



Welcome to the MHVI COVID-19 Resource Digest, volume 70, October 5, 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.*

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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](#).

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### Information for supporting families during COVID:

- **CDC Emergency Preparedness and Response:** CDC released a [Health Alert Network \(HAN\) Advisory](#) recommending urgent action to accelerate COVID-19 vaccination for people who are pregnant, recently pregnant (including those who are lactating), who are trying to get pregnant now, or who might become pregnant in the future
- **WBUR:** [Are You Pregnant? The CDC Really Wants You To Get Vaccinated Against COVID-19](#)
- **NYT:** [C.D.C. Urges Vaccinations for Pregnant or Breastfeeding Americans](#) via @nytvideo
- **CNN/CDC:** Two studies released last week by the CDC found [outbreaks were far more likely in schools that didn't require students or staff to wear masks](#). The agency currently recommends universal indoor masking for everyone on a school campus.
- **NIH:** [More than 1.5 million children lost a primary or secondary caregiver due to the COVID-19 pandemic](#). Addressing the impact of caregiver deaths critical for pediatric mental health, authors note.
- **CNN:** [Kids are bringing pandemic stress to school. Here's how to spot it](#)
- **The Conversation:** [SNAP benefits are rising for millions of Americans, thanks to a long-overdue 'Thrifty Food Plan' update](#)
- **Children's Health Watch:** [A Bulwark Against the Storm: The Unequal Impact of COVID-19 Relief Policies on Families with Young Children](#)
- **TIME:** [42% of Women Say They Have Consistently Felt Burned Out at Work in 2021](#)
- **Boston Globe:** ['A public health issue': More families than ever lack access to diapers](#)
- **Robert Wood Johnson Foundation:** [A Historic Day for SNAP](#) October 1 ushered in the largest permanent benefits increase in the nearly 60-year history of what is known today as the Supplemental Nutrition Assistance Program (SNAP).
- **NIH:** [NCI study highlights pandemic's disproportionate impact on Black, American Indian/Alaska Native, and Latino adults](#)
- **WBUR:** [Depression increased through the pandemic's first year, BU researchers say](#). A [study](#) from Boston University School of Public Health has found there was an increasing rate of depression among U.S. adults over the first year of the pandemic, with higher prevalence among those with low incomes and multiple COVID-19-related stressors.
- **AAP:** [Despite the Pandemic, Many Parents Report Family Closeness](#)
- **AAP:** [The Financial Impact of the Pandemic on Families with Children](#)
- **AAP:** [Child Discipline During the Covid-19 Pandemic](#)
- **AAP:** [Intimate Partner Violence \(IPV\) in the Home During the COVID-19 Pandemic](#)
- **AAP:** [The Impact of the Pandemic on Households with CYSHCN](#)

## Other news and information, towards equity, justice and healing:

- **Boston Globe Magazine:** [‘A very scary thing to tell someone’: The debate over gender pronouns in schools, explained](#)
- **PSYCHE:** [Fitting in is human: forcing someone to fit in is oppression](#)
- **Greater Good Science Center/Stanford U.:** [Black and White Friends Want to Talk About Race, But It’s Hard](#). Researchers asked Black and white friends how they approach conversations about race.
- **NPR:** [1 In 7 People Mark 'Some Other Race' On The U.S. Census. That's A Big Data Problem](#)
- **Code Switch:** [What Does It Mean To Be Latino? The 'Light-Skinned Privilege' Edition](#), 37 minute audio
- **The Conversation/U. of Oregon:** [How did white students respond to school integration after Brown v. Board of Education?](#)
- **NBC News:** [Latinos own and disown 'Hispanic' in journey to harness identity](#)
- Despite debates over which term best describes a population of 62.1 million, embracing their identities on their own terms is empowering and necessary.
- **Huffpost:** [How To Celebrate Latinx Heritage With Your Kids All Year Round](#). Take the conversation beyond Latinx Heritage Month and beyond the classroom.
- **The 74: Study:** [AI Uncovers Skin-Tone Gap in Most-Beloved Children’s Books](#)
- **Washington Post:** [Opinion: I survived a Japanese American internment camp. We cannot forget that history.](#)

## Other news and information:

- **Healthline:** [The Health Hazards Facing ‘Triple Users’ of Marijuana, Cigarettes, and E-Cigarettes](#)
- **Futurity/Georgia State U.:** [Teens Who Die By Gun Suicide May Not Show Red Flags First](#)
- **Science News/U. of East Anglia, UK:** [Children who eat more fruit and veggies have better mental health](#)
- **South Coast Today:** [How this new program pairs ESL literacy for the whole family with financial literacy](#)
- **Science Daily/Washington State U.:** [Science backs nature as key to children’s health](#)
- **Science News/Arizona State College:** [Children do not understand concept of others having false beliefs until age 6 or 7](#)
- **CDC:** [Vaccines & Pregnancy: Top 7 Things You Need to Know Español \(Spanish\)](#)
- **AMCHP:** [Maternal and Child Health \(MCH\) Timeline in the United States](#), 9 minute video
- **TIME:** [Postpartum Anxiety Is an Epidemic Among American Mothers. Why Does It So Often Go Undiagnosed?](#)
- **TIME:** [Juul Is No Longer U.S. Teenagers' Preferred E-Cigarette. Puff Bar Seems to Have Taken Over](#)
- **NYT:** [Youth Vaping Declined Sharply for Second Year, New Data Show](#). Now that it has stopped selling most flavored pods, Juul has become far less popular with teens than brands offering disposable fruit- and candy-flavored devices.
- **CDC:** [2021 National Youth Tobacco Survey](#)
- **Science News/Florida Atlantic University:** [Breastfeeding status and duration significantly impact postpartum depression risk](#). Study first to explore current breastfeeding status in association with postpartum depression risk in large national dataset
- **Huffpost:** [What Parents Can Do To Shape Their Kids' Early Memories](#). Children form memories way earlier than we once thought. Here's why that matters, especially now.

## Reports, Briefs, Infographics and other downloads:

- **Child Trends/Annie E. Casey Foundation/NCTSN:** [A Toolkit for Child Welfare Agencies to Help Young People Heal and Thrive During and After Natural Disasters](#)
- **Annie E. Casey Foundation:** [Kids Count Data Book: 2021 State Trends In Child Well-Being](#)

- **HRSA/AMCHIP:** [Understanding Title V of the Social Security Act](#)
- **HRSA:** [Title V MCH Block Grant Program Massachusetts State Snapshot](#)
- **National Research Center for Hispanic Families and Children:** [Latino Parents Report Positive Co-parenting and Parent-Child Interactions that Vary by Gender and Nativity](#)

#### For Self-care:

- **PSYCHE:** [Being alone with your thoughts is a skill you can practise.](#)
- **NYT:** [The Pandemic Messed With Your Sleep. Here's How to Feel Rested Again.](#) You can overcome 'coronasomnia.' Experts say it just takes practice building new and better habits.
- **Very Well Mind:** Stay in the eco-know with [Outrage + Optimism](#), a climate-focused podcast that balances climate-related anxiety, fear, and frustration with a sense of hope.
- **NYT:** [Let's Ignore Each Other in the Same Room. Why parallel play is good for grown-ups, too.](#)
- **CNN:** [We can't avoid stress, but here's how to manage it.](#) Stress impacts our bodies and health in ways we might not even realize. 6 minute video
- **VeryWellMind:** [Languishing Is the Mood of 2021. How to Identify It and How to Cope](#)
- **Huffpost:** [Insomnia, Grinding And Nightmares: How To Deal With COVID Sleep Problems.](#) Experts reveal the most common ways COVID-related stress has disrupted our sleep cycles and how to fix them.
- **Washington Post:** [6 strategies for parents struggling with work-from-home interruptions](#)
- **Huffpost:** [Workouts For Beginners: Exercises To Start Your Fitness Journey.](#) This handy list of exercise programmes and routines will help you learn to love movement.
- **Boston Globe:** [Pumpkin spice has conquered fall. Science has an explanation.](#)
- **CNN:** ["Autumn" is perhaps the least well-known of Antonio Vivaldi's "Four Seasons."](#) But this delightful concerto, meant to evoke people celebrating the bountiful harvest season, is a great accompaniment to your pumpkin-spiced brew of choice.

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

- **New England Public Health Training Center:** [Deepening Your Impact for Self-Paced Trainings: Scoping Down Trainings to be More Action-Oriented](#), Do you have a hard time distinguishing the “nice to know content” from the “need to know content” when creating a course? Oct. 7
- **Office of Head Start:** [Supporting Preschoolers’ Emotional and Behavioral Self-regulation](#), Oct. 7
- **Prenatal to Three Policy Impact Center:** [2021 National Prenatal-To-3 Research To Policy Summit: State Investments Impacting the Earliest Years](#), Oct. 7
- **Brazelton Touchpoints Center:** [Building Culturally Responsive Relationships with Families from Recruitment to Transition](#), Oct. 7, 14, 21, 28
- **BACE & NMC:** [Breastfeeding Foundations for Perinatal Health Workers](#), Oct. 8, 9
- **Mental Health America:** [Navigating Trauma For Kids & Teens: Back-To-School & COVID-19](#), Oct. 12
- **MassCap Training Center:** [Setting Professional Boundaries in a Changing Work Environment](#), Oct. 12
- **Child Trends:** [Hispanic families’ experiences of child care closures during COVID-19](#), Oct. 13
- **Office of Head Start:** [Helping Families Support Their Child’s Emotional and Behavioral Self-regulation](#), Oct. 13
- **Aspen Institute:** [2Gen in Immigrant Communities: Growing Language Skills](#), Oct. 14
- **MDPH/Suicide Prevention:** [Preventing Maternal Suicide in the Perinatal Period](#), Oct. 15

- **MDPH/BSAS:** Psychological First Aid, Oct. 19
- **MDPH/BSAS:** Interrupting Sexual Harassment & Violence, Oct. 19, 20
- **Brazelton Touchpoints Center:** Promoting Mental Health and Family Well-being in Today's World -- 3 interactive webinars beginning October 20
- **PICCK:** What Do Patients Want? Pregnancy Intention and Contraceptive Needs Assessment, Oct. 20
- **Brazelton Touchpoints Center:** How to Call People In (Instead of Calling Them Out), Oct. 20
- **Boston Association for Childbirth Education & Nursing Mothers' Council:** BACE+ Accelerated Childbirth Educator Training Workshop, for those with strong content knowledge and experience. Hybrid format - online and in person classes, Oct. 20, 21 & Nov 31
- **Children's Safety Network:** Partnerships to Prevent Fire and Burn-Related Injuries Among Children, Oct. 21
- **MDPH/BSAS:** VIRTUAL: Tobacco Use, Opioids, and Pain: Exploring the Connections, Oct. 21
- **Office of Head Start:** Seasonal Influenza and Other Routine Childhood Vaccinations During the COVID-19 Pandemic, Oct. 21
- **MDPH/BSAS:** Mandated Reporting 101, Oct. 22
- **MDPH/BSAS:** Addressing Non-Suicidal Self Injury for Youth and Young Adults in Recovery, Oct. 22
- **Brazelton Touchpoints Center:** "Development is a Journey Conversation Roadmap": A Tool for Talking with Families October 25
- **Children's Health Watch:** Equity Can't Wait - Transforming Child Health Today for a Prosperous Tomorrow, Oct. 25
- **Community Health Training Institute:** Building Trust for Decision Making, For Community Engagement, Oct. 26
- **MDPH/BSAS:** Can They Really Change? Can We? Oct. 26, 27
- **MDPH/BSAS:** Question, Persuade, and Refer, Oct. 26
- **MDPH/Suicide Prevention:** Fundamentals of Collaborative Safety Planning, Oct. 26
- **MassCap Training Center:** Supporting Job Readiness in the Time of Covid-19, Oct. 27
- **Office of Head Start:** Seasonal Influenza and Other Routine Childhood Vaccinations During the COVID-19 Pandemic, Oct. 27
- **MDPH/BSAS:** Cultural Humility as a Methodology for Collaborating with Massachusetts Native Communities, Oct. 29
- **MDPH/Suicide Prevention:** Barbers as Mental Health, Suicide Prevention, and Interpersonal Violence Gatekeepers in the Community: Perspectives from People of Color in a Racially Divided America during the Covid- 19 Pandemic, Nov. 2
- **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
- **U. of Albany/School of Public Health:** Marijuana Use During Pregnancy and Breastfeeding, Nov. 4
- **JF & CS Boston:** Expanding the Circle of Security: A research-based approach to helping strengthen the parent-child attachment and improve children's behavior, Nov. 5
- **Infant-Parent Training Institute:** IPTI Speaker Series: Expanding the Circle of Security: A Panel Presentation to Examine the Mindset Shift from Changing Behavior to Understanding What the Behavior is Communicating, Nov. 5
- **Aspen Institute:** Cultural Competence Secrets to Success with Immigrant Families: Spreading and Adapting 2Gen Working Practices, Nov. 10
- **MDPH/Suicide Prevention:** The Toll of Working with Trauma: Understanding Self-Care as an Ethical Imperative, Nov. 11
- **MDPH/Suicide Prevention:** QPR Certification Training, Nov. 12

- **Springfield Public Forum:** "Diversity, Equity, and Inclusion: How Seeking and Speaking the Truth about Racism Can Radically Transform Individuals and Organizations" with Dr. Robert Livingston, Nov. 17
  - **PICCK:** Substance Use Disorder and Family Planning Care, Nov. 18
  - **BACE:** Intro to Childbirth Education for Perinatal Health Workers. Fulfills DONA requirement, Dec. 4
  - **BACE:** 4 Day DONA Approved Birth Doula Training, Dec. 5, 11,12, 18
  - **PICCK:** Contraception and Seizure Disorder, December 7
  - **Brazelton Touchpoints Center:** Indigenous Wisdom for Listening to Children and Families, Dec. 8
  - **The Boston Association for Childbirth Education and Nursing Mothers' Council:** Introduction to Childbirth Education for Perinatal Health Workers, Dec. 11
  - **The Boston Association for Childbirth Education and Nursing Mothers' Council:** 4 Day DONA Approved In-Person Birth Doula Training, Dec. 12, 13, 17 & 18
  - **MA Act Early:** Interprofessional Education on the Promotion of Parental Monitoring of Developmental Milestones, Jan. 28
  - **Start Early:** National Home Visiting Summit, Our annual conference brings together early childhood leaders from across the county to advance the home visiting field. March 22-24
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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.](#)

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

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

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