



Hello children's mental health champions!

Kids everywhere are facing a very different "back-to-school" season. This year, we all – parents, teachers, caregivers, students – need to attend to our mental wellbeing more consciously. Mental Health America (MHA) has developed its [2020 Back to School Toolkit](#) with this and more in mind to help students, parents, and school personnel navigate the fall term.

Resources are available for individuals and families navigating the extended pandemic circumstances. 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](#). Looking ahead to post-pandemic response, recovery, and resilience? This [Tamarack Institute guide](#) is for you.

In local goings-on, this **Tuesday, August 25th, at 9 AM** is the first of several Milwaukee County Virtual Budget Town Halls. [Submit a Comment](#) and [watch the event live](#).

Although still a couple of months away, the next election is a big one— the Fall General Election on **November 3rd, 2020**. [Here's how](#) you can educate yourself, your network, and your organization on being an informed "mental health voter." Request your mail-in absentee ballots as soon as possible, then complete and mail them in as soon as you receive them to ensure that your vote is counted. For further action, there's a [toolkit for nonprofit community-based organizations](#) to mobilize voters and a digital [National Voter Education Week](#) taking place **October 5-9**.

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

There has been a staggering increase in COVID-linked depression and anxiety, according to [MHA data](#). The effect of COVID on children's mental health also appears to be [deepening](#). In the face of these mounting challenges, help yourself and your communities with the newly updated [COVID-19 Resources Collection](#) from the Alliance for Strong Families and

Communities, as well as [tips](#) for managing mental health during the pandemic.

CCMH has a user-friendly [Guide to Milwaukee Area Mental Health Resources](#). Check it out, and be on the lookout for a printable copy soon.

For more resources on COVID-19 and health, access the [Medical College of Wisconsin's COVID-19 Resource Page](#). A Spanish language resource guide can be accessed at [COVIDGuia.org](#).

CCMH Strategy & Value Highlights

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

- Social-Emotional Learning features in many discussions surrounding school reopening policies during the pandemic. Check out the [SEL Roadmap for Reopening Schools](#), question the [role of white supremacy](#) in approaches to reopening, and use these conversations as an opportunity to [reimagine](#) the new school year. Consider the issue through a [restorative practices](#) and [equity](#) lens with this [guide to centering students, equity, and SEL](#) in the fall. Remember to [download the Feelings Thermometer](#) created by the Wisconsin Office of Children's Mental Health!

FAMILY FIRST & FAMILY SUPPORT - *Resources and Webinars*

- [Register now](#) for the Child & Family Research Partnership [National Prenatal-to-3 Research to Policy Summit](#), taking place on **Tuesday, September 15th**.
- [Systemic approaches](#) to addressing child and family trauma are key to fully leveraging Family First. For further information, [listen](#) to the Children's Bureau Podcast episode for [tips on implementing Family First](#), or [read](#) about building an equitable child and family well-being system.

CHILDCARE & EARLY CHILDHOOD EDUCATION - *Super Helpful Resources*

- In the news: a recent tracking poll found that parents of color (76%) are even more likely than White parents (51%) to prefer that schools wait to return to in-person classes. For students and teachers returning to the classroom, Slate published a piece about [how K-12 teachers can discuss race](#) in their classrooms.
- We've got some excellent resources this week. [Support](#) children in times of stress, play at home with [Playworks](#), and access [resources](#) from the Child Mind Institute on child care and parenting under COVID-19. A new [toolkit from Virginia HEALS](#) contains valuable resources for implementing an early childhood system, including trauma screening tools, a [grant application development menu](#), and more!
- [Support the Child Care System](#): Continuing advocacy is necessary to ensure child care relief is included in the next COVID-19 package. See [NAEYC's statement](#) and keep reaching out to your Senators and Representatives to urge them to prioritize child care relief.

EARLY IDENTIFICATION & SUPPORT- *Articles & Conference*

- Early Identification and Support is in the news: this [New York Times article](#) reports on how to find and help children struggling with mental health. On a wider scale, advocates are calling for a shift to

comprehensive [state prevention services systems](#), which could not only prevent child care tragedies before they occur but offer up-front, cost-effective strategies in strengthening families.

- [Register now!](#) The [Prevent Suicide Wisconsin Annual Conference](#), themed “Reframing the Narrative,” is taking place **September 8-9** via zoom.

COMMUNITY HEALTHCARE WORKERS - *Webinars and Resources*

- August is National Breastfeeding Month, and the BOMB Doula program is celebrating with speakers and events to raise awareness. Join the conversation on Black Breastfeeding Week with Mary Muse **Wednesday August 26 from 12-2 PM**, and with Lakiesha Russell on **Thursday, August 27 from 12-1:30 PM**. Registration for both events is available [here](#).
- Advocate Aurora Health is excited to host the next AAH Living Well Virtual Community Conversation on **Tuesday, August 25th from 3:30-4:00 PM**, which will focus on the flu, its symptoms, connections to COVID-19, vaccinations, and ways to keep families safe this season. [Register here](#).
- The National Association for Community Health Workers [Annual Meeting](#) is coming up on **August 27th**. Participate in the [virtual Wisconsin Public Health Association Annual Conference](#) during the month of August, available until **August 31st**. Check out Wisconsin CHW [employment opportunities](#), and access COVID-19 resources for CHWs [here](#).

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

- *Trauma-Informed Care*— Resources abound! Explore this [toolkit](#) on trauma-informed, recovery-oriented systems of care. The University of Chicago has released [a framework](#) for supporting trauma-informed change in child-focused systems. [Learn more here](#). The American Library Association published a [trauma-informed approach to library services](#). The New York Times examines the [importance of play therapy](#) for kids who've experienced trauma.
- *Child Welfare*— Child Protection Services (CPS) traumatizes and disproportionately investigates families in communities that are Black, Native, and of backgrounds with low income. More information and solutions are available in this brief. Public defenders discuss the importance of narratives around dismantling child welfare in mainstream conversation on race. Nominate a child welfare champion who inspires you by **August 26th** for the Casey Excellence for Children Awards.
- *Racial Equity & Resilience*— Learn about [Black August](#), a celebration of freedom fighters past and present, and mark your calendar for the [Black National Convention](#) taking place Friday, August 28th at 6:00 EST. Although toxic stress and discrimination have a [lasting impact](#) on mental health, [fewer Black teens seek treatment](#) for mental health issues than their white counterparts. Healthy Outcomes from Positive Experiences (HOPE) shares tips on [how parents can educate their children on racism](#), and Compassion Resilience provides a toolkit of [resources for staying resilient](#) during COVID-19.

SYSTEMS CHANGE (RACIAL EQUITY) - *Super Helpful Resources and Webinars*

- The Alliance for Strong Communities and Families has produced a [summary of the HEALS Act](#) that is tailored to nonprofit human services organizations.
- Black Babies (and their Mommies) Matter: a Generate Health Systems Change [virtual Town Hall event](#) is coming up Wednesday, August 26 10:00-11:15 AM and/or 6:00-7:15 PM.
- Policy news: The Center for Medicare and Medicaid (CMS) released a telehealth regulation that would [expand telehealth permanently](#), beyond the COVID-19 public health emergency. [The Stronger Together brief](#) explores how policymakers can begin to build a comprehensive and inclusive system of supports to protect immigrant families. The [Census count](#) officially ends September 30th, a month earlier than planned, which may cause substantial undercounting of marginalized groups. Take action on the [Supporting Foster Youth and Families through the Pandemic Act](#) (H.R. 7947), which will provide an infusion of federal dollars into the child welfare system, by urging your representatives to co-sponsor the legislation.
- From the Collective Impact Forum: the [Driving Systems Change Forward](#) report contains lessons on advancing systems change by shifting power and promoting racial equity; a free [virtual coffee chat](#) on this report will take place on Monday, August 31 from 3:00-4:00 PM CT.

LIVED EXPERIENCE LEADERSHIP - *Opportunities for Adolescents*

- The Wisconsin Office of Children's Mental Health wants to connect with more youth to discuss mental health in the educational environment and are asking for your help. If you know interested youth ages 13 – 26 or organizations that are connected to youth this age please let them know about the Listening Session on **August 27th from 5:30-7:30 PM**. More information [here](#).

CCMH Partner Highlights

Mental Health America (National) - *Webinars & Conferences*

- Boundaries are key to mental wellness. The [Setting Boundaries for Healthcare Workers](#) MHA webinar will take place on **Wednesday, August 26, at 1:15 pm CT**. Read about multiracial peoples' [struggles with imposter syndrome](#). Register now for the upcoming webinar: [Understanding the Role of Resilience in Gender and Sexual Minority Communities](#), taking place on **Thursday, September 17th at 1:15 PM CT**. This webinar will highlight the recent shift in focus to examine strengths-based perspectives in GSM communities.
- MHA's virtual National Policy Institute takes place on Tuesday, **September 1st from 12 PM to 3 PM ET** and is titled [Moving Upstream: Prevention and Early Intervention](#). This institute will address the COVID-related mental health crisis in the making. There will also be an Affiliate Pre-Conference Day on **September 2nd**, themed [Affiliate Resilience](#). Register now for the (free!) MHA [2020 Annual Conference: COVID-19, Mental Health, and the Need for Equity](#) on **September 3-4 from 9:00 AM – 4:00 PM**. You'll hear from leaders, scholars, and activists from around the country, such as New York Times bestselling author Professor Ibram X. Kendi, actor Maurice Benard, President of the National Parent Teacher Association Leslie Boggs, and more!

The Wisconsin Department of Health Services- *Webinars*

- Coming up this week is [Moving Forward: the Wisconsin Wraparound Conference](#) on **Wednesday, August 26th** and the [First Episode Psychosis and the Wraparound Process Conference](#) on **Thursday, August 27th**.

Mental Health Task Force - *Upcoming Events*

- We welcome and need your support for the annual MHTF membership drive. Thank you to the individuals and organizations who have already responded. [Click here for membership materials](#).
- The **September 8th meeting from 3-5 PM** partners with [Prevent Suicide Wisconsin](#) and will feature [Brandon Johnson](#), a national speaker and Co-Lead of the National Action Alliance for Suicide Prevention's Faith Communities Task Force, presenting *Pulling Back the Layers: How Racism and Discrimination impacts Suicide Prevention*.
- Nominations for the Mental Health Task Force 2020 Karen Avery Award and the Marie C. Perry Award are due by **September 11th**. More information is [available here](#).

GRANTS

[Sorenson Impact Foundation Invites Letters Of Intent for COVID-19 Recovery](#): submit by **August 30, 2020** for grants of up to \$250,000 in support of COVID-19 recovery solutions.

The Greater Milwaukee Foundation is requesting proposals to increase indoor air quality in licensed early childhood education (ECE) group centers and family-based providers in the city of Milwaukee. The Foundation will award a total of \$300,000 in grants to ECE providers for effective air cleaning solutions. Nonprofit organizations and ECE providers are encouraged to [submit a proposal online](#) by **11:59 p.m. CST. on Aug. 31, 2020**.

Apply by **Wednesday, September 2nd** for the [Disaster Response State Grant Program](#). The purpose of this program is to provide mental and substance use disorder treatment, crisis counseling, and other related supports for adults and/or school-aged children impacted by natural disasters in those areas for which a major disaster or emergency was declared in 2019. SAMHSA plans to issue approximately 17 grants of up to \$7,000,000 for 1 year.

Apply by **Friday, September 4th** for [Resist Social Change/Justice grants](#). Up to \$4,000 will be awarded in support of grassroots movements for justice and liberation and to groups working on the frontlines of change.

Apply for the [Bruce and Jane Walsh grant](#) by **September 15th**, which will award \$15,000 in support of scientific, scholarly, or applied research and/or educational activities focused on how personality, culture, and environment influence work behavior and health, both mental and physical.

JOBS

- MHA Job Alert! MHA seeks 6 individuals who identify as part of the LGBTQ+ community to undergo training and professional development

to become a Wisconsin-Certified Peer Specialist. This part-time position (15-18 hours/week) pays \$15/hour. For more information, or to apply, please email Erica Steib (erica@Mhawisconsin.org). Applicants should submit resume and one paragraph summarizing their interest in the position.

- There is an open Mental Health Board position for “A representative of the community who is a consumer of mental health services” will help oversee the provision of mental health functions and services in Milwaukee County. For additional information, please review [this document](#). If you are interested in being considered, please email your CV/resume and a one page statement regarding your interest by the **August 25th** business day to Coordinator Barbara Beckert at barbara.beckert@drwi.org.
- 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](#).

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

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