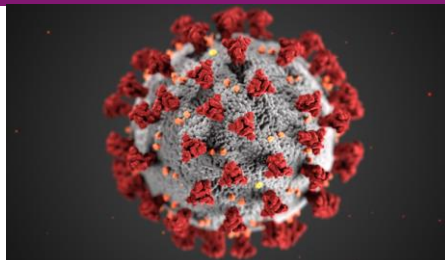


# Mental Wellness during COVID-19

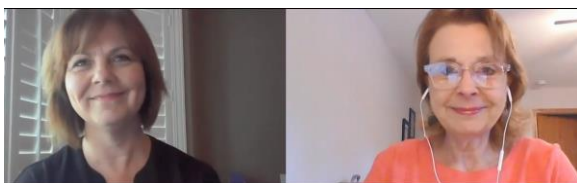
Special edition newsletter series from the Office of Children's Mental Health (OCMH)



May 27, 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 (right), interviews Charlene Mouille, United Way Wisconsin (left).

Charlene Mouille, Executive Director – United Way Wisconsin, talks about how COVID-19 has impacted the work of United Way organizations in the state – their role of community convening has been amplified. This is the most recent OCMH interview of a collective impact network member on how the pandemic is affecting their work. [Listen to the interview](#) with Charlene. And check out a playlist of our prior interviews [here](#).

## Lived Experience Voice

*Youth and young adults share their thoughts on mental health.*

Young people from across the state told OCMH what the biggest mental health issues are for teens and what can be done to help in a virtual Listening Session held on May 21, 2020.

The young people were eager to share their voices in this youth-led session. Below are highlights from what they said:

- The biggest mental health issues are anxiety, depression, and eating disorders.
- Not being accepted, bullying, feeling alone, failure, racial injustice, and the state of the world make teens depressed.
- Parent's expectations, including pressure to get into a good college and planning for the future, make teens anxious.
- There needs to be more discussion about stigma, prevention, who youth can talk to, and providing more mental health training for the adults in young people's lives.

Event leaders also noted these themes:

- Young people want to talk about mental health issues.
- They want to hear more from their teachers on the topic of mental health.
- Not feeling alone and talking to peers are important.
- Youth are not sure who is safe to talk to about mental health issues.

The young people who participated were energized by the dialogue. They said the event brought home for them that everyone is different, how exciting it is to talk to others ready to make changes, and how this conversation increases their hope for the future.



*Who participated in the Listening Session:*

- About 20 young people ages 13 – 26 from across the state.
- A majority of the participants reported receiving mental health services, receiving help from a friend, and helping a friend over the past six months.

*The power of a photo...to shift our thoughts and relax us in times of stress. Soak up the sunshine in this photo from the Department of Health Services photo library.*



### Take a Mental Health Test

Mental Health America (MHA) offers an online mental health screening tool. Online screening is a quick and easy way to determine whether you are experiencing symptoms of a mental health condition. **Mental health conditions, such as anxiety, are real, common, and treatable.** And recovery is possible.

Their online tool offers a number of screening options and some are in Spanish. Check out the online screening tools [here](#).

### Children's Mental Health Fact Sheets

OCMH publishes monthly Fact Sheets. The May Fact Sheet with data and what we can do to support children's mental health and well-being is available on the OCMH website. Check it out [here](#).

### What's Scaring the Pediatricians

In this time of COVID-19 pediatricians are worried for children and families. A [New York Times article](#) lists some of the top specific worries:

- Missing immunizations and falling immunization rates.
- Emotional trauma, anxiety, and post-traumatic stress disorder.
- Developmental impacts of the pandemic, especially of social distancing.
- Vulnerable populations and economic disparities.
- School loss and educational disparities.
- Child abuse.
- Missing treatments and therapies.
- Concerns about what the future brings.

### Fewer Childhood Vaccines have been given during COVID-19 Pandemic

- Two data sources were examined to assess the impact of the pandemic on pediatric vaccination in the US. [Read about this.](#)
- On March 24<sup>th</sup> the [CDC posted guidance](#) emphasizing the importance of routine well child care and immunization, particularly for children aged 24 months and less, when many childhood vaccines are recommended.

## ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste



Office of Children's Mental Health

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