



October 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 November 18th, learn more about the PCLG and how to get involved [here](#) or on Facebook [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 health, 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](#). Or check out the attached flyers in English, Spanish, and Somali to share.

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. [HCCMHC Parent Resources page](#).**

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Collaborative News & Meetings

Recruiting a new Chair for 2025

The Collaborative is recruiting a new Chair to help lead our collective work. The Chair serves a two-year term beginning January 2025. **You can find the Chair Role Description [here](#).**

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 November 1, 2024. The Collaborative will host a meeting on November 13th from 12:30 to 1:30 PM to hear from potential candidates. **Join us to meet with candidates [here](#).**

New leadership and partnerships



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 a resume and a letter of interest by November 1st, 2024 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](#).



New Community Partnerships to Help Strengthen the Hennepin County Children's Mental Health System of Care

The Collaborative is pleased to announce new partnerships with five culturally specific organizations working with parents and families to enhance the effectiveness of children's mental health services and supports. **Our new partners include the [Black Family Blueprint](#), [Latino Youth Development Collaborative \(LYDC\)](#), [Little Earth Residents Association](#), [Rebound Inc.](#), and [Somali Parents Autism Network \(SPAN\)](#).** Together, we will focus on addressing the unique needs of youth, parents, and caregivers from racially and ethnically diverse communities—who are often underrepresented in the mental health system.

These Community Partnerships will be guided by the Family Coordinator, who supports the countywide System of Care's values and services. We look forward to supporting and learning from our partners as we work together to strengthen children's mentalhealth services in Hennepin County.

Meetings & Workgroups

Join the Next 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 with lived experience, providers, schools, and coordinators.

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](#).

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 **November 1st from 9:00 AM to 11:00 AM.**

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

No Collaborative Meetings in December

The Children's Mental Health Collaborative does not have any meetings scheduled in December 2024. We meet again in January 2025.

Awareness Building Initiative through Children's Mental Health Collaborative

Parents in Hennepin County have stated they need support understanding early indicators of mental health in children and youth, understanding what children's mental health services are available, and understanding how to access supports and services. Families continue to struggle with stigma, and cultural stigma, related mental health and substance use challenges. Early intervention in mental health and substance use is particularly important for children exposed to traumatic experiences at a young age.

The Collaborative aims to:

1. reduce the stigma, and cultural stigma, related to mental health and/or substance use challenges;
2. increase awareness about early indicators and signs of mental health and/or substance use challenges among families and youth;
3. promote public awareness on how we can collectively support children, youth and families; and
4. increase support/services families accessing support for their children

If you are interested in joining this new workgroup, please contact [Laura LaCroix-Dalluhn](#).



Youth Mental Health First Aid Training

The Hennepin County Children's Mental Health Collaborative is hosting Youth Mental Health First Aid, YMHFA, training sessions this fall and winter. 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 November 13th and December 11th from 9:00 AM to 3:00 PM. Register [here](#).

2025 Integrated Budget Approved

The Children's Mental Health Collaborative (CMHC) of Hennepin County maintains an integrated budget, which includes funding for partnerships through District 287 and Hennepin County Dept of Community Corrections and Rehabilitation (DOCCR). The Diploma On program, offered through District 287, supports efforts to reconnect young people to education, and is funded through Local Collaborative Time Study (LCTS) funds and district general funds. The DOCCR budget includes LCTS funds and County general funds for programs supporting mental health and wellness for young people and their families who are justice involved.

Resources to support parent and caregiver engagement in the Children's Mental Health Collaborative budget have more than doubled in the 2025 budget. The budget includes \$40,000 for Parent Catalyst Leadership Group (PCLG) activities, events and stipends. This budget was increased \$4,000 this year. We also increased the line item for the new PCLG Coordinator to cover 10 hours week. There is a new budget line for \$40,000 to support engagement and support of families and caregivers who identify as Black, Indigenous or from other racially and culturally diverse communities. These targeted engagement activities are supported by the Family Coordinator.

Parent resources include support for Youth Mental Health First Aid (YMHFA) for adults and parents. Finally, CMHC voted to support the work of a new workgroup focused on Building Awareness about children's mental health.



Now Available: Collaborative Orientation Recording

Are you interested in learning more about the Children’s Mental Health Collaborative of Hennepin County? You can now access the Collaborative’s Orientation for Collaborative members and partners on YouTube. **Learn about what the Collaborative is and what your role as a voting or non-voting member is [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](#).**

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](#).**

