



# NEWSLETTER

January 2022 Edition

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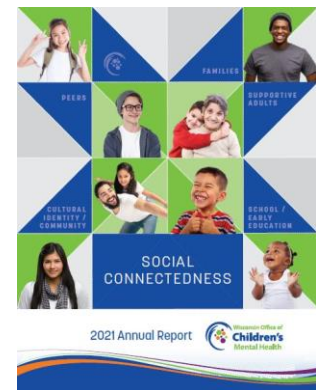
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Welcome to the Office of Children's Mental Health (OCMH) January Newsletter!

## Last Chance to Register

**2021 OCMH Annual Report Briefing Event**  
Tuesday, January 11, 2022, 9-10 am • virtual

Key indicators of children's mental health and well-being will be reviewed as we announce the release of our 2021 annual report. We'll highlight areas for improvement and our 2021 work to support children and families throughout the year. The Annual Report Briefing is open to the public. [Reserve your spot.](#) If you are on one of our OCMH teams or councils and have already accepted the meeting invitation you do not need to reserve a spot.



## U.S. Surgeon General's Advisory on Children's Mental Health

### [U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic.](#)

U.S. Surgeon General Dr. Vivek Murthy, on December 7, 2021, issued an Advisory to highlight the urgent need to address the nation's youth mental health crisis. The new U.S. Surgeon General's Advisory on Protecting Youth Mental Health outlines the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the pandemic. The advisory, which calls for a swift and coordinated response to this crisis, provides recommendations that individuals, families, community organizations, technology companies, governments, and others can take to improve the mental health of children, adolescents, and young adults.

The report describes the current situation and key data in this way: "Before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes in young people, with [up to 1 in 5 children](#) ages 3 to 17 in the U.S. having a mental, emotional, developmental, or behavioral disorder. Additionally, from 2009 to 2019, the share of high school students who reported persistent feelings of sadness or hopelessness increased by 40%, to more than 1 in 3 students. Suicidal behaviors among high school students also [increased during the decade](#) preceding COVID, with 19% seriously considering attempting suicide, a 36% increase from 2009 to 2019, and about 16% having made a suicide plan in the prior year, a [44% increase from 2009 to 2019](#). Between 2007 and 2018, suicide rates among youth ages 10-24 in the U.S. [increased by 57%](#), and early estimates show more than [6,600 suicide deaths](#) among this age group in 2020."

The report then emphasizes six recommendations:

1. Recognize that mental health is an essential part of overall health.
2. Empower youth and their families to recognize, manage, and learn from difficult emotions.
3. Ensure that every child has access to high quality, affordable, and culturally competent mental health care.
4. Support the mental health of children and youth in educational, community, and childcare settings. And expand and support the early childhood and education workforce.
5. Address the economic and social barriers that contribute to poor mental health for young people, families, and caregivers.
6. Increase timely data collection and research to identify and respond to youth mental health needs more rapidly. This includes more research on the relationship between technology and youth mental health, and technology companies should be more transparent with data and algorithmic processes to enable this research.

Surgeon General's Advisories are reserved for significant public health challenges that need the American people's immediate attention. The Surgeon General's release of this Advisory emphasizes the seriousness of the risk to the nation's children, their mental health, and their futures.

Read the full report at: [Protecting Youth Mental Health: The U.S. Surgeon General's Advisory](#).

## OCMH Research Position Open

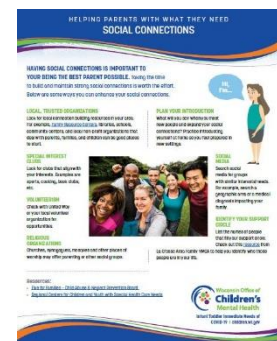
The Office of Children's Mental Health is looking for a Senior Research Analyst to join our energized team working to improve the mental health and well-being of children in Wisconsin. If you are (or know someone who is) passionate about using data to tell the story of how Wisconsin kids are doing and how to create the system change to improve their well-being, consider applying to join our team. For more [information and to apply](#). (WiscJobs ID 4264.)



## Helping Parents with what they Need

Recognizing that the pandemic has taken a toll on many parents, OCMH's Infant Toddler Immediate Needs of COVID-19 Team developed a series of informational flyers and short videos to provide helpful tips on parenting. There are three flyers and four short videos (one in Spanish). The videos feature a children's mental health professional and parent sharing their advice on the topic. See the flyers and videos on the OCMH [website](#) and at the following direct links:

- **Responding to Challenging Behaviors** – [Flyer](#) • [Video](#)
- **Self-care/Self-help – What You Need to Show Up as Your Best Self** – [Flyer](#) • [Video](#)
- **Social Connections** – [Flyer](#)
- **Basic Need – Parents Can't Parent if Basic Needs aren't Met** – [Video](#)
- **Necesidades Básica – Los Padres no Puede Criar si no se Satisfacen las Necesidades Básicas** – [Video](#)



The flyers will be translated into Spanish. Watch for an OCMH/Department of Health Services FaceBook Live event in the near future officially launching this important informational series.

## Legislative & Policy Update

**Prohibited Restraints and Restrictive Measures in Community-Based Programs and Facilities.** This new DHS memo specifies maneuvers or techniques that may not be used at any time in community-based homes, programs, and facilities, because they present an inherently high risk of serious injury and death. Among the prohibited maneuvers are those that do not give adequate attention and care to protection of the head and those that place pressure on the chest, lungs, sternum, diaphragm, back, or abdomen. Also prohibited is any maneuver or technique that forces a person to remain in a prone (face down) position. Use of any of the procedures listed in this memo must be terminated immediately. The memo links to multiple resources on alternatives to seclusion and restraint and strategies to promote trauma-informed practices. This joint DCTS Action Memo 2021-15, DMS Numbered Memo 2021-07, and DQA Memo 21-08 was issued 12/1/2021.

## Of Interest

**New Positive Youth Development Mentoring program grant announced by the Wisconsin Department of Justice.** Grant proposals up to \$50,000 each are available to any unit of local government, including counties and tribes, and nonprofits to implement new or enhance existing positive youth development mentoring initiatives for youth involved or at-risk of involvement in the juvenile justice system. Applications will be reviewed on a rolling basis through February 18, 2022 or until all funding has been awarded, whichever is earlier. The full grant announcement as well as a guide to applying for grants using EGrants can be found on the [Wisconsin DOJ website](#).

**Statewide Peer-Run Warmline Grant Opportunity.** Peer-run organizations are invited to apply for funding to develop and operate a statewide warmline that will employ certified peer specialists to provide peer support over the phone to people experiencing increased stress or symptoms related to mental health and substance use concerns. Applications are due by 2 pm February 25, 2022. For more [information](#).

**January is National Mentoring Month** and celebrates mentoring and the positive effect it can have on young people's lives. For more [information](#).



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