



September 2024

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

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 October 19th, learn more about the PCLG and how to get involved [here](#) or on Facebook [here](#).

Recovery Festival this weekend!

RS EDEN is hosting a free Recovery Festival to celebrate Recovery Month. The festival will feature fun activities, live music, food, and information about resources that support individuals and families. Join us on Saturday, September 28th to celebrate recovery and have some fun! Check out the attached flyer to learn more.



RS EDEN Recovery Festival

SAT., SEPT. 28TH, NOON - 4 PM
RS EDEN - 1025 PORTLAND AVENUE
 EDEN HOUSE PARKING LOT
 MINNEAPOLIS, MN 55404

In celebration of Recovery Month, RS EDEN is hosting a Recovery Festival featuring activities, music, food, information and resources to support all individuals and families.



The Event Will Include:

- Live Music
- Food
- Community Partner Booths
- Rollerblading Show
- Games For All Ages
- Speakers

Community Partners Include:

- Park Ave
- Avivo
- PICA
- Project Child
- Luntunji's Palate
- Ziebart
- KEMP's Ice Cream

FREE TO ATTEND!  www.rseden.org

Youth Justice Behavioral Health Wellness Summit

Do you have experience with the mental health system you want to share to help improve it? Hennepin County Human Services is holding a Youth Justice Behavioral Health Wellness Summit for providers, youth, caregivers, and community members alike to increase awareness and visibility of mental health, provide information on services and resources, and hear how the mental health system can better support youth.

The Summit will take place on October 5th at the Capri Theater in Minneapolis, to learn more, click [here](#).

Suicide Prevention Conference

The International Association for Suicide Prevention is hosting its annual conference in Minneapolis, MN on November 19-22, 2024. The conference will feature key speakers such as Dr. Dan Reidenberg, Patrick Kennedy, and Stephen Fried who will explore mental health, substance use disorders, suicide, and stigma around these topics.

Register [here](#) to join other passionate people in an important conversation about mental health.

Family Response and 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 now **available 24/7** for families with children from birth to 18 in Hennepin County at no cost.

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](#).

Parent and Caregiver Conversation on Substance Use Prevention

Are you a parent or caregiver of a child aged 10 to 14? The Annex Teen Clinic in collaboration with Allina Health is hosting focus groups to hear from parents and caregivers about your questions, concerns, and resource needs related to substance use.

Light dinner and beverages will be served and each family that participates will receive a \$50 stipend. If you or someone you know is interested in attending or learning more, please contact [Sydney Hobart](#).

Background: Allina Health was awarded an Opioid Epidemic Response Advisory Council (OERAC) grant from the Minnesota Department of Human Services (MN DHS) to expand [Health Powered Kids](#) (HPK) and [Change to Chill](#) (CTC) with a focus on expanding and enhancing efforts related to substance use primary prevention among children and youth.

Focus Conversations: Building Better Communities Stories

The Building Better Communities Stories project is holding ongoing focus conversations with Black youth aged 13-19 years old living in Minneapolis. These conversations focus on mental health and wellbeing. To learn more, please email [Kristina Medero](#).

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.

Collaborative News

Recruiting a new Chair for 2025

The Collaborative is recruiting a new Chair. The Chair serves a two year term beginning January 2025. The role description is attached. If you are interested in learning more about this role, you can contact our current chair, Pat Dale, or coordinator, Laura LaCroix-Dalluhn. Please submit interest in writing or through a short video by October 30, 2024. You can find the Chair Role Description [here](#).

Collaborative is hiring a new parent leader coordinator

The Collaborative is recruiting for the Parent Catalyst Leadership Group (PCLG) Coordinator. This is a contracted position, beginning January 2025. Interested persons should submit resume and a letter by October 25, 2025 to Laura LaCroix-Dalluhn at hccmhc@macmh.org. This contracted position is expected to work approximately 10 hours/week for up to \$40,000/annually. You will find the role description [here](#).

Community Partner Meeting

On November 20th, the Children's Mental Health Collaborative of Hennepin County is hosting its Community Partner Meeting 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, coordinators, and people with lived experience.

In November, we will expand on our discussion from June and August's Community Partner Meetings on the 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. We will be exploring some of the feedback, suggestions, and needs shared in our previous discussions. For more information about the Community Partner Meeting, contact our Coordinator, [Laura LaCroix-Dalluhn](#). Join us for this important discussion online via Zoom [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](#).



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.

This FREE training will be held Wednesday October 23rd from 10:00 AM to 3:00 PM. Register [here](#).

Executive Committee Meetings

The Hennepin County Children’s Mental Health Collaborative’s Executive Committee meets monthly to plan future actions and evaluate progress. The next Executive Committee meeting will be held on October 4th from 9:00 AM to 10:30 AM.

Join us online via Zoom [here](#).

Governance Committee Meetings

The Hennepin County Children’s Mental Health Collaborative’s **Governance Committee** will meet October 16th from 12:00-1:30 pm. The Governance Committee will review and discuss its 2025 Budget priorities and activities.

Join us online via Zoom [here](#).

Provider Resources

Resources for Providers on Collaborative Website

Are you a provider looking to expand resources for those you serve? 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](#).