



Welcome to the MHVI Covid-19 Resource Digest, volume 25. 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 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/2019-ncov/index.html)

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:

- **USDA:** [Extends Free Meals for Kids Through December 31, 2020](#). Summer meal programs can continue operating as funding allows
- **Boston Globe:** [New study finds staggering racial disparities in COVID-19 cases in Massachusetts. The pandemic produced a 'perfect storm' of factors for communities of color, the research found.](#)
- **Changing America:** [41 percent of U.S. adults report mental illness due to pandemic stress](#). A new CDC study reveals Black and Hispanic Americans report feeling more anxious or depressed than their white counterparts.
- **Vox:** [1 in 3 Black Americans knows someone who died of Covid-19. These stories capture the toll taken by the disease.](#) "Every time you look up, there is another RIP post, or a friend seeking prayers for their loved one who is battling this cruel virus."
- **Propublica:** [Black Workers Are More Likely to Be Unemployed but Less Likely to Get Unemployment Benefits](#). More people than ever became eligible for unemployment benefits after Congress included part-time and gig workers, but the data shows that hasn't solved a huge racial disparity. Here's why.
- **naeyc:** [The Power of Storytelling in Early Childhood: Helping Children Process the Coronavirus Crisis](#)
- **PBS News Hour:** [How pandemic anxiety is affecting pregnant women](#)
- **Washington Post:** [Some good did happen this summer. Just look at what these children accomplished.](#) 'Kids are like seeds, and free time is the water they need to grow.'
- **New York Times:** [Parents Join Forces to Rethink 'Back to School'](#). Instead of classrooms, some children are heading to learning pods that will be held in repurposed living rooms, cleaned-out barns and even tree houses.

- **Child Mind Institute:** [Managing Your Own Anxiety During School Reopening](#). With so many difficult decisions to make, some strategies to help you stay calm
 - **Child Mind Institute:** [Back-to-School Anxiety During COVID](#). How to help kids handle fears and gain independence
 - **Child Mind Institute:** [Back-to-School Resources for Families and Educators](#) [En Español](#)
 - **CNN:** [FDA warns about hand sanitizer packaged to look like food or drinks](#)
 - **New York Times:** [Young Adults' Pandemic Mental Health Risks](#). In a new C.D.C. survey, 18- to 24-year-olds reported the highest levels of symptoms of anxiety and depression, and a quarter of them said they had seriously considered suicide.
 - **JAMA Pediatrics Patients Page:** [Considerations for Young Children and Those With Special Needs as COVID-19 Continues](#)
 - **JAMA Pediatrics:** [Plans of US Parents Regarding School Attendance for Their Children in the Fall of 2020A National Survey](#)
 - **HealthyChildren.org:** [Mask Myth busters: 5 Common Misconceptions about Kids & Cloth Face Coverings](#)
 - **Washington Post:** [These new books are here to teach your kids about social distancing, masks and covid-19](#)
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Vox/Explained to Kids: [The Island of Explained: A Summer of Protest](#), Eleven-year-old Jolia Bossette joins Noam Hassenfeld in a new episode of *Today, Explained to Kids* that takes on the summer of protests and violence. 26 minute audio [Discussion guide and activities](#)

Other news, towards racial justice:

- **Boston Globe:** [They'll give your killer water and ignore your gasps for air: An American love song is violent](#)
- **TIME:** [What Martin Luther King Jr. Said at the March on Washington About Police Brutality](#)
- **CBS News:** [The microphone at the March on Washington was dominated by men. But it might never have happened without Dorothy Height.](#)
- **Boston Globe:** [Canceled in Cleveland, an artist's police violence drawings come to Mass MoCA](#)
- **The Conversation:** [When police stop Black men, the effects reach into their homes and families](#)
- **New York Times:** [How Decades of Racist Housing Policy Left Neighborhoods Sweltering](#)
- **The Conversation:** [Forced sterilization policies in the US targeted minorities and those with disabilities – and lasted into the 21st century](#)
- **Code Switch:** ['Make Farmers Black Again': African Americans Fight Discrimination To Own Farmland](#), includes a 3 minute audio and [these beautiful photos](#).
- **The Lily:** [Why non-Black people of color can face racism and still be racist](#). We need to confront colorism and the 'model minority' myth within our own communities
- **TIME:** [Nikkolas Smith: Art Can Help Show That Black Lives Matter. It Can Also Lead to Activism](#)
- **NPR:** ['Not Racist' Is Not Enough: Putting In The Work To Be Anti-Racist](#), 21 minute audio
- **NPR:** [How to Talk about Race: Eric Deggans at TEDxBloomington](#)
- **Code Switch:** [The Long, Bloody Strike For Ethnic Studies](#), 38 minute audio
- **HuffPost:** [16 Things Black People Want Their White Friends To Know](#). Want to be a better ally in the fight against racism? Start by listening to Black folks' experiences.

- **HuffPost:** [13 Microaggressions Black People Deal With All The Time](#). Racial microaggressions may be a more subtle type of prejudice, but their effects can be damaging to the mental and physical health of the Black community.
- **Pocket:** [What the Color 'Haint Blue' Means to the Descendants of Enslaved Africans](#). In the Lowcountry, the unique shade is both protective talisman and source of unspeakable suffering.
- **Washington Post:** [New Yorkers are biking for Black lives — and to end disparities in cycling](#)
- **Washington Post:** [The History of the Lunch Counter Sit-in](#), 2 minute video
- **Washington Post:** ['Ax Handle Saturday': The Klan's vicious attack on Black protesters in Florida 60 years ago](#)
- **TIME:** [Ahead of the 'Get Your Knee Off Our Necks' March, Revisit the Original March on Washington With These Books, Films and More](#)
- **TIME:** ['Freedom' Means Something Different to Liberals and Conservatives](#). Here's How the Definition Split—And Why That Still Matters
- **USA Today:** [5 things you didn't know about the March on Washington and MLK's 'I Have a Dream' speech](#)
- **Science Daily/American Psychology Assn.:** [Children notice race several years before adults want to talk about it. Lack of knowledge about children's development contributes to delay, study finds](#)
- **TIME:** [21 Savage: For Black Americans to Undo Centuries of Racist Policies, We Need Financial Literacy](#)
- **Black Excellence:** [Why August 28th is a Monumental Date in Black History](#), 4.5 minute video
- **Black Excellence:** [Black Women Dying from Pregnancy: Why?](#), 21 minute video
- **Black Excellence:** Black Athletes & History of Protest | From Ali to LeBron, 7 minute video
- **TIME:** [10 Powerful Inclusive and Anti-Racist Books for Kids and Teens](#)
- **HuffPost:** [Mom Creates ABC Poster To Teach Kids About Race And Privilege](#). This Portland mom designed a poster that she hopes will help parents and teachers educate children about racism, allyship and more.
- **HuffPost:** [Black Children Typically Experience A 3-Year Delay In Autism Diagnosis](#). Black children with autism spectrum disorder face major lags in getting diagnosed, even after their parents raise concerns.
- **HuffPost:** [I'm A Black Woman Who Had To Change Her Name To Get Ahead Professionally](#). Black women are discriminated against for our names. The least you can do is learn them.
- **Unsplash:** [The Civil Rights Movement in Color](#). In honor of the 57th anniversary of the March on Washington, we collaborated with the [Library of Congress](#) and visual historian [Jordan Lloyd](#) to release restored and recolored images of the civil rights movement. You can now find the first ever copyright-free color images of the historic day and the civil rights leaders that led it, including Dr. Martin Luther King, Rosa Parks, Angela Davis, and John Lewis.

MA Dept. of Public Health: *Covid-19 Community Impact Survey* Your help is needed. Webinars to learn about the survey and how you can help disseminate it will be held: [Sept. 9, 1-2pm](#) and [Sept 10, 11:30am to 12:30 pm](#).

MassHealth: will conduct stakeholder engagement to discuss improvements to MassHealth (Medicaid) aimed at building upon the current 1115 demonstration waiver. One of the key components of this engagement will be three procured stakeholder work groups, focused on topical issues relevant to MassHealth's 1115 strategy. Solicitation materials for individuals to apply to participate in the workgroups can be found [here on COMMBUYS](#). Learn about [Medicaid Demonstration 1115 waivers](#).

Other news:

- **Wallet Hub:** [The Best And Worst Places For Children In America](#). The Save the Children Childhood Report ranks U.S. counties on how well they protect and provide for children. [Massachusetts](#).
- **Medical Xpress/British Medical Journal:** [No safe level of caffeine consumption for pregnant women and would-be mothers](#)
- **Today:** [Babies sleeping in swings: Is it a safe practice?](#) Weary parents may see swings as an attractive option, but pediatricians warn: not so fast.
- **Washington Post:** [Picky eaters usually outgrow it. But parents can find ways to encourage better — and healthier — diets.](#)
- **TIME:** [How Data Visualization During Public Health Crises Has Saved Lives for Centuries](#)
- **CNN:** [Teens are having unprotected sex, driving drunk and vaping among other risky behaviors, CDC says](#)
- **NPR:** [It's Peak Hurricane Season. You Should Have These Plans Ready.](#) [Mass.gov/know-plan-prepare](#)
- **HealthyChildren.org:** [Hurricane Preparedness: Tips for Families](#)

Printables/PDFs for families & staff:

- **Rose/HealthConnectOne:** [Saving Tomorrow Today An African American Breastfeeding Blueprint](#)
- **Assn. of Black Psychologists/U. of Cincinnati:** *Race & Society 2019*, [More than Just Incarceration: Law Enforcement Contact and Black Fathers' Familial Relationships](#)
- **Migration Policy Institute:** [Immigration Enforcement and the Mental Health of Latino High School Students](#)
- **CDC:** [Preventing Suicide: A Technical Package of Policies, Programs, and Practices](#)
- **CFD/Kids in Danger/US PIRG:** [Protecting Children While 'Sheltering In Place'](#)

For Self-care:

- **Boston Globe:** [Six smart ways to manage your money through the pandemic economy](#). What to do if you're feeling too squeezed to save, how to negotiate with creditors, where to find help, and more advice for navigating frightening times.
- **Greater Good Science Center:** [What Makes Us Happier Than Money?](#) The key to happiness isn't our income but something more meaningful, explains UC Irvine's Belinda Campos, Ph.D.
- **New York Times:** [How to Set Pandemic Boundaries for Relatives](#). You'd do anything for them in a crisis, but the crisis isn't going away. Here's how to get your life back.
- **Washington Post:** 10 Things to Help You Get Through the Pandemic Into the Fall. You made bread. You started running. And you organized the junk drawer. Twice. It's time to try something new.
- **Medical News Today:** [Confiding in others may protect against depression](#). A study suggests confiding in others is one of the best ways to stave off depression, while daytime napping and spending lots of time watching television appear to increase the risk of developing the condition.
- **HuffPost:** ['Panic Attack' Searches Reached All-Time High During The Pandemic](#). Here's how to know if you've experienced one – and what to do now.
- **Medical News Today:** [How to find an online therapist for free](#).
- **New York Times:** [Getting Your Kids to Turn It Down a Notch \(or Several\)](#). A mother raising a deaf son paradoxically lives in a house full of noise. But she learns from him how to unplug and disconnect.
- **TIME:** [How to Soothe Your 'Re-Entry Anxiety' as COVID-19 Lockdowns Lift](#)

- **Medical News Today:** [The science behind lucid dreaming](#). In lucid dreams, the dreamer realizes they are dreaming even as they remain asleep. What is the science behind this intriguing consciousness phenomenon? This special feature looks at the current research.
 - **Medical News Today:** [Lucid dreaming: Controlling the stories of sleep](#).
 - **TIME:** [Slowly Losing Your Mind in Lockdown? 5 Apps to Boost Your Mental Health](#)
 - **ShondaLand:** [Remote Working Is the New Normal — but What Does That Mean for Office Friendships?](#) While many are enjoying the work-at-home life, losing out on important office relationships is taking a toll on workday sanity.
 - **HuffPost:** [There Are Hidden Costs To Working From Home During The Pandemic](#). It can be much more expensive than you think, and saving on commuting often doesn't make up the difference.
 - **LifeHacker:** [Use These Apps to Transcribe Your Video Chats and Classes](#)
 - **TIME:** [Your All-Day Guide to Better Sleep](#)
 - **TIME:** [How Growing Food Can Change Your Life, According to Gardener Ron Finley](#)
 - **The Guardian:** [How to take the perfect breath: why learning to breathe properly could change your life](#)
 - **Changing America:** [How hiking can make you mentally and physically stronger](#). A lifelong hiker shares what she's learned from walking 10,000 miles in the wilderness.
 - **LifeHacker:** [I Hope You Are Milking Your Corn Cobs](#)
 - **Yahoo Entertainment:** [Cabin fever? These 13 free \(and free to try, most for 7 days\) streaming services feature an endless amount of movies](#)
 - **The Conversation:** [5 ways families can enjoy astronomy during the pandemic](#)
 - **New York Times:** [Sharpen a Pencil and Challenge an Opponent. These seemingly simple pencil-and-paper games were all invented by mathematicians](#). They call for two players and some strategic thinking.
 - **TIME:** [Why Dolly Parton is Optimistic About Life After Coronavirus](#).
 - **NPR:** This year has been one long, slow, super-sad country song. [Here's NPR Music's Ann Powers rundown](#) of her favorite country songs released this month.
 - **WBUR:** [Listen To Jenna Moynihan's Melancholy Folk Cover Of An Immigration Ballad, 'Across the Western Ocean'](#)
 - **CNN:** [The Dutch National Ballet crafted a dance for the pandemic era. It's evocative -- and definitely more graceful than our day-to-day experience](#).
 - **HuffPost:** [Female Penguins Become New Moms After Adopting Egg Together](#). Same-sex couple Electra and Viola, a pair of gentoo penguins, are raising their chick at the Oceanogràfic València aquarium in Spain.
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For Distance Learning (new opportunities added in [blue](#))

Live webinars & open meetings:

- **SEL4MA:** [A new series of virtual events](#) from September 2-9 on fostering social-emotional learning and positive youth development in COVID-19 era.
 - [Using Social Justice to Amplify Student Voice During COVID](#), Sept. 2
 - [Community and Connection: Family Engagement in a Virtual World](#), Sept 3
 - [Restorative Approaches during COVID-19 Crisis: How to Build Community](#), Sept. 4
 - [Routines & Rituals for Connection & Consistency in a Pandemic](#), Sept. 8
 - [What is Antiracist SEL? Sept. 9](#)
- **Common Sense:** [Teaching in Support of Black Lives: Education at a Crossroads](#), Sept. 3

- **Pandemic Parenting:** [Grief: Yours, Mine & Ours](#), Sept. 3
- **Brazelton Touch Points:** [Strengths-Based Family Engagement Webinar Series](#)
 - [I Hear You: Active Listening to Engage Families](#), Sept. 8
 - [The Power of Observation: Connecting with Families Through the Child's Behavior](#), Sept. 15
 - [The Power of Observation: Connecting with Families Through the Child's Behavior](#), Sept. 22
- **Pandemic Parenting:** [Grief: Yours, Mine & Ours](#), Sept. 3
- **SAMHSA:** [2020 National Recovery Month Webinar Series](#)
 - [Integration of Medication-Assisted Treatment in Treatment and Recovery Support](#), Sept. 3
 - [SAMHSA Transforming Lives Through Supported Employment](#), Sept. 10
 - [Communities Supporting Recovery](#), Sept. 17
 - [The Importance of Integrating Recovery Support Services: The Certified Community Behavioral Health Clinic Model](#), Sept. 24
- **Story Center:** [Digital Storytelling for Global Health and Rights](#), Sept. 3
- **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 3-4
- **NIHCM:** [Protecting Our Children: COVID-19's Impact on Early Childhood and ACEs](#) with Jack Shonkoff, Sept. 10
- **Early Childhood National Centers:** [Responding to Domestic Violence During COVID-19](#), Sept. 10
- **Health Resources in Action:** [Exploring Pathways to Recovery](#), Sept. 10
- **NICHM:** [Protecting Our Children: COVID-19's Impact on Early Childhood and ACEs](#), Sept 10
- **Children's Safety Network:** [Preventing Suicide and Self-Harm Among Black Youth](#), Sept. 10
- **PICCK:** [Expanding LARC Services: How to Initiate Postpartum IUD](#), Sept. 10
- **Office of Head Start:** [Anti-Bias Teaching and Learning Environments in Head Start and Early Head Start Programs](#), Sept. 10
- **National Coalition for Infant Health:** [Infant Health Policy Summit](#), Sept. 10
- **Health Resources in Action:** [Exploring Pathways to Recovery Training](#), Sept 10
- **MDPH:** [Ounce of Prevention Conference 2020, Working Together for Healthier Communities](#), Sept. 15
- **Health Resources in Action:** [Developing an Anti-racist Recovery Movement: Deconstructing and Challenging Existing Policies and Practices](#) Sept. 15
- **Health Resources in Action:** [Addressing Drug-Related Stigma and Bias](#), Sept. 15
- **MDPH/BSAS:** [Supporting Youth and Families in Recovery from Substance Use Disorders](#), Sept. 16 & 17
- **Health Resources in Action:** [Analyzing the American War on Drugs and Racist Drug Policies](#) Sept 17
- **HHS Office of Minority Health:** [Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities](#), Sept. 17
- **Office of Head Start:** [Health Disparities: Responding with a Lens on Race and Ethnicity](#), Sept. 17
- **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
- **PICCK:** [Partners in Contraceptive Choice and Knowledge \(PICCK\) Annual Meeting for CME/CNE Credit](#), Sept. 26
- **Children's Health Watch:** [Early Education & Care: Key to Healthy Children and a Productive Workforce](#), 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
- **Zero to Three:** Virtual Annual Conference, Oct. 5-9
- **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
- **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.
- **Bridgewell:** Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians, October 21
- **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
- **PICCK:** Postpartum Contraception and Lactation, Nov. 10
- **Brazelton Touchpoints:** Supporting Fathers Who Were Sexually Abused as Children, Nov. 18
- **Office of Head Start:** National Research Conference on Early Childhood 2020, Nov. 30 – Dec. 3
- **PICCK:** Implicit Bias Training in Healthcare Part 1, Dec. 8
- **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

- **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 Mom:** [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](#).

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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