

## Governance Committee Meeting

Wednesday, April 17, 2024 from 12:00 – 1:30pm

<https://us06web.zoom.us/j/83113557179>

### Agenda

- 12:00 pm **Welcome, Introductions & Approval of Meeting Minutes & Agenda – Angela Watts**  
*(Meeting materials: March Meeting Minutes & April Agenda)*
- 12:10 pm **Collaborative Business – Pat Dale & Coordination Team**  
*(Governance Committee Members, LCTS Report, Revised Meeting Schedule)*
1. Governance Committee Changes – Vote Required
    - Asad Dahir replacing Cindy Slowiak, Hennepin County Behavioral Health Representative
    - Angela Watts resigning from Co-Chair Role
  2. LCTS Report – Due date extended to May 31, 2023
  3. 2023 Annual Report
  4. Proposed Changes in Governance Committee Meeting Schedule and Addition of revised Collaborative Partner Meeting- Vote Required
- 12:30 pm **Collaborative Discussion Items – Angela Watts & Coordination Team**
1. Identify organizations and/or providers to highlight their successes of engaging families and or successes engaging young people in children's mental health services.  
[Purpose: Use opportunities to discuss what is working and why it's working to build upon successes.]
  2. CMHC to Host Discussions around Coordination of Children's Mental Health Services.
  3. Awareness building opportunity: May is Mental Health Awareness Month
    - a. What are organizations doing to promote
    - b. How might Collaborative best promote awareness with Collaborative partners
- 1:20 pm **Partner Updates – Angela Watts**
- 1:30 pm **Adjourn**

**Mission Statement:** The CMHC provides a forum for a diverse and representative group of system stakeholders to influence the development and ongoing operation of an accessible and effective children's mental health service system within Hennepin County. The CMHC promotes innovative service development and continuous quality improvement in the children's mental health system by embracing the system of care principles and available research on children's mental health services.

Contact CMHC Co-Coordinator, [Laura](#), with any questions.

## Governance Committee Meeting Minutes

March 20, 2024

**In Attendance:** Angela Watts, Pat Dale, Jenna Mitchler, Asad Dahir, Meredith O'Brien, Cathy Rude, Debby Wells, Brenna MacDonald, Krista Phillips, Megan Hickey, Monica Long, Pat Vitale, Rachel Harris, Susie Voss, Andria Daniel, Melanie Hultman, Jody Nelson, and Beth Lovre  
**Staff:** Laura LaCroix-Dalluhn, Cati Gómez, Fatima Muhammad, Cheryl Holm-Hansen, and Hayley Tompkins

### Approval of Meeting Minutes & Agenda

- Monica Long moved to approve the February minutes and Pat Dale seconded. Minutes approved.
- Meredith O'Brien moved to approve the March agenda and Krista Phillips seconded. Agenda approved.

### Continue Discussion on Parent/Caregiver Recommendations on Improving Children's Mental Health System

- Laura LaCroix-Dalluhn shared that we will be continuing our conversations from last month's meeting on parent recommendations to improve awareness building, navigational support, and peer support for children's mental health services in Hennepin County.

Below is a brief summary of the small group discussions.

- **Awareness Building**
  - Fatima Muhammad facilitated a discussion about helping parents and caregivers understand the services available in Hennepin County and how to get connected to said services as well as which systems are best for connecting parents and caregivers to these services. Schools were immediately identified as a key resource; however, school staff are not always aware of all the resources available. It is extremely difficult for every school staff person to know of every resource. Having a point person in the school district for referrals would help connect families to appropriate resources. It would be helpful if schools made informational videos for families highlighting the services available through their school and how to connect to these services, including the direct providers in these videos to familiarize them with the families.
  - Outside of schools, a point person or people for the county would also be helpful, it's currently in discussion to contract a provider to aid in referral services. Additionally, families could be referred to services through FRSS, family home visiting, and PACER, but families must first be aware of these resources. Having relationships with HC providers helps families identify resources and may allow for shorter wait times. Building awareness amongst providers and caregivers on

why racially, culturally, and linguistically diverse services are important would allow for more client-centered referrals.

- NAMI has a “Caregivers Guide to Mental Health”, sharing this out more would allow for further awareness. Furthermore, Basecamp, an online platform can also aid providers in finding appropriate resources.

- **Navigational Support**

- Hayley Tompkins facilitated a discussion on how best to support caregivers navigate the process of accessing children’s mental health services. Some of the key challenges for caregivers in the navigation process currently are the proximity of services, having the time and energy to search for resources, not knowing what will fit best, insurance, waitlists, changing eligibility, and a lack of language-specific family navigators.
- A lot of people, including school staff, fall into the navigation role, the challenge is that each person is aware of all resources, so families are only given a slice of the pie based on who they are working with. Creating an ‘in-school navigator’ role may bridge this gap as schools are a system in which most families are involved. Often families do not stay with the same navigation support staff between different services, ideally, navigation support would stay consistent. Overall, the best practice is to find resources and make referrals with the family instead of passing off resources.
- A promising practice outlined in this discussion was District 287’s contract with Hennepin County to create a systems navigator who would help in providing a warm hand-off for families. Family Advocate Services will go to spaces and connect newcomers with cultural and language-specific services. Other resource lists are helpful; however, they get outdated quickly and many agencies create their own resource lists without collaborating with other agencies. Could we work to coordinate a comprehensive resource list across the county?

- **Peer Support**

- Cheryl Holm-Hansen facilitated a discussion about peer support resources available currently, challenges to accessing these resources, and how to increase access to peer support resources. Peer support resources highlighted include NAMI’s family support groups for parents with children under 21. These groups offer classes, one-on-one support, and provide referrals. Additionally, DHS offers opportunities to be trained as peer support specialists. However, there is a lack of capacity and no specific board or training expectations, so this model does not work as well in Minnesota as it does in other states. There are many other informal parent support groups and networks. Still, there are no specific training requirements and providers are often unaware of these groups, so caregivers are not finding these groups easily. Additionally, Next Step at Hennepin Health has a weekly support group related to trauma healing.
- Some challenges to accessing these resources include a lack of funding or a reliance on grant funding specifically which raises sustainability issues. Furthermore, not many providers are aware of the parent support groups available. Caregivers may find NAMI or PCLG on their own, but they are rarely

connected to these resources through a provider. Since schools are often how caregivers are connected to services, it would be helpful for information about these groups to be shared with school staff, including school-based mental health professionals and therapists. Additionally, sending information about peer support resources to other providers in the county directly would allow for more awareness.

- Another challenge is that there are not enough culturally and linguistically specific peer support resources. We have to be careful in the language we use when raising awareness of these services, mental health is not always universally understood so we need to make sure our language is accessible. We could update the language on the HCCMHC surrounding peer support to ensure this.
- Laura welcomed everyone back from their discussions. The table provides a summary of the report out and follow up actions.

| Discussion Points                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Follow Up Actions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>Awareness Building</b></p> <ul style="list-style-type: none"> <li>- Fatima shared that her group discussed awareness as building and maintaining relationships with those we serve, going into the community to help refine services and understand what is needed, and aiding in the referral process.</li> <li>- Some needs that were highlighted include coordination with agencies to have a responsive awareness-building strategy county-wide and designating time with community members so that their voices can be centered.</li> </ul>                                                                                                                           | <ul style="list-style-type: none"> <li>- We need to explore how organizations can build the capacity for increased navigational support and how we, as a collaborative can support that work.</li> <li>- Angela Watts stated that if we want to drive action in building awareness, navigational support, and peer support, we need to have action-oriented people at the table collaborating with us.</li> <li>- Rachel Harris asked if there was a way that HCCMHC could collaborate with school-based mental health, SBMH, and providers across Hennepin County to coordinate a plan on how to raise awareness of services. A lot of what we've recognized is that schools are often the first access point, and we want to ensure that these providers have the tools to connect families with the right resources. Rachel shared that this is often being done at the school level but could be much more efficient and comprehensive at the county level. Meghan Hickey added that parents would like access to the same resources no matter where they live. Moving the source up a level would provide families with better services. Angela suggested that we continue this conversation and invite Mark Sander and Laura Zook to the conversation to include</li> </ul> |
| <p><b>Navigational Support</b></p> <ul style="list-style-type: none"> <li>- Hayley shared that identified challenges to navigational support included accessibility, a lack of long-term connections, waitlists, changing eligibility, and a lack of relationship-building between navigators and families.</li> <li>- Some cool things working to bridge these gaps that were discussed include that District 287 is contracting with system navigators to aid in warm handoffs, Children's MN is working to create infrastructure to further support navigation, and the NWFSC is working with an organization doing culturally/linguistically supportive services.</li> </ul> | <p>at the school level but could be much more efficient and comprehensive at the county level. Meghan Hickey added that parents would like access to the same resources no matter where they live. Moving the source up a level would provide families with better services. Angela suggested that we continue this conversation and invite Mark Sander and Laura Zook to the conversation to include</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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| <p>- Hayley shared that the group defined navigational services as providers or professionals working with families to whom they are connected and supporting them into the next step or connecting them to further resources. Rachel Harris added that they also discussed resource lists as a form of navigational support.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>their insight.</p>                                                                                                                                                                                                                                                                                                                         |
| <p><b>Peer Support</b></p> <p>- Cheryl shared that her group discussed peer support as largely being made up of parents and caregivers being connected to other parents and caregivers for emotional support, guidance, and compassion. There are parent peer specialists, unfortunately, there is currently not great infrastructure to support this formal form of peer support. Peer support can also be provided through support groups and Facebook groups.</p> <p>- Challenges to accessing these supports include lack of awareness, unfamiliarity, and a lack of culturally and linguistically specific supports. Cheryl shared that this group asked how we could get information about the peer support resources that are available to school staff, case managers, and other providers that could aid in connecting parents to these resources.</p> <p>- Pat Dale added that the group also discussed having peer support services on resource lists.</p> | <p>- Pat Dale suggested we update our website to include more peer support resources. Laura added that we could also utilize Google Analytics to draw people who are searching for parent and caregiver support to our website. Laura stated she will invite Mark and Laura as well as some SBMH providers to continue this conversation.</p> |

Laura asked Asad Dahir if FRSS has navigational or peer support resources. Asad answered that FRSS is meant to be the first line for parents who are concerned for their child’s mental health, he said FRSS providers identify the needs of the child and the family and work to fill those needs, including navigation support and making families aware of peer support.

**Adjournment**

- Krista moved to adjourn, and Angela seconded. Motion approved.

## Hennepin County Children's Mental Health Collaborative (CMHC) 2024 Governance Committee Roster as of April 2024

| Name                                                                                                                                                                                                 | Partner Entity                                                    | Email                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Dale, Pat (CMHC Co-Chair) *<br>2. Watts, Angela (CMHC Co-Chair) *                                                                                                                                 | Provider                                                          | <a href="mailto:pat.dalemn@gmail.com">pat.dalemn@gmail.com</a><br><br><a href="mailto:angela.watts@hcmcd.org">angela.watts@hcmcd.org</a>                                                                                                                                                                       |
| 1. Hickey, Meghan (MPS)<br>A. Sander, Mark (MPS/ Hennepin County)                                                                                                                                    | Minneapolis Schools                                               | <a href="mailto:Meghan.hickey@mpls.k12.mn.us">Meghan.hickey@mpls.k12.mn.us</a><br><a href="mailto:Mark.Sander@hennepin.us">Mark.Sander@hennepin.us</a>                                                                                                                                                         |
| 1. Messenger, Julia<br>A. OPEN                                                                                                                                                                       | Anoka-Hennepin School District                                    | <a href="mailto:Julia.messenger@ahschools.us">Julia.messenger@ahschools.us</a>                                                                                                                                                                                                                                 |
| 1. Allen, Tonya*<br>A. MacDonald, Brenna                                                                                                                                                             | District 287                                                      | <a href="mailto:tdallen@district287.org">tdallen@district287.org</a><br><a href="mailto:blmacdonald@district287.org">blmacdonald@district287.org</a>                                                                                                                                                           |
| 1. OPEN<br>A. Fagerland, Hope                                                                                                                                                                        | St. Anthony/New Brighton School District                          | OPEN<br><a href="mailto:hfagerland@isd282.org">hfagerland@isd282.org</a>                                                                                                                                                                                                                                       |
| 1. Mitchler, Ph.D., Jenna*<br>A. Coyne, Molly                                                                                                                                                        | Suburban Schools - Bloomington                                    | <a href="mailto:jmitchler@isd271.org">jmitchler@isd271.org</a><br><a href="mailto:mcoyne@isd271.org">mcoyne@isd271.org</a>                                                                                                                                                                                     |
| 1. Nelson, Jody (Change Inc)<br>A. Gammage, KC (Change Inc)<br>1. Jensen, Ph.D. LP Aric (Fraser)<br>A. (OPEN)<br>3. [Dale, Pat] – listed above as co-chair (Youable)<br>A. Voss, Susie (Family Wise) | Providers with Hennepin County Children's Mental Health Contracts | <a href="mailto:jnelson@thechangeinc.org">jnelson@thechangeinc.org</a><br><a href="mailto:agammage@thechangeinc.org">agammage@thechangeinc.org</a><br><a href="mailto:Aric.Jensen@fraser.org">Aric.Jensen@fraser.org</a><br><br><a href="mailto:svoss@familywiseservices.org">svoss@familywiseservices.org</a> |
| 1. Hultman, Melanie<br>A. (OPEN)<br>2. Bertram, Jennifer<br>A. (OPEN)                                                                                                                                | Parent Catalyst Leadership Group (PCLG)                           | <a href="mailto:melanie11475@gmail.com">melanie11475@gmail.com</a>                                                                                                                                                                                                                                             |
| 1. Phillips, Krista*<br>A. Wells, Deborah                                                                                                                                                            | Family Service Collaboratives                                     | <a href="mailto:krista.phillips@edinaschools.org">krista.phillips@edinaschools.org</a><br><a href="mailto:wells.deborah@slpschools.org">wells.deborah@slpschools.org</a>                                                                                                                                       |
| 1. Dahir, Asad *<br>A. Slowiak, Cynthia                                                                                                                                                              | Hennepin County Mental Health Services                            | <a href="mailto:asad.dahir@hennepin.us">asad.dahir@hennepin.us</a><br><a href="mailto:cynthia.slowiak@hennepin.us">cynthia.slowiak@hennepin.us</a>                                                                                                                                                             |
| 1. O'Brien, Meredith<br>A. OPEN                                                                                                                                                                      | Hennepin County Public Health                                     | <a href="mailto:Meredith.obrien@hennepin.us">Meredith.obrien@hennepin.us</a>                                                                                                                                                                                                                                   |
| 1. Daniel, Andria<br>A. Thell, Meg                                                                                                                                                                   | Hennepin County LCTS Admin.                                       | <a href="mailto:andria.daniel@hennepin.us">andria.daniel@hennepin.us</a><br><a href="mailto:meg.thell@hennepin.us">meg.thell@hennepin.us</a>                                                                                                                                                                   |
| 1. Long, Monica<br>A. Benson, Alyssa                                                                                                                                                                 | Hennepin County DOCCR                                             | <a href="mailto:monica.long@hennepin.us">monica.long@hennepin.us</a><br><a href="mailto:Alyssa.Benson@hennepin.us">Alyssa.Benson@hennepin.us</a>                                                                                                                                                               |

|                                                                                                      |                                                                                                                                  |                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. (OPEN)<br>A. (OPEN)                                                                               | Health Plan                                                                                                                      |                                                                                                                                                                                                                              |
| 1. Watts, Angela*<br>A. (OPEN)<br>2. Jones, Brandon<br>A. (OPEN)<br>3. Vitale, Patricia<br>A. (OPEN) | <b>At Large</b><br><br>Hennepin Health Care<br><br>Minnesota Association of Children's Mental Health<br><br>Children's Minnesota | <a href="mailto:angela.watts@hcmcd.org">angela.watts@hcmcd.org</a><br><br><a href="mailto:bjones@macmh.org">bjones@macmh.org</a><br><br><a href="mailto:patricia.vitale@childrensmn.org">patricia.vitale@childrensmn.org</a> |
| 1.(OPEN)<br>A. (OPEN)<br>1. (OPEN)<br>A. (OPEN)                                                      | Parent Representatives                                                                                                           |                                                                                                                                                                                                                              |

\* Designates Executive Committee Members

**CMHC designated voting member seats (21) based on bylaws. Each voting member can identify an alternate member:**

1. Minneapolis School District (1)
2. Suburban school districts (1)
3. St. Anthony-New Brighton School District (1)
4. Anoka-Hennepin School District (1)
5. Intermediate School District 287 (1)
6. Hennepin County's Human Services and Public Health Department (2)
7. Hennepin County Corrections (1)
8. Hennepin County Board or Administration (1)
9. Four parent/guardian representatives with a minimum of two appointed from the Parent Catalyst Leadership Group (4)
10. Providers representing Hennepin County contracted mental health agency (3)
11. Hennepin County Family Service Collaborative (FSC) (1)
11. Health plan (1)
12. At-large representatives (3)

# Year in review 2023



HENNEPIN COUNTY

**CHILDREN'S MENTAL HEALTH  
COLLABORATIVE**

## OUR MISSION

To improve access to and resources for high-quality, culturally and economically supportive mental health services for infants, children, youth and families within Hennepin County through our working partnerships with Family Service Collaboratives, County and State Government, Adult Mental Health Systems, Parents, Schools, and Health Systems. Our collective vision is to ensure effective and accessible community-based mental health systems and supports for infants, children, youth and families with mental health needs.

In 2023, we continued to work towards three goals: (1) improving the lives of families and children through **increased access to information**; (2) improving **coordination** of and **access** to children's mental health services; and (3) increasing **data-driven decision making**. We addressed these goals through the following initiatives:

- Revamping the Parent Catalyst Leadership Group (PCLG)
- Expanding family engagement and relationship building
- Offering Youth Mental Health First Aid training
- Funding organizations addressing the mental health impacts of community violence
- Providing scholarships and training support

### FOR MORE INFORMATION

#### **Laura LaCroix-Dalluhn**

Coordination Team Coordinator  
[Laura@LaCroixDalluhnConsulting.com](mailto:Laura@LaCroixDalluhnConsulting.com)

#### **Hayley Tompkins**

PCLG Coordinator (Interim)  
[hc.childrensmentalhealth@gmail.com](mailto:hc.childrensmentalhealth@gmail.com)

#### **Fatima Muhammad**

Family Lead Coordinator  
[fzmimpactgroup@gmail.com](mailto:fzmimpactgroup@gmail.com)

## Revamping Parent Catalyst Leadership Group (PCLG)

The Collaborative's Parent Catalyst Leadership Group (PCLG) aims to empower Hennepin County families to become valued advocates and decision makers at all levels of the children's mental health system through education, outreach, and support. In 2023, Hayley Tompkins stepped in to serve as Interim Coordinator. Hayley led the group through a strategic planning process, culminating in a new set of group goals. The following priorities for 2024 were identified:



**Connection and support** – providing informal space for caregivers to connect with others who “get it”



**Education and training** – increasing understanding around children's mental health



**System navigation** – supporting caregivers who are feeling stuck, unsure of, or frustrated by the children's mental health care system



**Advocacy and systems change** – representing the voices and priorities of caregivers at the system and policy level of children's mental health



In 2023, the PCLG offered a Wellness Recovery Action Plan (WRAP) training, along with three “Let’s Talk About It” events related to: (1) school avoidance; (2) cultural wellness and mental health; and (3) indigenous youth mental health.

## Expanding family engagement and relationship-building

In 2023, we launched our family engagement initiative in partnership with the Hennepin County system of care project. We welcomed Fatima Muhammad as our new lead family coordinator, and she will be partnering with the Collaborative and the County to deepen our engagement and relationships with families and communities.

Our goal is to build authentic relationships, to both share information about our work and the children’s mental health system and to learn more about ways that we can collectively improve services and policies.

Fatima’s initial focus was to conduct outreach, especially to parents and organizations who identify as Black, Indigenous, and people of color (BIPOC). In addition to numerous individual meetings with organizations and system partners, Fatima attended 47 community events and meetings in 2023, reaching nearly 1000 parents and caregivers.

In 2024, we will be building on this foundation in several core ways. We will be creating a broader work plan for family engagement, deepening our relationships with community agencies, identifying ways to involve other collaborative partners in this work, and strengthening our approach for using family input to drive decision-making.

## Offering Youth Mental Health First Aid training

In 2023, the Collaborative offered Youth Mental Health First Aid training in partnership with Change, Inc. Youth Mental Health First Aid is an 8-hour public education program that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

Over the course of the year, we provided training to **356 people**, with at least 53 percent subsequently completing the post-training online certification. In 2024, we will partner with Beacons to continue offering Youth Mental Health First Aid trainings.

## Community Conversations event

In November 2023, we hosted a community event, designed to support parents in engaging with peers and professionals; learning who is working to coordinate and improve services; and sharing their voice and ideas to help inform children’s mental health services and supports.

Parents were invited through a variety of outreach strategies, with flyers translated into multiple languages. The event was held at the Brookdale Library and dinner was provided. Spanish and Somali interpreters were present, and child care and transportation were provided.

Following brief presentations, the 33 parents and caregivers attending discussed their experiences in the children’s mental health system. Participants identified a number of challenges that they face in seeking support for their children and offered recommendations for addressing these challenges.

Parent feedback about the event was positive, with all parents agreeing that the event was well organized, they were able to share their ideas and experiences, and they learned more about children’s mental health.



## Funding organizations addressing mental health impacts of community violence

In partnership with the Hennepin County Community Health Improvement Program (CHIP), we provided \$40,000 to two organizations focused on the mental health of young people who have been impacted by violence, as well as the perpetrators of violence (leveraging an additional \$40,000 of County resources). Grantees included:

### Art is My Weapon - \$40,000

Art is My Weapon implements the “Healing HeART Program” to support youth, young adults, adults, and families affected by gun and community violence and other traumatic events. The program connects community members with artists to attend healing and coping sessions while creating meaningful art. As of October 2023, the program served 113 youth and families.

### Restorative Justice Community Action - \$40,000

Restorative Justice Community Action will collaborate with Koinonia Leadership Academy to offer a Youth Restorative Practices Internship. Their goal is to engage 15 high school youth who have successfully completed diversion or probation in a 10-month internship. The internship includes a 3-day Restorative Practices Retreat; monthly coaching sessions for exploration and leadership development; and training offered in partnership with community leaders. Youth will develop projects to share with their communities, including schools, spiritual places, and neighborhood spaces.

## Providing scholarships and training support

In 2023, the Hennepin County Children’s Mental Health Collaborative awarded **\$15,208 in scholarships and training support**, leveraging an additional \$5,325.

| Award                                                 | Number                                          | Amount                                     |
|-------------------------------------------------------|-------------------------------------------------|--------------------------------------------|
| Scholarships to parents and providers                 | 9                                               | \$2,300                                    |
| Training grants to Children’s Mental Health providers | 1                                               | \$3,000 (leveraging an additional \$2,750) |
| School-based mental health scholarships               | 9 organizations (serving 28 new or BIPOC staff) | \$9,908 (leveraging an additional \$2,235) |

### CRITERIA USED TO SELECT PROJECTS

- Aligns with our system of care values
- Builds on, or reinforces, our competitive advantage
- Increases family, caregiver and/or youth voice
- Addresses an inequity in services or the system
- Addresses an inequity in access and/or knowledge of how to access
- Builds upon previous work
- Aligns with our capacity
- Does not duplicate services
- Aligns with data supporting the project need
- Can be prototyped or piloted
- Can be scaled and/or sustained across the county

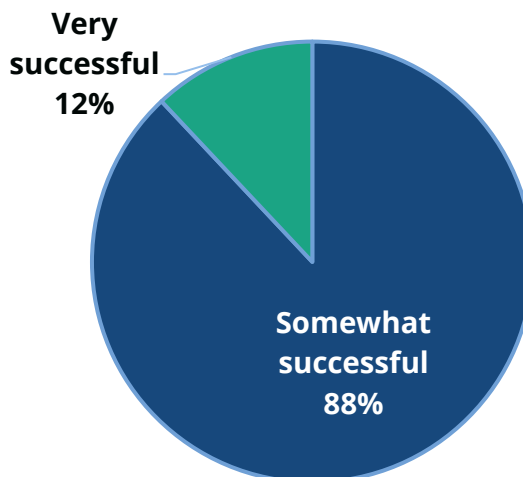


## Evaluation highlights

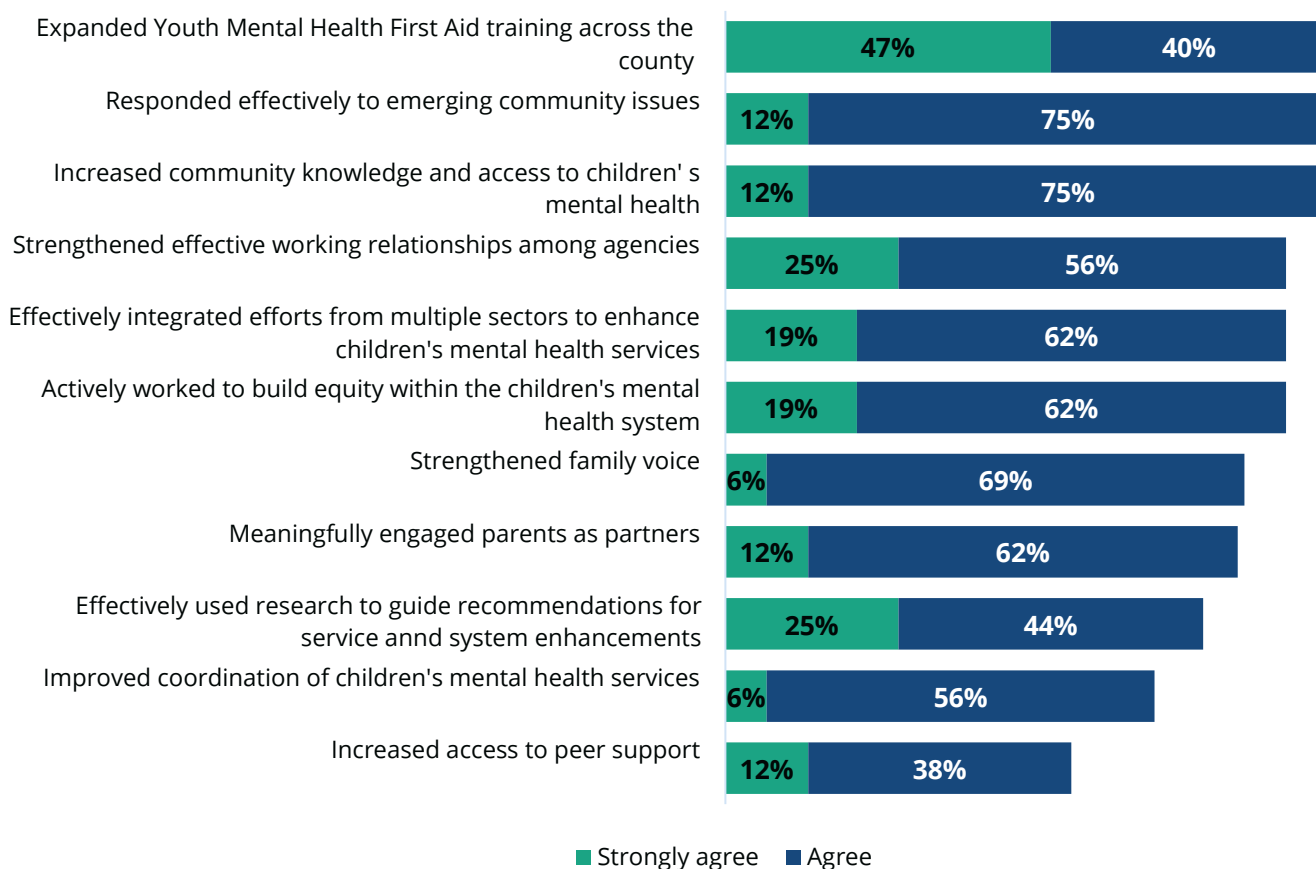
In November 2023, the Collaborative surveyed its members and partners regarding our operations and impact. The results highlight our ongoing progress towards reaching our goals, with perceived impacts of our efforts to expand Youth Mental Health First Aid training, respond to emerging community issues, and increase community knowledge and access.

While the results were positive overall, they also reinforce the need for continued efforts to expand partnerships, engage community, build knowledge, and increase impact.

## Success in achieving mission



## Perceived Collaborative success



## Looking ahead to 2024

The Hennepin County Children's Mental Health Collaborative will continue focusing on the primary concerns identified by parents, namely providing access to culturally and linguistically focused services, with additional focus on building awareness of services, increasing navigation support, and increasing access to peer support. Other core priorities include coordination of mental health services across the county, building a stronger children's mental health workforce, increasing family engagement in the mental health system, and addressing acute mental health needs of County youth.

## Revised 2024 Meeting Schedule

| Committee                                      | Lead                          | Meeting Schedule                                                                                                                                              | Notes                                                                                                                                                                                                                                                       |
|------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Executive Committee</b>                     | Chair or Co-Chairs            | Every first Friday of the month from 9:00-10:30 AM<br><br>No July, September, or December Meetings                                                            | Meetings will take place online, unless otherwise noted.<br><br>Two representatives are needed for the Hennepin County Collaborative Financing Framework Meeting in December 2024.                                                                          |
| <b>Governance Committee</b>                    | Chair or Co-Chairs            | Third Wednesday of the month from 12:00-1:30 PM<br><br><b>Remaining Schedule:</b><br>May 15, 2024<br>September 18, 2024<br>October 16, 2024                   | Quarterly Meetings will take place online, unless otherwise noted.                                                                                                                                                                                          |
| <b>Collaborative Partner/Community Partner</b> | Collaborative Coordinator     | Third Wednesday of the month from 12:00-1:30 PM<br><br><b>Remaining Schedule:</b><br>June 26, 2024 (rescheduled date)<br>August 21, 2024<br>November 20, 2024 | This group includes Governance Committee members, and/or suggested staff from their organization, as well as community partners and organizations focused on children's mental health services.<br><br>This group will meet online, unless otherwise noted. |
| <b>Education &amp; Scholarship Committee</b>   | Collaborative Coordinator     | As Needed, No Regular Schedule.                                                                                                                               | Meetings will take place online, unless otherwise noted.                                                                                                                                                                                                    |
| <b>Coordination Team</b>                       | Collaborative Coordinator     | Every 4 <sup>th</sup> Tuesday from 10-11:30 am                                                                                                                | Meetings will take place online, unless otherwise noted                                                                                                                                                                                                     |
| <b>Parent Catalyst Leadership Group</b>        | PCLG Coordinator              | Every third Saturday at 10 am                                                                                                                                 | Meetings are taking place in person when possible.                                                                                                                                                                                                          |
| <b>Parent Summit &amp; Engagement</b>          | Family Engagement Coordinator | No Regular Schedule                                                                                                                                           |                                                                                                                                                                                                                                                             |
| <b>School-based Mental Health Group</b>        | Mark Sander and Laura Zook    | Every 4 <sup>th</sup> Tuesday at 2:30-4 pm                                                                                                                    | Meetings take place online and in person.                                                                                                                                                                                                                   |

## Governance Committee Meeting Minutes

April 17, 2024

**In Attendance:** Angela Watts, Pat Dale, Asad Dahir, Meredith O'Brien, Debby Wells, Krista Phillips, Monica Long, Pat Vitale, Susie Voss, Andria Daniel, Melanie Hultman, Beth Lovre, Cindy Slowiak, Amy Hanson, Jamie D, Kc Gammage, and Andrea Dale

**Staff:** Laura LaCroix-Dalluhn, Fatima Muhammad, Cheryl Holm-Hansen, Hayley Tompkins, and Stella LaCroix-Dalluhn

### Approval of Meeting Minutes & Agenda

- Krista Phillips moved to approve the March minutes and Andria Daniel seconded. Minutes approved.
- Krista moved to approve the April agenda and Angela Watts seconded. Agenda approved.

### Collaborative Business

- Governance Committee Changes
  - Laura LaCroix-Dalluhn shared that there are some changes in the governance structure. With Cindy Slowiak's upcoming retirement, the Behavioral Health Department would like to have Asad Dahir move into the lead role. Asad would take on Cindy's voting member position and Cindy would move into the alternate role until she retires. Angela moved to move Asad into Cindy's voting member spot and Cindy into the alternate position, and Andria seconded. Motion approved.
  - Angela shared that she will be stepping down as co-chair in May and feels that a co-chair role is no longer necessary for this collaborative. Andria stated she felt we should have a conversation about what this will look like moving forward, she understands that Pat Dale has also been looking at moving on and she wonders how the collaborative will look moving forward. Angela added that we need to work to figure out the role of the executive committee, and she would like to see more autonomy and agency in the executive and governance committees.
- LCTS Report
  - Laura shared that the LCTS report deadline has been postponed until the end of May. Before we submit the report, it will be brought to the governance committee for review and vote in May. Laura shared that the LCTS report is a great way to show the work of the collaborative, where the resources are going, and how we are supporting our priorities.
- 2023 Annual Report
  - Cheryl Holm-Hansen shared that we just produced the report summarizing the work we did in 2023. This report includes information about the PCLG, the family engagement work, the community conversations event, the youth mental health first aid training, the scholarships and training support, the organizations we funded that

address the mental health impacts of community violence, and evaluation highlights. The annual report is included in the meeting resources for further review.

- Proposed Change in Governance Committee Meeting Schedule
  - Laura shared that Collaborative has been discussing how to best utilize our time to move work forward and offered up a new schedule to maximize the current meeting times and expanding time for discussion across sectors. The revised schedule would reduce the number of official Governance Committee meetings (suggesting Governance Committee meetings on May 15th, September 18th, and October 16<sup>th</sup> in 2024). On June 26th, August 21st, and November 20th, we would meet for collaborative/community partner meetings. Krista moved to approve the revised 2024 meeting schedule and Angela seconded. Motion approved. Debby Wells asked to clarify that on the collaborative/community partner meeting days, we could invite any community partner that we feel would help continue our work or add something to the table. Laura answered yes, the intent of these new meetings was to bring people together to discuss children's mental health issues across the county. She mentioned there had been discussion that we don't always have the right people at the table during some our discussion and this new meeting option was an attempt to bring people together. Pat added that this meeting schedule would be on a trial period that would be reassessed after some time, likely at the end of the year.

### **Collaborative Discussion Items**

- Identify organizations and/or providers to highlight their successes of engaging families and or successes engaging young people in children's mental health services.
  - Angela shared that we would now like to discuss opportunities to identify organizations and providers to highlight their programs, successes, or initiatives in May for Mental Health Month. Asad shared that there is a foster care family picnic on May 18th for families and providers, this event helps with engagement and awareness. Fatima Muhammad shared that there is an upcoming [SAMSHA system of care event](#) and encouraged people to look into the schedule and identify workshops they may be interested in. Beth Lovre shared that NAMI has a big campaign coming up, each week we will highlight different departments and programs and they will be going into schools and setting up a shoe booth, where children write messages for people having mental health concerns and receive education about mental health. Debby shared that Robbinsdale is hosting more ACEs NEAR Science training in late May.
- CMHC to Host Discussions Around Coordination of Children's Mental Health Services
  - Laura requested discussion around possible coordination for May's Mental Health Awareness month. She referred to the MN Dept of Health resource in the meeting packet that Fatima had identified. This document outlines resources that can be posted on social media or physically placed around a school or agency. Laura shared that she feels this resource would be great in raising awareness and beginning to work on coordination across the county. Laura stated that she would like to further discuss how we can form consistency in our messaging around children's mental health resources and what role this collaborative can play in that.

Angela stated she felt that NAMI could be helpful in this and asked Beth if that could work. Beth shared that she can look into it and see how we can collaborate. Laura said she will follow up with Beth but would like to do more work around consistent messaging with other collaborative partners as well. Laura suggested that the collaborative's coordination team could create Hennepin County-specific messages and posts and send them out to partners who could then push those resources out. Beth shared that there are currently some great resources within NAMI that would be great to include in those messages, such as the family peer services and the family warm line. Krista shared that a message a month with resources that agencies and organizations could include in their newsletters could be extremely helpful. Laura shared that the coordination team will contact people and start sending out resources next week.

- Laura shared that we have been approached by a number of family service collaboratives in the county asking if we can help do some coordination around children's mental health direct services. In the upcoming family service collaborative coordinator meeting we will get a better understanding of what the changing needs are and how this collaborative can work to raise awareness of services.

#### **Adjournment**

- Krista moved to adjourn the meeting and Angela seconded. Meeting adjourned.