



VIM LI CAS PEB THIAJ XAIV COV NCAUJ LUS NO

Rau ntau cov neeg, tus kab mob kis thoob ntiaj teb tau ua puas cov kev sib raug zoo uas tsim nyog rau txoj kev loj hlob zoo. Qhov no uas rau peb pom cov kev sib raug zoo tseem ceeb tshaj yav dhau los.

Ntawm no peb yuav qhia txog qhov tseem ceeb ntawm txoj kev mob siab rov kho cov kev sib raug zoo ntawm cov npoj yaig kom pab cov neeg uas rov zoo thiab muaj siab.

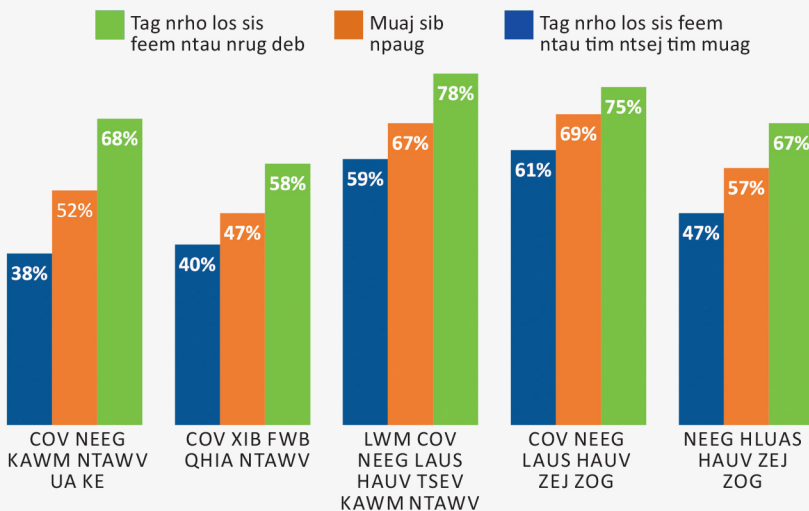
KEV TSHAWB FAWB POM LI CAS

- ▶ Vim yog tus kab mob kis thoob ntiaj teb, **tam sim no ntau cov neeg hluas thiab lawv cov tsev neeg muaj cov kev puas siab ntsws puas hlwb heev tshaj¹ tiam sis muaj kev phooj ywg tsawg dua.²**
- ▶ **Kev cais nyob ib leeg yeej tsim muaj teeb meem loj heev rau txoj kev sib raug zoo thiab kev xyeej txoj kev ntaus phooj ywg³ uas yuav muaj mus txawm yog lub neej rov zoo li qub dua.** Kev tshawb fawb tsis ntev pom tias kev cais nyob ib leeg rau cov neeg laus ntawm kev sib raug zoo yuav muaj mus txawm yog muaj kev nyob sib nrog deb tsawg zuj zus.⁴
- ▶ Kom dim tus xeeb ceem no, **cov kws tshaj lij thiab cov neeg hluas puav leej yuav tau tsi ntsees rau txoj kev yuav tau muaj kev sib raug zoo** (thaum ua raws kev coj kom zoo rau pej xeeb kev noj qab haus huv). Cov kev sib poo ua ke (xws li hauv tsev kawm ntawv, cov kev kawm ntxiv, los sis sij hawm khoom) **thiab cov caij nyoog zoo los qhia txog cov kev ntsib ntawm tus kab mob kis thoob ntiaj teb** (xws li cov kev sib tham muaj neeg cob, cov kev ua duab zoo nkauj los si nthuav qhia⁵, thiab cov kev pab txhawb rau cov phooj ywg) yuav pab tau cov neeg hluas muaj kev sib raug zoo rau lub sij hawm no.⁶

TSIS MUAJ KEV SIB RAUG ZOO

Txawm yog kawm ntawv nrog deb los sis kawm tim ntsej tim muag, cov neeg kawm ntawv hauv Teb Chaws Asmeska tau muaj kev tsis sib raug zoo lawm.⁷

FEEM PUA NEEG KAWM NTAWV TSIS KOOM HLO LI LOS SIS TSUAS KOOS ME NTSIS NROG IB PAWG NEEG, NTAWM CHAW KAWM NTAUB NTAWV.



MUAJ DAB TSI TSHWM SIM HAUV WISCONSIN?

Kev Mloog Neeg Hluas Hais

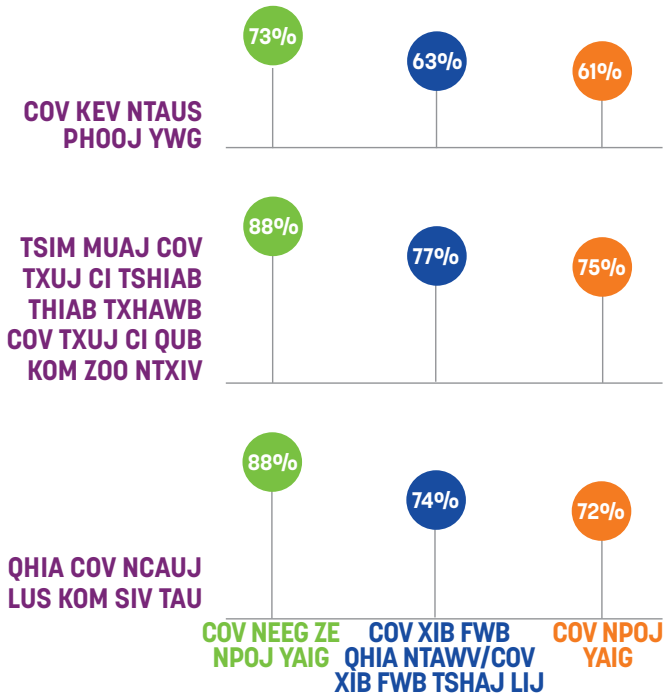
OCMH Youth Listening Sessions (Cov Sij Hawm Moog Neeg Hluas Hais) thiab Voices of Wisconsin Students Project (Wisconsin Neeg Kawm Ntawv Cov Suab Lus) yuav muaj caij nyoog rau cov neeg hluas tham txog tus kab mob kis thoob ntiaj teb puas raug lawv li cas, lawv xyaum ntooj li cas, thiab lawv cov kev xav txog kev kawm ntawv thiab cov npoj yaig.

Cov koom txoos uas neeg hluas coj xws li REDgen[®], Hope Squad, Sources of Strength, thiab NAMI Raise Your Voice Club (Cia siab rau Squad, Cov peev txheej siv zog, thiab NAMI Tsa Koj Lub Suab Pab Pawg) yuav muab kev rau cov neeg hluas ntaus phooj ywg nrog cov npoj yaig muaj txuj ci txog kev puas siab ntsws puas hlwb.



COV KEV PHOOJ YWG NTAWM NPOJ YAIG

Kev ntaus phooj ywg zoo nrog cov npoj yaig muaj zog heev. Thaum twg cov neeg hluas txuam nrog txoj kev pab neeg hluas zoo, lawv yeej ceeb toom tias cov npoj yaig thiab cov laus zog "ze rau cov npoj yaig" ua hauj lwm zoo los pab lawv muaj kev sib raug zoo thiab kawm cov txuj ci thiab cov kev ua tau zoo.⁹



Muaj txoj kev sib raug zoo nrog cov npoj yaig thiab cov neeg ze npoj yaig yuav muab cov kev sib raug zoo, cov txuj ci thiab cov ncauj lus rau cov neeg hluas kom lawv siab tawv dua, muaj peev xwm dua thiab vam meej dua.

COV CHIV KEEB:

¹Perlis, R. et al. (May 2021) "Tsab Ntawv Ceeb Toom #54 Mental Health In The US (Kev Puas Siab Ntawv Puas Hlwb Hauv Teb Chaws Asmeskas)", The COVID States Project (Txoj Kev Tshawb Txog COVID Hauv Cov Xeev): A 50-State COVID-19 Survey (Txoj Kev Tshawb Kawm Txog COVID-19 Hauv 50 Lub Xeev). <https://osf.io/cgftz/>

^{2,4}Quintana, A. et al. (Xya Hli Ntuj 2021) "Tsab Ntawv Ceeb Toom #55 Social Isolation During the COVID-19 Pandemic (Kev Sib Cais Thaum Muaj Tus Kab Mob Kis Thooob Ntiaj Teb COVID-19)", The COVID States Project (Txoj Kev Tshawb Txog COVID Hauv Cov Xeev): A 50-State COVID-19 Survey (Txoj Kev Tshawb Kawm Txog COVID-19 Hauv 50 Lub Xeev), <https://osf.io/pfxnv/>

³Clark, Kareem. (Xya Hli Ntuj tim 9, 2021) "Txoj kev kawm txog vim li cas lub hlwb thiaj yuav tau muaj sij hawm los swm rau 'un-social distancing (kev sib nrug deb tsis muaj kev ntaus phooj ywg)'" The Guardian (Tus Neeg Saib Xyuas). Muab tau los ntawm https://www.theguardian.com/commentisfree/2021/jul/09/covid-coronavirus-neuroscience-social-distancing?CMP=Share_iOSApp_Other

⁵Xav tau qhov qauv txog lub tsev kawm ntawv tau ua li cas, xyuas McKnight, Pat. (Rau Hli Ntuj tim 2, 2021) "A Real Treasure (Yog Lub Pov Haum Zoo): Holmen Cov Neeg Kawm Ntawv Qib Yim Tsim Muaj Phau Ntawv Nthuav Txuj Ci Thaum Muaj Tus Kab Mob Kis Thooob Ntiaj Teb". La Crosse Tribune. https://lacrosetribune.com/news/local/a-real-treasure-holmen-eighth-graders-produce-book-of-essays-during-pandemic/article_0463511f-2ac1-5c8f-ab30-0737ef542eed.html

⁶Rau neeg hluas lub suab lus mus xyuas li Voices of Wisconsin Students Project (Cov Neeg Kawm Ntawv Hauv Wisconsin Lub Suab Lus) (2021). Wisconsin Institute for Public Policy (Tuam Tsev Kawm Txog Pej Xeev Cov Cai) [https://wipps.org/data-design-](https://wipps.org/data-design-collection-and-analysis/the-voices-of-wisconsin-students-project-learning-coping-and-building-resilience-during-covid-19/)

YAM PEB UA TAU

➔ COV NIAM TXIV:

- Nrhiav cov kev ntaus phooj ywg tim ntsej tim muag los sis saum huab cua rau kojtus me nyuam kom muaj phooj ywg thiab npoj yaig.

➔ COV TSEV KAWM NTAWV/COV XIB FWB

- Txuam kom muaj cov kev sib tham txog neeg kawm ntawv cov kev tau ntsib dhau los, cov tswv yim ntoog, thiab cov kev kawm tau dab tsi nyob rau hauv chav kawm ntawv (xws li hauv txoj kev pab qhia txog siab ntsws kev xav, cov kev pab tswv yim, cov chav kawm txog kev noj qab haus huv, cov ntaub ntawv sau Ntawv Askiv).
- Muaj sij hawm los txhim kho cov kev sib raug zoo nrog cov npoj yaig thiab neeg luas ua lub ntsiab tseem ceeb ntawm neeg kawm ntawv txoj kev vam meej.

➔ COV NEEG TEEB TSA KEV CAI:

- Cov kev pab tau nyiaj txhawb xws li Sources of Strength (Cov Hom Ua Tau Zoo) uas pab cov neeg kawm ntawv pab lawv cov phooj ywg.
- Pab txoj tsawg cov kev raug ncaws tawm thiab kev tsiv mus los kom tib neeg nyob twj ywm tau hauv lawv cov zej zog, cov tsev kawm ntawv thiab cov chaw zov tu me nyuam (thiab, kom muaj kev ntaus phooj ywg nrog cov npoj yaig) txawm yog lawv cov tsev neeg tau ntsib cov teeb meem nyiaj txiaj.

➔ COV ZEJ ZOG:

- Txuam kom muaj cov txuj ci ua lub neej thiab kev qhia txog kev puas siab puas ntsws rau hauv txoj kev pab neeg hluas kom cov neeg hluas muaj cov txuj ci los sib txhawb.
- Npaj kom muaj cov chaw thiab cov ke vpab rau cov neeg hluas ntaus kev sib raug zoo.

[collection-and-analysis/the-voices-of-wisconsin-students-project-learning-coping-and-building-resilience-during-covid-19/](https://www.researchforaction.org/publications/where-do-we-go-next-youth-insights-on-the-high-school-experience-during-a-year-of-historic-upheaval/). Xav tau cov kev xav los ntawm kws tshaj lij, National Academies of Sciences, Engineering, and Medicine (2021) Cov Tswv Yim Hauv Tsev Kawm Ntawv los Pab Tus Neeg Hluas Txoj Kev Puas Siab Ntawv Puas Hlwb thiab Kev Noj Qab Nyob Zoo Thaum Muaj Tus Kab Mob COVID-19. Washington, DC: The National Academies Press. <https://doi.org/10.17226/26262>

⁷Flanagan et al. (Caj Ntuj So 2021). "Peb yuav mus rau qhov twg tom ntej? Youth Insights on the High School Experience (Neeg Hluas Cov Kev Xav Txog Kev Kawm Ntawv Qib High School) thaum Year of Historic Upheaval (Xyoo Muaj Kev Hloov Loj)" GradNation and Research for Action. <https://www.researchforaction.org/publications/where-do-we-go-next-youth-insights-on-the-high-school-experience-during-a-year-of-historic-upheaval/>

⁸Linane, Rory. (Tsis Hli Ntuj tim 20, 2021) "Tus kab mob kis thooob ntiaj teb thiab cov chav kawm ntawv hauv tshuab hluav taws xob tau ua rau cov neeg kawm ntawv twm zeej. Ntawm no yog qee cov neeg xyaum sib tham txog lawv txoj kev puas siab ntsws puas hlwb." Milwaukee Journal Sentinel. <https://www.jsonline.com/story/news/2021/05/20/redgen-groups-milwaukee-students-discuss-mental-health-pandemic/5163590001/>

⁹Boat, A. (2021). The Power of Social Capital: Cov Kawm Tau los ntawm Social Capital Assessment and Learning for Equity (Kev Ntsuas Kev Sib Raug Zoo thiab Kev Vaj Huam Sib Luag) (SCALE) Project [Cov Kev Xav & Pov Thawj]. Minneapolis, MN.

