



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

The Massachusetts Department of Public Health (DPH) continues to work 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 at mass.gov/covid19.

Information about coronavirus, the virus that causes COVID-19 can be found at the Massachusetts Department of Public Health website, by calling 2-1-1 or visiting mass211.org where you are able to live chat. [The CDC Coronavirus \(Covid-19\) website](https://www.cdc.gov/coronavirus/)

In this volume: Information for supporting families during the Covid-19 pandemic, other news towards Racial Justice, more news for maternal and child health professionals, distance learning and open meeting opportunities, reminders of select past posts with updated resources, and an expanded listing of Racial Justice compendiums.

Information for supporting families during Covid:

- **CDC:** [Releases web page on COVID-19 and Alcohol and Substance Use](#). Find out what individuals, healthcare providers, states, and communities need to know about alcohol and other substance use during the COVID-19 pandemic.
- **The Conversation:** [With kids spending more waking hours on screens than ever, here's what parents need to worry about](#)
- **The Atlantic:** [What Happens When Kids Don't See Their Peers for Months](#). Socializing is a crucial part of growing up. The pandemic brought it to a halt.
- **HuffPost:** [Why So Many Parents Feel Absolutely Numb Right Now](#). We're facing a year without precedent in modern parenthood. So why do we feel so ... detached?
- **NPR:** [Loneliness Hasn't Increased Despite Pandemic, Research Finds. What Helped?](#)
- **Today:** [FDA warns of dozens more hand sanitizers to avoid, growing list to 59](#). The FDA expanded its alert about hand sanitizers containing methanol, a potentially toxic substance.
- **Greater Good Science Center:** [How to Form a Pandemic Pod](#). Here are some questions to ask as you expand your circle of care and cooperation during COVID-19.
- **Boston Globe:** [Meet the six other people who will be deciding if you can get a haircut](#). Welcome to life in a quarantine bubble
- **LifeHacker:** [How to Try and Prevent Your Eviction](#)
- **WBUR:** [Mass. Food Banks Brace For Surge Of Need As \\$600 Unemployment Benefit Expires Soon](#)
3:45m audio stream

- **HuffPost:** [6 Ways Parents Can Deal With The Anxiety Of Remote Learning ... Again](#). For many families, last spring was a disaster. Here's how to start prepping for a saner, more effective Round 2.
- **The New Yorker:** [Supporting Children's Development During the Pandemic](#). The clinical psychologist Elena Hontoria Tuerk discusses the biggest threats to the psychological health of young children, how teachers will have to adjust to instructing kids during a pandemic, and the ways in which parental stress can affect kids' growth.
- **Child Trends/Positive Parenting:** [Signs of COVID Stress in Kids](#), 1 minute video
- **Child Trends/Positive Parenting:** [Vaping, Teens, and COVID-19](#), 2 minute video
- **NPR:** [Your Boss Wants You Back. But Is It Safe?](#), Returning to work during the COVID-19 pandemic? This episode helps workers understand their rights, including current rules about unemployment, safety concerns and underlying conditions. 16 minute audio
- **NPR:** [Kids Feel Pandemic Stress Too. Here's How To Help Them Thrive](#)
- **NYT:** [Coronavirus Tests Can Be Scary for Kids. Here's How to Make Them Easier](#). A nasal swab is invasive and uncomfortable for anyone. For children, knowing what to expect can help ease the anxiety.
- **NPR:** [Starting A COVID-19 'Social Bubble'? How Safe Sex Communication Skills Can Help](#)
- **Medical News Today:** [7 tips for social distancing and gatherings](#)
- **NYT:** [How Are You Telling Children the Story of the Pandemic? Every child needs a narrative](#). Here's what several pediatricians are talking about with their children.
- **Motherly:** [Kids over 2 need to wear face masks, says CDC](#). So how do we get children used to wearing masks? Here's what experts recommend

Other news, towards racial justice:

- **Boston Globe:** [John Lewis is remembered as a civil rights icon and as the 'conscience of Congress'](#)
- **The Atlantic:** [John Lewis Was an American Founder](#). Without activists like Lewis and C. T. Vivian, America would remain a white republic, not a nation for all its citizens.
- **Washington Post:** [In 2016, Rep. John Lewis \(D-Ga.\) spoke about preparing for the 1961 Freedom Rides and offered advice for those engaging in peaceful protests decades later](#). 4 minute video
- **New York Times:** [Who Were the Freedom Riders?](#)
- **Time:** [John Lewis' March on Washington Speech Inspired a Generation. Here's How He Recalled Its Impact to TIME](#)
- **Smithsonian:** [What 'Racism Is a Public Health Issue' Means](#). Epidemiologist Sharrelle Barber discusses the racial inequalities that exist for COVID-19 and many other health conditions
- **PBS News Hour:** [The economics behind racial coronavirus disparities](#), 8 minute video
- **PBS News Hour:** [How COVID-19 is highlighting racial disparities in Americans' health](#), 8 minute video
- **John Templeton Foundation:** [On Being with Krista Tippett - Robin DiAngelo and Resmaa Menakem: In Conversation](#) *"Hearing the two of them together is electric — the deepest of dives into the calling of our lifetimes."* 60 minute podcast
- **Washington Post:** [Stumbling toward wokeness](#). After George Floyd's death, she wanted to be anti-racist. But what would that mean, exactly?
- **The New Yorker:** [Until Black Women Are Free, None of Us Will Be Free](#). Barbara Smith and the Black feminist visionaries of the Combahee River Collective.
- **Washington Post:** [How to explain systemic racism to non-liberals like me](#).
- **The New Yorker:** [When Marian Anderson Defied the Nazis](#).

- **New York Times:** [Sources of Self-Regard, Self-Portraits From Black Photographers Reflecting on America](#), with an essay by Deborah Willis
- **New York Times:** [What Black Lives Matter Has Revealed About Small-Town America](#). A multiracial future has appeared, along with unprecedented conversations about race.
- **New York Times:** [Black Lives Matter May Be the Largest Movement in U.S. History](#)
- **Washington Post:** [That sound you're hearing is classical music's long overdue reckoning with racism](#)
- **New York Times:** ['White Fragility' Is Everywhere. But Does Antiracism Training Work?](#) Robin DiAngelo's best seller is giving white Americans a new way to talk about race. Do those conversations actually serve the cause of equality?
- **Washington Post/Reuters:** [The race gap: How U.S. systemic racism plays out in Black lives](#) From birth to death, Black people face systemic disadvantages in American life more than 150 years after slavery was abolished.
- **The Atlantic:** [The Anti-Semitism We Didn't See](#). DeSean Jackson's Hitler moment—and mine—showed that Black Americans' experience of racism doesn't automatically sensitize us toward other forms of prejudice.
- **The Undefeated:** [I'm a Jew of color. I won't be quiet about anti-Semitism.](#)
- **Code Switch:** The Historical Whiteness of Running. [How Running's White Origins Led To The Dangers Of 'Running While Black](#) 8 minute video
- **Washington Post:** [How South Asian mothers are addressing America's racial reckoning — and their own struggles with colorism](#)
- **HuffPost:** [6 Things White Kids Say About Race That Parents Should Call Out Now](#). Want to teach white children to be anti-racist? This is a good place to start.
- **CNN:** [Getting kids to connect across racial — and geographic — lines.](#)
- **TIME:** [A History of the Newly Resurgent 'Black National Anthem'](#)
- **Washington Post:** Bass-baritone and composer Jonathan Woody recently teamed with the countertenor Reginald Mobley (who also serves as a programming consultant for Boston's Handel and Haydn Society) for a collaborative choral piece entitled "[Nigra Sum Sed Formosa: A Fantasia on Microaggressions](#)."

Other news:

- **HuffPost:** [5 Questions To Gauge Kids' Emotional Intelligence — And Help Them Boost It](#). How to know what's age-appropriate — and how to push your kids' EQ forward.
- **HuffPost:** [9 Everyday Things To Do To Raise Emotionally Intelligent Kids](#). Experts share how parents can help their children understand their feelings and develop a high EQ.
- **BBC:** [Why the way our children watch screens matters](#). Screen time for school-aged children decreases their ability to imagine the world, or the so-called 'mental imagery'
- **Washington Post:** [Many new moms are 'cleared' six weeks after birth. But the postpartum period isn't over.](#)
- **New York Times:** [What's Missing in the Effort to Stop Maternal Deaths](#). The U.S. could prevent two-thirds of deaths during or within a year of pregnancy, research suggests.
- **HuffPost:** [Children's Books That Teach Kids About Emotions](#). These stories help kids understand and express feelings like anger and sadness.
- **Medical Xpress, U. of Michigan:** [National poll: Some parents may not properly protect children from the sun](#)

- **Mass Association for Infant Mental Health:** The National Collaborative for Infants and Toddlers is conducting a scan of public sector leaders, policy analysts and advocates, service providers, and other key informants working in states, communities, and nationally to: 1) understand the bright spots of reform during the pandemic; and 2) capture new ideas to strengthen and build new foundations for systems of care. **This brief [survey](#) will be open until July 31, 2020. Please share with others who might have ideas to share!**

Printables/PDFs for families & staff:

- **MDPH:** Strengthening Partnerships: [A Framework for Prenatal through Young Adulthood Family Engagement in Massachusetts](#). A roadmap for practitioners and families in health, human services, and education
- **Center on the Developing Child:** [Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined](#)
- **Zero to Three:** [Considerations for Developmental Needs of Infants and Toddlers in Child Care Programs During the COVID-19 Pandemic](#)
- **CLASP:** [An Anti-Racist Approach to Supporting Child Care Through COVID-19 and Beyond](#)
- **NCTSN:** [Understanding Refugee Trauma Fact Sheet Series](#)
- **NCTSN:** [Suicide and Refugee Children and Adolescents](#)

For Self-care:

- **The Conversation:** [Your coping and resilience strategies might need to shift as the COVID-19 crisis continues](#). Keeping your equilibrium can be a challenge in times of uncertainty.
- **New York Times:** [Feeling Stuck? Five Tips for Managing Life Transitions](#). Whatever the wolf is that disrupts your story, here are ways to emerge as the hero.
- **Greater Good Science Center:** [How Purpose Changes Across Your Lifetime](#). Purpose is not a destination, suggests research, but a journey and a practice
- **CNN Health:** [Why Small Decisions Feel So Difficult](#), 11 minute audio
- **CNN Health:** [Is it safe to go to the doctor? Here's what health experts say](#)
- **HuffPost:** [You May Be Using Hand Sanitizer All Wrong](#). Quickly squirting it into your hands isn't effective against COVID-19.
- **New York Times:** [Make Beads From Your Newspaper](#). All it takes is your trusty Times, a little glue and these templates.
- **Washington Post:** [Study: To get enough exercise, try engaging in three different activities a week](#)
- **HuffPost:** [12 Therapist-Backed Tips For Overcoming Exercise Anxiety](#). Yes, working out can improve mental health, but what about when fitness is causing the stress? Here's some advice.
- **CNN:** [How to reboot your workout routine: Let's set the foundation](#)
- **Washington Post:** [The global spread of covid-19 forced many people indoors for longer than they'd been used to, altering eating, cooking and exercise habits](#). 3:48 video
- **LifeHacker:** [It's Time to Reduce Stress With Some Virtual Forest Bathing](#). Taking a walk in a forest [can be deeply calming](#).
- **What's Up Moms:** [10 Mindfulness Activities For Kids & Grownups](#)
- **NPR:** [The Pandemic Time Warp](#), 11 minute audio
- **NPR:** [How To Keep People Safe As Quarantine Fatigue Sets In](#), 6 minute audio
- **NPR:** [What You Need To Know About Protective Face Masks](#), 11 minute audio

- **NPR:** [Taking A Trip To Visit Grandparents Or Older Relatives? Tips To Reduce The Risk](#), 16 minute audio
- **HuffPost:** [How To Plan A Safe Picnic During The Coronavirus Pandemic](#). Safety -- whether it's to prevent COVID-19 or food poisoning -- is of the utmost importance this summer.
- **NYT:** [This Pickle Is a Cake](#). Welcome to the viral world of hyper-realistic cake slicing videos
- **CNN:** [5 Lego challenges to make a stay-at-home summer fly](#)
- **CNN:** Life going in circles? [These mind-bending kinetic sculptures are art in motion](#). Or optical illusions come to life.
- **CNN:** [Vivaldi 'Four seasons' - Presto from summer](#)
- **HuffPost:** [Beach Boys Legend Brian Wilson Shares Stirring New Take On 'Love And Mercy'](#). The pop music mastermind also performed a solo version of "God Only Knows" on "The Late Show With Stephen Colbert."

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **Greater Good Science Center:** [Parenting in Place: Helping Families Thrive in Challenging Times](#), featuring 9 live weekly masterclasses with parenting experts, therapists, authors, educators and neuroscientists passionate about helping families navigate these challenging times, sharing strategies and ideas for how your family can thrive this summer and be ready for whatever comes next. Limited number of need-based scholarships available. For more information, send an [email request to Julie Lythcott-Haims](#).
- **Boston Globe Op-Talks:** [Community Colleges in Crisis: How COVID-19 & race are reshaping higher education](#), July 22
- **Brazelton Touchpoints Center:** [series of free webinars and an online learning community](#) exploring how to manage the challenges posed by virtual service delivery and share strategies providers have found for building and sustaining strong relationships with families virtually. July 22, August 5, 19, September 2, 16, 30.
- **WGBH/Boston Globe/NAACP:** [The State of Race & COVID-19: A Forum about Race and Inequality](#), July 22
- **Fathers Incorporated:** [Gentle Warriors Academy: What About Dad?](#) Training for Human Service Providers to Effectively Engage Non-Resident Fathers, July 22
- **Brazelton Touchpoints Virtual Learning Center:** [Current course catalog](#)
- **NEPHTC:** [Health Literacy Response to COVID-19](#), July 22
- **MDPH Suicide Prevention:** [Widening the Lens: Shattering the Filter of Whiteness in Suicide Prevention](#), July 22
- **Office of Head Start:** [Coaching Corner Series: Coaching Supports to Address Behavior Management](#), July 22
- **EmbraceRace:** [Raising Multiracial Children, Part 1: Examining the Complexity of Multiracial Identity](#), July 23
- **CLASP: Protest, Movement Building, and Mental Health: A Conversation with Young Leaders**, July 23
- **Early Childhood National Centers:** [Promoting Health and Safety Through Child Care Health Consultation. Responding to the Challenge of COVID-19](#), July 23
- **The Resilient Sisterhood Project:** [Screening of "When the Bough Breaks"](#) July 24
- **EmbraceRace:** [Raising Multiracial Children, Part 2: Dismantling Anti-Blackness in Multiracial Families](#), July 28

- **MHA:** [Social Media Engagement: Instagram and Facebook Live](#), July 28
- **Early Childhood National Centers:** [Engaging Parents as Advocates and Leaders: Cultural Responsive Parent Engagement](#), July 28
- **Fathers Incorporated:** [Gentle Warriors Academy: REAL DADS READ - Fatherhood Involvement and implementing strategies for working with Fathers](#), July 28
- **MDPH Suicide Prevention:** [Maintaining Hope in Times of Uncertainty](#), July 28
- **USHHS:** New England [Virtual Town Hall](#) with the U.S. Surgeon General, VADM Jerome M. Adams, MD, MPH, entitled Substance Use and COVID-19: A Way Forward, July 29
- **CDC:** [COVID-19 Response: Promising Practices in Health Equity](#) July 29
- **Early Childhood National Centers:** [Partnering with Families to Build Economic Security During Emergencies](#), July 29
- **SAMHSA:** [Best Practices in Navigating HIPAA and 42 CFR Part 2: A Client, Family and Organizational Perspective](#), July 30
- **National Center on Parent, Family, and Community Engagement:** [Effective Ways to Work with Families in Challenging Times: A Facilitated Series for CCR&Rs](#) July 30
- **2020 Mom:** [Catalyzing Mental Health Support For Moms Through Specialized Peer Support Training](#)
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30
- **NBCC:** [National Breastfeeding Conference & Convening Reimagined](#). webcast sessions to be released each Monday during [National Breastfeeding Month](#) (and beyond!). The presentations will be offered on-demand and free of charge. The USBC is applying for continuing education (status pending). [Learn more about each set of sessions](#).
 - August 3: Transforming Systems through Law and Policy
 - August 10: Centering Voices to Create Change
 - August 17: Innovative Solutions for Coordinating Care
 - August 24: Optimizing Support for All Populations
 - August 31: Advancing Breastfeeding Agency in the Community
 - October 5: Sleeping Safely While Breastfeeding
- **Office of Head Start:** [Spotlight on Innovative Practices Series: Implementation Strategies and Reflections on Practice-Based Coaching in State Early Childhood Professional Development Systems](#), August 11
- **Office of Head Start:** [Home Visiting Series: Curriculum and Ongoing Assessment in Home-Based Programs](#), August 12
- **Brazelton Touch Points:** [Building Resilience while Social Distancing: Parental Depression and Coping](#), August 13
- **Brazelton Touch Points:** [Honoring Each Person's Experience to Support Mental Health](#), August 6
- **Brazelton Touch Points:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), August 20
- **Office of Head Start:** [Front Porch Series: Elevating the Role of Cultural Responsiveness in Effective Teaching Practices](#), September 3
- **Mental Health America:** 2020 Annual Conference: "[COVID-19, Mental Health and the Need for Equity](#)." September 3rd and 4th.
- **National Coalition for Infant Health:** [Infant Health Policy Summit](#), Sept. 10
- **Bridgewell:** [Resilient Survivors: Strong at Broken Places](#), September 18
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Sept. 18, 25, Oct. 2, 9, in person, in Fall River
- **Mass Breastfeeding Coalition:** [Breastfeeding In The Bay State Annual Conference](#), (virtual) Sept. 21

- **Zero to Three:** [Virtual Annual Conference](#), Oct. 5-9 Registration not yet open
- **BACE:** [Breastfeeding Foundations for Perinatal Health Workers](#), October 10
- **Children's Trust:** [28th Annual A View from All Sides](#), October 15, virtual event.
- **Bridgewell:** [Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians](#), October 21

Recorded webinars, courses and other learning opportunities:

- **NIHCM:** [Homelessness & COVID-19: A Merger of Two Epidemics](#) webinar video
- **NCPMI:** [Creating Anti-Racist Early Childhood Spaces](#)
- **National Children's Alliance:** [The Bystander Effect—Why People Don't Report Child Abuse](#), 32 minute podcast
- **National Children's Alliance:** [We're Not All Having the Same Pandemic](#) 70 minute podcast
- **Fathers Incorporated:** [Gentle Warriors Academy: Upcoming Trainings](#)
- **U of CA, Berkley:** [The Science of Happiness](#). The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life.
- **National Child Traumatic Stress Network:** Strengthening family resilience and coping with traumatic stress webinars: [Family Resilience](#), [Family Resilience and Traumatic Stress: A Guide for Mental Health Providers](#), [Child Trauma, Race, and Urban Identity](#), [Complex Trauma: In Urban African American Children, Youth, and Families](#), [Building Resiliency: Supporting Youth Affected by Trauma and Community Violence](#)
- **Brazelton Touchpoints Center:** [Webinar archives](#), Supporting Families and Communities through the Pandemic.
- **NAEYC:** [Virtual Institute](#), Beginning June 1. Free. Six weeks of newly recorded presentations to support your professional development. The Virtual Institute is open to anyone who is interested in some of the latest research and best practices in early childhood education.
- **ECLKC:** [Head Start Heals Campaign](#) focuses on healing and addresses topics such as resilience, recovery, how to incorporate mental health consultation effectively, how to address challenging behaviors, and ways to have difficult conversations with families.
- **The Institute for Family Support Professionals:** [Rapid Response Virtual Home Visiting](#), multiple recorded webinars, including: [Home Visiting Models and COVID 19 Response](#), [Virtual Visit Readiness](#), [Engaging Families in Virtual Visits: A Protective Factors' Approach](#), [Screening in Virtual Visits](#), [Using ASQ-3 in a Virtual Environment](#)
- **Children's Trust:** [Online Resources For Family Support Professionals](#)
- **Center for the Developing Child, Harvard U., COVID-19 Resources:** Guides, Activities, Infographics, E-books and podcasts; some in multiple Languages.
- **New England Public Health Training Center**, a wide range of training programs and services that strengthen the public health workforce.
- **The Ounce**, trainings designed specifically with the needs of home visitors and supervisors in mind. Developed by home visitors for home visitors. Applicable across all national models.
- **SAMHSA** [Center of Excellence for Infant and Early Childhood Mental Health Consultation, podcasts and webinars](#)
- **HRSA:** The [MCH Navigator](#) is a centralized portal for pursuing continuous learning in maternal and child health (MCH) and is designed to help emerging and established MCH professionals and students map professional growth pathways. (New trainings added)

- The Best Start in Life: Early Childhood Development for Sustainable Development
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Reminders of past postings and updated resources:

- **Mass.gov:** [COVID-19 Food Assistance](#)
 - **National Alliance on Mental Illness, MA:** [Mental Health Resources](#), including Navigating a Mental Health Crisis; Peer Support; Parenting; Housing; Employment, Legal, Insurance, and much more
 - **Department of Mental Health** [DMH Multicultural Mental Health Resource Directory](#): This directory contains information about organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.
 - **MGH:** [Mental Health Resources for Black, Indigenous and People of Color \(BIPOC\)](#)
 - **Distant Together:** [Mental Health Resources for COVID-19](#) 180 languages
 - **SAMSHA:** [Suicide Prevention Lifeline, COVID-specific tips, Spanish](#)
 - **SAMSHA:** [Disaster Distress Line \(including COVID as a disaster\) - a 24/7/365 multilingual hotline for crisis support](#)
 - **Boston Public Library:** [COVID-19 Mutual Aid Resources](#)
 - **MA 211:** [HelpSteps](#)
 - **Project Bread:** [Fliers in English, Spanish, and Portuguese on how to PIN P-EBT card](#)
 - **MA Law Reform Institute:** [SNAP & rules for reporting UI in Massachusetts](#)
 - **MA Immigrants & Refugees Advocacy Coalition:** [Resources](#)
 - **Families First:** [Covid-19 Parenting Tips and Resources, Spanish](#)
 - **MassLegalHelp:**
 - If you need an emergency 209A restraining order or 258E harassment prevention order, see [Asking the court for a restraining order or harassment prevention order during COVID-19](#)
 - Evictions and foreclosures are on hold! See [COVID-19 and Housing](#)
 - Your landlord cannot lock you out or shut off your utilities, See [Illegal Eviction](#)
 - For other public services affected by COVID-19, see our [novel coronavirus](#) webpage.
 - [You have the right to an interpreter](#)
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Racial Justice Resource Compendiums:

- **Pocket:** [Beyond the KKK: Understanding White Supremacy as a System of Power](#) [Crystal Marie Fleming](#), author of [How to Be Less Stupid About Race: On Racism, White Supremacy and the Racial Divide](#), offers a curated reading list examining how systemic racism has been deeply entrenched within our economic system, social and political institutions, public policies, and cultural symbols.
- **Common Sense Media:** [Dr. Ibram X. Kendi Picks: Anti-Racist Books for Kids](#)
- **PBS Parents:** [Talking to Young Children About Race and Racism](#)
- [Justice in June](#)
- **Appleseed Centers:** [Resources & Tools Regarding Racism & Anti/Blackness and How to be a Better Ally](#)
- **Appleseed Centers:** [Anti-Racism Resource for White People](#)
- **Anti-Defamation League:** [Anti-Bias Education](#)
- **Greater Good Science Center:** [Key Readings from Black Educator-Leaders and Other Leaders of Color](#)
- **Greater Good Science Center:** [Anti-Racist Resources from Greater Good](#)
- **Washington Post:** [Understanding racism and inequality in America](#)

- **Embrace Race:** [Webinars, Articles and Action Guides in English and Spanish](#)
- **Pocket:** [Black Voices at the Mic: Great Podcasts on Love, Sci-Fi, and Radical Honesty](#)
- **America & Moore, Diversity Education, Research and Consulting:** [21-Day Racial Equity Habit Building Challenge](#) ©
- **Smithsonian Magazine:** [158 Resources to Understand Racism In America](#). These articles, videos, podcasts and websites from the Smithsonian chronicle the history of anti-black violence and inequality in the United States
- **National Museum Of African American History And Culture:** [Our American Story Online Series](#) showcases individuals and events in the African American experience and places them in the context of a larger story—our American story.
- **New York Times:** A [collection of historical photos, poetry and articles](#) about Juneteenth, commemorating the end of slavery in the U.S.
- **30 Seconds Mom:** [Education As an Agent of Change: A Racial Justice Reading List & Resource Guide](#)

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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