

Governance Committee Meeting Agenda

Wednesday, February 15, 2023, 3:00 – 4:30pm https://us02web.zoom.us/j/82646466799?pwd=Q2d2MnNvSDUvTUVmMStQS0ZBRWozZz09

3:00 pm Welcome & Approval of Meeting Minutes & Agenda - Pat Dale

(Meeting materials January Meeting Minutes, February Agenda)

Welcome. Approve minutes and agenda.

3:05 pm Business Updates - - Pat Dale & Laura LaCroix-Dalluhn

(Meeting materials: Current Governance Committee Members)

Vote on Chair/Co-Chair

3:15 pm 2023 Collaborative Work Plan & Priorities - Pat Dale & Laura LaCroix-Dalluhn

(Meeting materials: 2023 DRAFT Collaborative Work Plan)

- Initial Overview of Work Plan
- Small and Large Group Discussions on 2023 Work Priorities
- Vote to approve 2023 work plan

4:05 pm **2023 Budget Revisions - Pat Dale & Laura LaCroix-Dalluhn**

(Meeting materials: 2023 Budget)

Discussion Only: Identify budget revisions to better meet 2023 priorities

4:30 pm Adjourn

Mission Statement: The CMHC provides a forum for a diverse and representative group of system stakeholders to influence the development and ongoing operation of an accessible and effective children's mental health service system within Hennepin County. The CMHC promotes innovative service development and continuous quality improvement in the children's mental health system by embracing the system of care principles and available research on children's mental health services.



Governance Committee Meeting Minutes

January 18, 2023

In attendance: Pat Dale, Cindy Slowiak, Cherly Holm-Hansen, Julie Atella, Aric Jensen, Meredith Martinez, Margaret Sullivan, Andria Blade, Jenna Mitchler, Karen Malka, Asad Dahir, Cathy Rude, Angela Watts, Monick Castillo, Maria Tripeny, Jamie Winter, Brandon Jones, Krista Phillips, Monica Long, Laura LaCroix-Dalluhn, and Cati Gómez.

Welcome & Approval of Meeting Minutes & Agenda

- Maria Tripeny and Angela Watts motion to approve the November minutes. All in favor, motion approved.
- Cindy Slowiak and Maria Tripeny move the approval of the January agenda. All in favor, motion approved.

Business Updates

- Vote on Chair/Co-Chair
 - Pat Dale shared that we have an open co-chair position. Pat is asking for a vote to delay the vote for the other co-chair since we have yet to identify who it will be.
 - Angela Watts motioned to delay the vote until February, and Cindy Slowiak seconded. All in favor, motion approved.
 - Meredith Martinez asked if the governance committee will be made aware of who is up for co-chair before the next meeting. Laura LaCroix-Dalluhn answered that yes, the governance committee will be made aware of possible co-chairs. Pat reminded everyone that nominations can be made and that the co-chair can be anyone, they do not need to be a parent.
- Financing Framework Vote/Governance
 - Laura shared that the Hennepin County Family Service Collaboratives and the Children's Mental Health Collaborative met in December to review and discuss the financing framework agreement, which states Family Service Collaboratives, District 287 and DOCCR will each dedicate 5% of its LCTS revenues to the Children's Mental Health Collaborative in order to coordinate and support children mental health countywide. This was agreed to for another year.

Using Data to Inform Collaborative Priorities

- 2022 Collaborative Report & Overview of Collaborative Evaluation Results
 - Laura shared that one of the goals of the Executive Committee this year is to
 move us from theoretical discussions about system of care to practical actions.
 We ended the year talking about possible actions to engage families and respond
 to their needs related to serving their child(ren). We thought it would be helpful to
 start the new calendar year by grounding ourselves in data about the

- Collaborative's work and with some high-level data on student mental health needs based on the new student survey data.
- Cheryl Holm-Hansen provided a brief overview of children/youth mental health based on newly released student survey data, which indicates an increase in mental health needs. Cheryl will provide an in-depth analysis of the data when she has access to the detail files.
- Cheryl also shared survey data from CMHC partners. See below for slides at the end of the minutes.

Family Response and Stabilization Services

- Asad Dahir then shared slides about Family Response and Stabilization Services, how
 the county and several community partners, are taking actions to move away from
 eligibility driving care and services, to the needs of families.
 - This new program works to address unmet needs by providing immediate in-person support to families in need. Within an hour of a call, families will receive in-home help for up to 72 hours, this is offered to families in Hennepin County with children aged 5-18. This program aids to minimize unnecessary hospitalizations, out of home placements, and to address inequities in underserved communities. FRSS is partnered with two hospitals and two schools in Hennepin County that have and will refer families when fit.
 - Krista Phillips noted that she shared this program with a family and they were incredibly grateful and finally felt they had the right tool for their needs.

Adjourn

 Krista Phillips moved to adjourn, and Meredith Martinez seconded. All were in favor, meeting adjourned.





Hennepin County Children's Mental Health Collaborative Governance Board meeting – January 18, 2023

Collaborative planning 2023: Where have we been? Where are we now?



Review of 2022 Collaborative work

Goal: Improve the lives of families and children through increased access to information

2022 PCLG highlights



Offered parent support, through monthly virtual support group meetings and a Facebook support page.



Hosted 5 "Let's Talk About It" parent workshops, addressing Emergency Mental Health Response, Family Support Grants, Parenting Trans and Gender Expansive Youth, Family Response & Stabilization Services, and Navigating Transition with Your Young Adult.



Built community awareness, through monthly newsletters, social media posts, and outreach at community events.

Goal: Improve the lives of families and children through increased access to information

In October 2022, Paulette Mader of Rutgers University offered Collaborative partners a **presentation on parent engagement and parent-driven strategies** in children's mental health services.

The Collaborative also **launched workgroups** to develop strategies to increase parent access to information about children's mental health and to strengthen family voice in services.

Goal: Increase data-driven decision-making



Released **our "journey mapping" report**, which summarized 49 in-depth interviews with parents about their experiences entering and navigating the children's mental health system. The results guided our work in 2022, and have been widely shared, with presentations at 16 organizations, collaborations, or professional associations.



Began publishing our children's mental health data **dashboard**, which compiles community data regarding the well-being of County youth (mental health, substance use, community safety, youth engagement, poverty, and other topics).



Hosted a **public forum** to share available information about the well-being of County youth, and to engage in strategic planning with parents, mental health providers, policy-makers, school staff, and other professionals supporting youth and families.

Youth violence prevention mini-grants

In partnership with the Hennepin County Community Health Improvement Program (CHIP), we provided \$5,000 "mini-grants" to community organizations focused on the mental health of young people who have been impacted by violence, as well as the perpetrators of violence.

Grantees included:

- Hope Project "Permission to grieve"
- The Link "Our Voices"
- One Family One Community "Trauma and healing"
- Standard Edition Women / Hue-MAN Partnership- "Before, during and after the Bullet"
- Standard Edition Women / Hue-MAN Partnership- "Before, during and after the Bullet"

Scholarships and training support

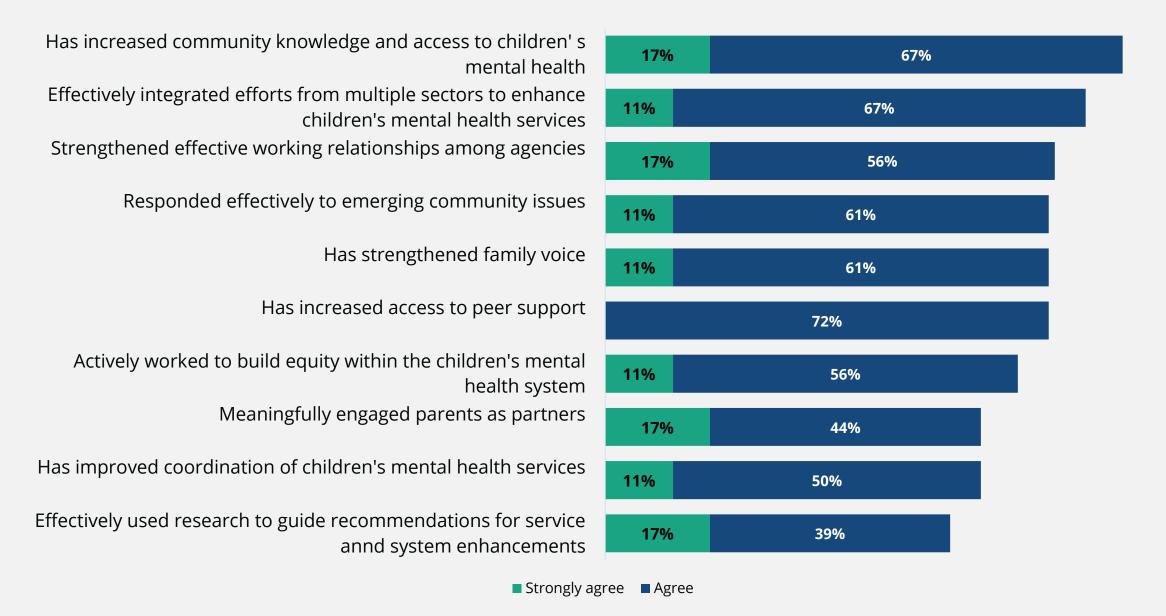
In 2022, the Hennepin County Children's Mental Health Collaborative awarded **\$23,300 in scholarships and training support**, leveraging an additional \$22,100.

- 17 Scholarships to parents and providers
- 2 Training grants to Children's Mental Health providers
- 1 Sponsorships
- 32 School-based mental health scholarships

Very successful 22% Somewhat successful 78%

In late 2022, Collaborative members were most likely to say that the Collaborative had been "somewhat successful" in achieving their mission

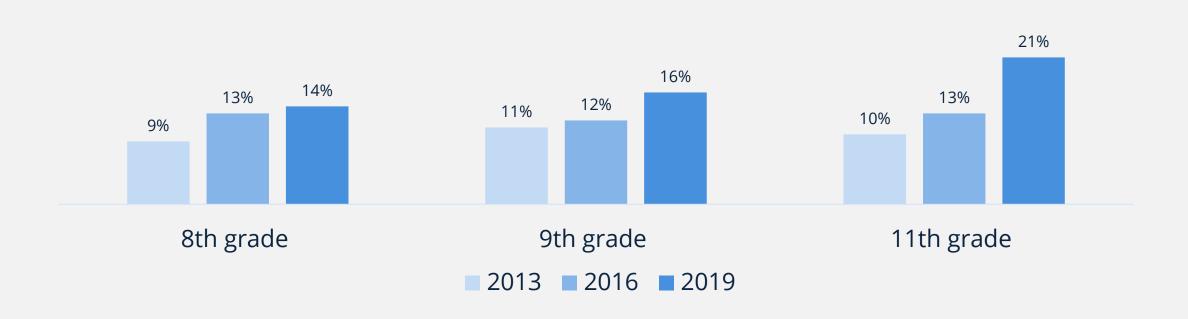
Ratings varied across Collaborative goal areas





2022 MN Student Survey highlights

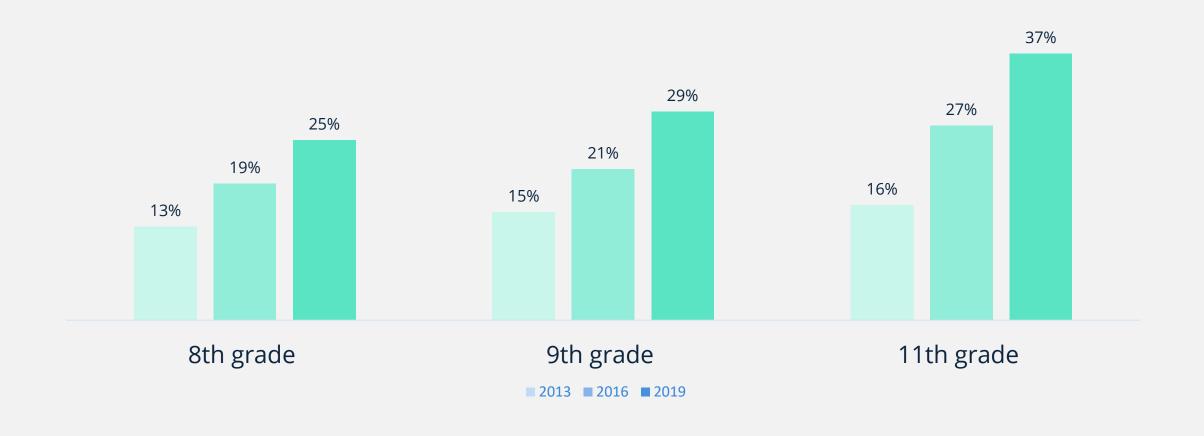
The percentage of 9th and 11th male students who said that they had a "long-term mental health, behavioral, or emotional problem" increased between 2016 and 2019...



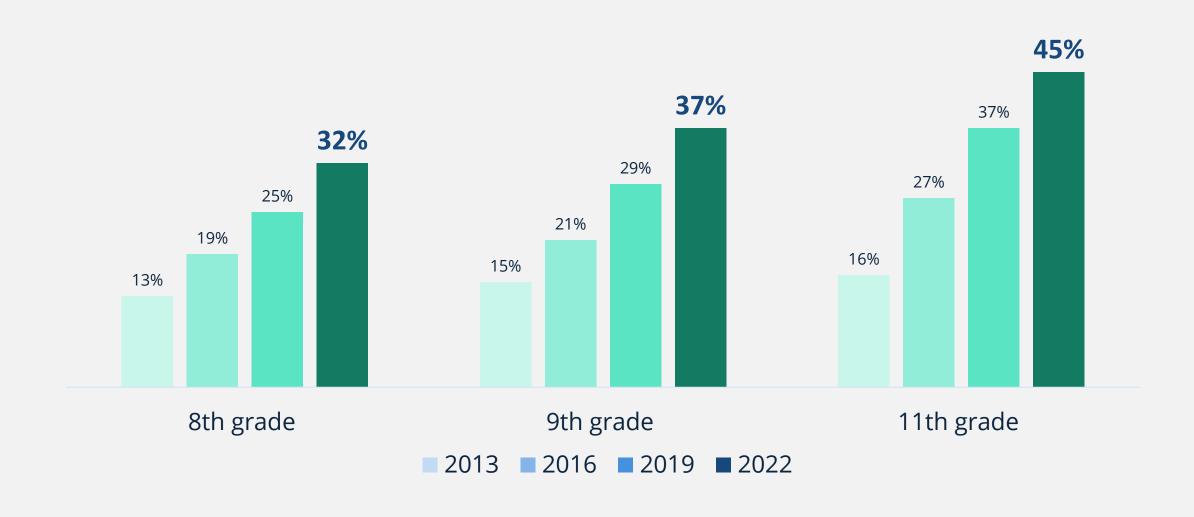
...but results remained steady in 2022



In contrast, the percentage of female students who said that they had a "long-term mental health, behavioral, or emotional problem" was increasing steadily...

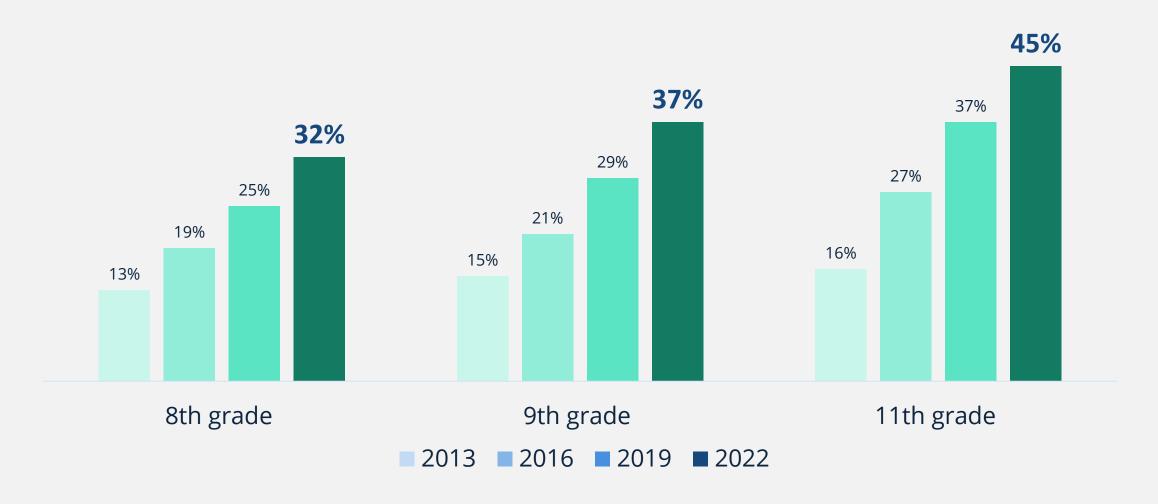


...with significant increases seen in 2022

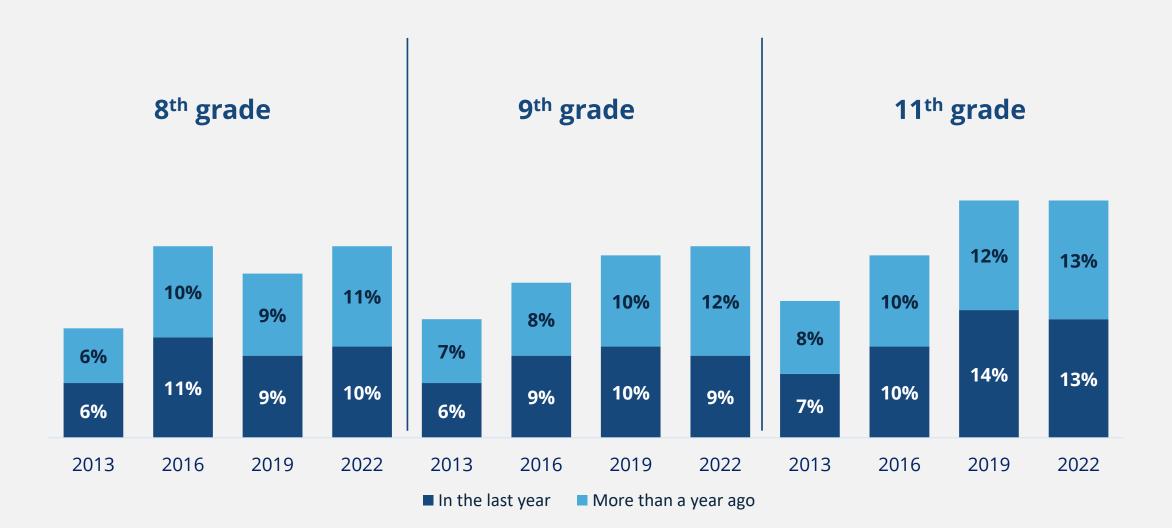


...with significant increases seen in 2022

(an average increase of 25% since 2019, and 150% since 2013)



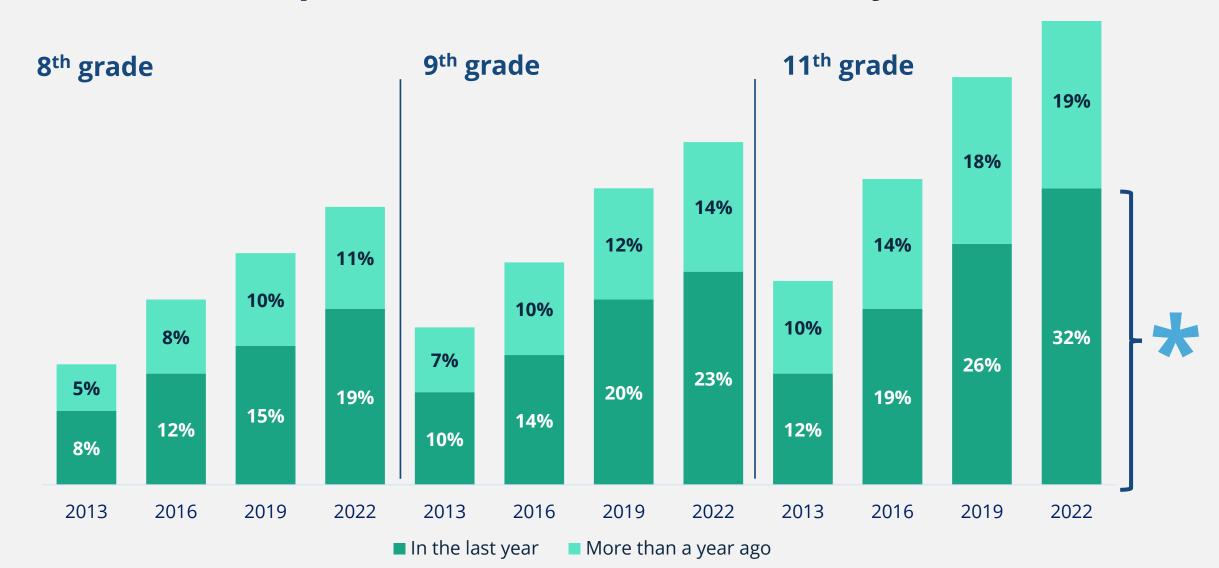
For males, the percentage of students who received treatment treatment for a "long-term mental health, behavioral, or emotional problem" has also remained fairly consistent



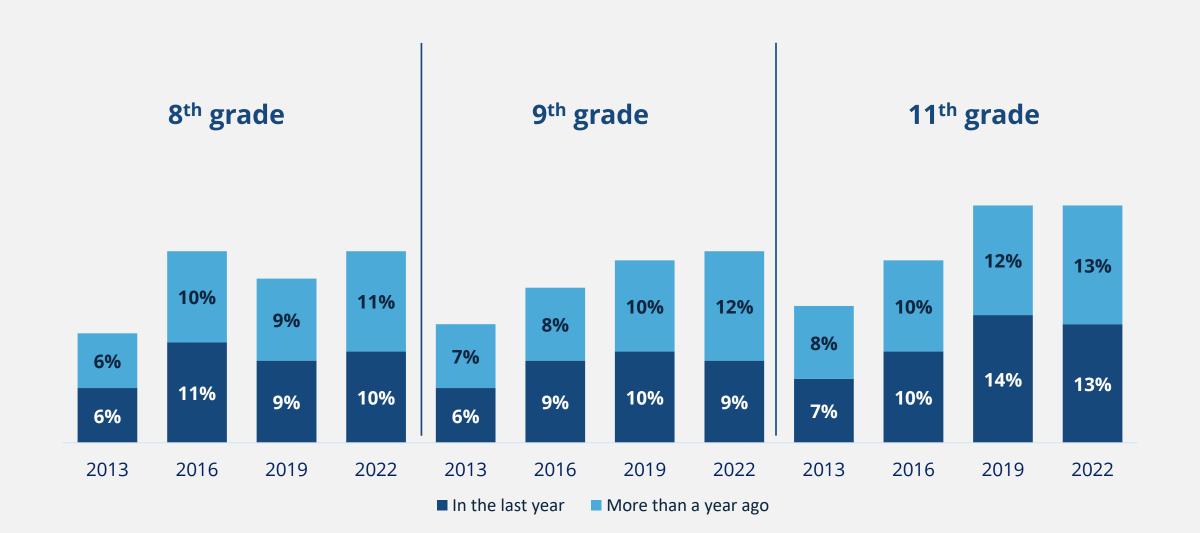
For females, the percentage of students who received treatment treatment for a "long-term mental health, behavioral, or emotional problem" has increased steadily over time



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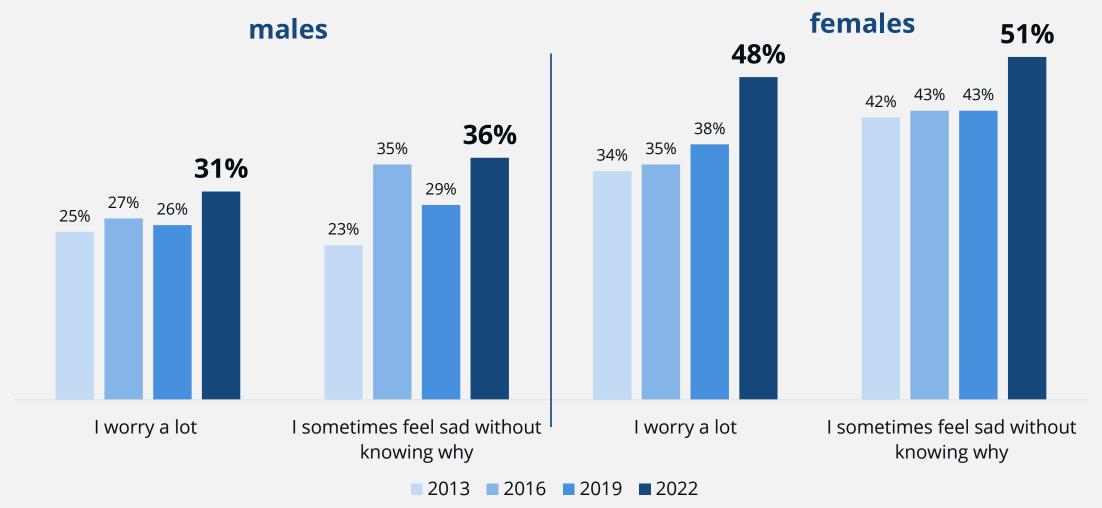
For males, the percentage of students who said that they had seriously considered suicide has also remained fairly consistent



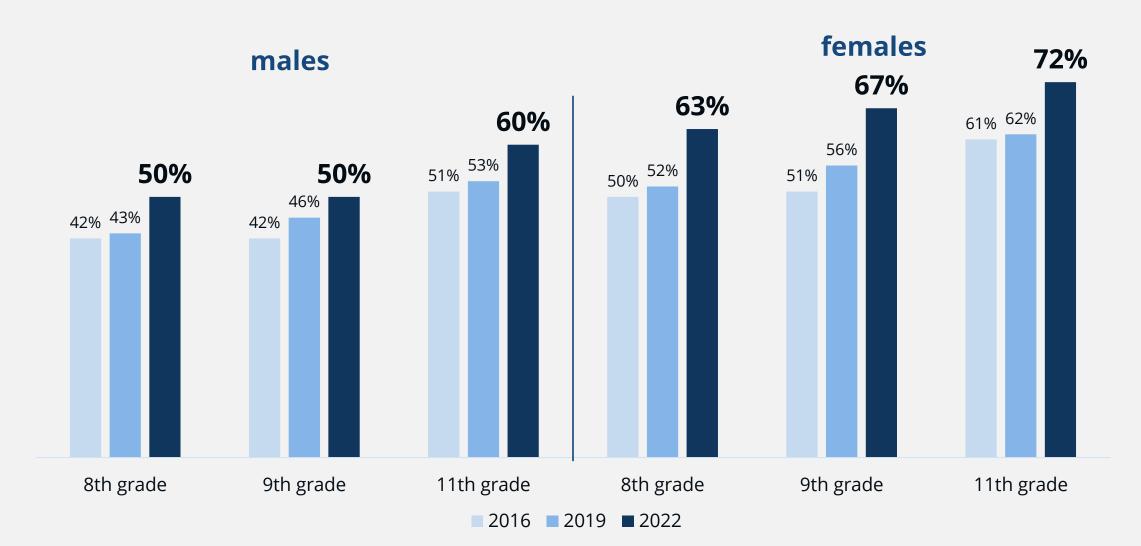
For females, there have been slight increases in the percentage of students who seriously considered suicide



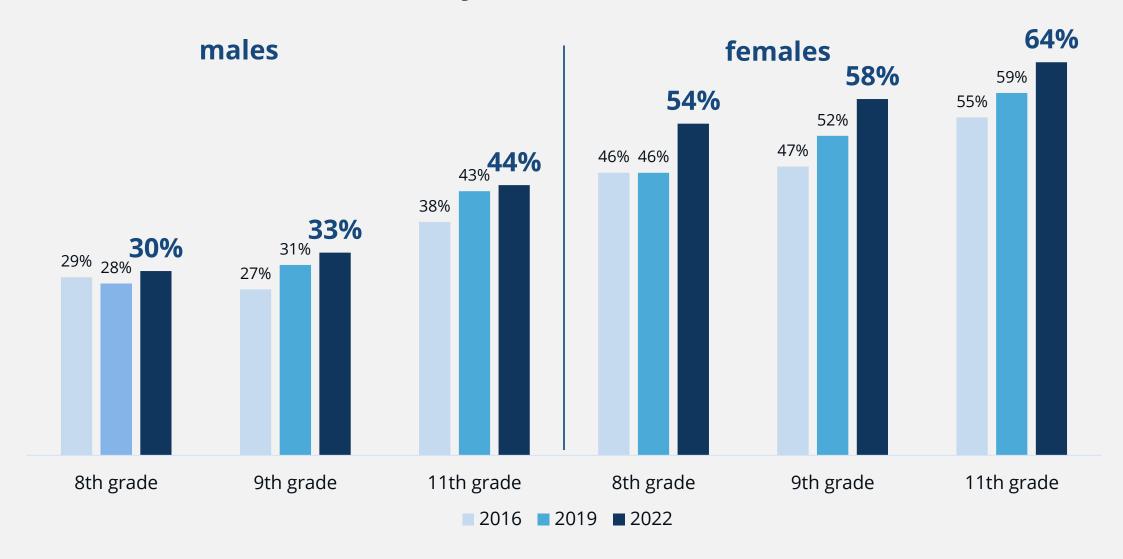
In 2022, there was an increase in the percentage of 5th grade students who said that they "worry a lot" or "sometimes feel sad without knowing why"



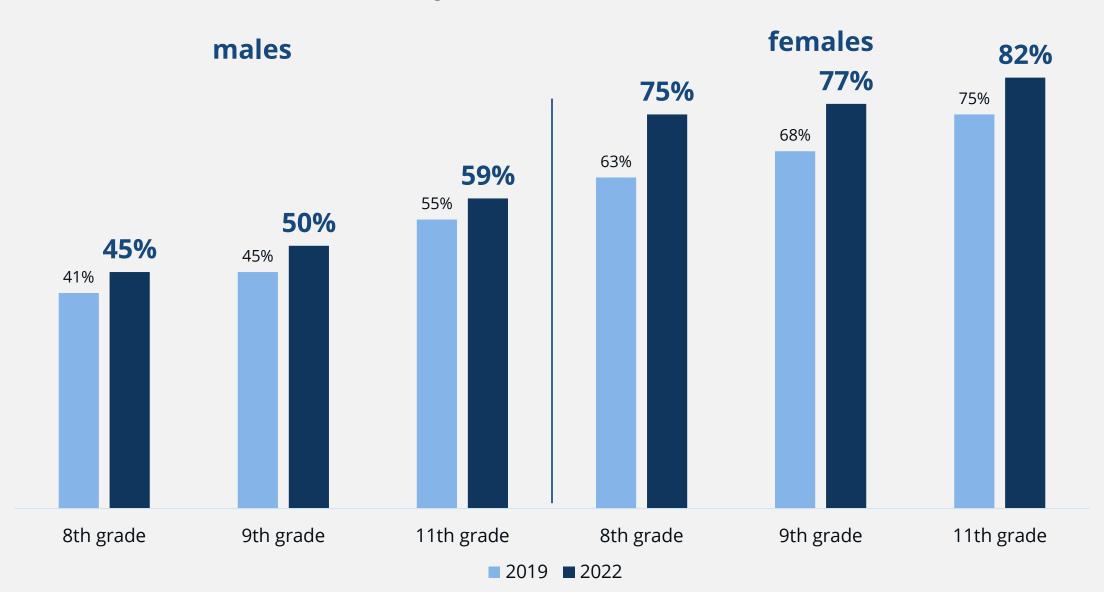
For older students (especially females!), there was an increase in the percentage who reported "little interest or pleasure in doing things at least several days in the last 2 weeks...



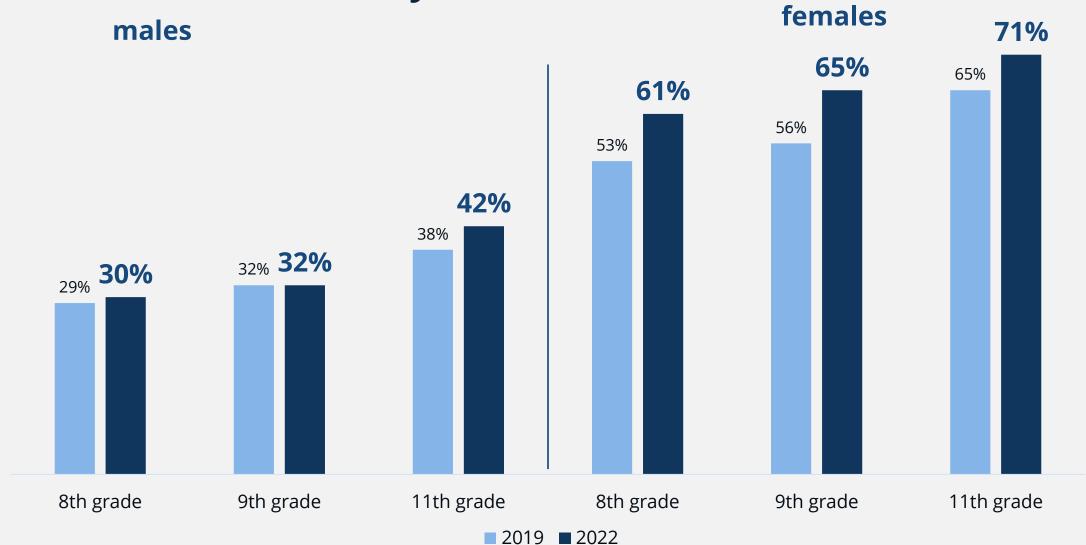
...and feeling "down, depressed, or hopeless" at least several days in the last 2 weeks...



...and feeling "nervous, anxious, or on edge" at least several days in the last 2 weeks...



...and "not being able to stop or control worrying" at least several days in the last 2 weeks...



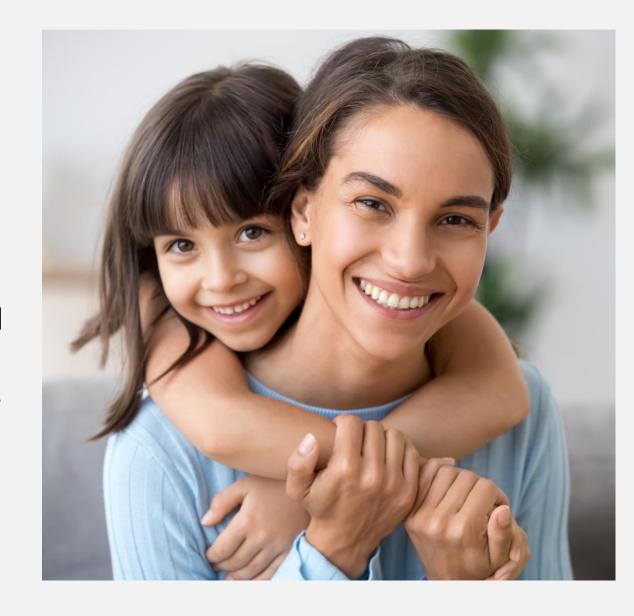


Recap of top recommendations from the journey mapping interviews



Increase awareness of children's mental health and available services

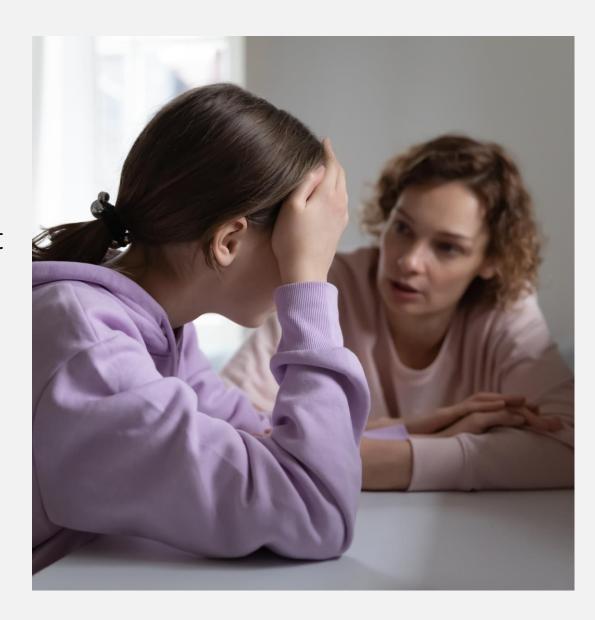
- Develop or distribute resources to help parents understand the children's mental health system and available services.
- Review provide websites and assess ease of finding information for families seeking services
- Engage in parent education and social media campaigns



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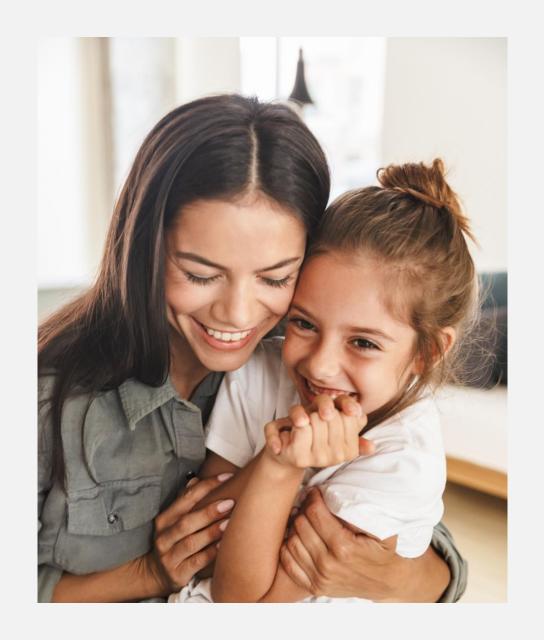
Increase access to peer support

- Provide opportunities for parents to connect with other parents for support and resource-sharing



Offer navigators to help facilitate access to services

 Expand use of navigation services, working with families to identify and access appropriate school and community supports; provide guidance following assessments regarding appropriate services; and follow-up with parents after assessments to address emerging questions





Encourage professionals to listen and validate parents' concerns

- Strengthen alignment of agency practices with principles of family-driven care
- Adopt "whole family" practices to proactively support parents
- Use parent feedback to improve services
- Develop warm and child-friendly spaces for services
- Ensure that parent voice is included in system-level planning and implementation



Other recommendations

- Increase convenience of services
- Promote behavioral health equity
- Develop and strengthen workforce
- Diversify and strengthen partnerships
- Provide financial support to parents
- Support public policy reform





2023 Work Priorities

Updated February 2023

Long-Term	2023 Strategic	Purpose	Action Steps	Lead/Support	Outputs & Outcomes		
Goal	Actions	·	•				
Improve responsiveness to and communications with families and children through increased access to information	1. Increase engagement of underrepresented families, with specific focus on BIPOC families, to inform change within the children's mental health system	Engage parents and families to ensure parent, caregiver and family needs are responded to and represented in policy and practice changes	 1.1. Each quarter PCLG will plan and offer a new Let's Talk About It session to parents and community partners. Parents and community partners will identify topics for discussion about children's mental health services 1.2. Identify new community organizations and partnerships to improve communication and access to information about children's mental health services 1.3. Attend community events and meetings led by BIPOC-led organizations to learn about critical issues impacting children's mental health 1.4. Create a process to discern when family challenges and issues raised are identified as having broader practice and policy implications 1.5. Each quarter a list of policy and practice issues and concerns related to children's mental health services will be generated and shared through CMHC Governance and Executive Committees 	1.1. Margaret 1.2. Family coordinator, Margaret 1.3. Family coordinator, Margaret, Coordinator 1.4. Cheryl, Laura & new learning community group 1.5. Coordination team & new learning community group	 1.1. 150 diverse parents will participate in the training 1.2. 20 new, or renewed, community partnerships will be established by Family Coordinator and Coordination Team 1.3. CMHC will increase the diversity of community partners engaging in its meetings, events and decision-making 1.4. Increased knowledge about policy and practice issues affecting access to CMH services 		
	2. Increase mental health literacy of adults working with and raising children and youth	Build knowledge and capacity of adults working with children and youth in non-clinical settings to support children's mental	 2.1. Identify and train adults to provide Youth Mental Health First Aid training to youth workers and adults working with youth in out-of-school time and community programs 2.2. Provide Youth Mental Health First Aid training for adults working with children 	2.1. Change Inc, Cati/Laura 2.2. Change Inc, Cati/Laura 2.3. Margaret, PCLG	2.1. Five diverse trainers will be available in Hennepin County to train adults in Youth Mental Health First Aid by end of Q1 2.2. 450 diverse youth workers, staff and		

	health wellbeing and mental health needs	and youth in out-of-school time and community programs 2.3. PCLG will offer Monthly Support Groups online to parents and caregivers 2.4. Provide training resources to families and/or organizations working with children and families to increase knowledge and awareness of children's mental health needs [Consideration: Do we continue to expand training to schools in Q3 & Q4?]		volunteers will be certified in Youth Mental Health First Aid by Q2 (in time for summer programming) 2.3. 100 diverse parents and/or caregivers will participate in Support Groups 2.4. Increase responsiveness of families and providers to meeting children's mental health needs
3. Increase access to mental health literacy for youth	Build knowledge and capacity of youth to support children and youth mental health and wellbeing	 3.1. Identify and train adults to provide Teen Mental Health First Aid training (or other agreed upon training) to youth in high schools across Hennepin County 3.2. Train youth in Teen Mental Health First Aid training (or other agreed upon training) as a key resource in high schools across Hennepin County 3.3. Create listening sessions for trained youth to share their experiences and needs with providers and decisionmakers 	3.1. Laura/Cati & youth serving orgs3.2. Laura/Cati & youth serving orgs3.3. Laura, Cati and Family Coordinator	 3.4. Five diverse trainers will be available in Hennepin County to train adults in Youth Mental Health First Aid by end of Q3 3.5. X diverse youth will be certified in Teen Mental Health First Aid by Q4 3.6. Five policy and practice decisions will be identified for improvement
4. Increase awareness of families, caregivers, and youth on how to access children's mental health services	Families, caregivers, and youth will know how to access children's mental health services and know why to access CMHC	 4.1. Update CMHC website to include outward facing information and resources on how and where to access children's mental health services. 4.2. Share information with community partners, youth workers, parents, and youth to increase knowledge and access to information 4.3. Create process to update web-based information twice annually and implement process 	 4.1. Laura/Stella, Change Inc, YMHFA Trainers, PCLG 4.2. Stella/Laura/Cati 4.3. Stella/Laura/Cati, committee (YMHFA and Change Inc) 	4.4. CMHC website will be updated with a resource page before Q3 4.5. E-newsletters and information will be shared with expanded and diverse community partners 4.6. Community partners will know how to update information on children's mental health services

Improve coordination of and access to children's mental health services	Improve access to trauma-informed youth mental health services for youth engaged in or directly impacted by gun violence	Increase trauma- informed mental health resources to youth and families directly impacted by gun violence	1.2	Identify organizations working directly with youth experiencing gun violence and provide resources to support their mental health services Provide funding to organization to support youth and families directly experiencing gun violence Create a process to discern practice and policy implications related to youth trauma-informed mental health and gun violence Convene organizational leaders working to improve trauma-informed youth mental health and reduce youth gun violence to adress policy and practice	1.2. 1.3.	CHIP, Laura CHIP, Laura Cheryl, Laura, Coordination Team, & new learning community group Laura, Coordination Team, & new learning community group	1.6.	A resource list will be created with organizations focused on youth gun violence prevention and mental health – and added to CMHC website 20-50 diverse youth will receive additional information about youth mental health and learn how to access services and supports 3-5 policy and practice issues will be identified
	2. Connect youth and families to needed children's mental health services and supports	Help connect youth and families to needed children's mental health services and supports to best meet their needs	2.2.	Connect and refer community partners will CMH services and programs Track navigational support to families seeking early childhood mental health services through the two HUB pilots (Bloomington Public Health and Hen Co Libraries) and identify opportunities to improve ongoing mental health supports to families with young children Track navigational support to families seeking early childhood mental health services through the two HUB pilots (Bloomington Public Health and Hen Co Libraries) and identify opportunities to expand access to families across Hennepin County Explore opportunities to expand professional peer support specialists and navigators to across Hennepin County PCLG will offer WRAP training to parents and caregivers	2.2.	Family coordinator & PCLG Coordinator Laura, CMHC partners, HUB partners & Coordination Team Laura, CMHC partners, HUB partners & Coordination Team	2.2.	Identify 5 new diverse community partners will engage with CMHC, PCLG and other partner activities Create list of barriers that make it challenging for families to access services with their young children to address through expansion A list will be created outlining resources needed for new opportunities to expand navigational services to families with young children through HUB partnerships A list of new opportunities will be shared with Governance Committee quarterly 30 parents and/or caregivers will participate in WRAP training

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	2. Data	Dashboard	Share data on children's mental health with partners and use data to track change		Update website with new data Explore opportunities to create specific data for Family Service Collaboratives as requested		Cheryl, Laura/Stella Cheryl & Coordination team		
	of th Men	uate the work e Children's tal Health borative	Track results and impact of collaboratives projects and work		Conduct evaluation of Collaborative Activities Prepare 2023 Annual Report to communicate work of Collaborative and partners		Cheryl & Coordination Team . Cheryl & Coordination Team		



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Updated February 2023

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4. Increase awareness of families, caregivers, and youth on how to access children's mental health services	Families, caregivers, and youth will know how to access children's mental health services and know why to access CMHC	 4.1. Update CMHC website to include outward facing information and resources on how and where to access children's mental health services. 4.2. Share information with community partners, youth workers, parents, and youth to increase knowledge and access to information 4.3. Create process to update web-based information twice annually and implement process 	 4.1. Laura/Stella, Change Inc, YMHFA Trainers, PCLG 4.2. Stella/Laura/Cati 4.3. Stella/Laura/Cati, committee (YMHFA and Change Inc) 	4.4. CMHC website will be updated with a resource page before Q3 4.5. E-newsletters and information will be shared with expanded and diverse community partners 4.6. Community partners will know how to update information on children's mental health services

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	abou man and issue	er mation it and age access coordination es through ctive action	Convene stakeholders to address key barriers and challenges in children's mental health services and identify solutions	3.2.	Convene BIPOC-led or focused Children's Mental Health providers to identify barriers and needs to improve coordination and access to CMH services Convene county agencies and community partners to respond to the identified barriers and needs of BIPOC providers and families to increase access for BIPOC families Convene community stakeholders to increase knowledge and capacity to respond to the identified barriers and needs of BIPOC providers and families to increase access for BIPOC families	3.2.	Family Coordinator, Coordination team Coordinator, family coordinator, county teams/reps Coordinator, Family coordinator, Collaborative partners	3.2. 3 le ro n 3.3. 1	community meetings will be led each quarter to elicit barriers and eeds county meetings will be ed each quarter to espond to barriers and eeds community stakeholder neetings will be led each uarter to respond to arriers and needs
Increase data- driven decision making to improve the children's mental health service system	with Henr explo cond asses syste key	nepin County, ore lucting an essment of em values or	Have system implementation data to inform changes identified throughout calendar year	1.1.	Create county and community partner group to outline assessment goals, objectives and timeline	1.1.	Cheryl, Hennepin County team, & coordination team		project plan will be stablished
	2. Data	Dashboard	Share data on children's mental health with partners and use data to track change		Update website with new data Explore opportunities to create specific data for Family Service Collaboratives as requested		Cheryl, Laura/Stella Cheryl & Coordination team		
	of th Men	uate the work e Children's tal Health borative	Track results and impact of collaboratives projects and work		Conduct evaluation of Collaborative Activities Prepare 2023 Annual Report to communicate work of Collaborative and partners		Cheryl & Coordination Team . Cheryl & Coordination Team		