



Governance Committee Meeting Agenda

Wednesday, March 15, 2023, 3:00 – 4:30pm

<https://us02web.zoom.us/j/82646466799?pwd=Q2d2MnNvSDUvTUVMMSStQS0ZBRWozZz09>

- 3:00 pm **Welcome & Approval of Meeting Minutes & Agenda - Pat Dale**
(Meeting materials February Meeting Minutes, March Agenda)
Welcome. Approve minutes and agenda.
- 3:05 pm **Business Updates - - Pat Dale & Laura LaCroix-Dalluhn**
(Meeting materials: Current Governance Committee Members & Notice from Angela Watts)
- Vote on Co-Chair nomination of Angela Watts
 - Update on Family Coordinator Position
- 3:20 pm **2023 Collaborative Work Plan & Key Priorities - Pat Dale & Laura LaCroix-Dalluhn**
(Meeting materials: 2023 DRAFT Collaborative Work Plan)
- Review updates and discuss priorities
 - Vote to approve 2023 work plan
- 3:50 pm **Youth Mental Health First Aid Project - Pat Dale, Laura LaCroix-Dalluhn & Jody Nelson**
(Meeting materials: YMHFA Project Deliverables)
- Review project deliverables, outcomes, and timelines
 - Identify and discuss opportunities to engage and collaborate across the county
 - Identify key partners
- 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.

Contact CMHC Co-Coordinator, [Laura](#), with any questions

Governance Committee Meeting Minutes

February 15, 2023

In attendance: Pat Dale, Cindy Slowiak, Andria Blade, Asad Dahir, Beth Lovre, Brandon Jones, Deborah Wells, Jenna Mitchler, Jamie Winter, Jody Nelson, Karen Malka, Krista Phillips, Meghan Hickey, Melanie Hultman, Meredith Martinez, Monica Long, Cati Gómez, Laura LaCroix-Dalluhn, Cheryl Holm-Hansen, and Margaret Sullivan

Welcome & Approval of Meeting Minutes & Agenda

- Cindy Slowiak moved to approve the January minutes, and Andria Blade seconded. Motion approved.
- Andria Blade moved to approve the February agenda, and Cindy Slowiak seconded. Motion approved.

Business Updates

- Vote on Chair/Co-Chair
 - Laura explained that Pat Dale is willing to serve another term as co-chair, but we still have another co-chair spot to fill. Laura suggested that we vote on Pat today and wait until March to vote on the other co-chair position so that we have time to identify someone willing to take the role.
 - Meredith Martinez motioned to nominate Pat Dale for another 2-year term as co-chair, and Cindy Slowiak seconds the motion. Motion approved.

2023 Collaborative Work Plan & Priorities

- Small and Large Group Discussions on 2023 Work Priorities
 - Laura gave an overview of the first goal, to improve responsiveness to and communications with families and children through increased access to information, and went through the action steps, which can be found in the 2023 work priorities.
 - Laura then gave an overview of the second goal, to improve coordination of and access to children's mental health services and went through the action steps which can be found in the 2023 work priorities.
- Participants then went into breakout rooms to further discuss each goal.
 - Goal 1 Breakout room discussion
 - Jenna Mitchler shared that she loves the specificity of the outcomes. Melanie Hultman asked how the Executive team decided on these numbers, and Margaret Sullivan answered that she keeps track of who is attending PCLG. Cindy shared that she feels that number seems high to her, Margaret answered that 30 people at a meeting is attainable. Karen Malka shared she also felt the number was a little high, and that we may need to back up a little bit with the communities we are targeting. Margaret added that on average, about 50% of people who sign up attend. Cindy shared that she feels we should create a plan to reflect on the needs of families rather than inferring their needs and interests.

- Meredith shared that she is wondering about barriers such as parents feeling overwhelmed, and there suggested there be information about navigating the system and overview the decisions that will need to be made. Cati shared that they feel that would fit well under action step #4 and asked how this information would be given maybe create a guide to walk with parents and attach it to the website. Krista shared that we have tried this approach and it got very webby. Karen shared that she feels there needs to be disability-specific training for parents, providers, youth workers, school social workers, etc.
- Cindy shared that she feels that professionals need to hear the impact of what parents are experiencing. Parents and providers would benefit from convening together during specifically identified key access points. It is hard for providers to address issues if they haven't listened to their needs. Is there a way to train somebody to provide resources and help lead parents through the first/next few steps? Melanie suggested a follow-up with parents after the crisis/emergency room settings.
- Cati shared that they think these are critical points and that we can lean into listening with the Family Coordinator and the PCLG which are less about parents being presented to and more about highlighting their voices.
- Goal 2 Breakout room discussion
 - Andria Blade discussed the increased violence in schools and suggested we align or partner with other resources focused on youth violence. Pat pointed out that the focus is on gun violence, and with recent events, we may want to expand the language. Andria said that any inclusion of violence should cover it. Laura agreed that we should try to align with others working in youth violence. Asad suggested we consider broadening the language to include those at risk for gun violence to make it more proactive rather than just reactive. Laura asked is anyone had ideas of who else we should be engaging, Safe Communities may be interested, and Hennepin Health Next Step Program is doing some work in this area. Laura and Monica agreed to follow up regarding some county priorities.
 - Laura moved on to the second action step and discussed the HUBs in 2.2 and 2.3. Andria asked if these HUBs are open now, and Laura answered that NorthPoint has been operating a virtual HUB. Bloomington Public Health and Hennepin County Libraries will be starting 30-day pilots to see the impacts. Andria shared that she loves the idea of it being at a library because it is a safe space for everyone. Pat asked if we have a direct commitment to providing something in these HUBs, Laura answered that our commitment is for the navigators to connect families to county resources, so we would track how navigators are getting families to resources and if the families were asking for any other resources. Pat asked who was funding the navigators, Laura answered that funding is through a state grant.
 - Laura then moved on to the third action step which focuses on gathering information and managing access and asked Asad if there are any community partners we should include. Asad said that he felt this language was very broad,

so we can raise awareness through trusted individuals in communities. Laura asked people to consider how they themselves can be engaged in the work.

- Large Group discussion to share summaries of what was discussed.
 - Laura asked if people thought we should revise the work priorities before we approve it.
 - Cindy and Meredith shared that they felt there were conversations with significant suggestions for the action steps and that there should be some changes made before approval. Laura asked if people would like to have a special meeting to go over revisions or go over it in our March meeting. Meredith shared that she thinks that some of the suggested changes could be incorporated into the plan and then sent out for everyone to okay that would work.

2023 Budget Revisions

- We know we must do a budget revision with Hennepin County because some of the funds we approved last year did not get used and there will be some changes in how we use the SAMSHA funds.

Adjournment

- Krista moved to adjourn the meeting, and Jenna seconded. Meeting adjourned.

From the Desk of Angela Watts

To: Children's Mental Health Collaborative Committee

From: Angela Watts

Date: March 7, 2023

Re: Children's Mental Health Collaborative Co-Chair Statement of Interest

It seems like it was only yesterday when I was invited to become a member of the Children's Mental Health Collaborative (CMHC). After checking my dates, I realized that I have been a member for almost four years. I have enjoyed my tenure on the committee and as a result, I am formally stating my interest in the co-chair position.

I have worked in the fields of social work, public health, and healthcare for the past 20 years with the goal of improving the health and well-being of children, youth, and their families. The mission and vision of the CMHC aligns well with my personal values and is compelling especially during this time when our children, youth, families, and communities have become the epicenter of unprecedented racial inequities, public safety issues and on-going community violence.

The time is now to work to center on the needs of children, youth and families in Hennepin County. Together, we can continue to collaborate and reimagine solutions and approaches to the complex issues that we are facing. I believe that we have the right leaders on the committee and I want to work in partnership with you to move forward and to collectively face the challenges and uncertainties that lie ahead as we build out this work. We can do this, and because I believe in you, I respectfully seek your endorsement and support to become the co-chair of the CMHC. Thank you.

2023 Work Priorities

Approved March 2023

Long-Term Goal	2023 Strategic Actions	Purpose	Action Steps	Lead/Support	Outputs & Outcomes
Improve responsiveness to, and communications with, families and children through increased access children's mental health services	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	<ol style="list-style-type: none"> 1.1. Each quarter PCLG will plan and offer a new <i>Let's Talk About It</i> 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 and other key children's mental health organizations to learn about critical issues impacting children's mental health and gather parent input to inform practice and policy changes. 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 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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. 1.5. Children's mental health providers and stakeholders will understand key barriers to children's mental health services.
	2. Increase mental health literacy of adults working	Build knowledge and capacity of adults working with	2.1. Identify and train adults to provide Youth Mental Health First Aid training to youth workers and adults working with youth in	2.1. Change Inc, Cati/Laura	2.1. Five diverse trainers will be available in Hennepin County to train adults in

	with and raising children and youth	children and youth in non-clinical settings to support children's mental health wellbeing and mental health needs.	<p>out-of-school time and community programs</p> <p>2.2. Provide Youth Mental Health First Aid training for adults working with children and youth in out-of-school time and community programs</p> <p>2.3. PCLG will offer Monthly Support Groups online to parents and caregivers</p> <p>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 and understand how mental health and trauma are reflected in children and youth behaviors.</p> <p>2.5. Pilot family centered strategies with county case managers to increase awareness of the challenges of communicating with parents.</p> <p>NOTE: 2.2. Consider expanding services to adults working in schools in Q3 & Q4.</p>	<p>2.2. Change Inc, Cati/Laura</p> <p>2.3. Margaret, PCLG</p> <p>2.4. Margaret, PCLG, Family Coordinator</p> <p>2.5. Coordination team, Hennepin County leadership and case managers</p>	<p>Youth Mental Health First Aid by end of Q1</p> <p>2.2. 450 diverse youth workers, staff and volunteers will be certified in Youth Mental Health First Aid by Q2 (in time for summer programming)</p> <p>2.3. 100 diverse parents and/or caregivers will participate in Support Groups</p> <p>2.4. Increase responsiveness of families and providers to meeting children's mental health needs</p> <p>2.5. Identify common challenges for providers when listening to family needs, and identify strategies to improve responsiveness based on needs, not eligibility alone.</p>
	3. 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.	<p>3.1. Update CMHC website to include outward facing information and resources on how and where to access children's mental health services and better reflect PCLG work and resources.</p> <p>3.2. Share information with community partners, youth workers, parents, and youth to increase knowledge and access to information.</p> <p>3.3. Create process to update web-based information twice annually and implement process.</p> <p>3.4. Create a work plan to expand navigational support for families and caregivers, building off 2022 work group</p>	<p>3.1. Laura/Stella, Change Inc, YMHFA Trainers, PCLG</p> <p>3.2. Stella/Laura/Cati</p> <p>3.3. Stella/Laura/Cati, committee (YMHFA and Change Inc)</p> <p>3.4. Coordination team</p>	<p>3.1. CMHC website will be updated with a resource page before Q3.</p> <p>3.2. E-newsletters and information will be shared with expanded and diverse community partners.</p> <p>3.3. Community partners will know how to update information on children's mental health services.</p> <p>3.4. Clear path to expanding navigational services to families in Hennepin County</p>

			recommendations, e.g., secure funding and identify key partners.		
	4. Increase access to mental health literacy for youth.	Plan for pilot(s) to build knowledge and capacity of youth to support children and youth mental health and wellbeing.	<p>4.1. 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</p> <p>4.2. Train youth in Teen Mental Health First Aid training (or other agreed upon training) as a key resource in high schools across Hennepin County</p> <p>4.3. Create listening sessions for trained youth to share their experiences and needs with providers and decision-makers.</p>	<p>4.1. Laura/Cati & youth serving orgs.</p> <p>4.2. Laura/Cati & youth serving orgs.</p> <p>4.3. Laura, Cati, and Family Coordinator</p>	<p>4.1. Five diverse trainers will be available in Hennepin County to train adults in Youth Mental Health First Aid by end of Q3.</p> <p>4.2. 30 diverse youth will be certified in Teen Mental Health First Aid by Q4</p> <p>4.3. Five policy and practice decisions will be identified for improvement.</p>
Improve coordination of and access to children's mental health services	1. Improve access to trauma-informed youth mental health services for youth engaged in or directly impacted by gun violence and other violent behaviors impacting children and youth, e.g., increased sexual violence (see student survey data)	Increase trauma-informed mental health resources to youth and families directly impacted by gun violence.	<p>1.1 Identify organizations working directly with youth experiencing gun violence and provide resources to support their mental health services</p> <p>1.2 Provide funding to organization to support youth and families directly experiencing gun violence</p> <p>1.3 Create a process to discern practice and policy implications related to youth trauma-informed mental health and gun violence</p> <p>1.4 Convene organizational leaders working to improve trauma-informed youth mental health and reduce youth gun violence to address policy and practice issues.</p> <p>1.5 Explore development of county-wide community resource crisis response team and/or guide to violence or acute mental health needs of children and youth in schools or community at-large.</p>	<p>1.1. CHIP, Laura</p> <p>1.2. CHIP, Laura</p> <p>1.3. Cheryl, Laura, Coordination Team, & new learning community group</p> <p>1.4. Laura, Coordination Team, & new learning community group</p> <p>1.5. Coordination team and community partners</p>	<p>1.1. A resource list will be created with organizations focused on youth gun violence prevention and mental health – and added to CMHC website.</p> <p>1.2. 20-50 diverse youth will receive additional information about youth mental health and learn how to access services and supports.</p> <p>1.3. Collaborative tools will be created to track practice and policy change efforts.</p> <p>1.4. 3-5 policy and practice issues will be identified for change.</p> <p>1.5. Plans to develop a community-wide Crisis Resource team and/or guide will be completed, and preparations will be</p>

					made to implement the plan in 2024 or sooner.
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	<p>2.1. Connect and refer community partners with CMH services and programs.</p> <p>2.2. 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</p> <p>2.3. 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</p> <p>2.4. Explore opportunities to expand professional peer support specialists and navigators to across Hennepin County</p> <p>2.5. PCLG will offer WRAP training to parents and caregivers</p>	<p>2.1. Family coordinator & PCLG Coordinator</p> <p>2.2. Laura, CMHC partners, HUB partners & Coordination Team</p> <p>2.3. Laura, CMHC partners, HUB partners & Coordination Team</p> <p>2.4. Coordination Team & CMHC partners</p> <p>2.5. Margaret, PCLG, and family coordinator</p>	<p>2.1. Identify 5 new diverse community partners will engage with CMHC, PCLG and other partner activities</p> <p>2.2. Create list of barriers that make it challenging for families to access services with their young children to address through expansion</p> <p>2.3. A list will be created outlining resources needed for new opportunities to expand navigational services to families with young children through HUB partnerships</p> <p>2.4. A list of new opportunities will be shared with Governance Committee quarterly</p> <p>2.5. 30 parents and/or caregivers will participate in WRAP training</p>
3.	Gather information about and manage access and coordination issues through collective action	Convene stakeholders to address key barriers and challenges in children's mental health services and identify solutions.	<p>3.1. Convene providers, practitioners, and stakeholders to revisit system of care goals, progress since 2020, and goals for 2023-2024</p> <p>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.</p> <p>3.3. 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</p>	<p>3.1. Coordination Team and Hennepin County leaders</p> <p>3.2. Family Coordinator, Coordination team</p> <p>3.3. Coordinator, family coordinator, county teams/ reps</p> <p>3.4. Coordinator, Family coordinator, Collaborative partners</p>	<p>3.1. Increased community knowledge and commitment to system of care values and services</p> <p>3.2. 8 community meetings will be led each quarter to elicit barriers and needs.</p> <p>3.3. 3 county meetings will be led each quarter to respond to barriers and needs</p>

			3.4. 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		3.4. 1 community stakeholder meetings will be led each quarter to respond to barriers and needs
Increase data-driven decision making to improve the children's mental health service system	1. In partnership with the Hennepin County, explore assessing system values or key implementation issues	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	1.1. A project plan will be established
	2. Data Dashboard	Share data on children's mental health with partners and use data to track change	2.1. Update website with new data 2.2. Explore opportunities to create specific data for Family Service Collaboratives as requested	2.1. Cheryl, Laura/Stella 2.2. Cheryl & Coordination team	
	3. Evaluate the work of the Children's Mental Health Collaborative	Track results and impact of collaboratives projects and work	3.1. Conduct evaluation of Collaborative Activities 3.2. Prepare 2023 Annual Report to communicate work of Collaborative and partners	1.1. Cheryl & Coordination Team 1.2. Cheryl & Coordination Team	

Youth Mental Health First Aid Train the Trainer Goals and Outcomes March 2023

Purpose

Parents in Hennepin County rely on youth serving organizations, programs and services to support their child's mental health and wellness. According to the Collaborative's journey mapping project, parents seek support to address their child's social emotional health, e.g. support their activity needs through sports and outdoor activities or practice socializing in groups.

Youth workers have expressed concerns about increased needs mental health among children and youth in Hennepin County. Training youth workers and youth serving program staff and volunteers in youth mental health first aid can help move the children's mental health care system upstream; and increase knowledge and awareness among adults working with children and youth.

The [National Council for Mental Wellbeing](#) offers Mental Health First Aid Training for both [youth workers](#) and [teens](#). Training costs are \$25-35/pp. The courses may be conducted in either a series of six 45-minute in-person training sessions—or three 90-minute training sessions—or through a blended approach that combines a self-paced online lesson with six live, instructor-led training sessions.

Change Inc's Change Institute will coordinate training for future trainers and provide mental health first aid training to youth workers, staff and volunteers with the goal of training 500 youth workers and volunteers by July 2023.

Goals & Objectives

Phase 1:

1. Provide training coordination for youth mental health first aid trainers and youth mental health first aid training in Hennepin County for the Collaborative
 - a. Coordinate training and educational resources for trainers
 - i. Manage registration process for trainers
 - ii. Manage fee collection
 - iii. Manage stipend payment for trainers (as agreed upon)
 - iv. Support Collaborative efforts to maintain an online resource site for trainers
2. Provide 3 additional hours of trauma-informed youth mental health training for trainers before training is offered to youth workers.
 - a. Provide language and a framework to discuss and name mental health symptoms, warning signs, and offer preliminary support.
 - b. Manage and track certifications for trainers

Phase 2:

1. Coordinate youth mental health training to youth workers in afterschool, out of school time programs and summer programs, beginning April-June 2023 for up to 500 youth workers, volunteers, coaches, and community members in Hennepin County

- c. Coordinate training and educational resources for trainees
 - i. Manage registration process for trainees
 - ii. Manage fee collections when necessary
 - iii. Manage stipend payment for trainers (as agreed upon)
 - iv. Support Collaborative efforts to maintain an online resource site for trainees

Change Inc's Change Institute

- Nick Krause to be a trainer and coordinator
- Change Inc. will provide access to their training location and help manage the materials for training
 - Can do printing, help create online database, coordinate the work
- Change Inc. will supplement the YMHFA training with 2-4 additional hours of training on trauma-informed children's mental health
 - Contextualize the YMH first aid and apply it to real world situations within the context of the community
 - Youth workers don't know how to make a referral (not part of the training), but how do we get youth connected to the resources

Budget: \$30,000

Change Inc will submit monthly invoices to Laura LaCroix-Dalluhn, Hennepin County Children's Mental Health Collaborative for expenses related to training, coordination, and implementation.