

MTSU Center for Health and Human Services Newsletter



*Better Health and Well-Being
for Tennesseans and That of the Nation*



QUALITY

“QUALITY IS NEVER AN ACCIDENT; IT IS ALWAYS THE RESULT OF HIGH INTENTION, SINCERE EFFORT, INTELLIGENT DIRECTION AND SKILLFUL EXECUTION; IT REPRESENTS THE WISE CHOICE OF MANY ALTERNATIVES.”

—William A. Foster, World War II veteran and Medal of Honor recipient

The Center for Health and Human Services (CHHS) had a busy spring semester and is eagerly embracing summer and the return to campus for all as the center continues its work to promote better health and well-being, through projects and research with local, state, and national reach. As noted in the March 2021 newsletter, CHHS has had a “Dream Big” kind of year; it now has a seven-figure externally



Cynthia Chafin,
M.Ed., MCHES® CHHS
associate director for
community programs

funded portfolio that breaks a 27-year record, addressing public health needs on a larger scale than ever before, which is keeping the staff quite busy. This period

of growth has led us to pause and reflect on processes, assess efficiency and effectiveness, problem-solve where needed, and ensure that our work continues to be of the highest quality. Moving forward, the plan is to build additional capacity so CHHS can continue on a growth

trajectory. There is much work yet to be done—more important health issues to address, more people to serve, and more impact to be made. It is indeed an honor to be able to serve the public and to be a part of the solution to many pressing health issues impacting so many today in Tennessee and throughout the nation.

For those who are not familiar with CHHS, please take an opportunity to visit the [center’s website](#) to read more about our work. Previous

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editions of the newsletter are posted there, as is additional information on some of the many projects, programs, and research of the center.

Recent CHHS highlights include:

- **New \$1 million grant application for opioid prevention implementation funding:** CHHS recently applied for a Health Resources Services Administration (HRSA) Rural Communities Response to Opioids Program (RCORP) implementation grant, which, if awarded, will provide \$1 million to implement activities and secure needed resources in rural Wilson County communities to address the opioid epidemic. This funding would be a continuation of the recently awarded HRSA planning grant, which began activities in October 2020. It has been said before and is worth repeating, COVID-19 is not the only epidemic facing this country, and data indicates that substance abuse has significantly increased during the pandemic for many counties as people reach for substances as a coping mechanism, creating an even greater need for this work. The work on these projects is and will continue



in conjunction with the local DrugFree WilCo community-led group. The work done in Wilson County through this grant may serve as a model for other counties in the state, particularly for data management and tracking of opioid overdoses and deaths. CHHS will continue to work with the MTSU Data Science Institute as a partner in this important work, along with the Department of Health and Human Performance. Future plans also include applying for funding in 2022 to address psychostimulants as an overlapping area. These

efforts will be in partnership with DrugFree WilCo and will supplement current and future opioid prevention efforts in the county.

- **Momentum continues for new partnership with Tennessee Department of Environment and Conservation:** CHHS' recent grant to address environmental health and water quality has gotten off to an excellent start. The grant from the Tennessee Department of Environment and Conservation (TDEC) began in February and involves several partners, including the MTSU Center for Environmental Education, MTSU Environmental Health and Safety Services, MTSU School of Agriculture, and members of TDEC's Nutrient Reduction Task Force. A toolkit is being developed, and multimedia campaigns for identified target audiences focusing on water quality and nutrient reduction are under development. Stay tuned for updates!
- **Milestones achieved with campus-focused mental health awareness grant, and \$500,000 grant application submitted to continue the project:** CHHS is wrapping up its third year of a Substance Abuse and Mental Health Services Administration (SAMHSA) grant that supports the Mental Health First Aid program on campus. Almost 1,000 students, faculty, and staff have been trained in Mental Health First Aid since the program was implemented on campus in 2018. CHHS is seeking continuation funding to carry the project beyond October 2021, with a recent funding application submitted to SAMHSA that would continue the project for another five years if awarded.

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- Agriculture and STEM education project funded by COVID-19 grant continues:** CHHS received a Rapid Response COVID-19 grant through the U.S. Department of Agriculture’s (USDA) National Institute of Food and Agriculture. The funding was obtained in partnership with MTSU School of Agriculture’s Fermentation Science faculty. Work continues on creating agriculture-, health-, and STEM-focused curriculum for teachers, parents at home placed in educator roles unexpectedly, and home-school families for grades K–14. The project launched in October, and tremendous work has been done through efforts of the MTSU team along with stakeholders in an 11-state area. The project team is working diligently to meet the USDA’s stated goal “to develop and deploy rapid, reliable, and readily adoptable COVID-19 agricultural strategies across the food and agriculture enterprise.”
- New partnership with MTSU Tennessee STEM Education Center established:** CHHS is in the early stages of working with the MTSU Tennessee STEM Education Center on collaborative opportunities. We are excited to see what opportunities unfold!
- Blue Raiders Drink Up: Healthy Choices for Healthy Students soon to enter third year:** This obesity and diabetes prevention project funded by the Tennessee Department of Health’s Project Diabetes initiative has provided opportunities for thousands of MTSU students through twice monthly campus activities (virtual during COVID-19), access to free counseling sessions with a registered dietitian and/or health coach, personal training scholarships, and cooking classes. Outcomes included 492 students’ participation in

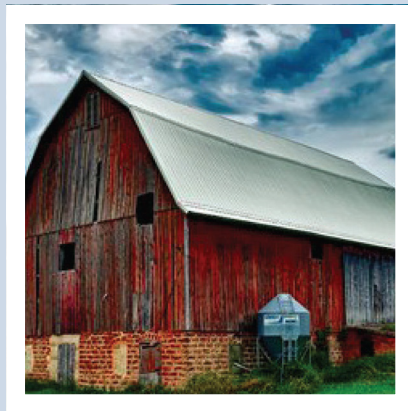
activities last quarter, double that of the first two quarters of the 2020–21 year. Learn more about this project at our website or in the CHHS Summer 2020 newsletter.

- Infant Death Scene Investigation (DSI) and Safe Sleep project reaches almost 34,000 first responders and over 1,700 public health and social services professionals:** With support from University College, almost 34,000 first responders since 2004 have completed DSI training to meet training requirements mandated by the State of Tennessee in response to the Sudden Unexplained Child Death Act. As part of this training, responders also learn about sudden unexpected infant death and safe sleep for infants. The externally funded project includes training opportunities on safe sleep for other public health and social services professionals. The project, featured later in this newsletter, has helped provide much-needed training within the first responder community and within health and social services fields.
- Partnerships and collaborations continue:** As always, multiple campus and external collaborators and partners continue to be involved in CHHS projects, programs, and research, and more information on each will continue to be shared via this quarterly newsletter, the CHHS website, and social media updates.

Whom Do We Serve?

The Center for Health and Human Services collaborates with MTSU faculty and staff, and public and private organizations and partners, to develop and implement local, regional, and statewide programs, projects, and research activities designed to improve the health and well-being of Tennesseans and of the nation. Did you know that much of our work involves off-campus initiatives? One of the more

common misconceptions about CHHS is that we solely serve the campus community. While some of our efforts do focus on our campus, the majority of our work is done in communities across Tennessee, some of which serve as models for other states. Our projects have touched all 95 Tennessee counties, with some involving multistate partnerships and others having national impact.



Ash Abro and Rose Chilsen, recent Dietetics graduates and former CHHS staff.

CHHS Campus Resources

MTSU Mental Health First Aid

Almost 1,000 have been trained through MTSU Mental Health First Aid in the last 2½ years. Want to learn more?



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Please visit the [CHHS website](#) for more information. Upcoming workshop dates at this time include: June 25, July 16, July 17, July 23, August 2, and August 14. Please continue to check the website for additions and updates.

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CHHS Continues Partnership with Global UNTOLD Project to Support Students' Mental Health



The **Campus Diaries** is a “Dear Diary” **showcase** of stories of students. The “Dear Diary” pages are anonymous and serve the purpose of providing a therapeutic outlet for students to share their struggles while also providing inspiration to others as they see other students successfully overcoming life’s challenges and obstacles. Diaries have always been considered a safe outlet for people to write down their feelings, their experiences, and their thoughts. Creating a campus diary allows students to express how they feel, and students also get to see that they are not alone by reading other “Dear Diary” submissions.

The **Campus Diaries** project launched in spring 2020 right before COVID-19 emerged, and 50 students submitted entries throughout the semester. Submissions continued in fall 2020, with more than 100 as of the end of December. The initiative recently wrapped up in the Spring 2021 semester. In addition to collecting more stories from MTSU students,

the project expanded to other universities and campuses across the state as well as beyond, with universities in both the United States and Canada participating. As opportunities allow later in the year, it is possible that earlier plans pre-COVID-19 to do podcasts and photojournalism exhibits will again be pursued. Students are encouraged to share their thoughts on whatever is on their minds—challenges with being a student, COVID-19 stress and concerns, or just life in general. Information for crisis support is provided for students who need intervention.

For more information on the project, visit the CHHS website mtsu.edu/chhs/campus-diaries.php or UNTOLD Campus Diaries at untoldproject.org/the-campus-diaries/. CHHS will be seeking a student intern this fall to assist with the project and continue to support the effort to reach multiple campuses across the world with this project that promotes positive mental health and well-being.

Staff Spotlight

Michelle Sterlingshires

Michelle Sterlingshires, an MTSU alumna who achieved her M.A. in Quantitative Psychology in 2015, joined the CHHS team in January 2020. She was hired as the Mental Health First Aid project assistant, and initially her responsibilities were data input and social media management for the grant-funded project. It seems 2020 had other plans for



Michelle Sterlingshires

Michelle, however. Because of the perfect intersection of her data platform management expertise and the remote delivery requirements brought on by the pandemic, Michelle became the “right person at the right time.”

Michelle’s first task was to transfer all existing data from hard copy to a digital format that could be used to build reports for the funder, the Substance Abuse and Mental Health Services Administration (SAMHSA). Next, Michelle converted everything related to participants’ experiences to a data management platform and streamlined it for the project coordinator’s use in registering and communicating with participants. From initial inquiry to final follow-up surveys, everything related to the project could be delivered remotely for as long as



needed. The sustainable tracking system is so efficient that it will continue to be the process used even after the actual courses return to a live format.

“We didn’t know what we were going to need in January 2020 when Michelle was hired,” said Linda Williams, grant coordinator. “She was highly qualified and excited to be working on a mental health awareness training project. We would have been dead in the water without her. I didn’t have the data platform management experience needed for the conversion of the grant, and she built a product better than I could imagine. The timing for Michelle’s coming on board was perfect!”

Michelle has become an integral part of the CHHS family over the past year. In addition to the invaluable role she played in the continuation of the Mental Health First Aid project, Michelle also manages all of the social media presence for it—Facebook, Instagram, and Twitter. She is also responsible for curating the weekly Mental Health Check-up sent campuswide as well as to off-campus stakeholders. Michelle chose to pursue a master’s degree in Quantitative Psychology because it was where she fit most comfortably, combining behavioral studies, mathematics, and technology. She wants to pursue a career as a data scientist in a setting where her unique educational background in



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

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STAFF SPOTLIGHT *continued from page 6*

behavioral health will be an advantage. Her professional philosophy is: "Analysis can only be as good as the data used: Junk in/Junk out, as they say. Data without context isn't terribly useful, and, so far, it still takes people to provide context well. Ethical data analysis and interpretation is important to me."

Michelle's personal interests include being active in social justice causes. She enjoys video games,

watching ASMR videos, and "chore avoidance." She lives with her husband, Larry, and their three-legged cat, Furriosa. She hopes to travel to Iceland, Japan, and Ireland, and to go whale watching. When asked her personal philosophy, Michelle says, "Try to do good; you may fail, but try." The staff who work with her will tell you that she is kind, thoughtful, intelligent, and the ultimate team player. CHHS is very fortunate to have Michelle Sterlingshires on our team.

New CHHS Team Members

Aura Ganster

Blue Raiders Drink Up Student Ambassador

Hello everyone! My name is Aura Ganster, and I am a junior Buchanan Fellow in the MTSU Dietetics program. When I first moved away from my home in Nashville, I underestimated the challenges of adjusting my diet to college life and had to quickly learn how to cook nutritious meals for myself on a budget and in a dorm. Being a part of CHHS allows me to educate others like me on how to make these changes to create a healthier lifestyle. I am so excited to be a Blue Raiders Drink Up student ambassador and can't wait to share what we have planned with the MTSU family!



Taylor Armistead

Blue Raiders Drink Up Student Ambassador

My name is James Taylor Armistead. I go by my middle name, Taylor. I'm 32, and I have lived in Tennessee my entire life. About five years ago, I decided to really focus on my health. Growing up, I always played sports and was active; I wanted to get back to that. So I started training for obstacle course races, which then led to completing multiple Ironman distance triathlons. I fell in love with how training made me feel, and I got really interested in how much nutrition affects not only my training, but all



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NEW CHHS TEAM MEMBERS

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aspects of my day-to-day life. I decided to go back to school last year and am currently a junior, majoring in Nutrition and Food Science, with a concentration in Dietetics. I am excited to work with the MTSU Center for Health and Human Services as a Blue Raiders Drink Up student ambassador. I want to help spread awareness of the benefits of a healthy lifestyle. I think this is an incredible opportunity to learn, grow, and meet as many of my fellow MTSU students and staff as possible.

Kayla Huff

Blue Raiders Drink Up Dietitian

Hi! My name is Kayla Huff, and I am your new registered dietitian! I received my undergraduate degree from Eastern Kentucky University in 2019 and completed my dietetic internship through Lipscomb in 2020. I was born and raised in southeastern Kentucky, and as much as I loved my small town, I knew I wanted to move elsewhere when the chance arose. With that being said, I am so excited to plant myself in

middle Tennessee and start making a difference in this community. Not being too far removed from my own college career, I understand the struggle of trying to balance a healthy lifestyle with classes, volunteering, work, etc. I am excited to be in a position where I can help students form



healthy habits—not only for four years, but for life after college as well.

Some quick and fun facts about me are: My favorite (and only) hobby is going to local coffee shops; I once checked Reese Witherspoon out as a cashier at Whole Foods; and before I even took my first steps I flew to Hawaii!

I look forward to meeting the students at MTSU and working with the wonderful team in the Center for Health and Human Services and in Student Health Services.



Project Spotlight and CHHS Campus Collaborations

Campus Partner Spotlight

University College

Since 2004, MTSU Center for Health and Human Services has worked collaboratively with University College to meet the needs of the Death Scene Investigation, Safe Sleep, and Child Fatality Review training programs that are funded by the Tennessee Department of Health. The Death Scene Investigation training is for Tennessee's first responders—fire, police, and emergency services personnel—who are mandated by law to have annual training in infant death scene investigation. The Safe Sleep and Child Fatality Review conferences target public health, social services, and other human service professionals. Since 2004, University College has been an important partner in training almost 34,000 first responders and more than 1,700 health, social services, and human services professionals through this training program.

University College has been involved in this project since the inception in 2004. University



John Burchfield

College Associate Dean John Burchfield says, "University College is so pleased to be part of this initiative and to have had a key role in the development of training materials, curriculum, and in the delivery of

this program, as well as handling all of the continuing education requirements. While these programs are not 'for credit' courses offered on our campus, they do target adult students, which is an area of importance to us as a college." CHHS certainly appreciates the significant role University College has had in this project over the years.

Not All Heroes Wear Capes

In 2020 right before the COVID-19 pandemic arrived, CHHS and University College were in the midst of planning two of three required training programs and conferences as part of a formal agreement with Tennessee Department of Health. These sessions had to be completed by June. Professionals across the state who routinely rely on this training, which in many cases is a mandatory part of their job requirements, were counting on the spring sessions. When workplaces began to shut down and with changes in almost every facet of life occurring for so many, quick thinking and action were required to determine how to make sure these professionals received the training they needed and had come to count on over the years.

Through careful thought and planning, it was decided to move this training to a virtual classroom, like other traditional course deliveries at the time. With the assistance of Burchfield and Albert Whittenberg, the assistant vice president for Academic and

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PROJECT SPOTLIGHT *continued from page 9*

Instructional Technology, MTSU was able to set up one of the first noncredit courses offered in D2L, the online learning platform.



Kim Godwin

Once the course shell was developed, Kim Godwin, an instructional designer in MTSU Online, moved the course content online and developed the course.

“Redesigning

this program from an all-day live format, which included interactive activities such as first responder role plays and live Q&A with the state medical examiner, was not an easy task, but one that we successfully accomplished,” Godwin said. “There were some bumps and bruises along the way, but we finished with a quality product and experience for the participants and accomplished our mission.”

Cynthia Chafin, CHHS associate director, said, “Thanks to Dr. Godwin’s tremendous effort organizing a classroom that incorporated all of the elements of our previously live training sessions—and in record-speed time—we were

able to honor our contractual commitments to the Tennessee Department of Health and to our first responders and health professionals across the state.

We are considering supplementing our future live trainings with the virtual classroom format in years to come to reach even more professionals who need the training but may not be able to travel. This would not have been possible without University College, John Burchfield, and Dr. Kim Godwin.”



Cynthia Chafin

In addition to the work that University College does with CHHS for Death Scene Investigation, Safe Sleep, and Child Fatality Review, it also is assisting CHHS in launching a virtual classroom for an 11-state southeastern area as part of the STEMsational Ag: The Virtual Farm project, which provides agriculture- and STEM-focused content to meet educational needs during COVID-19, as well as for future workforce development. Visit the [CHHS website](#) to learn more about any of these projects as well as other CHHS work.

Want to donate to further the work of MTSU’s CHHS?

MTSU CHHS operates primarily through external funding. To continue our mission of promoting health and well-being for all Tennesseans and that of our nation, we need financial resources to continue our work. We operate from public and private grants as well as sponsorships and donations.

Please consider a donation of any size, which will go directly to CHHS. Visit mtsu.edu/chhs, click on Donate Now, and specify that your donation is for CHHS. The site accepts MasterCard, VISA, and American Express.

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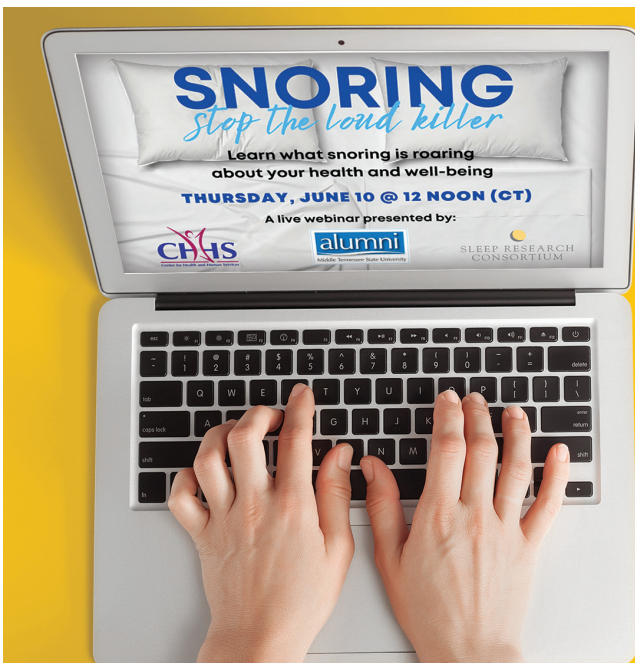
Other Campus Collaborations

We **love** our campus collaborations!

Webinar for alumni on sleep and its impact on health

MTSU Alumni Relations and CHHS co-sponsored their third joint webinar for MTSU Alumni on June 10th. The healthy sleep webinar features the chair of the MTSU Sleep Research Consortium, William Noah, M.D. In the one-hour session, participants learned why snoring is known as the “loud killer” and the impact sleep has on one’s health including the possible effects on obesity, weight, and chronic disease. The webinar had 235 people who registered from 18 states (Alabama, Arkansas,

California, Colorado, Florida, Georgia, Indiana, Kentucky, Maryland, Minnesota, Mississippi, North Carolina, North Dakota, New York, Ohio, Tennessee, Texas, West Virginia), as well as internationally from the Bahamas and India. If you would like to view this webinar and multiple others, a recording can be found here; mtalumni.com/webinars. Previous webinars have been very popular, with hundreds of participants joining in from around the world including from Kenya and Bangladesh.



MTSU Alumni Relations and CHHS co-sponsored their third joint webinar for MTSU alumni on June 10, "Be Aware of the Loud Killer; Healthy Sleep, and Snoring"

Community Partner Spotlight

Tennessee Department of Health, Division of Family Health and Wellness, Injury Prevention and Detection



Since 2004, MTSU Center for Health and Human Services has contracted with the Tennessee Department of Health (TDH) to provide training for Tennessee's first responders—fire, police, and emergency services personnel—on infant death scene investigation (DSI). With support from University College, almost 34,000 first responders have completed DSI training to meet requirements mandated by the state of Tennessee in response to the Sudden Unexplained Child Death Act. As part of this training, responders also learn about sudden unexpected infant death and infant safe sleep. MTSU develops all of the training curriculum for this program and facilitates and maintains continuing education records for first responders. In addition to the training, MTSU collaborates with TDH to host an annual Safe Sleep conference for public health professionals, home visitors, hospital staff, and human service professionals and Child Fatality Review training for all local members

from the 34 Child Fatality Review teams. This work is of great importance to the Tennessee Department of Health because it helps with educating professionals and community leaders to help reduce preventable child death. MTSU CHHS staff talked with leaders at TDH involved in the DSI training program, Safe Sleep, and Child Fatality Review about their work and the partnership they have with MTSU.

Here is our conversation with April Kincaid, the Child Fatality Review program director, and Rachel Heitman, section chief for Injury Prevention and Detection:

MTSU CHHS: The mission of the Tennessee Department of Health is to protect, promote, and improve the health and prosperity of people in Tennessee. Can you tell us about your program area and how it fits into this mission?

TDH: Through Child Fatality Review, we are able to collect data on all child fatalities

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COMMUNITY PARTNER SPOTLIGHT*continued from page 12*

in the state, and local teams determine preventability of each death. This allows us to be able to look at the data and present the information to a state level review team that consists of policymakers and state level programs that can influence prevention efforts across the state. Child fatality and infant mortality are key proxy indicators of the overall health of a community, and if we are able to prevent future deaths from occurring, then we are able to have an impact on the overall health of those that live, work, and visit Tennessee.

MTSU CHHS: Can you talk about the Safe Sleep component of the DSI training and why that's important. Not all cases of infant death that a service provider encounters may be sleep-related, but some are. Can you share why including Safe Sleep in the training program is important?

TDH: The DSI training specifically covers how to talk to a family in the event an infant dies suddenly and unexpectedly, typically in a sleep environment. The training covers the SUIDI Form [Sudden Unexpected Infant Death Investigation Form] from the CDC. This form serves as a standardized tool to collect data at the time an infant dies and includes information including how an infant was last placed to sleep, known alive, and found. It also includes a history of the last 72 hours of the infant's life, a family history, and birth history.

Information that has been collected from the use of these forms since 2006 has helped develop the infant safe sleep recommendations from the American Academy of Pediatrics (AAP). The primary message from these recommendations is

that an infant should be placed alone, on their back, and in a crib. The data that has

*April Kincaid*

been collected in Tennessee over the last five years shows that an infant's sleeping with any soft bedding, including blankets, pillows, or stuffed animals, or on an adult mattress, is the No. 1 factor in infant sleep-related deaths. The second-leading factor is an

infant's not sleeping in a crib, followed by an infant's sleeping with another person. Oftentimes, these deaths have more than one factor. We use this information to shape our conversations and educational materials around infant safe sleep. Since 2015 our infant sleep-related deaths have decreased as efforts continue to educate infant caregivers and provide resources such as portable cribs and sleep sacks to families who need them.

MTSU CHHS: Over the years, the training programs have been adapted to meet changing needs. One area that is now included is more emphasis on self-care for the first responders themselves. Why is this so important?

TDH: The rate of suicide is high among first responders. One of the primary factors for this is the constant exposure to high stress situations. Investigating any death is traumatic; adding investigating child death to that, we must understand that these are stressful situations, and repeated exposure to these kinds of events can result in trauma.

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COMMUNITY PARTNER SPOTLIGHT

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By adding sections in the training on self-care and trauma, we wanted to acknowledge and address the difficulties in child death investigation and encourage first responders to seek help when they need it.

Updating and adapting our training is important, because as we find more information and data about investigation, prevention, and resources, we want to be able to adapt to those changes and make sure that the training is of top quality to be useful to those who are receiving it.

MTSU CHHS: This last year, MTSU and TDH have worked as a team to transition all of the training programs and conferences into a virtual format. While there definitely were some challenges, what do you see as some of the positives?

TDH: The virtual learning platform provides an opportunity for those who could not travel to a training or conference in the past. Oftentimes, there are hours of travel, hotel stays, nights away from family, and work missed for these trainings. With the virtual format, attendees are able to attend from their desks, homes, or any locations where they have internet access. We have had increased participation in our Safe Sleep conference and Child Fatality Review trainings the last two years.

MTSU CHHS: If anyone would like to know where to get information on Safe Sleep, can you point them in the right direction?



TDH: TDH has a Safe Sleep webpage—safesleep.tn.gov—with several great resources. Here, you will find information on infant safe sleep along with all of our materials that are free of charge to all community partners. If you send us an email with what you are looking for, we can typically send you all items within a week.

Editor's note:

Take a look at the Tennessee Department of Health's Child Fatality Data Dashboard for detailed child fatality data.

<https://data.tn.gov/t/Public/views/ChildFatalityDashboard/>

Safe sleep is important not just for new parents, but also anyone who has contact with an infant and who may be providing care—grandparents, aunts, uncles, older siblings, babysitters, and others. Please share this information with anyone you know who may be caring for an infant. It could save a life!

The American Academy of Pediatrics (AAP) discusses safe sleep and tummy to play practices for babies.



Back to Sleep, Tummy to Play

According to the American Academy of Pediatrics, the two most important things to remember about safe sleep practices are:

- Healthy babies are safest when sleeping on their backs at nighttime and during naps. Side sleeping is not as safe as back sleeping and is not advised.
- Tummy time is for babies who are awake and being watched. Your baby needs this to develop strong muscles.

Remember . . . Back to Sleep, Tummy to Play!

For additional information on safe sleep and for additional resources, visit the American Academy of Pediatrics [healthychildren.org](https://www.healthychildren.org) website (direct link for sleep resources <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/default.aspx>). Topics include Bassinets and Cradles; Can SIDS Be Prevented; Getting Your Baby to Sleep; Good Night, Sleep Tight; Help Your Baby Sleep Safely So You Can Sleep Soundly; How to Keep Your Sleeping Baby Safe: AAP Policy Explained; Inclined Sleepers and Other Baby Registry Items to Avoid; and many more. Another great resource is the Tennessee Department of Health's webpage noted in the previous article.

Source: American Academy of Pediatrics.

Back to Sleep, Tummy to Play. Retrieved 5/21/2021, from <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Back-to-Sleep-Tummy-to-Play.aspx>



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