HENNEPIN COUNTY
CHILDREN'S MENTAL HEALTH
COLLABORATIVE

January 2025

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

Resources for Parents and Families

Parent Leadership Opportunities

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. Complete our interest form to join other parents and families across Hennepin County or learn more by filing up our interest form here, or check out our Facebook page here.

Super Saturday: Family Roadtrip to Mental Health

Parents, families and professionals supporting children with mental illnesses can feel overwhelmed as they work to navigate the children's mental health system and find effective care.
Super Saturday is a free virtual half-day conference on **Saturday, February 8th, from 9:00 AM to 1:30 PM** designed to provide practical tools and a supportive community to families and providers.

This free conference is sponsored by **NAMI Minnesota** and **Dakota County**.

Register here!

NAMI
National Alliance on Mental Illness
MINNESOTA

Helping Kids Cope: Tips for Supporting Good Family Mental Health

NAMI is offering a one-hour class that talks about the developmental responses youth may have. We will discuss 5 mental health tips for families and resources in the community.

- **Wednesday, January 15, 2025: 6:30 – 7:30 p.m.** Register here.
- **Tuesday, February 4, 2025: 6:30 – 7:30 p.m.** Register here.
- **Wednesday, February 5, 2025: 6:30 – 7:30 p.m.** Register here.
- **Thursday, February 27, 2025: 6:30 – 7:30 p.m.** Register here.

School Avoidance in Youth with Mental Health Needs by PACER

This workshop will teach parents and others positive interventions to help youth who struggle with school avoidance. It will also cover anxiety, challenging behaviors, and special education.
Wednesday, January 15, 12:00-1:00 p.m.
Register here with PACER.

Stanford Medical: Parenting a Youth Who is Struggling with Suicidal Thoughts

This webinar will provide parents with important information about the characteristics of suicide among youth such as rates, risk and protective factors, and common misconceptions. Parents will learn to recognize warning signs of suicide, and how to start a conversation/ask youth about suicide. Finally, we will explore strategies that parents can use to effectively facilitate safety and reduce the risk of suicide in their youth. The webinar will include a live Q&A session.
Wednesday, January 15, 3:00-4:00 pm
*This session will be recorded, if you are unable to attend.
Registration link here.

Teen & Young Adult (T&YA) Helpline

NAMI National has officially launched the new Teen & Young Adult (T&YA) HelpLine to help with the national mental health crisis.

This free peer-support service provides information, resource referrals, and support to connect with peers who understand their struggles and offer them resources and information that help.

Well-trained supporters are available by phone, text, or chat Monday–Friday, 9 a.m.–9 p.m.

Call 1-800-950-6264, text "Friend" to 62640, or chat at www.nami.org/help if you or someone you know feels sad, anxious, lonely, angry, has trouble sleeping, is going through a difficult time, feels "off," or has questions about mental health.

Consider encouraging your teen to add this into their phone contacts.

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.**

HENNEPIN COUNTY
CHILDREN'S MENTAL HEALTH
COLLABORATIVE

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. Link here.

Research Corner

The Power of Play in Supporting Mental Health

Play is more than just fun—it's essential for children's mental health and development. Research shows play helps kids build emotional resilience, reduce anxiety, and develop strong social connections. Studies like this one from the American Journal of Play highlight how play fosters creativity, problem-solving, and stress relief. Read more about the research here.

At Playworks, we're dedicated to helping children thrive through play-based learning and connection.

Try these strategies at home:

- **Check-in question:** If your mood today were an animal, what would it be? A roaring lion, a busy bee, or a chilled-out sloth." This helps kids express their feelings in a creative and approachable way.
- **Play a Game Together:** Explore the Playworks Game Library to find easy, engaging games like "Popcorn" or "Four Corners" that you can try as a family.

Small moments of play can make a big difference in your child's day!

Collaborative News

Welcome to our new Parent Catalyst Leadership Group Coordinator

The Hennepin County Children's Mental Health Collaborative is excited to announce Porsha Brown, MSW, LICSW has accepted the contracted Parent Catalyst Leadership Group Coordinator position and began working with the Collaborative and the parent leaders earlier this month.

Ms. Brown is an experienced independent licensed clinical social worker and community leader. She has experience working in schools with young people and their families, providing direct services, case management services, and community referrals. She provides supports to other educational staff on approaching behavior with trauma-informed approaches.

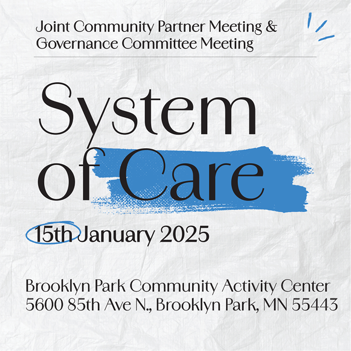
Ms. Brown was a 2020 Josie R. Johnson Leadership Academy Fellow (JRJLA) through the African American Leadership Forum and developed the project "Peace Within", funded through the Community Health Improvement Partnership (CHIP) grant, to address an increase in mental health needs among youth and adults. Ms. Brown's community leadership has strengthened her practice with families, recognizing the power and benefits of nontraditional healers and community engagement.

Welcome Ms. Brown, we are excited to have you join the team!

Joint Community Partner Meeting & Governance Committee Meeting

On January 15, 2025, the Hennepin County Children's Mental Health Collaborative is hosting a joint Community Partner Meeting and Governance Committee from 12:00 PM to 1:30 PM at the Brooklyn Park Community Activity Center.

We are excited to start the year meeting in person with a System of Care Overview and Collaborative Orientation. We will vote for a new Collaborative Chair and members of the Governance Committee.



Joint Community Partner Meeting & Governance Committee Meeting

System of Care

15th January 2025

Brooklyn Park Community Activity Center
5600 85th Ave N., Brooklyn Park, MN 55443

What:	System of Care Overview & Children's Mental Health Collaborative Orientation
When:	January 15, 2025 from 12:00-1:30pm
Where:	Brooklyn Park Community Activity Center 5600 85th Ave N., Brooklyn Park, MN 55443
More:	Feel free to bring your own lunch, but snacks will be provided.

We invite all interested parents, caregivers, and people working to support the mental health and wellbeing of children, youth and families in Hennepin County.

For more information about this joint meeting contact our Coordinator, Laura LaCroix-Dalluhn.

What is a System of Care?

In 2021, the Collaborative adopted a "system of care" approach to guide our work. This approach, widely recognized in mental health, emphasizes a comprehensive network of community-based services and supports aimed at helping children and youth thrive at home, in school, and in their communities.

But the real hallmark of a system of care isn't just the services offered—it's how they're delivered. The approach is anchored in a set of guiding values and principles that shape everything from service design to access and collaboration among community partners. Many of these principles align closely with the Collaborative's mission to foster a more comprehensive, accessible, and coordinated service network for families in Hennepin County.

Our 2025 work plan highlights two core values of a system of care:

1. **Family-Driven, Youth-Guided**
   Families and youth don't just receive services—they help shape them. From individual care to system-wide planning, family and youth voices are essential. The Collaborative will focus on creating meaningful opportunities for advocacy and leadership, ensuring these voices guide our work.

2. **Cultural and Linguistic Competence**
   Building trust and ensuring effective support means honoring the diverse cultural and linguistic identities of the families we serve. Our commitment to engaging Black, Indigenous, and families of color is central to this effort.

Join the Conversation!

This newsletter provides just a snapshot of the system of care approach and its implications for our work. These resources provide more information about the children's mental health system of care approach.

- **Training modules** related to core features of the system of care, developed by the Innovations Institute through the University of Connecticut

- **System of Care training and resource materials** disseminated through the National Training and Technical Assistance Center for Child, Youth, and Family Mental Health (NTTAC)

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 February 7, 2025 from 9:00 AM to 10:30 AM.**

Please contact our Coordinator **Laura LaCroix-Dalluhn**, to learn more.

Training Scholarships Available

Training Scholarships

The Hennepin County Children's Mental Health Collaborative offers scholarships to parents and children's mental health providers for training. Please review the training and scholarship criteria before submitting a request using our online form. Resources are available on a first come, first served basis throughout the year.

Learn more here; https://hccmhc.org/scholarships/.

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; https://hccmhc.org/provider-resources/