



February 2024



When it comes to mental health, small actions equal big impact.

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Parents and Caregivers of Children with Mental Health Challenges

Free Family Response & Stabilization Services in Hennepin County

Families can access **free, immediate in-person support and stabilization services** if your child (ages 5-18 years old) experiences a mental, behavioral, or emotional issue that leaves you overwhelmed and unsure what to do or how to respond.

No situation is too small for family response experts; and their responses are driven by your family's cultural, community, and clinical needs.

Call 612-979-9511

Available every day from 7 a.m. to 11 p.m.

Leave a message after hours. For emergencies call 911.



hennepin.us/family-response

Family response

Immediate, in-person support and stabilization for children or youth and their parents/caregivers

612-979-9511
Available every day from 7 a.m. to 11 p.m.
Leave a message after hours. For emergencies, call 911.

Support for your family

If your child (ages 5-18) experiences a mental, behavioral, or emotional issue that leaves you overwhelmed and unsure of what to do, we are here to help. No situation is too small for our family response experts.

- Immediate in-person response within one hour anywhere in Hennepin County.
- Available to families with children ages 5-18 at no cost.
- Driven by your family's cultural, community, and clinical needs.

Our goal is to keep youth and families stable in their homes by helping them determine and connect to the support they need to thrive.

Immediate, in-person support

When you call, staff will gather basic information and send a family response team to your location within one hour.

- De-escalate and address the immediate concern.
- Engage and support your family over the next 72 hours.
- Connect you to other supports, including an optional eight-week stabilization service.

Ongoing stabilization

After the first 72 hours, a free, optional eight-week culturally-specific stabilization service can help promote your family's well-being.

- Support healthy self-behaviors and your child's ability to manage their daily activities.
- Build connections in your family and to ongoing supports in the community.

hennepin.us/family-response

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Feedback from Parents and Caregivers on Children's Mental Health in Hennepin County

On November 15, 2023, the Hennepin County Children's Mental Health Collaborative hosted a community conversation, engaging parents and caregivers of children facing mental health challenges. This inclusive event, aimed at enhancing children's mental health services, successfully brought together a diverse group to share experiences, ideas, and learn about the collaborative's efforts towards better service coordination. Ensuring accessibility, the event offered translated materials, dinner, interpreters, participation stipends, and assistance for childcare and transportation.

The heart of this gathering was a deeply impactful dialogue among approximately thirty participants, shedding light on the challenges within the children's mental health system and exploring avenues for improvement. This conversation led to key recommendations, including the need to increase access to children's mental health resources and culturally and linguistically appropriate services. These insights underscore the event's significance, demonstrating the power of collective action and diverse perspectives in driving forward meaningful change. The Hennepin County Children's Mental Health Collaborative is now poised to leverage these insights, showing a firm commitment to transforming these discussions into actionable strategies that enhance mental health support for all children in the community, signaling a hopeful and inclusive direction for future enhancements.

Access the summary report [Community conversation: Feedback from parents here.](#)

Community conversation: Feedback from parents

February 2024

In November 2023, the Hennepin County Children's Mental Health Collaborative hosted a community conversation for parents and caregivers of children with mental health challenges living in Hennepin County.

Parents described challenges they experience in the children's mental health system

In the facilitated conversation, parents described a number of challenges that they face in seeking support for their children, including:

- Difficulty learning about children's mental health services.
- A lack of culturally- and linguistically-appropriate local services.
- Long delays in receiving care.
- Insurance and eligibility barriers.
- A lack of strong partnerships with schools in supporting mental health.
- Difficulty building trust and support with providers.
- Stigma and concerns about labeling.

About the event

Parents were invited to attend a community conversation with the goal of engaging with peers and professionals, learning who is working to coordinate and improve services, and sharing their voice and ideas to help inform children's mental health services and supports.

Parents were invited through a variety of outreach channels, with flyers translated into multiple languages. The event was held at the Brookdale Library in Brooklyn Center, and dinner was provided. Spanish and Somali interpreters were present, and services (child care and transportation) were provided. Following brief presentations, the 33 parents in attendance participated in a facilitated conversation regarding their experience in the children's mental health system.



Coffee & Connect with Parent Leaders on Children's Mental Health

Parents are making a difference for families in Hennepin County

The Parent Catalyst Leadership Group (PCLG) is currently recruiting parents and caregivers of children with mental health challenges to support other families in Hennepin County. We will connect you with opportunities to advocate for families, learn about key resources, receive or provide mentoring and promote positive change. Complete the [online recruitment form here](#).

[The Parent Catalyst Leadership Group](#) (PCLG) a program of the Hennepin County Children's Mental Health Collaborative, is hosting two Coffee & Connect Sessions in March. Please join us March 4th from 6:00-7:00 pm online or March 17th from 11:00 am to 12:00 pm in Minneapolis. Or share with other parents who might be interested in joining a conversation.

Contact Hayley Tompkins, Hc.childrensmentalhealth@gmail.com to learn more or join other parents!



Coffee and Connect
with the Hennepin County Parent Catalyst Group

Join us virtually to learn more about opportunities for parents to lead positive change in Hennepin County children's mental health

Monday, March 4th
6:00pm-7:00pm

Sign up here 


HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE
www.hccmhc.com



Coffee and Connect
with the Hennepin County Parent Catalyst Group

Join us for a warm cup of coffee and to learn more about opportunities for parents to lead positive change in Hennepin County children's mental health

Saturday, March 17th
11:00am-12:00pm
Community room - Uptown Lunds
1450 West Lake Street, Minneapolis

www.hccmhc.com


HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

Children's Mental Health Facebook group

Track updates from the Parent Catalyst Leadership group or access other parents and caregivers supporting children with mental health challenges on our (NEW) facebook page here:

<https://www.facebook.com/profile.php?id=61556797940198>

Cultural Wellness Directory

The [Cultural Wellness Center](#), the [African American Leadership Forum](#) and [Relationships, LLC](#) worked together to create the Cultural Wellness Directory to help increase access to trauma informed wellness services. This Wellness Directory offers a variety of available wellness and mental health services, including children's mental health services within and around the Twin Cities. The site allows individuals seeking services and those looking to connect others with services to a variety of culturally specific mental health services. This directory allows you to search by service type or provider name, check out this useful tool [here!](#)

Collaborative News

Collaborative Meeting Announcements

The Collaborative's Governance Committee will next meet, February 21st from 12:00-1:30 pm. We will review the workplan and discuss parent and caregiver feedback on improving the children's mental health system in Hennepin County. Join us if you'd like to learn more!

All committee meetings are open to the public. If you'd like to participate or learn more, feel free to contact [Laura LaCroix-Dalluhn](#).



Governance Committee

February 21st from 12:00-1:30 pm

March 20th from 12:00-1:30 pm

Executive Committee

March 15th from 9:00-10:30 am

April 5th from 9:00-10:30 am

Collaborative Committee meetings are posted on the [website](#).

New Partner and Parent Orientation Sessions

Orientation Sessions for Children's Mental Health Collaborative Governance Committee members, parent leaders and interested community partners have been scheduled and registration is open. The Orientation Session is designed to provide background information about the Collaborative, how it operates and connects to other children's mental health services, and share the current work priorities. Participants will have a chance to ask questions about the Collaborative and its partners during this session.

Orientation Session 1

February 28th from 3:00-4:00 p.m.

[Register Here](#)

Orientation Session 2

March 1st from 8:00-9:00 a.m.

[Register Here](#)

Once registered, you will receive a unique registration link for your use the day of the meeting. Please add this link to your own calendar invite.

Youth Mental Health First Aid Training for Adults Working with Children and Youth

We invite youth workers, coaches, and adults working with youth across Hennepin County to get trained in Youth Mental Health First Aid free of charge! Training in youth mental health first aid can help increase knowledge and awareness of mental wellness and mental health challenges and provide shared language across programs working with children and youth.

The Collaborative is working with YMCA's Beacon's Network in 2024 to provide and coordinate training in Youth Mental Health First Aid training for youth serving organizations and youth workers across Hennepin County. Training is available to individuals and organizations. To schedule a training for your team or to learn about this opportunity, contact [Hayley Tompkins](#) with the Beacon's Network or [Laura LaCroix-Dalluhn](#) with the Collaborative.