



FIRST 5 MARIN

Learn. Grow. Thrive.

Spotlight:

Forum on COVID- Stress, Mental Health and Resilience



In recognition of Mental Health Awareness Month, the **Marin Communications Forum** will feature presentations on COVID-related stress and related mental health issues, with a focus on Marin County. We will also be talking about resilience, and what has kept people going over the last year.

SPEAKERS - We are pleased to welcome the following speakers with unique experiences to share:

- * **Annette V. Clarke, Phd** - Behavioral Health, Marin HHS
- * **Zeyda Garcia, LPCC** - Behavioral Health, Marin HHS
- * **Dr. Lisa Leavitt** - Marin Community Clinics
- * **LaTanya Wiggins** - Wiggins Family Daycare
- * **Itoco Garcia, EdD** - Sausalito-Marín City School District

We are also very pleased to welcome local teens who will be sharing the youth perspective on mental health issues under COVID.

JOIN US on **Thursday, May 27th** from **10 am to Noon** for this important presentation. Please email Michelle@First5Marin.org for the Zoom link.

First 5 Marin's next Commission

Meeting: Wednesday, May 19th at 5:30.
Please email Michelle@First5Marin.org
for the Zoom link.



JOIN the Commission!

There are currently two openings on the **First 5 Marin Children and Families Commission**, an independent government agency serving young children (prenatal to age five) and their families in Marin County. First 5 Marin guides the investment of Prop. 10 funds to promote optimal early childhood development through children's health, school readiness and community support for families.

Application: Interested individuals are invited to apply using the application form available on the County of Marin website, [here](#). (**Apply by Tuesday, June 1, 2021**; applications will be reviewed by our Commission at the public meeting on **June 16th**.)

Commission Meetings: The Commission meets on the third Wednesday of each month (except December, July and August) from 5:30 to 7:30 pm. (Under COVID restrictions, meetings are currently being held online; once restrictions are lifted, meetings will be held at the First 5 Marin offices at 1050 Northgate Drive, Suite 130, in San Rafael.)

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DESKTOP: **What We're Reading**

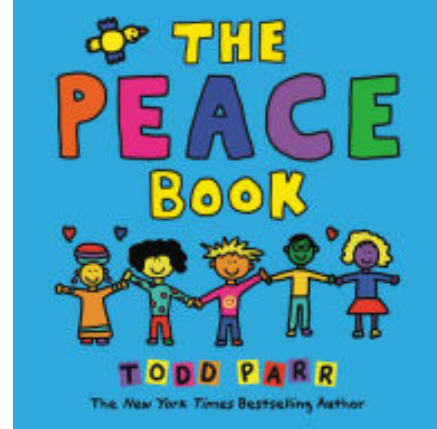
Take a look at some of the recent articles about important issues related to children and families:

[Newsom Proposes Making](#)

[Transitional Kindergarten Available To All 4-Year-Olds](#)

Gov. Gavin Newsom plans to use part of the state's \$75.7 billion budget surplus to create an early education program for every four-year-old child in the state. (Dale, 5/12/21)

Also featured in [The Los Angeles Times](#) (Myers & Sharp & Blume, 5/12/21), [The Hill](#) (Schnell, 5/12/21), [KPBS](#) (Beam, 5/12/21), [The Sacramento Bee](#) (Wiley, 5/12/21)



[The Los Angeles Times: California's bold plan: adding a full school year before kindergarten. How will it work?](#)

Funded by a massive influx of state income tax revenue, Newsom's proposal first and foremost targets universal transitional kindergarten, promising an additional year on the front end of the kindergarten-through-12th -grade public school experience. (Myers & Blume & Sharp, 5/13/21)

[The Conversation: President Biden's plan for free universal preschool – 5 questions answered](#)

From New York City to Washington, D.C. and Oklahoma to Colorado, a handful of U.S. cities and states have opted to fund universal preschool for their youngest residents. (Weiland, 5/12/21)

[CNBC: The high cost of child care and lack of paid leave are holding back many working parents](#)

A lack of paid leave and access to quality child care has long been an issue for working parents in the U.S., advocates argue. The coronavirus pandemic has only exacerbated the issue, with some parents — mainly women — ditching their jobs to care for their kids.

[CNN: Covid vaccines do not harm placenta, contrary to social media misinformation, study finds](#)

There's no biological basis behind ongoing social media claims that Covid-19 vaccines can harm the placenta, the organ that provides a growing baby oxygen and nutrients during pregnancy. (LaMotte, 5/11/21)

[WBUR: The Pandemic's Impact On The Development Of Infants and Toddlers](#)

Children born since the start of the pandemic have only known that world. Maybe they've never met anyone outside of their parents - maybe not even their grandparents. (Multiple Authors, 5/12/21)

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Mental Health Awareness Month



In The Pandemic, Children Face A Mental Health Crisis

13 minute listen from **NPR**

According to the Centers for Disease Control and Prevention (CDC), the proportion of emergency department visits by children in mental health crises went up significantly during the pandemic — about 30% for kids ages 12-17 and 24% for children ages 5-11 between March and October of last year, compared to 2019.

For psychiatrists like Dr. Nicole Christian-Brathwaite, this is evident in her practice and personal life. We talk to her about how this past year has taken a toll on children and their mental health, as well as her advice for helping the kids in your life cope better.

LISTEN to the podcast [HERE.](#)

