Why It IS Important To Have These Difficult Conversations

In the wake of the events occurring earlier this month, with the killings of George Floyd, Breonna Taylor, Ahmaud Arbery and countless others whose lives have ended in tragedy but have not been put in the spotlight, it is important, now more than ever that we educate ourselves, and address our biases in order to better support the diverse racial and ethnic groups of children and families we serve.

As part of the Children’s Mental Health Initiative, we recognize the importance of addressing trauma in our children, promoting health and effectively supporting our patient population and their families.

Here are some tools & resources to educate ourselves, and garner more understanding to better provide support for the families we serve.

Resources For Talking With Your Children & For Yourself

Talking to Kids About Racism, Violence & Protests

Talking Race With Young Children (Podcast)

Mr. Rogers #1065 (On Racial Inequality)

For More Videos of Mr. Rogers’ Neighborhood
- [https://pbskids.org/video/mister-rogers/1390375475](https://pbskids.org/video/mister-rogers/1390375475)

4 Ways People of Color can Foster Mental Health & Practice Restorative Healing

Online Trainings & Webinars (updated w/ new info)
Talking Race With Young Children (Podcast)

Your Kids Aren’t Too Young to Talk About Race: Resource Roundup
- https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4

List of Children’s Books To Support Conversations On Race, Racism & Resistance
- https://www.embracerace.org/resources/where-to-find-diverse-childrens-books
  - Possible addition to initiative to provide selected books to CMHI families
- https://booksforlittles.com/racial-diversity/?fbclid=IwAR39vJQQyCnHfhF0m66o67GnGgR9BuWcmDQX8QuUwznf1-YxaZzSzM_l4

We're Going to be Ok (COVID-19 Children’s eBook)
- http://globalhealth.emory.edu/pdfs/GoingToBeOk_FINAL.pdf

Something Happened in Our Town: A Child’s Story About Racial Injustice
- https://www.apa.org/pubs/magination/441B228

The Color of Us by Karen Katz

View Complete List of Resources Here from Glazer Museum
https://glazermuseum.org/socialjustice?fbclid=IwAR3mJPyT_4Tkdjz8K-annxEBKM2t1UYGF2SCu6Bdulk0eOL__rbg0oIoA

Complete List from Family & Children's Services
(Includes information Regarding Explaining Racism, Guide for Talking, Processing Feelings, Sesame Street Townhall, and External links to other resources)

Other Resources for Kids
- https://www.apa.org/pubs/magination/441B228

Social Media
@theconsciouskid
- Parenting & Education through a critical race lens

Foundation for a Healthy St Pete (Anti-Racism Resources)

Online Trainings & Webinars (updated w/ new info)

Child Trauma, Race and Urban Identity

What Keeps Us Connected? How to Focus on What Matters When Things Get Tense?
In this webinar Lisette Rivas-Hernina helps participants learn how to stay focused while still respecting the client and family’s values in their home. She explains the components of TF-CBT and the difficulties the intervention addresses. She recommends self-reflection in supervision and describes how to use yourself to engage the client and family. The presentation also addresses vicarious trauma and self-care.

Pathways to Cultural Competence: Adaptation Guidelines for Serving Latino Children and Families Affected by Trauma
- https://learn.nctsn.org/course/view.php?id=331

CMHI General Information Page 2