

What we do*

FIRST CALL welcomes new and expectant parents with a trained parent mentor, information, gifts and baby showers. Supports families when they receive secondary diagnoses, have long hospital stays and during times of crisis.

EDUCATION supports caregivers with workshops on topics across the lifespan, including DS 101, potty-training, advocacy in schools, behavior strategies, sibling relationships, financial planning, aging, employment and more.

ADVOCACY promotes awareness, acceptance and inclusion of those with Down syndrome by supporting local, state and national legislation; by speaking publicly and by assisting families with individual advocacy needs.

COMMUNITY connects families for support and friendship through events, in-person and on-line support groups and information sharing. Programming for Moms, Dads, Grandparents, Siblings, Parents of Adults, Spanish-speaking Families, and more. County Connectors host County Friends of DSAMT regular activities, so you have options to connect in your area.

MEDICAL PARTNERSHIP supports medical professionals and students with training and resources to ensure families receive accurate, up-to-date information and to facilitate a positive care experience for families.

SCHOOL PARTNERSHIP provides support and training for educators and school professionals to assist their efforts to provide a meaningful educational experience for students with Down syndrome.

INCLUSIVE PROGRAMS provide inclusive educational, social and recreational opportunities for individuals with Down syndrome to build their confidence and independence within the community.

Celebrate the extraordinary*



DOWNLOAD THE DSAMT APP!



1310 Central Court
Hermitage, TN 37076

SomethingExtra.org



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Celebrate*



Down Syndrome Association
of Middle Tennessee



Who

we are *

DSAMT is a community of parents, grandparents, siblings, physicians, educators, professionals, friends and self-advocates from forty counties in Middle Tennessee who celebrate and support individuals with Down syndrome and their families.

Our mission is to ensure individuals with Down syndrome are valued for their extraordinary gifts and contributions, empowering them to lead meaningful, included lives.

DSAMT began in 1995 with a handful of parents who wanted to make a difference, and has become an invaluable resource for families, educators and the community. DSAMT is a non-profit 501(c)3 tax exempt organization, governed by a fifteen-member Board of Directors.

Why

connect *

Connecting to other families with similar experiences can have a very positive impact on your family.

- Receive information, support and advice from experts and experienced parents to help you care for your child or adult with Down syndrome.
- Enjoy fun family events throughout the year, such as DSAMT Picnic at the Nashville Zoo, holiday parties, World Down Syndrome Awareness Day Celebration (3.21) and the the state's largest Down Syndrome Awareness Walk.
- Stay up-to-date on the latest news, research results and opportunities and accomplishments of our self-advocates.
- Participate in inclusive educational and social groups, camps and activities.
- Support local, state and national advocacy efforts.

How

to get involved *

Let DSAMT be your first call, email or message regarding Down syndrome to receive the most up-to-date, accurate information available.

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