



June 2024

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



June is Pride Month!

Pride Events in Hennepin County

Minnesota's largest Pride Festival will be held Friday, June 28th, through Sunday, June 30th in Loring Park, Minneapolis.

Friday, June 28th, is the first ever **Twin Cities Pride Youth Night** in Loring

Park, Minneapolis for everyone aged 10 to 20. This event features fun drag performances, a DJ, a photo booth, food, drink, and more.

The Twin Cities Pride Festival is open to people of all ages on Saturday, June 29th, from 10:00 AM to 7:00 PM and Sunday, June 30th, from 10:00 AM to 6:00 PM. The festival features many musicians, drag performers, vendors, food and drink options, and more. The Twin Cities Pride Parade is on Sunday, June 30th, from 11:00 AM to 2:00 PM. Learn more about the Twin Cities Pride Festival and Parade [here](#).

The Twin Cities Pride Festival is also hosting a **Rainbow Run 5K** on Sunday, June 30th, at 9:00 AM. Learn more about the Rainbow Run 5K and register [here](#).

Desi Pride

SEWA-AIFW South Asian Queer League (SAQL) and the South Asian Arts and Theatre House (SAATH) are hosting the 4th annual Desi Pride event on Saturday, June 22nd, from 1:00 – 5:00 PM. The event features dancing, a pride march, and a panel discussion. Learn more about Desi Pride [here](#).



LGBTQIA+ Specific Mental Health Resources

If you or someone you know is struggling with acceptance or anything to do with their identity, please utilize these resources.

- GLBT National Hotline: 888-843-4564
- The Trevor Project Hotline: 1-866-488-7386
- DeHQ: LGBTQ Helpline for South Asians: 908-367-3374
- Trans Lifeline: 877-565-8860

Or find a mental health provider that's right for you through the [National Queer & Trans Therapists of Color Directory](#).

Resources for Parents and Families

Parent Leader Meetings

The Collaborative's Parent Catalyst Leadership Group, PCLG, holds monthly meetings to connect, learn, advocate, and inform positive change to improve children's mental health care in Hennepin County.

The next PCLG meeting will be held on July 20th, learn more about the PCLG and how to get involved [here](#) or on Facebook [here](#).

FREE: Wellness Recovery Action Plan (WRAP) Training

Back by popular demand! The Hennepin County Children's Mental Health Collaborative will be hosting a two-day Wellness Recovery Action Plan, WRAP, workshop.

When: August 17th and 18th

Where: The University YMCA, 1801 University Ave SE, Minneapolis, MN 55414

WRAP workshops teach individuals a process for creating the life and wellness you want. The key concepts include hope, self-advocacy, support, education and personal responsibility. WRAP aims to help families manage the daily stressors of life, position you to manage potential crises, increase personal empowerment, improve quality of life, and achieve goals.

Participation is free; and child care and transportation support is available. Register for WRAP training [here](#).

Resources for Parents on Collaborative's Website

Are you looking for mental health resources for yourself or a family member? The Parent Resources page on Hennepin County Children's Mental Health Collaborative's (HCCMHC) website offers access to a variety of mental health services, from crisis resources, to family stabilization services, to connections with case managers. Check out the HCCMHC Parent Resources page to find the right mental health services for you [here](#).

Collaborative News

Community Partner Meeting

This month, Collaborative is hosting a new **Community Partner Meeting** on **June 26th from 12:00 PM to 1:30 PM.**

These meetings aim to bring an array of interested people and experts together to discuss how the children's mental health system can improve. These experts include parents, providers, schools and coordinators.

In June, we will discuss reduced funding for children's mental health services through schools, and discuss opportunities to coordinate services and ensure young people and families can continue to access responsive services.

Join us for this important discussion online via Zoom [here](#).



Youth Mental Health First Aid Training

The Hennepin County Children's Mental Health Collaborative is hosting Youth Mental Health First Aid, YMHFA, training sessions in the late summer and fall. Youth Mental Health First Aid is an eight hour program which introduces participants to risk factors and warning signs of mental health concerns in youth, builds understanding of the importance of intervention, and teaches individuals how to help an adolescent experiencing a mental health challenge.

These FREE trainings will be held Wednesday, August 28th, Wednesday, September 11th, and Wednesday October 23rd from 10:00 AM to 3:00 PM. To learn more or register for these trainings, email PCLG coordinator Hayley Tompkins [here](#).

Scholarship Opportunities

The Hennepin County Children's Mental Health Collaborative offers scholarships and reimbursements for trainings, seminars, and conferences that focus on children's mental health. Scholarships are offered on a first-come-first-serve basis and can be utilized for many upcoming events. To learn more about eligibility and apply for a scholarship, check out the Scholarship and Supports page on the HCCMHC website [here](#).

Resources for Providers on Collaborative Website

The Hennepin County Children's Mental Health Collaborative has compiled a resource list for providers looking to connect clients with culturally and need specific resources. Check out the Provider Resources Page on the HCCMHC website [here](#).

Summer Resources



Family Response & Stabilization Services

If you are feeling overwhelmed by your child’s mental, behavioral, or emotional needs, Family Response can help, with immediate, in-person support and stabilization for youth and their parents and caregivers. Family Response and Stabilization Services, FRSS, are available seven days a week from 7:00 AM to 11:00 PM for families with children from birth to 18 in Hennepin County at no cost. ***Please note, they age has been expanded to include young children birth to age 5, but this may not be reflected on all websites.***

Call **612-979-9511** to get assistance from trained professionals who will work to keep youth and families stable in their homes by helping you determine and connect to the support you need to thrive. Learn more about FRSS [here](#).

Mental Health & Substance Use Care Training

The Washburn Center for Children is hosting a free training on June 24th from 10:00 AM to 12:30 PM focused on flipping the script on cultural gaps in mental health and substance use care. Attendees will gain a better understanding of the connection of mental health and substance use in all communities, learn the historical context of certain drugs including how they were looked at in society and walk away knowing how to best support someone coping with mental health-related substance use. Learn more about this training opportunity and register [here](#).

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2024 Mental Health Legislative & Policy Updates

Several policies passed during the 2024 Legislative Session that will impact how children and families access and receive mental health services in Minnesota. This year, the legislature spent about \$25 million directly on mental health services, workforce support, across many Minnesota state departments.

This summary was created in Reference to [NAMI Minnesota’s 2024 Minnesota Legislative Session Summary of New Laws Affecting Children & Adults with Mental Illnesses and Their Families](#).

Children's Mental Health

- **Medication Administration:** Allows children to prepare and take their own medicines in residential care if supervised by a nurse or staff member. In day treatment programs that do not store medications, a child may keep and take their own if they are evaluated and found that they can do this safely. (chapter 127, article 61, sections 9 and 10)
- **Respite Care:** Expands respite care to families whose children are at risk of hospitalization or residential treatment or who have utilized crisis services or emergency room services, or who have experienced a loss of in-home staffing support. (chapter 127, article 61, section 3) Additional \$2.65 million provided for respite care services. (chapter 127, article 67, section 2)
- **Hospital Mental Health Services:** \$5.8 million provided for inpatient mental health and substance use services in hospitals that are not critical access hospitals, long-term hospitals, or rehabilitation hospitals. (chapter 127, article 67, section 2)
- **LGBTQIA Services:** Appropriates \$1 million provided to the Pfund Foundation to support physical and mental healthcare and social services for LGBTQIA+ people. (chapter 127, article 67, section 2)
- **Tax Equity and Fiscal Responsibility Act (TEFRA) parental fee elimination:** Building on TEFRA reforms of last year, families of kids with mental health conditions will no longer have to pay the TEFRA parental fee.

School Mental Health

- **School-Linked Mental Health Care:** Appropriates an additional \$3 million in FY25 for school-linked behavioral health services. (chapter 127, article 67, section 2)
- **Cell Phone Policy:** Requires schools to adopt a policy on student cell phone use by March 15, 2025. The Minnesota Elementary School Principals Association and the Minnesota Association of Secondary School Principals must collaborate to make best practices available to schools on a range of different strategies to minimize the impact of cell phones on student behavior, mental health, and academic attainment. (chapter 109, article 1, section 1)
- **Mental Health Education:** Requires mental health education for students in 4-12 grade beginning in the 2026-2027 school year. (chapter 109, article 8, section 2)
- **Mental Health Telehealth Appointments:** Requires secondary schools (8-12 grade) to provide access to a space for telehealth appointments. Requires schools to develop a plan and process for students who request space to ensure privacy. Students may use school-issued devices for appointments if it is allowed by school technology policies. (chapter 109, article 3, sections 6 and 7, and article 8, section 4)
- **Statewide Health Education:** Requires MDE to adopt and implement statewide health education standards, which must be followed by schools. "Health related subject areas" include CPR, vaping awareness, cannabis, and substance use education for students 6-12 grade, sex education, and mental health education for students 4-12 grade. (chapter 109, article 2, sections 1-6, and 21-22)

Justice System

- **Age of Delinquency:** Raises the age of when a child may be charged with a delinquent act, from 10 to 13. This law goes into effect on August 1, 2026. (chapter 123, article 4, sections 2, 3, and 5)
- **Juvenile Interrogation:** Makes any confession or statement made by a person under 18 inadmissible in a case, if officers lie to obtain the statement. (chapter 123, article 3, section 16)
- **Youth Support Services Grants:** Appropriates \$500,000 in FY26 for to Anoka, Hennepin, and Ramsey County to provide intervention and support services for youth who encounter law enforcement. Services must include diversion, promotion of prosocial connections, wraparound services, restorative justice, and job skills. (chapter 123, article 1, section 17)

Mental Health Work Force & Billing

- **Mental Health Provider Certification:** Creates a streamlined certification process for providers regarding their clinical and administrative infrastructures. This is for children’s intensive behavioral health services and intensive nonresidential rehabilitative mental health services. (chapter 127, article 61, section 14)
- **Rate Increases:** Increases rates for mental health services after January 1, 2025. For mental health services reimbursed under the resource-based relative value scale (RBRVS) they must be equal to 83 percent of the Medicare Physician Fee Schedule. (chapter 127, article 61, sections 27, 28)
- **Funding for Mental Health Services:** Requires DHS to consult with the Department of Management and Budget, counties, Tribes, mental health providers, and advocacy organizations to develop recommendations for a new children’s and adult mental health grant funding structure. The recommendations must consider a formula-based allocation structure for grants for respite care, school-linked behavioral health, mobile crisis teams, and first episode of psychosis programs. (chapter 127, article 61, section 33)
- **Health-Related Social Needs:** Requires DHS to develop a strategy to address unmet health-related social needs (also called “social determinants of health”) like nutrition support, housing support, case management, and violence prevention. The commissioner may apply for a federal 1115 waiver to reimburse for services (chapter 127, article 51, section 3). Appropriates \$500,000 (chapter 127, article 53, section 2).
- **Children’s Residential Crisis Stabilization:** Requires DHS to consult with providers, advocates, Tribal Nations, counties, people with lived experience as or with a child in a mental health crisis, and other interested community members to develop a medical assistance benefit to provide residential mental health crisis stabilization for children. Report due October 1, 2025, detailing the children’s residential mental health crisis stabilization benefit. (chapter 127, article 61, section 30)

Other Miscellaneous Updates:

- **Health Insurance:** Bans health insurance plans from excluding or restricting coverage of medically necessary gender-affirming care, with some exceptions for employers’ religious objections. (chapter 114, article 1, sections 7-8)
- **Free Phone Calls:** Requires state-operated facilities to provide free phone calls to patients. A facility can offer video communication, email, and other. (chapter 127, article 51, section 1). \$1.3 million in FY25 (chapter 127, article 53, section 2)
- **Emergency Calls:** Clarifies that renters can call 911 in a mental or physical health crisis without being threatened with eviction or other punishments from their landlord. (chapter 118, section 15)
- **Firearms:** Increases criminal penalties for “straw purchases” (buying or selling firearms when the seller is not legally allowed to possess a firearm), a person may show that they were threatened into transferring firearms as a defense against this charge and requires courts to consider circumstances like domestic abuse and harassment or stalking. Effective August 1, 2024. (chapter 127, article 36)