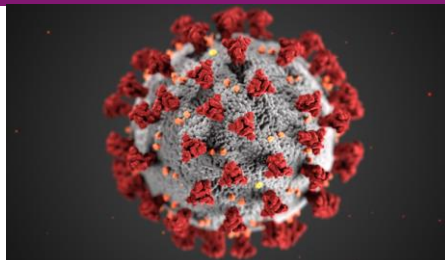


# Mental Wellness during COVID-19

Special edition newsletter series from the Office of Children's Mental Health (OCMH)



April 29, 2020

To access this newsletter online and connect to the embedded web links please visit [children.wi.gov](http://children.wi.gov). A link to the newsletter is on the Home page.

## Collective Impact Partner Interview



Karen Katz, OCMH (left), interviews Sarah Inman, Vice President – Community Impact, United Way Brown County (right).

In this time of Safer at Home and social distancing the Office of Children's Mental Health (OCMH) is checking in with our collective impact partners to get their thoughts on how the pandemic is affecting their work and how children's mental health might be affected long term. In this edition we speak with Sarah Inman, Vice President – Community Impact, United Way Brown County. [Watch the interview.](#)

Watch our prior [interview with Monica Caldwell](#), Clinical Director – RISE.

## Tips for Teens during COVID-19

### Helping Teenagers Protect their Mental Health

When your normal is nothing but normal it can take a toll on mental health, no matter what your age is. And for teens this time of social distancing is perhaps even harder.

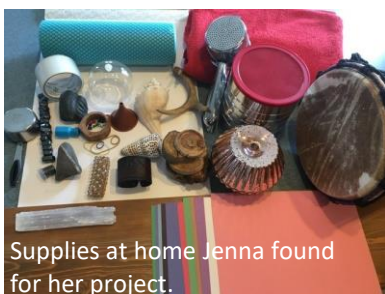
For teens feeling anxious, isolated, and disappointed – you are not alone. This [article](#) offered by UNICEF provides six strategies specifically for teens in navigating this time.

### 6 Tips for Teens

1. Recognize that your anxiety is completely normal.
2. Create distractions.
3. Find new ways to connect with your friends.
4. Focus on you.
5. Feel your feelings.
6. Be kind to yourself and others.

### Art at Home

For many of us our new normal is spending days at home with our children. OCMH Intern Jenna Flemal offers *Art at Home* ideas for creative projects using ordinary items in your house. Building off of art assignments in Jenna's college course, she suggests ways to break out of your

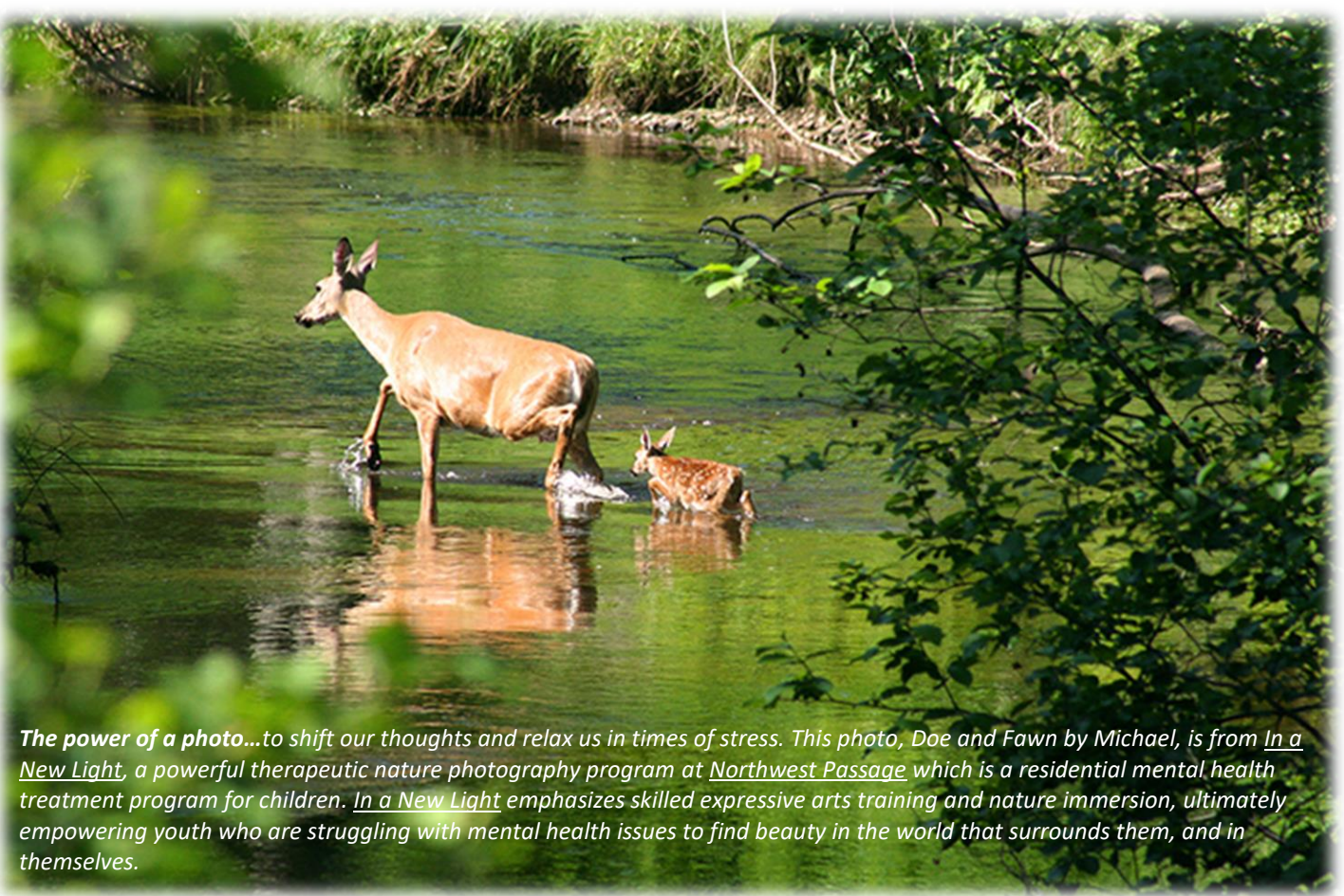


Supplies at home Jenna found for her project.

routine, challenge how you look at everyday items in your house, and have some fun with your kids. Watch her [how-to video](#).



On Thursday, May 7<sup>th</sup> we are celebrating **Children's Mental Health Awareness Day** through a social media campaign to remind young people that they are not alone. Join in on May 7<sup>th</sup> by sharing content about children's mental health! Find materials [here](#) to share on your social media! **#YouAreNotAlone** **#ChildrensMentalHealthMatters**



*The power of a photo...to shift our thoughts and relax us in times of stress. This photo, Doe and Fawn by Michael, is from In a New Light, a powerful therapeutic nature photography program at Northwest Passage which is a residential mental health treatment program for children. In a New Light emphasizes skilled expressive arts training and nature immersion, ultimately empowering youth who are struggling with mental health issues to find beauty in the world that surrounds them, and in themselves.*

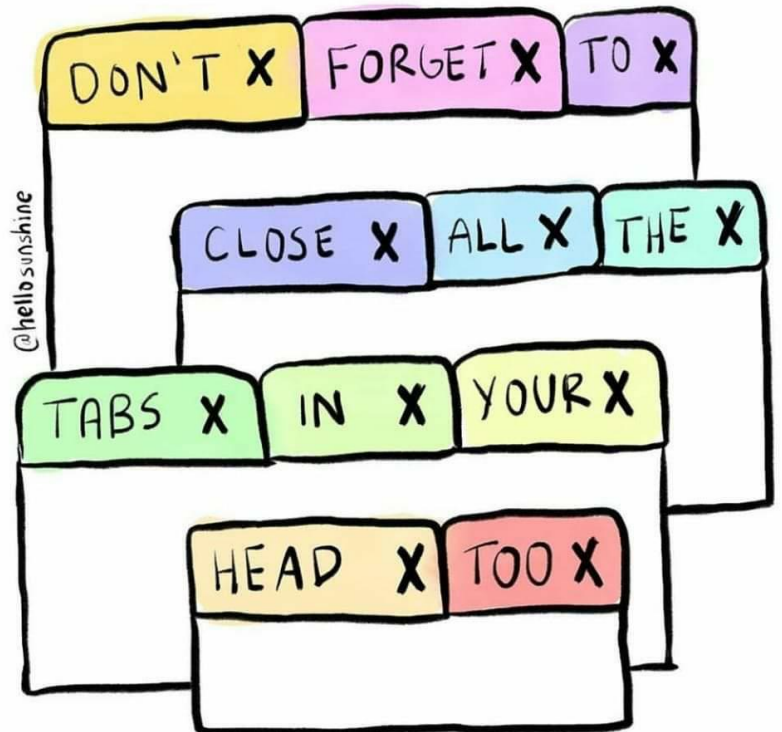
### Not all are Safer at Home

For **domestic abuse and sexual assault survivors** home may not be a safe place. The [Wisconsin Coalition Against Sexual Assault \(WCASA\)](#) and [End Domestic Abuse Wisconsin](#) want survivors to know that sexual assault and domestic abuse service providers in Wisconsin remain open. For information on [local resources](#).

Having limited interactions with many of the professionals mandated to report suspected **child abuse and neglect** it is critical for families, friends, and neighbors to be aware of the **signs of child abuse and neglect**. The Department of Children and Families has this [flyer](#) identifying the warning signs.

### [Resilient Wisconsin](#)

Resilient Wisconsin is a new resource from the Department of Health Services bringing together the latest mental and behavioral health self-care tools and trauma-informed practices.



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Office of Children's Mental Health

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