



Hello, children's mental health champions!

This newsletter is a bit different. While many are happy to have 2020 behind them, many of the issues that characterized this past year follow us into 2021. To stay **hopeful and determined** while recognizing this fact, let's take stock of the resources and potential for ongoing solutions that helped us through the past year. Those extra-educational articles, super-helpful online resource compilations, and things to keep on your radar.

What do you want to bring with you into the new year? What tools and skills will be most useful to have at hand?

Our **Strategy and Value Highlights** section will recap some still-relevant resources shared in the past year, as well as ongoing projects, which will hopefully help you answer that question as children's mental health advocates in 2021.

But first, some local updates:

Please complete and share the **Wisconsin Birth-to-3 Program family outreach survey!** It will take 10-15 minutes to fill out and is available in English, Spanish, and Hmong.

**GLOW (Girls Learning to become Outstanding Women)** is preparing a **transitional housing** complex for young women ready for a new start. They're accepting donations of any kind to meet remaining supply needs; more information [here](#).

Thank you for reading and sharing! This year, over 500 people received 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. **If you have resources or events for us to share in future newsletters, please forward them to [info@mkekids.org](mailto:info@mkekids.org)!**

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## Behavioral Health in the COVID-19 Pandemic

- *Below, some helpful and continually updated COVID-19 resources, especially related to Milwaukee, WI and mental health. Keep these on your radar as we navigate shifts in pandemic response this year.*
- The [Medical College of Wisconsin's COVID-19 Resource Page](#) has up-to-date resources. A Spanish language resource guide can be

accessed at [COVIDGuida.org](https://www.covid19guida.org). You can also access [Financial Navigation services](#) for the city of Milwaukee via 211 or the link above.

- CCMH has a user-friendly [Guide to Milwaukee Area Mental Health Resources](#). You can also explore the [UW-Madison Center for Healthy Minds toolkits and resources for well-being during the pandemic](#), look at [Key Stats on the Effect of COVID-19 on Kids](#) compiled by [First Focus](#), 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](#).

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## CCMH Strategy & Value Highlights

### **SOCIAL-EMOTIONAL LEARNING (SEL) - Resource Recap**

*Most Milwaukee schools remained closed/virtual in Fall 2020, but some are considering reopening for part of the Spring semester. As we continue to adapt to shifts in pandemic response, check out these two SEL-focused guides to school reopening.*

- The SEL roadmap from [CASEL](#) provides guidance for school leaders to "build upon existing efforts" to better meet the needs of students, educators, and community members with SEL critical practices. Access the [full guide here](#).
- The [BELE Network](#) also created a framework ([linked here](#)) for centering racial equity and SEL during school reopening, a "holistic guide with values-centered, evidence-based practices" to support those working at any level of the education system.

### **FAMILY FIRST & FAMILY SUPPORT - Resource Recap**

- In Minnesota, Racial Equity Impact Assessments guided [Family First Act planning efforts](#). The [Racial Equity Impact Assessment template](#), created by the [Center for the Study of Social Policy](#), is free to download.
- This year, the [Next Step Clinic](#) won an award for Milwaukee's best [Nonprofit Collaboration](#) of the Year! Also, [learn more about iPCIT](#), or Parent-Child Interaction Therapy, which the clinic began offering this year for families with children from 2-6 years of age.

### **CHILDCARE & EARLY CHILDHOOD EDUCATION - Resource Recap**

*Issues of reopening are ongoing as the Spring semester begins, including protecting teachers' physical and mental health, helping children cope with virtual schooling, and managing stress as a parent.*

- [MHA National](#) developed the [2020 Back to School Toolkit](#) to help students, parents, and school personnel navigate schooling and mental health during the pandemic, and added more resources in Spanish! From there, kids, parents, and educators can navigate [maintaining social relationships](#), coping with the [stress of homeschooling](#), dealing with [potential COVID exposure](#) at schools that reopen, and practicing communication to [make distance learning work](#). All that and more, available [here](#).
- Here's an ongoing service for anyone who works in Early Care and Education: you can receive mental health support from [MHA](#) staff by dropping into this [FREE virtual support group for educators](#). The next session is on [January 20th!](#)

### **EARLY IDENTIFICATION & SUPPORT- Resource Recap**

- Researchers from [Prevent Child Abuse America](#) discussed the difficulties in [identifying and preventing cases of child abuse and neglect](#) during the pandemic.
- [MHA National](#) published an online guide to [recognizing the signs](#) of mental health concerns in children and teens, an important resource as virtual

learning continues to limit interactions that would usually help reveal (or even remedy) emergent youth mental health issues.

- Behavioral health advocates should keep in mind this recent report, available on the [UW Population Health Institute website](#), which identified gaps in Wisconsin's behavioral health system and offered potential solutions to address them.
- The [Center for Psychological Services \(CPS\)](#), a nonprofit mental health facility operated by the Department of Psychology at [Marquette University](#), began offering its sliding-scale therapeutic services - for adults, children, and families alike - via telehealth and in-person appointments with appropriate safety protocols in response to COVID-19. Get more information or make an appointment by calling [\(414\)-288-3487](#).

### COMMUNITY HEALTHCARE WORKERS - *Resource Recap*

- Initial responses to MHA's [Healthcare Worker Survey](#) informed their guide to [facing burnout](#) as a pandemic healthcare worker, which becomes more and more relevant as emergency circumstances continue. More MHA resources for CHW mental health concerns can be found [here](#).
- [Advancing a Healthier Wisconsin](#) released their 2020 Annual Report, detailing their investments in high-impact, promising projects across biomedical and population science, health education and workforce development, and health policy and systems change in communities statewide. [Read the report here](#).
- As usual, check out [Wisconsin CHW employment opportunities](#), and access COVID-19 resources for CHWs [here](#).

### TRAUMA-INFORMED CARE & ANTI-RACISM - *Resource Recap*

- *Trauma-Informed Care*— Some helpful resources: [NAEYC resource library on Trauma & Young Children](#), and pay attention to [how to spot the signs of trauma in children](#) during the pandemic. [Resilient Wisconsin](#) also made the following webcasts available, and encourages professionals to watch the videos for [Trauma-Informed Care: Putting Humanity Back Into Human Services](#); [Resilience: The Path to Hope and Meaning](#); and [Hidden Trauma](#).
- *Racial Equity & Resilience*— The [Black Lives Matter Instructional Library](#) is a virtual bookshelf of resources accessible to all. [What We Owe Young Children: An Anti-Racist Policy Platform for Early Childhood](#) urges policymakers to enact policies that root out systemic racism and ensure all children can have a happy and healthy start to life.
  - [Black Mental Health Matters](#).
  - Access the resources you need to [discuss race in the classroom](#).

### SYSTEMS CHANGE & POLICY - *Opportunities and Resource Recap*

- Sign up to help fill [urgent volunteer needs from United Way](#) in the Greater Milwaukee area. [Together through Crisis: A Case Study of Milwaukee's COVID 19 Civic Response](#), a [Collective Impact Forum](#) presentation of the corresponding paper by Paul Schmitz, shared important lessons about collective impact work in our city's response to the pandemic.
- [Resilient Wisconsin's](#) resource on [moving prevention upstream](#) discusses ways to prevent harm before it occurs on a community level.

### LIVED EXPERIENCE LEADERSHIP - *Action Recap*

- After over 200 days of continuous action for racial equity in Milwaukee, help keep the momentum going by supporting organizers and groups, such as [Leaders Igniting Transformation](#), [Black Leaders Organizing for Communities](#), and [Urban Underground](#).
- A new organization, [Youth Forward MKE](#), called on young people ages 13-20 to lead Milwaukee toward an equitable future through changing education systems. More information can be found [here](#).

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## CCMH Partner Highlights

### Mental Health America (National) - *Reports and Resources*

- An important [report](#) calls on leaders to improve youth mental health services by listening to young people, and Covid's intensifying impact on kids' mental health prompted experts to [Create A Policy Guide For Parents and Policymakers](#). Also, a recording of [The Virtual Antidote: A Practical Approach for Youth Mental Health During the Pandemic](#), a webinar from MHA's 2020 conference, is available to watch online.

### Milwaukee Behavioral Health Division (BHD) - *News*

- Just last month, the Milwaukee County **Mental Health Board** voted to approve that Milwaukee County and its BHD develop a joint venture **Mental Health Emergency Center** with the four Milwaukee Health Systems. This new center will expand access and improve mental health services for adults, children, and adolescents in Milwaukee County. [Learn more here](#).
- Also, submit comments and concerns on the 2021 BHD budget [here](#).

### Wisconsin Office of Children's Mental Health (OCMH)- *Resources*

- Explore an OCMH [guide](#) to accessing Children's Mental Health services in [this helpful infographic](#). This year, they also created a downloadable [Feelings Thermometer](#) for communicating emotions.

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## JOBS

- [Jobsthathelp.com](#) has postings for nonprofit and human services work all over Wisconsin, including job opportunities for a [Health Advocate Specialist](#), [Early Childhood Educator](#), and [Counseling and Wellness Program Assistant](#), all in the Milwaukee area!

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*Thanks for reading! Best wishes, Oli Schmitz (student intern, they/them)*

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