Tetanus, pertussis	Hib Haemophilus influenza type b	Polio	PCV Pneumococcal conjugate	RV Rotavirus	MMR Measles, mumps, rubella	Varicella Chickenpox	Hep A Hepatitis A	HPV Human papillo- mavirus	MCV4 Meningococ- cal conjugate	Influenza
Birth	Date											
2 Months	Date (1-2 mos)	Date	Date	Date	Date	Date						
4 Months	Date <sup>1</sup>	Date	Date	Date	Date	Date						
6 Months		Date	Date <sup>2</sup>		Date	Date <sup>2</sup>						
12 Months	Date (6-18 mos)											
15 Months		Date <sup>4</sup>	Date (12-15 mos)	Date (6-18 mos)	Date (12-15 mos)		Date (12-15 mos)	Date (12-15 mos)	Date			
18 Months									Date			
19-23 Months		Catch-Up <sup>5</sup>	Catch-Up (to 5 years)	Catch-Up <sup>5</sup>	Catch-Up <sup>5</sup> (to 5 years)		Catch-Up <sup>5</sup>	Catch-Up <sup>5</sup>	(2 doses given 6 mos apart at age 12-23 mos)			Date <sup>3</sup>
4-6 Years		Date		Date			Date	Date				(given each fall or winter to children ages 6 mos to 18 years)
7-10 Years	Catch-Up <sup>5</sup>	Catch-Up <sup>5</sup>										
11-12 Years		Tdap		Catch-Up <sup>5</sup>					Catch-Up <sup>5</sup>	Date	Date	
13-18 Years		Catch-Up <sup>5</sup> Tdap/Td					Catch-Up <sup>5</sup>	Catch-Up <sup>5</sup>		Catch-Up <sup>5,6</sup>	Catch-Up <sup>5,7</sup>	

- Your infant may not need a dose of HepB at age 4 months depending on the type of vaccine that your healthcare provider uses.
- Your infant may not need a dose of Hib vaccine or RV vaccine at age 6 months depending on the type of vaccine that your healthcare provider uses.
- One dose is recommended for most people. Children younger than 9 years who are receiving influenza vaccine for the first time, or who received only 1 dose in the previous season (if it was their first vaccination season), should receive 2 doses spaced at least 4 weeks apart this season.
- This dose of DTaP may be given as early as 12 months if it has been 6 months since the previous dose.
- If your child's vaccinations are delayed or missed entirely, they should be given as soon as possible.
- All girls and women age 11 through 26 years may also be vaccinated with 3 doses of TPV vaccine, given over a 6-month period. Boys and men age 11 through 26 years may also be vaccinated with one of the HPV vaccines (Gardasil) to reduce their likelihood of getting genital warts. The vaccine may be given to children as young as age 9 years.
- If you have a teenager who is enrolling in college and planning to live in a dormitory and who hasn't previously been vaccinated against meningococcal disease, they should be vaccinated now.

Please note: Some children may need additional vaccines. Talk to your healthcare provider.

# Sick Care

One of the most important things you and your child can do to stay healthy is to see your provider once a year for a well visit. Sometimes you may need to see your provider before it is time for a well visit. Your child may be sick with a sore throat, a stomach ache, or a rash. These visits are called "acute care visits" or "sick visits."

Remember that unless your child is having a life-or-death emergency, you should call or visit your primary care provider first. It is important to always go to your child's medical home when they are sick and when they are well. The providers there know your child the best and are the experts in keeping your child healthy. If you jump around from one provider to another, your child may not get the care that they need, they may get medicines or tests that they have already had or that they don't need, or the provider may not know all the things about your child that help them to take care of your child.

Some providers have evening or weekend hours to make it more convenient for you. Even if the clinic or doctor's office is not open, most providers are able to talk to you by phone to help you decide how best to take care of your sick child.

**You should always make sure to ask your child's provider about how to contact them if the clinic or office is closed. Some questions to think about:**

- How long has this been going on?
- Has anything like this happened before?
- What makes it better?
- What makes it worse?
- What have you already tried?

**You should always make sure to ask your child's provider any questions that you may have. Some questions to think about:**

- What is causing the problem?
- What can we do to make it better?
- If any tests are ordered, when should we expect to hear back about the results?
- When should my child start to feel better?
- How will I know if my child is getting sicker or if I need to come back?







Mental health is a very important part of your child's overall health. Did you know that one in five children and adolescents in this country has a

diagnosable mental health disorder? This can interfere with their functioning and also interfere with your family's functioning.

- **Keep the lines of communication open.** Let your child know that they can talk to you about anything, even things about which they may be scared or ashamed. Let them know that you love them unconditionally and that you are always there for them.
- **Focus on the positives.** Every child has good qualities that make them unique. Some children are athletic, some are artistic, and some are helpful to those in need. Pay attention to your child and notice the good things that they do. Praise them for these things and let them know how special they are. Let them know that they are loved and valued.

**What are some of the warning signs that your child may be in danger?** The signs below might signal that your child needs help. If any of the signs are present, you should consider seeking help immediately from your child's primary care provider, from the emergency department, from your child's school counselor, or from the community resources listed on the next two pages.

- Changes in sleep (sleeping more or less)
- Loss of interest in hobbies or friends
- Changes in weight, appetite or eating habits
- Changes in personality
- Dramatic changes in school performance
- Evidence of hurting or harming self (cutting, threats of hurting self)
- Unusual behaviors (hearing or seeing things that aren't present, feeling paranoid)
- Signs of intoxication (acting "drunk" or "high")

- **Know that adolescence may be a difficult time.** During adolescence, your child is going through many different kinds of changes. This can be a stressful time for them, and for you. Let your child know that they are not alone – that these feelings are normal, and that you've been through similar times. Make sure that they know that they can talk to you if they are scared, confused, or frustrated.
- **Be on the lookout for warning signs that your child may be having trouble.** If you have questions about your child's mental health, ask your primary care provider or talk to your child's school counselor. Never be afraid to ask for help.

# Emergency Crisis



If you or your child are in immediate danger, call 911 or go to an Emergency Department. In other crisis situations, these agencies can help.

## Youth Villages

Youth Villages provides assessment and evaluation of children and youth, up to age 18, who are experiencing a psychiatric emergency. Through the program, operated statewide in Tennessee, specially trained crisis counselors are available 24 hours a day to respond to crises rapidly and effectively, wherever they occur.

**866-791-9221**

**[www.youthvillages.org](http://www.youthvillages.org)**

## Crisis Intervention Center (Family & Children's Service)

The Crisis Center provides free telephone counseling and support to anyone experiencing a crisis. Counselors can assist callers struggling with grief, depression, anxiety, domestic violence, divorce, parenting problems, addiction or serious mental illness.

**615-244-7444**

**[www.fcsnashville.org](http://www.fcsnashville.org)**

## National Suicide Prevention Network

The National Suicide Prevention Lifeline provides access to trained telephone counselors, 24 hours a day, 7 days a week.

**1-800-273-TALK (8255)**

## Tennessee Suicide Prevention Network

TSPN is a statewide organization based in Nashville that is engaged in public education, provision of services, and other measures to prevent suicide; and they are available for assistance and support. **615-297-1077**

**[www.tspn.org](http://www.tspn.org)**

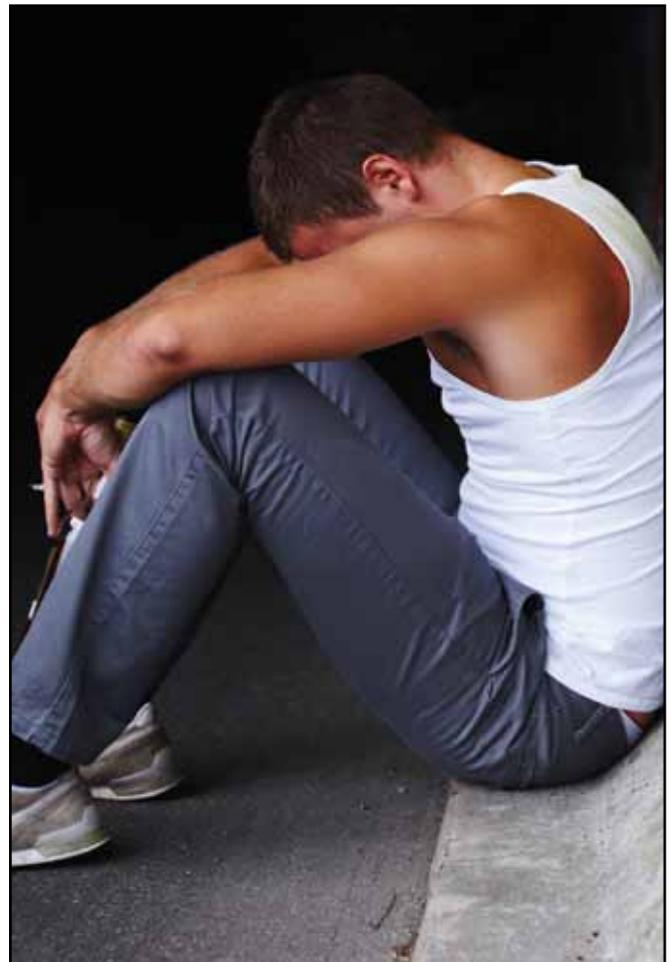
## Centerstone

Centerstone offers help 24 hours a day, 7 days a week, 365 days a year through our Triage Line staffed by our crisis team. All calls are completely confidential, and you will be given information and access to services or programs you may need. Centerstone can also provide help after a crisis with quality follow-up care. To make a routine appointment or for more information on programs, call

**888.291.HELP (4357)**

**615.460.HELP (4357)**

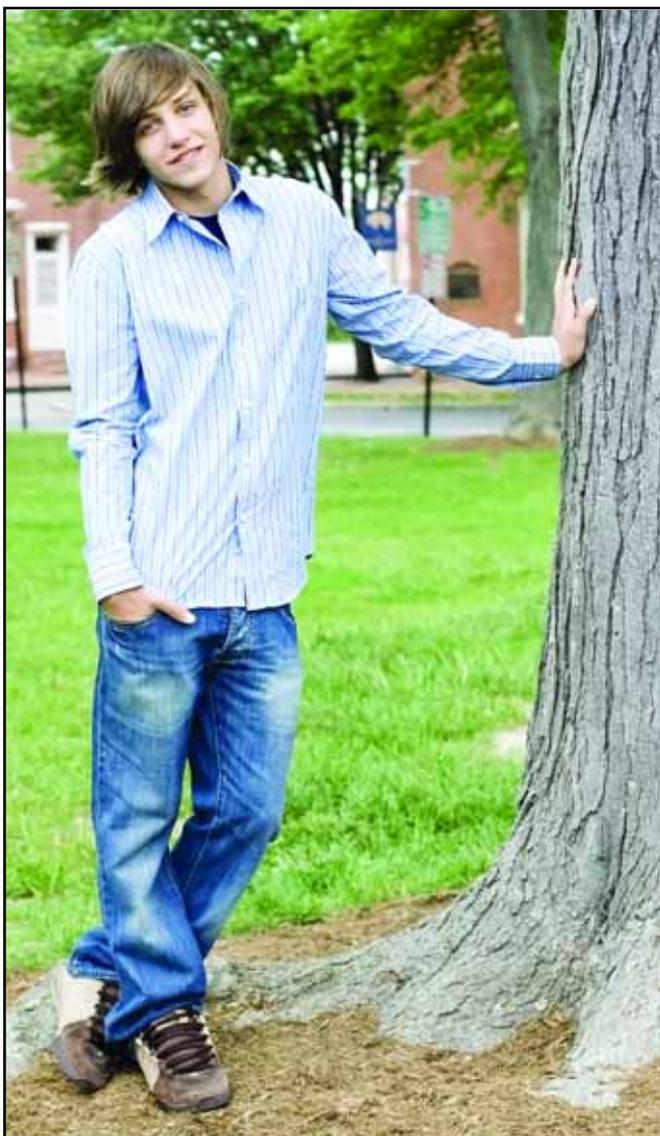
**[www.centerstone.org](http://www.centerstone.org)**



## **If you think you need help making sure your child has good mental health, here is a list of organizations that can help:**

### **At your child's school**

On-site behavioral and mental health counseling for children and families is available through Centerstone's Mental Health Services or Vanderbilt Child and Adolescent School-Based Counseling Program at some Metro elementary and middle schools for children with TennCare coverage. Ask any teacher, school nurse, or counselor at your child's school if you would like more information about these services. For more information, please see page 22.



### **Mental Health Cooperative**

The Mental Health Cooperative assists children, adolescents and adults with behavioral health challenges to live successful and satisfying lives in the community. Counseling, case management and psychiatric services are available. MHC has two sites that serve Davidson County residents, one in Metro Center and one in Antioch. Initial intake assessments are offered at no cost and without wait for those who have an immediate need. For more information or to make a referral, please call the MHC Assessment Center at **615-743-1555**.

### **Cumberland Heights**

Cumberland Heights is a nationally recognized alcohol and drug treatment center located west of Nashville on the Cumberland River, offering both inpatient and outpatient services for individuals as well as programs for family members. If you need to talk to someone now, call **1-800-646-9998** for 24-hour help for yourself or someone you know. [www.cumberlandheights.org](http://www.cumberlandheights.org)

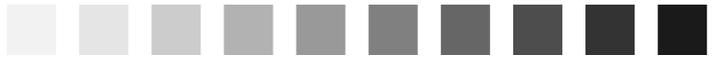
### **Mental Health Association of Middle TN**

The Mental Health Association of Middle Tennessee has a help-line at **615-269-5355** for children or adults who need information, education, or referrals on mental health issues. The agency offers training and education to schools, mental health providers, and civic groups that want to know more about depression, anxiety, Alzheimer's, suicide prevention, and serious mental illness. For more information, please call **615-269-5355** [www.ichope.com](http://www.ichope.com)

### **Tennessee Voices for Children**

The Statewide Family Support Network (SFSN) program helps parents and caregivers navigate the many different agencies and systems for their children and youth with emotional and behavioral disorders. Call the Statewide Family Support Network at **1-800-670-9882** or **615-269-7751**, or email [TVC@tnvoices.org](mailto:TVC@tnvoices.org). [www.tnvoices.org](http://www.tnvoices.org)

# School Health Services



**School Nursing:** Metro Nashville Public Health Department partners with Nashville Public Schools to provide experienced registered nurses who:

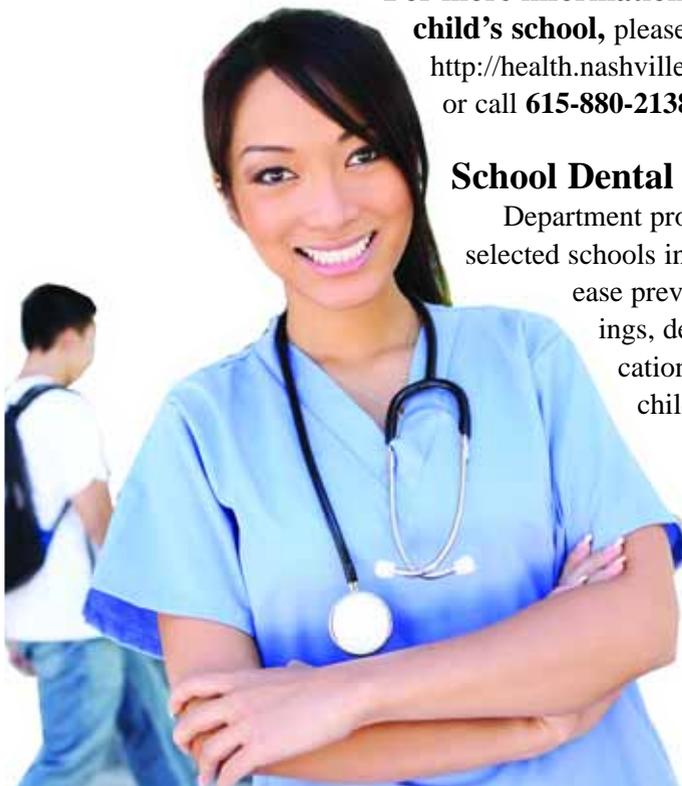
- Assure that all medicines needed at school are taken safely and assist with procedures for children who need help with these during the school day. If your child needs to take prescription medication at school, you and your child's health care provider must complete a medication authorization form that gives the school complete information on the purpose, dose, and timing of the medication, how the medication needs to be stored, and whether your child needs assistance taking it. Please ask your child's health care provider or your school nurse if you need assistance with this form.
- Work with families of children with special health care needs (like asthma, food allergies, severe allergy, seizure disorder, diabetes, blood disorder) to develop a health and safety plan.
- Help you understand how to keep your child healthy by providing information and answering questions about growth and health problems.
- Support health education efforts at your child's school.

**For more information and to find out the name of the nurse at your child's school,** please go to the Metro Health Department Website at [http://health.nashville.gov/SchoolHealth/sh\\_SchoolHealthContact.asp](http://health.nashville.gov/SchoolHealth/sh_SchoolHealthContact.asp) or call **615-880-2138**.

**School Dental Services:** The Metro Nashville Public Health Department provides preventive dental services to children in selected schools in Davidson County through the school-based oral disease prevention program. These services include dental screenings, dental examinations, dental sealants, and oral health education, including visits from the Tooth Fairy for younger children.

## **Vision and Hearing Screenings:**

Vision and hearing screenings are provided at no cost to MNPS students through a partnership with the Nashville Chapter of the American Red Cross. Your child's school will notify you when these screenings will be available.





# Behavioral Health Services

All MNPS schools provide counseling services to students. School counselors are prepared to help children with problems adjusting to school, coping with loss or trauma, or dealing with bullying or harassment situations. School counselors can also assist if you have concerns that your child might have a learning problem or a behavioral problem that needs further evaluation. They can arrange for support team meetings, for assessment by school psychologists, and for the development of Individualized Educational Plans [IEPs] if your child is found to have learning differences or health or mental health concerns that impact learning.

On-site behavioral and mental health counseling for children and families is available through Centerstone's Mental Health Services or Vanderbilt Child and Adolescent School-Based Counseling Program at some Metro elementary and middle schools for children with TennCare coverage. Ask any teacher, school nurse, or counselor at your child's school if you would like more information about these services.

For more information about services provided in the community, please go to page 20 of this guide.

## Coordinated School Health

The Tennessee Coordinated School Health Program is a statewide effort to improve the health of Tennessee's children and teens by working with parents, schools, and community partners to develop ongoing programs that address health problems students are facing. As the logo shows, a major goal of the program is the effort to get everyone working together around the needs of kids and families. Each participating school needs to assess health issues in the school and prepare a Healthy School Plan. Parent involvement is a key component for success. Please talk to your child's principal to see how you can get involved, or contact the MNPS Coordinated School Health office at **615-259-3282, ext 858031**.



# Safety



## More children die from injuries than any other cause

The good news is that most injuries can be prevented by following simple safety guidelines. Talk with your doctor or other health care provider about ways to protect your child from injuries. Use this list to help keep your child safe.



### Safety Guidelines

- Infants should always be placed on their back to sleep.
- Infants should sleep in their own crib, portable crib, or bassinet. Use a firm mattress with a tightly fitted sheet.
- Infants should not sleep with siblings or adults.
- No pillows, blankets, comforters, stuffed animals or other soft things should be in the sleep area.
- Do not smoke around your child.
- Infants must ride in a car seat, in the back seat, facing backwards until they are at least 12 months old AND weigh 20 pounds.
- Children over age 1 and weighing between 20-40 pounds should ride in a car seat, in the back seat, facing forward.
- Use seat belts at all times. Children ages 4-8 who weigh more than 40 pounds should ride in the backseat, in a booster seat, until they are 9 years old or 4-foot-9inches. The lap belt should be snug and low on the hips. The shoulder belt should cross the shoulder, not the face, neck, or stomach. If it does not fit properly, your child should be in a booster seat. Remember, children under 13 should always ride in the back seat.
- Make sure your child uses a safety helmet while wearing roller skates or riding on a bicycle, skateboard, ATV, or horse. Make sure your child uses other protective equipment (such as mouth guards, pads, and sports goggles) when playing contact sports, rollerskating, or skateboarding.
- Always look both ways when crossing the street. Cross only at cross walks. Walk facing traffic if sidewalks are not available. If you are jogging or walking, be sure to wear reflective clothing so that you can be seen by drivers.
- Don't let your child use alcohol or illegal drugs. Many driving-, sports-, and violence-related injuries are caused by the use of alcohol or drugs. Remind your child never to ride in a vehicle with someone who has been drinking alcohol or using other drugs. Keep all your medications (over-the-counter and prescription medications) stored in a safe place.



- Post the number for the Poison Control Center (1-800-222-1222) close to the telephone.
- Make sure that children under 16 do not use a ride-on lawnmower. Children under 12 should not use walk-behind (push) lawnmowers. Remember, children should NEVER be allowed to ride as passengers on ride-on lawnmowers.
- Teach your child to swim. Always have an adult present when children are swimming and make sure that children swim with a buddy, never alone. Teach children never to dive into shallow water. Swimming lessons are offered at some Metro Parks and YMCAs; see page 30 for a list of Metro Park centers.
- For your teen drivers, remind them not to talk on their cell phone or text while driving.
- If you have guns at home, keep them stored in a locked container. Ammunition should also be locked, in a separate location from the guns. Teach your child to tell an adult if someone has a gun.
- Help your children be safe online. Tell them to never give a real name, address, phone number, school photo, or password to anyone online. Create online rules and make an agreement about internet usage to keep your child safe from online threats.



## Kohl's Safety Outreach Program

The Monroe Carell Jr. Children's Hospital at Vanderbilt wants to make sure all children are safe. Unintentional injuries are the leading cause of death for children ages 1-14; nearly 4.5 million children nationwide are injured in their homes every year. You can help prevent many of these injuries by staying informed, supervising your child and learning how to use and maintain child safety products.

The Safety Store at Children's Hospital carries a variety of low-cost home safety products with trained safety store educators on hand to inform consumers on their installation and use. A wide variety of safety products are available including bike helmets, car seats, fire safety/evacuation aids, medical alert bracelets, baby gates, cabinet locks, life vests, etc. The store is open Monday – Friday from 10 am – 4:30 pm and is located on the 2nd floor of Children's Hospital.

Children's Hospital also offers one-on-one car seat appointments, for caregivers looking for additional assistance in selecting, installing and using car seats or booster seats in their vehicles. Additional child passenger safety services are available for children with special health care needs.

For more information:

**615.936.SAFE (7233) or toll free at 1-877-936-7234**

**<http://www.childrenshospital.vanderbilt.org/safety>**

# Healthy Choices



## Quick and Easy Health Tips

Staying healthy is not just about eating healthy foods and being active. Some other things you can encourage your child to do to stay healthy and safe include:

- Wash hands often! This is the best way to prevent catching germs.
- Make sure your child gets at least 8 hours of sleep every night.
- Turn down the volume! Loud noises (such as ear phones, stereos, and loud games) can damage your child's hearing.
- Make sure your child wears sunscreen and a hat when outside to prevent sunburn and skin damage.
- You and your child should never ride in a vehicle with someone who has been drinking or using other drugs.
- Children under age 13 should always ride in the back seat.

## Guidelines for a Healthy Diet

- Eat 5 fruits and vegetables every day.
- Water should be your child's primary drink.
- Limit sugar sweetened beverages like sodas, sports drinks and juice drinks.
- Eat breakfast daily.
- Eat a diet rich in calcium (milk and dairy products).
- Switch to low-fat dairy products like skim or low-fat milk, cheese, and yogurt.
- Regularly eat family meals where you can sit together and visit.
- Prepare foods at home as a family.
- Eat a high fiber diet (whole grains, raw fruits and vegetables).
- Limit fast food, take out, and eating out.
- Keep an eye on portion size.



If you need help making sure your child has a healthy diet, here are some resources that can help you:

**Second Harvest:** If you or someone you know is in need of emergency food assistance, Second Harvest can help. Please call **615-329-3491** to find an Emergency Food Box site near you. You can also dial **2-1-1** for assistance.

**Summer Food Services Program:** If your child participates in the free and reduced-price school lunch program and needs a place to get a nutritionally balanced meal during the summer months, call the Summer Food Services Program at **615-862-8860** to get a list of places they can go. Meals are available to children through age 18 and disabled individuals through age 25. Sites include Metropolitan Parks and Recreation community centers, Metropolitan Nashville public summer schools, community centers, churches and other local organizations throughout Davidson County.

**Food Stamps** provide nutritional food assistance. If you need help applying for food stamps, or if you have been denied but think you should be eligible, call **Community Food Advocates** at **615-385-2286** and they will help you understand the process.  
[www.communityfoodadvocates.org](http://www.communityfoodadvocates.org)

Other online resources include:

**Tennessee Department of Health, Get Fit TN**  
<http://www.getfittn.com/nutrition/nutrition.htm>

**MyPyramid**  
<http://www.mypyramid.gov/>  
MyPyramid offers personalized eating plans and interactive tools to help you plan/assess your food choices based on the Dietary Guidelines for Americans.

**University of Tennessee Extension Service**  
615-790-5721  
[www.utextension.utk.edu](http://www.utextension.utk.edu)

**Women, Infants, and Children (WIC)** is a program through which low-income women, infants, and children receive food, nutrition counseling, and access to health services. To apply for WIC, you can go to or call one of these WIC clinics in Nashville:

**Lentz Health Center**

311 23rd Ave. North, Nashville, TN 37203  
615-340-7793 or 615-340-5607

**East Health Center**

1015 East Trinity Lane, Nashville, TN 37207  
615-862- 7916

**Woodbine Health Center**

224 Oriel Street, Nashville, TN 37210  
615-862-7940

**Matthew Walker Comprehensive Health Center**

1035 14th Ave North, Nashville, TN 37208  
615-327-9400

**Nashville General Hospital at Meharry**

1818 Albion Street, Nashville, TN 37208  
615-341-4000



**Eating Disorders:** If you are afraid that your child might have an eating disorder, please talk to your health care provider immediately. These can be signs of an eating disorder:

- Dramatic weight loss
- Preoccupation with weight, food, calories, fat grams, and dieting
- Refusal to eat certain foods
- Comments about feeling "fat" or overweight, despite weight loss
- Anxiety about weight gain or being "fat"
- Denial of hunger
- Development of food rituals. For example, eating foods in a certain order, excessive chewing, or rearranging food on a plate.
- Consistent excuses to avoid meals or situations involving food
- Excessive or rigid exercise regimen
- Withdrawal from usual friends and activities
- Evidence of binge eating, including the disappearance of large amounts of foods in short periods of times or the existence of wrappers and containers indicating the consumption of large amounts of food
- Frequent trips to the bathroom after meals
- Signs and/or smells of vomiting
- Presence of wrappers or packages of laxatives and diuretics
- Unusual swelling of the cheek or jaw area
- Creation of complex lifestyle schedules or rituals to make time for binge-and-purge sessions

*Source: Vanderbilt Adolescent/Young Adult Eating Disorder Program*

## Some community resources that can also help you include:

### **Eating Disorders Coalition of Tennessee** **www.edct.net**

Families Supporting Families (FSF) is a free support group created by families, for families. The groups are for parents, siblings, and friends who have a loved one battling an eating disorder. 1st and 3rd Mondays at 7:00 p.m. at the EDCT office at 2120 Crestmoor Road, Suite 3000. Contact Kathy at **615-665-0105** or Connie at **615-269-5709**.

### **The Renfrew Center** **www.renfrewcenter.com**

The Renfrew Center, the country's first residential eating disorder treatment facility, has over 25 years of experience and has treated more than 55,000 people. Specializing solely in the treatment of anorexia, bulimia, and binge eating disorders, The Renfrew Center's innovative programs emphasize the value and healing potential of healthy relationships. The Renfrew Center provides a safe, nurturing community in which individuals learn to risk new, healthier behaviors and heal. Programs are backed by experienced staff



members in the field of eating disorders who work with each patient to develop an individualized treatment plan to empower individuals to actively participate in their own growth and recovery. In addition, The Renfrew Center also works with most major managed care companies. They have many active contracts with insurance carriers and are the Preferred Provider for many major insurance companies.  
**615-221-7075**

### **Vanderbilt Adolescent/Young Adult Eating Disorders Program**

The Adolescent/Young Adult Eating Disorders Program at the Monroe Carell Jr. Children's Hospital at Vanderbilt is designed specifically for the needs of children, adolescents, and young adults. Our services include evaluation and management of our patients' conditions, providing medical, psychological, and nutritional treatment. Our health care professionals are committed to a family-based, multi-disciplinary team approach; we also include primary care physicians, psychologists, psychotherapists, nutritionists, psychiatrists, and other pediatric specialists as needed.  
**615-936-8200**

# Exercise/Physical Activity

To grow healthy, it is recommended that school aged children get at least 60 minutes every day of moderate to vigorous physical activity that builds up strength, endurance and flexibility. Good exercise habits learned early can help your child become an active and healthy adult. Adults who are physically active are less likely to become overweight or to have heart disease, high blood pressure, and other diseases. Set a good example for your child - get regular physical exercise yourself.

**The YMCA of Middle Tennessee** has several centers throughout Davidson County, and they offer a sliding fee scale. For more information, go to [www.ymcamidtn.org](http://www.ymcamidtn.org) or call **615-256-9622**.

## Physical Activity Tips for Children

- Encourage your child to walk or ride a bicycle. Check out the map of Nashville's greenways at [www.nashville.gov/greenways](http://www.nashville.gov/greenways) or call **615-862-8400** for more information.
- Limit the time your child spends watching TV to less than 2 hours per day. Encourage going out to a playground, park, gym, or swimming pool instead.
- Encourage your child to be actively involved in sports, rather than only being an observer.
- Find out about exercise or sports programs at your child's school or in your community.
- Encourage children with disabilities to participate in physical activities as much as possible.
- Exercise should be fun. Don't make winning the only goal.



**Make physical activity fun! Play together as a family. Exercise is more fun with others!**

The Metropolitan Nashville Board of Parks and Recreation operates recreation centers throughout the city. These facilities provide a wide range of programs and services to all members of the community. Membership rates are very reasonable; daily rates for fitness centers are \$1.00 for seniors and teens, and

\$2.00 for adults. Monthly rates are \$15.00 for seniors and teens, and \$25.00 for adults. Rates for annual memberships and family discounts can be obtained by calling the center. Additional nominal charges may apply for group classes taught by guest instructors. Contact any location for information on their fitness programs.



<b>Center</b>	<b>Address</b>	<b>Phone</b>
Antioch	5023 Blue Hole Road, 37013	315-9363
Bellevue	656 Colice Jeanne Road, 37221	862-8435
Cleveland	North 6th Street at Vernon Winfrey, 37207	862-8444
Coleman	384 Thompson Lane at Nolensville Rd., 37211	862-8445
Easley at Rose Park	1000 Edgehill Avenue, 37203	862-8465
East	700 Woodland Street, 37206	862-8448
Hadley	1037 28th Avenue North, 37208	862-8451
Hartman	2801 Tucker Road, 37218	862-8479
Hermitage	3720 James Kay Lane, 37076	316-0843
Kirkpatrick	620 South 9th Street, 37206	862-8453
Looby	2301 Metro Center Blvd., 37228	862-8454
Madison	510 North Dupont Avenue, 37115	862-8459
McFerrin	315 Berry Street, 37207	862-8458
Morgan Park	411 Hume Street, 37208	862-8462
Napier	73 Fairfield Street, 37210	256-4474
Parkwood	3220 Vailview Drive, 37207	862-8495
Sevier	3021 Lealand Lane, 37204	862-8466
Shelby	South 20th St at Shelby Ave, 37206	862-8467
So. Inglewood	1625 Rebecca Street, 37216	862-8452
Watkins	616 17th Avenue North, 37203	862-8468
West	6105 Morrow Road, 37209	862-8469



# Dental Health

Good oral hygiene should begin as soon as the first teeth erupt! Children should have their first dental visit by age one, and twice a year after that for teeth cleaning and examination.

Good oral health requires good daily care. Follow these guidelines.



- Talk with your dentist about dental sealants. They can help prevent cavities in permanent teeth.
- Using dental floss can help prevent gum disease. Talk with your dentist about when to start.
- Do not permit your child to smoke or chew tobacco. Set a good example and don't smoke yourself.
- If a permanent tooth is knocked out, rinse it gently and put it back in the socket or in a glass of cold milk or water. See a dentist immediately.

**Need help finding a dentist?** The American Academy of Pediatric Dentistry has a searchable database. You can find it online at: [www.aapd.org/finddentist/search.asp](http://www.aapd.org/finddentist/search.asp)

Dental programs that offer sliding fee scales for families and children without dental health coverage include:

- United Neighborhood Health Services Cayce Dental Clinic **615-226-1695**
- Matthew Walker Comprehensive Health Center **615-327-9400 ext. 244**
- Vine Hill Community Clinic **615-292-9770**
- Interfaith Dental Clinic **615-329-4790**
- United Neighborhood Health Services Southside Family Clinic **615-726-1807**
- Metro Public Health Dental Clinic at the Lentz Center **615-340-5601**

# Just for Parents



Children learn healthy and unhealthy habits from their parents. Be a good role model for your children by following the guidelines below.

- Eat 5 fruits and vegetables every day.
- Eat breakfast daily.
- Eat family meals together.
- Get physical activity at least 3 times a week. This can be as simple and fun as walking the dog, doing yard-work, or playing ball with your child!
- Wear your safety belt every time you are in a car.
- Get a check-up and flu vaccine every year.
- Limit alcohol use: No more than 1 drink per day.
- Never drive after drinking or using drugs, and never ride in a car with someone who is intoxicated or high.
- If you use illegal drugs or abuse prescription drugs or have trouble with other addictions, seek help.

## Do you or someone you know need help with alcohol or drugs?

Anyone at any time who has an issue related to alcohol or drugs is invited and urged to call the Alcohol & Drug Council of Middle Tennessee's 24 hour Help line at **615-269-0122**. One of our staff members or volunteers will listen to you, understand you, and assist you in getting the help you need and deserve. You can also contact Alcoholics Anonymous at **615-831-1050** or <http://www.aanashville.org/>.

- Do not smoke or use tobacco products. If you do smoke or use other tobacco, speak with your health care provider about how to quit, and only smoke outside.

Do you need help quitting? Call the Tennessee Tobacco QuitLine at **1-800- QUIT-NOW (1-800-784-8669)**. IT'S FREE!!

It's hard to quit smoking. But studies show that people who use a program really do better. Now you can sign up for the free Tennessee Tobacco Quit Line program to help you quit for good.

- Receive a free Tobacco Quit Kit
- Work with a free Quit Coach.
- Learn to deal with tobacco cravings and other challenges.

After 12 months, 25% of participants are tobacco-free. This program is free to all Tennessee residents. So quit waiting and call for this free program:

**1-800-QUIT-NOW (1-800-784-8669)**.

For the hearing-impaired call,

**1-877-559-3816**.

- Wear a helmet every time you bike.
- Limit TV watching.
- Go to the library. Read something every day. The Nashville Public Library consists of the downtown Main Library and 20 branch libraries with a collection of 2 million items including books, periodicals, DVDs, CDs and downloadable audiobooks and films. NPL offers 24/7 Ask a Librarian service, and hundreds of free online databases. Equal access is offered through the Talking Library audio reading service for the print disabled, and Library Services for the Deaf and Hard of Hearing at **615-862-5800** or <http://www.library.nashville.org/>
- Get 8 hours of sleep every night.
- Help your family use non-violent ways to solve problems and conflicts.
- Be a good listener.
- Find and create joy every day.



# It's difficult being a parent

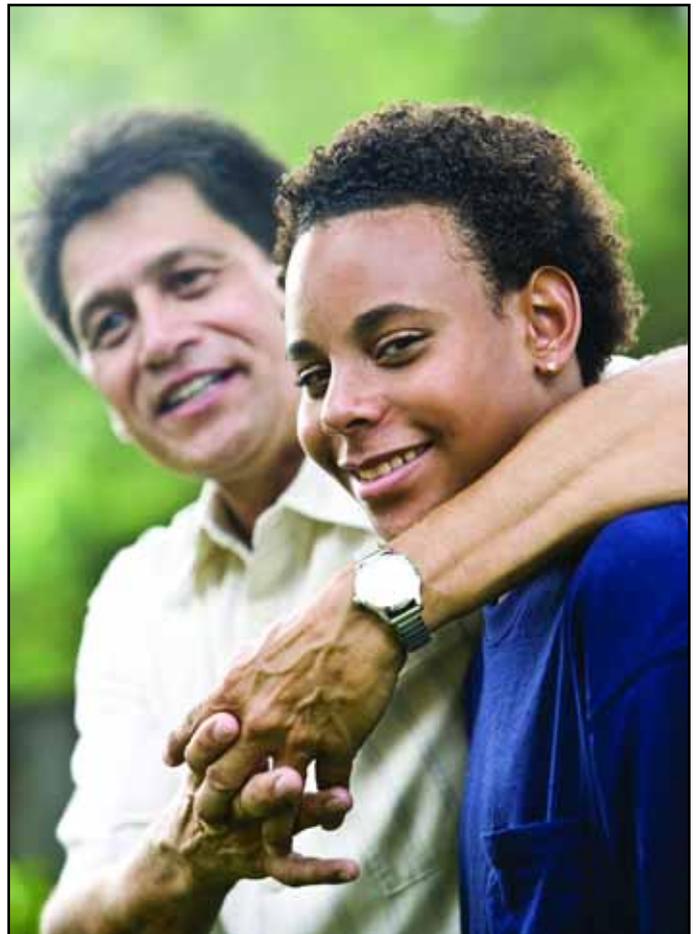
## Exchange Club Family Center

The Exchange Club Family Center offers parent education classes that allow parents to share experiences and discuss a variety of topics including learning your parenting style, child development, understanding and managing children's behavior, boosting self-esteem, positive communication, child safety, stress management, and much more. Program cost is based on income. For more information, please call **615-333-2644** or go to [www.familycentertn.org](http://www.familycentertn.org).

## Davidson County Relative Caregiver Program (a program of Family & Children's Services of Nashville)

Raising a family of your own is difficult enough. Now imagine raising your nephew, niece or grandchild because their parents aren't able to. That's why the Davidson County Relative Caregiver Program is there to help the thousands of extended families who take on this responsibility every day. The Davidson County Relative Caregiver Program is a comprehensive public/private collaboration between the Tennessee Department of Children's Services and Family & Children's Service. We strengthen a family's ability to maintain a supportive and stable environment by respecting what is unique and special within each family. Our goal is to promote kinship family stability for children whose whose birth parents are unable to care for them. For information about the Davidson Relative Caregiver Program contact Aimee Brake, Program Director @ **615-340-9092 x 222** or go to [www.fcsnashville.org](http://www.fcsnashville.org).

If you have questions or just need to talk to someone, call the 24-hour Parent Line at **1-800-CHILDREN**. The 24-hour parent helpline provides support, resources, information, and referrals to parents from across the state. Parent Line counselors talk with families about questions they may have about parenting, and provides referrals in their community based on need. Counselors are available in English and Spanish to provide confidential counseling and listening. The Parent Line is a program of Prevent Child Abuse of Tennessee.



# Family Resource Centers (FRCs)



United Way's Family Resource Centers provide a "one-stop-shop" for health and human service needs in neighborhoods across Nashville. Please contact the FRC in your neighborhood or school for assistance.

## **Bethlehem FRC**

Director: Steve Fleming  
Bethlehem Centers of Nashville  
1417 Charlotte Avenue, Nashville, TN 37203  
615-329-3386 X119  
sfleming@bethlehemcenters.org

## **Martha O'Bryan FRC**

Director: Sandra Avent  
711 South 7th Street, Nashville, TN 37206  
615-254-1791 X213  
savent@marthaobryan.org

## **Edgehill FRC**

Director: Brenda Morrow  
Organized Neighbors of Edgehill (O.N.E.)  
1001 Edgehill Avenue, Nashville, TN 37203  
615-256-4617  
Edgehill2@bellsouth.net

## **McGruder FRC**

Director: Tracye L. Henderson  
C. E. McGruder Family Resource Center  
2013 25th Avenue North, Nashville, TN 37208  
615-242-4681  
tracye.henderson@mwchc.org

## **Northeast Salvation Army FRC**

Director: Amy Sky  
The Salvation Army/Magness Potter  
611 Stockell Street, Nashville, TN 37207  
615-255-0554  
amy\_sky@uss.salvationarmy.org

## **St. Luke's FRC**

Director: Angela Bryan  
5601 New York Avenue, Nashville, TN 37209  
615-350-1131  
angela.bryan@stlukescommunityhouse.org

## **South Nashville FRC**

Director: Leslie Hayes  
615-479-2106  
leslie.c.hayes@Vanderbilt.Edu

## **Bordeaux/Northwest FRC**

Director: LaToi T. Spears  
Bordeaux Enhanced Elementary School  
1910 South Hamilton Road, Nashville, TN 37218  
615-291-6335 ext 101  
Latoi.Spears@mnps.org

## **Pearl-Cohn FRC**

Director: Maxcia Lizarraga  
Pearl-Cohn High School  
904 26th Avenue, Nashville, TN 37208  
615-329-8150 ext 1850  
maxcia.j.lizarraga@vanderbilt.edu

## **Fall Hamilton FRC**

Director: Katherine Ross  
Fall-Hamilton Elementary School  
510 Wedgewood Avenue, Nashville, TN 37203  
615-291-6380 ext 8  
E-mail: kross@unitedneighborhood.org

## **Maplewood FRC**

Director: Joy Pillow-Jones  
Maplewood High School  
401 Maplewood Lane, Nashville, TN 37216  
615-259-5564 ext 2102  
jpillow-jones@pencilfd.org

## **Cole FRC**

Director: Sara Sherman  
Cole Elementary School  
5060 Colemont Drive, Antioch, TN 37013  
615-333-5043 ext 1815  
sara@conamericas.com

## **Napier FRC**

Director: Dennis Williams  
Napier Elementary  
60 Fairfield Avenue, Nashville, TN 37210  
615-271-1765  
dennis.williams@fcsnashville.org

# Stay tuned. Stay involved.

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