



Hello children's mental health champions!

This month was Child Abuse and Neglect Prevention Month! With COVID-19, [child abuse is expected to rise](#), and there is a [higher risk of abuse but fewer reports](#). It is important to take action to [protect the children](#). If you don't know exactly what to say or how to [talk to your children about it](#), the folks over at the Hot Chocolate Talk campaign can help you out. You can also reach out to [Milwaukee Woman's Center](#): 414-671-6140 and [Sojourner Family Peace Center](#).

If you or someone you know works in the Child Welfare field, there are many [resources](#) to assist during these times. Futures Without Violence has put together some [tips for those who are experiencing violence at home](#). You can also [email members of Congress](#) telling them to provide resources for families during this time. You can also participate in the upcoming webinars: [developing a preventative child welfare practice model \(April 29th at noon\)](#) and [addressing abuse and neglect during COVID-19 \(April 22, 29 & May 6\)](#). There is also [funding available](#) for those working to prevent family violence.

Share with your network! **We now have 450 people** receiving top-notch children's mental health information! People can sign up directly [here](#).

CCMH Strategy & Value Highlights

COMPASSION RESILIENCE

- **WISE** and **Rogers InHealth** are excited to launch (perfectly timed because [#ParentingInAPandemic](#)) the [Parents and Caregivers Compassion Resilience Toolkit](#). They are offering a virtual Overview training in two 1.5 hour segments from **9:00-10:30 AM on May 1st & May 8th**. RSVP to alison.wolf@rogersbh.org. For more resources, check out [these free weekly webinars](#) from Parent Encouragement Program on **Thursdays at 11:00 AM** (or in [Spanish here](#)).
- [It's not too late to prioritize worker mental health!](#) Expecting them to just have resilience is [pointing the finger in the wrong direction](#). Organizational leaders need to be [resilience-oriented](#) and [mindful in order to heal trauma](#). Check out [this webinar](#) **this Wednesday, April 22nd (2:30-4:00 PM)** from SAMHSA on building psychological resilience in this pandemic.

- SaintA compiled their [Ingredients of Trauma-Informed Care](#) into the [Compassion Curve](#). They will have a [virtual gathering](#) on **Thursday, May 14th, 1:00-2:00 PM.**

EARLY INTERVENTION

- Much is still unexplored about Autism Spectrum Disorder, including the stereotypes leading to [girls being overlooked in diagnosis](#) and the [co-occurrence with Post-Traumatic Stress Disorder](#)
- Continue implementing [Social Emotional Learning for all kids in this time](#) and [spruce up on your own SEL skills too.](#)
- [What Is COVID-19? and How Does It Relate to Child Development?](#) Find more of these helpful guides [here from Harvard Center for Child Developing Child.](#)

RACIAL EQUITY

- Local groups are stepping up in big ways and so can you. Donate to [the newly formed Mutua Ayuda](#), Metcalfe Community Bridges for their [new mutual aid effort](#) (see their [needs assessment here](#)), and [Love on Black Women](#) for what they do best.
- Join webinars on how to respond to COVID-19 with racial equity in the center: [one on April 21, 1:00 PM](#) & [one on April 23rd, 2:00 PM.](#) [This webinar](#) on **May 7th** will help you do so with real-time data. Let's [not return to school \(or work\) as "normal"](#) when that meant kids behind in school or exclusionary discipline. [We are all in this together to end white supremacy culture.](#)
- We must keep in mind how [interpersonal racism](#) and [systemic racism](#) are making COVID-19 worse for some communities more than others. How will we respond for [these communities that have the worst mental health outcomes?](#) How do we support those [who are not able to social distance?](#) We can take a page out of [Taraji P. Henson's book \(i.e. free virtual therapy for African Americans\)](#) or from the rapid response of the National Network to Eliminate Disparities in Behavioral Health ([NNED](#)) partner organizations across the country ([join a webinar](#) on **Thursday, April 23rd, 2:00 PM**)
- Check out the [National Equity Project COVID-19 Resources](#), including this blog post on [Decolonizing Community Care](#)

SYSTEMS CHANGE - PRACTICE CHANGE

- **TELEHEALTH:** locally, [SaintA](#), [MHA Wisconsin](#), the [Next Step Clinic](#), and others have made the switch to virtual mental health (and other) services because of COVID-19. Check out [best practices for telehealth](#) as well as [this upcoming webinar \(Tuesday, April 21st\).](#) While [Medicare and Medicaid patients get access to telemedicine, there are still challenges that remain.](#) Telemedicine alone cannot help, [not with decades of federal restrictions](#) and

funding cuts. Fortunately, [the Federal Communications Commission got funding to improve the Telehealth program](#) and support health care providers.

- **ADAPTIVE LEADERSHIP:** As a leader and business owner, this is a [complex time](#). [Here are questions you should be asking](#).

WORKFORCE DEVELOPMENT

- **STRUCTURAL COMPETENCY** is the capacity for health professionals to recognize and respond to health and illness as the downstream effects of broad social, political, and economic structures." Check out [this recording](#) from [this group](#) focused on Structural Competency and tune in this **Wednesday, April 22nd, 6:00-7:30 PM**, on [medically marginalized populations](#).
- **SOCIAL DETERMINANTS OF HEALTH:** look into how COVID-19 is affecting those around us [who live in poverty](#). Rules are changing [for people receiving SSI and SSDI](#) or who use [the Milwaukee bus system](#) (limited to [10 passengers at a time](#)). Attend [this webinar](#) next **Monday, April 27th, 1:00-2:00 PM** from Community Advocates on housing insecurity during COVID-19. It will also cover [their Healthy Housing Initiative](#). Check out more [here on their housing recommendations](#) related to the COVID-19 crisis.
- **ACEs (Adverse Childhood Experiences):** The [past is affecting our present](#), such as [generational trauma in Milwaukee](#)

SYSTEMS CHANGE - POWER DYNAMICS

- Join an [8-week online course \(Tuesdays & Thursdays, 4:00-5:30 PM starting May 4th\)](#) on Leadership, Organizing, and Action (articulating a story, relationship building, power building, strategy, and more) presented by the Wisconsin Leadership Development (WiLD) Project. Apply by [this Friday, April 24th](#).

SYSTEMS CHANGE - RESOURCE FLOW

- [Nonprofits are requesting federal support](#) to avoid collapsing from the coronavirus. You can build momentum for this nonprofit relief by [contacting your members of Congress](#). This is [the wake-up call for nonprofits to get angry and start advocating](#), even in "[every Zoom panel of funders, every chance you get, ask "What is your current payout rate, and how much are you planning to increase it to deal with this unprecedented crisis?"](#)"

CCMH Partner Highlights

SUPER HELPFUL RESOURCES

- Join [Alliance for Strong Families and Communities](#) each Friday at **11:30 AM** [for a fast but effective dose of self-care to fuel you on this](#)

[new and uncharted journey](#). They are partnering with Kros Learning Group ([find a free mental health matrix on their website](#)).

LOCAL OPPORTUNITIES

- [Next Door](#) is hosting a virtual screening on [No Small Matter](#) on April 30th, 8:00-9:30 AM. [RSVP here](#) or [email Hannah](#).
- Parents can join [virtual Parent Connections](#) groups with [The Parenting Network](#) every weekday, including one in Spanish on Tuesday or [join their Facebook group](#).

WEBINARS/TRAININGS

- The [Medical College of Wisconsin](#) hosts a virtual town hall each Monday at 6:00 PM on COVID-19. Tonight was mental health featuring Dr. Kweku Ramel Smith, licensed psychologist BLAQUESMITH, LLC. [Check out this video and past ones here](#).

MAKE YOUR VOICE HEARD

- Check out this [update on federal policies](#) that might be affecting you, your loved ones, or your organization. The [Alliance for Strong Families and Communities](#) wants you to email your Congress members to [support essential worker pay \(hazard pay\) for human services professionals](#).
- Locally, [help WI Survival Coalition survey](#) people with disabilities, including mental health needs, about how COVID 19 is affecting their lives. You can [also reach out to the Milwaukee County Mental Health Board](#) for their meeting this Thursday, April 23rd. [Check out the latest COVID-19 update from the Milwaukee Behavioral Health Division](#) which was presented at last week's Mental Health Task Force meeting ([see other materials here](#)). Finally, as part of the [People's State of the Union](#), [join](#) or [host](#).

NEWSWORTHY

- The [Advancing a Healthier Wisconsin Endowment](#) just announced the [\\$5 million dollars awarded for COVID-19 response grants](#).

More Highlights

MAKE YOUR VOICE HEARD

- While all this is happening, the Census and elections are too. Check out [this self-response rate map for the 2020 Census](#) Wisconsin is the 2nd highest average at 57% and can do more; [check out this resource for hosting a challenge in your community](#). On the election, check out [this NonprofitVOTE webinar \(April 23rd, 1:00-2:00 PM\)](#) on policy options for expanding mail-in ballots.

SUPER HELPFUL RESOURCES

- [MPS recently released a statement](#) to families regarding some concerns and resources. There are some great resources out there for parents [who are now homeschooling their kids](#) and [teachers who are conducting distance learning](#) (find more [here on Culturally Responsive Education](#) with Family Engagement, Remote Learning, and more). In addition to what we have shared on our [CCMH COVID-19 webpage](#), check out some of the [best podcasts for kids](#) ([Pants on Fire](#), [What if World](#), and [KidNuz](#) even piqued Blake's interest). Share a kids book featuring [a gender non-binary quarantine love story](#) or get outside with [Urban Ecology Center in My Backyard](#). Check out these [Brain Insights on interactive activities](#) or this [Teach & Learn](#) page on poverty-related topics.
- [Art Became the Oxygen](#), a concrete how-to guide for artists and communities to respond to social, environmental, and civic crises. The [DIY Imaginings Toolkit](#) is a practical guide to arts-based community dialogue, many of which can be adapted to an online forum. Need more help leading online groups? [Check this out](#).
- [Robert Wood Johnson Foundation grant for building a culture of health and impacting health equity](#)
- [Scenario Planning tool](#)
- [Guide to Using Text Messages to Improve Substance Use Treatment](#)

JOBS

- Do you have a summer internship available? If so, [post it on Jobs That Help](#) and let them know (info@jobsthathelp.com) Students are struggling right now to find summer internships.
- [Qualified Treatment Trainee](#) at Children's Wisconsin
- [Health Services Supervisor](#) & [Special Instructional Assistant \(Part Time\)](#) at Next Door
- [Trauma-Informed Care Specialist](#) & [Assistant Advocate Intern](#) at Pathfinders
- [Organizing Jobs & Summer Earn and Learn Youth Jobs](#) at Southside Organizing Center

NEWSWORTHY

- ["We need some help": Wisconsin farmers look to officials and community for mental health resources](#)
- [Calls to US helpline jump 891%, as White House is warned of mental health crisis](#). More reasons why we need [a national mental health response to coronavirus](#). Whether together or [alone, this is hard](#).

- [What it's like to be a Doula working with black pregnant people right now?](#)
- [Why empathy is needed now more than ever, especially in healthcare](#)
- [Long term benefits of regular activity](#)
- *“What will we be willing to notice?”* asks Margaret Wheatley in [Walk Out and Walk On](#). What future will we create by the conscious actions we take today?

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