

## Access

### Mental Health Crisis Card

- The Team continued promotion of the [Mental Health Crisis Card](#), a wallet-sized card that lists three calming strategies to help calm an individual in an agitated state or mental health crisis.
- Attorney General Josh Kaul issued a press release to the media and a communication to Wisconsin police chiefs and sheriffs introducing and endorsing the Card.

### Parent and Provider Awareness of Services

- A definition of parent and provider awareness of services was developed.
- The team researched other children's mental health awareness efforts/organizations in the state to learn the landscape and to not duplicate already existing services.
- Discussions on what parents and caregivers need to know about children's mental health services and how to communicate that were the focus of many meetings.

## Infant Toddler

The Infant Toddler Team has two subgroups:

- **Consultation** – The team completed development of an Infant and Early Childhood Mental Health Consultation model for Wisconsin that was among the Governor's Early Childhood Advisory Council budget recommendations. Although the model was not included in the final state budget that passed, awareness of the model was greatly increased and the team continues to advocate for its funding.
- **Immediate Needs of COVID -19** – The team focused on how to assist parents and caregivers with what they need to function at their best in meeting the needs of their children. The Team developed a series of informational flyers and short videos under the theme of "Helping Parents with what they Need." Topics include: 1) Responding to Challenging Behaviors of Children, 2) Self-Care/Self-Help – What You Need to Show up as Your Best Self, 3) Social Connections, and 4) Basic Needs – Parents Can't Parent if Basic Needs aren't Met.

## Resiliency

The primary focus of the year was following a Human-Centered Design process to analyze comments from OCMH 2020 youth listening sessions and develop recommendations for action based on what the youth shared. The final [Youth Listening Session Recommendations for Action](#) document includes six insights and 11 recommendations for action over three categories: 1) organizational/culture, 2) youth voice, and 3) mental health education. The recommendations document was released in November. Organizations are encouraged to reflect on these recommendations and how they can be incorporated into policy, practice, and culture.

## Trauma-Informed Care

The Team's focus is on making Wisconsin's workforce trauma-informed. Towards that end, the Team:

- Developed a video training series with a discussion toolkit title "[Collective Trauma of COVID-19](#)". This two-segment series explored: 1) general definitions, and 2) strategies for coping. The videos are under 30 minutes and intended for direct service providers to view with colleagues and then

use the discussion guide for additional learning. The videos are available on the OCMH website and were widely marketed via children's mental health organizations and networks.

- The Team planned an additional video series on "Exploring Race and Culture from a Trauma-Informed Lens." This three-part series plans to focus on three sub-topics: 1) white privilege, 2) implicit bias, and 3) working with individuals from another culture