

Role Description

Parent Catalyst

Connection & Support Action Group

Parent Catalyst Leadership Group (PCLG)

Who we are

We are parents and caregivers who have first hand experience in supporting a child with mental health challenges.

What we do

PCLG action groups offer opportunities for caregivers to connect, learn, advocate, and inform positive change to improve children's mental health care in Hennepin County.

All PCLG members attend...

PCLG meetings

Attend quarterly PCLG meetings. PCLG meetings will include time for connection, updates from Action Groups, and planning for caregiver engagement across the collaborative.

Action Groups

Participate in at least one Action Group. Action groups are designed by PCLG members to address identified needs and challenges facing children and families in Hennepin County.

Action Group: Connection & Support

purpose - to provide informal space for caregivers to connect with others who 'get it.'

Goal - to increase the number of spaces for caregivers to connect with one another and increase their capacity for self care

2024 focus area

To coordinate and plan 2-3 [Wellness Recovery Action Plan \(WRAP\)](#) sessions for caregivers in Hennepin County.

Skills (that we are looking for and building in this group)

- Facilitation, leading groups
- Communication
- Planning events
- Project management

Time Commitment

- Meetings (60-90 minutes each) every other month to plan and coordinate events/trainings for caregivers
- Quarterly PCLG meetings (90 minutes each) to connect, vision, and provide updates

When can I join? Action teams are ongoing. Caregivers can join any time of the year. We host regular information sessions to recruit and connect with new members.

Interested in joining or learning more? Fill out [our online interest form](#)