

# Role Description

## Parent Catalyst

### Education & Training Action Group

#### Parent Catalyst Leadership Group (PCLG)

##### Who we are

We are parents and caregivers who have first hand experience in supporting a child with mental health challenges.

##### What we do

PCLG action groups offer opportunities for caregivers to connect, learn, advocate, and inform positive change to improve children's mental health care in Hennepin County.

#### All PCLG members attend...

##### PCLG meetings

Attend quarterly PCLG meetings. PCLG meetings will include time for connection, updates from Action Groups, and planning for caregiver engagement across the collaborative.

##### Action Groups

Participate in at least one Action Group. Action groups are designed by PCLG members to address identified needs and challenges facing children and families in Hennepin County.

#### Action Group: Education & Training

*purpose - to increase understanding around children's mental health.*

**Goal** - to increase the knowledge of caregivers around key issues in children's mental health AND to increase the knowledge of professionals around the needs and experiences of families and caregivers.

##### 2024 focus area

To develop a workshop session for children's mental health professionals/providers to better understand how to work with families & caregivers.

##### Skills (that we are looking for and building in this group)

- Facilitation, training, leading groups
- Curriculum development
- Planning of events
- Connections in the community to trainers/facilitators

##### Time Commitment

- Meetings (60-90 minutes each) every other month to develop and plan workshop(s)
- Quarterly PCLG meetings (90 minutes each) to connect, vision, and provide updates
- Optional: facilitate/lead workshops for professionals, present at conferences, etc.

**When can I join?** Action teams are ongoing. Caregivers can join any time of the year. We host regular information sessions to recruit and connect with new members.

**Interested in joining or learning more?** Fill out [our online interest form](#)