

## Hennepin County Children's Mental Health Collaborative (CMHC)

### Governance Committee Meeting

Wednesday, December 16, 2020, 2:30 – 4:00pm

Committee/Coordinator Updates

#### Parent Catalyst Leadership Group

*PCLG parents attended the 2<sup>nd</sup> NAMI parent workshop as part of the System of Care this month. While both trainings (one on navigating the system and one on advocacy) were chock full of information, PCLG parents felt that parents new to the system might be overwhelmed and/or frustrated that they didn't have much time to ask questions. In response, parents are developing for 2021 a series of shorter parent-led "mini education & outreach workshops" that would answer questions about more specific content area. The shorter format would also not require as much of a time commitment for busy parents. PCLG has been working on a service mapping list that reflects the parent point of view. Our support group continues to attract new and returning members – and we learn firsthand what issues are confronting parents – ranging from distance learning, special education and other school struggles to dealing with a youth leaving residential treatment and not having adequate transitional support after that program.*

#### Children's Mental Health Dashboard

*The dashboard workgroup has been meeting over the last few months to develop a proposed set of measures related to children's mental health in Hennepin County. We have an initial set of measures, with indicators related to overall county demographics, family background, general youth well-being, Adverse Childhood Experiences (ACEs), mental health/emotional well-being, substance use, receipt of mental health services, and the general mental health system.*

*We are continuing to refine these indicators and a draft of the full dashboard will be available for distribution and review in early 2021. We are also focusing on strategies for sharing dashboard information and making it useful for the Collaborative and other stakeholders. Our current work plan includes preparing a series of research briefs or infographics that will highlight specific topics within the dashboard, including key findings, significant trends/disparities, reflection questions, and "promising practices" related to the topic.*

*The dashboard is imperfect, as some important information about youth mental health is not readily available. We will also be prioritizing strategies to continue improving the quality and quantity of information available.*

*A new workgroup will be forming out of the time-limited dashboard advisory group that met through the fall. This new workgroup will meet monthly in 2021 and will help guide strategies to share important information, including the dashboard, with the Collaborative.*

#### School-Based Mental Health

*Most (if not all) districts are doing distance learning right now so a majority of the SMH is via telemedicine. DHS did provide some additional funding for school mental health (and children's MH) this fall with some CARES funding (I believe it was about \$3 million). Additionally, IKEA gave DHS about \$1.3M to support school mental health recently. These funds will be going to the SLMH grantees to help them continue to support parents and caregivers as well as mental health teams at the buildings. Most agencies and clinicians have room on their caseloads for more students, so we need to continue to get the word out that mental health support is available.*