



Hello children's mental health champions!

Now or never, no excuses. [Here is how nonprofits can step up](#) to advocate and how [anyone can talk policy and influence people](#). We are allowed to [grieve](#) for our losses, including the loss of "normality", and we are also responsible for [leading the way](#). While [communities, clients and staff suffer](#) from a "scarcity" of resources, [social media is ablaze with concerns over an undeterred path for the first trillionaire](#). Whatever the case may be on that, we know that now is the time to fight the systems that are in place that would allow that to happen. Now is the time we [rethink education](#) because we [cannot go back to the way things were that left behind millions of students in the school-to-prison pipeline](#). Now is the time your Board of Directors is ready ([join this webinar on June 24th](#)). Here are [suggested policies to protect people](#), some [guidelines on how to advocate for reopening](#) in a way that is safe for people with disabilities, and [suggested fixes needed for our mental health system](#). Now is the time to make our voice heard. Check out this newsletter for more resources on how and why to do so.

Share with your network! We now have **467 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!

CCMH Partner Highlights

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

- The Service Access and Family Engagement (SAFE) Committee of the Trauma and Recovery Project (TARP) is creating a tool to provide parents/caregivers with information on how to first access mental health services for their family and what to expect in those initial stages. There are so many tools that already exist, so we are hoping to combine the best parts of each. Please [share your thoughts](#) (also in [Spanish](#)) by Monday, May 25th on what this proposed resource should include.

Mental Health America of Wisconsin - *Newsworthy*

- Check out the [proclamation from Mayor Tom Barrett for Children's](#)

CCMH Strategy & Value Highlights

AUTHENTIC ENGAGEMENT & FAMILY LEADERSHIP - *Webinars & Resources*

- [Open doors for young parents!](#) Utilize these [strategies for engaging family partners](#). Also check out [this webinar](#) from WISE/Rogers InHealth today (Tuesday, May 19th, 12:00-1:00 PM) on the power of peer support services, including parent peer specialists.

EARLY SUPPORT

- [Children's mental health is at risk](#) right now and [more at risk for some groups more than others](#). Understanding [Adverse Childhood Experiences \(ACEs\)](#) is one key to a solution followed by the [resources on this page](#) and [telehealth for kids](#).
- Whether supporting [evidence-based birth](#) or improving [social determinants of health like housing](#), the earlier that families are [supported](#), the better. We know that [kids can tell when parents suppress their stress](#). Rather than suppress it, [these resources](#) can help [build resilience](#) early for caregivers of all kinds here in MKE. Or you can go online, but there are so many phone apps that it can be overwhelming. Luckily, you can [ask the expert this Thursday, May 21st, 3:00-4:30 PM](#) to get resources (like [this app evaluation framework](#) and [app database](#)) to help you find what apps work and which work for you.

SOCIAL & EMOTIONAL LEARNING (SEL)

- There is [a lot going on](#), but there are always [ways to incorporate social and emotional learning](#) into your daily routines, lesson plans, or other activities. [Now is as important a time as any](#).

SYSTEMS CHANGE - RESOURCE FLOW - *Grant/Super Helpful Opportunities*

- [COVID-19 Emergency Response for Suicide Prevention Grants](#) due Friday, May 22nd.
- [These \\$2,500 grants from Forward Community Investments \(FCI\)](#) may be helpful for you. You must be a small Wisconsin 501(c)3 working toward reducing racial and economic disparities and have an unexpected expense (computers, software, supplies, etc.) related to COVID-19. Apply by **this Wednesday, May 20th**.
- Applications will be accepted **this week only** for the [Ethnic Minority Emergency Grant Initiative](#) for minority-owned businesses, which have been hit particularly hard by the COVID-19.
- Giving Compass and National Center for Family Philanthropy put

together [this directory of Wisconsin-based COVID relief grants](#).

- Roddenberry Foundation has announced a [small grants program](#) for civic engagement of young people of color. Deadline: **May 29**.

RACIAL EQUITY

- If we are going to thank [front-line employees](#) for their service, then we need to [take care of them](#). Too many people who are only now considered "essential" are [people of color](#).
- [The Opioid Crisis and the Black/African American Population: An Urgent Issue](#)
- [Structural Competency](#) acknowledges that these inequities result from "*pathologies of social systems and that locating race-based symptoms on the bodies of marginalized persons risks turning a blind eye to the racialized economies in which marginalized and mainstreamed bodies live, work, and attempt to survive.*" Learn more in [this recorded webinar](#).

SYSTEMS CHANGE - PRACTICE CHANGE- *Webinars & Resources*

- If you are preparing your office for telehealth/telemental health or running into disruptions or pitfalls, then [this series of webinars](#) every **Tuesday, 7:00-9:00 PM** are for you.
- [Learn amidst the crisis, get to the heart of equity](#), and [frame what you do as a foundation with equity at the forefront](#).

LOVE FOR MILWAUKEE - *Local Opportunities*

- Hear from Milwaukee leaders with this Milwaukee staple event and host. [On the Issues with Mike Gousha will host Dr. Jeanette Kowalik](#), City of Milwaukee Commissioner of Health, this **Wednesday, May 20th, 12:15-12:45 PM** to talk about city efforts against COVID-19 and the disparate impact on the African-American community. On **June 10th, 12:15-12:45 PM**, you can [join David Crowley](#), newly elected Milwaukee County Executive, to discuss his vision and the realities that will help shape it.
- Share [this coloring book](#) based on Milwaukee from a [local artist](#) (also [available in Spanish](#)).

SYSTEMS CHANGE - POLICY CHANGE - *Make Your Voice Heard*

- Join the [Marquette University](#) Center for Urban Research, Teaching and Outreach (CURTO) for a webinar on COVID-19 policy and the State of Wisconsin. [This webinar](#) this **Friday, May 22nd (12:00-1:00 PM)** will focus on the reasons for our vulnerability to the economic crisis. You can also join [MoveForwardMKE](#) for one way to advocate for a solution to this problem.
- You can also advocate using social media, whether [this digital](#)

[toolkit](#) or the [Resilient Wisconsin partner resources](#) (which may also promote [post-traumatic growth](#)). You can continue sharing OCMH resources, including these great [fact sheets](#), their [Mental Wellness During COVID-19 newsletters](#), their [peer support social media campaign](#), and their [events](#), such as the [Virtual Listening Session on Youth and Young Adult Mental Health](#) on Thursday, May 21st, 6:00-7:30 PM.

- [Webinar: A Comprehensive Approach to Preventing Suicide: The Role of Law, Policy, and Social Determinants of Health](#) - May 26th, 11:30 AM to 1:00 PM.

COVID-19

The toll of quarantine on our mental health can be reduced; [this review talks about how](#). We can get through this staying strong and safe at home for others. We can learn about [resilience from indigenous leaders](#). We can also make sure that those most impacted, [LGBTQ folx](#), [Latinx folx](#), and [others](#), have [access to what works](#) for our health. When faced with disasters, [SAMHSA has plenty of relevant behavioral health resources](#). Continue checking out our own [resource page](#) where you can find more resources like this.

JOBS

- [Food Pantry Manager](#) and [Workforce Coordinator](#) at Neighborhood House of Milwaukee
- [Family Services Director](#) at Ronald McDonald House Charities of Eastern Wisconsin
- [Contact Tracers \(Full Time and Part Time\)](#) at Wisconsin Department of Health Services
- [Donor Relations Coordinator, Early Childhood Coaches, etc.](#) at United Community Center (UCC)
- [Employment Specialist](#) at Employment Resources, Inc.

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