



Hello children's mental health champions!

We created a [toolkit](#) to help you celebrate this week, **Children's Mental Health Awareness Week**! Check out our website to find [social media](#) messages, member [stories](#), [#EndExpulsion Fact Sheets](#), our [proclamation](#) submitted to Mayor Tom Barrett, and a variety of [resources](#). *Join us and share!* You can also join our partner, **Wisconsin Office of Children's Mental Health (OCMH)** to [share their social media messages and collected stories](#) from youth in the state. This week is also **NAMI Wisconsin's Action (on the square) Online**, which will focus on [how to be an advocate](#) and the [importance of telehealth](#) (gratefully, [Governor Evers just released an emergency order](#) about it). Finally, learn more ways to make your voice heard at the **Milwaukee Mental Health Task Force** meeting (mmhtf@disabilityrightswi.org) on **May 12th, 3:00-5:00 PM**. You can also hear from the OCMH director and youth from our Coalition in honor this special awareness week.

COVID-19 makes clear the need to support families and build healthy brains. Child Mind Institute has launched their [We Thrive Inside campaign](#) featuring dozens of celebrity voices while [CASEL](#) continues to [support you in social emotional learning](#). This time is difficult, so express your feelings while helping other families using crisislogger.org. If people or systems are making it more difficult for you and your family, there are ways to get supports, legal and otherwise. This is especially the case if your child is being excluded from their right to education through discipline practices, lack of accommodations, etc. Call the toll-free number for [Disability Rights Wisconsin](#) (800-928-8778) or reach out to [Wisconsin Family Ties \(WFT\)](#), a parent-run nonprofit (608-267-6800).

Share with your network! We now have 456 people receiving top-notch children's mental health information! People can sign up directly [here](#).

CCMH Strategy & Value Highlights

SYSTEMS CHANGE - MENTAL MODELS - *Local Opportunities*

- May is [Mental Health Month](#) and [organizations are seeing an increase in demand](#), and expecting it to continue to grow. If you need support, call DistressLine at 1-800-985-5990 or Text TalkWithUs to 66746. To bring awareness to how we can all experience mental health concerns, **MHA Wisconsin** is bringing you "I Am Not a Super

MOM" and "I Am Not Your Super Woman" on Wednesdays at 6:00 PM this month starting on May 13th. [Register here](#).

SYSTEMS CHANGE - RESOURCE FLOW - *Super Helpful Resources*

- Nonprofits are a [crucial part of our economy](#) as it stands now (before and during the pandemic). Not enough are getting the relief they need; [this webinar](#) on **May 5th, 3:30-4:30 PM** can help you crowdfund to engage new donors and [this chatbot can help nonprofits](#) apply for CARES Act relief. You can also [apply locally for funding](#) up to \$50,000 to address urgent community needs. Help pave the [path to recovery for Wisconsin's nonprofit](#) sector by [taking this survey](#).

PROTECTIVE FACTORS FRAMEWORK - *Local Opportunities & Training*

- All caregivers need support, at all times and especially now. Sometimes it's a matter of [knowing how to find help](#). For grandparents and other grandfamily caregivers, check out this [guide on the COVID-19 stimulus payments](#). Managing stress does not have to be something you do alone, even if you are a [single parent](#). Black men can reach out to [Aaron Perry](#) & Alvin Thomas (ironmanaaron49@gmail.com; athomas42@wisc.edu) for their Facebook Support Group. You can join a conversation **Tuesday, May 5th at 7:00 PM** on how to keep tension from toxic levels ([register here](#)). Understanding [how stress impacts kids](#) and building [inner strength](#) are also helpful. You can join the second half of the [Parents and Caregivers Compassion Resilience Toolkit](#) this **Friday, May 8th, 9:00-10:30 AM** (RSVP to alison.wolf@rogersbh.org). You can also [join this webinar](#) next Monday, **May 11th, 1:00-3:00 PM**.
- Protective Factors, like those mentioned above, are highly effective at preventing abuse and neglect. This is [on the rise during COVID-19](#) and [child welfare needs to know how to address it](#) (**May 6th, 12:00-1:00 PM**). We have to be aware though of [how we respond to child abuse and neglect and what race has to do with it](#); join this talk on **May 21st, 11:00 AM to noon**. For those who have survived abuse of any kind as a child, [this essay/podcast](#) may be for you.

SYSTEMS CHANGE - POWER DYNAMICS - *Local Opportunities*

- How do you organize in the middle of a pandemic? Join [Leaders Igniting Transformation \(LIT\)](#) for their annual [Black Hogwarts](#) gone virtual starting this month for young people of color.
- The [Wisconsin Community Health Worker Network](#) is looking for a co-chairs for 3 of their [committees](#). You can [apply here](#) to lead their Advocacy, CHW Training & Curriculum, or CHW Community Linkages committees. You can also make a profile on their new [website](#) to connect with other CHWs.
- People are realizing more and more the power of lived experience leadership in [changing lives](#) and [changing systems](#).

COMPASSION RESILIENCE - *Training/Webinars*

- SAMHSA has been providing [regular training and technical assistance updates](#). This includes resources and training, especially on the topic of workplace mental health for healthcare workers. Leaders during this time need to be [trauma-informed and resilience-oriented](#). They have to provide [self-compassion and wellness support](#). The American Public Human Services Association is hosting a [similar webinar](#) on May 7th, 2:00-3:30 PM and American Heart Association a [webinar](#) on May 11th, 2:00 PM.

WORKFORCE DEVELOPMENT - *Training/Webinars*

- The [Institute for Child and Family Well-Being](#) will host the webinar "Parent Child Interaction Therapy (PCIT) & Child Welfare" with [Dr. Emma Girard](#) & [Kate Bennett](#) on May 20th, 1:00 PM. [Register here](#).

COVID-19

Be part of #MaskUpMKE. [Help create 3.5 million no-sew masks!](#) The United Way provides the kits; you make them masks. If you need a mask, then [request one here](#).

We continue to have resources available on our website, including a new one shared with us on [Local COVID-19 Resources for Pregnancy & Birth](#). Many other [clearinghouses of resources exist](#) and other specifically COVID-19 newsletters. Some include [potential funding resources](#) while others are [discussion groups](#). Let us know if you want us to point you in a direction because there is a lot to navigate.

If you have local resources, then [complete this survey](#) from the Milwaukee County's Office on African American Affairs. They created [this local resource guide](#) from the first week of initial survey data.

JOBS

[Community Health Worker \(Contact Tracer\)](#) at WI Department of Health Services. [Learn more here](#) about how CHWs can support contact tracing or [here from the CDC](#) on your role during COVID-19.

[Mental Health Supervisor](#) and [Nutrition Service Provider 2](#) at Next Door Milwaukee

[Behavior Specialist](#) at Rogers Behavioral Health. Join a [virtual open house](#) this Thursday, May 7th, 3:00-6:00 PM to meet recruiting teams. They are still open and hiring through COVID-19.

[Energy Assistance Advocate \(Seasonal\)](#) at Community Advocates

[Trauma-Informed Care Specialist](#) at Pathfinders Milwaukee

[Youth and Family Specialist Assistant \(Internship\)](#) at Walker's Point Youth & Family Center

[Program Director \(Project Excel\)](#) & [Youth Care Worker \(Part Time\)](#) at Wisconsin Community Services

[Opioids Harm Prevention Program Coordinator](#) at Wisconsin Department of Health Services

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