

Role Description

Parent Catalyst

System Navigation 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: System Navigation

purpose - to support caregivers who are feeling stuck, unsure of, or frustrated by the children's mental health care system

Goal - to increase the number of supports and resources for caregivers to navigate and access resources in the children's mental health care system

2024 focus area

Provide support to caregivers as certified Peer Support Specialists.

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

- Understanding the mental health system
- Interpersonal, relational skills
- Emotional support
- Navigation

Time Commitment

- Complete Peer Support Specialist certification training (paid for by PCLG)
- Act as a Peer Support Specialist inside children's mental health organizations in Hennepin County
- 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](#)