

Hello children's mental health champions!

BIPOC Mental Health Month is about much more than BIPOC self-care; it's about how we all listen to BIPOC (Black, Indigenous, People of Color) stories, even our own stories as BIPOC, and how we nurture community care. Anti-racism is crucial to community mental health care, especially one that calls itself trauma-informed. When it comes to buffering against the negative mental health consequences with racial discrimination, social relationships - our friends and neighbors - are key according to recent research. Barbers have been shown to step up for Black men and mental health. Sometimes community care is seeing yourself and your family represented positively in media; for instance, *Never Have I Ever* has been hailed as "a godsend for children's mental health" (and Niecy Nash is the child psychiatrist so you have to love it).

Finally, this month follows Pride Month and still encompasses the experiences of LGBTQ+ people as well as refugees and immigrants. Learn more about these intersections and the "<u>The Impact of Isms on</u> <u>Well-Being</u>." Zoom-in for this very first Youth Thrive Alive! Quarterly Forum on **Wednesday, July 22nd, 3:00-4:00 PM.** Furthermore, while Milwaukee Black Lives Matter protests are still going strong, we must keep Black transgender people, those most impacted by systemic violence, in the center of Black and Queer justice. Check out more in this video series from the American Medical Association.



Photo by Michael Sears / Milwaukee Journal Sentinel. Photo of Montell Ross, an organizer of a CourageMKE march on Sunday, June 28th

Help Us Help You

We need your help! We're looking for creative ways to support children and families through messaging and interactive materials. If you know about something that your organization or others are doing (magnets, games/activities/challenges, baubles/tchotchkes in addition to social media campaigns and print materials), email <u>emalcolm@impactinc.org</u>. We want to learn what others are doing to inform our future outreach!

Check out our <u>updated "For Kids" section for books</u> that cover Social Emotional Learning concepts, including books on racial equity and letting kids be themselves when it comes to their gender and who they love. Each link on the website leads to a video of someone reading the book. Here are <u>some more books for families from NAEYC</u>.

Elections & Back to School

MAKE YOUR VOICE HEARD - Elections, School Re-opening, ECE

- The August 11th election is rapidly approaching. Your help is needed to promote voter registration and absentee voting, during this pandemic, especially this week during National Disability Voter Registration Week.
 Follow the link to join the July 14th training and July 16th event. Fair Maps Wisconsin is working on some referendums you should know too.
- How do we reopen schools safely?
- Save Child Care Day of Action is this Thursday, July 16th. Contact legislators to prioritize funding for early childcare and education. <u>Share</u> <u>your stories here</u>. For more local advocacy, join these virtual listening sessions for the Preschool Development Grant and to help inform Wisconsin's Birth – 5 strategic plan. <u>Register here</u> for Monday, July 20th, 2:00-3:30 PM, for Thursday, July 23rd, 6:30-8:00 PM, or for a Spanishspeaking session on Tuesday, July 21st, 6:30-8:00 PM.
- Complete the <u>Building New Foundations survey</u> by the end of this month to help the National Collaborative for Infants and Toddlers identify bright spots of reform during our recent crises and to share new ideas to strengthen the systems that care for our young children (prenatal to age five) and families.

SUPER HELPFUL RESOURCES - ECE Supplies, School Mental Health, & Kindergarten Readiness - Funding & More

- If your ECE program need supplies, then <u>check out this website and sign</u> <u>up for items through the wish list</u>. You may also be eligible for a facility upgrade grant from Greater Milwaukee Foundation (opening August 10th). Contact Jeannie at (414) 617-1301 or <u>ifenceroy@greatermilwaukeefoundation.org</u> with questions.
- <u>School mental health consultation has now been expanded to include</u> <u>parents</u>. This is one of the many ways we can <u>support kids and families</u>

<u>after crises.</u> If the government wants schools to reopen, they need to fund <u>the mental health and SEL supports they are claiming</u>. In the meantime, if you have ideas for expanding mental health supports for kids and families, then <u>apply for a Cigna Foundation grant</u> (\$5,000 to \$125,000, reviewed on a monthly basis until September 30th).

• <u>Prepare kids for Kindergarten</u> (and/or) Stop the Summer Slide! <u>Enroll</u> <u>your child today</u> in a 12-week program (with only 15-30 minutes each day of screen time activities). This program will use the <u>Waterford</u> <u>curriculum</u> (brought by Ubuntu Research & Evaluation and Greater Milwaukee Foundation).

CCMH Strategy & Value Highlights

MENTAL HEALTH in PUBLIC HEALTH- Webinars

- <u>Milwaukee is one of many cities that understand</u> that to address violence, you have to do it as a public health issue. That includes the violence of racism and police brutality, videos of such brutality <u>hurt</u> Black Americans' mental health. Join the <u>American Public Health</u> Association's 2020 annual meeting & expo on "Creating the Healthiest Nation: Preventing Violence" (October 24-28). Instead of policing social issues or health issues, such as mental health concerns, we can invest elsewhere. Join LiberateMKE this Thursday, July 14th, 6:00-7:30 PM for an Accountability Training to hold elected officials to these demands.
- On Wednesday, July 15th, the National Council for Behavioral Health is sponsoring a virtual learning/panel discussion, <u>"A Candid Conversation about Mental Health and Caring for Loved Ones"</u> with author (and cohost of mental health podcast <u>Hannahlyze This</u>), Hannah Hart. Furthermore, join a special <u>COVID-19 Mental Health Townhall</u> with the CDC on Thursday, July 23, at 3:00 PM.
- Grab & Go cookies, hygiene products, and mental health resources on Wednesday, July 15th, 4:00 6:00 PM at 4610 W Fond du Lac Ave.

PRACTICE & POLICY CHANGE - Newsworthy & Webinars

- <u>New report on health care and human services partnerships</u>shares best practices for how to make these collaborations successful.
- The Child and Family Research Partnership at UT Austin is hosting a webinar on Fathers and Public Policy on Friday, July 24th, from 10:30 AM to Noon.
- A new study from the University of Wisconsin Madison Center for Healthy Minds shows the promise of developmentally-appropriate materials to <u>reduce stress and increase resiliency for children with</u> <u>parents who are incarcerated</u>.
- If Oklahoma voters can a Medicaid expansion in the middle of a pandemic, then so can Wisconsin.

CCMH Partner Highlights

MENTAL HEALTH AMERICA OF WISCONSIN - Trainings

• <u>Prevent Suicide Wisconsin's annual conference</u> is tentatively scheduled to be held virtually on **September 8-9**. One of the keynote speakers will be <u>Brandon Johnson</u> who will talk about suicide prevention work in the context of racial justice. For more suicide prevention training, join the <u>2020 Wisconsin Zero Suicide Training</u> to be held **August 19-August 21** via Zoom. The deadline to apply is **tomorrow**, **July 14th**, **4:00** PM. The dual pandemics of COVID-19 and racism have made this topic even more salient, especially as <u>gun purchases have increased and thereby raise</u> <u>risks of suicide</u>.

MEDICAL COLLEGE OF WISCONSIN - Super Helpful Funding Resources

• <u>Apply</u> for this year's 2021-2022 <u>REDIRECT</u> Pilot Grants, which are 18month \$40,000 awards beginning January 2021 to focus on piloting early childhood development interventions. Letters of interest are due on July 24th; the full proposal is due September 10th.

MKE HEALTH DEPARTMENT - Maternal & Infant Health & Racial Equity

 Looking for some summer reading and discussion? Register for the Bomb Doulas Book Club before July 17th to attend the August discussions of their first book, *The Big Let Down: How Medicine, Big Business, and Feminism Undermine Breastfeeding* (here's a book preview). Order your copy from <u>Black Owned</u> and <u>local</u> bookstores.

CORE El Centro - Super Helpful Resources

• Check out their kids camps and health services

Milwaukee Mental Health Task Force - Local Opportunities

• Join them over Zoom tomorrow, July 14th, 3:00-5:00 PM, for a meeting on membership, local courts and reopening, and Universal Health Services in Milwaukee. <u>Check out their resources on their website</u>.

JOBS

- Integrated Services Manager and Integrated Services Coordinator at the Milwaukee County Behavioral Health Division, Community Access to Recovery Services (CARS)
- Human Resources Manager at Community Advocates, Inc.
- Parent Educator at Next Door Milwaukee
- Administrative Assistant and Office Coordinator/Media Content Coordinator at Disability Rights Wisconsin
- Fundraising and Development Officer at Our Space
- <u>Community Healthcare Worker</u> at Aurora Health Care
- <u>Case Manager and Advocate</u> Positions at Pathfinders Milwaukee

- <u>Americorp VISTA</u> opportunities at Milwaukee Succeeds
- <u>Community Resource Navigator</u> with the City of Milwaukee
- Homeless Prevention Case Manager at Guest House of Milwaukee
- <u>Program Manager</u> of the Leading Men Fellowship at Literacy Lab

The national organization of Mental Health America (MHA) is excited to announce the new Young Mental Health Leaders Council open to all young adults ages 18-25. Members will connect and learn from other young leaders via virtual meetings over a 6-month term, plus receive mentoring and the chance to highlight/share their work with the MHA network. Apply here by Friday, August 14.

Join virtual informational sessions on July 16th at 12:00 PM or July 23rd at 5:30 PM. to learn about being/becoming a Foster Family with the Wisconsin Community Services Treatment Foster Care Program. Register by contacting Megan Skaggs at mskaggs@wiscs.org or (414) 840-3503.

Virtual Job Fairs or Drive Through Job Fairs

- Wednesday, July 15th, 12:00-4:00 PM
 - Employ Milwaukee Parking Lot, 2342 N 27th St
 - Serb Hall Parking Lot, 5101 W Oklahoma Ave
- Milwaukee County Transit System Tuesday, July 21st, 12:00-1:00 PM. <u>Register here</u>.

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!**

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