



Hello, children's mental health champions!

First, some excellent news!! The [Next Step Clinic](#) won the Biztimes Nonprofit Excellence Collaboration Award of the Year!!!

"This award recognizes a collaborative project that encompasses developed collaborative relationships with other nonprofit organizations engagement of multiple stakeholders within the community being served and innovation in approaching a community problem or issue and have leveraged these relationships to make and even more meaningful impact in the community."

Now, for Thanksgiving: check out these resources on [Teaching Thanksgiving in a Socially Responsible Way](#), Thanksgiving as a [National day of Mourning](#), and ways to Decolonize your celebration and [Honor Native Peoples](#) on Thanksgiving day. November is [National Native American Heritage Month](#), and for allies this is an opportunity to learn and reckon with the truths of this nation's past.

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.

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

- 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](https://www.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](#).

CCMH Strategy & Value Highlights

SOCIAL-EMOTIONAL LEARNING (SEL) - *Super Helpful Resources*

- Two free resources for SEL at home: [NAEYC's guide to Building Social and Emotional Skills at Home](#) and the [Neuro-Nurturing](#) guide from [Braininsights](#).
- 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!](#)

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**.
- 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 **Monday, November 23rd and Friday, December 18th**, will focus on preventing child sexual abuse. More information [here](#).

CHILDCARE & EARLY CHILDHOOD EDUCATION - *Resources & Events*

- COVID-19 has been hard on students, parents, and educators alike. In this week's helpful reads, we have [6 trauma-informed strategies for helping students succeed amid COVID-19](#), information on [trauma-informed teaching during the pandemic](#), and key components that are essential to understand in order to [support trauma-informed school change](#). For further resources, 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! [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*

- A [new pediatric study](#) highlights the role of structural racism in autism diagnosis, with results explained in [this article](#).
- On **November 18th**, Milwaukee County's Disabilities Services Division has partnered with the Office of African American Affairs to present **12:30-2 PM and 6-7:30 PM sessions** of the Community Café: Racial Equity. Discover how Milwaukee County is combating racism in our community and techniques on having difficult conversations about racial inequity and injustice with children. Email childrenservices@milwaukeecountywi.gov to register. Please indicate session time, interpreter needs and required language.

COMMUNITY HEALTHCARE WORKERS - *Webinars and Resources*

- On **Tuesday, November 17th from 4 PM to 5 PM**, a webinar presentation titled *'All In Together': The Rights (and Responsibilities) of the Public to Advance Health Through Research Part 2: The Community Responds* will outline the reasons the public has the right not merely to participate in research and have their rights protected, but also to engage with and take ownership in research. Also on **Tuesday, November 17th, at 6 PM**, the Wisconsin State Budget Listening Session on Healthcare and Public Health will provide the governor with an opportunity to hear about the issues affecting our communities and our state directly from Wisconsin families and workers in crafting the 2021-2023 state budget. Register to attend [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 **throughout November and 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.
- *Child Welfare*— The Department of Children and Families issued a request for proposal for [case management services for the Milwaukee child welfare system](#). The deadline for proposal submissions is **November 18th, 2020 at 2 PM**. Further questions regarding this Request for Proposal should be directed [here](#). This week, 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. After a damning study, Milwaukee is making strides [to improve African-American quality of life](#) in the city. Access the full report and executive summary [here](#). Join Ex Fabula for their event [Embody your story: relationships, code switching and healing](#). This Black Brave Space invites you to share your story at this final workshop on **Wednesday, November 18th**; register [HERE](#).
- Reminder: 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.
- From the author of *Emergent Strategy* and a star of *Queer Eye*: [Are We Imagining A Better Future Into Existence? adrienne maree brown on Getting Curious with Jonathan Van Ness](#)
- Are you wondering what critical policy changes may be in store after the elections? Join the Alliance for Strong Families and Communities for their [Post-Election Town Hall: 2021 Policy Forecast](#), taking place on **November 17th from 12-1:30 PM CT**. This session will bring together a panel of experts to

discuss the results of the elections and their expected impact on the policy issues that are important to the human services ecosystem. You must be registered for Excelerator to participate in the Policy Forecast – [it's not too late to register!](#)

LIVED EXPERIENCE LEADERSHIP - *Opportunities*

- [Milwaukee Succeeds](#) is launching Youth Forward MKE as part of a city-wide call to action to transform systems that contribute to educational inequity. Learn more at the [live launch event](#) on **Wednesday, November 18th, 2020 at 4 PM**. Webinar attendees will learn about the Design Your Future Challenge for youth ages 13-20 and efforts to shift decision-making power to Milwaukee youth. Until then, check out this Tamarack Institute read on [Prototyping Community Change Through Youth Engagement](#).



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/91731775940?pwd=QWJlTWlnRk1jNUZVd0elNFRFRlRDhuZz09>

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



CCMH Partner Highlights

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

- Learn about college students' experiences and student-driven recommendations for campus leaders, in the full MHA report, [Disability and Campus Mental Health: Understanding the Experiences of College Students During the COVID-19 Pandemic](#).
- For the 7th year in a row, Mental Health America released its annual State of Mental Health in America Report, which ranks all 50 states and the District of Columbia based on fifteen mental health and access measures for both adults and youth (ages 12-17). 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 join us on **Tuesday, December 1 from 11:00 am ET – 3:00 pm ET** for MHA's RPC CSG 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](#).

GRANTS

The Wisconsin Early Childhood Association is disseminating [grant awards](#) of \$2,500 to licensed family and group child care providers in the following Milwaukee zip codes: 53204, 53206, 53209, 53210, 53212, 53215, 53216, and 53218. To be eligible, programs must be open and serving children, and cannot have received a Round 1 ECE Stabilization Grant. [Apply online here](#). Awards will be made on a first-come, first-serve basis until the funds are depleted.

FLOURISH has set aside \$700k in funding to assist organizations that wish to implement programs supporting their mission to achieve zero racial disparities in infant mortality. Funded projects must align with one or more of FLOURISH's priority areas: Coordinated Quality Care, Social Determinants of Health (Housing or Transportation), and/or Safe Sleep. Visit their [website](#) for more examples of eligible projects and contact Laura.horowitz@gmail.com for more information. Applications are due by **4:50 PM CT on November 20th**.

JOBS

- The Disability Rights Wisconsin "Protection and Advocacy for Individuals with Mental Illness" program (PAIMI) Advisory Council has an opening for an Attorney who wants to advance positive change in working to protect and advocate for the rights of Wisconsinites with mental health diagnoses. DRW's PAIMI program protects the human and civil rights of children and adults with serious mental health conditions. Interested candidates should complete and submit the application to barbara.beckert@drwi.org. **Applications received by November 30th will be given priority**. The application is linked here.
 - Note: It is best to fill out this form using Adobe Acrobat. If you don't have it already, you can download [Adobe Acrobat Reader](#) (it is free). Be sure to uncheck the Optional Offers and Select Adobe Acrobat Reader DC to download.

- Disability Rights Wisconsin is also hiring an Advocacy & Outreach Specialist, who is responsible for providing direct advocacy assistance and representation to individuals with disabilities who have been victims of crime on a variety of disability-related and victim service issues. Only applicants with a cover letter and a resume will be considered. **Apply by 5:00 PM on November 17, 2020** online at [this link](#) for priority consideration. The position will remain open until filled.
- Momentum is hiring a [Development Director](#) who can expand fundraising efforts. Apply [here](#) by Monday, **November 30th**.
- 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](#).

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

600 W Virginia St., Suite #502 | Milwaukee, WI 53204 | www.mkekids.org
