

Parent Catalyst Leadership Group

Vision

All Hennepin County families will have access to and a voice in promoting a high quality children's mental health system.

Mission

To empower Hennepin County families to become valued advocates and decision-makers at all levels of the children's mental health system through education, outreach, and support.



Hennepin County Children's Mental Health Collaborative

The PCLG is part of the *Hennepin County Children's Mental Health Collaborative*, with members from the county, school districts, providers and families working together to support community efforts to improve mental health services for children and families.

Children's Mental Health Resources

Child/Youth Crisis Services

Mobile Crisis Team 612-348-2233
Crisis Text Line Text MN to 741741

Hennepin County Services

Front Door Access 612-348-4111

NAMI Minnesota

www.namihelps.org 651-645-2948

MN Association for Children's Mental Health (MACMH)

www.macmh.org 800-528-4511

PACER

www.pacer.org 952-838-9000

Contact Information

E-mail hcpcgl@yahoo.com

Blogsite hcpcgl.wordpress.com

Website www.hccmhc.com

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Parent Catalyst Leadership Group



*Empowering parents to promote
positive change*



Hennepin County Children's Mental Health Collaborative

www.hccmhc.com

What is a catalyst?

“Someone or something that causes an important change to happen.”



Who are we?

We are parents and caregivers of children with diagnosed mental health conditions in Hennepin County.

We are currently seeking parents who are interested in improving children’s mental health services for families.

To Learn More

Want to learn more? Check out our blog at hcpclg.wordpress.com. You’ll find stories, resources, information about area support groups, and other ways for parents to become engaged.

Sign up for our monthly newsletter, **PCLG News**. You will receive updates on area mental health events and sensory friendly-activities for your family.

You can e-mail us at hcpclg@yahoo.com.

Why become a Parent Catalyst?

- Play an active role in improving children’s mental health services.
- Meet and gain support from other parents of children with mental health conditions.
- Learn how to advocate for families.
- Gather and share information about mental health resources.
- Raise community awareness on children’s mental health issues.
- Participate on school, government and provider work groups
- Attend mental health workshops and conferences

We provide opportunities for parents to network, give and gain support, learn, advocate and lead.



Support Group

Our monthly peer-led support group offers parents and caregivers a safe space to share the joys and challenges of raising children with mental health concerns.

Or join us for support online on Facebook at [Hennepin County PCLG Support Group!](#)



Training and Involvement

Parent Catalysts attend regular workgroup or business meetings. Many also choose to attend trainings about children’s mental health and parent advocacy. Some of our catalysts choose to serve on school or government committees focused on improving the children’s mental health system.