



June 2023

There will be NO  
 July Newsletter



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

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## Resources for Parents & Families

### Cultural Wellness: Healthy Identity Formation in Childhood

Join us on June 26th for a **Let's Talk About It on Cultural Wellness: Healthy Identity Formation in Childhood** from 7:00-8:30 PM with guest speaker, Trina Givens-Henry, founder and Clinical Director of Healing & Restoration Consulting, LLC. Register [here](#).



### Social Media's Impact on Children's Mental Health

A Surgeon's General Advisory was released to call attention to the impacts of social media usage on youth mental health. The report shows that social media can have both positive and negative impacts on youth. For many, social media serves as a safe place where youth can feel accepted and seen in their identity. However, social media may also expose youth to harmful or dangerous content.

Roughly two-thirds of adolescents are exposed to hate-based content, body image issues often arise from social media, and some youth report seeing suicide and self-harm-related content on social media. Furthermore, many adolescents report feeling they are addicted to social media and spend more time on it than they would like to. Find more about the findings of this report [here](#).

Parents and caregivers can check out these [tips](#) on healthy social media use.

Parent Catalyst Leadership Group  
Hennepin County  
Children's Mental Health Collaborative

## LET'S TALK ABOUT IT

MONDAY, 26 JUNE 2023  
7:00 pm - 8:30 pm

[Register Here!](#)

### Cultural Wellness: Healthy Ethnic Identity Formation in Childhood

After this training, participants will:

1. Understand & define ethnic identity formation
2. Understand & identify stages of ethnic identity formation concepts
3. Understand & apply concepts that will promote healthy ethnic identity formation in children
4. Apply concepts to buffer & protect children's self-esteem & healthy ethnic identity formation in the community & larger society.

**Mrs. Trina Givens Henry**  
MSW, LCSW, Founder & Clinical Director of Healing & Restoration Consulting LLC

HENNEPIN COUNTY  
CHILDREN'S MENTAL HEALTH  
COLLABORATIVE

## Join Us! Parents making a difference for families in Hennepin County!

The [Parent Catalyst Leadership Group \(PCLG\)](#) is currently recruiting parents and caregivers of children with mental health challenges to be leaders in improving services and supports for other Hennepin County families. We will connect you with opportunities to advocate for families, learn about key resources, receive or provide mentoring and promote positive change.

The Parent Catalyst Leadership Group (PCLG) is a program of the Hennepin County Children's Mental Health Collaborative.

Contact [Hc.childrensmentalhealth@gmail.com](mailto:Hc.childrensmentalhealth@gmail.com) to learn more or join other parents!

### PCLG Parent Support Group ONLINE

The PCLG parent support group offers a friendly and affirming space where parents give and gain support. You are welcome to join us to ask questions, share concerns or just listen.

PCLG Parent Support meets month online using Zoom. Join us on the 2nd Thursday of every month at 7:00 pm to share your challenges and celebrate successes.

Summer Support Group will be held over **ZOOM** on **June 8, July 13, & August 10 at 7:00 pm**. Register for Support Group [here](#).

Questions? Contact [Hc.childrensmentalhealth@gmail.com](mailto:Hc.childrensmentalhealth@gmail.com) to learn more.

## Cultural Wellness Directory

The [Cultural Wellness Center](#), the [African American Leadership Forum](#) and [Relationships, LLC](#) worked together to create the [Cultural Wellness Directory](#) to help increase access to trauma informed wellness services. This Wellness Directory offers a variety of available wellness and mental health services, including children's mental health services within and around the Twin Cities. The site allows individuals seeking services and those looking to connect others with services to a variety of culturally specific mental health services. This directory allows you to search by service type or provider name, check out this useful tool [here!](#)

## In June we Celebrate **PRIDE** Month and Juneteenth

The mental health of children and youth improve when they are connected to their cultural identity. There are lots of community celebrations during the month of June to celebrate [PRIDE](#) month and [Juneteenth](#) as a family. Check out some resources below.

PRIDE month is celebrated throughout [Hennepin](#) County and the Library has a great list of festivals, film screenings and book lists around identity.

Check out [A Guide To Twin Cities Kid-Friendly Juneteenth Celebrations](#) throughout the county and metropolitan area. There are plenty of opportunities to gather and celebrate family, friends and community.

## Farewell Message from PCLG Coordinator

Margaret Sullivan, the long-time Coordinator of the Parent Catalyst Leadership Group, will be leaving the Collaborative. Her last day is Friday, June 23rd. The Collaborative will work with parents to identify a new Coordinator in the coming months. Please join us in wishing her well! Below is a farewell message from Margaret.

*To all,*

*As I leave PCLG and the broader Collaborative, I am looking forward to a new phase in my life. Nevertheless, I will miss any number of you -- especially the parents and some of you "old-timers" who have stuck with the collaborative through its many iterations. I greatly admire your commitment to the work you do.*

*I personally have learned so much through these years, but I especially hold in great esteem all the parents who played such an important role in so many ways: doing ground level outreach, providing emotional support and resources to other parents, and informing the work of various organizations ranging from schools, state working groups, governmental entities, hospitals, nonprofits, and, of course, the Hennepin County Children's Mental Health Collaborative itself. Kudos to these parents who show up and make a difference!*

*I also want to thank everyone in the collaborative for supporting the important mission of this organization and for all the vast work you continue to do to improve outcomes for children and their families.*

*Perseverantia omnia vincit.*

*Margaret*

Questions? Contact [Hc.childrensmentalhealth@gmail.com](mailto:Hc.childrensmentalhealth@gmail.com) to learn more.

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## Collaborative News

### Youth Mental Health First Aid Training for Adults Working Summer Youth Programs and Camps

We invite youth workers, coaches and adults working with youth across Hennepin County to get trained in **Youth Mental Health First Aid *free of charge!*** Training in youth mental health first aid can help increase knowledge and awareness of mental wellness and mental health challenges and provide shared language across programs working with children and youth.

The Collaborative is working with **Change Inc's [Change Institute](#)** to train Youth Mental Health First Aid training for youth serving organizations and youth workers across Hennepin County. Training is available to individuals and organizations, and will be begin this month!

[Registration is now open!](#)



### Collaborative Meeting Announcements

The Collaborative's Governance Committee will have a reduced meeting schedule over the summer. The summer meeting schedule is listed below.

#### **Governance Committee**

**June 21st from 3:00-4:30 pm**

No July Meetings

August 16th from 3:00-4:30 pm

#### **Executive Committee**

**June 2nd from 9:00-11:00 am**

No July Meetings

August 4th from 9:00-11:00 am

**All committee meetings are open to the public. If you'd like to participate or learn more, feel free to contact [Laura LaCroix-Dalluhn](#).**

Collaborative Committee meetings are posted on the [website](#).



# YOUTH GUN VIOLENCE PREVENTION & MENTAL HEALTH GRANTS AWARDED

The Collaborative is pleased to announce funding for two grants to address youth gun violence prevention and provide mental health supports for young people, and their families, directly impacted by the violence. The grant awards are available through a partnership with [Hennepin County's Community Health Improvement Partnership](#). Congratulations, and a big thank you to our community partners leading this important work in Hennepin County.

- 1. Art is My Weapon.** Art is My Weapon is a nonprofit that is proposing to work with young people that are directly involved in gun violence and would utilize art in their healing process and provide mental health support.
  - 2. Restorative Justice Community Action.** Restorative Justice Community Action proposes to work with a cohort of 16 youth who completed their diversion or probation program to help develop their leadership skills in restorative and trauma informed approaches and support their mental health and healing.
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## Community Resources and Events

### Minnesota Families to Receive Last Rounds of Pandemic Food Benefits for Children

MN Department of Human Services announced eligible Minnesota families with children will start receiving pandemic food benefits for the current school year this month, and some families will get a final round of smaller summer benefits in July.

The Pandemic Electronic Benefit Transfer payments, or P-EBT, are expected to be the last of their kind as the federal public health emergency for COVID-19 wraps up. P-EBT is a temporary food benefit for families whose children qualify for free or reduced-price school meals.

Summer food benefits will also go out in July to families of eligible students who attended school in person during the last month of the 2022-23 school year. This year's summer benefit of \$120 compares to \$435 last summer. And with the May 11 end of the public health emergency, children under age 5, homeschooled students and students who attend virtual school are no longer eligible for summer P-EBT.

For school-year P-EBT, families with children 5 and younger in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Tribal Temporary Assistance for Needy Families will receive \$35 a month for eligible months between September and December 2022, and a yet-to-be-determined amount for eligible months from January to May 2023.

School-year and summer benefits for school children will become available on P-EBT cards, which can be used to purchase food. Benefits for children 5 and younger will arrive on their family's Electronic Benefit Transfer, or EBT, cards.

The food benefits must be used within nine months. After that, they disappear from P-EBT and EBT cards and cannot be replaced.

For more information:

- Families using P-EBT or EBT cards can check their balances by contacting ebtEDGE Customer Service at 888-997-2227 or [www.ebtEDGE.com](http://www.ebtEDGE.com).
- They can also check the P-EBT or EBT balance from their mobile device by downloading the free ebtEDGE mobile app available at [www.FISGLOBAL.COM/EBTEDGEMOBILE](http://www.FISGLOBAL.COM/EBTEDGEMOBILE).
- If they have questions about EBT benefits changes or need additional information, they can contact their county or Tribal caseworkers.

## Child & Adolescent Mental Health Summer Training Series

The Minnesota Association for Children's Mental Health (MACMH) is offering their Child & Adolescent Mental Health Summer Training Series – designed for those who work with or care for infants, children and youth. Upcoming workshop topics include ADHD, self-care, trauma, video gaming disorder, moving beyond behaviorism and more. New webinars are added regularly.

Learn more here: <https://macmh.org/event-page/trainings/training-series/>

Register here: <https://macmh.org/event-page/trainings/training-series-registration/>



**Don't risk a gap in your health insurance**

**Covered by Medical Assistance or MinnesotaCare?**  
If you have Medical Assistance or MinnesotaCare, please update your address, phone number and email today. It's important so we can reach you when it's time to renew your health insurance.

 If you have Medical Assistance, contact your county or tribe.  
If you have MinnesotaCare, contact Health Care Consumer Support at 651-297-3862 or 800-657-3672.

 Visit [mn.gov/dhs/mycontactinfo](https://mn.gov/dhs/mycontactinfo) to learn how to keep your contact information up to date.



**mn** DEPARTMENT OF HUMAN SERVICES

## Health Care Renewal: Families on Medical Assistance or Minnesota Care

Families in Hennepin County, and across the state, must update their contact information in order to help renew their Medical Assistance or Minnesota Care. If you, a family you know, or a family you work with is accessing public health insurance, please help spread the word. The MN Dept of Human Services, counties and tribes are looking for help informing families!

Visit [mn.gov/dhs/mycontactinfo](https://mn.gov/dhs/mycontactinfo) to update your contact information, this is especially important if you've moved in the past three years.

## New physician task force examines boarding patients with psychiatric diagnose in emergency departments

The MN Medical Association and MN chapter of the American College of Emergency Physicians released a joint report on boarding mental health patients, both children and adults. This persistent problem can be linked to worse patient outcomes and can lead to a number of other cascading issues. The task force identified a number of policy recommendations including expanding the mental the workforce, better insurance coverage and identifying tools for patients to understand their options.

Report: Emergency Department Boarding of Patients with Psychiatric Diagnoses (EDBPPD); <https://www.mnmed.org/application/files/2116/8478/3216/MMA-MNACEP-EDBPPD-Final-Report-2023.pdf>

Star Tribune article on the report was released May 31, 2023; <https://www.startribune.com/minnesota-doctors-sound-alarm-over-boarding-of-mental-health-patients-in-er-emergency-room-crowded/600279049/>





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LLC**



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**CHILDREN'S MENTAL HEALTH  
COLLABORATIVE**

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Parent Catalyst Leadership Group  
Hennepin County  
Children's Mental Health Collaborative

Cultural Wellness:  
Healthy Ethnic Identity  
Formation in Childhood

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**Mrs. Trina Givens-Henry**  
**MSW, LCSW, Founder**  
**& Clinical Director of**  
**Healing & Restoration**  
**Consulting LLC**

Mrs. Givens-Henry is the founder and Clinical Director of Healing & Restoration Consulting LLC and is a credentialed Licensed Clinical Social Worker with 20+ years of social service experience. Mrs. Givens-Henry is also a tenure Professor within the Minnesota State College System and her area of expertise is crisis services and working with at risk youth and their families in Trauma. Master Trainer/ Curriculum Writer for the Minnesota Department of Human Services for five years.

Mrs. Givens-Henry is an Alumna of MCTC where she received her Associate of Science Degree in Human Services with a minor in Women Studies. She then went on to Augsburg College and obtained her Bachelor Degree in Social Work, and pursued her graduate degree from the University of Minnesota Masters of Social work (MSW) with an emphasis in community practice. While in graduate school, Mrs. Givens-Henry was selected for a nationally competitive IV-E Child Welfare Bush Scholarship, and is recognized as an IV-E Scholar.