



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

## Winter and Holiday Resources

Join the HCCMHC Parent Catalyst Leadership Group for a fun, family friendly night to have dinner, play games, and talk about mental health! Stay to hear a special presentation from Trina Givens-Henry, the Clinical Director and Co-Founder of Healing & Restoration Consulting LLC. Check out the attached flyer to learn more and register [here!](#)

## December 2024

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## Winter Wellness Family Fun Night!

*Hosted by: Parent Catalyst Leadership Group of Hennepin County  
 Children's Mental Health Collaborative*

**Presentation by Trina Givens-Henry, Clinical Director/  
 Co-founder of Healing & Restoration Consulting LLC**

Join us for this family-friendly event!  
 We'll enjoy dinner, play games, relax,  
 and connect about mental health.

Tuesday, December 10th 2024  
 6:00pm-8:00pm  
 Downtown Central Library  
 Doty board room

**Childcare and participation stipends are available!**

*Space is limited, so if you arrange your own  
 childcare, you can also receive a stipend.*



**Space is limited, register now!**

<https://tinyurl.com/yux9cv24>

## Tips for Supporting your Child's Mental Health during the Winter Holidays

The winter holiday season is often portrayed as a time of joy and celebration, but it can also bring added stress and challenges, especially for children. As a parent, it's helpful to plan ahead and support your child's mental well-being during this time. Here are some tips to help you navigate the winter holiday season and promote a healthy and positive environment for your child.

### Maintain Routines:

The winter holiday season can disrupt regular routines, which are fundamental for your child's mental health and stability. Try to maintain consistent mealtimes, bedtimes, and daily activities as much as possible. Consistency provides a sense of security and routine that can help your child feel grounded and manage stress more effectively.

### Encourage Open Communication:

Open communication plays a crucial role in understanding and addressing your child's emotional needs. Throughout the winter holiday season, make it a point to create safe spaces for open discussions. Encourage your child to express their feelings, worries, and concerns, and actively listen to what they have to say without judgment. Validate their emotions and assure them that it's okay to feel overwhelmed or anxious during this time.

### Manage Expectations:

The winter holiday season often comes with high expectations, which can lead to disappointment and added stress. Help your child manage their own expectations by setting realistic goals and discussing potential outcomes. Remind them that it's okay if things don't go exactly as planned and that the most important thing is creating cherished memories together.

### Practice Self-Care Together:

Amidst the winter holiday chaos, try to prioritize self-care for both you and your child. Engage in activities that promote relaxation and overall well-being. This can include taking walks, practicing mindfulness exercises, enjoying creative hobbies, or simply spending quiet moments together. By modeling self-care behaviors, you teach your child the importance of looking after their mental health, helping them develop resilience and coping strategies for the holiday season and beyond.

### Provide a Safe Space and Develop a Plan:

The winter holiday season can be overwhelming for some children, particularly those struggling with mental health challenges. Ensure that your child knows they have a safe space to retreat to when they feel overwhelmed or need a break. Create a place in a room or house where they can unwind, read, listen to music, or engage in calming activities. Develop a plan to help you, your child and family feel safe and connected to support.

### Reminder:

Remember, small gestures of support and understanding can make a world of difference in nurturing your child's well-being, both during the winter holidays and throughout the year.

## Holiday Resources

Families can often feel overwhelmed during the winter holidays. There are a number of important resources available to families throughout Hennepin County; [HCCMHC Parent Resources page](#).

# 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. Learn more about the PCLG and how to get involved [here](#) or on Facebook [here](#).

## New leadership and Partnership



## Awareness Building Initiative through Children’s Mental Health Collaborative

Parents in Hennepin County have stated they need support understanding early indicators of concerns, 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 workgroup, please contact [Laura LaCroix-Dalluhn](#). The next meeting is January 8, 2025 from 2:00-3:30 pm via Zoom. Laura’s email: [laura@lacroixdalluhnconsulting.com](mailto:laura@lacroixdalluhnconsulting.com)

## 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](#).

## Resources for Parents on Collaborative’s Website

If you are feeling overwhelmed by 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.

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# Collaborative News

## 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 an orientation to the Collaborative and System of Care – and discuss a shared plan for the year!

**What:** Children’s Mental Health Collaborative Orientation & System of Care Overview

**When:** January 15, 2025 from 12:00-1:30 PM

**Where:** Brooklyn Park Community Activity Center  
5600 85th Ave N,  
Brooklyn Park, MN 55443

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](#).



## 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.

**What:** FREE Youth Mental Health First Aid Training

**When:** December 11, 2025 from 9:00 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 January 3, 2025 from 9:00 AM to 10:30 AM.

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

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# 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](#).