



Welcome to the MHVI Covid-19 Resource Digest, volume 27. 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.*

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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](https://mass.gov/covid19).

Information about COVID-19 can be found at the Massachusetts Department of Public Health website, by calling 2-1-1 or visiting [mass211.org](https://mass211.org) where you are able to live chat. [The CDC Coronavirus \(Covid-19\) website](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

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**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.

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#### Information for supporting families during Covid:

- **Washington Post:** [When the world's in crisis, we need 'grief leaders.' Here's how to be one.](#)
- **USDA:** [Extends WIC COVID-19 Flexibilities for Duration of the COVID-19 Public Health Emergency](#)
- **CNN:** [Trick-or-treating, costume masks and Halloween parties discouraged by CDC this year](#)
- **NIHCM:** [Systemic Racism, Disparities & COVID-19: Impacts on Latino Health](#), [Spanish](#) infographic
- **NIHCM:** [Systemic Racism Is a Public Health Crisis: Impact on the Black Community](#), infographic
- **Medium/Rapid-EC Project/U. of Oregon:** [Bearing Witness: Family Voices That We Can't Ignore. Hearing the stories of RAPID survey respondents](#)
- **Medical News Today:** [US cases of depression have tripled during the COVID-19 pandemic](#) .A large study finds a dramatic increase in the number of adults in the United States reporting symptoms of depression during the COVID-19 pandemic.
- **Betsy Lehman Center:** [Two new videos feature a Massachusetts certified nurse aide correctly donning and doffing personal protective equipment, including a facemask, gloves, gown, head covering, shoe coverings and eye protection.](#) Available in English, Spanish, Brazilian Portuguese and Haitian Creole.
- **CommonWealth:** [Unemployment portal now in multiple languages.](#) Chinese, Vietnamese, Haitian Kreyol, and Portuguese added, over two months into coronavirus pandemic
- **HuffPost:** [The Relentless Despair Of Being A Working Mom In 2020.](#) We adapted through spring and summer. Now a new school year begins as we face more months of an impossible juggle — with no help in sight.
- **Boston Globe:** [Why Massachusetts has the highest unemployment rate in the country](#)
- **TIME:** ['How Am I Going To Make It?' Months of Eviction Uncertainty Are Taking a Toll on Millions of Families](#)
- **Boston Globe:** [Struggles with mental health could get worse as winter looms](#)

- **Boston Globe:** [Black Americans, suffering disproportionately from COVID-19, face a mounting mental health crisis](#)
- **Science Daily/Penn State:** [Certain coping strategies can help offset pandemic's mental health hits](#)
- **Science Daily/Rutgers:** [As domestic violence spikes, many victims and their children have nowhere to live.](#) Providing safe housing and community resources are critical to enhancing the safety of domestic violence victims and their children, report finds
- **CBS News:** [Preterm deliveries appear to be linked to coronavirus infections](#), according to a [new study](#) on COVID-19 and pregnancy published Wednesday by the Centers for Disease Control and Prevention. The CDC report also tracked miscarriages and stillbirths in patients with the virus.
- **NPR:** [Listen, Open Up, Connect: A Mental Health Expert's Advice On Living Through A Crisis](#)
- **New York Times:** [As School Returns, Kids With Special Needs Are Left Behind](#)
- **Washington Post:** [Why schools — now more than ever — should let young kids learn through play \(not worksheets\)](#)
- **WBUR:** [Amid COVID-19 Pandemic, School Nurses Are On The Front Lines Of Reopening Schools Safely](#)
- **CommonWealth:** [Role of school nurses expands during pandemic.](#)
- **New York Times:** [Do Masks Impede Children's Development?](#) Scientists who have studied the ways children process and use the information hidden by masks say that children will find ways to communicate, and that parents and teachers can help.
- **The Conversation:** [Teens want COVID-19 advice that gives them safe ways to socialize – not just rules for what they can't do](#)
- **Boston Globe:** [There's been a lot of talk about protecting our kids.](#) But parents, you need support, too. We asked the experts about taking care of yourself in a completely strange world
- **Washington Post:** [Parenting gracefully through this pandemic? It's possible.](#)
- **HuffPost:** [How Not To Be A Jerk During Your Kid's Remote Learning. Don't micromanage. Respect the teacher's time.](#) Also: MUTE.
- **WBUR:** ['Everything Feels Different And New': Mass. Kids Reflect On Masked, Sanitized Return To School](#), 7 minute audio
- **New England Public Media:** [Working Parents Hope For More Structure This Fall For Kids At School — At Home](#)
- **Washington Post:** [How to tame your temper when pandemic parenting stress has you boiling](#)
- **Washington Post:** [How to adapt meditation for little kids? It looks a lot like play.](#)
- **HuffPost:** [17 Children's Books To Help Kids Navigate Life During A Pandemic.](#) These stories cover handwashing, germs, anxiety, separation and more.
- **LifeHacker:** [Keep Your Kid's Mask on a Lanyard](#)
- **LifeHacker:** [How to Communicate With Kids When You're Wearing a Mask](#)
- **Mommy Poppins:** [30+ \(Mostly FREE\) Online Learning Resources, Apps, and Games for Kids](#)

Other news, towards racial justice:

- **Smithsonian:** [Why Black, Indigenous and Other People of Color Experience Greater Harm During the Pandemic.](#) Scholars take a deep dive into how structural racism intersects with public health.
- **HuffPost:** [7 Myths About Black Lives Matter That People Need To Stop Believing.](#) These myths about the movement are more than just misunderstandings.
- **ChalkBeat/Associated Press:** [A nationwide divide: Hispanic and Black students more likely than white students to start the year online](#)

- **Washington Post:** [The latest crisis: Low-income students are dropping out of college this fall in alarming numbers](#). Many low-income students say they don't have good enough WiFi at home to take online courses.
- **Greater Good Science Center:** [How to Avoid Doing Harm When You Discuss Race at Work](#). Race dialogues at work have the potential to leave minority employees feeling distressed, exhausted, or dismissed.
- **Greater Good Science Center:** [What Is Black Fatigue, and How Can We Protect Employees from It?](#) Here are eight tips for organizations embarking on a diversity, equity, and inclusion process.
- **TIME:** [400 Years After the Mayflower Set Sail, a New Exhibit Acknowledges the U.K.'s Impact on Native American Communities](#)
- **TIME:** [Many Young Americans Don't Know Key Facts About the Holocaust. Now Is the Time to Fix the Way We Teach This History in the U.S.](#)

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**Washington Post:** [Kenya's small-town singers hope coronavirus-inspired lyrics make for smash hits; finding musical inspiration in the pandemic](#).

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#### Other news:

- **CNN:** [10 quotes that help define the 'Notorious RBG' legacy of Ruth Bader Ginsburg](#)
- **Washington Post:** [Ruth Bader Ginsburg, in art and words](#)
- **TIME:** [Ruth Bader Ginsburg Has Died. She Leaves Behind a Vital Legacy for Women — and Men](#)
- **The 19th:** [An extraordinary force in the law:](#) Ruth Bader Ginsburg's legacy on gender equity. Lawyers, scholars, and Lilly Ledbetter describe the impact the Supreme Court justice had on their lives and the law.
- **The Conversation:** [Ginsburg's legal victories for women led to landmark anti-discrimination rulings for the LGBTQ community, too](#)
- **Globe News Wire:** [CenteringPregnancy® Recognized by National Prenatal-to-3 Policy Impact Center as Successful Strategy to Better Outcomes in Maternal and Child Health](#). PN-3 State Policy Roadmap identifies most effective policies and strategies designed to strengthen and promote strong systems of care that serve infants, toddlers and their families
- **Study Finds:** [Does marijuana use still affect driving performance while sober?](#)
- **TIME:** [Should I Give My Child Juice? Here's What Experts Say](#)
- **New York Times:** [The Brain Test You Want Your Kid to Fail](#)

#### Printables/PDFs for families & staff:

- **CLASP:** [New Census Data: Anti-Poverty Agenda Must Address COVID-19, Young People, and Systemic Racial Inequities](#)
- **CLASP:** [The True Cost of Providing Safe Child Care During the Coronavirus Pandemic](#)
- **Harvard Graduate School of Education:** [How are they Faring? Impacts of the COVID-19 Pandemic on the Lives of Families and Young Children in Massachusetts](#)
- **Hispanic Children and Families:** [The Rate of Children Without Health Insurance Is Rising, Particularly among Latino Children of Immigrant Parents and White Children](#)
- **PBS for Parents:** [Learn Along Bingo for Ages 6-8: Weather](#) [Spanish](#)

## For Self-care:

- **HuffPost:** [What To Do If You Recently Started Having Thoughts Of Self-Harm](#). You don't have to contemplate suicide for your thoughts to be dangerous. Here are the signs your mental health is at risk and how to address it.
- **NPR:** [Listen, Open Up, Connect: A Mental Health Expert's Advice On Living Through A Crisis](#)
- **Medical News Today:** [Tips on depression management in lockdown: Coping with COVID-19](#)
- **New York Times:** [Navigating the Emotional Turf of Fall Family Gatherings](#). While warm weather has given families the opportunity to gather relatively safely in backyards, fall and winter celebrations are a trickier proposition.
- **Wirecutter:** [How to Set Up a Remote Learning Space for Your Kids](#)
- **LifeHacker:** [Survive Anything: The 15 Best Emergency Kits for Every Possible Disaster](#)
- **TIME:** [You Asked: Is Meditation Really Worth It?](#)
- **TIME:** [Exercise Is Good For Your Mental Health—But Only To A Point](#)
- **New York Times:** [How to Help Parents Who Are Struggling to Provide for Their Kids. The pandemic has exacerbated the inequalities that already existed](#). You can also research nonprofits on the charity watchdog websites [Charity Navigator](#), [GiveWell](#) or [GuideStar](#).
- **HuffPost:** [Your Ultimate Guide To Exercising Outdoors If You Never Have Before](#). If you don't want to go back to the gym – or want to start exercising more – do it for free using this beginner's guide.
- **Washington Post:** [Those scaled-back pandemic beauty habits are better for your skin, hair and nails, experts say](#)
- **Boston Globe:** [Do you finally have time for an online cooking class? We have suggestions](#). There are so many you can take right now — to improve your kitchen skills, keep the kids busy after school, cook like a pro, or brush up on pastry making.
- **NPR:** [Lift Your Head and Lower Your Arms — You Might Just Feel Better](#), 16 minute audio
- **Washington Post:** [Knead those knots away. Tips for massaging your own sore trigger points or those of a partner](#)
- **NPR:** Having trouble getting into your workflow without the clack of other keyboards? Voila, [Sound of Colleagues](#) is here to save your workday, office dog included.
- **NPR:** You can listen to [rain on a tent](#), or [soothing hip hop](#), or whatever you think is the [most beautiful sound](#) (my vote is for crashing ocean waves).
- **NPR:** Miss that little corner in your favorite coffee shop? [Coffitivity](#) can take you right back.
- **HuffPost:** [Cooking Burnout During The Pandemic Is Real. Here's How To Cope](#). Are you laboring in the kitchen more during COVID-19 but enjoying it less? A psychologist explains how to rediscover the joy in cooking meals.
- **CNN:** [What Pizza Is Like Around the World](#)
- **Pink When:** [2 Ingredient Fudge](#). No candy thermometers, no boiling, and no stress.
- **Pink When:** [Air Fryer OREO's are a quick and easy treat!](#) Made with just three ingredients and in less than 10 minutes.
- **CNN/Great Big Story:** [Come with Us to These Astounding Locations](#), 10 minute video
- **Boston Globe:** [GlobeDocs Film Festival, a limited number of all-access passes so you can watch all 35 films for only \\$75](#). Oct. 1 - 12

For Distance Learning (new opportunities added in blue)

**Live webinars & open meetings:**

- **StoryCenter:** [If/Then/Else, a FREE, two-hour online story sharing and writing workshop designed for persons of color identifying as queer, or trans.](#) Sept. 23, Oct. 14, Nov. 18, Dec. 16
- **NIHCM:** [Systemic Racism, Disparities and Health: The Impact of COVID-19 on Latino Health](#), Sept. 23
- **NEPHTC:** [Calling In Not Calling Out](#), Sept. 23
- **Boston Foundations:** [Housing Equity and Resilience in Greater Boston's Post-COVID Economy](#), Sept. 23
- **Embrace Race:** [Same Family, Different Colors: Talking About Colorism and Skin Color Politics in the Family](#), Sept. 24
- **SAMHSA:** [The Importance of Integrating Recovery Support Services: The Certified Community Behavioral Health Clinic Model](#), Sept. 24
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Sept. 25
- **PICCK:** [Partners in Contraceptive Choice and Knowledge \(PICCK\) Annual Meeting for CME/CNE Credit](#), Sept. 26
- **GBH/Boston Globe:** [The State of Race: Education](#), Sept. 29
- **Children's Health Watch:** [Early Education & Care: Key to Healthy Children and a Productive Workforce](#), Sept. 29
- **Brazelton Touchpoints:** [Focus on Father Involvement and Co-parenting: Why It Matters](#), Sept. 29
- **Fathers Inc.:** [Virtual Town Hall, The Blue Print: Re-imagining the Narrative of Modern Black Father](#), Sept. 29
- **MDPH/SAMSHA:** [What We've Learned: COVID-19 & Overdose Prevention Summit](#), Sept. 29
- **Child Trends:** [Considerations for supporting virtual learning for preschoolers in under-resourced communities](#), Sept. 30
- **NPR:** [Life Kit is hosting a virtual ~trivia night~](#) and you're invited. Sept. 30
- **MDPH/Suicide Prevention:** [Widening the Lens: Exploring the Meanings and Impact of Different Manifestations of Racism in Suicide Prevention](#), Sept. 30
- **Pandemic Parenting/Dr. Bruce Perry:** [Building Resilience: Understanding Patterns of Stress to Design Effective Doses of Meaningful Support](#), Oct. 1
- **IHR:** [Nurturing Families through Recovery](#), Oct. 2 & 5; ***must register by Sept. 25***
- **Zero to Three:** [Virtual Annual Conference](#), Oct. 5-9
- **JFK Library/Mass Mutual Foundation:** [Driving While Black](#), Oct. 6
- **Child Mind Institute:** [The 10th Annual: On the Shoulders of Giants Scientific Symposium](#), includes roundtable on the impact of the coronavirus pandemic and racial injustice on child and adolescent mental health, Oct. 6
- **MDPH/Suicide Prevention:** [Understanding Trauma and Trauma-Informed Care](#), Oct. 6
- **National Low Income Housing Coalition:** [Racial Equity and Housing Justice during and after COVID-19](#), Oct. 6
- **PICCK:** [BC ASAP – Same Day Access to Contraception](#), Oct. 7
- **StoryCenter:** [NextUp, a FREE, two-hour online story sharing and writing workshop designed for Black, Indigenous, and people of color](#), Oct. 8, Nov. 12, Dec. 3
- **Children's Trust Family Support Training Center:** [Family Support Fridays: Dealing with Prolonged Pandemic Anxiety](#), Oct. 9
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Oct. 9

- **BACE:** Breastfeeding Foundations for Perinatal Health Workers, October 10
- **BACE:** 4 Day DONA Approved Birth Doula Training, October 10
- **Brazelton Touchpoints:** Parents, Children and Transgender Identities, Oct. 14
- **Children's Trust:** 28th Annual A View from All Sides, October 15, virtual event.
- **JF&CS:** Racially Wounded: Nappy-Haired 'Ghosts' of Colorism in Parent/Infant/Therapist Relationships, Oct. 16.
- **Brazelton Touchpoints:** Honoring Each Person's Experience to Support Mental Health, Oct. 19
- **Brazelton Touchpoints:** Parent and Child Voices: The Importance of Fathering and Co-parenting, Oct. 20
- **Bridgewell:** Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians, October 21
- **Essentials for Childhood:** EfC Summit V, Framing Matters: How to communicate effectively about childhood adversity in the context of Racial Inequities, Oct. 23
- **StoryCenter:** Storytelling in the Time of COVID-19, Oct. 23
- **Brazelton Touchpoints:** Oct-Nov: Building Resilience while Social Distancing: Parental Depression & Coping, Oct. 26
- **Vital Village Network/BMC:** 2020 National Community Leadership Summit, Our Future – Our Communities, One of the most important conferences on the topics of child wellbeing and early-life adversity. Shape the conversation with fellow community leaders, practitioners, change agents, and advocates. October 26-27
- **Brazelton Touchpoints:** Fighting Immigration Policies that Tear Families Apart, Oct. 28
- **Brazelton Touchpoints:** Nurturing the Nurturer: Self-care for Providers & Parents, Nov. 2
- **StoryCenter:** Storytelling in the Time of COVID-19, Nov. 6
- **PICCK:** Postpartum Contraception and Lactation, Nov. 10
- **Children's Trust Family Support Training Center:** Family Support Fridays: Trauma, Immigration y la Crianza Temprana: Trabajando con Familias Immigrant, Nov. 13
- **Brazelton Touchpoints:** From "Second Shift" to "First Shift": Supporting Fathers as Central to Family Life, Nov.17
- **StoryCenter:** The Role of Digital Storytelling in Public Health, Nov. 18
- **Brazelton Touchpoints:** Supporting Fathers Who Were Sexually Abused as Children, Nov. 18
- **StoryCenter:** Storytelling in the Time of COVID-19, Nov 20
- **Office of Head Start:** National Research Conference on Early Childhood 2020, Nov. 30 – Dec. 3
- **StoryCenter:** Storytelling in the Time of COVID-19, Dec. 4
- **PICCK:** Implicit Bias Training in Healthcare Part 1, Dec. 8
- **Children's Trust Family Support Training Center:** Nurturing Children Who Have Experienced Traumatic Stress, Dec. 11
- **StoryCenter:** Storytelling in the Time of COVID-19, Dec. 18
- **PICCK:** Implicit Bias Training in Healthcare Part 2, Jan. 26

#### **Recorded webinars, courses and other learning opportunities:**

- **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. New Offerings: Systems Thinking, Story Telling for Public Health, and Holding Effective Meetings.
  - **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)
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Reminders of past postings with updated resources:

- **Mass.gov/Children and Youth with Special Health Needs:** Emergency Care Planning for Children & Youth with Special Health Needs during COVID 19 and Beyond
- **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

- **MDPH/SAMSHA:** [Massachusetts Substance Use Helpline](#), an [extensive list](#) of substance use and recovery resources to support treatment and recovery service providers, people who may be using substances, people in recovery, and other allies as the COVID-19 pandemic continues to evolve.
  - **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](#)
  - **Children's Trust/one tough job:** [back-to-school 2020 resources for parents](#)
  - **Common Sense Open School:** [free and low-cost internet and devices](#)
  - **MLPB:** [The Eviction Lab](#) has assembled a state-level overview of COVID-19-related eviction laws, ranked by tenant-protectiveness
  - **MLPB:** [Fannie Mae](#) and [Freddie Mac](#) have developed online multifamily property lookup tools to help renters learn if they are protected from evictions during the pandemic
  - **MLPB:** The Department of Housing and Community Development (DHCD) has issued guidance urging state-subsidized housing providers to suspend non-essential evictions and temporarily suspend subsidy terminations. Additional [homelessness prevention funds](#) (RAFT) have been released as well.
  - **MLPB:** Housing discrimination – including eviction or refusal to rent – based on national origin or race, age, gender, or the perception that one has a disability, is illegal. If discrimination occurs, one can file a complaint with the [MCAD](#).
  - **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:

- **WGBH:** [Racism: Coverage And Context](#), A series of virtual forums examining race and inequality in Massachusetts
- **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
- **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.
- **National York Times:** A [collection of historical photos, poetry and articles](#) about Juneteenth, commemorating the end of slavery in the U.S.
- **30 Seconds:** [Education As an Agent of Change: A Racial Justice Reading List & Resource Guide](#)

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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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