



September 2023



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

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Resources for Parents & Families

Let Talk About Native American Youth Mental Health

Participants will gain knowledge on how the schools are addressing the mental health needs of American Indian students.

Join us on October 11th for a Let's Talk About It on Cultural Wellness: Native American Youth Mental Health from 6:30-8:00 PM with guest speaker, Alicia Garcia, LICSW.

When: October 11th 6:30-8:00 PM

Where: Division of Indian Work
1001 E. Lake St., Minneapolis 55407
Or Online using Zoom.

Register [HERE](#).

LET'S TALK ABOUT IT

INDIGENOUS YOUTH MENTAL HEALTH
with Alicia Garcia, LICSW

REGISTER HERE!

Alicia Garcia is a Taos Pueblo descendant. She is the mother of two adult daughters and a grandma to an adorable Stromball.

Alicia is a licensed independent clinical social worker (LICSW) & currently works as a school social worker at St. Paul Public School's Indian Education program. Her past experience includes being a school social worker for the Minneapolis Public School's Indian Education program & being a family advocate for An Dah Yung (Our Home) Center in St. Paul.

Wednesday, October 11th
6:30-8:00pm

Dakota Room, Division of Indian Work
1001 E. Lake St. MPLS, MN 55407

Hosted by The Parent Catalyst Leadership Group of the 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 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 October 12, November 9, & December 14 at 7:00 pm.**

Join the Support Group [HERE](#) or Click this Link to download the Support Group Meetings to your Calendar: [Calendar Download](#).

Questions? Contact Hc.childrensmentalhealth@gmail.com to learn more.

Interim PCLG Coordinator

The Parent Catalyst Leadership Group (PCLG) has a new Interim Coordinator. Please join us in welcoming Hayley Tompkins. Hayley will provide interim leadership through the end of the calendar year. The Collaborative will hire a new Coordinator to start in January 2024. More information will be available in the October newsletter.

Welcome Hayley!

Questions? Contact Hc.childrensmentalhealth@gmail.com to learn more.

Collaborative News

Youth Mental Health First Aid Training for Adults Working with Children and Youth

We invite youth workers, coaches, school staff 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!**



**CHANGE
INSTITUTE**
A PROGRAM OF
CHANGE INC.

YOUTH MENTAL HEALTH FIRST AID TRAINING

We are inviting youth workers, coaches, and adults working with youth to get trained in Youth Mental Health First Aid before summer programming and camps start!



**REGISTER
NOW!**

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 abuse challenges among children and adolescents. This course will give you the tools and resources to better address the growing mental health issues in our community.

This Mental Health First Aid certification is recognized nationwide and both individuals and organizations are invited to participate in these trainings! For more information and to learn more, scan the QR code to begin registration or to contact us!

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Youth Workers
- Coaches
- Camp Counselors
- Youth Group Leaders
- Adults who work with Youth

Be Prepared
When a mental health crisis happens, know what to do

You Can Help
People with mental illnesses often suffer alone

Mental illnesses are common
1 in 6 U.S. youth aged 6 - 17 experience a mental health illness each year

Support your community
Be there for the youth and their families

In Partnership with
**CHANGING LIVES
CHILDREN'S MENTAL HEALTH
COLLABORATIVE**

**Why
Now?**

There is a growing need of mental health support for our community's youth, and there are not enough care services to meet that need. You can be the difference in your community by providing Mental Health First Aid where you work and live!

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

September 27th from 3:00-4:30 pm
October 11th from 3:00-4:30 pm
November 15th from 3:00-4:30 pm
December 20th from 3:00-4:30 pm

Executive Committee

September 15th from 9:00-11:00 am
October 6th from 9:00-11:00 am
November 3rd from 9:00-11:00 am
December 1st 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](#).

COMMUNITY RESOURCES AND EVENTS

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 to update your contact information, this is especially important if you've moved in the past three years.

A Deep Dive into the 2022 Minnesota Student Survey Mental Well-being Data

Tuesday, September 26 from 10 a.m. - Noon

[Register to Participate](#)

Webinar Number: 2496 450 3171

Molly Meyer, research scientist, Child and Family Health Division, MDH

The alarming increase in mental health concerns among youth in Minnesota and nationally has been broadly discussed, from depression and anxiety to suicide ideation. The Minnesota Student Survey captured a range of mental well-being components that can help us understand more about Minnesota student's well-being and potential opportunities to promote mental health. Key components like positive identity, empowerment, social connections, and other protective factors that are critical for well-being will be discussed, including a composite mental wellbeing data measure that considers the cumulative effect of having (or not having) multiple well-being components. We will share data about trends, and differences across geography, racial identity, gender, and sexuality. There will also be an opportunity to discuss how communities are utilizing the current data, and what existing data needs or questions communities and organizations have to leverage this valuable data resource.



LET'S TALK
ABOUT IT



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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

to learn how to keep your contact information up to date.



Lus Hmoob

Txhob muab qhov sib txawv hauv koj qhov kev tuav pov hwm kev noj qab haus huv los ua kom muaj kev pheej hmoob. Duav roos los ntawm Kev Pab Fab Kev Kho Mob los sis MinnesotaCare? Hloov kho koj qhov chaw nyob, tus nab npawb xov tooj thiab tus emial kom tshiab tas li kom zam tau kev plam koj li kev tuav pov hwm them nqi kho mob (nrog Minnesota Qhov Kev Pab Fab Kev Kho Mob los sis cov txheej txheem pab cuam ntawm MinnesotaCare). Yog tias koj muaj Kev Pab Fab Kev Kho Mob los sis MinnesotaCare, thov hloov kho tshiab koj qhov chaw nyob, tus nab npawb xov tooj thiab tus email hnuv no. Nws yog qhov tseem ceeb yog li ntawd peb thiaj li tuaj yeem tiv tauj tau koj thaum uas nws txog sijhawm rov txuas sijhawm rau koj li kev tuav pov hwm them nqi kho mob. Yog tias koj muaj Kev Pab Fab Kev Kho Mob, thov tiv tauj koj lub cheeb tsam nroog los sis haiv neeg me. Yog tias koj muaj MinnesotaCare, tiv tauj rau Lub Chaw Pab Cuam Tus Neeg Siv Khoom Txog Kev Saib Xyuas Kev Noj Qab Haus Huv tau ntawm 651-297-3862 los sis 800-657-3672. Mus saib mn.gov/dhs/mycontactinfo txhawm rau kawm paub txog txoj hauv kev hloov kho koj cov ntaub ntawv tiv tauj kom tshiab tas li tau li cas.

Af Soomaali

Halis dalool yaysan ku iman caymiskaaga caafimaadka. Miyuu ku daboolaa Medical Assistance ama MinnesotaCare? Haddii aad leedahay Medical Assistance ama MinnesotaCare, fadlan maanta cusboonaysii ciwaankaaga, taleefoon lambarkaaga iyo iimaylkaga. Waa muhiim si aan kuula soo xiriirno marka la gaaro wakhtiga dib u cusboonaysiinta caymiskaaga caafimaad. Haddii aad leedahay Medical Assistance, la xiriir degmadaada ama qabiilkaaga. Haddii aad leedahay MinnesotaCare, kala xiriir Taageerada Macmiilka Daryeelka Caafimaadka 651-297-3862 ama 800-657-3672. Booqo mn.gov/dhs/mycontactinfo si aad u barato sida macluumaadkaaga xiriirka aad uga dhigto mid sax ah.

Español

No se arriesgue a tener deficiencias en su seguro de salud. Cuenta con cobertura de Medical Assistance

o MinnesotaCare? Si usted cuenta con Medical Assistance o MinnesotaCare, actualice su dirección, número telefónico y correo electrónico hoy. Es importante que lo haga para que podamos contactarlo cuando sea tiempo de renovar su seguro de salud. Si cuenta con Medical Assistance, contacte a su condado o tribu. Si cuenta con MinnesotaCare, contacte a la Atención al Consumidor de Cuidados de Salud al 651-297-3862 o al 800-657-3672. Visite mn.gov/dhs/mycontactinfo para aprender cómo mantener su información de contacto actualizada.

Tiếng Việt

Đừng mạo hiểm để bị hụt bảo hiểm sức khỏe. Quý vị có Trợ cấp y tế hoặc MinnesotaCare phải không? Nếu quý vị có Trợ cấp y tế hoặc MinnesotaCare, vui lòng cập nhật địa chỉ, số điện thoại và email của quý vị ngay hôm nay. Việc này rất quan trọng vì chúng tôi sẽ cần liên lạc với quý vị khi đến lúc quý vị phải gia hạn bảo hiểm sức khỏe. Nếu quý vị có Trợ cấp y tế, xin liên lạc với quận hoặc bộ tộc của quý vị. Nếu quý vị có MinnesotaCare, liên lạc với Ban Trợ giúp khách hàng dịch vụ chăm sóc sức khỏe tại số 651-297-3862 hoặc 800-657-3672. Vào trang mạng mn.gov/dhs/mycontactinfo để tìm hiểu cách cập nhật thông tin liên lạc của quý vị.

Русский

Не рискуйте остаться без медицинского страхования. Участвуете в программе Medical Assistance или MinnesotaCare? Переезжали ли вы за последние три года или собираетесь переехать в ближайшее время? Изменялись ли ваш адрес или контактная информация? Если вы участвуете в программе Medical Assistance или MinnesotaCare, обновите свой почтовый адрес, номер телефона и адрес электронной почты уже сегодня. Это важно для того, чтобы мы могли связаться с вами, когда придёт время продлевать вашу медицинскую страховку. Если у вас страховка Medical Assistance, свяжитесь со своим окружным или племенным офисом. Если у вас страховка MinnesotaCare, звоните в службу поддержки получателей медицинских услуг по номеру 651-297-3862 или 800-657-3672. Зайдите на сайт mn.gov/dhs/mycontactinfo, чтобы узнать, как поддерживать свою контактную информацию в актуальном состоянии.