

Office of Children's Mental Health



OCMH – About Us

Our Values

- Collaborative across systems
- Data driven
- Family and youth guided
- Promote inclusivity and equity among all stakeholders

Our Vision

Wisconsin's children are safe, nurtured and supported to achieve their optimal mental health and well-being. Systems are family-friendly, easy to navigate, equitable, and inclusive of all people.



Coordinate & Integrate Services

Collective Impact

- Children's Mental Health Collective Impact Council
 - state department representatives, advocates, mental health and medical professionals, educators, and people with lived experience

Collective Impact is a structured approach that brings people together to achieve social change. It brings people from different sectors to focus on a common agenda and goals for solving a specific social problem instead of organizations working alone, in isolation.

Coordinate & Integrate Services



Collective Impact Initiatives

- Scaling Wellness In Milwaukee (SWIM)
- Milwaukee Coalition for Children's Mental Health
- Trauma & Recovery Project
- Milwaukee Mental Health Task Force

Coordinate & Integrate Services

Statewide Coalitions

- NAMI Wisconsin
- Wisconsin Alliance for Infant Mental Health
- Coalition to Expand School-based Mental Health in Wisconsin
- Children's Health Alliance

Coordinate & Integrate Services

Councils

- Wisconsin Mental Health Council
- Children Come First Advisory Committee
- Early Childhood Advisory Council
- Leadership Council on the Early Years



Coordinate & Integrate Services

Collective Impact Teams

- Access
- Infant Toddler
- Resiliency
- Trauma-Informed Care



Disparities in Access to Services

- **Annual Report – 2019 – Page 1**
 - Address the **root causes** of why Wisconsin children are struggling and understand if a child goes to school hungry or if a child doesn't feel like they belong in their school or community, their mental health is likely to suffer
 - Reorganized our child well-being indicators into the **5 categories of social determinants of health** (the conditions where people live, learn, work, and play)

Disparities in Mental Health Care

Minorities are more likely to delay or stop treatment as a result of geographic or insurance barriers and less likely to receive culturally appropriate treatment.

What works to reduce disparities and improve mental health outcomes?

- *Increasing the cultural and linguistic competence of the mental health workforce.*
- *Integrating behavioral health care with pediatricians.*
- *Adhering to treatment by decreasing stigma and fear of medication.*
- *Involving people who have lived experience with children's mental health in the program and policy decision-making process.*

Disparities in Access to Services

Trauma-Informed Care Workshops - 2019

- Vicarious Trauma/Secondary Trauma/Self-Care
- Enhancing Family Engagement by Understanding Cultural and Historical Trauma
- Operationalizing Trauma-Informed Care in Your Organization
- Working with Children and Families in the Home: Safety as a Foundation of Trauma-Informed Care



Lived Experience Leadership

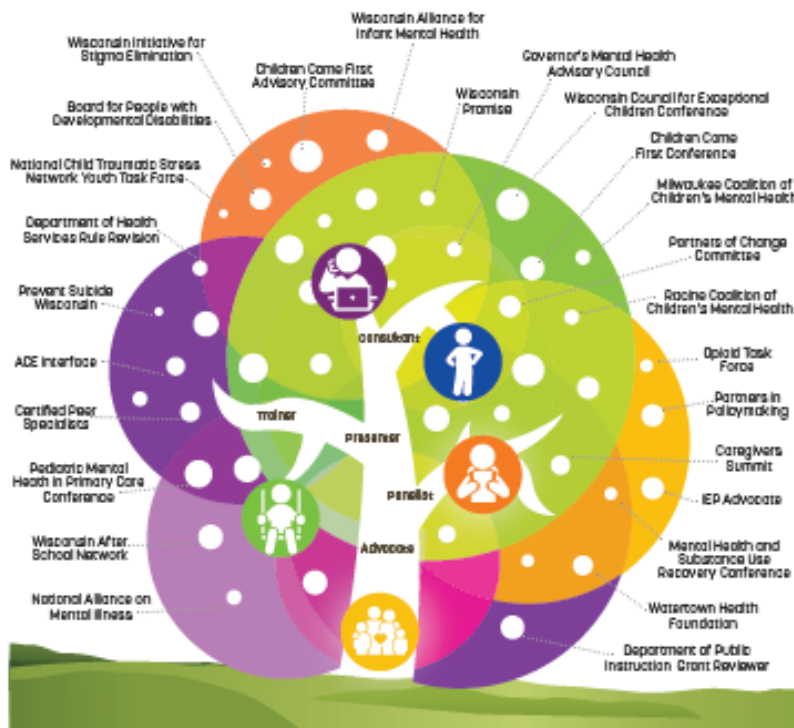
Lived Experience Leaders' reach in 2019

Collective Impact Partner

TREE OF INVOLVEMENT



Our Collective Impact Partners are actively sharing their voice on committees, boards, and in organizations throughout the state.



Child Welfare - Education - Foster Care & Adoption - Health Care - Intellectual & Developmental Disabilities

Mental Health Services - Social Services - Substance Use & Addiction - Youth Justice

Lived Experience Leadership

- Lived Experience Partners
- Advocate to state agencies
- Consult on lived experience
- Trainings and Conference
- Our website
- Listening Sessions



OCMH Website

[About Lived Experience](#)

[Bring Lived Experience to Your Work](#)

[OCMH Lived Experience Partners](#)

[Become a Lived Experience Leader](#)

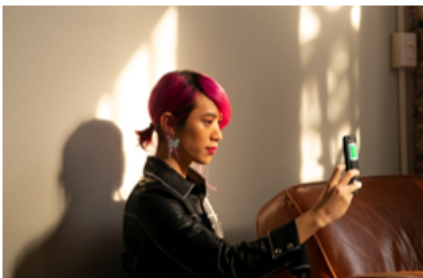
[Case Studies & Success Stories](#)

Listening to Youth

Virtual Listening Session *Youth and Young Adult Mental Health*

Thursday, May 21st
6 – 7:30 pm
Zoom Meeting

RSVP at children.wi.gov



Special Guest
Lt. Governor
Mandela
Barnes



Photo Credit: The
Gender Spectrum
Collection

We want to hear from you:

- ☐ What makes teens most anxious?
- ☐ What makes teens most depressed?
- ☐ What are the biggest mental health issues for young people?

Join in a statewide conversation led by young people on how to find social and emotional wellness in Wisconsin.



How can you help?

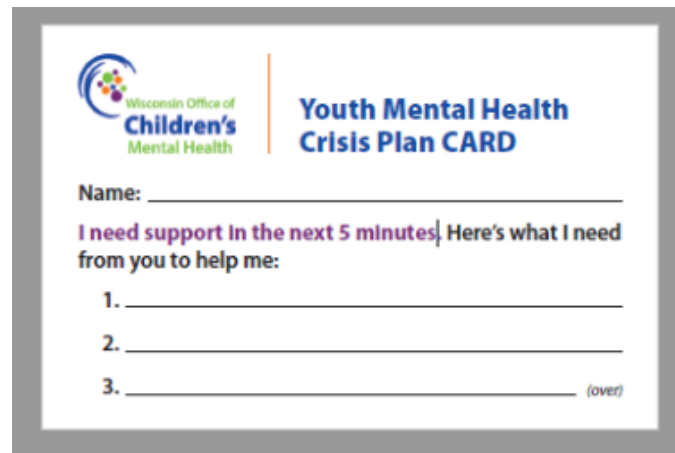
- Identify critical themes & system improvements
- Advocate and lobby for policy and legislative changes
- Identify more people with lived experience
- Tap into your own lived experience and tell your story



How can you help?

Suggested Action Ideas

- Telehealth policy post-COVID
- Resources available and needed
- Mental Health Workforce Shortage



The image shows a 'Youth Mental Health Crisis Plan CARD' from the Wisconsin Office of Children's Mental Health. The card is white with a grey border. It features the organization's logo on the top left, which consists of a stylized 'C' made of colorful dots. To the right of the logo, the text 'Wisconsin Office of Children's Mental Health' is written in blue and green. Further right, the title 'Youth Mental Health Crisis Plan CARD' is displayed in blue. Below the title, there is a line for 'Name:'. A purple text prompt reads 'I need support in the next 5 minutes. Here's what I need from you to help me:'. This is followed by three numbered lines for input: '1. _____', '2. _____', and '3. _____ (over)'.

Wisconsin Office of
Children's
Mental Health

**Youth Mental Health
Crisis Plan CARD**

Name: _____

**I need support in the next 5 minutes. Here's what I need
from you to help me:**

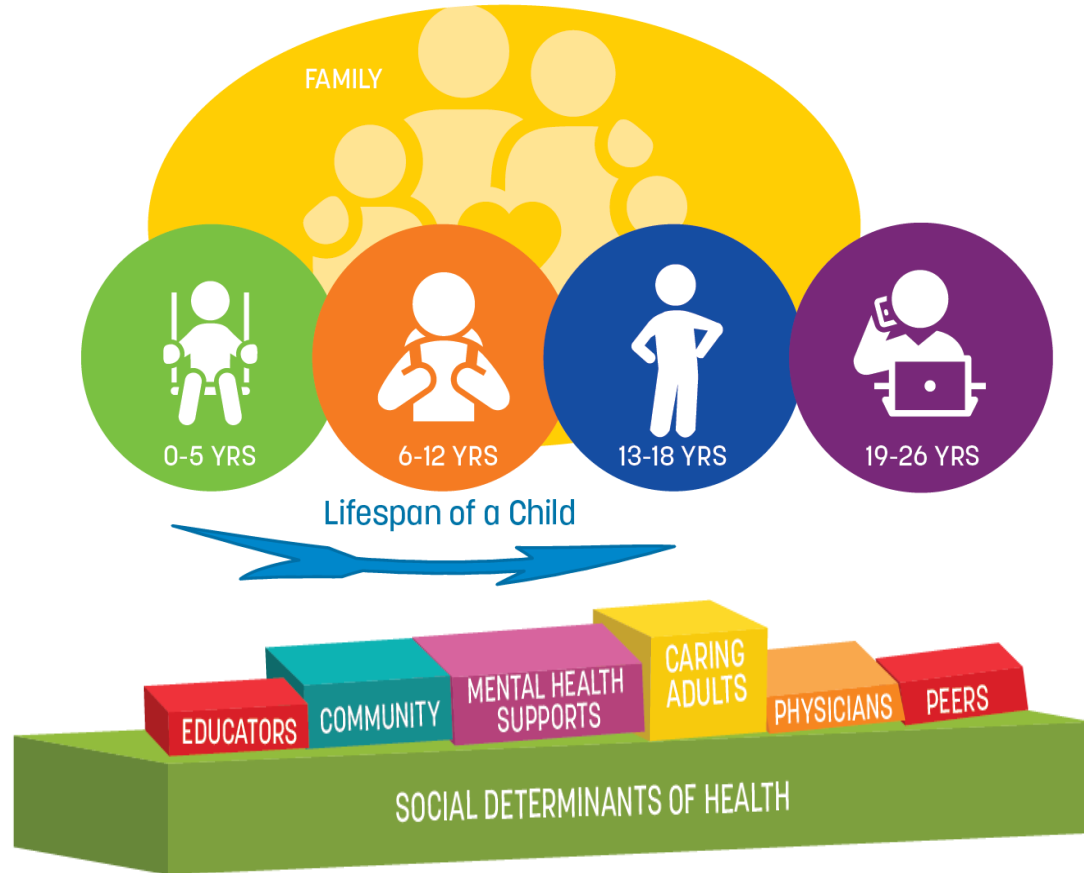
1. _____

2. _____

3. _____ (over)



Building Emotional Well-Being Through Strong Foundations



Updated OCMH Website

The screenshot shows the homepage of the Wisconsin Office of Children's Mental Health website. The header includes the Wisconsin state logo and 'WISCONSIN.GOV' on the left, and 'Agency Directory' and 'Online Services' on the right. The main navigation bar features the OCMH logo and the text 'Wisconsin Office of Children's Mental Health' in green. Below this is a search bar with the placeholder 'Search Site' and a magnifying glass icon. The navigation menu includes links for 'ABOUT US', 'RESEARCH & DATA', 'COLLECTIVE IMPACT TEAMS', 'LIVED EXPERIENCE', and 'RESOURCES'. The main content area has a large blue banner with white text stating: 'The Office of Children's Mental Health (OCMH) supports Wisconsin's children in achieving their optimal mental health and well-being. By encouraging collaboration across child and family service systems in Wisconsin, including state agencies, nongovernment mental health programs, advocates, and people with lived experience, OCMH supports children's mental health system improvements.' To the right of this banner is a link to the 'Annual Report' with the text '2019 ANNUAL REPORT to the Wisconsin Legislature'. Below the banner are three sections: 'Fact Sheets' with an icon of a person and a magnifying glass, 'Collective Impact Teams' with an icon of three people and gears, and 'Lived Experience' with an icon of an adult and a child. At the bottom, there are two columns. The left column is titled 'News and Events' and contains three items: 'Join us in celebrating Children's Mental Health Awareness Day 2020 through a social media campaign!', 'Young people ages 13-26, join us for our Virtual Listening Session on Youth and Young Adult Mental Health on May 21. Flyer for event. RSVP here.', and 'Read our Mental Wellness During COVID-19 newsletters for resources and encouragement for good mental health and well-being.' The right column is titled 'Looking for the Youth Mental Health Crisis Plan Card?' and includes a link 'Click here!' and an image of the 'Youth Mental Health Crisis Plan CARD' form.

WISCONSIN.GOV Agency Directory Online Services

Wisconsin Office of
Children's Mental Health

Search Site

ABOUT US RESEARCH & DATA COLLECTIVE IMPACT TEAMS LIVED EXPERIENCE RESOURCES

The Office of Children's Mental Health (OCMH) supports Wisconsin's children in achieving their optimal mental health and well-being. By encouraging collaboration across child and family service systems in Wisconsin, including state agencies, nongovernment mental health programs, advocates, and people with lived experience, OCMH supports children's mental health system improvements.

Annual Report
2019 ANNUAL REPORT
to the Wisconsin Legislature

Fact Sheets Collective Impact Teams Lived Experience

News and Events

Join us in celebrating Children's Mental Health Awareness Day 2020 through a social media campaign!

Young people ages 13-26, join us for our Virtual Listening Session on Youth and Young Adult Mental Health on May 21. Flyer for event. RSVP here.

Read our Mental Wellness During COVID-19 newsletters for resources and encouragement for good mental health and well-being.

Looking for the Youth Mental Health Crisis Plan Card?
Click here!

Wisconsin Office of
Children's Mental Health

OCMH Online

Thursday, May 7, 2020 | Social Media Campaign

#YouAreNotAlone | #PeerSupport | #ChildrensMentalHealthMatters



OCMH Fact Sheets

**SUPPORTING CHILD WELL-BEING THROUGH**
PRIORITIZING
CHILDREN'S
MENTAL HEALTH
MAY 2020

WHY THIS MATTERS

Children who are collectively nurtured and supported by systems, communities and families are best able to reach their highest potential mentally, socially, and emotionally as they grow into adulthood. Too often, Wisconsin's youth struggle with issues such as anxiety, depression, trauma, suicide, and difficulties obtaining timely and appropriate care.

Protecting a child's mental well-being across their lifespan requires a coordinated effort, together with systems, providers, and families we can work to address root causes of poor mental health outcomes, and advocate for policy change.

WHAT THE RESEARCH SAYS

For the majority of children, mental and emotional functioning is predominately shaped by the social, economic, and environmental factors in which they are born into, live, and grow.^{1*} Policies that have a universal approach and address social determinants of health can provide all children with equitable opportunities to flourish.^{2,4}



SOCIAL DETERMINANTS DRIVE 80% OF MENTAL AND PHYSICAL HEALTH OUTCOMES

WHAT'S HAPPENING IN WISCONSIN?

Almost half of high school students in Wisconsin are feeling anxious.

Anxiety disorders are the most common mental health disorder, with some types starting as young as age 7.⁵ Unfortunately, most children experiencing anxiety never get the help they need and may go untreated for many years. This lack of timely care can lead to or worsen the symptoms of depression, conduct disorders, and substance use.⁶




Disorder	2016	2018
Anxiety	40%	49%
Depression	27%	29%

11 Number of years a child experiences symptoms of emotional distress before receiving treatment.

A parent's perceptions about mental health care and availability of parent and school-administered screening tools highly predict whether a child receives initial treatment.⁸

**Wisconsin Office of
Children's
Mental Health**
- continued -



- Healthy Use of Screen Time
- Bullying Prevention
- Preventing Underage Drinking
- Prioritizing Children's Mental Health

OCMH Fact Sheets

- Why this Matters
- What's Happening in Wisconsin?
- What the Research says
- What We Can Do
 - Parents
 - Educators
 - Mental Health Professionals
 - Policymakers



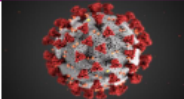

Mental Wellness during COVID-19

New biweekly e-newsletter

- Video interview with a professional in children's mental health field
 - What's different?
 - Lasting change?
- Message from a person with lived experience
- Self-care tips
- Children's mental health updates
- Tranquil photograph


Mental Wellness during COVID-19

Special edition newsletter series from the Office of Children's Mental Health (OCMH)



April 29, 2020
To access this newsletter online and connect to the embedded web links please visit childrens.wis.gov. A link to the newsletter is on the Home page.

Collective Impact Partner Interview



Karen Klotz, OCMH (left) interviews Sarah Inman, Vice President – Community Impact, United Way Brown County (right).

In this time of Safer at Home and social distancing the Office of Children's Mental Health (OCMH) is checking in with our collective impact partners to get their thoughts on how the pandemic is affecting their work and how children's mental health might be affected long term. In this edition we speak with Sarah Inman, Vice President – Community Impact, United Way Brown County. [Watch the interview.](#)

Watch our prior [interview with Monica Caldwell](#), Clinical Director – RISE.

Tips for Teens during COVID-19

Helping Teenagers Protect their Mental Health

When your normal is nothing but normal it can take a toll on mental health, no matter what your age is. And for teens this time of social distancing is perhaps even harder.


For teens feeling anxious, isolated, and disappointed – you are not alone. This [article](#) offered by UNICEF provides six strategies specifically for teens in navigating this time.

6 Tips for Teens


1. Recognize that your anxiety is completely normal.
2. Create distractions.
3. Find new ways to connect with your friends.
4. Focus on you.
5. Feel your feelings.
6. Be kind to yourself and others.

Art at Home

For many of us our new normal is spending days at home with our children. OCMH Intern Jenna Fiemal offers Art at Home ideas for creative projects using ordinary items in your house. Building off of art assignments in Jenna's college course, she suggests ways to break out of your routine, challenge how you look at everyday items in your house, and have some fun with your kids. Watch her [how-to video](#).



Supplies at home Jenna found for her project.



SAVE THE DATE
Thursday
May 7, 2020

CHILDREN'S MENTAL HEALTH AWARENESS DAY

On Thursday, May 7th we are celebrating Children's Mental Health Awareness Day through a social media campaign to remind young people that they are not alone. Join in on May 7th by sharing content about children's mental health! Find materials [here](#) to share on your social media! #YouAreNotAlone #ChildrensMentalHealthMatters

Twitter

Follow Us

1. Go to Twitter.com
2. Search for Wisconsin Office of Children's Mental Health @WIKidsMH
3. Click on "Follow"





Linda A. Hall, Director
linda.hall@wi.gov
www.children.wi.gov

