

MAY 2023



CCDBG TIMES

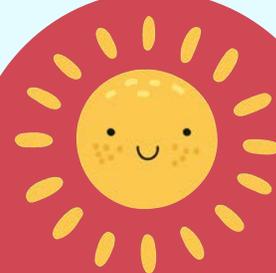


California Indian Manpower Consortium, Inc.
Child Care and Development Block Grant Program

MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH

As Mental Health Awareness Month, May is dedicated to raising awareness about the importance of mental health. The CIMC CCDBG Program's goal is to try and reduce the stigma that surrounds mental health, especially for children.

In this edition of the CCDBG Times, we have included mental health information and resources. Parents, family, and providers all have a powerful role in supporting children's learning, mental health, and emotional well-being. We hope you'll join us and use these resources—this month and every month of the year—to help spread the word about mental health.



WHAT'S INSIDE:

RESOURCE PAGES

2-3

WAYS TO SUPPORT
YOUR CHILD'S
MENTAL HEALTH

4 - 5

KIDS CORNER
ACTIVITY PAGES

6 - 7

CCDBG PROGRAM
INFORMATION

8




Workforce Development Program

THE CIMC MOVEMENT: CREATING POSITIVE CHANGE FOR NATIVE COMMUNITIES

- ★ ASSESSMENT AND INDIVIDUAL EMPLOYMENT PLAN
- ★ JOB READINESS TRAINING
- ★ JOB DEVELOPMENT AND PLACEMENT

Visit <http://www.cimcinc.org> to learn more!



CSBG



COMMUNITY SERVICES BLOCK GRANT PROGRAM

- Nutrition services for limited food resources
- Housing Assistance
- Utility Assistance
- Education Assistance
- Employment Assistance



Scan the QR Code or visit <http://www.cimcinc.org> to learn more

MENTAL HEALTH HOTLINES

Call 211 to find your local mental health resources
<https://www.211.org>

National Suicide Prevention Lifeline - Call 988
<https://988lifeline.org>

Crisis Text Line: text the word 'Home' to 741-741

The Trevor Lifeline - LGBTQ Youth: call 1-866-488-7386

The Trans Lifeline: call 1-877-565-8860



INFORMATION ON CHILDREN'S MENTAL HEALTH

CDC
<https://www.cdc.gov/childrensmentalhealth/index.html>

National Alliance on Mental Illness
<https://namica.org/>

Child Mind Institute
<https://childmind.org/>



CONDOR



SUCCESS AND CAREER ACADEMY

Through the CIMC Condor Success and Career Academy, students can complete school, earn a high school diploma, or complete a pathway certification program.

What can be offered to your child:

- ✓ Live instructional support 24/7
- ✓ Blended Learning
- ✓ Credit Accrual and Recovery
- ✓ Virtual Courses
- ✓ Test Preparation
- ✓ Individualized Content
- ✓ Grade Recovery
- ✓ And SO much more!

If you are interested in signing your child up or if you would like to learn more about the program, visit our website:
<https://condoracademy.org/>

California Indian Manpower Consortium, Inc.
738 North Market Boulevard
Sacramento, California 95834
(916) 920-0285 | (800) 640-2462 | TTY: (800) 748-5259

UNDERSTOOD.ORG

Fill in the blanks to find resources that match your needs

I am **a parent or caregiver** and want help with **behaviors**, **learning**, and **everyday skills**

[See my resources](#)

Native American Children experience PTSD at the same rate as combat veterans.



We are Resilient.

Healing from intergenerational trauma is possible.



STRONGHEARTS
Native Helpline

strongheartshelpline.org
1-844-7NATIVE (762-8483)

Ending Violence so Children Can Thrive. 2014. www.justice.gov/sites/default/files/defendingchildhood/pages/attachments/2014/11/18/insulationreport.pdf.

Learn the Signs. Act Early.

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Track & Share Milestones



Get Tips & Activities



Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker



Supporting the Parent Centers Who Serve Families of Children with Disabilities

There are nearly 100 Parent Training and Information Centers (PTIs) and Community Parent Resource Centers (CPRCs) in the US and Territories

- Working with families of infants, toddlers, children, and youth with disabilities, birth to 26.
- Helping parents participate effectively in their children's education and development.
- Partnering with professionals and policy makers to improve outcomes for all children with disabilities.



Health Information and Free Brochures

Check out our health topic pages to learn more about a variety of disorders, such as anxiety, depression, and schizophrenia.

Order free brochures and fact sheets on mental health and related topics for patients and their families in your community. Most of these materials are offered in print and digital formats and are available in English and Spanish.



<https://www.nimh.nih.gov>



WAYS PARENTS CAN SUPPORT A CHILD'S MENTAL HEALTH

1. MODEL HEALTHY COPING SKILLS.

You can help your children learn how to deal with their emotions in a healthy way by modeling coping skills at home. You can engage in these skills with your child or talk them through doing them on their own. Activities such as deep breathing, using stress balls, making art, or going for walks can be great strategies for coping with feelings.

2. WATCH FOR BEHAVIOR CHANGES.

It's very normal for kids to go through changes in behavior while progressing through different developmental stages. However, if you notice that your child has become more withdrawn or isolated from their friends, family or routine, it may be a sign that they're experiencing a situation or feeling that they don't know how to process on their own. Check in with your child and let them know you're there and ready to support them however they need.

3. KEEP COMMUNICATION OPEN AND HONEST.

It's important that your child knows they can approach you with any issue, and that they will be received and listened to with love and support. Simply letting them know that you are there to support and listen to them without judgment can increase the likelihood that they'll come to you when they have a problem.

4. CREATE A ROUTINE AND SET CLEAR BOUNDARIES AT HOME.

Uncertainty about day-to-day schedules can lead to a lot of stress or anxiety in a child's life. Creating a general routine at home can provide some relief and peace for your child, whether it's a schedule for daily meals or a weekly movie night. Having clear boundaries is also important for your child to know what is expected of them at home and can minimize feelings of frustration from both parent and child.

5. LET THEM KNOW THEY ARE LOVED AND SUPPORTED.

For a child, one of the most important things you can provide is an environment where they know they are loved and important. They know they are supported no matter what they do, and this increases their feelings of security and safety in the home.





6. PROVIDE POSITIVE FEEDBACK AND ENCOURAGEMENT

Kids love to receive positive feedback and learn that they've done something well. Knowing they've done something well increases feelings of pride and confidence, which can stick with a child long term. In addition, providing positive reinforcement for behaviors will often encourage children to repeat that behavior.

7. ENCOURAGE JOYFUL MOVEMENT.

Physical activity provides a necessary outlet for kids, which is important for both physical and mental health. Helping children find a type of movement they enjoy, even from an early age, is a great way to ensure they remain engaged and interested. Participating in movement together with your child can also be a great way to get them involved.

8. TALK ABOUT EMOTIONS AND FEELINGS REGULARLY.

Kids learn so much by watching their parents, including behaviors when it comes to emotional expression and regulation. Rather than simply saying your day was "good" or "OK," try to discuss different emotions you felt throughout your day when talking with your child. Talk to them about the moment you felt stressed in a meeting or frustrated with a coworker—and then talk to them about how you handled your emotions in that situation. This teaches them that these feelings are normal, provides suggestions on how to handle the feelings and gives them the vocabulary to talk about a wider range of emotions affecting them. Don't be afraid to bring up the subject of mental health with older children and adolescents.

9. INVOLVE THEM IN DECISION MAKING.

As adults, we feel we know what's best for our child, and so children are often left out of the decision-making process. Of course, it may be more appropriate for the parent to make the final decision. However, finding ways to include your child in making decisions can help them feel that they are heard and valued in their home. Something as simple as asking them whether they think you should prepare rice or macaroni and cheese with dinner can show them they have a voice and give them the confidence to use it.

10. GET PROFESSIONAL HELP IF NEEDED.

Recognizing when your child needs help is a crucial skill to have as a parent. There may be times when it can be overwhelming or frustrating to try to handle your child's behaviors or respond appropriately to their emotions. Don't be afraid to find and ask for help—it can be a great benefit to both you and your child.

All information sourced from <https://discoverymood.com> and <https://www.cdc.gov/childrensmentalhealth/index.html>





EMOTIONS

Look at each child and circle the correct emotion.

Nervous
Happy

Angry
Excited

Angry
Tired

Happy
Sad

Happy
Bored

Happy
Disgusted

Excited
Tired

Proud
Scared

Confused
Shy

Silly
Worried

WORD SEARCH

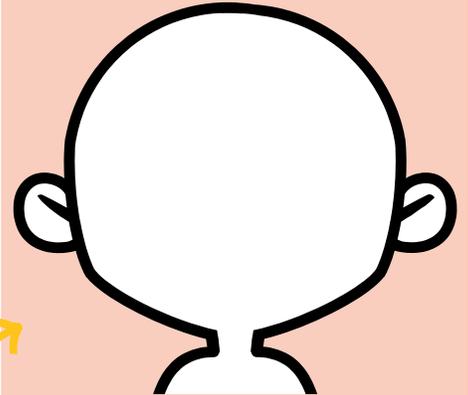
Find the words listed below and mark them.

D	E	A	E	X	C	I	T	E	D	A	S
C	O	N	F	U	S	E	D	Y	E	D	U
A	B	G	O	T	U	V	S	Z	N	F	R
U	F	R	U	S	T	R	A	T	E	D	P
P	G	Y	H	C	I	J	D	I	R	H	R
S	K	O	L	A	S	U	V	R	V	A	I
E	P	M	U	R	A	T	I	E	O	P	S
T	N	Q	R	E	W	O	Y	D	U	P	E
B	O	R	E	D	U	Z	E	D	S	Y	D

- HAPPY
- BORED
- SCARED
- SAD
- NERVOUS
- ANGRY
- CONFUSED
- SURPRISED
- EXCITED
- FRUSTRATED
- UPSET
- TIRED

FEELING HAPPY

Happiness looks different for everyone.



- What does your face look like when you're happy? Draw it
- Write and draw 4 things that make you feel happy.







CIMC CCDBG PROGRAM

DO YOU NEED HELP PAYING FOR YOUR CHILD CARE?

THE CIMC CCDBG PROGRAM MAY BE ABLE TO HELP!

MUST BE FROM ONE OF THESE TRIBES

- Cahuilla Band of Indians • Kletsel Dehe Wintun Nation
- Coyote Valley Band of Pomo Indians • Fort Independence Indian Reservation
- Lone Pine Paiute-Shoshone Reservation • Mesa Grande Band of Mission Indians
 - Morongo Band of Mission Indians • Pala Band of Mission Indians
- San Pasqual Band of Mission Indians • Santa Rosa Band of Cahuilla Indians
 - Santa Ynez Band of Chumash Indians • Iipay Nation of Santa Ysabel
- Sherwood Valley Band of Pomo Indians • Tuolumne Me-Wuk Indians
 - Habematolel Pomo of Upper Lake

-STAFF CAN MAIL OR EMAIL AN APPLICATION TO YOU-



PLEASE FEEL FREE TO CONTACT THE CIMC CCDBG PROGRAM AT (916) 925-3582 OR (800) 593-5273 WITH ANY QUESTIONS.



Scan the QR Code to be directed to our website, or go to CIMCINC.ORG to learn more.

