



Hello, children's mental health champions!

This year is coming to a close. As we get into December, explore these new resources from the Wisconsin department of Health Services on [Building Resilience During Winter Celebrations](#) and [Understanding the Effects of Collective Trauma](#).

Consider attending one of Governor Evers' listening sessions to share your thoughts on the new budget bill. The next session, on **Wednesday, December 2nd**, focuses on environment, infrastructure, and the economy - providing an opportunity to discuss transportation and voting rights. The following session, on **Tuesday, December 8th**, is on criminal justice reform. More information is [available here](#).

Also, don't forget: the Medicare Annual Enrollment period runs until December 7th. Many people with a mental health diagnosis or other disability are enrolled in Medicare and are wondering if they should change their plan, and how their medications will be covered. Disability Rights Wisconsin can help with your questions about Medicare Part D, or other coverage questions; they will help navigate the new plans for 2021 and explain changes. Call DRW at 1-800-926-4862 or email [medd@drwi.org](mailto:medd@drwi.org).

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](mailto:info@mkekids.org)!

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## Behavioral Health in the COVID-19 Pandemic

- Explore "[Creating Light in the Dark Winter](#)," 6 Blogs created by **Rogers Inhealth**, utilizing key concepts from Compassion Resilience and applying them to the unique stressors faced as a result of 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](mailto:Nzinga.khalid@milwaukeecountywi.gov) if you are interested.
- From NPR: [After COVID-19 Diagnosis, Nearly 1 In 5 people Are Diagnosed With a Mental Disorder](#).
- 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 [COVIDGuia.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](#). 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*

- [Register for this workshop](#) on mobile apps to support mental health for all ages, coming up next **Tuesday, December 8th, at 2 PM**.
- Don't forget to join the [SKY Schools Milwaukee Wellness Circles](#), addressing challenges in mind, body, and spirit. There are sessions in **November and December** for [Educators](#), [Parents](#), and [Students](#) (7th to 12th grade) to help our community heal and move forward. Those that attend two sessions will receive a Wellness Kit with \$75 in value for local Milwaukee businesses. [Find a time to participate here!](#)
- The **House of Kings & Priests** has teamed up with Beloved Masterpieces, LLC to offer **Free Virtual Art Therapy Sessions**. Please pick up art supplies from The House of Kings and Priests at 4718 W. Garfield Ave., Milwaukee, **Mondays from 10:30 AM to 1 PM or Tuesdays 11 AM. to 2 PM**. [Space is limited, please sign up quickly at this link.](#)

### 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.](#)
- [Register online](#) for an upcoming webinar about how father-specific programming can support the caring, involved presence of fathers in the lives of children in this webinar on **Wednesday, December 2nd, 2020 from 1 PM to 2 PM CST**.
- MPS students who are fathers are invited to join this group of young fathers and learn about resources and opportunities that will help you and your child. The groups get together on Google Meet from **10 AM to 11 AM once a month**. The next group will meet on **December 9th**. [Click here to register.](#)
- "Ask the Expert" next week with Jeremy Long, LPC, who will provide skills and strategies for mental wellness in teens on **Thursday, December 10th at 12 PM CST**, and will also answer questions about the teens in your life. [Register for free](#) today!
- **The Parenting Network** is offering various **FREE parent workshops** over Zoom to help parents meet the new demands of parenting during COVID-19. Two upcoming trainings, on **Friday, December 18th**, will focus on preventing child sexual abuse. More information [here](#).

### CHILDCARE & EARLY CHILDHOOD EDUCATION - *Resources & Events*

- Check out this [free MHA webinar](#) on Connecting Teachers and Families: Mental Health and Social and Emotional Supports in the Remote/Hybrid Classroom, this **Wednesday, December 2nd, 2020 at 1:15 PM CT**. For further resources, check out this **FREE support group for educators** with MHA mental health staff.
- An important policy update from **NAEYC**: "It's been 236 days (or 339,800 minutes) since Congress passed a pandemic relief bill, and our children,

families, educators, and communities are suffering because of it. We need our policymakers to understand the urgency of the challenges facing child care and to take swift action in passing a pandemic relief bill that includes more than \$50 billion to stabilize and support child care across states and settings." It only takes five minutes to [email](#), [call](#), or [tweet](#) (or to do all three)! Don't let them forget about you, not for a minute.

- **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***

- On the **first Friday of every month from 6-7:30 PM**, The **Children's Services Unit** hosts a Children's Services 101 meeting designed to introduce, refresh and clarify Milwaukee County's Birth to Three Program, The Children's Long-Term Service Waiver and The Children's Community Options Program. To join, email [childrenservices@milwaukeecountywi.gov](mailto:childrenservices@milwaukeecountywi.gov)!
- 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](mailto:steph@northshorecenterllc.com).

### **COMMUNITY HEALTHCARE WORKERS - *Webinars and Resources***

- **Advancing a Healthier Wisconsin** just 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](#). AHW director Jesse M. Ehrenfeld will deliver the next Shepard Pratt lecture on **Wednesday, December 2nd**, on the topic of Supporting LGBTQ+ Patients and Families. The event will begin at **11 AM** Milwaukee time - [learn more and register here!](#)
- On **Wednesday, December 2nd from 3 PM to 4 PM CT**, a new **Center for the Study of Social Policy (CSSP)** Webinar shares Cutting-Edge Strategies for Improving Child and Family Health Outcomes Through Pediatric Primary Care. Click [Here](#) to register for free.
- 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? A range of both free and ticketed [Trauma Sensitive School Implementation Trainings](#) from **SaintA** are available **this December**. Additionally, 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**— Learn how to spot signs of trauma in children during COVID-19. You can also access the new report from **Children's Rights: Fostering Inequity: How COVID-19 Amplifies Dangers for LGBTQ+ Youth in Care**.
- **Racial Equity & Resilience**— The [Black Lives Matter Instructional Library](#) is a virtual bookshelf of resources accessible to all. Check out this new infographic on [How Racism Can Affect Child Development](#), and this

upcoming nonprofit quarterly panel: Remaking the Economy: COVID-19, Recovery, and the Black Community, on Thursday, December 10th, at 2:00 pm EST. [Register here](#).

- *By Every Measure* is a six-part episodic podcast that explores systemic racism in various sectors of Milwaukee. The podcast can be streamed at [this link](#). Join the **By Every Measure** conversation club — a weekly series of small group dialogues around each episode of the podcast, meeting **Wednesdays from 4-5 PM from November 4th to December 16th** (taking a break the week of Thanksgiving). RSVP to the conversation series [here](#).

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

- Sign up to help fill [urgent volunteer needs from United Way](#) in the Greater Milwaukee area.
- Reflections from the **Center for the Study of Social Policy** on Trans Day of Visibility in a Time of Social Distancing are available [here](#). though published at the beginning of the pandemic, this article is still relevant in its discussion of [how COVID-19 exacerbates ongoing institutional marginalization of transgender people](#), and the importance of making public systems more responsive to the needs of all people, especially trans folks.
- The **Juvenile Law Center** has released a report on justice for emerging adults and recommendations for justice reform in the Great Lakes region. The report can be found [here](#).

### LIVED EXPERIENCE LEADERSHIP - *Opportunities*

- 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](#).



**Essential Care for You: Drop-In Support Groups for Teachers and Early Childhood Educators**

#### What This Is:

Your mental well-being is important! This group is here to help you with that. There will be some education and a lot of time for discussion with peers. All of this facilitated by trained mental health and parenting support providers.



#### Am I invited?

We welcome anyone who works in Early Care and Education (ECE) for young kids. You are free to drop-in whenever you need or want. You can attend one or all of the groups.

#### Dates/Times

Virtual Groups begin  
Oct 21, 2020 at 6:30 PM  
Groups repeat monthly on the  
Third Wednesday:  
• November 18th  
• December 16th  
• January 20th (and beyond!)

#### Potential Topics

- What is Work/Life Balance and is it Real?
- When to Seek Help for Yourself, Your Family, or Your Families at Work
- Parenting While an Essential Worker
- Vicarious Trauma & How to Handle Triggers
- Impacts of COVID-19 on kids, classrooms, & you

Join us through this link:

<https://zoom.us/j/9173175940?pwd=QW1lWmR6TjNlUzVdoelNFRFRIRhuZz09>

For more information or for accommodations/technical support, call LeKecia Lovett at (414) 336-7965 or email [lekecia@mhawisconsin.org](mailto:lekecia@mhawisconsin.org)



CCMH

# CCMH Partner Highlights

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

- The **2021 State of Mental Health in America report** confirms the trend from the past 7 years of reporting, that mental health in the U.S. continues to get worse and many states were already facing rising rates of mental health conditions and poor access to care, making them ill-prepared from the start to tackle the mental health effects of the COVID-19 pandemic.
- Based on these findings, policymakers at every level of government need to act immediately to address this growing mental health crisis. [Click here to read the new State of Mental Health in America Report and see how your state ranked for mental health care and access.](#) To change the system, we must organize for true culture change. Please drop in on **Tuesday, December 1 from 11:00 am ET – 3:00 pm ET** for their Winter meeting - [Injustice and Inequity: The Path Toward Innovation and Inclusion.](#)

## The Wisconsin Department of Health Services- *Resources*

- It is not easy to take care of yourself, your loved ones, and your communities during the COVID-19 pandemic. [Gets tips for practicing resilience during the pandemic here.](#)
- A new data dashboard Displays the Health Impact of COVID-19 by Race and Ethnicity. Data shows communities of color are disproportionately impacted by COVID-19. [The race and ethnicity dashboard](#) is part of an ongoing effort to close health disparities throughout the state by promoting tools and resources centered on health equity.
- Wisconsin Mental Health resources for care, coverage, recovery, suicide prevention, and more can be accessed [here.](#)

## 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.

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## 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.

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## JOBS

- [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) nurse, a program director, and a programmer analyst

- through the **Medical College of Wisconsin**. [Apply here](#) for the listed positions.
- The Wisconsin Department of Children and Families **Division of Milwaukee Child Protective Services** (DMCPS) is currently recruiting to fill the Deputy Administrator position. To apply and learn more about the position, [use the job posting on wisc.jobs](#).
  - 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](#).

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

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