



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

## Spring 2024

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### In this Issue

May is Mental Health Awareness Month

Resources for Parents & Caregivers

Children's Mental Health Trainings for Providers & Community

Collaborative News



## May is Mental Health Awareness Month

Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also plays a role in determining how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Many variables contribute to mental health, including biological factors, such as genes and brain chemistry; life experiences, such as trauma and abuse; and family history of mental health challenges.

Mental health awareness month is designed to reduce stigma and barriers in talking about mental health. Join us in promoting and talking about mental health – so all children and youth feel seen, heard, and supported.

The Minnesota Department of Health has released an awareness guide for you and your organization to support throughout the month of May. You can find it [here](#).

## Mental Health Roadmap

The Mental Health Coalition has created a mental health roadmap to help families and individuals assess how they are feeling and its impact on their mental health.

**A quick way to take tabs  
on your mental health right now**

Notice how your mental health is always changing and that you might have felt better yesterday than you do today. That's ok. Part of being human is experiencing the ebb and flow of your mental health. Check in with yourself. Ask yourself how you're really feeling, and see where you fall on the following scale.



## Parent Resources on Children's Mental Health

Parents, families, and caregivers are often turn to internet searches when looking for resources when their children show signs of concern or need for mental health support.

The Collaborative's website includes a [Children's Mental Health Resources](#) page with information to guide families through questions about mental health, a mental health crisis and information about assessments and diagnoses. You can you learn more [here](#).

# Crisis Support and Stabilization for Parents and Caregivers of Children with Mental Health Challenges

Families can access free, immediate in-person support and stabilization services if your child (ages 5-18 years old) experiences a mental, behavioral, or emotional issue that leaves you overwhelmed and unsure what to do or how to respond.

No situation is too small for family response experts; and their responses are driven by your family's cultural, community, and clinical needs.

**Call 612-979-9511**

**Available every day from 7 a.m. to 11 p.m.**

**Leave a message after hours. For emergencies call 911.**



[hennepin.us/family-response](https://hennepin.us/family-response)

## Coffee & Connect with Parent Leaders on Children's Mental Health

### 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 support other families in Hennepin County. We will connect you with opportunities to advocate for families, learn about key resources, receive or provide mentoring and promote positive change. Complete the online recruitment form here.

# Coffee and Connect

## with the Hennepin County Parent Catalyst Group

Join us virtually to learn more about opportunities for parents to lead positive change in Hennepin County children's mental health

**Monday, May 6th**  
**6:00pm-7:00pm**

Sign up  
here



HENNEPIN COUNTY  
**CHILDREN'S MENTAL HEALTH  
COLLABORATIVE**

[www.hccmhc.com](http://www.hccmhc.com)

The Parent Catalyst Leadership Group (PCLG), a program of the Hennepin County Children's Mental Health Collaborative, is hosting two Coffee & Connect Sessions in March. Please join us May 6th from 6:00-7:00 pm online. Or share with other parents who might be interested in joining a conversation.

Contact Hayley Tompkins, [Hc.childrensmentalhealth@gmail.com](mailto:Hc.childrensmentalhealth@gmail.com) to learn more.

## Children's Mental Health Facebook Group

Track updates from the Parent Catalyst Leadership group or access other parents and caregivers supporting children with mental health challenges on our (NEW) facebook page [here](#).



## Cultural Wellness Directory

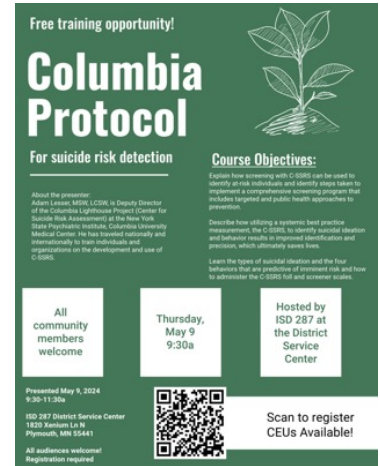
The Cultural Wellness Center, the [African American Leadership Forum](#) and [Relationships, LLC](#) worked together to create the [Cultural Wellness Directory](#) to help increase access to trauma informed wellness services. This [Wellness Directory](#) offers a variety of available wellness and mental 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](#)!

# Children's Mental Health Trainings for Providers and Communities

## Suicide Risk Assessment Training

On May 9th, ISD 287 will host a training from Columbia University on the C-SSRS for suicide risk screening. Learn how this screening tool can be used to identify at-risk individuals and identify steps taken to implement a comprehensive screening program that includes targeted and public health approaches.

Anyone interested can register [here](#).



Free training opportunity!

## Columbia Protocol

For suicide risk detection

**Course Objectives:**

- Explain how screening with C-SSRS can be used to identify at-risk individuals and identify areas where to implement a comprehensive screening program that includes targeted and public health approaches to prevention.
- Describe how utilizing a systems-level practice measurement, the C-SSRS, to assess suicide ideation and behavior results in improved identification and prevention, which ultimately saves lives.
- Learn the types of suicidal ideation and the four behaviors that are predictive of imminent risk and how to intervene with the C-SSRS hot and general scales.

All community members welcome


Thursday, May 9 9:30a

Hosted by ISD 287 at the District Service Center

Presented May 9, 2024 9:30-11:30a

ISD 287 District Service Center  
1820 Xenium Ln N  
Plymouth, MN 55441

All audiences welcome!  
Registration required



Scan to register  
CEUs Available!

## Understanding ACEs: Building Self-Healing Community

The Understanding ACEs: Building Self-Healing Communities presentation is designed to educate audiences about how adversity and trauma impact our biology, along with the health and wellbeing of our communities. The presentation also offers a message of hope, and introduces a process that communities have used to build their capacity to; prevent Adverse Childhood Experiences (ACEs), support those who have experienced toxic stress, and build new cultural norms that are more inclusive, culturally-responsive, and healing-centered.

### May Presentation

DATE: Tuesday, May 14th  
TIME: 3:45 – 6:00 p.m. Central Time  
VENUE: Virtual – Zoom (Once you register, you will receive the Zoom link)

REGISTER: <https://us06web.zoom.us/meeting/register/tZMtdO2sqDw-jG9NB-ghMg7eU-VhHrm1AMee5>

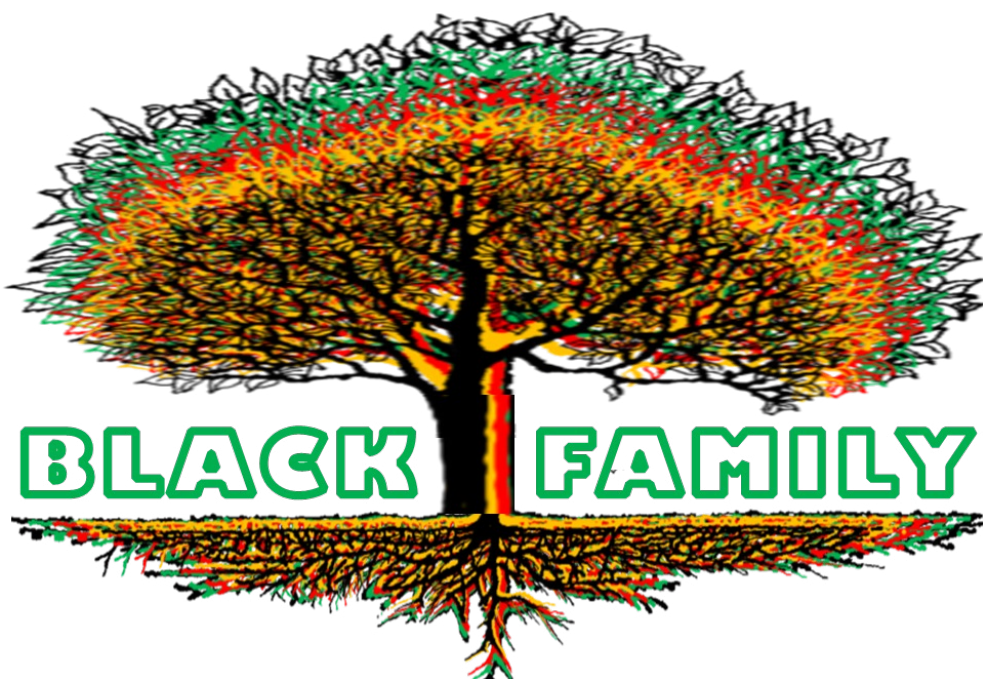


## National System of Care Summit

The Children's Mental Health Collaborative has been working with Hennepin County Behavioral health to support the parent engagement strategies as part of its effort to integrate System of Care strategies and values into the children's mental health system.

Join us for a FREE virtual System of Care Summit, May 14-16, 2024, to learn more about the national movement and ways providers and families can engage in this initiative.

Register [Here](#).



*"The family is the root of a healthy community"*

### **Black Men Healing Conference**

The **16th Annual Community Empowerment through Black Men Healing Conference:** Black Family will be held June 20-21, 2024 at Metropolitan State University. This conference is dedicated to address challenge confronting Black Families and exploring culture-sensitive approaches that celebrate and uplift the community.

Click [here](#) to link to site and register.

### **Beyond the Baby Blues**

Beyond the Baby Blues is a full day conference designed to educate professionals and families about mood disorders and anxiety before, during and after pregnancy.

NAMI Minnesota, in partnership with Hennepin Healthcare and the Redleaf Center for Family Healing presents:

### **New Advances in Postpartum Depression, Anxiety and Meeting the Needs of Diverse People**

Thursday, June 20, 2024

Location: Delta Marriott Minneapolis Northeast, 1330 Industrial Blvd NE, Minneapolis, MN 55413  
Get your tickets [HERE](#).

# Collaborative News

## New Collaborative Meeting Schedule and Focus

The Collaborative’s Governance Committee voted to amend its 2024 meeting schedule. The Governance Committee will meet less frequently in order for a new emerging group to start meeting, the Collaborative Partner Meeting.

The Collaborative Partner meeting will include Governance Committee members, and/or suggested staff from their organization, as well as community partners and organizations focused on children’s mental health services. This group will focus on emerging issues and efforts to implement and integrate system of care strategies into practice in Hennepin County.

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

Below is the revised meeting schedule for 2024.



Governance Committee	Collaborative Partner Meeting	Executive Committee
May 15th from 12:00-1:30 pm		May 3rd from 9:00-10:30 am
	June 19th from 12:00-1:30 pm	June 7th from 9:00-10:30 am
	August 21st from 12:00-1:30 pm	August 2nd from 9:00-10:30 am
September 18th from 12:00-1:30 pm		
October 16th from 12:00-1:30 pm		October 4th from 9:00-10:30 am
	November 20th from 12:00-1:30 pm	November 1st from 9:00-10:30 am



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

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 YMCA's Beacon's Network in 2024 to provide and coordinate training in Youth Mental Health First Aid training for youth serving organizations and youth workers across Hennepin County. Training is available to individuals and organizations. To schedule a training for your team or to learn about this opportunity, contact [Hayley Tompkins](#) with the Beacon's Network or [Laura LaCroix-Dalluhn](#) with the Collaborative.

## Scholarship & Support Funds

The Children's Mental Health Collaborative has a long history of providing scholarship support to providers, families and communities to help reduce costs of training on children's mental health services. These funds are available on a first come, first serve basis. You can find eligibility information and the application online [here](#).

## Annual Collaborative Report

The Collaborative released its 2023 Annual Report, and available [here](#). The report outlines the Collaborative's increased focus on parent and family engagement in the children's mental health system and outlines opportunities to focus on coordinating children's mental health services across the county.