



TN VOICES
Support Services From
Firsthand Experiences

**READY. SET.
GR*W!**

Preventing Child Abuse Using the Pyramid Model

A Practical Framework for
Supporting Children and Families

TN VOICES 2025



Why Prevention Matters



- Child abuse has lifelong impacts on health, learning, and relationships
- Prevention must be proactive, not just reactive
- Early relationships and environments are key protective factors



Brain Development

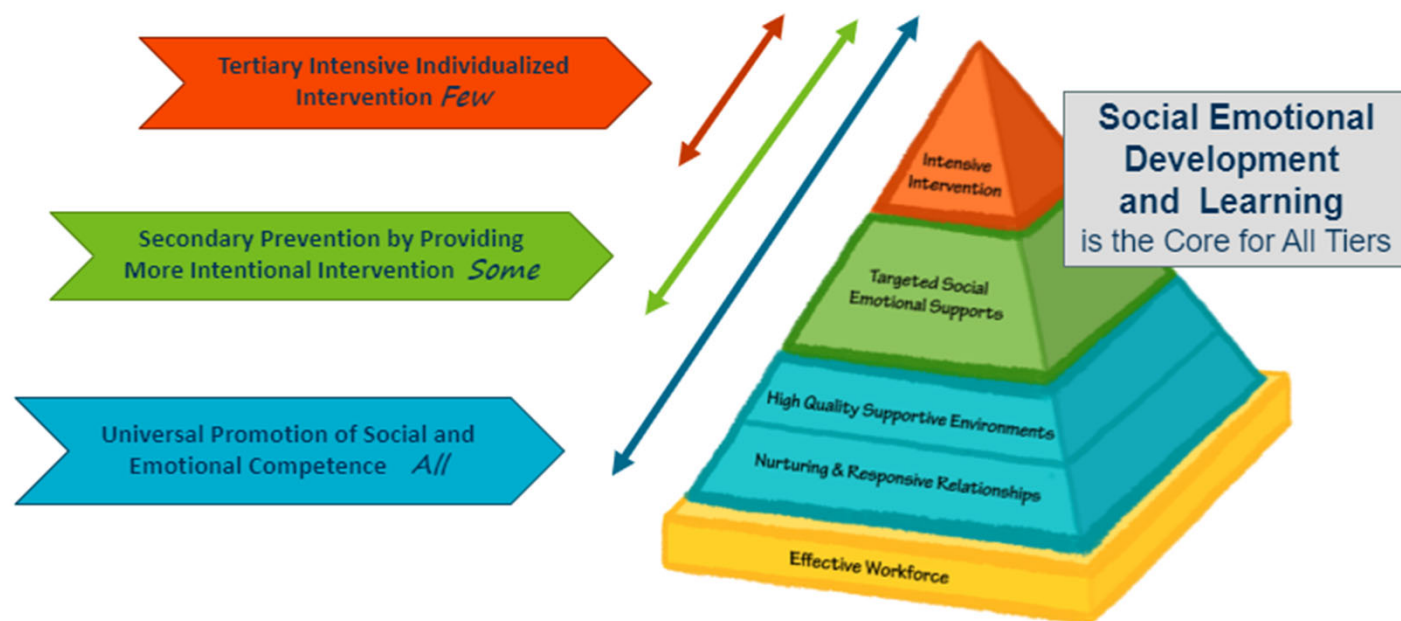
- Early years are foundational
- Genetic make up isn't the only factor
- Serve and Return Interactions support ALL learning
- Builds confidence and trust



Responsive Relationships



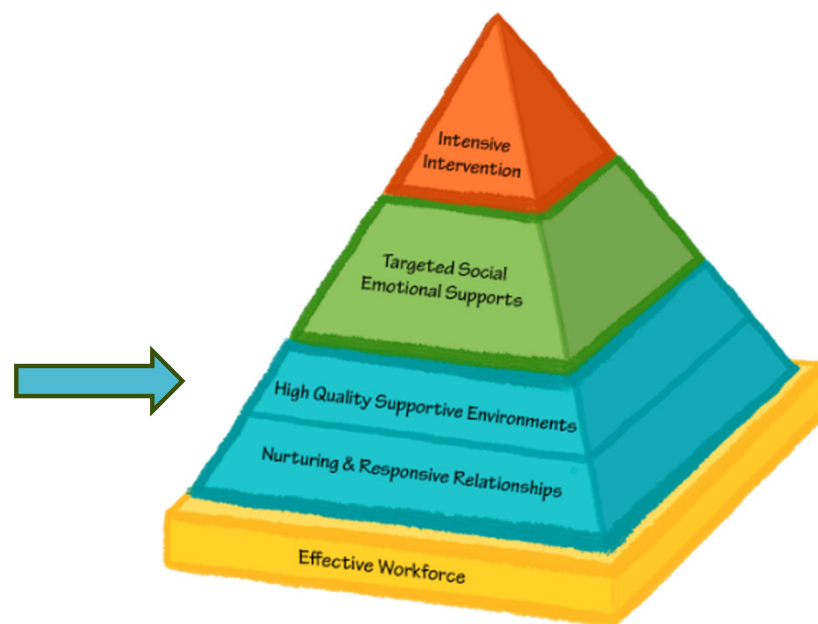
The Pyramid Model Framework



Universal Supports

Creating Safe and Supportive Environments for All

- Build nurturing, responsive relationships
- Teach social-emotional skills
- Provide consistent, predictable routines
- Reduce stigma around asking for help
- **Social-Emotional Competence = Protection**



Targeted Teaching of Social Emotional Skills

Teach Social-Emotional Skills Explicitly

- Use visuals, modeling, and repetition.
- Reinforce self-regulation strategies in calm moments.
- Recognize that skills may take longer to develop or may regress under stress.



Reducing Caregiver Stress = Reducing Risk

Supporting Caregiver Well-Being

- Caregiver stress is a major risk factor for abuse
- Pyramid Model helps reduce stress through:
 - Connection to resources
 - Emotional support
 - Practical guidance
 - Less stress = more nurturing responses



Key Prevention Reminders



- Promote emotional safety and connection in all environments
- Support caregivers through empathy and access to resources
- Advocate for trauma-informed, tiered support systems
- Know that prevention happens in every interaction

Prevention Programs and Resources



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GROW!



Mission:

To partner with the adults in a child's life to promote the development and well-being of children ages 0-8.

Vision:

All of our youngest Tennesseans having access to an array of mental health consultation services anchored in the Pyramid Model Framework.



Program Goals

1. Integrate infant and early childhood mental health best practices into a child's natural setting.
2. Support caregivers and educators to manage and mitigate challenging behaviors.
3. Ensure Early Childhood Educators are equipped with the most up-to-date knowledge and skills in children's development and evidence-based practices.
4. Keep children in their natural learning environments.

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Infant and Early Childhood Mental Health Consultation (IECHMC)

- “IECMHC is a prevention-based approach that pairs a mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as childcare, preschool, home visiting, early intervention and their home.
- Mental health consultation is not about “fixing kids.” Nor is it therapy.
- Mental health consultation equips caregivers to facilitate children’s healthy social and emotional development.”

**Georgetown Center of Excellence for Infant and Early
Childhood Mental Health Consultation**

Program Services

Professional
Development
/Trainings

Child-Centered
Consultations

Classroom
Consultation

Programmatic
Consultation/
Leadership Site

Technical
Assistance

Family Support
Services

Behavioral
Consultation*

Mini Grants*

Child-Centered Consultation

Available for children 0-8 enrolled in childcare or elementary school.

Includes data-driven observations, collaborative goal setting, and the development of a behavior support plan.

Supports the acquisition of social emotional skills to mitigate challenging behavior in the classroom.



Child-Centered Consultation Service Components

Initial Paperwork and Data Collection

Social Emotional Screening

- DECA or SDQ

Initial Observation

TPITOS-S, TPOT, or EELOT

Guided Family Questions

- Used to guide the development of a Behavior Support Plan (BSP)



Closing Visit/ Planning for Ongoing Supports

Celebrate Growth and Success!

Review Data

- DECA or SDQ
- Family Impact Questionnaire
- Classroom Observation Data

Ready. Set. Connect!

Resource linkage

- Strategy implementation Materials
- Connection to Clinical Supports
- Community Resources
- ASQ:SE-2

Implementation Visits

- Reflective Conversations
- Modeling
- Data Collection
- Additional Observation

Family Trainings

- Positive Solutions for Families
 - 7-part series
- Family Tool Kit Trainings
 - Managing Big Feelings
 - Teaching Friendship Skills

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Family Coaching

Family Coaching is designed to reduce family stress, promote appropriate behaviors, and teach children the skills needed for optimal development and school readiness. In-person, virtual, and hybrid options are available.



Family Coaching Service Components

Initial Paperwork and Data Collection

Family Social History
Social Emotional Screening

- DECA or SDQ

Intake Visit

Relationship Building
Coaching Agreement
Guided Family Questions

- Review of strengths/ challenges
- Initial Goal Planning



Content Visit

Practice new skills and strategies from:

- Positive Solutions for Families
- NCMPI
- ASQ
- Optimistic Parenting

Closing Visit/ Planning for Ongoing Supports

Celebrate Growth and Success!
Review Data

- DECA or SDQ
- Family Impact Questionnaire

Ready. Set. Connect!

Resource linkage

- Strategy implementation Materials
- Advocacy
- Connection to Clinical Supports
- Community Resources
- ASQ:SE-2

What does the data tell us about Family Coaching?

Ready. Set. Grow! Family Coaching is a caregiver-to-caregiver support designed to reduce family stress, promote appropriate behaviors, and teach children the skills needed for optimal development and school readiness.

- **Reduced caregiver stress**

64% of caregivers report experiencing stress "almost always" before services compared to only 9% at the conclusion of family coaching services.

- **Increase in self-regulation skills**

76% of children demonstrated an increased in self-regulation as evidenced by the DECA assessment.

What are families saying about our services?



"We have seen a complete 180 from (our child). He plays better with others, communicates in more positive ways, and I feel I'm able to parent how I've always wanted" *Parent Coffee County, TN*

"(My Family Support Specialist) is kind, calm, and listened. She heard my concerns and provided ideas, tips and resources to support my goals. She consistently checked on us and made sure that we had the resources that we needed." *Parent Shelby County, TN*

Make a Referral



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referral



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apricot





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Thank you!

Questions?

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