



November 2023



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

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Resources for Parents & Families

Support for Families during War and Conflict

The Children's Mental Health Collaborative wishes to recognize the stress and grief many of our families and communities are experiencing as a result of the Israel-Hamas conflict. We are providing some resources to help you talk with children about war and understand the impact this trauma can have on them.

Talking to Children about War. Children and youth will likely hear about this war and conflict from media if not from their family directly. It's helpful to ask them questions about what they know, and help provide context to what they are hearing or seeing. Sitting down with family allows you an opportunity to learn together and provide guidance to them as they try to make sense of everything happening.

How does trauma impact children? Children's experiences to traumatic events are often tied to their age and development. The National Child Traumatic Stress Network has prepared a key resource for parents and caregivers for each age range. To learn more what children and youth are experiencing, click [here](#).

Join the Conversation: Parents and Caregivers on Children's Mental Health in Hennepin County

Do you have a child who is experiencing mental health challenges? Have you tried to find mental health services for your child but didn't know where to go? We want to hear from you!

This event is centering the experiences and voices of culturally and racially diverse parents and caregivers.

Join us on **November 15th** for a **Conversation with Parents and Caregivers on Children's Mental Health from 5:30-7:30 PM** and receive a stipend for sharing your experience.

When: November 15th from 5:30-7:30 PM

Where: Brookdale Library, Room ABC

6125 Shingle Creek Parkway, Brooklyn Center 55430

Please help spread the word and invite parents and caregivers you know. You can access the fliers [here](#).

HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

YOU ARE INVITED!

JOIN THE CONVERSATION

The Hennepin County Children's Mental Health Collaborative is hosting a community conversation for parents and caregivers of children with mental health challenges living in Hennepin County.

- Engage with peers and professionals
- Learn about who is working to coordinate and improve children's mental health services
- Share your voice and ideas to help inform children's mental health services and supports

November 15, 2023 | 5:30 pm - 7:30 pm
Brookdale Library Rm ABC
6125 Shingle Creek Pkwy, Brooklyn Center 55430

Dinner provided
Spanish & Somali interpretation
Transportation & childcare stipend, if needed

PRE-REGISTRATION IS REQUIRED
www.hcemhc.com

Space is Limited

\$50 gift card available to those that arrive on time and participate until the end! One per adult.

Register in English [here](#).

HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

WAA LAGU CASUUMAY!

KU BIIR SHEEKADA

Iskaashatada Caafimaadka Dhimirka ee Carruurta Degmada Hennepin waxay martigelinaysaa wadahadal bulsho oo loogu talagalay waalidiinta iyo daryeelayaasha carruurta leh caqabadaha caafimaadka dhimirka ee ku nool Degmada Hennepin.

- La shaqee asxaabta iyo xirfadiyaasha
- Wax ka baro cidda ka shaqaynaysa isku-dubbaridka iyo horumarinta adeegyada caafimaadka dhimirka ee carruurta
- La wadaag codkaaga iyo fikradahaaga si aad u caawiso u wargelinta adeegyada iyo taageerada caafimaadka dhimirka ee carruurta

Nofeembar 15, 2023 | 5:30 galabnimo - 7:30 galabnimo
Maktabadda Brookdale Rm ABC
6125 Shingle Creek Pkwy, Brooklyn Center 55430

Casho la bixiyey
Isbaanish iyo Soomaali tafsir
Lacagta gaadiidka iyo daryeelka ilmaha, haddii loo baahdo

DIIWAAN GELIN WAA LOO BAAHAN YAHAY
www.hcemhc.com

Boosku waa xadiid ah yahay

\$50 kaadhka hadyada waxaa heli kara kuwa wakhtiga ku yimaadda oo ka qaybqaata ilaa dhamaadka! Qofkiiba hal qof.

Register in Somali [here](#).

HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

¡Estás invitado!

PARTICIPE EN LA CONVERSACION

El Hennepin County Children's Mental Health Collaborative está organizando una conversación con la comunidad para padres y cuidadores de niños con problemas de salud mental que viven en el condado de Hennepin.

- Conéctese con sus pares y con profesionales.
- Conozca quién está trabajando para coordinar y mejorar los servicios de salud mental infantil.
- Comparta su opinión e ideas para ayudar a informar sobre los servicios y apoyos para la salud mental infantil.

15 de Noviembre de 2023 | 5:30 p.m. - 7:30 p.m.
Brookdale Library Sala ABC
6125 Shingle Creek Pkwy, Brooklyn Center 55430

Cena incluida
Interpretación español y somali
Tarjeta de regalo para transporte y cuidado de niños, si es necesario

LA INSCRIPCIÓN PREVIA ES OBLIGATORIA
www.hcemhc.com

El espacio es limitado

Tarjeta de regalo de \$50 disponible para quienes lleguen a horario y se queden hasta el final. Una por adulto.

Register in Spanish [here](#).

Resources for Parents & Families

Parents are 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 Hayley Tompkins, Hc.childrensmentalhealth@gmail.com to learn more or join other parents!

The PCLG Parent Support Group

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.

Support Group will be held over ZOOM on **November 9th & December 14th 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.

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](#)!



Collaborative News

Collaborative Meeting Announcements

The Collaborative's Governance Committee will next meet, **November 15th from 3:00-4:30 pm**. We will hear from Hennepin County to learn more about their new Suicide Prevention grant. Join us if you'd like to learn more!

All committee meetings are open to the public. If you'd like to participate or learn more, feel free to contact

[Laura LaCroix-Dalluhn](#).

Governance Committee

November 15th from 3:00-4:30 pm

December 20th from 3:00-4:30 pm

Executive Committee

November 3rd from 9:00-11:00 am

December 1st from 9:00-11:00 am

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



Final Call: 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!

Space is still available:

- Friday, November 17th, virtual training
- Friday, December 8th, virtual training

[Registration is now open!](#)

