

Hello children's mental health champions!

On June 28, 1969, a black trans woman, Marsha P. Johnson, threw the first brick in the event that became known as the <u>Stonewall Uprising</u>. After years of police brutality and marginalization, the police raid on the Stonewall Inn was too much. As Latina transgender activist, Sylvia Rivera, said at the time, "You've been treating us like [redacted] all these years? Uh-uh. Now it's our turn!" This effectively started what we now know as Gay Pride & June as Pride Month as a time to honor that moment and movement for liberation. More than 50 years later, police brutality continues to be a weapon of oppression in this country, too often leading to the murder of people of color.

This Pride Month, we must support liberation, justice, healing, and power for black people in the United States. <u>Here is a suggested list of ways</u> to do that by and for those who cannot be in the streets. And <u>here are suggestions for nonprofits</u>. Milwaukee knows we can rise out of the ashes stronger as we saw with the <u>Sherman Phoenix</u>. There is more to do to unroot the causes of historical trauma in the black community. <u>Your kids</u> <u>are not too young to talk about race</u> (check out <u>WokeKindergarten</u> for more). COVID-19 is still revealing the intersection of white supremacy and public health: <u>black social workers</u> are calling it out and <u>women of</u> <u>color in child care</u> must be remembered. <u>End the conspiracy theories</u>. <u>Know your rights</u> as a transgender person. Apply for this<u>QTPOC Youth</u> <u>Scholarship</u>. <u>Create a culture of equity</u>. Celebrate Pride. Honor Marsha P. & Sylvia Rivera.

# CCMH stands proudly in solidarity with the protesters as they demand justice, equity, & liberation. We hope you join us. Always remember: <u>Black Lives Matter</u>. Black Babies Matter. Black Families Matter.

Share with your network! We now have **over 450 people** <u>signed up</u> 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. <u>Send us</u> any items to include. **Thank you for joining our mission!** 

## Hear from the CCMH Team

Leah was recently interviewed for a<u>Milwaukee Journal Sentinel piece</u> on our community's response to the rising mental health concerns among Milwaukee children and youth.

This **Thursday**, **June 4th**, Troney and Blake will present during the **BOMB Doulas** Office Hours (12:00-1:30 PM) to new parents and other community members with the **Milwaukee Health Department**. We will be discussing <u>children's mental health</u>, the mental health of fathers, and the impact of separation such as incarceration.

Early childhood centers in the city may soon be seeing our <u>#EndExpulsion Fact Sheets</u> in distributions from <u>4C</u>. <u>Read here for info</u>.

## Make Your Voice Heard

The Marquette Autism Initiative has joined an international collaborative to study how COVID-19 is impacting individuals with various special needs and their families. Take the survey here to help design future supports. Email questions to autism@marquette.edu

Please review the <u>Brief Proposal for Just Recovery in MKE Draft</u> and then follow this link to share your feedback regarding the proposal.

What would it be like for Wisconsin to have a statewide Warm Line, one phone number for your emotional concerns and needs? Give your input by **June 24th** by completing the <u>Wisconsin Warm Line Survey</u>.

You are invited to participate in a Marquette University research study examining the experiences of adults during the COVID-19 pandemic. All responses will be anonymous and confidential. <u>Respond here</u>.

## CCMH Strategy & Value Highlights

#### RACIAL EQUITY - Sup

- Child Welfare: As we re-open, the extent of abuse and neglect will be clear to us. We <u>must do what we can to support kids impacted</u> However, we must also utilize the <u>critical resource of kinship</u> <u>care</u>. Unnecessary family separation was a pandemic long before COVID-19. This was especially true for black families. We must <u>maintain family connections</u>. We cannot rely on our decisionmaking algorithms that have racism built into them (<u>as shown by</u> <u>this Marquette University study</u>). Join LIVING WELL this Wednesday, June 3rd at 11:00 AM to <u>discuss tools and resources if you feel you</u> <u>are being abused</u>, <u>neglected or having your rights violated</u>.
- Immigrants: Check out this study of children of immigrants in <u>Wisconsin</u> (or see the <u>full map of fact sheets</u>). We <u>must be clear in</u> <u>our language and our support for immigrants</u>.

EARLY RELATIONAL HEALTH - Webinar & Newsworthy

 "Early relational health" is an emergent term popular among child health sectors that means "healthy & positive child development emerges best in the context of nurturing, warm, and responsive early caregiver child relationships, when children are surrounded by safe communities with strong trust and social connectedness." Join this webinar on Thursday, June 11th, 2:00-3:00 PM to learn more. That includes parents (this study shows compassion training for parents helped reduce children's stress levels), early childhood educators (this study on mindfulness-based teaching), and anyone else who can provide social-emotional support.

#### EARLY SUPPORT - Super Helpful Resources

• We must be intentional in how we support babies and young kids as we re-open. We won't know the full impact of COVID-19 on children's mental health for years, but we have some ideas and we know what we can do to build resilience. Use this "Handle with Care Action Pack" to help kids exposed to trauma. Providers can adapt to conduct virtual ACEs screening & otherwise support kids in primary pediatric care. We can be intentional abouthow to increase cooperation in kids on the Autism Spectrum or how to ask kids how they are doing.

#### COMMUNITY HEALTH WORKERS - Newsworthy & Conference

- <u>Check out this Louisiana study on recruiting and training CHWs</u>
- Mark your calendars and join virtually for the 5th Annual Peer Recovery Conference on August 13-14. <u>Register here</u>.

#### TWO-GENERATION APPROACH & PROTECTIVE FACTORS

• <u>Resilience is built</u> in part by <u>parents and caregivers supporting one</u> <u>another, even virtually</u>. Check out this <u>Parent Voice page</u> with a social media campaign, virtual protective factors conversations, and other tools and resources by and for families. Get <u>one-on-one</u> <u>parent-to-parent support from Moms Bloom</u>. Together, we can support caregivers in <u>improving executive function</u> for the whole family.

## COVID-19

Are you "working from home" or are you "staying safe at home during a pandemic trying to work"? <u>Check out these reframes from Canada</u> on remote work. We know this is not easy to do, even down to how <u>video</u> call mess with our minds. Thankfully, many groups are providing <u>tips on</u> how to lessen screen fatigue or to <u>Boom your Zoom</u>. For those providing telehealth, especially behavioral health, SAMHSA is providing regular updates on <u>training and technical assistance</u> on telemental health (such as <u>this</u> and <u>this</u> tomorrow). The National Council on Behavioral Health launched a <u>Going Virtual series with Part 1</u> starting at 12:00 PM this Wednesday, June 3rd.

COVID-19 has impacted all of us, some more than others. Take<u>a state-by-state look at the ongoing effects on child care</u>. As we re-open, there is relief, <u>nationally</u> and <u>locally</u>. There are guides for all<u>nonprofits moving</u> forward on how to <u>safely re-open</u>. We can be <u>creative with our</u> responses, practice a <u>strengths-based approach</u>, and <u>put equity first</u>.

### JOBS

- <u>President and CEO</u> at African American Leadership Alliance MKE:
- <u>Family Advocate</u> & <u>Lead Outreach Worker</u> at CR-Social Development Commission
- <u>Comprehensive Community Services Care Coordinator</u> at Pathfinders
- Junior Program Coordinator (Part Time) at PEARLS for Teen Girls
- <u>Community Asset Development Specialist</u> at Riverworks
  Development Corporation

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