

Hennepin County Children's Mental Health Collaborative Tips, Resources and Referral Information during COVID-19

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Etonde Awaah & Laura LaCroix-Dalluhn, Coordinators

etonde@lacroixdalluhnconsulting.com & laura@lacroixdalluhnconsulting.com

Mission Statement

Improve access to and resources for high-quality, trauma-informed mental health services for children, youth and families within Hennepin County

TIPS

- **Mechanism to get e-signatures:** If you use Procentive and go into Kiosk mode, clients can sign forms through their emails.
- **Delivering telehealth from home (provider) to home (client):** This is an approved mode of service. Via AspireMN:
QU to DHS: **Can a telehealth session begin at the home of a clinician and be delivering services to a client in their home or other setting as needed?**
Answer from DHS: There is no requirement to describe the originating site and the MHCP provider manual lists the allowed originating sites, including home. The telemedicine policy is included in the physician chapter of the MHCP provider manual-
https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSlectionMethod=LatestReleased&dDocName=ID_008926#Telemedicine

RESOURCES

- **Training/Practice Resources**
 - PESI is offering their telehealth training for free. Go to https://catalog.pesi.com/item/52191/?utm_source=featuredad&utm_medium=banner&utm_campaign=BH_telehealth_POS055645&fbclid=IwAR1My06M42Wu1Mk_R_CTsTw7NBMGygTnKquOGKgzmsDO988a8LDI5sjWxM4, use code TELEFREE at checkout.
 - There is a private Facebook group called "[Tele-PLAY Therapy Resources and Support](#)." People are posting a lot of great interventions that can be used, how to use virtual games, PDFs for books, etc.
 - There is also a general [telepsychiatry and mental health Facebook group](#) for ideas on working with adolescent and adult clients using teletherapy.
 - Contact information of Hennepin County's mobile diagnostic assessors is attached to the original email. Email Cindy Slowiak at cynthia.slowiak@hennepin.us if you need the information again.
- **Informational Resources:**
 - DHS has added the following to their website:
 - COVID-19 specific information in the Minnesota Health Care Programs (MHCP) Provider Manual: https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSlectionMethod=LatestReleased&dDocName=DHS-320036
 - Information on Waivers & Modifications: <https://mn.gov/dhs/waivers-and-modifications/>
 - MDH has made [information about the coronavirus](#) available in multiple languages. A full list of available languages and links to download materials are available below:
 - [COVID-19 in Amharic \(PDF\)](#)
 - [COVID-19 in Arabic \(PDF\)](#)
 - [COVID-19 in Chinese \(PDF\)](#)
 - [COVID-19 in Hmong \(PDF\)](#)
 - [COVID-19 in Karen \(PDF\)](#)
 - [COVID-19 in Russian \(PDF\)](#)
 - [COVID-19 in Somali \(PDF\)](#)
 - [COVID-19 in Spanish \(PDF\)](#)
 - [COVID-19 in Vietnamese \(PDF\)](#)

- MDH has also set up non-English versions of its coronavirus website. A full list of available languages and links to each page is available below.
 - Spanish: <https://www.health.state.mn.us/diseases/coronavirus/materials/spanish.html>
 - Somali: <https://www.health.state.mn.us/diseases/coronavirus/materials/somali.html>
 - Hmong: <https://www.health.state.mn.us/diseases/coronavirus/materials/hmong.html>
- Questions about SCHOOL and CHILDCARE: call 651-297-1304 or 1-800-657-3504 (7am-7pm daily). Visit www.education.mn.gov. (*Childcare providers with questions should call 1-888-234-1268)
- Questions about HEALTH: 651-201-3920 or 1-800-657-3903 (7am-7pm daily). Visit www.health.state.mn.us.
- Questions for WORKERS and EMPLOYERS: 651-259-7114 or 800-657-3858. Visit <https://mn.gov/deed/newscenter/covid/>.
- **Funding Resources for Organizations:**
 - [Minnesota Disaster Recovery Fund for Coronavirus](#)
 - [Otto Bremer Trust CBFC Emergency Fund](#)
 - City of Minneapolis' [COVID-19 Emergency Mental Health Funding](#)
 - Blue Cross Blue Shield Minnesota Foundation's [COVID-19 Rapid Response Fund](#) (Deadlines are at 12pm CST on 4/8, 4/22 and 5/6)
 - US Small Business Administration's (SBA) COVID-19 [Small Business Guidance & Loan Resources](#). These are low-interest federal disaster loans for working capital to small businesses and private non-profits suffering substantial economic injury/loss as a result of the Coronavirus (COVID-19).
 - The Governor, House and Senate passed a bi-partisan bill addressing the Governor's requests. Emergency Funding is available NOW. See the language [HERE](#) and application information below:
 - Emergency funding (\$9 Million) for food shelves (food, diapers, etc.) and transportation to get food to vulnerable families; information and applications can be accessed [HERE](#)
 - Emergency funding for emergency shelter (\$26 Million) for children and families experiencing homelessness; information and applications can be accessed [HERE](#).
 - Emergency funding (\$29 Million) for child care centers serving essential workers; information and applications can be accessed [HERE](#).
- **Financial Supports for Individuals:**
 - Emergency unemployment application (website for those temporarily laid off or permanently fired due to impact of COVID-19): https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR0FXx9SjW6e7CHXhs584ERDjl8nB0IDo1u_IRVwL90rHBbEa3-B771yYxU
 - MNSure Special Enrollment period began Monday, March 23rd and ends on Tuesday, April 21st
- **Parenting Supports:**
 - Scholastic offers free daily learning at home: <https://classroommagazines.scholastic.com/support/learnathome.html>
 - Parenting with Covid-19 (English, Chinese, Spanish): <http://dianachuthera.com/parenting-with-covid-19>
 - Mother-Baby HopeLine: Free mental health phone support for pregnant and postpartum mothers, fathers, and families with children 0-5 years old, as well as the mental health and medical providers that serve them. Our staff will listen and guide you to the right support — either at the Mother-Baby Program or in your community. **This is not a crisis line.** Call 612-873-4673. The HopeLine is available Monday to Friday, 8:30am-4:30pm.
 - Healthy Activities for Kids to #PlayAtHome (via Playworks)
 - Play at Home Webpage: A library of videos and other resources featuring games and activities families can play at home. Each meeting the CDC requirements of social distancing and limited equipment. All available free on the [Play at Home webpage](#)
 - Play at Home Playbook in [English](#) and [Spanish](#): This game guide has a variety of games and activities families can do in their own home, with little to no equipment necessary.
 - Live Virtual Recess: A Playworks Coach leading a morning warm-up, a midday game, and an afternoon cool-down each day. Anyone can tune into [Facebook Live](#) Monday- Friday at 11am, 1pm, and 3pm CT and play along. [Watch](#) what the experience will feel like.

○ Resources on Autism Spectrum Disorder & Behaviors

Informational Resources

- Autism Speaks' Challenging Behaviors Toolkit: <https://www.autismspeaks.org/sites/default/files/2018-08/Challenging%20Behaviors%20Tool%20Kit.pdf>. In depth with specific background, detailed strategies and several more resources referenced within.
- Raising Children's Challenging Behavior: <https://raisingchildren.net.au/autism/behaviour/understanding-behaviour/challenging-behaviour-asd>. More readable & simplified; there are several links to delve deeper into articles or specific strategies

Behavior Interventions

- The Autism Helper: Behavior interventions & strategies intended for teachers but may also benefit parents:
 - Five Helpful Techniques: <https://theautismhelper.com/5-techniques-to-help-support-students-with-autism/>
 - Social Stories: <https://theautismhelper.com/utilizing-social-stories/>
 - Mindset: <https://theautismhelper.com/the-behavior-change-mindset/>
 - Behavior = Communication: <https://theautismhelper.com/all-behavior-is-communicating-something/>
- International Board of Credentialing and Continuing Education Standards' 15 Behavior for Children on the Autism Spectrum: <https://ibcces.org/blog/2016/07/15/behavior-strategies/>

Tips to Understand and Address Sensory Support

- Indiana Resource Center for ASD: <https://www.iidc.indiana.edu/jrca/articles/sensory-integration-tips-to-consider.html>

Communication Deficits & Behavior

- Applied Behavior Analysis Education: <https://www.appliedbehavioranalysisedu.org/6-strategies-for-encouraging-a-non-verbal-child-to-communicate/>. Focuses on non-verbal children & increasing their communication skills.
- Autism Society of North Carolina: <https://www.autismsociety-nc.org/early-intervention-strategies-to-promote-communication-behaviors/>. Focuses on younger children, gives ideas for incorporating communication strategies into play routines.

Mindfulness for Higher Functioning Children with ASD and/or Emotional Behavioral Disorders

- Smiling Mind: <https://www.smilingmind.com.au/thrive-inside>
- Guided Meditation for Children: <https://annakaharris.com/mindfulness-for-children/>

○ Suicide Prevention:

- NAMI has a list of Zoom classes for the general public including a courses on suicide prevention (offered in English and Spanish): <https://namimn.org/education-public-awareness/classes/scheduled/>
- Suicide and social media, a tipsheet for parents and providers: <https://suicidology.org/wp-content/uploads/2019/07/SUICIDE-SOCIAL-MEDIA.pdf>
- Suicide prevention resources for parents/guardians/families: <https://www.sprc.org/sites/default/files/resource-program/Families.pdf>

- **Food Supports:** Each district has food support program. Check with local district.

• **Technology Supports:**

- Free WIFI internet for MPLS residents: <http://www.minneapolismn.gov/wireless/index.htm?fbclid=IwAROCO-gYZrmk0IsVl5Eo110zjORZGPAIJwWc4czqODH84vG1UaDFBnla4Hg>
- COMCAST is offering two free months of internet service for new low-income customers: <https://internetessentials.com/>

- **See the below screening tools for mental health** supports during (via <https://mentalhealthmn.org/>):

The following are anonymous free online mental health screening tests that you can give over the phone to help assess the needs of your client. It provides quick results and recommendations:

- The [PTSD \(Post Traumatic Stress Disorder\) Test](#) is for those who are bothered by a traumatic life event.
- The [Depression Test](#) is for individuals who are feeling overwhelming sadness.
- The [Anxiety Test](#) will help if you feel that worry and fear affect your day-to-day life.
- The [Youth Test](#) is for young people (age 11-17) who are concerned that their emotions, attention, or behaviors might be signs of a problem.
- The [Parent Test](#) is for parents of young people to determine if their child's emotions, attention, or behaviors might be signs of a problem.
- Additional tests: Alcohol/Substance, Bipolar, Psychosis, Eating Disorder Tests can be found at this link: <https://mentalhealthmn.org/work/screening/>

Please note: Online screening tools are not diagnostic instruments. You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

REFERRALS

- The Hennepin County Mental Health Center is accepting new referrals for therapy and psychiatry for adults and children. They are providing services all via telephone at this point, as they do not have telehealth capabilities. To for information on referring children or CP-involved caregivers call Pam Piwko at 612-596-0828. For all non-CP involved adults, call 612-596-9438.
- Relate Counseling Center is accepting referrals! They are doing telehealth. Call: 952-932-7277,
- Headway is still accepting and processing applications at both day treatment sites.