



July 2024

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

July is Black Family Month

Minnesota African American Heritage Museum and Gallery

Are you looking for ways to celebrate Black Family Month? The Minnesota African American Heritage Museum and Gallery, [MAAHMG](#), has a variety of exhibits, programs, and events to explore and attend that highlight the achievements and contributions of African Americans in Minnesota. MAAHMG's UNBREAKABLE: Celebrating the Resilience of African Americans in Minnesota permanent exhibit highlights the history of African American early settlers and pioneers, celebrates Minnesotan women who championed causes, observes the struggles and successes of African Americans who moved to Minnesota from the South during the "Great Migration", and honors African Americans who fought for freedom abroad while facing discrimination at home. Learn more about the UNBREAKABLE exhibit [here](#).

What Makes a Family?

Black Family Month is about celebrating, honoring, and standing in solidarity with Black families. Black Family Month emphasizes the importance of the support that families provide, but what makes a family? The term 'family' can take many forms, there is often an idea of what a family should look like. However, Black Family Month is about celebrating the importance of all family types and structures.

Celebrate Black Family Month by spending time with your family, reflecting on the cultural traditions in your family, and showing love to other families in your community.

See how others are honoring Black Family Month [here](#).

Black Family Focused Mental Health Support



We wish to highlight culturally specific mental health resources that serve Black families during Black Family Month. Below are some cultural resources in Hennepin County specifically for Black and African American individuals as well as some resources that aid in finding more culturally specific mental health resources.

African American Family Services

Serves African American youth, families, and individuals with wellness services, chemical recovery services, family services, and more.

Center for Africans Now in America, CANA

Serves youth, individuals, and families through counseling, mentoring, transition planning, and more.

Angel Eyes Foundation

Serves the African Immigrant Community with programs for alcohol and substance abuse.

Watercourse Counseling Center

Offers individual, family, and couples counseling for children's and adults.

Looking for other culturally specific mental health and family resources? The Hennepin County Children's Mental Health Collaborative website features many other culturally specific resources not listed above. Check out more culturally specific mental health resources on the HCCMHC website [here](#).

Resources for Parents and Families

Coffee and Connect for Parents with Children Experiencing Mental Health Challenges

The PCLG is hosting a Coffee and Connect meeting on July 20th. Parents and caregivers are invited to enjoy a warm cup of coffee and learn more about opportunities for parents to lead positive change in the Hennepin County Children's Mental Health System.

Join us July 20th and drop us a note letting us know you are joining us, hc.childrensmentalhealth@gmail.com.


Coffee and Connect
with the Hennepin County
Parent Leadership 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, July 20th
11:00am-12:00pm
Community room - Uptown Lunds
1450 West Lake Street, Minneapolis

www.hccmhc.com

HENNEPIN COUNTY
CHILDREN'S MENTAL HEALTH
COLLABORATIVE



FREE Training for Parents & Caregivers
Saturday, August 17th & Sunday, August 18th
9am-4:30pm both days
 University YMCA - 1801 University Ave SE

Wellness Recovery Action Plan (WRAP®) is a prevention and wellness process that anyone can use to get well and stay well through a series of tools and action plans called a **WRAP®**. This process is for anyone who wants to make positive changes in the way they feel and the way they react to life. WRAP® is an approach that helps people to:

1. Decrease and prevent intrusive or troubling feelings and behaviors
2. Increase personal empowerment
3. Improve quality of life
4. Achieve personal life goals and dreams

This training is FREE to parents & caregivers in Hennepin County with children experiencing mental health challenges

Childcare & transportation stipends are available

We are prioritizing families & caregivers who have not yet attended a WRAP workshop and families who identify as Black, Indigenous, and people of color. **Must attend both days**

Learn more about WRAP - www.wellnessrecoveryactionplan.com

Presented by **Parent Catalyst Leadership Group**

a subsidiary of **HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE**
www.hccmhcc.com

along with **Wellness in the Woods**
www.wellnessinthewoods.com

FREE: Wellness Recovery Action Plan (WRAP) Training

Back by popular demand! The Hennepin County Children’s Mental Health Collaborative will be hosting a two-day Wellness Recovery Action Plan, WRAP, workshop on August 17th and 18th at a location in Hennepin County to be determined.

WRAP workshops teach individuals a process for creating the life and wellness you want. The key concepts include hope, self-advocacy, support, education and personal responsibility. WRAP aims to help families manage the daily stressors of life, position you to manage potential crises, increase personal empowerment, improve quality of life, and achieve goals. Participation is free; and child care and transportation support is available. We are prioritizing families who haven’t yet attended a WRAP training and families that identify as Black, Indigenous and people of color.

Check out the attached flyer and register for WRAP training [here](#).

Parent Leader Meetings

The Collaborative’s Parent Catalyst Leadership Group, PCLG, holds monthly meetings to connect learn, advocate, and inform positive change to improve children’s mental health care in Hennepin County. Learn more about the [PCLG](#) and how to get involved here or on Facebook [here](#).

Our next meeting is July 20th from 11:00 am to 12:00 pm at Lund’s Community Room in Mpls, parking is free. The address is 1450 West Lake St., Mpls.

Parent and Caregiver Conversation on Substance Use Prevention

Are you a parent or caregiver of a child aged 10 to 14? The Annex Teen Clinic in collaboration with Allina Health is hosting focus groups to hear from parents and caregivers about your questions, concerns, and resource needs related to substance use on July 30th from 5:30-7:00 pm.

Light dinner and beverages will be served and each family that participates will receive a \$50 stipend. Check out the attached flyer to learn more and register [here](#).

Moments that Matter- Violence Prevention Seminar

If you are a parent or a person aged 13-30, you are invited to attend Moments that Matter’s seminar centered on Violence Prevention for youth and young adults on July 27th from 10:00 AM to 12:30 PM. The seminar has an array of expert speakers including de-escalation specialists, mental health support staff, and more. Complimentary breakfast will be provided, and all registered participants aged 13-30 will receive a gift card.

Check out the attached flyer and register [here](#).

Resources for Parents on Collaborative's Website

Are you looking for mental health resources for yourself or a family member? The Parent Resources page on Hennepin County Children's Mental Health Collaborative's (HCCMHC) website offers access to a variety of mental health services, from crisis resources, to family stabilization services, to connections with case managers. Check out the [HCCMHC Parent Resources page](#) to find the right mental health services for you.

Collaborative News

Community Partner Meeting

On August 21st, Collaborative is hosting its second Community Partner Meeting from 12:00 PM to 1:30 PM. These meetings aim to bring an array of interested people and experts together to discuss how the children's mental health system can improve. These experts include parents, providers, schools and coordinators.

In August, we will continue our discussion from June's Community Partner Meeting on the reduced funding for children's mental health services through schools and discuss opportunities to coordinate services and ensure young people and families can continue to access responsive services. We will be expanding on some of the feedback, suggestions, and needs shared in our last discussion


For more information about the Community Partner Meeting, contact our Coordinator, [Laura LaCroix-Dalluhn](#). Join us for this important discussion online via Zoom [here](#).



Youth Mental Health First Aid Training

The Hennepin County Children's Mental Health Collaborative is hosting Youth Mental Health First Aid, YMHFA, training sessions in the late summer and fall. Youth Mental Health First Aid is an eight hour program which introduces participants to risk factors and warning signs of mental health concerns in youth, builds understanding of the importance of intervention, and teaches individuals how to help an adolescent experiencing a mental health challenge.

These FREE trainings will be held Wednesday, August 28th , Wednesday, September 11th, and Wednesday October 23rd from 10:00 AM to 3:00 PM. Check out the attached flyer to learn more and register [here](#).



YOUTH MENTAL HEALTH FIRST AID

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who Work with Youth

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetimes.
Source: Youth Mental Health First Aid™

1 IN 5

teens and young adults have a mental health condition.
Source: National Alliance for Mental Illness™

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.
Source: Archives of General Psychiatry™

Source:
 *National Alliance on Mental Illness (NAMI), Ed. [https://www.nami.org/About-NAMI/Youth-and-Young-Adults/Youth-Mental-Health-First-Aid-Certification/Why-Youth-Mental-Health-First-Aid-Certification-is-Important-for-Mental-Wellbeing](#)
 **Grunbaum, J., Siegel, S., Swanson, C., D. D. Stierman, J. G. Walker, S. E. Compton, David. Lifetime prevalence and age-at-onset distribution of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry* 61(5): 351-61. doi:10.1093/arp/61.5.351

REGISTER TODAY!

Delivery Format:
Blended - 2 hours virtual pre-work, 5 hours in class

Date and Time:
Wednesday, August 28th 10:00am-3:00pm

Location:
Minnesota Schools Davis Center - 1250 W Broadway MPLS, MN

Where to Register:
<https://forms.gle/gQvbaa9VE6qW6ba6>

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

This training is FREE thanks to funding from the Hennepin County Children's Mental Health Collaborative

Scholarship Opportunities

The Hennepin County Children’s Mental Health Collaborative offers scholarships and reimbursements for trainings, seminars, and conferences that focus on children’s mental health. Scholarships are offered on a first-come-first-serve basis and can be utilized for many upcoming events. To learn more about eligibility and apply for a scholarship, check out the Scholarship and Supports page on the HCCMHC website [here](#).

Resources for Providers on Collaborative Website

The Hennepin County Children’s Mental Health Collaborative has compiled a resource list for providers looking to connect clients with culturally and need specific resources. Check out the Provider Resources Page on the HCCMHC website [here](#).

Collaborative Executive Committee Meeting

The Hennepin County Children’s Mental Health Collaborative’s Executive Committee meets monthly to plan future actions and evaluate progress. The next Executive Committee meeting will be held on August 2nd from 9:00 AM to 10:30 AM.

Join us online via Zoom [here](#).

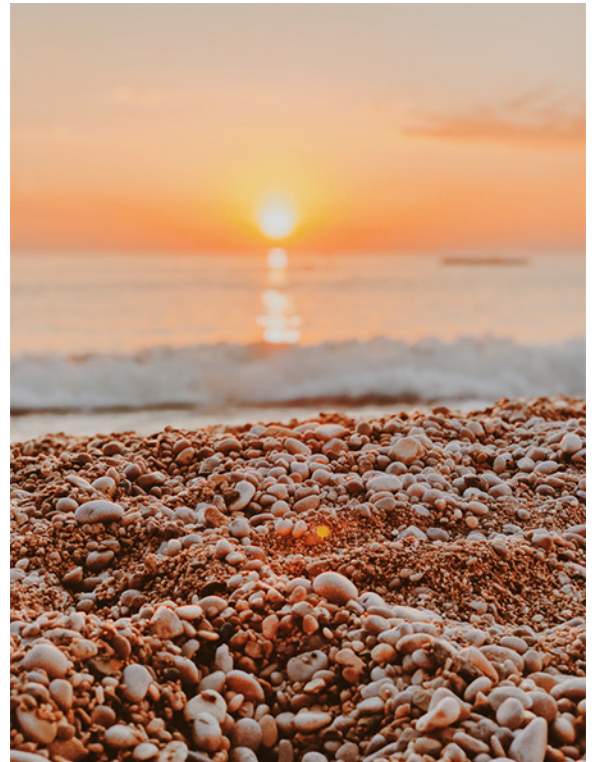
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Summer Resources

Family Response & Stabilization Services

If you are feeling overwhelmed by your child’s mental, behavioral, or emotional needs, Family Response can help, with immediate, in-person support and stabilization for youth and their parents and caregivers. Family Response and Stabilization Services, FRSS, are available seven days a week from 7:00 AM to 11:00 PM for families with children from birth to 18 in Hennepin County at no cost. ***Please note, they age has been expanded to include young children birth to age 5, but this may not be reflected on all websites.***

Call **612-979-9511** to get assistance from trained professionals who will work to keep youth and families stable in their homes by helping you determine and connect to the support you need to thrive. Learn more about FRSS [here](#).



Promoting Racial Identity: Early Risers

Early Risers is a podcast from Little Moments Count and MPR hosted by Dianne Haulcy, President and CEO at The Family Partnership. Early Risers will present Affirming Racial Identity in Early Learning Spaces, a live audience discussion with a special guest presentation from Dr. Toni Sturdivant.

This presentation will be held on August 7th, from 9:00 to 11:00 AM at MPR Headquarters. Learn more and register [here](#).