



May 2025

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

## National Children's Mental Health Awareness Day, a Family Event Hosted on May 8th, 2025

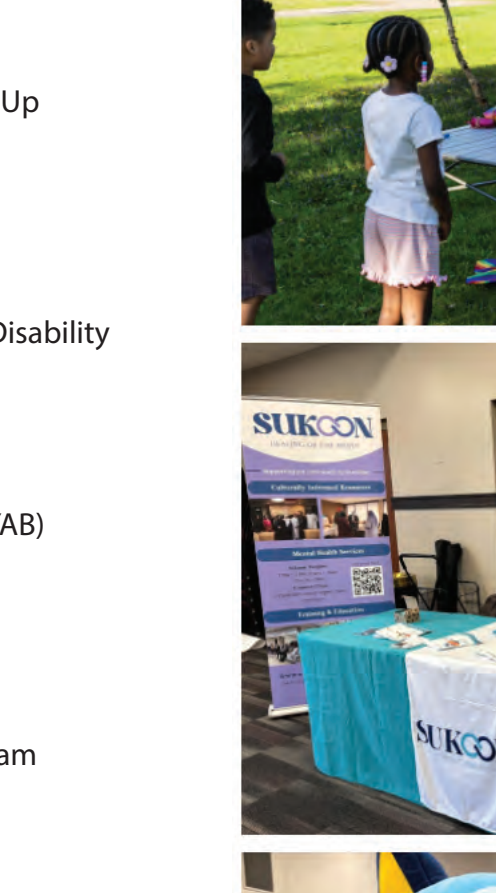
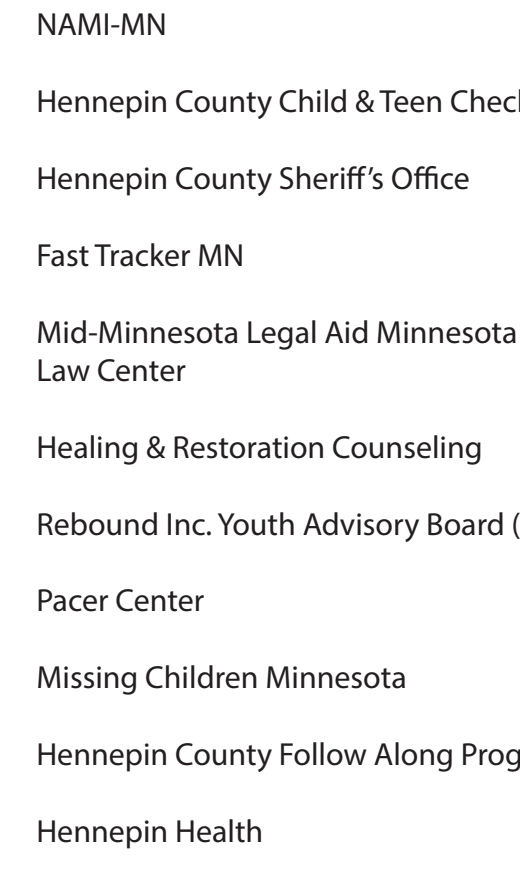
National Children's Mental Health Awareness Day (SAMHSA) to raise awareness about the importance of children's mental health and well-being. To honor this day, the Hennepin County Children's Mental Health Collaborative hosted a community event focused on whole family wellness at the Brooklyn Park Community Activity Center. This free, family-friendly event provided valuable resources and information, alongside a variety of fun and engaging activities for children, youth, and caregivers.



The event was open to all Hennepin County families, and was attended by **89 adults** and **67 children**.

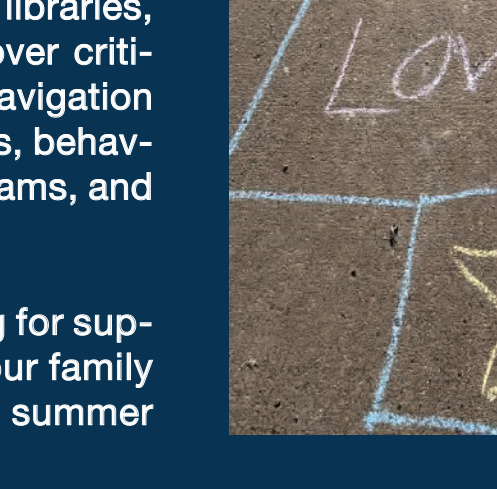
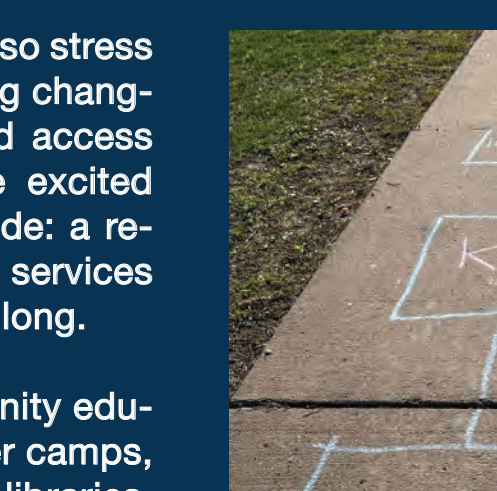
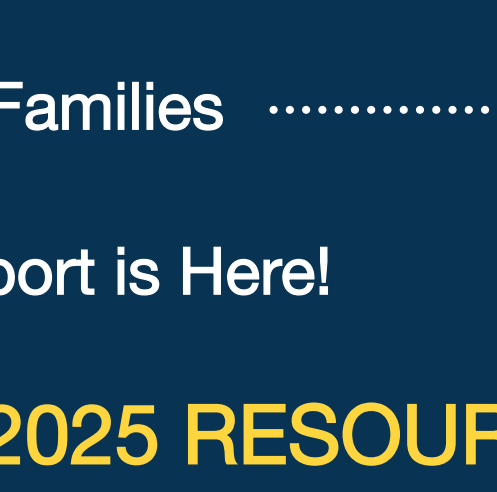
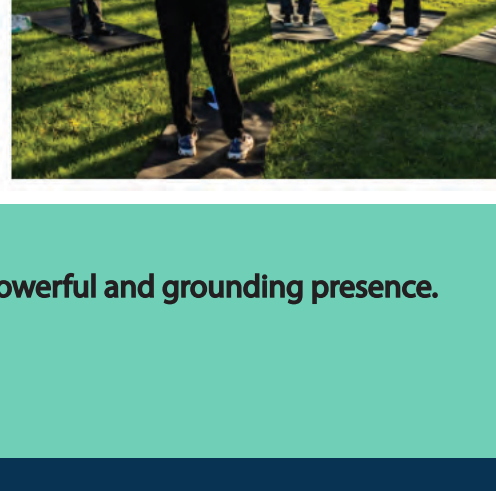
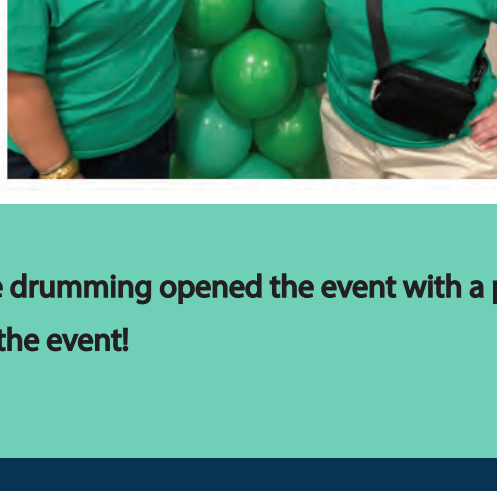
The event included a wide array of wellness activities, including:

- Resource fair
- Dynamic speakers
- Food trucks
- Giveaways, including free books and a raffle
- Interactive games
- Face painting
- Balloon twists
- Live DJ and entertainment
- Family-focused yoga
- And more!



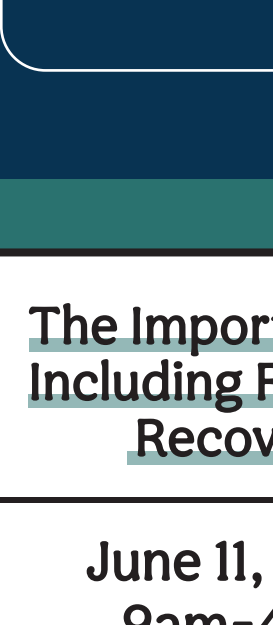
- Exhibitors**
- Hennepin County Parent Catalyst Leadership Group (PCLG)
  - Change Inc.
  - NAMI-MN
  - Hennepin County Child & Teen Check Up
  - Hennepin County Sheriff's Office
  - Fast Tracker MN
  - Mid-Minnesota Legal Aid Minnesota Disability Law Center
  - Healing & Restoration Counseling
  - Rebound Inc. Youth Advisory Board (YAB)
  - Pacer Center
  - Missing Children Minnesota
  - Hennepin County Follow Along Program
  - Hennepin Health
  - University of Minnesota Extension – SNAP-Ed Extension
  - Change to Chill, Alliance Health
  - MN Tobacco Free Alliance
  - Sukoon Healing of the Minds
  - Hennepin County COPE
  - Community Partnership Collaborative 2.0 (CPC 2.0)

- Activity Vendors**
- Playworks
  - Face Paint for Fun
  - Phillip Owens (family yoga)
  - Story Orchard
  - Karni Krew



Special thanks to Donald Blackhawk and his son, whose drumming opened the event with a powerful and grounding presence. And to our many AMAZING volunteers who supported the event!

## Resources for Parents and Families



## Summer Support is Here! *Introducing the* **SUMMER 2025 RESOURCE GUIDE**

Summer can bring sunshine and joy, but also stress for parents and pregnant people navigating changing routines, childcare needs, and limited access to consistent support. That's why we're excited to share our 2025 Summer Resource Guide: a resource packed with helpful programs and services to support you and your family all season long.

Attached, you'll find resources on community education programs, youth programs, summer camps, regional parks and rec offerings, county libraries, and free summer meals. You'll also discover critical connections to financial and legal navigation services, health care and housing supports, behavioral health resources, home visiting programs, and parent support options.

Whether you're planning for fun or looking for support, this guide is here to help you and your family feel safe, supported, and connected all summer long.



### [See Summer 2025 Resource Guide Attached](#)

#### *Shortcuts:*

Children & Youth  
Mental Wellbeing  
Activities

Find Mental Health  
Services

Family Response &  
Stabilization Services

Help Me Connect  
to Local Resources

Family Home  
Visiting

School-Linked  
Mental Health Services

### [The Importance of Including Family in Recovery](#)

**June 11, 2025**  
**9am-4pm**

Champlin Park High School  
6025 109th Ave N, Champlin, MN 55316

#### Presentations will include:

- Providing Culturally Responsive Care to Families Impacted by Addiction
- Multiple Pathways for Family Recovery
- How Family Recovery can Assist with Grief and Loss
- How the Criminal Justice System can Assist with Recovery
- Integrating Families in the Recovery Process
- Incorporating Peer Recovery Services in the Recovery Process

Thrive! Family Recovery Resources is hosting an engaging discussion on the importance of including family in the recovery process. This event will foster dialogue between families and professionals, and provide valuable insights and practical tips on how families can support their loved ones on their journey to recovery. Whether you're a parent, sibling, friend or professional serving your community, this event is for anyone looking to learn more about how to better incorporate family into the recovery process.

Don't miss out on this opportunity to connect with others and gain a better understanding of how family support can make a difference. CEU's will be provided.

**\$40** - The registration fee includes lunch and CEUs.

[Register Here](#)

## FREE Youth Mental Health First Aid

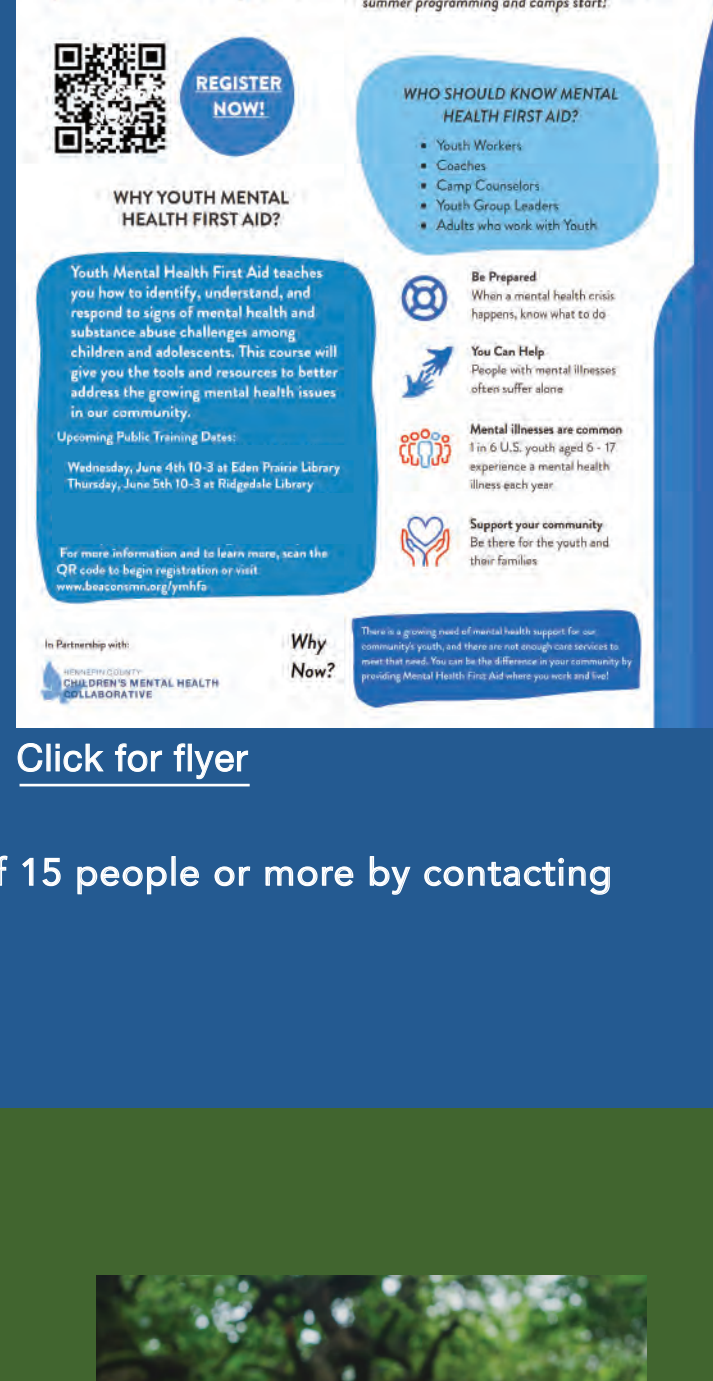
The Collaborative is partnering with the YMCA Beacons to offer Youth Mental Health First Aid training to youth workers, coaches and adults working with youth in after school, community and summer programs. This training is designed to help adults identify, understand, and respond to the signs of mental health and substance use.

A number of public training dates have been identified this spring and are available free. Registration and additional information can be found here:

**Wednesday, June 4th 10-3 at Eden Prairie Library**  
**Thursday, June 5th 10-3 at Ridgedale Library**

[Register Here](#)

Organizations may schedule their own training for teams of 15 people or more by contacting Beacon's directly at [ymhfa@beaconsmn.org](mailto:ymhfa@beaconsmn.org).



[Click for flyer](#)

## Resources for Families and Communities with Mixed Immigration Status

Families with mixed immigration status are encouraged to know your rights to best support the health and wellbeing of children and families. As families are facing potential interactions with immigration authorities, stress increases and it's important to make plans.

The Immigrant Legal Resource Center has created a number of tools and resources to help families plan for possible interactions with immigration; <https://www.ilrc.org/resources/community/know-your-rights-toolkit>.

These resources are available in multiple languages and include:

- Red Cards on Your Rights; <https://www.ilrc.org/red-cards-tarjetas-rojas>
- Educational Videos on Your Rights; <https://www.wehaverrights.us/spanish>

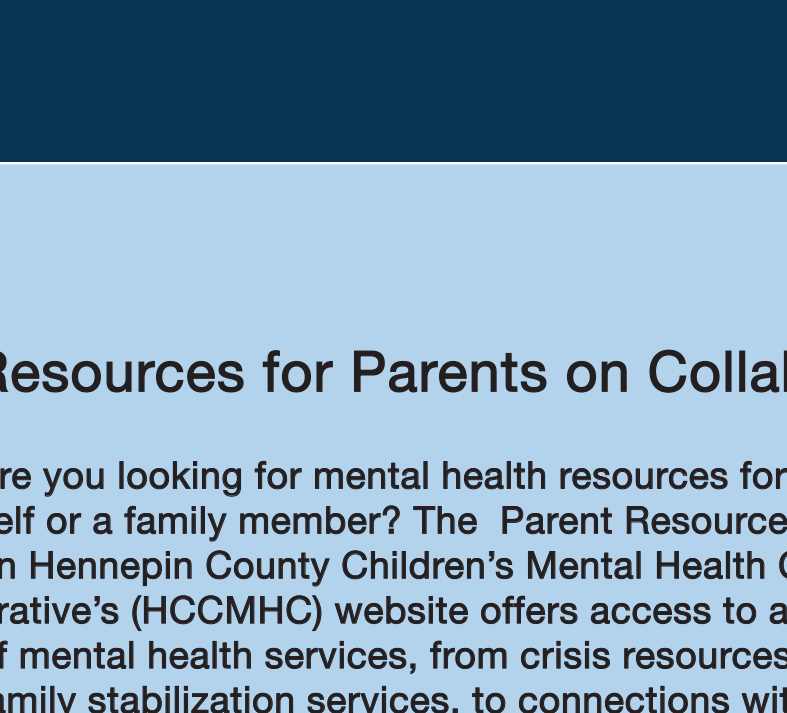
Some families are preparing by completing a **Delegation of Parental Authority** in case they are unable to return home or remain together. This website can be translated from English into Spanish/Español, Hmong/Hmoob, and Somali/Soomaali.

## Supporting Young Children who are Afraid of a Parent's Deportation

Infant and child mental health professionals from the University of Minnesota and Association for Children's Mental Health created a pamphlet, **When children are afraid of a parent's deportation**, in response to the growing need of what adults can do to support children who are afraid of a parent or other loved ones being deported. Available for download in English, Spanish, and Korean, the pamphlet provides concrete steps a parent or caregiver can use to discuss and plan for possible interruptions in caregiving relationships.

## Cultural Provider Network Podcast

Supported by The Minnesota Association for Children's Mental Health - MACMH



The mission of the podcast is to reach diverse audiences and communities to promote policies, practices, standards, and research that improve the health of children and their families with a focus on culturally responsive care. The podcast features interviews with 10 providers from diverse cultural backgrounds as they share how they prioritize humble, authentic support for all people seeking to optimize their mental health journeys, while promoting their individual wellbeing and sustainability in the field as professionals.

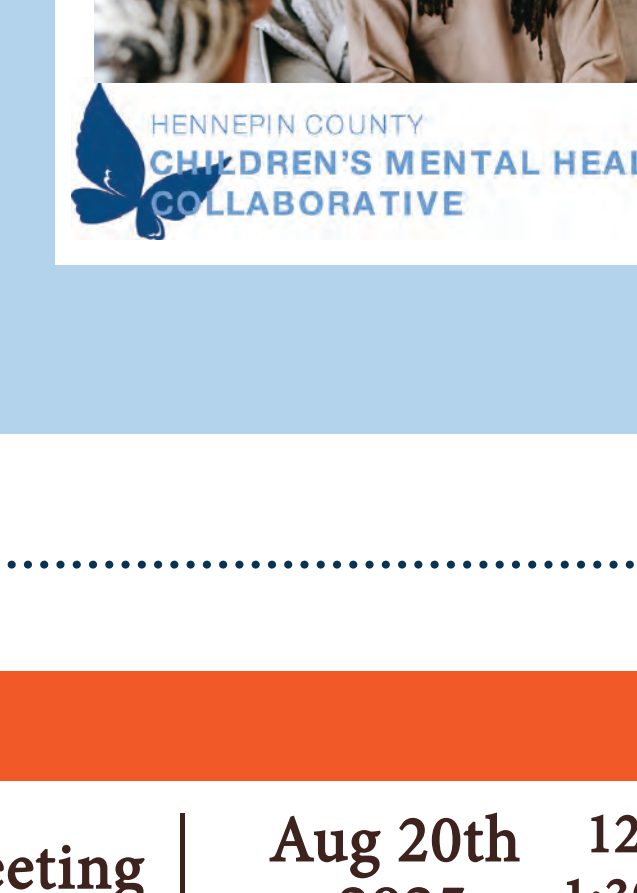
View the podcast on the MACMH website  
<https://macmh.org/cultural-providers-network/>

## 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 filling up our interest form [here](#), or check out our Facebook page [here](#).

### Be a part of our success!

PCLG members successfully submitted two session proposals for the 2025 Child & Adolescent Health Conference, hosted by the Minnesota Association for Children's Mental Health (MACMH). These sessions focus on promoting parent and caregiver engagement in mental health services and highlight the vital role of partnering with families when supporting children facing mental health challenges. This effort reflects PCLG's ongoing effectiveness in strengthening understanding and collaboration in children's mental health care in Hennepin County.



## 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.

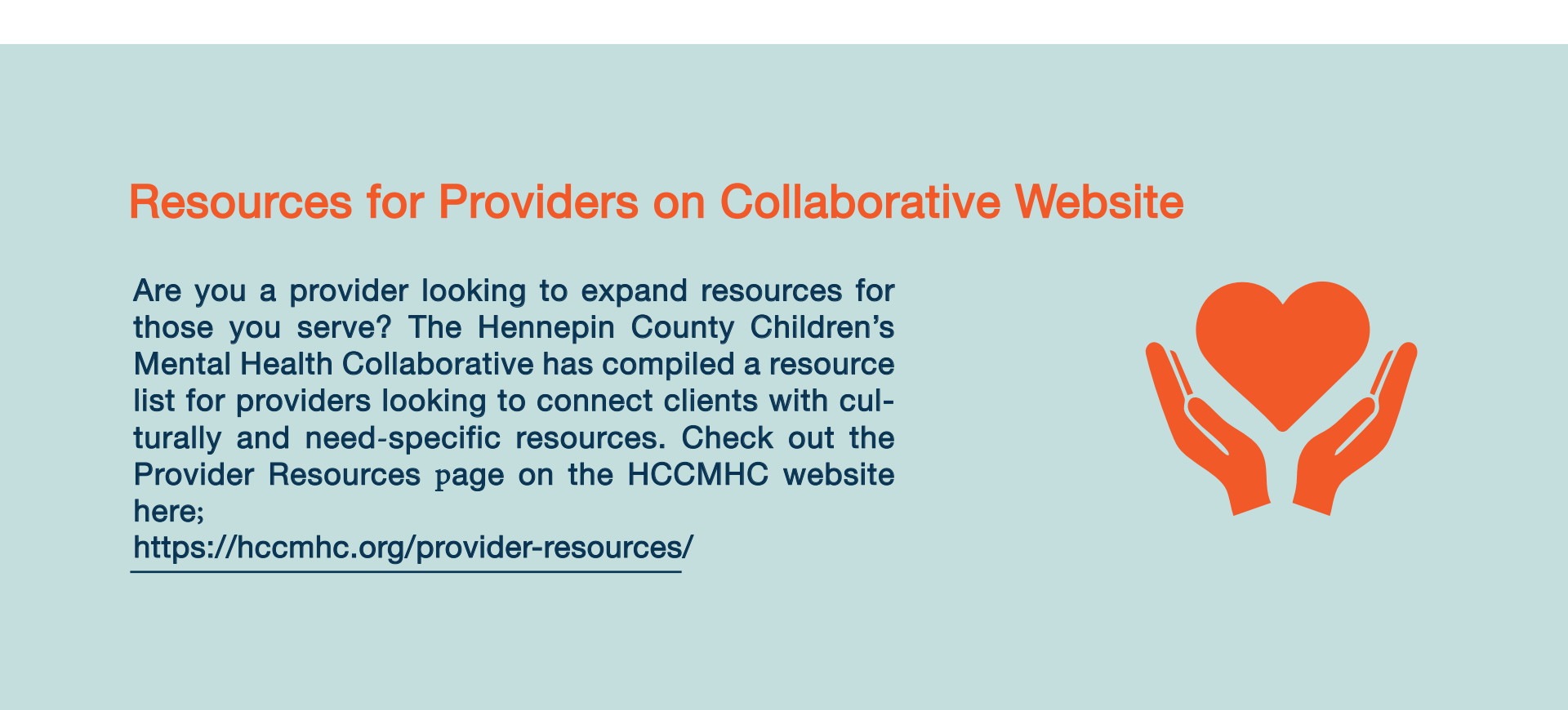
Check out the HCCMHC Parent Resources page to find the right mental health services for you. Link [here](#).



## Collaborative News

## Collaborative Community Partner Meeting

**Aug 20th**  
**2025**  
**12pm-1:30pm**



The Collaborative Community Partner Meeting on May 21st focused on Supporting Families Through Summer and Beyond. A big shout out to our speakers who shared expected budget changes in school districts to children's mental health services and Children's Minnesota's continuum of services.

- ◆ Megan Hickey, Student Services, Minneapolis Public Schools
- ◆ Brooke Roper, Board of Education, Hopkins Public Schools
- ◆ Fhonda Contreras, Special Services, Hopkins Public Schools
- ◆ Anna Bohlinger, Partial Hospitalization Services, Children's Minnesota

Check out the [summer guide](#) for resources this summer and as you plan for the fall.

## 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 meetings will be held on June 6th, 2025 from 9:00 AM to 10:30 AM.

Please contact the Collaborative Coordinator, Laura LaCroix-Dalluhn, to learn more or gain information to participate in meetings.



## 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://hccmh.org/provider-resources/);

