**Week of June 29**

*Notes:*

* Yellow boxes denote suggested added posts. White boxes are posts already in Hootsuite.
* Accounts to watch/follow:
  + Inclusive Therapists (IG)
  + Black Emotional and Mental Health- <https://www.beam.community/events>
  + Black Girls Smile - <https://www.instagram.com/blackgirlssmile/>
* Expert voices to engage:
  + <https://www.instagram.com/dr.candicenicole/>
  + <https://www.instagram.com/yoloakili/>

| **Day** | **Current Copy** | **Social Media (running count of posts for week)** |
| --- | --- | --- |
| Monday June 29 (3pm) | The children at our Waukegan Early Learning Center continue to engage in learning activities at home and enjoy playtime outside. Students have been working on their social/emotional skills, fine motor skills and literacy skills remotely.  [#SELearning](https://twitter.com/hashtag/SELearning/) [#KidsPlay](https://twitter.com/hashtag/KidsPlay/) [#EarlyLearning](https://twitter.com/hashtag/EarlyLearning/) [#RemoteLearning](https://twitter.com/hashtag/RemoteLearning/)[#PlayIdeas](https://twitter.com/hashtag/PlayIdeas/) [#FamiliesFirst](https://twitter.com/hashtag/FamiliesFirst/)[#ChicagoNonProfit](https://twitter.com/hashtag/ChicagoNonProfit/) | Twitter - need to cut down copy and # photos  FB-OHU  FB-OHUCDC |
| Tuesday June 30 (1:15pm) | According to the @flcoalition4children, over 93% of all children reunified with their parents do not experience any abuse or neglect within the 12 months following their case being closed.  [#LiftingFamiliesTogether](https://www.instagram.com/explore/tags/LiftingFamiliesTogether/) [#IDeserveFamily](https://www.instagram.com/explore/tags/IDeserveFamily/) [#FosterYouth](https://www.instagram.com/explore/tags/FosterYouth/) [#FosterCareAlumni](https://www.instagram.com/explore/tags/FosterCareAlumni/) [#FosterCareAdvocate](https://www.instagram.com/explore/tags/FosterCareAdvocate/) [#NobodyAgesOut](https://www.instagram.com/explore/tags/NobodyAgesOut/) [#ChildAbuse](https://www.instagram.com/explore/tags/ChildAbuse/) [#ChildNeglect](https://www.instagram.com/explore/tags/ChildNeglect/) | Twitter  Instagram  FB-OHU  LinkedIn |
| Wednesday July 1 (12:00pm)  scheduled | July is BIPOC Mental Health Awareness Month. As an organization that provides counseling services, we recognize that while everyone can experience mental health challenges, systemic inequalities and racism make access to mental healthcare more difficult for members of BIPOC communities. Join us throughout July in talking about how we can support minority mental health in the workplace and home so we can all live life without limits.  GRAPHIC NEEDED  #BIPOCMentalHealth #MinorityMentalHealth | Twitter  Instagram  FB-OHU  LinkedIn |
| Friday July 3 (4:30pm) | Our 4th annual Dancing With The Highlands County Stars event is Friday, September 18th 💃🕺  Cindy Marshall will be one of our Highlands County stars dancing in support of One Hope United's programs and services for Florida children and families.  You can support Cindy and One Hope United by voting online and buying tickets at http://onehopeunited.org/dancingwiththestars.  [#OneHopeUnited](https://www.instagram.com/explore/tags/OneHopeUnited/) [#OHUDancingStars](https://www.instagram.com/explore/tags/OHUDancingStars/) [#NonProfit](https://www.instagram.com/explore/tags/NonProfit/) [#DWTS](https://www.instagram.com/explore/tags/DWTS/) [#FloridaNonProfit](https://www.instagram.com/explore/tags/FloridaNonProfit/) [#Charities](https://www.instagram.com/explore/tags/Charities/) [#GoodCause](https://www.instagram.com/explore/tags/GoodCause/) [#YouthEmpowerment](https://www.instagram.com/explore/tags/YouthEmpowerment/) [#FloridaChildWelfare](https://www.instagram.com/explore/tags/FloridaChildWelfare/) [#HumanServices](https://www.instagram.com/explore/tags/HumanServices/) [#ChildAdvocate](https://www.instagram.com/explore/tags/ChildAdvocate/) [#HighlandsCounty](https://www.instagram.com/explore/tags/HighlandsCounty/) | Twitter  Instagram  FB-OHU  LinkedIn |
| Saturday July 4 (11:00am)  Scheduled | Happy Independence Day! How are you celebrating your #FourthofJuly? | FB-OHU  Instagram  Twitter  LinkedIn |

Graphics needed:

* Mental Health Awareness Month Graphic (make template to use all month)
* DWTHCS graphic (already made)
* Fourth of July Graphic

**Week of July 6:**

*Notes:*

* PRIME DAY DELAYED TO AUG/SEP
* BLOG -- I think we should do an article about supporting mental health in the workplace from Charles voice talking about our organizational commitments?

| **Day** | **Current Copy** | **Social Media** | **Scheduled?** |
| --- | --- | --- | --- |
| Monday July 6  Scheduled for 8am | Mental health conditions affect people of all identities, however, finding a culturally competent professional can be difficult. Here are some tips.  #MindfulMonday #MinorityMentalHealth #BIPOCMentalHealthMonth  <https://www.nami.org/Your-Journey/Living-with-a-Mental-Health-Condition/Finding-a-Mental-Health-Professional/Finding-Mental-Health-Care-that-Fits-Your-Cultural> | FB-OHU  Twitter  Instagram |  |
| Monday July 6  AFTERNOON? | Last week our Waukegan Early Learning Center and Bridgeport Childhood Development Centers distributed family care packages to the community. The staff enjoyed seeing all of the children and families that stopped by. Our Child Development Centers will be reopening on July 13th.  PICTURES FROM TRACY AND MARYBETH | FB-OHUCDC  Share via FB-OHU  Twitter  Linked In |  |
| Monday July 6 | According to a recent study, “72% of employees want their employers to champion mental health” in the workplace. BIPOC Mental Health Awareness Month is the perfect time to develop a strategy for supporting your employees’ mental health.  #BIPOC MentalHealth #MinorityMentalHealth  <https://www.forbes.com/sites/alankohll/2018/11/27/how-to-create-a-workplace-that-supports-mental-health/#77080d41dda7> | FB-Careers  LinkedIn |  |
| Tuesday July 7  Scheduled | Mental health care should be equitably provided to all who need it.  #MinorityMentalHealth #BIPOCMentalHealthMonth  GRAPHIC COPY: Black, Latinx, and Hispanic children are 1.5-3 times more likely to have unmet mental health needs. | FB-OHUCDC  Twitter  Instagram |  |
| Wednesday July 8 | Don’t miss your chance to see Eric Rhodes (TAG!) and other dancers compete in our 4th annual Dancing With The Highlands County Stars on September 18th!  Vote and buy your tickets now at <http://onehopeunited.org/dancingwiththestars>  GRAPHIC -- ERIC RHODES DWTHCS Template  EDIT TO MATCH  Our 4th annual Dancing With The Highlands County Stars is Friday, September 18th 💃🕺  Eric Rhodes will be one of our Highlands County stars dancing in support of One Hope United's programs and services for Florida children and families.  You can support Eric and One Hope United by voting online and buying tickets at http://onehopeunited.org/dancingwiththestars.  [#OneHopeUnited](https://www.instagram.com/explore/tags/OneHopeUnited/) [#OHUDancingStars](https://www.instagram.com/explore/tags/OHUDancingStars/) [#NonProfit](https://www.instagram.com/explore/tags/NonProfit/) [#DWTS](https://www.instagram.com/explore/tags/DWTS/) [#FloridaNonProfit](https://www.instagram.com/explore/tags/FloridaNonProfit/) [#Charities](https://www.instagram.com/explore/tags/Charities/) [#GoodCause](https://www.instagram.com/explore/tags/GoodCause/) [#YouthEmpowerment](https://www.instagram.com/explore/tags/YouthEmpowerment/) [#FloridaChildWelfare](https://www.instagram.com/explore/tags/FloridaChildWelfare/) [#HumanServices](https://www.instagram.com/explore/tags/HumanServices/) [#ChildAdvocate](https://www.instagram.com/explore/tags/ChildAdvocate/) [#HighlandsCounty](https://www.instagram.com/explore/tags/HighlandsCounty/) | FB-OHU  Twitter  Instagram  LinkedIn |  |
| Friday July 10  scheduled | It can be difficult to find an affirming mental health professional. Inclusive Therapists (TAG) is trying to change that by making connecting with an inclusive therapist simple and affordable.  GRAPHIC -- In the US, just 14% of psychologists are people of color.  TAG Inclusive Therapists  FB: @Inclusive Therapy  IG: @InclusiveTherapists  LinkedIn: NONE  Twitter: @InclusiveMH | FB-OHU  Instagram  Twitter |  |

Graphics needed:

* Children Mental Health Graphic
* DWTHCS Graphic
* Finding mental health provider graphic

**Week of July 13**

*Notes:*

| **Day** | **Current Copy** | **Social Media** |
| --- | --- | --- |
| Monday July 13 | We’re smiling behind our masks because all of our childcare and early education centers are now open with safety precautions! We can’t wait to see all our children and families again! Contact your center director to enroll now! <https://onehopeunited.org/early-learning-and-child-development/>  SMILING KIDS FROM MARYBETH/TRACY PHOTOS | FB-OHUCDC  Share via FB-OHU  Twitter  Instagram  LinkedIn |
| Tuesday July 14 | Trauma can affect the way we think, act, and feel. The #impactoftrauma on Black, Indiginous, People of Color has spanned generations due to centuries of systematic oppression. It’s time to recognize how we can support these communities with accessible mental health services. Learn more about the #impactoftrauma at mhanational.org/july. #MinorityMentalHealth #BIPOCMentalHealthMonth  USE GRAPHIC FROM [TOOLKIT](https://mhanational.org/bipoc-mental-health-month-2020-toolkit-download) | FB-OHU  Twitter  Instagram  LinkedIn |
| Wednesday July 15 | It’s #WellnessWednesday! Talking about stress, trauma, anxiety, and depression with children and teens can be difficult. These interactive online activities can make it easier to begin having these conversations.  <https://mentalhealthdeltadivision.com/interactive-games/> | FB-OHU  Twitter  Instagram |
| Thursday July 16 | At One Hope United, we believe that cost should never limit access to mental healthcare. Our counseling services are offered at no cost to DCFS referred families and have six outpatient counseling centers. If cost is impacting your ability to access mental healthcare, visit our website to see if you qualify for our services or use this resource to find free or sliding scale mental healthcare providers.  <https://resources.chicagoconnects.org/binders/7463/outpatient-therapy-and-supportive-services>  <http://www.ccc.edu/departments/documents/psychiatric%20resources.pdf>  MIGHT NEED TO CHANGE THIS LINK | FB-OHU  Twitter  Instagram  LinkedIn |
| Friday July 17 | Our 4th annual Dancing With The Highlands County Stars is Friday, September 18th 💃🕺  Rachael Cooper (TAG!) will be one of our Highlands County stars dancing in support of One Hope United's programs and services for Florida children and families.  You can support Rachael and One Hope United by voting online and buying tickets at http://onehopeunited.org/dancingwiththestars.  [#OneHopeUnited](https://www.instagram.com/explore/tags/OneHopeUnited/) [#OHUDancingStars](https://www.instagram.com/explore/tags/OHUDancingStars/) [#NonProfit](https://www.instagram.com/explore/tags/NonProfit/) [#DWTS](https://www.instagram.com/explore/tags/DWTS/) [#FloridaNonProfit](https://www.instagram.com/explore/tags/FloridaNonProfit/) [#Charities](https://www.instagram.com/explore/tags/Charities/) [#GoodCause](https://www.instagram.com/explore/tags/GoodCause/) [#YouthEmpowerment](https://www.instagram.com/explore/tags/YouthEmpowerment/) [#FloridaChildWelfare](https://www.instagram.com/explore/tags/FloridaChildWelfare/) [#HumanServices](https://www.instagram.com/explore/tags/HumanServices/) [#ChildAdvocate](https://www.instagram.com/explore/tags/ChildAdvocate/) [#HighlandsCounty](https://www.instagram.com/explore/tags/HighlandsCounty/)  DWTHCS Graphic | FB-OHU  Twitter  Instagram  LinkedIn |
| Friday July 17 | “For some, their mental health may impact their assessment of their current reality...Now consider the added complexity of intersectionality, glass ceilings, plus extreme stigmatization, cultural projections and beliefs that you need to be twice as good.”  #MinorityMentalHealth  <https://www.perspectivesltd.com/2018/08/01/leading-with-awareness-minority-mental-health-in-the-workplace/> | LinkedIn |

Graphics needed:

DWTHCS Graphic (complete)

MMHAM Graphic (from toolkit)

Links to consider:

<https://video.unctv.org/video/can-you-hear-us-now-surviving-and-thriving-beyond-suicide-oy0fue/?fbclid=IwAR31iFhfmymLqTnFScii_TNBAstd45K_QvimQIP3cyFmyhxxkOsd1ra0MNg>

List of DWTHCS Posts:

Jon Spencer 6/26

Cindy Marshall 7/3

Eric Rhodes 7/8

**Week of July 20**

*Notes:*

| **Day** | **Current Copy** | **Social Media** |
| --- | --- | --- |
| Monday July 20 | Stigma can make seeking mental health resources difficult. Eliminating mental health stigma helps increase accessibility for all! Learn more and take the pledge to end stigma.  #MinorityMentalHealth #BIPOCMentalHealthMonth  #MindfulMonday  <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree> | FB-OHU  Twitter  Instagram  LinkedIn |
| Tuesday July 21 | HOLD FOR DWTHCS  Images of dancers | FB-OHU  Twitter  Instagram  LinkedIn |
| Wednesday July 22 | The LGBTQ+ community experiences mental health concerns at a higher rate than non-LGBTQ+ individuals. It’s important we all ensure open access to mental healthcare for all.  GRAPHIC  #MinorityMentalHealth #BIPOCMentalHealthMonth  #WellnessWednesday | FB-OHU  Twitter  Instagram  LinkedIn |
| Thursday July 23 | It’s National Gorgeous Grandma Day! (Yes, that exists!) Today, we are reminded how thankful we are for all the grandparents in our Foster Grandparent program!  >>PIC<<   * OR -   It’s National Gorgeous Grandma Day! (Yes, that exists!) Today, we are reminded how thankful we are for Nannie Crudup, a foster grandmother in our Foster Grandparents program.  >>VIDEO ON NANNIE CRUDUP<<  It’s #ThrowbackThursday and National Gorgeous Grandma Day. Today, we are thinking of Nannie Crudup who is part of our Foster Grandparent Program. Earlier this year, Nannie Crudup received the Ermit Finch Impact Award for her resounding impact on the lives of the children she has worked with. How are you celebrating a grandmother that impacted your life? | FB-OHU  Twitter  LinkedIn |
| Friday July 24 | International Self-Care  Today is International Self-Care Day! Make time in your day to practice self-care using these simple activities.  LINK | FB-OHU  Twitter  Instagram  LinkedIn |
|  |  |  |

Graphics needed:

DWTHCS Graphic (complete)

LGBTQ+ Graphic

NAMI Graphic (from toolkit)

**Week of July 27**

*Notes: Last week of Minority Mental Health Awareness Month*

| **Day** | **Current Copy** | **Social Media** |
| --- | --- | --- |
| Sunday July 26 | Parents Day  Happy National Parents’ Day to all the parents out there!  National Parents’ Day was established in 1994 when President Bill Clinton enacted a resolution “recognizing, uplifting, and supporting the role of parents in bringing up their children.”  What’s one way a parent in your life has uplifted you? | FB-OHU  Twitter  Instagram  LinkedIn |
| Monday July 27 | Mindful Monday  Running out of activities to keep your kids active and safe this summer? Try these pandemic-friendly ideas! #MindfulMonday #MindfulParenting  <https://www.forbes.com/sites/danabrownlee/2020/07/14/got-bored-kids-here-are-20-fun-activities-for-a-pandemic-summer/#358b49187251> | FB-OHU  Twitter  Instagram |
| Tuesday July 28 | ELCD  Our Early Learning and Childhood Development centers are back with social distancing and safety measures in place to keep us safe and healthy as we learn and grow together!  #OneHopeUnited #EarlyLearning #Childcare  [#OneHopeUnited](https://www.facebook.com/hashtag/onehopeunited?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARDwnkVf3lpN2eFx7wBlJDNhhw-LN-MghV--2zSEsEktjMyUgq4S4MjTDl0M79qQNbI1lyMmsjKZUkx5eTxdxWxXTjgli9NlW-17jOjYRCFT7pJH2VnSzOMFhEinhnOEbwJooITy9kJcHPM0rk1QdnE2VkTGOz0cX0zmgbImSc-KMi7y3h8wtWiAFUj_2z3wgnhW9oP9PZAPedj-XSQhZdVeTpS5f4z9thT7SLCCjNGw2oJGvS7w6Vk1H160g7NVyTFIMJe3MSfvC02087dupDe8yA-ibcMMQyA4x5rB1r2yI53HNA1en-UU3aWoM-4tB9_7FCIQOc1PyqnnoyVG&__tn__=%2ANK-R) [#EarlyLearning](https://www.facebook.com/hashtag/earlylearning?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARDwnkVf3lpN2eFx7wBlJDNhhw-LN-MghV--2zSEsEktjMyUgq4S4MjTDl0M79qQNbI1lyMmsjKZUkx5eTxdxWxXTjgli9NlW-17jOjYRCFT7pJH2VnSzOMFhEinhnOEbwJooITy9kJcHPM0rk1QdnE2VkTGOz0cX0zmgbImSc-KMi7y3h8wtWiAFUj_2z3wgnhW9oP9PZAPedj-XSQhZdVeTpS5f4z9thT7SLCCjNGw2oJGvS7w6Vk1H160g7NVyTFIMJe3MSfvC02087dupDe8yA-ibcMMQyA4x5rB1r2yI53HNA1en-UU3aWoM-4tB9_7FCIQOc1PyqnnoyVG&__tn__=%2ANK-R)  #Childcare # | FB-ELCD  Twitter  Instagram  LinkedIn |
| Wednesday July 29 | A lack of accessible mental healthcare for all children leads to disparities in mental healthcare for young adults. Mental healthcare should be accessible for all.  Young adults that identify as Black or Hispanic visit mental healthcare providers 60-70% less often than their White peers. It is essential that we make mental healthcare accessible for all to erase these disparities.  #minoritymentalhealthmonth #BIPOCmentalhealthmonth  68% lower for African American and 62% lower for Hispanic young adults when compared to visits for white young adults. | FB-OHU  Twitter  Instagram  LinkedIn |
| Thursday July 30 | ELCD? |  |
| Friday July 31 | https://www.chicagoparent.com/learn/education-workshops/teachers-best-tips/  Feel Good Friday  CENTER PICTURES?  This #FeelGoodFriday we are thankful | FB-OHU  Twitter  Instagram  LinkedIn |