
Massachusetts Department of Public Health (DPH) works 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. Looking for resources for families: call 2-1-1 or visit mass211.org.

Information for supporting families during COVID:

- **Mass.gov/Children and Youth with Special Health Needs**: Children & Youth with Special Health Needs and the COVID-19 Vaccine. Frequently asked questions on COVID-19 vaccine with a focus on children & youth with complex medical needs
- **Mass.gov**: COVID-19 Community Impact Survey. Data is available on topics ranging from experiences with COVID-19 to basic needs, access to healthcare, pandemic-related changes in employment, impacts on mental health, substance use, discrimination, intimate partner violence, and more. Findings are also broken down by disability, race, sexual orientation, gender identity, geography, income, education, age, industry/occupation, and many other populations.
- **Washington Post**: 100,000 Americans died of drug overdoses in 12 months during the pandemic
- **Washington Post**: Being stuck at home with the kids is hard. So is sending them back into the world.
- **Mass. Law Reform Institute/SNAP Coalition**: USCIS updated interagency letter on 11/16/21, to the effect that the 2019 Public Charge Final Rule is no longer in effect.
- **Mass. Law Reform Institute/SNAP Coalition**: Short videos in 9 language dispelling myths on immigrant receipt of vaccinations and public charge

Other news and information, towards equity, justice and healing:

- **BuzzFeed**: Ableism Is Embedded In Our Language. We Can Dismantle It. From slurs to euphemisms to callous idioms, ableist language is ubiquitous — but we can still avoid it.
- **NPR**: A new focus on the women who helped end discrimination on interstate buses. Nearly seven decades ago two Black women, bound together by military service, helped end discrimination on interstate buses. Their often overlooked story in civil rights history is getting attention. 6 minute audio
- **NPR**: '1619 Project' journalist says Black people shouldn't be an asterisk in U.S. history, 36 minute audio
- **Center for American Progress**: New Poverty and Food Insecurity Data Illustrate Persistent Racial Inequities. Data make it clear that policymakers must finally commit to an expansive racial equity agenda to ensure that racial and gender economic disparities do not continue into the future.
- **Center for American Progress**: LGBTQI+ Members of Generation Z Face Unique Social and Economic Concerns. Disproportionately high rates of discrimination in school, housing, and the workforce among young LGBTQI+ individuals negatively affects their well-being.
The Conversation: The first Thanksgiving is a key chapter in America’s origin story – but what happened in Virginia four months later mattered much more

Robert Wood Johnson Foundation: How Love and Hate Influence Health and Racial Equity To provide color and context for RWJF’s call for racial equity research, physician and epidemiologist Sandro Galea shares personal and professional insights on why we must turn to compassion and evidence-based action to heal the nation.

Washington Post: ‘We are still here’ Native Americans dispel myths by living their truth

Washington Post: Smithsonian African American museum launches online interactive access. The new ‘Searchable Museum’ will bring a trove of artifacts, stories and images to the Internet

Other news and information:

- John Hopkins Medicine: To Prevent Suicides, Johns Hopkins Medicine Says, Know Warning Signs; Follow Tips
- FDA/Office of Women’s Health: November is Native American Heritage Month when diverse cultures, traditions, histories, and the important contributions of Native people are honored and celebrated. Please share our resources on health topics pertinent to Native women such as pregnancy and caregiving.
- The Hill/Changing America: People who experienced one adverse event in childhood are at higher risk for poor mental health. Study focuses on childhood trauma and how that affects people later in life.
- Child and Family Blog: How playfulness develops and spurs a drive to learn. Playfulness creates a loop: Feeling autonomous lets you get lost in the activity. Joyful tinkering leads to feeling competent, and you want to try it again.
- Washington Post: More Americans say they’re not planning to have a child, new poll says, as U.S. birthrate declines
- NYT: Why Are More Black Kids Suicidal? A Search for Answers. Mental health experts assumed that people of all races had the same risk factors for self-harm. Emerging evidence suggests that is not the case.
- Pew Research Center: Growing share of childless adults in U.S. don’t expect to ever have children
- Science Daily: Parental depression is associated with worse childhood mental health, educational attainment, study finds. Parental depression is a bigger risk factor if it occurs during a child's lifetime
- Mass. Law Reform Institute/SNAP Coalition: The Congressional Hunger Center provides a new tool kit to help small groups and individuals spark discussions about hunger and advocacy in the U.S. "Food Insecurity in the U.S.: Problems, Programs, and Policy" is a 10-minute video which covers the definition of food insecurity in the U.S. and its root causes, introduces SNAP, WIC, and child nutrition programs as the most effective policy solutions to food insecurity, and shows ways viewers can get involved in advocacy at the local and federal level. The accompanying guide provides discussion questions and ways for small groups to take action or continue exploring topics of interest.

Reports, Briefs, Infographics and other downloads:

- NIHCM: The Pandemic’s Impact on Children: COVID Vaccinations & Mental Health, infographic
- Children’s Safety Network: Firearm Safety: Prevention Death by Homicide On average, over 3,000 children and adolescents ages 0 to 19 die each year in the U.S. from a firearm injury. In children and adolescents ages 0-19, approximately 9 of those deaths are by homicide. Infographic
- Children’s Safety Network: Firearm Safety: Preventing Death by Suicide On average, over 3,000 children and adolescents ages 0 to 19 die each year in the U.S. from a firearm injury. In children and adolescents ages 10-19,
approximately 4 in 10 of those deaths are by suicide. [Infographic]

For Self-care:

- **PSYCHE**: [How to perform well under pressure](#). Ditch the tough talk, it won’t help. Instead cultivate your mental flexibility so you can handle whatever comes your way
- **Greater Good Science Center**: [Why We Need to Set Boundaries on Our Generosity](#). Generosity often begets fulfillment. But the best-intended giving mission can turn perilous if it undermines your well-being.
- **NYT**: [4 Stretches to Combat Too Much Screen Time](#) Hunching over a laptop for long periods can sabotage your health. These restorative exercises really do make you feel better throughout the day.
- **Washington Post**: [How to assess the covid-19 risk from holiday gatherings? Here are four things to consider](#).
- **Medical News Today**: [Outdoor exercise lessened anxiety, depression during COVID-19 lockdowns](#).
- **TIME**: [Struggling to Get Back Into a Workout Routine? These 5 Strategies Could Help](#).
- **VeryWellMind**: [How to Survive a Mixed Vaxxed Thanksgiving](#).
- **WBUR**: [The winners of the Comedy Wildlife Photography Awards will brighten your day](#).

Live webinars & open meetings: (new opportunities added in blue)

- **Massachusetts Commission on the Status of Grandparents Raising Grandchildren**: Gratitude and Self-Care throughout the Holidays, [Register Here](#) Nov. 29 & Dec. 1
- **Massachusetts Commission on the Status of Grandparents Raising Grandchildren**: How to Create and Sustain a Successful Support Group for Grandparents Raising Grandchildren. Part 2 *Even during a pandemic!* [Register Here](#) Nov. 30
- **MDPH/BSAS**: [Operationalizing Diversity, Equity & Inclusion in Employment: Level 3](#), Dec. 1
- **Migration Policy Institute**: The Importance of Family, Friend, and Neighbor Care for Immigrant and Dual Language Learner Families, Dec. 1
- **SAMSHA/Zero to Three/Center for the Developing Child**: [Preparing the Workforce to Better Support our Little Ones](#), Dec. 2
- **Office of Head Start**: [Supporting Preschoolers’ Cognitive Self-regulation](#), Dec. 2
- **MDPH/BSAS**: Best Practices in Youth and Young Adult Substance Use Treatment, Dec. 2
- **MDPH/BSAS**: Using Hip-Hop to Understand Substance Use and Promote Wellness with Black Youth, Dec. 2
- **MDPH/Suicide Prevention**: Opioid Misuse and Suicide Prevention, Dec. 2
- **MDPH/BSAS**: Setting and Maintaining Professional Boundaries, Dec. 3
- **BACE**: Intro to Childbirth Education for Perinatal Health Workers, Fulfills DONA requirement, Dec. 4
- **BACE**: 4 Day DONA Approved Birth Doula Training, Dec. 5, 11, 12, 18
- **PICCK**: Contraception and Seizure Disorder, Dec. 7
- **YW Boston**: [Quantifying Equity and Inclusion](#), Dec. 8
- **Brazelton Touchpoints Center**: Indigenous Wisdom for Listening to Children and Families, Dec. 8
- **MDPH/Suicide Prevention**: Impacted Family & Friends Lived Experience 101: Ending the Marginalization & Why That Matters for Suicide Prevention & Mental Wellness for the Entire Family, Dec. 9
- **Children’s Trust Family Support Training Center**: A Strength-Based Approach to Transforming Difficult Behaviors, Dec. 10
- **MDPH/Suicide Prevention**: Postvention: Responding to Schools, Workplaces, and Communities Following Suicide, Dec. 10
More learning opportunities for family support professionals can be found here.

Covid-19 resources for family support professionals can be found here.

The Massachusetts Home Visiting Initiative has a deep commitment to racial justice. Each of these is a collection of articles, books, videos and other materials addressing racial injustice, its impact on families and provides context for moving forward toward a more equitable and just future. Racial justice resource compendiums for family support professionals can be found here.

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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