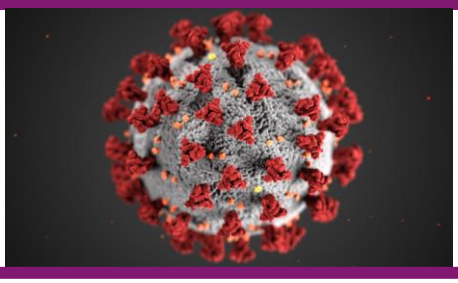
Mental Wellness During COVID-19

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

Wisconsin Office of Children's Mental Health



April 1, 2020



Communicating with Children

The importance of communicating with your children during this time is critical. Marcia J. Slattery, MD, MHS – Child and Adolescent Psychiatrist at UW Health underscores the importance of talking with your children, not at them, and listening to them. Listen to her short interview by clicking on the photo (left) or at: https://youtu.be/k3K9nzonSpA

Marcia Slattery is Professor of Psychiatry and Pediatrics and Director, UW Anxiety Disorders Program at the Department of Psychiatry – UW School of Medicine and Public Health.

COVID-19: Resilient Wisconsin – offers healthy ways to cope and say connected. https://www.dhs.wisconsin.gov/covid-19/resilient.htm

Lived Experience Partner Tips

OCMH Lived Experience Partners share tips from how they are supporting mental wellness through COVID-19.

Kimberlee Coronado

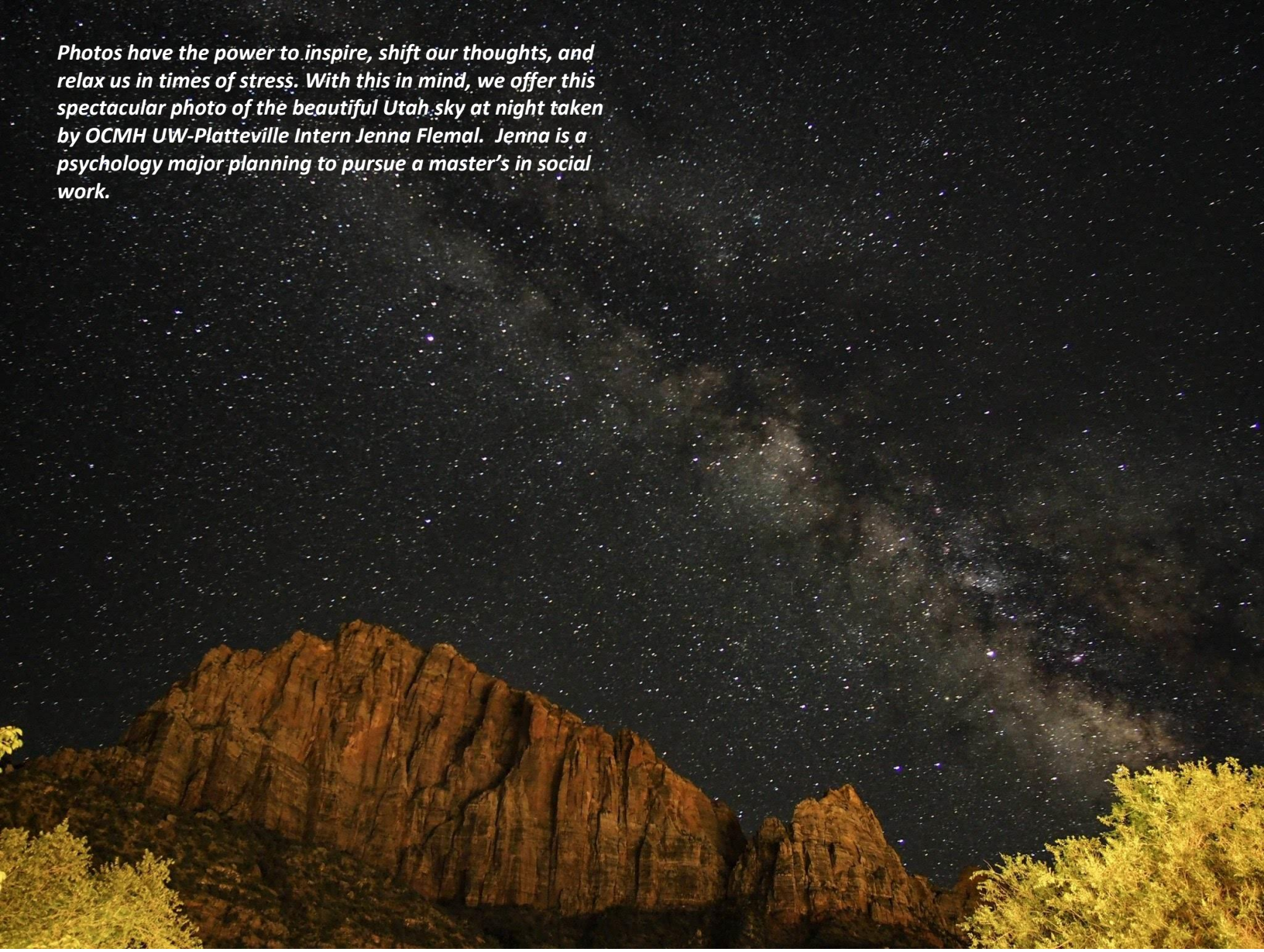
As a family with extra needs we have all have had to learn to adapt to new things, to become and remain flexible, and embrace our 'new normal'.

1. **Encourage a sense of wonder**. We know our children will remember how they felt during this time more than what they learned academically. We are encouraging each family member to engage on their unique interests, allowing their sense of wonder to reignite.
2. **Prioritize our self-care**. Keeping bedtime routines, making healthy food choices, and getting outside to move and connect with nature are essential to well-being. Also, we are playing board games, working on puzzles, going on "dates" with each child separately, we are focusing on making new memories and documenting old memories.
3. **Focus on mental well-being**. Do 'check-ins' with each family member. Make time for hard conversations. Stay socially connected through video calls. Continue celebrating special occasions and milestones.

Read Kimberlee's complete message at: https://children.wi.gov/Documents/Kimberlee%20Coronado%20Full%20Blog%204.1.20.pdf



Kimberlee Coronado (front right) with her family. Kimberlee has been a voice for lived experience with OCMH since 2014.



Photos have the power to inspire, shift our thoughts, and relax us in times of stress. With this in mind, we offer this spectacular photo of the beautiful Utah sky at night taken by OCMH UW-Platteville Intern Jenna Flemal. Jenna is a psychology major planning to pursue a master's in social work.

Resource for Professionals and Parents:
Loss of Control in these Uncertain Times from the Rogers InHealth Compassion Resilience Toolkit. This entry offers a method to sort out what drains you and what energizes you, allowing you to then focus on feeding your resilience. Access this by clicking the box below or at: https://compassionresiliencetoolkit.org/media/COVID19CompassionInAction_control.pdf

COVID-19: Compassion in Action

Additional COVID-19 mental health resources:

- OCMH website - https://children.wi.gov/Pages/Mental-Wellness-During-COVID-19.aspx



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