



Hello, children's mental health champions!

Today, **October 5th**, is [National Child Health Day](#)! Show your support [#ForKidsHealth](#) by posting a message with this [guide](#) from the Children's Health Alliance of Wisconsin.

Today also kicks off [National Voter Education Week](#)! Participate in nonpartisan voter engagement [online from October 5th-9th](#) and help equip voters with the tools, resources, and information they need to cast their ballots. October is also National [Latinx & Hispanic Heritage Month](#) (through October 15th), National [LGBTQ+ History Month](#), and National [Bullying Prevention Month](#). MHA National has fact sheets available on [Latinx mental health](#) and the [effects of bullying on LGBTQ+ youth mental health](#) available [here](#). The Trevor Project also has [mental health information](#) specific to LGBTQ+ communities.

The Fall General Election on **November 3rd** is less than one month away, so get [#VoteReady](#) this week by checking your [registration status](#), requesting your [mail-in ballot](#), seeing which [candidates & issues](#) will appear on your local ballot, and "[leveling up](#)" your voter engagement! If you do not have a Wisconsin State ID or Driver's License you can still register to vote using the [paper registration form](#). You'll need an acceptable proof of residence document and the last 4 digits of your social security number. As the pandemic continues, voting absentee is the safest way to cast your ballot; protect yourself, your community, and your local poll workers by voting by mail if you are able. MHA encourages you to vote early before the November election date, and to vote with mental health in mind. [This fact sheet](#) on absentee voting, [MyVote Wisconsin](#) resources on deadlines, & [this brief](#) on voting with [mental health issues](#) in mind are great resources to turn to with your questions. Disability Rights Wisconsin offers a Voter Hotline through [email](#) and by calling 844-DIS-VOTE.

In the city of Milwaukee, you can [drop off your absentee ballot](#) in one of 15 secure boxes [until 8pm on election day](#). Information on voting assistance locations, a schedule of early voting procedures, and more in local election guidance can be found [here](#).

Thank you for reading and sharing! We now have over 500 people signed up to receive ways to advocate, super helpful resources, grant opportunities, local events, and cutting edge research and news related to improving the mental health of our youngest kids and their families.

Behavioral Health in the COVID-19 Pandemic

- **TOMORROW!** The pandemic is having [harsh effects](#) on vulnerable families, but resources to support [positive childhood experiences](#) are here to help. [The Developing Mind](#) is a free virtual event that will cover how we can best support our children's well-being while COVID multiplies the threats posed by poverty and other challenges. Tune in on **Tuesday, October 6th, 2020, at 7:00 PM CDT**. Learn more and register [here](#).
- **New Resource Alert!** The [Center for Psychological Services \(CPS\)](#) is a nonprofit mental health facility operated by the Department of Psychology at Marquette University. *CPS offers affordable, high quality, evidence-based evaluation and therapeutic services for adults, children, couples, and families. Services are provided by Masters and Doctoral students in clinical psychology who are closely supervised by experienced clinical psychologists. Fees are determined based on a [sliding scale](#) and individual's ability to pay. CPS is currently offering services via telehealth and in-person appointments with appropriate COVID-19 safety protocols in place. For more information or to make an appointment, please call (414) 288-3487.*
- **Mask up and stay home!** Governor Evers declared a new public health emergency in Wisconsin due to recent surge in cases among young people and issued a new face coverings order effective immediately. Executive Order #90 is available [here](#). Read about the Governor's Task Force on Caregiving [here](#). WellBadger is working to connect families with important services such as COVID-19 testing sites, pandemic unemployment assistance, energy assistance, health insurance, food assistance, and more with specialists available to talk through [facebook messenger](#), their [web resource center](#), and more [contact options here](#).
- **For more resources** on COVID, the [Medical College of Wisconsin's COVID-19 Resource Page](#) has up-to-date resources, infographics, and more. A Spanish language resource guide can be accessed at [COVIDGuia.org](#).
- CCMH has a user-friendly [Guide to Milwaukee Area Mental Health Resources](#). Explore the UW-Madison Center for Healthy Minds [toolkits and resources for well-being during the pandemic](#), check out the National Alliance on Mental Illness [COVID-19 Resource and Information Guide](#), and read new and relevant articles on the [Rogers Behavioral Health blog](#).

CCMH Strategy & Value Highlights

SOCIAL-EMOTIONAL LEARNING (SEL) - *Super Helpful Resources*

- Join [REDgen](#) and [Boswell Books](#) **TOMORROW at 7 PM on Tuesday, October 6th** for a FREE virtual event with Dr. Abigail Gewirtz, child psychologist, leading expert on families under stress, and author of **When the World Feels Like a Scary Place**, a clear and practical guide to having the kind of tough conversations with your kids that

really help. [Registration](#) is free!

- On **Thursday, October 8th at 12 PM**, [Mindful Moments](#) - Part one of a Four-Part Educational Series will present practical skills and strategies for mental wellness in children.
- Parents, teachers, and students are in dire need of collaborative strategies to safely address current challenges in schools, homes, and virtual learning programs, especially with regard to mental health and multiculturalism. [Register here](#) for Supporting Children's Mental Health During Unsure Times, a PACER Center virtual event on **Saturday, October 10th, from 9 AM to 12 PM**. Also on our radar is Catalyzing Our Commitment to Youth: the [2020 SEL Exchange Virtual Summit](#) on **October 15th, 2020**.
- Last chance to register for upcoming classes on [Parent-Child Self-Compassion](#) for parents and their children (ages 6-10), hosted online by REDgen partner Jamie Lynn Tatera. Classes are **Thursdays, 7:30-8:20 PM from October 8th to November 12th**

FAMILY FIRST & FAMILY SUPPORT - *Resources and Webinars*

- Issues of [fair housing](#) and support systems- especially for vulnerable and [immigrant families](#)- are essential to family health. Learn more about family support this month at the [Safe Families for Children Wisconsin State Conference](#) on zoom on **October 15th from 6:00 - 9:00 PM**. You can also support CORE el Centro's efforts to provide affordable natural healing and wellness services in Spanish and English on Milwaukee's South Side, serving adults and children of all age groups. [Walk to the beat of healing this October](#) with Wellness Programming and peer-to-peer [fundraising](#) with proceeds being split between the Thriving with Cancer program and the Community Health program.

CHILDCARE & EARLY CHILDHOOD EDUCATION - *Resources & Events*

- [Learn what you can do](#) as an educator or advocate to make sure we #CountAllKids in the 2020 census, the deadline of which has been reestablished as **October 31st**. Tomorrow, on **Tuesday, October 6, 2020 from 6:30 PM - 8:00 PM**, an online workshop on [Educating Your Child with Mental Health Needs](#): Special Education and Distance Learning will provide strategies to provide and support instruction. [Register now](#) for the NAEYC conference, taking place **November 8-10th, 2020**. Learn about [ensuring developmentally appropriate practices](#) amidst a global pandemic with this virtual event by NAEYC on **Thursday, October 8th at 7 PM**.
- Two recent [presentations](#) and a suite of [resources](#) from Harvard's Center on the Developing Child can help you get informed and take action on centering the evidence- that early experiences affect the foundations of both educational achievement and lifelong physical and mental health- in early childhood policy. In the classroom, we have an opportunity to reimagine learning with [antiracist teaching, education initiatives](#) to end hate, guides centering [social-emotional learning](#), and empowering students to have [ownership over their successes](#).
- In more childcare and education news, the Collective Impact Forum's [Civic Response virtual chat](#) (recording) discusses childcare relief in Milwaukee's civic response to the pandemic; the Senate plans to [act on a bill prioritizing child care](#) in economic relief; and

United Way is updating its [Emerging Readers](#) program to make it contactless, while still being able to get books in the hands of children in need and supporting locally-owned bookstores. Learn more and support their efforts to promote child literacy [here](#).

EARLY IDENTIFICATION & SUPPORT- *Super Helpful Resources*

- Support for parents looking for effective ways to communicate with IEP teams is available in [this virtual workshop](#) at 1pm on **Tuesday, October 6th**. Webinars on [educating your child with mental health needs](#), offered at multiple times on **Tuesday, October 20th**, will cover special education needs in a time of distanced learning.
- Local resource alert! The [STRONG Day Treatment Program](#) in Milwaukee helps children ages 5-14 who struggle with anxiety and depression, trauma, attention deficit struggles, impulsivity, aggressive threats or behaviors, and more. More in prevention & early identification news includes [this article](#) about the role of [inflammation in child development](#).

COMMUNITY HEALTHCARE WORKERS - *Webinars and Resources*

- [Register now](#) for the WI Community Health Worker Network Virtual Conference. The conference occurs **October 14th-16th from 9 AM to 1 PM** and will feature breakout sessions, networking opportunities, self care sessions, and more. [Email](#) with your questions and check the [website](#) for more information.
- Advancing a Healthier Wisconsin is [calling for nominations](#) for a position on the Medical College of Wisconsin public oversight board; all nominations are due via online form **by 5 PM on October 15, 2020**. [RSVP at this link](#) by **October 23rd** for the Birth Outcomes Made Better (BOMB) Doula Program's stakeholders meeting, taking place virtually on **Monday, November 2nd from 10 AM - 12 PM**.
- Mental Health America is working on resources and content to support the well-being of healthcare workers. If you work in a healthcare setting, please take a moment to help them by [filling out this survey](#). As usual, check out Wisconsin CHW [employment opportunities](#), and access COVID-19 resources for CHWs [here](#).

TRAUMA-INFORMED CARE & ANTI-RACISM - *Webinars & Resources*

- *Trauma-Informed Care*— Self-educate this week with [COVID-19 and Child Trauma: Where do we go from here?](#), part of a series of conversations from the Institute for Emerging Issues around early childhood learning, focused on how we develop stronger systems in the midst of ongoing uncertainty. You can also read this new publication from Resilient Wisconsin: In This Together: [understanding the effects of collective trauma](#).
- *Child Welfare*— Save the Date for a convening of the upEND Movement, bringing together activists, scholars, and community leaders to have provocative conversations and strategize innovative ways to address the issue of forcible separation of children from families in need. [upEnding the Child Welfare System: The Road to Abolition](#) takes place **October 20-21, 2020 from 12-3 PM CT**. The Department of Children and Families issued a request for proposal for [case management services for the Milwaukee](#)

[child welfare system](#). The deadline for submission of proposals is **November 18, 2020 at 2 PM**. An optional [proposer's conference](#) will be held for interested proposers on **October 13, 2020, from 10 AM to 11:30 AM** via Zoom. Further questions regarding this Request for Proposal should be directed [here](#). The Center for the Study of Social Policy's Senior Policy Associate, Alex Citrin, discusses how States and agencies can leverage the provisions of FFPSA to support parenting and expectant teens in foster care on [Child Welfare Information Gateway's podcast](#). See the linked flyer below this section for information on shaping long-term family support policy in the state of Wisconsin.

- *Racial Equity & Resilience*— The [Black Lives Matter Instructional Library](#) is a virtual bookshelf of resources accessible to all. We must [liberate our systems of learning](#) to combat the effect of racism on learning outcomes for Black students. Tickets for webinar on [Educating the Black Child](#) presented by leaders of the Black Teacher Project and the National Equity Project on **October 17th at 10 AM** are available for purchase [here](#).
- In Minnesota, Racial Equity Impact Assessments are guiding [Family First Act planning efforts](#). [Ableism is intertwined with white supremacy](#), and the issues must be confronted together.
- Don't forget about [Brave Space's](#) free, Black-led workshops that will create Brave spaces to share truths about the Black experience, **Wednesdays at 6:00 PM!** Zoom entry links will be sent to participants on the day of the workshop, so please [register in advance](#).

SYSTEMS CHANGE - *Super Helpful Resources and Webinars*

- An upcoming [virtual forum](#) on **Tuesday, October 13th from 2:30 - 5:00 PM** will explore opportunities to expand access to housing, tenant rights including disability related accommodations, and [resources to support people with mental illness struggles with maintaining housing](#).
- Adding peers to the care teams helps promote recovery and improve equity by reducing health disparities and increasing the ability of care teams to reflect the communities they are serving. MHA is calling for members of congress to [introduce legislation recognizing peers in Medicare](#) and clarifying that peer support services may be reimbursed when provided as part of integrated care.
- The revised HEROES Act includes a \$57 billion investment in child care, significant funding for the Child Abuse Prevention and Treatment Act, education funding, \$9.6 billion for the Social Services Block Grant, and more. However, the bill still lacks support from the Senate and the White House. Check the Alliance for Strong Families and Communities' [federal update](#) for more information on current policy issues and how you can take action.

LIVED EXPERIENCE LEADERSHIP - *Opportunities*

- The Validation Project, a global youth empowerment organization, is sponsoring \$250-400 [grants for BIPOC activists](#), ages 13-25. The number of grants will be dependent on the number of those who apply. Learn more and apply [here](#).

Online Children's Long-Term Support Waiver Program Family Input Sessions

Register today!

Help us shape the next five years of the program.

www.dhs.wisconsin.gov/cts/waiver/next5years.htm

The Wisconsin Department of Health Services (DHS) is planning for the renewal of the Children's Long-Term Support (CTS) Waiver Program. The CTS Waiver Program is currently being reviewed by the Centers for Medicare & Medicaid Services over the next year. Your participation and feedback will help shape how services are delivered for children with disabilities and their families for the next CTS waiver cycle, which will start in 2022 and run through 2027.

Join Us This October

We want to build the vision for the next five years of the CTS Waiver Program together. Current and past CTS Waiver Program participants, families, and advocates are invited to join us in an online input session to share your ideas for the waiver renewal. Your ideas will help create new waiver services, improve how the program is operated, and help us best serve children and families. We are interested in feedback and ideas that include:

- Ways to increase families' access to program services
- How to keep the CTS Waiver family focused
- Suggestions for new services or improvements

Sign language interpreters and captioning will be provided during the input sessions, and the presentation slides will be available in English, Spanish, and French. If you need any other type of accommodation to participate, please request it when registering.

Registration is required. Click on the link to the right for the event you want to attend and fill out the registration form.

Wednesday, October 7 6-7:30 p.m. https://dhs.wisconsin.gov/cts/waiver/next5years.htm#10072020	Thursday, October 8 8-9:15 p.m. https://dhs.wisconsin.gov/cts/waiver/next5years.htm#10082020	Friday, October 9 10:30-11:45 a.m. https://dhs.wisconsin.gov/cts/waiver/next5years.htm#10092020
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Connect With Us Another Way

If you can't join an online input session, you can also share your feedback with us by sending an email to CTS2020waiverrenewal@dhs.wisconsin.gov or filling out our online survey available in English, Spanish, and French at <https://www.surveymonkey.com/s/3015152326>. The survey will be open until October 16.

CCMH Partner Highlights

Mental Health America (National) - Webinars & Conferences

- Thanks to advocacy efforts, earlier this week the House of Representatives passed several mental health and suicide prevention bills, including the National Suicide Hotline Designation Act (S.2661), the HERO Act (H.R.1646), the Suicide Prevention Lifeline Improvement Act (H.R.4564), the Campaign to Prevent Suicide Act (H.R.4585), and the Suicide Prevention Act (H.R.5619).
- The National Foundation to End Child Abuse and Neglect, an MHA [Associate Member](#), is currently accepting applications from Young Champions looking to engage in social impact work. Members will both ignite the mission to end abuse in our lifetime and enhance their understanding of the issues to expand their influence on change-making. Check out the application at [here](#) to apply and get involved.
- Important reads from MHA: We need [Early, Equitable and Trauma Responsive Care for Chronic Pain and Mental Health](#) now.
- If you weren't able to make all or some of [MHA's 2020 Annual Conference](#) last month, or just want to re-watch some of your favorite sessions, recordings of most sessions are available on the [website](#) in English, [ASL](#) and [Spanish](#). A recording of [The Virtual Antidote: A Practical Approach for Youth Mental Health During the Pandemic](#) is available now.

The Wisconsin Department of Health Services- Resources

- A new report, [Suicide in Wisconsin: Impact and Response](#), provides guidance to address increased suicide deaths in our state, and presents the Wisconsin Suicide Prevention Plan.

Mental Health Task Force - Upcoming Events & Actions

- The Mental Health Task Force 2020 Karen Avery Award and the Marie C. Perry Award will be presented at the [7th annual Karen Avery Award](#), on **Tuesday October 13**. This year's forum will be a virtual forum and focus on housing.
- County Executive David Crowley has released his recommended **budget for 2021**. You can view the proposed budget [here](#). The County budget provides funding for many important services including mental health services, transportation, housing, disability services, services for older adults, and for youth and adults in the justice system. Here is the [Mental Health Task Force September testimony on department budget requests](#), shared with the County Executive at the September 8th

budget hearing. There are still ways to get involved! [Attend a listening session](#) with Chairwoman Nicholson to discuss your concerns and priorities with regard to the proposed 2021 County budget on **Thursday, October 15th from 7 to 8 PM** or on **Thursday, October 29th from noon to 2 PM**, virtually or in person. The Chairwoman is also hosting chats that explore topics on race & racism: more information is available [here](#).

GRANTS

The Wisconsin Early Childhood Association is disseminating [grant awards](#) of \$2,500 to licensed family and group child care providers in the following Milwaukee zip codes: 53204, 53206, 53209, 53210, 53212, 53215, 53216, and 53218. To be eligible, programs must be open and serving children, and cannot have received a Round 1 ECE Stabilization Grant. [Apply online here](#). Awards will be made on a first-come, first-serve basis until the funds are depleted.

The Robert Wood Johnson Foundation (RWJF) has opened the application process for its [2021-2022 Health Policy Fellows program](#), which is geared toward mid-career health professionals, behavioral and social scientists, and others interested in health and policy. Register [here](#) to join informational webinars on **October 27 at 1 PM**. Interested parties should apply [here](#) by **November 9th**.

The Advancing a Healthier Wisconsin Endowment has announced a new set of funding opportunities to improve health and advance health equity by supporting innovative and impactful work statewide. All funding applications are due by **5 p.m. (CST) on November 16th**. For more information on these opportunities, visit ahwendowment.org.

JOBS

- The Wisconsin Department of Health Services is looking for someone to fill the [Health Equity Consultant position](#) in the Bureau of Aging and Disability Resources.
 - Disability Rights Wisconsin is looking for a new Office Manager! View the job description, requirements, and application at [this link](#).
 - Do you have passion for galvanizing social change through advocacy and policy? Generate Health is seeking a full-time Manager of Policy and Advocacy, who will build and implement advocacy strategies that prioritize and advance Generate Health's mission and vision. [Click here for the full job description](#).
 - Apply by **October 8th** for the Health Equity Consultant position in the Bureau of Aging and Disability Resources. The job announcement is [posted here](#).
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Thanks for reading! Best wishes, Oli Schmitz (student intern, they/them)

