



Hello children's mental health champions!

[July is Minority Mental Health Month](#). Congress formally recognized it in 2008 to bring awareness to the unique experiences of [BIPOC \(Black, Indigenous People of Color\)](#), [LGBTQ+ folk](#), and refugee and immigrant populations. This year, let's focus on [BIPOC mental health](#), like [LGBTQ+ Families for Black Lives](#). The [National Museum of African-American History and Culture](#) encourages your self-care, as do these [Black voices you need to follow](#) on Instagram, and so too "nap ministries" encourage [rest as a form of reparations](#). Watching people wake up to racism has an [emotional toll](#). Support is available like [this mental health app](#) just for Black Americans, or [this list of resources](#) or [this list](#).

We also must address concerns before they begin and the systems that hold them in place. [Racism is a threat to kids of all ages](#); the brains of children respond to the [threat to safety](#) that it is. All of us - [teachers](#), [nonprofit leaders](#), [philanthropists](#), [mental health workers](#), [journalists](#), [donors](#), [white people](#) - have a role and responsibility in this. [Confront our biases](#). [Make mistakes & admit them](#). [Read kids' books](#). [Have brave conversations](#), [even with young kids](#). Join these opportunities too:

- [Summer session of virtual facilitation workshops on equity/inclusion](#)
- [This webinar \(Thursday, July 9th, 2:00-3:00 PM\)](#) on an [anti-racist intersectional frame](#) and how to apply it to your work.
- [Release](#) of the [Race to Lead Revisited](#) report of DEI in the nonprofit sector, then the [Milwaukee release event](#) on July 14th, 10:00 AM.
- [Becoming an Antiracist Society: Setting A Developmental Research Agenda](#), tomorrow (Tuesday, June 30) 12:30 PM



CCMH Strategy & Value Highlights

SYSTEMS CHANGE (NARRATIVES) - Super Helpful Resources

- How can you [best communicate about mental health](#) to students or the public in general? That's what the [Hogg Foundation](#) found out with the ongoing work of their mental health communications funding, including a [set of ~30 minute modules on structural competency, implicit bias, and more](#).

FAIR ACCESS - Super Helpful Resources

- [Online mental health care shouldn't end with the pandemic](#) It removes barriers, such as transportation costs and scheduling issues. [Learn how to use this tech-based outreach tomorrow \(Tuesday, June 30th\) at 12:30 PM](#). Also [apply for telemedicine grants](#) (deadline July 13th) for equipment, professional development, and technical assistance to utilize this approach.

EARLY CARE & EDUCATION - Make Your Voice Heard & Resources

- Join [this focus group](#) tomorrow (Tuesday, June 30th), 1:00-1:45 PM to learn about the [Simple Interactions](#) approach to supporting the ECE workforce and to help the [Alliance for Strong Families & Communities](#) to [start local communities of practice](#) to encourage and empower ECE stakeholders, including families. You can also complete [this survey](#) (also in [Spanish](#)) by tomorrow (June 30th) to help inform the next set of policy actions so that the national organization, NAEYC, can support child care across all over.
- As you are [reopening](#), check out [how implementation research could improve outcomes](#) in ECE centers. [Register for the launch event](#) tomorrow (Tuesday, June 30), 1:00-2:30 PM.

SOCIAL DETERMINANTS OF HEALTH - Super Helpful Resources

- Help rent-burdened Milwaukeeans [apply](#) for up to \$3,000 in rent assistance from a [new \\$10 million initiative](#) with Milwaukee County. Call (414) 270-4646.

PRACTICE CHANGE - Webinars & Super Helpful Resources

- [Social-Emotional Learning \(SEL\) must be culturally-affirming](#) This article asks us to examine which social norms we are adhering to when talking about SEL. We don't want our practices to be another form of policing.
- [Learn more about](#) the original SBIRT (Screening, Brief Intervention, & Referral to Treatment) that is more necessary now than ever. [Revisit how SBIRT has locally been used for trauma](#).

- [Learn about](#) what they can do to build a stronger, equitable future for children and the adults in their lives utilizing two-generation approaches. Tomorrow (Tuesday, June 30th) 2:00-3:00 PM

COMPASSION RESILIENCE - Webinars & Super Helpful Resources

- Check out the virtual [Emotional Resiliency Workshop Series](#) in July and August offered by UW Milwaukee. [Isolation takes a toll](#) because of our human need for social connection (including positive physical contact). [This toll hits some harder than others.](#)
- Check in with yourself, your team, and your community with [this "color check" tool](#) to encourage honest conversations on how we are doing, which can prompt discussions about what we can do to better support each other (for example, [taking a "Brain Break"](#) is a helpful way to boost creativity, cognitive function, and social skills). Organizations must take responsibility for planning for this unpredictable year while keeping their staff in mind. You can use this tool to equip you with strategies for thinking ahead for your organization. Furthermore, you can join the July 29th webinar, [Navigating Change: Three Tools for Moving from Response to Resilience](#), to learn even more.
- On July 2nd, mental health providers can attend [Mental Health Mutual Support Calls for Thriving at Work During COVID-19 for Mental Health Providers](#), which will facilitate support and resource sharing in three one-hour virtual learning discussions.

ACEs & TRAUMA - Newsworthy

- Children [are at risk of high post-traumatic stress scores](#) as they face the uncertainty and chaos of a global pandemic. It is possible to [harness that stress into growth](#). To avoid a ["wounded generation"](#) and the impacts of trauma on adulthood ([including parenthood](#)), we have to act across all of society; we all have a responsibility to provide emotional support to one another.
- First, one of the [many lessons from this pandemic regarding toxic stress](#), is that the government needs to step up. Furthermore, new research continues to [examine how we screen for childhood adversities and how those experiences lead to symptoms of mental illness](#); this includes adding adverse community experiences like peer rejection or community violence exposure.
- Finally, the [National Alliance for Grieving Children invites you to apply](#) for grants to strengthen the capacity and effectiveness of providing children's bereavement services. Apply by July 17th.

Take Action

Help slow the spread of COVID-19 and provide [resources](#) with the The Center for AIDS Intervention Research (CAIR). [Become an influencer](#)

with the 1000 Hometown Heroes project ([Facebook/Instagram](#)).

We also have to [work on why this is such a big problem and why people \("heroes"\) are risking their lives](#) to help others. [Now is the time to transform systems.](#)

[Take Action to improve civic health](#), the degree to which citizens (caN) participate in their communities, from local and state governance to interactions with friends or family.

Join the [Wisconsin Board for People with Developmental Disabilities](#) (BPDD) on **July 23, July 28, or August 18** to share your thoughts on their strategic plan. [Find more information here.](#)

Keep an eye on [the upEND movement](#) to end forcible separation of children from their families, especially in the child welfare system. Save the date for a virtual upEND convening on **September 22-23, 2020**

JOBS

- [Volunteer Clinical Facilitator](#) at the Milwaukee South Side suicide loss support group (Mental Health America of Wisconsin)
- [Clerical Support-Receptionist-IDAP \(Bilingual English/Spanish\)](#) at Community Advocates
- [Crisis Counselor, Prevention Specialist \(Part Time\), Program Assistant](#), & [Project Manager](#) at Social Development Commission
- [AmeriCorps VISTA Opportunities](#) at Milwaukee Succeeds (Greater Milwaukee Foundation)
- [Therapist](#) & [Youth & Family Specialist](#) at Walker's Point Youth and Family Center
- [Human Services Program Coordinator](#), [Maternal and Infant Mortality Prevention Unit Supervisor](#), [Community Programs Quality Improvement Specialist](#), & [Reproductive Health Family Planning Unit Supervisor](#) at Wisconsin Department of Health Services
- [Community Organizer](#) at City Forward Collective Inc

Share with your network! We now have **over 450 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. [Send us](#) any items to include. **Thank you for joining our mission!**

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