



Welcome to the MHVI Covid-19 Resource Digest, volume 56, June 1, 2021. We're departing from our usual content to bring you resources for these times. *Think a friend or colleague should get this newsletter? Share [this link](#) with them to sign up.*

Massachusetts Department of Public Health (DPH) works closely with the [Centers for Disease Control and Prevention](#) (CDC), other Federal agencies and our [local Boards of Health](#) to share the most up to date information available. The [DPH website](#) is updated continuously with the latest guidance, including printable fact sheets in multiple languages. Looking for resources for families: call 2-1-1 or visit [mass211.org](#).

Information for supporting families during Covid:

- **Mass.gov:** [Massachusetts Approved to Provide P-EBT for Families through summer 2021](#). \$280 million to support food security for more than 650,000 children
- **USA Today:** [Child tax credit: Families will start receiving monthly advance payments July 15](#)
- **Rapid-EC/U. Oregon:** [A Year in the Life of a Pandemic. What We've Learned Listening to Family Voices](#)
- **Rapid-EC/U. Oregon:** [When We Talk About Mothers and Work During the Pandemic, Words Matter](#)
- **Greater Good Science Center:** [Five Ways to Respond to People Who Don't Want the COVID-19 Vaccine](#). Here are some research-based guidelines to help people overcome their vaccine hesitancy.
- **PEW Research:** [Many Americans continue to experience mental health difficulties as pandemic enters second year](#)
- **Trust for America's Health:** [Pain in the Nation Series Update: Alcohol, Drug and Suicide Deaths at Record Highs](#). Preliminary data show that the COVID-19 crisis created higher rates of Americans' mental distress, substance use, and drug overdose.
- **NYT:** [What Activities Can Unvaccinated Children Do? Advice From 828 Experts](#). This phase of the pandemic, when adults can be vaccinated but young children cannot, is confusing for many families.

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Other news, towards racial justice and racial healing:

- **TIME:** [I'm Tired of Trying to Educate White People About Anti-Asian Racism](#)
- **NPR;** [The compounding effects of racial trauma, a year after George Floyd's murder](#). Psychotherapist April Preston on what racial trauma is, how it can be passed down and how to address it. 10 minute audio
- **Huffpost:** [Tulsa's Black Wall Street: The Most American Tale](#)
- **NYT:** [What the Tulsa race massacre destroyed](#). The New York Times created a 3D model of Greenwood, home of "Black Wall Street," as it was before a White mob set it on fire 100 years ago.
- **TIME:** [Beyond Tulsa: The Historic Legacies and Overlooked Stories of America's 'Black Wall Streets'](#)
- **NPR/Code Switch:** [Tulsa, 100 Years Later](#), 28 minute audio
- **The Conversation:** [Pain of police killings ripples outward to traumatize Black people and communities across US](#)
- **The Conversation:** [100 years after the Tulsa Race Massacre, lessons from my grandfather](#)
- **Refinery:** [Visibility Isn't Enough. Asian-Americans Need To See Ourselves](#)

- **NBC News THINK:** [I'm suffering from a bad case of "Racial Battle Fatigue"](#)
- **NBC News:** [A guide to combating anti-Asian racism — from relationships to the workplace.](#) Tough conversations about racism with people you care about can start with a simple line like, “Have you experienced something like this?”
- **Greater Good Science Center:** [How Identity Shapes the Well-Being of Asian-American Youth.](#) Two new studies reveal the diversity of Asian American paths to health and resilience.
- **NYT/Upshot:** [Extensive Data Shows Punishing Reach of Racism for Black Boys,](#) with charts showing [the punishing toll of racism](#) for Black boys.

Other news:

- **Child Mind Institute:** [Teens and Anger](#) [Spanish](#)
- **Science News/King's College:** [Mothers' depression impacts mother-infant relationships.](#) Women with depression during pregnancy, or with a history of depression, had a reduced quality of mother-infant interaction
- **Early Learning Nation:** [Crying is Easy; Laughing is Hard. The Science and Wonder Behind a Baby's Laugh](#)
- **Scientific Mommy:** [5 Research-Backed Strategies to Encourage Independent Play.](#) Playing independently benefits children's development and gives you space to recharge - here's how to encourage it.
- **Parent Data:** [Swim Lessons, Pool Fencing and Water Safety](#)
- **Child Mind Institute:** [5 Ways to Support Siblings in Special Needs Families](#) [Spanish](#)
- **National Children's Alliance/One in Ten:** [The ACEs Message and Its Unintended Consequences, with Dr. Jonathan Purtle,](#) 45 minute audio
- **Number Story:** [The story of your number is the story of your ACE history.](#) Our ACE history counts experiences of abuse, neglect and household challenges that happened to us as children. But that number does not define us. It is simply an entry point to our own personal story. Where it leads is up to you. [En Espanol](#)

Reports, Briefs, Infographics and other downloads:

- **Greater Boston Food Bank:** [Gaps In Food Access During The Covid-19 Pandemic In Massachusetts](#)
- **Protecting Immigrant Families:** [Know Your Rights: Top 5 Facts About Public Charge](#)
- **Zero to Three/Child Trends:** [Racism Creates Inequities in Maternal and Child Health, Even Before Birth](#)
- **CLASP:** [The Child Tax Credit and Mixed Immigration-Status Families](#) [Spanish](#)
- **NIHCM:** [Homeless Youth: A Vulnerable Population,](#) infographic
- **NIHCM:** [Solutions & Challenges for Children's Mental Health in the COVID-19 Pandemic,](#) infographic

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For Self-care:

- **The Conversation:** [Going beyond 'back to normal' – 5 research-based tips for emerging from pandemic life](#)
- **Boston Globe:** [Shaking off pandemic inertia is harder than expected.](#) A year ago, the loss of my old routine was something to mourn, while the new one felt claustrophobic. Now, the claustrophobia feels uncomfortably comfortable.
- **Boston Globe:** [You're not depressed. But you're not flourishing, either. Welcome to 'languishing.'](#) The world is opening up again. But for many, the panic and grief of the pandemic have not turned into joy, but the 'blahs.'

- **The Conversation:** [How to 'build back better' health habits after the pandemic year](#)
- **Verywellmind:** [9 Quick Ways to Calm Down When You Feel Overwhelmed.](#)
- **BBC News:** [How the pandemic is affecting your dreams](#)
- **Huffpost:** [What You Can And Cannot Ask Your Co-workers About Their Vaccination Status.](#) As more people return to offices, whether colleagues are vaccinated is a hot topic. It's also extremely tricky to ask.
- **30 Seconds:** This [Omelet in a Mug](#) Breakfast Recipe Cooks in 2 Minutes & Is a Breakfast Game-Changer
- **Verywellmind:** [6 Mental Health Lessons Learned During COVID-19](#)
- **Verywellmind:** [Coping With the Guilt Of 'Lost Time' During COVID-19](#)
- **Verywellmind:** [How Different Personality Types May Adapt to Life After COVID-19](#)
- **TIME/Health:** [How to Make Friends as an Adult — and Why It's Important](#)
- **The Atlantic:** [All the Sad, Lonely Pandemic Puppies.](#) How are dogs that have never been apart from their owners going to deal with post-pandemic life?
- **Lifehacker:** [How to Plant a Window Box Garden and Keep It Alive](#)
- **Taste of Home:** [How to Grow a Hanging Herb Garden in a Shoe Organizer](#)

Live webinars & open meetings: (new opportunities added in [blue](#))

- **2020 Mom:** [Maternal Mental Health: The First ACE](#), June 3
- **Massachusetts Health Policy Forum:** [Vaccine Hesitancy in the Commonwealth: Tailoring the Message to Move the Needle](#), June 3
- **MA Covid-19 Maternal Equity Coalition:** [Town Hall: Birth Experiences During the COVID-19 Pandemic](#), June 3
- **Brazelton Training Center:** [Valuing Passion: Connecting with Families Around What They Care About](#), June 3
- **PICCK:** [Promoting Quality And Equity To Make Birth Safer For All: A PQC Story](#), June 3
- **Global Health Care:** [The Virtual National Health Equity Summit The Leading National Forum on Practical Case Studies and Solutions for Advancing Health Equity](#), June 7-10 (free)
- **MDPH/BSAS:** [Vicarious Trauma](#), June 7
- **National Academies of Science, Engineering and Medicine:** [Advancing Maternal Health Equity and Reducing Maternal Mortality](#), June 7 & 8
- **EmbraceRace:** [COVID in BIPOC Communities: What's Happening? Now What?](#), June 8
- **Recovery Council of Western MA:** [Quarterly Meeting, Engaging Families Impacted by Substance Use](#), Zoom meeting, June 8
- **Brazelton Training Center:** [Culturally Responsive Relationships Right From the Very Start](#), June 8,
- **Office of Head Start:** [Identifying and Working with Children with Fetal Alcohol Spectrum Disorders \(FASDs\)](#), June 9
- **Hollaback:** Bystander Intervention to stop harassment toward the LGBTQIA+ community, [June 10](#), [June 17](#), [June 23](#), and [June 28](#).
- **Brazelton Training Center:** [Honoring Each Person's Experience to Support Mental Health](#), June 10
- **JF&CS:** [Mothering: A journey from the northern triangle to Massachusetts](#), June 11
- **Children's Trust:** Annual Children's Trust "Celebrating Fatherhood" June 12
- **US Breastfeeding Committee:** [National Breastfeeding Conference & Convening](#), June 9-11
- **MDPH/BSAS:** [Substance Use Treatment & Recovery: What's Available for Youth & Young Adults?](#) June 14
- **MassCAP Training Center:** [Setting Professional Boundaries in a Changing Work Environment](#), June 14
- **NIH:** [Understanding Suicide Risk Among Children and Pre-teens: A Synthesis Workshop](#), June 15
- **Brazelton Training Center,** [Nurturing Culturally Responsive Relationships](#), June 15

- **MDPH/PNQIN:** [Perinatal Opioid Project Spring 2021 Summit: Improving Care of Perinatal Opioid Use](#), June 15 & 16
 - **Brazelton Training Center**< [Building Resilience while Social Distancing: Parental Depression & Coping](#), June 17
 - **MDPH/BSAS/OY&YAS:** [Facilitating Effective Groups with Youth and Young Adults](#), June 21
 - **MDPH/BSAS/OY&YAS:** [Setting and Maintaining Professional Boundaries](#), June 22
 - **Brazelton Training Center:** [Partnering with Families in Culturally Responsive Ways During Challenging Times](#), June 22
 - **Brazelton Training Center:** [Hope in the Face of Adversity: Touchpoints in the Context of Substance Use Disorder](#), June 24
 - **Brazelton Training Center:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), June 24
 - **Children’s Health Watch:** [A Place to Call Home: How Equitable Housing Improves Child and Family Health, A Virtual Town Hall](#), June 24
 - **Brazelton Training Center:** [Using Culturally Responsive Practices During Transitions](#), June 29
 - **NCCAN:** [22nd National Conference on Child Abuse and Neglect](#), July 27-29
 - **Prevent Child Abuse America:** [Transforming Our Tomorrow: 2021 National Conference](#), Aug. 10-12
 - **Children’s Trust:** [29th Annual A View from All Sides Virtual Conference](#), Confronting Racism: Promoting Racial Justice, Equity, and Inclusion in Family Support, [Interview with Dr. Ibram X. Kendi](#) Nov. 4
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[More learning opportunities for family support professionals can be found here.](#)

[Covid-19 resources for family support professionals can be found here.](#)

The Massachusetts Home Visiting Initiative has a deep commitment to racial justice. Each of these is a collection of articles, books, videos and other materials addressing racial injustice, its impact on families and provides context for moving forward toward a more equitable and just future. [Racial justice resource compendiums for family support professionals can be found here.](#)

Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

Previous volumes of the MHVI Covid-19 Digests can be found in the [State Library of Massachusetts](#) archives.

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Curator/Publisher: Maxene Spolidoro, MS, Communications Director, MA Dept. of Public Health, Bureau of Family Health and Nutrition

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