



NEWSLETTER

October 2022 Edition

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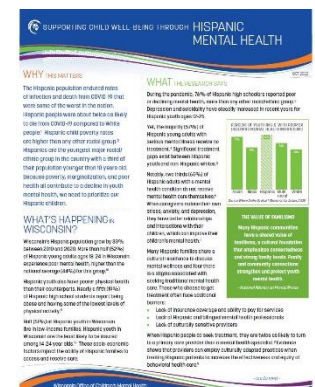
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Welcome to the Office of Children's Mental Health (OCMH) October Newsletter!

Supporting Child Well-Being through Hispanic Mental Health – Newest OCMH Fact Sheet

Alarming statistics on Hispanic well-being underscore the need to focus on our Hispanic children:

- Nationally, 57% of Hispanic young adults with serious mental illness receive no treatment.
- 52% of Hispanic young adults ages 18-24 in Wisconsin experience poor mental health.
- 51% of Hispanic youth in Wisconsin live in low-income families. Additionally, Hispanic youth in Wisconsin are the least likely to be insured among 14-24 year olds. Both these socio-economic factors impact the ability of Hispanic families to access and receive care.
- Nationally, Hispanic people were about twice as likely to die from COVID-19 compared to White people.



Exacerbating the problem

Many Hispanic families share a cultural reluctance to discuss mental wellness and seek mental health care. Those who do seek mental health treatment are faced with a lack of Hispanic and bilingual mental health professionals.

A bright spot

Strong family and community bonds help protect Hispanic families from poor mental health. Nearly all (99%) of Hispanic parents surveyed in Wisconsin reported their youth ages 14-17 can share ideas and talk about things that matter. Likewise, 93% of Hispanic teens in Wisconsin have at least one adult mentor in the community who could provide advice or guidance. Leveraging these strengths can help build positive relationships which can improve mental health.

Read the complete Fact Sheet, research sources, and recommendations for action [here](#). See the Fact Sheet in Spanish [here](#).

(more)

Lived Experience Insights

OCMH Lived Experience Young Adult Partner Alma Mercado shares her insights on Hispanic mental health.



Reflection on Hispanic Mental Health

We are very big in the community – in Milwaukee and in the world. We are a rising population. Growing bigger is a great thing for us.

We are very prideful, and we are scared to ask for help. We need to acknowledge that and then move past it.

There's an idiom I learned that relates to a lot of older family members in the Hispanic community: You can't teach old dogs new tricks. It's similar in the movie *Encanto* – things are generational and continue over time. There are things the older generation learned when they were younger and now that is their mindset and the way they think. And then they teach that to the kids. If things change, they question it, "Was the way we were taught wrong? Am I allowed to change it?" There needs to be an understanding of differences.

We need to put more mental health awareness to the Hispanic population. There are a lot of events, but none of the events focus on mental health – just on resources you can find around the community. Events could allow us to participate in self-care activities. Organizations should go out of their way to educate our Hispanic community, rather than making us ask for help. Reassurance really helps to encourage people to speak up.

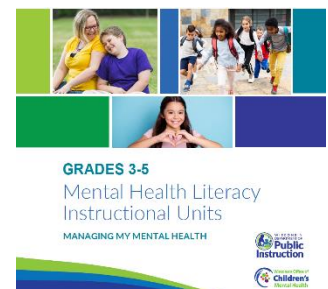
I am proud to be a Latina. Although we are a growing community, we're not growing in all the ways we should. We want to educate our fellow Hispanic community how important these things are about our mental health. We have fear of being judged, but it is important to spread that awareness.

- By: Alma Mercado, OCMH Lived Experience Young Adult Partner from Milwaukee

OCMH Updates

Over 200 Participate in School Staff Training on Mental Health Literacy

In September 2022, the Office of Children's Mental Health and the Department of Public Instruction coordinated two training opportunities for Wisconsin school staff to learn about the [Mental Health Literacy Units of Instruction](#). Interest was high – 220 individuals attended the sessions and received digital access to PowerPoints and resources curated by [Better Together La Crosse County](#). Many attendees requested a printed copy of the classroom units and additional resources provided by [NAMI Wisconsin](#) and [American Foundation for Suicide Prevention Wisconsin Chapter](#). In total, mental health tools and resources were sent to 33 schools, 23 school districts, and one after-school program.



Future trainings will be announced on the [DPI Health Education listserv](#).

OCMH November Meeting Focuses on Youth Leadership in Systems Change and Relationships

The OCMH November 4th quarterly Collective Impact Council meeting will explore Youth Leadership in Systems Change and Relationships and is open for all OCMH Impact Teams and partners to attend. The meeting is virtual and from 10 am-12 pm.



Highlights will include:

- A keynote address from National Mental Health America's Kelly Davis, Associate Vice President of Peer and Youth Advocacy.
- A panel featuring Wisconsin organizations that have implemented youth leadership at a systems level.
- Video interviews of Wisconsin youth demonstrating youth leadership.

All OCMH council members (Collective Impact and Advisory) and impact team members (Cultural Identity/Community, Family, and Supportive Adult) will receive the meeting invitation (so do not need to register). All others are welcome to [register](#) to attend the meeting.

OCMH Visits Racine Unified School District

OCMH continued its social connectedness of youth visits across the state with a visit to Racine Unified School District on October 5, 2022. The focus was to learn about the district's unique and very successful Academies program, a program that each high school student participates in to ready themselves for career or further education after graduation.



The Academies offers small learning communities or pathways that provide real-world experiences with local businesses and professionals. Students select a pathway in their freshman year and study it for the next three years. Some earn college credits and nationally-recognized industry certification along the way. The Academies also include Advanced Placement and International Baccalaureate courses, world languages, fine arts, and a variety of clubs and activities.

The program is making a difference in student's lives. During the visit a number of students shared comments:

- "It made me want to go to school."
- "Sharing interests with other students helps establish relationships."
- "My Academy is like a family."
- "I like the energy of the teachers – they want us to enjoy our Academy experience."
- "There is lots of hands on experiences."
- "I have learned and gained things that will help me in the future."

State visitors included OCMH staff and representatives from First Lady Kathy Evers Office, the Department of Health Services, and the Department of Children and Families. The agenda offered conversations with Racine Unified School District Superintendent of Schools Dr. Eric Gallien, Academies staff, and students; a tour of the Automotive Academy; and lunch served by the Culinary Academy (which was delicious and attractively plated!).

Learn more about Racine Unified School District's [Academies](#).

Legislative & Policy Update

Children and Youth with Complex Needs Program Investment. Governor Tony Evers and DCF Secretary Emilie Amundson announced on September 30th that the state will invest \$7.5 million to enhance programming for children and youth with complex needs. Governor Evers said, “We want to make sure our kids who have specialized needs have the additional care and support they need, and that they can get those critical services closer to home and closer to their support networks.” The need for more holistic, specialized care, specifically within specialty home and group care settings, has increased over the last decade. The investment will assist DCF, along with key stakeholders, in implementing a multi-pronged approach to serve more children and youth with complex needs in-state and reduce the likelihood of them having to receive specialized care out of state and away from their communities and support networks. The programming, funded through the American Rescue Plan Act (ARPA), will focus on enhancing care and outcomes for Wisconsin’s most vulnerable children and youth. Over the coming weeks, DCF will work with partners to assist in the design and implementation of additional supports in group care settings, community-based supports for children in treatment foster care settings, and the development of a statewide electronic referral system for group care providers. An online version of the press release is available [here](#).

Student Mental Health in Department of Public Instruction Proposed 2023-25 Biennial Budget. DPI’s proposed budget includes a number of important provisions to address student mental health and expand support for students.

- Replace the current School-Based Mental Health Services Grant (\$10 million annually) with a new program to support comprehensive mental health services for students during both in-school and out-of-school time. This new program has a reimbursement model that provides a predictable level of resources schools can use to directly address mental health needs of students. *\$235.8 million over the biennium: Net increase of \$117.9 million each year.*
- Expand aid for school-based mental health professionals to include all pupil services categories. *\$36 million over the biennium: \$18 million each year.*
- Increase the maximum award for peer-to-peer suicide prevention grants to cover more of the costs associated with implementing programs. *Raise the maximum grant award from \$1,000 to \$6,000 for each local education agency.*
- Expand grants that support Alcohol and Other Drug Abuse Prevention programming in schools. *\$5 million over the biennium: \$233,900 each year for an existing program, and \$4.5 million in FY25 for new AODA programs.*
- Increase support for existing mental health training programs to expand the types of training offered and make trainings available for out-of-school time program staff. *\$1.16 million over the biennium: \$580,000 each year.*

For more information, see the [DPI press release](#).

Behavioral Health Workforce Cultural Competence Grants. DHS is accepting applications for grants to fund behavioral health workforce training that builds provider capacity to deliver mental health and substance use services that respect and respond to the beliefs, practices, and needs of diverse communities. “Services that are culturally appropriate are more welcoming and effective,” said DHS Secretary-designee Karen Timberlake. Wisconsin-based organizations working directly with populations who face barriers in accessing care may apply for one of 10 grants of up to \$100,000. The funding must be used to train providers about how to tailor services to a person’s cultural preferences. This is the second year of this grant program, which was created to respond to a need identified in a DHS-

commissioned [study about gaps in Wisconsin's behavioral health care system](#). [Nine organizations received funding last year](#) to complete projects that promoted outreach and engagement strategies for members of the Burmese Rohingya, Hmong, LGBTQ+, Latino, and Muslim communities. The grants are funded by the American Rescue Plan Act (ARPA). For more information see the [DHS press release](#).

Suicide Prevention Grant. DHS announced September 15th that it has received a five-year grant from the Centers for Disease Control and Prevention (CDC) to prevent suicide in the state. The award is for \$868,730, with similar funding expected for each of the next four years. Five other states were chosen for funding through the competitive grant process: Florida, Georgia, New York, North Dakota, and Oregon. The money will be used to reduce deaths in areas of our state with the highest rates of suicide through several strategies, including establishing partnerships with groups involved in mental health and suicide prevention, while also engaging people with lived experience of suicide loss, suicide attempts, and/or suicide thoughts. In the last 20 years, suicide in Wisconsin has increased 32%. For more information and a link to the DHS suicide prevention webpage, click [here](#).

Of Interest

National Hispanic Heritage Month is September 15 to October 15 – Celebrating Hispanic heritage and paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation. For information: [Hispanic Heritage Month](#) and [HOPE in National Hispanic Heritage Month](#).



State Superintendent's Advisory Council on Special Education holds virtual public forum – Wednesday, October 12, 2022, 5-6:30 pm. [Learn more](#).

The Wisconsin Office of School Safety released their annual report in late September. Highlights include: a 15% increase in tips, 26% were for bullying, and 31% of the tips were from staff. Read the [report](#).

Mental Health America announces members of the 2022-23 Young Mental Health Leaders Council. [Read more](#).

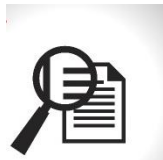
DPI lists available grants – The Department of Public Instruction's Student Services/Prevention and Wellness Team lists grants currently available. See the [list](#).

Mental health workplace tool kit – Mental Health America has created their first-ever [Workplace Mental Health Toolkit: Creating a Culture of Support and Well-being](#) to help organizations develop the foundation for a mentally healthy workplace.

(more)

Children's Mental Health in the News

OCMH Senior Research Analyst Amy Marsman spotlights recent articles, resources, and research findings impacting youth mental health.



Wisconsin Child Psychiatry Consultation Program Now Available to All Primary Care Providers. In response to severe shortage of child and adolescent psychiatrists described in AACAP [article](#) and shown in [maps](#).

- [Resource](#): Wisconsin Child Psychiatry Consultation Program (CPCP). *Wisconsin DHS*
- [Resource](#): Wisconsin CPCP Fact Sheet. *Wisconsin DHS*
- [Resource](#): DHS Information on CPCP. *Wisconsin DHS*

Suicide Among Native American Women Increased by 139%. [CDC Report](#). [Related Article](#).

- [Resource](#): Mental Health in Native American and Indigenous Communities. *PsychCentral*
- [Resource](#): Tribal Training and Technical Assistance Center. *SAMSHA*
- [Resource](#): Mental Health Resources for Indigenous Wisconsinites. *Spectrum News*
- [Resource](#): How culture and community is helping Native Americans battle mental health issues *ABC10*
- [Related](#): US to award \$35M in grants to tribes for 988 crisis line. *ABC News*
- [Related](#): Biden-Harris Administration Awards More Than \$1.6 Billion in Funds for Communities Addressing Addiction and Overdose Crises. *HHS*

Teens confide in teachers more than parents about mental health. [Read Article](#).

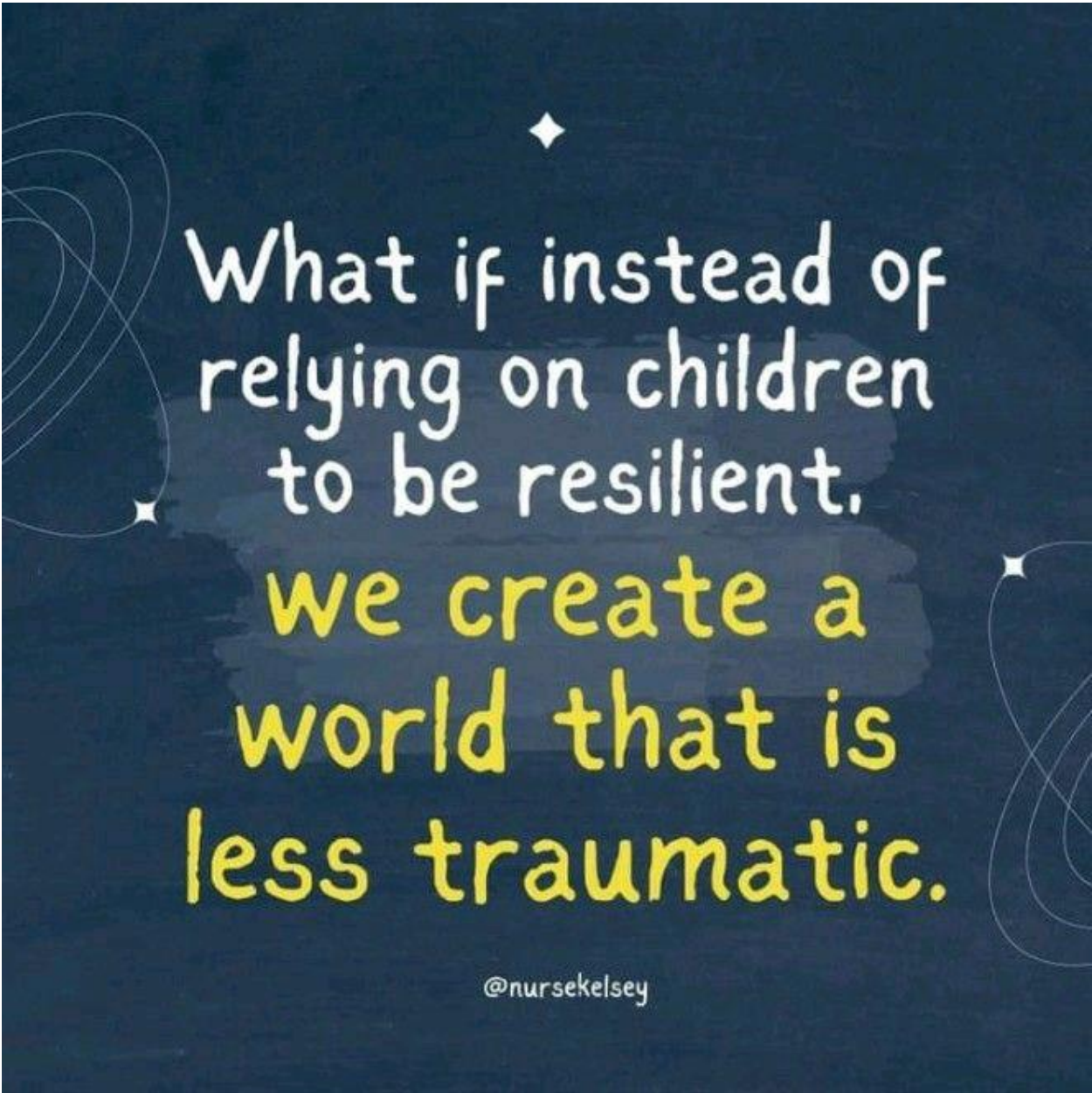
- [Resource](#): School Mental Health Resources for Wisconsin. *Department of Public Instruction*
- [Resource](#): Teachers: Protecting Your Mental Health. *Mental Health America*
- [Related](#): When kids pick their 'trusted adult,' it pays off. *Hechinger Report*

Governor Evers Prioritizes Prevention of Childhood Lead Poisoning. [DHS News Release](#)

National Lead Poisoning Prevention Week: October 23-29, 2022

- [CDC Resources](#)
- [EPA Resources](#)
- [HUD Resources](#)

(more)



What if instead of
relying on children
to be resilient,
we create a
world that is
less traumatic.

@nursekelsey

The Office of Children's Mental Health

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