



Welcome to the MHVI COVID-19 Resource Digest, volume 77, November 30, 2021.

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:

- **The 74:** [Exclusive Data: Absenteeism Surged Among English Learners During Pandemic](#). “[School] was no longer our primary concern. We had to do anything to survive.”
- **The 74:** [State of Play: What Researchers Know — and Don’t — about Enrollment Declines and Learning Loss as School Year Gets Underway](#)
- **Bloomberg:** [Diaper Inflation Wrecks Already-Strained Family Budgets in U.S.](#)
- **WBUR:** [Teens' screen time doubled to 8 hours a day during the pandemic — not counting schoolwork](#)
- **NYT:** [The U.S. Birthrate Has Dropped Again. The Pandemic May Be Accelerating the Decline](#). Over all, the birthrate declined by 4 percent in 2020. Births were down most sharply in December, when babies conceived at the start of the health crisis would have been born.
- **The Atlantic:** [COVID Parenting Is Reaching a Breaking Point](#). An epidemiologist joins five Atlantic parents to discuss just how long their pandemic trade-offs can hold.
- **Healthline/JAMA:** [Preschoolers Can ID People’s Emotions Under Face Masks](#)

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

- **Washington Post:** [The Black people who lived in Walden Woods long before Henry David Thoreau](#)
- **Washington Post:** [If first-graders are old enough to use racial slurs, they’re not ‘too young’ to learn about racism](#)
- **Equity Research Action Coalition:** [Black Child National Agenda: America Must Deliver on its Promise](#)
- **Equity Research Action Coalition:** [Are Black and Latine Families With Babies Feeling Relief From the Child Tax Credit](#)
- **The Conversation:** [I’ve started acknowledging the people who lived on this land first – and you should too](#)
- **The Guardian:** [Dancer, singer ... spy: France’s Panthéon to honour Josephine Baker](#). The performer will be the first Black woman to enter the mausoleum, in recognition of her wartime work. You can listen to [Josephine Baker - Greatest Hits](#).
- **The Conversation:** [How Black cartographers put racism on the map of America](#) How can maps fight racism and inequality?
- **The Lily:** [My grandfather founded the National Day of Mourning to dispel the myth of Thanksgiving](#). I’m carrying on his legacy. Every year, I march to tell the true history of the European conquest of the United States
- **GBH:** WORLD Channel presents films rich with voices from the Indigenous community. Listen and learn from these Native storytellers. Find these films on [GBH.org](#) and [WORLDchannel.org](#).

Other news and information:

- **Buzz Feed:** [Murder Is A Leading Cause Of Death In Pregnancy In The US](#)
- **Center of Budget and Policy Priorities/Rapid-EC:** [“It’s ‘Unconscionable’: We Depend on Child Care Workers to Provide High-Quality Care to Our Children. But Many of Those Workers Can’t Afford Food and Rent.](#)
- **BBC Reel:** [How motherhood changes the brain](#) There are many hidden forces at play that shape a new mother's identity, biology and physical self. [Melissa Hogenboom](#), BBC science journalist and author looks at the latest neuroscientific understanding of how the brain changes during pregnancy and motherhood, and the positive impact this can have on new mothers. 7 minute video
- **Healthy Children/AAP:** [The Power of Play - How Fun and Games Help Children Thrive](#)
- **Washington Post:** [Awe might be our most undervalued emotion. Here’s how to help children find it.](#)

Reports, Briefs, Infographics and other downloads:

- **Rapid-EC:** [The rate of hunger among providers has increased significantly since before the pandemic, from 23% to 29%.](#)
- **Rapid-EC:** [Still In Uncertain Times; Still Facing Hunger](#)
- **Rapid-EC:** [Child Care Shortages Weigh Heavily on Parents and Providers](#)
- **Rapid-EC:** [Emotional Distress on the Rise for Parents... Again](#)
- **HHS:** [A Community Toolkit for Addressing Health Misinformation](#) (Spanish coming soon)
- **Sesame Street in Communities:** [Let’s Help: A Guide for Grown-Ups Helping Children Through the Toughest Times](#)

For Self-care:

- **Psyche:** [How to heal through life writing. Learning to write about trauma helps you to process the painful experience, and gives you the life skills to overcome it](#)
- **The Guardian:** [The seven types of rest: I spent a week trying them all. Could they help end my exhaustion?](#)
- **Very Well Mind:** [How to Get Better at Dealing With Change](#)
- **Greater Good Science Center:** [What Does Intellectual Humility Look Like?](#) Research is uncovering the benefits of recognizing that you might be wrong, who tends to be more humble, and some hints about how to cultivate this skill.
- **Washington Post:** [Winter is coming. But with these tips, you don’t have to fear it.](#)
- **Medical News Today:** [Outdoor exercise lessened anxiety, depression during COVID-19 lockdowns](#)
- **CNN:** [How to build a habit in 5 steps, according to science](#)

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

- **MDPH/BSAS:** [Operationalizing Diversity, Equity & Inclusion in Employment: Level 3](#), Dec. 1
- **Migration Policy Institute:** [The Importance of Family, Friend, and Neighbor Care for Immigrant and Dual Language Learner Families](#), Dec. 1
- **SAMSHA/Zero to Three/Center for the Developing Child:** [Preparing the Workforce to Better Support our Little Ones](#), Dec. 2
- **Office of Head Start:** [Supporting Preschoolers’ Cognitive Self-regulation](#), Dec. 2
- **MDPH/BSAS:** [Best Practices in Youth and Young Adult Substance Use Treatment](#), Dec. 2
- **MDPH/BSAS:** [Using Hip-Hop to Understand Substance Use and Promote Wellness with Black Youth](#) Dec. 2
- **MDPH/Suicide Prevention:** [Opioid Misuse and Suicide Prevention](#), Dec. 2
- **MDPH/BSAS:** [Setting and Maintaining Professional Boundaries](#), Dec. 3

- **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
- **MDPH/BSAS:** Vicarious Trauma, Dec. 7
- **PICCK:** Contraception and Seizure Disorder, Dec. 7
- **HRiA:** Opioid Overdose Rescue and Prevention - Part 1, Dec. 7
- **Office of Head Start:** Strategies to Promote Cognitive Self-regulation, Dec. 8
- **YW Boston:** Quantifying Equity and Inclusion, Dec. 8
- **Brazelton Touchpoints Center:** Indigenous Wisdom for Listening to Children and Families, Dec. 8
- **NIH:** 2021 Youth Mental Health Disparities Conference: Identifying Opportunities and Priorities in Youth Mental Health Disparities Research, Dec. 8, 9
- **Office of Head Start:** How Infants Think and Feel: What Research Tells Us, Dec. 8
- **HRiA:** Opioid Overdose Rescue and Prevention - Part 2, Dec. 9
- **MDPH/Suicide Prevention:** Impacted Family & Friends Lived Experience 101: Ending the Marginalization & Why That Matters for Suicide Prevention & Mental Wellness for the Entire Family, Dec. 9
- **Children's Trust Family Support Training Center:** A Strength-Based Approach to Transforming Difficult Behaviors, Dec. 10
- **MDPH/Suicide Prevention:** Postvention: Responding to Schools, Workplaces, and Communities Following Suicide, Dec. 10
- **BACE:** Intro to Childbirth Education for Perinatal Health Workers, Dec. 11
- **Massachusetts Commission on the Status of Grandparents Raising Grandchildren:** Wellness and Self-Care for the Caregiver [Register Here](#) Dec. 13 & 14
- **MDPH/BSAS:** Trauma and Tobacco Use: Considerations for People in Recovery, Dec. 13
- **MDPH/BSAS:** Can They Really Change? Can We? Dec, 13 & 14
- **BACE:** 4 Day DONA Approved Birth Doula Training, Dec. 12, 13, 17, 18
- **Children's Bureau:** All Children-All Families: Improving Practice For and With LGBTQ+ Youth and Families, Dec. 14
- **Boston Foundation:** Building AAPI Power: Representation, Voice and Advocacy in Local AAPI Communities, Dec. 15
- **MDPH/BSAS:** Blunt Talk: Reframing the Conversation with Youth about Marijuana, Dec. 15
- **MDPH/BSAS:** Introduction to Trauma-Informed De-Escalation Techniques, (583) Dec. 15
- **MDPH/Suicide Prevention:** Intersections of Suicide and Opioid Use: A Gatekeeper Training, Dec. 15
- **Children's Trust: Boston Fathers & Family Network/ The Legacy of Fatherhood:** Learning from Three Generations of Fathers, Dec. 16
- **MDPH/BSAS:** Introduction to Trauma-Informed De-Escalation Techniques, (543) Dec. 16
- **Brazelton Touchpoints Center:** Innovating Partnerships with Families in Recovery: National Substance Use Disorder Summit 2022, Jan. 26
- **PICCK:** The Intersection Between Family Planning and Mental Health, Jan. 26
- **MA Act Early:** Interprofessional Education on the Promotion of Parental Monitoring of Developmental Milestones, Jan. 28
- **SAMSHA/Zero to Three/Center for the Developing Child:** Integrating IECMH into Early Childhood Delivery Systems, Feb. 3
- **PICCK:** Contraception During Cancer Care, February 17
- **SAMSHA/Zero to Three/Center for the Developing Child:** Strategies Supporting Service Delivery, March 3
- **PICCK:** The Critical Role of Contraceptive Prescribers in Pregnancy Options Counseling and Abortion Referrals, March 22

- **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
 - **2020 Mom:** [Building the Maternal Mental Health Constellation](#), March 23 -25
 - **PICCK:** [Gynecologic Care of Patients with Disabilities: Reflections on Family Planning Services](#), April 12
 - **PICCK:** [Contraception During Perimenopause](#), May 26
 - **PICCK:** [Tools for Patient-Centered Contraceptive Counseling](#), June 28
 - **PICCK:** [Partners in Contraceptive Choice and Knowledge \(PICCK\) Annual Meeting](#) for CME/CNE Credit, September 17, 2022
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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.

The Massachusetts Home Visiting Initiative brings this E-Digest to you. If you no longer wish to receive the Digest please send an email to Maxene.Spolidoro@mass.gov Please write unsubscribe in the subject line. If you would like to add someone to our mailing list please send an email to Maxene.Spolidoro@mass.gov; please write new subscriber in the subject line. Visit us at www.mass.gov/dph/homevisiting.

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