

Help Me Grow North Texas News

May 2022 Edition

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Reminders:

- Next Quarterly Subcommittee meetings will be held in June
- Follow us on social media ([Facebook](#), [Twitter](#), and [Instagram](#)) @HelpMeGrowNTX to stay up to date
- Help Me Grow North Texas marketing materials can be ordered [here](#).

Welcome Miranda!

Please join us in welcoming Miranda Holmes as the new Help Me Grow North Texas Program Director! Miranda has worked at MHMR in various roles within the Child and Family Services Division for the past 10 years. Her background is in Child Development with an emphasis in Child and Family Studies. For the past two years Miranda has been working as Program Director over the Family Support Coaching Program. She is passionate about helping and advocating for families and is looking forward to her new role with Help Me Grow North Texas.



Best Wishes Linda!



Linda Turner is transitioning to retirement after spending the last 8.5 years supporting her community through her work with the Child Care Group. She was an integral part of Help Me Grow North Texas as she served on the Centralized Access/Provider Connections subcommittee. Linda has appreciated the collaboration between the eastern and western counties that Help Me Grow North Texas provides as this promotes highly efficient service provision to our families and community. She will continue to give back to her community through her volunteer work. Linda is incredibly fond of traveling and wishes to visit all the state parks in Texas with her dog Annie (above). She also is planning on visiting Ireland and Scotland in August! Linda we appreciate you and your contributions to our families, our community, and the wisdom you share with us! Best wishes!



Free Professional Training! Need CEUs?



Explore the Help Me Grow North Texas Training Platform

For Families and Providers Serving and Caring for Children ages 0-5

FREE PROFESSIONAL DEVELOPMENT

Trainings are free and high quality for both families and providers that come with certificates/CEUs upon completion.

ACCESS 24/7

Trainings are available anytime online. Courses can be completed at your own pace.

TIMELY AND RELEVANT

Training content is always relevant and timely. New training topics are uploaded quarterly based on the needs of families and providers in the community.

<https://hmgntx.teachable.com>

Questions? Contact:
info@first3yearstx.org

Powered by:  Help Me Grow North Texas

In partnership with:  FIRST3 YEARS OUR IMPACT LASTS A LIFETIME

Teachable has a new flyer that details the types of trainings available, in addition to how to submit a training! Trainings are free for both families and providers, and come with certificates and CEUs. These trainings are available at any time.

We are accepting trainings! Trainings must be an hour long and focused on supporting the health and development of children prenatal to 5 years old. Accepted trainings will receive a [first3years](#) membership!

[Teachable Webpage](#)

[Submit a Proposal](#)

[Accessing the Flyer](#)



Submit Trainings to the Teachable Platform

We are looking for relevant trainings topics for providers and caregivers of children 0-5.

FREE MEMBERSHIP OFFERED

Submissions will be reviewed quarterly by the Provider Support & Training Subcommittee. Accepted trainings will receive a one year free First3Years membership.

MULTIPLE AUDIENCES

Trainings must be relevant for both caregivers and providers of children 0-5.

TRAINING EXPECTATIONS

Trainings must be one hour long and focused on supporting the health and development of children prenatal to 5 years old and/or their caregiver(s) through research or evidence based practices.

[Click Here to Access Proposal Submission Form](#)

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Celebrating Fathers!

National Men's Health Month

June is National Men's Health Month! In June, we focus on encouraging the men in our lives to take care of themselves and their mental health by eating right, exercising, and getting regular checkups. The purpose of Men's Awareness Month is to bring awareness to preventable health problems and emphasize the importance of early detection and treatment of physical and mental health conditions such as cancer and depression. It is important to note that depression in men may look different than it does in women. It may manifest through risky behaviors, aggression, and/or escapist behavior. Men and fathers are in integral part of our community, so let's support them in staying healthy and thriving! Don't Forget Father's Day is June 19!



June's Toolkit

Neonatal Abstinence Syndrome (NAS)

June is also NAS Awareness Month. HHSC reports that in Texas, every 25 minutes a baby is born with NAS. During the month of June, HHSC strives to:

Increase awareness about NAS to pregnant women about the dangers of using opioids during pregnancy;

Increase education and reduce stigma in seeking help for pregnant women using opioids that they should not discontinue opioid use due to the risk of maternal relapse, overdose, withdrawals and fetal demise;

and to provide community resources to pregnant women in Texas.

For those that are interested in learning more about NAS, UTSA is hosting this year's virtual NAS Symposium with [webinars](#) available throughout the month of June. Access the Mommies' Toolkit for NAS [here](#).



Important Dates in June:

- Pride Month: June 1-30
- National [SAFE](#) Day: June 4
- [Cancer](#) Survivor Day: June 5
- Father's Day: June 19
- Juneteenth: June 19

