



June 2020

Racism and Violence: Supporting Children During Scary Times

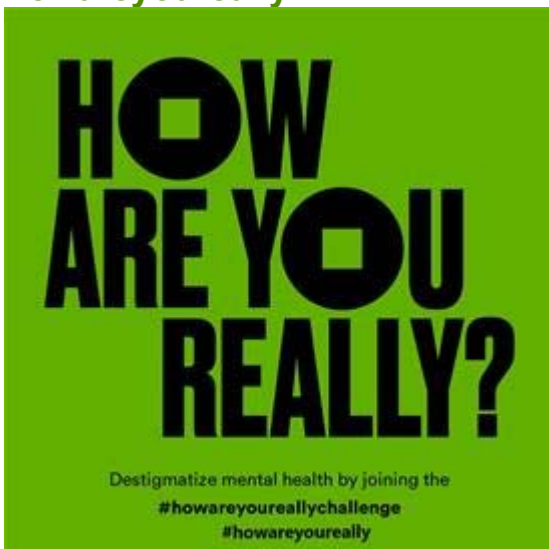
Racism has a profound impact on the health and well-being of our kids. Research has found that perceived racial or ethnic discrimination is linked to poorer mental health, lower academic achievement, and engagement in risky behaviors such as substance use. Racism can erode self-confidence and mental health enough to affect developmental milestones.

Right now, racism against the Black community is being laid bare for all families to see. With near-constant exposure to news and social media, more youth are witnessing violence and its aftermath firsthand. Children are watching and listening and parents may be struggling with how to speak openly about this.



The [Child Mind Institute](#) has developed [Racism and Violence: How to Help Kids Handle the News](#) to provide parents and caregivers guidance and advice for helping children process their feelings, and ideas to help them respond to challenging questions. Additional resources can be found at the end of the article on how to continue these crucial conversations.

#howareyoureally



The [Mental Health Coalition](#) has launched the #howareyoureallychallenge aimed at encouraging individuals to share their personal experiences with mental health conditions and the struggles brought about by the virus, social distancing, job losses and deaths.

Their mission is to build a like-minded community who will work together to destigmatize all mental health conditions by changing the way people talk about, and care for, their mental health.

Join the challenge!

Alliance News

School-Based Behavioral Health Services Coalition

The next meeting will be held on July 1st, 2020 from 9:00 AM to 11:00 AM. At this meeting, we will continue the conversation on how schools and behavioral health providers can best work together to help students and families with mental health issues related to COVID-19. A panel of youth from across different school districts will be joining us to voice their concerns and needs.

Register [here](#).


Member News


Restart S.M.A.R.T.


Higher Ground has been working with multiple partners to develop [Restart S.M.A.R.T.](#) - a comprehensive plan to restart schools to be Strategic, Mindful, Agile and Aware, Resilient, and Trauma-Responsive. You can help support our communities and schools in adopting this strategy and implementing this model to mitigate the negative impact of COVID-19. Please contact Arthur Rodgers at arthur@higherground.me with any questions.





Training and Events Calendar


-  [WEBINAR: Suicide Prevention: Assessing the Environment and Culture for Risk](#)
June 5th, 2:00 PM - 3:30 PM


-  [WEBINAR: Barriers in Mental Health Services for Trans, Queer and Non-binary Latino Communities](#)
June 8th, 11:00 AM - 12:00 PM


-  [WEBINAR: Clinical Applications of Cultural Elements: Considering Culture in the Assessment and Diagnosis of Mental Health Disorders](#)
June 9th, 10:00 AM - 11:00 AM


-  [Advocacy & Policy Task Force Meeting](#)
June 9th, 12:00 PM - 1:00 PM

-  [Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19](#)
June 11th, 11:00 AM - 12:00 PM

-  [Education & Training Task Force Meeting](#)
June 16th, 11:30 AM - 1:00 PM

-  [Capacity Building Task Force Meeting](#)
June 17th, 4:00 PM - 5:00 PM

-  [School-Based Behavioral Health Services Coalition Meeting](#)
July 1st, 9:00 AM - 11:00 AM

-  [Help & Hope for YOUth Alliance Meeting](#)
July 20th, 11:30 AM - 1:00 PM



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

For additional training opportunities, please visit the [MHTTC Calendar](#).

Evaluation Update

Our evaluation team from SIROW has been developing a Help & Hope for YOUth COVID-19 Pandemic Experience Survey to learn about the experiences of youth and their needs during this time in order to help us better support youth in Arizona. The youth survey link will be available statewide and will be posted on our social media and on the [Help & Hope for YOUth](#) website. Results of the survey will be shared with Alliance members.

We want to hear from you. Send your news and events for the next issue to newsletter@helphopeforyouth.org.

Want to help? Please give a tax-deductible gift of Help and Hope to children and teens in Southern Arizona.

All funds go to Help & Hope for YOUth

DONATE NOW



**Help & Hope for YOUth is an initiative of
the National Alliance on Mental Illness Southern Arizona
(NAMI SA), a 501(C)3 non-profit organization (EIN 86-0450977).**