



Hello, children's mental health champions!

First, a big congratulations goes to the fabulous **Lakeeta Watts** on her election as the 2021 Southeastern WI Representative to the Wisconsin Public Health Association (WPHA). Lakeeta is an unwavering champion for Community Health Workers and children's mental health. She has put in countless hours on our CHW Steering Committee and the Next Step Clinic's Community Advisory Board. **Congratulations, Lakeeta!**

In Milwaukee news, [local leaders prepare for COVID vaccine distribution](#). The **Greater Milwaukee Foundation** released its new strategic vision and key priorities, available on their [website](#), and a new rental housing resource center in Milwaukee is getting started— learn more [here](#). Also, consider attending one of Governor Evers' listening sessions to share your thoughts on the new state budget bill. The next session, on **Wednesday, December 16th at 6 PM**, focuses on Our Schools and Education. More information is [available here](#). Wisconsinites interested in helping craft the 2021-23 People's Budget can also submit a written public comment on any topic at any time [here](#).

Make sure to scroll to the Partner Highlights section for important resources and flyers on [navigating the Holiday season with kids this year](#), provided by the **Wisconsin Office for Children's Mental Health!**

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. If you have resources to share for future newsletters, please forward them to info@mkekids.org!

Behavioral Health in the COVID-19 Pandemic

- As cases surge, new data on the impact of COVID-19 on children is troubling. A new study from the journal **Pediatrics** found that [Children Account for More New COVID-19 Cases; First Focus](#) compiled [Key Stats on the Effect of COVID-19 on Kids](#), and new data shows that [minority children are more likely to die from COVID-19](#).
- The second installment of the **Creating Healthy Homes Campaign**, brought to you by Community Access to Recovery Services at BHD, is running **through December 31**. The campaign provides care bags, available for pick up at BHD on **Thursdays between 11 AM and 2 PM**.

Please email Nzinga.khalid@milwaukeecountywi.gov if you are interested.

- We've shared these resources before, but they continue to be relevant. 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.covidguida.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](#), 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) - *Super Helpful Resources*

- **Wholly Mindful** is offering a free virtual Introductory Workshop on Cultivating Self-Compassion, coming up on **Tuesday, December 29th at 7 PM CT**. Click [here](#) to learn more about [Mindful Self-Compassion training](#) (including an upcoming 8-week course), and [here](#) to register for the free workshop.

FAMILY FIRST & FAMILY SUPPORT - *Resources and Webinars*

- The [Next Step Clinic](#) is now offering Parent-Child Interaction Therapy (PCIT) for families with children from 2-6 years of age. PCIT is a program for families who have young children with internalizing and/or externalizing behavior problems. [Learn more about iPCIT](#).
- This [webinar](#) presents a discussion by the **Portland State University** research team and participating parents of the [My Baby, My Doctor & Me pilot study](#), about some of the key themes and policy recommendations that emerged from the study. This pilot study was designed to generate questions and further areas of research needed to advance the ongoing dialogue about family voice, equity, and the concept of early relational health.
- **The Parenting Network** is offering various FREE [parent workshops](#) over Zoom to help parents meet the new demands of parenting during COVID-19. Check out this week's seminar, which will focus on Raising Resilient Children, on **Thursday, December 17th from 1 - 2:30 PM**. Registration is available [here](#).

CHILDCARE & EARLY CHILDHOOD EDUCATION - *Resources & Events*

- The University of Texas System is hosting the new **Early Childhood Scholar Series** for researchers, policymakers, and the early childhood field across the state and country. Check out the presentation on **Wednesday, December 16, from 1 - 2 PM CT** on zoom: [register here](#) for Getting Off to a Healthy Start: Science and Policy to Guide Early Childhood Development.
- From **REDGEN** and the **North Shore Center**: Drop in for Virtual School: Supporting your child with ADHD, free on Zoom next **Tuesday, December 22nd, at 1 PM**. Register for free by emailing Steph Fuller at steph@northshorecenterllc.com.
- [Connecting Health & Learning Part I: The Science](#), the newest episode of **The Brain Architects** podcast, addresses questions related to children's health and learning by explaining how early childhood development and lifelong health are intertwined. Listen to the episode [here](#).
- Check out this FREE [support group for educators](#) with MHA mental health staff. MHA has developed its [2020 Back to School Toolkit](#) to help students, parents, and school personnel navigate schooling and mental health during the pandemic, now with materials available in Spanish! Plus, [Strong Families Healthy Homes](#) has a NEW virtual [drop-in support group](#) for Teachers and

early childhood educators.

EARLY IDENTIFICATION & SUPPORT- *Super Helpful Resources & Events*

- Register for the free event "When to Consider Medication for Your Child," taking place **Tuesday, December 15th at 12 PM on Zoom**, by emailing Steph Fuller at steph@northshorecenterllc.com.
- A new report identifies gaps in **Wisconsin's behavioral health system** in areas such as the service array, workforce, accessibility barriers, and system inequities. It also offers possible solutions to address these gaps. [View the report on the UW Population Health Institute website](#). The data for this report were collected before the COVID-19 pandemic and thus does not reflect the impact of the pandemic on people's behavioral health and the behavioral health system.

COMMUNITY HEALTHCARE WORKERS - *Webinars and Resources*

- **Advancing a Healthier Wisconsin** recently 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](#).
- Therapist licensing and insurance coverage issues may impact which providers patients can see via telehealth during and after the pandemic: learn more [here](#).
- In the US, pregnant Black women and their newborns have always been at far higher risk of experiencing complications in pregnancy than white women. But those statistics can be changed through sound policy and more holistic approaches to care. In the latest [Tiny Spark podcast](#), listen to two women who are at the forefront of [improving the experiences of Black expectant mothers](#).
- One of our partners shared this touching musical [thank you](#) to teachers, healthcare workers, and essential workers by the **OneVoice children's choir**.
- 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*— Looking to learn more about trauma-informed care? Check out the [NAEYC resource library on Trauma & Young Children](#), and learn [how to spot the signs of trauma in children](#) during the pandemic. **Resilient Wisconsin** has 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](#).
- *Child Welfare*— [How do you measure child well-being?](#) In this podcast episode, Milton Little, Jr., president and CEO of **United Way of Greater Atlanta**, explains how he reimagined his organization's focus using strategic data to help improve child well-being in Atlanta communities.
- *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](#), a new resource from the **Center for the Study of Social Policy**, urges policymakers to enact policies that root out systemic racism and ensure all children can have a happy and healthy start to life.
 - **Center on the Developing Mind** director Jack P. Shonkoff, M.D. presented on "Leveraging the Science of Adversity and Resilience to Generate Greater Impacts on 'Whole Child' Development." Watch the

SYSTEMS CHANGE & POLICY - *Super Helpful Resources and Webinars*

- 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, shares important lessons about collective impact work in our city's response to the pandemic.
- Explore the [UMN Mapping Prejudice Project](#), which visualizes the hidden histories of race and privilege in a built environment.

LIVED EXPERIENCE LEADERSHIP - *Opportunities and Resources*

- [The Impact of Local Intersectoral Action](#) describes a model that visualizes core elements and roles of a Collective Impact governing structure, developed by [Communities Building Youth Futures](#) as they apply collective impact literature to creating tangible, collaborative, and meaningful opportunities with youth. Also, explore two new [Youth Thrive](#) resources: first, a [Youth Thrive Video: Voices from the Network](#), which features interviews from policymakers, practitioners, and young adult leaders who discuss the role of Youth Thrive in their lives; second, [Youth Thrive: Our Story \(So Far\)](#), a written narrative that tells the Youth Thrive story since the beginning.
- If young people could make forward change in education, what would it look like? [Youth Forward MKE](#) calls on young people ages 13-20 to lead Milwaukee toward an equitable future. More information can be found [here](#).

CCMH Partner Highlights

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

- In MHA news, the current President and CEO of the organization [will retire in July 2021](#). A [new report](#) calls on leaders to improve youth mental health services by listening to young people, and Covid's intensifying impact on kids' mental health prompts experts to [Create A Policy Guide For Parents and Policymakers](#).
- [Register now](#) for the MHA webinar on How Culture and Race Can Impact Identifying and Treating Mental Health Conditions, taking place this **Wednesday, December 16th at 1:15 PM CT**.

Milwaukee Behavioral Health Division (BHD) - *News*

- 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 - [Advocate Aurora Health](#), [Ascension Wisconsin](#), [Children's Wisconsin](#), and [Froedtert Health](#). This new center is coming to fruition after 10+ years of collaboration and a shared commitment to expand access and improve mental health services for adults, children, and adolescents in Milwaukee County. [Learn more here](#).

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

- OCMH has developed a series of ["Different, Safe 2020 Holidays" flyers](#). These flyers share ideas on what people can do to still make the fall and winter holidays meaningful while staying at home, being safe, and stopping the spread of COVID-19. OCMH's [Infant Toddler Immediate Needs of COVID-19 Team](#) created the flyers, which focus on three topics: Special Days – Feeling Connected, Things to do in Your Home and Safely Outside Your Home, and Gift and Art Activities. The flyers are linked [here](#) and attached below.

Mental Health Task Force - Upcoming Events & Actions

- 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.](#)
- Thanks to MHTF Steering Committee member Kimberly Dorsey for sharing this important research opportunity. Dr. Carole Hetzel from the Cardinal Stritch University Psychology department is **conducting research on Covid-19**. The study is [linked here](#) and takes approximately 20 minutes to complete.



Things to do Safely



Feeling Connected



Gift & Art Activities

GRANTS

Apply by Monday, January 4th, 2021 for the [Statewide Family Network grant program](#). The purposes of this program are to more effectively respond to the needs of children, youth, and young adults with serious emotional disturbances (SED) and their families by providing information, referrals, and support; and to create a mechanism for families to participate in state and local mental health services planning and policy development. SAMHSA plans to issue approximately 10 grants of up to \$95,000 per year for up to 3 years.

JOB

- [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!
- [Fight COVID MKE](#) is hiring [Clinical Research Coordinators](#), a [bilingual \(in English/Spanish\) research nurse](#), a [program coordinator](#), and a [programmer analyst](#) through the [Medical College of Wisconsin](#). Apply for the listed positions by clicking on each title.
- Apply [here](#) by **December 23rd** for the position of Home Visiting Professional Development Specialist at the [UW-Milwaukee Helen Bader School of Social Welfare](#).
- [Advancing a Healthier Wisconsin](#) is seeking a full-time grant compliance coordinator to help with daily administrative activities and support for the Milwaukee-based team. [See the full job description and apply here.](#)
- [SaintA](#) is hiring a new [Director of Marketing and Communication](#).
- [Momentum](#) is extending the application deadline for the [Development Director](#) role until **Thursday, December 31, 2020**.

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

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