

May 2014

Family Resource Guide



A guide to
children's mental
health resources
and family
services in
Ramsey County



**Ramsey County Children's
Mental Health Collaborative
(RCCMHC)**



Who do I talk to? What do I ask?

Thank you for coming to the 2014 RCCMHC Family Resource Fair! We know that sometimes it can be overwhelming to walk into a room full of strangers and try to get answers to your questions. It can be hard to talk to someone if you feel like your situation is private or embarrassing or if you think your child's behavior makes you seem like a bad parent.

It can also be confusing to hear phrases you don't understand. Sometimes providers use words that mostly sound like a whole bunch of letters (ADHD...CBT...IEP...)!

Maybe you feel like you don't even know where to start or what questions to ask!

Don't worry!

Many of us have been in your situation before and we are here to help. This Family Resource Guide can help you figure out who to talk to and what to ask. On many pages, there are "parent to parent tips" that you can read when you get back home. There's also contact information for every agency that is here today. So don't worry if you lose a business card or you can't remember someone's name. It's all inside.

What can I do at the resource fair?

- Grab a pen/ pencil so you can take notes!
- Visit each of the 50 agencies- use this guide to help you ask the right questions
- Get free mental health or other health screenings for your child
- Get a free Bridge to Benefits screening- find out what programs you qualify for.
- Have dinner with your family 😊
- "Ask the Dr." or "Ask the Pharmacist"
- Introduce yourself to someone in a green RCCMHC t-shirt. (staff or volunteer)
- Sign up for raffle prizes- they will be given away every 30 minutes
- Ask lots of questions- even if you think they might "sound stupid".
- Enjoy the demonstrations every 30 min- you won't want to miss any!
- Get a free family portrait with SpacePix in the lobby
- We know that kids are so much more than just a diagnosis! Explore the mini-art gallery and enjoy some of our kids' talents.

180 Degrees, Inc.

| | | | | |
|----------------|--|----------------|--|----------|
| Website | www.180degrees.org | Email | nicole@180degrees.org | 1 |
| Phone | 651-332-5511 | Address | 1301 E 7 th St St Paul MN 55106 | |

What mental health/behavioral health services do you provide?

Chemical Health Assessment, Cultural connections, Juvenile Justice/ Diversionary Programs, Mental Health Assessment, Out-patient Treatment, Outreach/Education and Awareness, School support, Support Groups-Children, Support Groups-Parents, Therapy, Youth activities, Youth independent living/skills building, Youth job training/connections, Youth mentor/behavioral aid (This includes our partners, African American Wellness Center and Su Familia.)



Who do you serve?

Families, Children- Elementary to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong

In addition to the services listed above, ask 180 Degrees, Inc. about these programs:

- Resiliency Mentoring
- Wrap Around

My Notes: _____

You are not alone.

1 in 5 children have a diagnosable mental health disorder. One in 10 youth have serious mental health problems that are severe enough to impair how they function at home, in school, or in the community.

AccountAbility Minnesota

| | | | | |
|----------------|--|----------------|--|----------|
| Website | www.accountabilitymn.org | Email | contact@accountabilitymn.org | 2 |
| Phone | 651-287-0187 | Address | 2610 University Ave. W. Ste. 450 St Paul MN 55114 | |

What services do you provide?

FREE tax services by a professional tax preparer. Individuals whose income is \$30,000 or less and families with incomes \$53,000 or less and self-employed individuals with household incomes of \$53,000 or less are eligible. Financial services include savings accounts, prepaid debit cards, free credit reports, benefits screening and one-on-one help with planning your finances.

Who do you serve?

Families, Parents/Caregivers, Taxpayers

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask AccountAbility Minnesota about:

- Understanding your credit report
- What tax credits could I get?



My Notes: _____

It's easy to know when your child has a fever or a stomachache but mental health problems can be harder to identify.

Full diagnostic and clinical assessments will be necessary to identify whether or not your child has a diagnosable mental disorder. Some possible diagnoses are: ADHD, anxiety disorder, autism, bi-polar disorder, conduct disorder, eating disorder, learning disorder, mood disorders, obsessive compulsive disorder, oppositional defiant disorder, schizophrenia, substance abuse... Some of these are very common and others are not common. Sometimes a child has more than one.

Ain Dah Yung Center

| | | | | |
|----------------|--|----------------|--|----------|
| Website | www.adycenter.org | Email | angela.gauthier@adycenter.org | 3 |
| Phone | 651-227-4184 | Address | 1089 Portland Ave St Paul, MN 55104 | |

What mental health/behavioral health services do you provide?

Case Management, Cultural connections, Family Advocacy, Housing, Youth activities, Emergency Shelter, Street Outreach, Support Groups- Parents and Transitional Living

Who do you serve?

Families, Children- Elementary to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask Ain Dah Yung Center about these programs:

- Our Children Program
- Case management for American Indian children



My Notes: _____

**Mental health disorders are
DIAGNOSABLE and TREATABLE**
About half of all lifetime mental health disorders start by the mid-teens. Early diagnosis and intervention are important. If you have concerns, don't wait!

Allina Health

| | | | | |
|----------------|---|----------------|---|----------|
| Website | http://www.allinahealth.org/ | Email | | 4 |
| Phone | 651-241-8694 | Address | 333 N. Smith Avenue St. Paul, MN 54022 | |

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Crisis Intervention, In-patient Treatment, Medication Management, Mental Health Assessment, Out-patient Treatment, Therapy

Abbott Northwest Hospital: Mental Health Emergency: 800 E. 28th St.; Minneapolis, MN 55407 – Accepts under age 12 and adolescent. Depending on the child's age, may need to go through the Children's ER for admission.

United Hospital: Mental Health Emergency: 333 North Smith Ave; St. Paul, MN 55102- Accepts only adolescents ages 12-18 and adults.

Who do you serve?

Families, Children, Elementary School, Children, Middle School, Children, High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong, Somali, Russian

In addition to the services listed above, ask Allina about:

- MY CHART
- Online family health manager
- Care Coordination
- How do I choose a therapist?



My Notes: _____

Parent to Parent TIP

Doctors' visits can be confusing or overwhelming- especially when discussing medicines or referrals. Take notes if possible. Find out if your clinic lets you email your doctor. It's a lot easier to read and re-read an email or to look up a word you don't understand. Some clinics also offer an "online patient file" that lets you read a summary of your child's visit, a list of medications and lab results etc. Ask your clinic to help you set this up and practice using it.

Amicus/ VOA

| | | | | |
|---------|--|---------|--|---|
| Website | www.amicususa.org | Email | jerome.graham@voamn.org | 5 |
| Phone | 612-877-4250 | Address | 3041 4th Ave. South Minneapolis MN 55408 | |



What mental health/behavioral health services do you provide?

Case Management, Crisis Intervention, Cultural connections, Family Activities, Family Advocacy, Outreach/Education and Awareness, School support, Youth activities, Youth independent living/skills building, Youth job training/connections, Youth mentor/behavioral aid

Who do you serve?

Families, Children,-High School, Young Adults

In what languages are your services provided?

English

In addition to the services listed above, ask Amicus about these programs:

- MAP Project
- Radius for girls in juvenile justice system (ages 12-18)
- Mentors for at-risk youth

My Notes: _____

Parent to Parent TIP

You don't have to be the only adult in your child's life. Reach out to Grandparents, Uncles, Aunts, Godparents, faith leaders, youth group leaders, teachers, etc. If you don't have a wide support network, call a youth mentor group. An extra adult or two can make a huge difference!

Big Brothers Big Sisters of the Greater Twin Cities

| | | | | |
|----------------|--|----------------|--|----------|
| Website | www.bigstwincities.org | Email | jsetley@bigstwincities.org | 6 |
| Phone | 651-789-2400 | Address | 2550 University Ave. West, Suite 410N St Paul MN 55114 | |

What mental health/behavioral health services do you provide?

Youth mentor. BBBS enrolls children between the ages of 8 and 12, but once they are in the program, they can continue to participate until they are 18 and graduate from High School.

Who do you serve?

Children- Elementary to High School

In what languages are your services provided?

English, Spanish, Hmong

In addition to the services listed above, ask Big Brothers Big Sisters about these programs:

- School based mentoring & college resources
- Wellness for Life
- Education and Enrichment opportunities for children aged 12 and up



My Notes: _____

Canvas Health

| | | | | |
|----------------|---|----------------|---|----------|
| Website | http://www.canvashealth.org/ | Email | | 7 |
| Phone | (651) 777-5222 | Address | West St Paul, Oakdale, Forest Lake, Stillwater, Cottage Grove, Oak Park Heights, North Branch | |

What mental health/behavioral health services do you provide?

Chemical Health Assessment, Crisis Intervention, Cultural connections, Mental Health Assessment, Out-patient Treatment, Therapy

Who do you serve?

Families, Children, Preschool, Children, Elementary School, Children, Middle School, Children, High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong, Somali

In addition to the services listed above, ask Canvas Health about:

- How do I get a psychiatrist for my child?
- What is your transition-age program?
- What kind of family therapy do you offer? What would work best for my family?
- What treatment do you offer for substance abuse (drinking, drugs etc.)?

Parent to Parent TIP

Trust your instincts.
Get a second opinion.
(Or a third.)

Don't give up too soon,
but if plan A is clearly
not working, try plan B.

My Notes:

Catholic Charities of Saint Paul and Minneapolis

| | | | | |
|----------------|---|----------------|--|----------|
| Website | http://www.cctwincities.org/ | Email | | 8 |
| Phone | 612-204-8500 | Address | | |



What mental health/behavioral health services do you provide?

Case Management, Crisis Intervention, Crisis Planning, Housing, In-patient Treatment, Out-patient Treatment, Support Groups-Parents, Therapy,

Who do you serve?

Families, Children- Elementary to High school, and Parents/caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask Catholic Charities about these programs:

- Affordable childcare
- Dad’s Connection and Mom’s Connection Support Groups

My Notes: _____

Center for Inclusive Childcare

| | | | | |
|----------------|---|----------------|---|----------|
| Website | http://www.inclusivechildcare.org/ | Email | | 9 |
| Phone | 612-998-0409 | Address | 1282 Concordia Avenue St. Paul, MN 55104 | |

What mental health/behavioral health services do you provide?

Inclusion Consultation and Coaching

Who do you serve?

Children-Preschool, Parents/Caregivers


In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask the Center for Inclusive Child Care about:

- Self-Study Courses (one CEU/10 clock hours per course)
- What is Parent Aware?

**Parent to Parent
TIP**



Make Google your friend. Most of the time, information will not be given to you. You are going to have to search for it. Some of the info you find will be wrong. It’s ok. Keep looking.

My Notes: _____

Children's Defense Fund Minnesota

Bridge to Benefits Screening

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://mn.bridgetobenefits.org/ | Email | hogenson@cdf-mn.org | 10 |
| Phone | 651-855-1175 | Address | 555 Park Street, Suite 410 St Paul MN 55103 | |

What services do you provide?

Basic Needs Assessment, Screening for work support program and tax credit eligibility

Who do you serve?

Everyone

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask Children’s Defense Fund MN about:

- How do I get a Bridge to Benefits screening? What will it show me?
- Low cost home internet service
- Child care assistance



My Notes: _____

Parent to Parent TIP

Keep a behavior diary. Write down how your child acts. Write down where it happens, when it happens and why. Your notes can be very helpful in getting the right diagnosis and treatment.

Children's Theraplay

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.ctplaymn.com/ | Email | kristin@childrenstheraplaymn.com | 11 |
| Phone | 651.773.0354 | Address | 2399 Ariel Street N, Suite A Maplewood MN 55109 | |

What mental health/behavioral health services do you provide?

Occupational Therapy, Physical Therapy, Speech Therapy

Who do you serve?

Children- Infants to Middle School

In what languages are your services provided?

English, Interpreters available

In addition to the services listed above, ask Children's Theraplay:

- What do you do for in-home therapy?
- Tell me about your groups: Social Skills, Sensory Adventures etc.
- What's animal assisted therapy?
- Why do these therapies work?
- Do these therapies work for everybody or do some diagnoses get better results?

Parent to Parent TIP

Put all of your notes and records in a binder. Buy a hole-puncher so you can easily add information. Put your crisis plan in the binder. You could even put this directory in your binder. Everything should be in one place!

My Notes: _____

Parent to Parent TIP

You will probably be your own hardest critic. You may feel guilt or embarrassment or shame. If you do, take a step back and look at the big picture. Talk to someone who understands mental health so you can get a different perspective. Don't let negative thinking get you stuck. Move forward with confidence and hope.

Coordinated Access to Housing and Shelter (CAHS)

| | | | | |
|----------------|--------------|----------------|--|-----------|
| Website | | Email | | 12 |
| Phone | 651-215-2262 | Address | Woodland Hills Church 1740 Van Dyke St, Maplewood | |

What services do you provide?

Homeless families complete an assessment. Families that do not have any other options may be referred to shelter or placed on a waiting list if no shelter beds are available. Families that complete this assessment may be referred to housing programs such as Rapid Re-Housing, Transitional Housing, or Permanent Supportive Housing programs.

Who do you serve?

Families

In what languages are your services provided?

English

In addition to the services listed above, ask CAHS about:

- Can I do my screening over the phone?
- What if I can't afford to take a bus to Maplewood?
- How long do families usually wait on a waiting list?



My Notes: _____

Parent to Parent TIP

Ask yourself... "Who is part of my support team and WHY?" Choose your support team based on what they can offer and how supportive they are able to be. Remember: your support team doesn't have to be only friends and family.

Cub Pharmacy

“Ask the Pharmacist” and Health Screenings

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | https://www.cub.com/pharmacy.html | Email | | 13 |
| Phone | | Address | | |



What services do you provide?

See questions below

Who do you serve?

Families

In what languages are your services provided?

English (and interpretive telephone services)

In addition to the services listed above, ask the Cub Pharmacist about:

- Medication questions
- Where can I find a Stay Healthy Health Kiosk?
- What chronic conditions consultations do you offer?
- What health screenings do you offer?
- What is FlavorX?
- How do your interpretive telephone services work?
- How do I sign up for a Cub Card and how does that help me?

My Notes: _____

Parent to Parent TIP

Your child may see several doctors, who may not know all the drugs and supplements he/she is taking. If you fill all your prescriptions at the same pharmacy, your pharmacist can make sure everything is compatible and safe.

Equilibrium/ Guild Incorporated

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://guildincorporated.org/ | Email | info@guildincorporated.org | 14 |
| Phone | 651-291-0067 | Address | 130 S Wabasha Street, Suite 100 St Paul, MN 55107 | |

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Crisis Intervention, Medication Management, Mental Health Assessment, Out-patient Treatment, School support, Therapy, Youth independent living/skills building, Youth job training/connections, Youth mentor/behavioral aid

Who do you serve?

Children- High School, Young Adults

In what languages are your services provided?

English, Translators as needed

In addition to the services listed above, ask Guild Incorporated about these programs:

- Equilibrium and ACT services
- Transition from teen to adult



My Notes: _____

Face to Face Health & Counseling Services, Inc.

| | | | | |
|----------------|--|----------------|-------------------------------------|-----------|
| Website | www.face2face.org | Email | | 15 |
| Phone | 651-772-5555 | Address | 1165 Arcade St. St Paul MN 55106 | |

What mental health/behavioral health services do you provide?

Case Management, Out-patient Treatment, Therapy, Wrap Around, Intensive in-home therapy



Who do you serve?

Families, Children- Middle School to High School, Young Adults

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask Face to Face:

- What's Safezone?
- What happens in a walk-in mental health visit?
- How do we pay?

My Notes: _____

Father Project

| | | | | |
|----------------|---|----------------|---|-----------|
| Website | http://www.goodwilleasterseals.org/site/PageServer?pagename=serv_other_father | Email | | 16 |
| Phone | 651 3795884 | Address | 553 N. Fairview a\Ave St Paul MN 55104 | |

What mental health/behavioral health services do you provide?

Family Activities, Family Advocacy, Outreach/Education and Awareness, Support Groups-Parents, Wrap Around, Youth job training/connections

Who do you serve?

Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong, Somali



In addition to the services listed above, ask the Father Project:

- What events do you have for families?
- Do you have meetings?
- How can I encourage my child’s father to participate

My Notes: _____

Goodwill/ Easter Seals Minnesota

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.goodwilleasterseals.org | Email | | 17 |
| Phone | 651-379-5605 | Address | 553 Fairview Ave N St Paul MN 55103 | |

What mental health/behavioral health services do you provide? N/A

Assessment, Mental health, Community resources, Individualized case management, Placement/Retention/Advancement, Education and training, Youth Independent Living/ Skills Building, Youth Job Training/Connections

Who do you serve?

Families, Young Adults, Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask Goodwill/Easter Seals about these programs:

- Adult Rehabilitative Mental Health Services (ARMHS)
- Families Achieving Success Today (FAST)
- Goals On Average Living Skills (GOALS)
- Medical Equipment Loans
- Minnesota Family Investment Program (MFIP)
- Working Well Mental Health Clinic (WWMHC)

Parent to Parent TIP

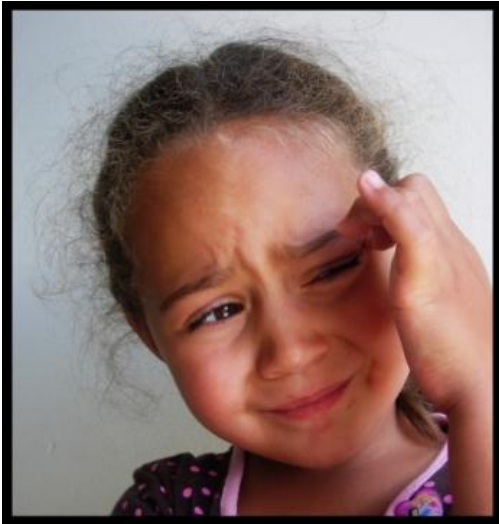
Help your child learn about his or her diagnosis.

Keep the information age-appropriate. Focus on your child’s strengths. Point out the people who love and support him/her. Praise and encourage your child’s healthy coping strategies.

My Notes: _____

Hope and Healing Family Counseling

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.hopeandhealingmn.com/ | Email | Sara@hopeandhealingmn.com | 18 |
| Phone | 651-484-4184 | Address | 2499 Rice Street, Suite 70 Roseville, MN 55113 | |



What mental health/behavioral health services do you provide?

Mental Health Assessment, Out-patient Treatment, Therapy

Who do you serve?

Families, Children –Preschool to High School,
Parents/Caregivers

In what languages are your services provided?

English, American Sign Language (ASL)

In addition to the services listed above, ask Hope and Healing Family Counseling about:

- Ask us about Trauma-Focused CBT... why does it work?
- How does play therapy use art, music and poetry etc?

My Notes: _____

Invigorate Life Counseling

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://invigoratelifecounseling.com/ | Email | melanie@ilifecounseling.com | 19 |
| Phone | 651-983-3879 | Address | 1154 Grand Ave Suite 2 St Paul, MN 55105 | |

What mental health/behavioral health services do you provide?

Therapy, Art Therapy, Play Therapy, EMDR Therapy, Individual and Family Therapy

Who do you serve?

Families, Children- Preschool to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask Invigorate Life Counseling about:

- Can you explain EMDR and how it works?
- How can you help with PTSD?
- What success do you have working with children who have Autism?

My Notes: _____

LifeSpan of Minnesota, Inc.

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.lifespanmn.com | Email | | 20 |
| Phone | 952-562-8500 | Address | 12425 River Ridge Blvd #200 Burnsville MN 55337 | |

What mental health/behavioral health services do you provide?

Day Treatment

Who do you serve?

Children- Elementary to High School

In what languages are your services provided?

English

In addition to the services listed above, ask Lifespan of MN:

- What is a youth transition program?
- What is day treatment program? What about school? What do kids do in the summer time?



My Notes: _____

Merrick Community Services

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.merrickcs.org/ | Email | tjones@merrick.org | 21 |
| Phone | 651-771-9339 | Address | 965 Case Suite 300 St Paul, MN 55130 | |

What services do you provide?

Case Management, Youth activities, Youth job training/connections, Senior services, Food shelf, Financial literacy

Who do you serve?

Families, Children-Elementary School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask Merrick Community Services about:

- Parent education classes and workshops
- Family Fun Nights
- Girls and Boys Leadership Groups
- East Side Student Engagement in Learning
- Teen Girls Outreach
- Summer youth program
- Arts program



My Notes: _____

Parent to Parent TIP

Remember that your child is more than JUST A DIAGNOSIS. Find ways to help him/her “be a kid” or “be a teenager.” Try a youth group or camp that specializes in kids with mental or behavioral health disorders.

Metro Social Services

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.metrosocialservices.org | Email | info@metrosocialservices.org | 22 |
| Phone | 651-647-0647 | Address | 345 University Ave W Ste A St Paul MN 55103 | |



What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Crisis Intervention, Crisis Planning, Cultural connections, Family Advocacy, Family Respite Child Care, GLBTQ connections, Juvenile Justice/ Diversionary Programs, Mental Health Assessment, Support Groups-Children, Medication Management, Mental Health Assessment, Out-patient Treatment, Therapeutic Foster Care, Therapy, Wrap Around, Youth activities, Youth independent living/skills building, Youth mentor/behavioral aid, After School CTSS Group

Who do you serve?

Families, Children- Elementary to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong, Somali

In addition to the services listed above, ask Metro Social Services:

- What's Children Therapeutic Support & Services / Life Skill Training
- When families need a break from caring for their child, how does respite care work?
- How can my child get a mentor?
- What's the Youth Transition Program?
- What's the after school program, the METRiX

Parent to Parent TIP

Parenting a child who has a mental health disorder can be hard. If you have a mental health disorder too, it can feel overwhelming. Use your support system. Know your limits and be aware of your triggers. Remember to get help when you need it.

My Notes: _____

MN Art Therapy Association

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.mnata.org | Email | erin.dolan@emilyprogram.com | 23 |
| Phone | 651-645-5323 | Address | 1449 Cleveland Ave N St Paul MN 55108 | |

What mental health/behavioral health services do you provide?

Family Activities, In-patient Treatment, Therapy, Youth activities

Who do you serve?

Families, Children- Preschool to High School, Young Adults

In what languages are your services provided?

English

In addition to the services listed above, ask MN Art Therapy:

- How does art therapy work? What's the proof?
- Does art therapy work for all mental health issues or only certain ones?
- Is it expensive? How can we pay?



My Notes: _____

MN Disability Law Center, Mid- Minnesota Legal Aid

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.mndlc.org | Email | mndlc@mylegalaid.org | 24 |
| Phone | 612-334-5970 | Address | 430 First Avenue North, Suite 300 Minneapolis MN 55401 | |

What services do you provide?

Family Advocacy, Political/ Legislative Advocacy, legal advocacy

Who do you serve?

Individuals with disabilities

In what languages are your services provided?

English, Spanish, Hmong, Somali, Russian, any language with interpreters

In addition to the services listed above, ask MN Disability Law Center:

- Is there a waiting list?
- What are the laws about suspension/expulsion for school-age children with IEPs or in special ed?

My Notes: _____

**Parent to Parent
TIP**

Be prepared and know your rights. Ask your job about FMLA Family Medical Leave Act.

Model Cities

| | | | | |
|----------------|---|----------------|--|--|
| Website | http://www.modelcities.org/ | Email | | |
| Phone | (651) 632-8350 | Address | 839 University Avenue W St Paul, MN 55104 | |



What mental health/behavioral health services do you provide?

Case Management, Crisis Intervention, Wrap Around

Who do you serve?

Families, Children- Preschool to High School

In what languages are your services provided?

English

In addition to the services listed above, ask Model Cities about:

- Tell me about the home-based Families First Crisis Intervention program
- How will the program, Family Community Partnership, help me identify services for basic needs?
- Can anybody participate in the Juvenile Detention Alternative Initiative/Alternative To Detention (JDAI/ATD) and Youth Enrichment Service (YES) programs?
- Tell me about your tutoring, college prep, work readiness and summer programs

My Notes: _____

Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.mofas.org | Email | michele@mofas.org | 26 |
| Phone | 651-917-2370 | Address | 2233 University Avenue W. Suite 395 St Paul MN 55411 | |

What mental health/behavioral health services do you provide?

Family Activities, Family Advocacy, Outreach/Education and Awareness, Political/ Legislative Advocacy, School support, Support Groups-Children, Support Groups-Parents, Youth activities

Who do you serve?

Families, Young Adults, Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask MN Organization on Fetal Alcohol Syndrome about:

- What's the Virtual Family Center?
- How do I know if my child has FAS?
- Tell me about your family programs and retreats

Parent to Parent TIP

Take care of yourself. You've heard it a hundred times because it's true. Take a walk. Take a bath. Have a cup of tea. Exercise. Talk on the phone. Meditate. Pray. Play with your dog or cat. Do something nice for someone. Read a book. Be outside in nature. Listen to music. Give a hug. Get a hug.

My Notes: _____

Mothers First

| | | | | |
|----------------|--------------|----------------|--|-----------|
| Website | | Email | | 27 |
| Phone | 651-266-7820 | Address | 450 N. Syndicate St., Suite 190 St Paul, MN 55104 | |



What mental health/behavioral health services do you provide?

Case Management, Chemical Health Assessment, Family Activities, Family Advocacy, Outreach/Education and Awareness, Recovery Maintenance

Who do you serve?

Families

In what languages are your services provided?

English, County Interpreters as needed

In addition to the services listed above, ask Mothers First about:

- I am pregnant and I use drugs/ drink. How can you help me have a healthy baby?
- How can I help my friend/ relative?

My Notes: _____

Parent to Parent TIP

Many mental health disorders can be treated with medication or psychotherapy or a combination of both. All therapies have risks and benefits. Make sure you understand your child’s medicines- what time of day to take them, what other medicines they interact with, what side effects they can cause.

NAMI Minnesota

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.namihelps.org | Email | | 28 |
| Phone | 651 645-2948 | Address | 800 Transfer Road, Suite 31 St Paul MN 55114 | |

What mental health/behavioral health services do you provide?

Cultural connections, GLBTQ connections, Outreach/Education and Awareness, Political/ Legislative Advocacy, Support Groups-Children, Support Groups-Parents, Youth independent living/skills building, Outreach/transitions, Continuing Education & Provider Training,

Who do you serve?

Families, Young Adults, Parents/Caregivers, Professionals/Providers, Transition aged youth

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask NAMI MN about these programs:

- Young Adult/Teen Support Group
- What is a crisis plan?
- What classes do you offer for professionals?
- What is your 6 week youth group, Progression?
- What are your support groups for parents who have mental illness?



My Notes: _____

Parent to Parent TIP

It's easy to get so focused on helping or worrying about your child with a mental health disorder that you let other relationships slide.

Don't forget about your other family members or your "significant other" or your friends. They need you and you need them.

Northeast Metro Intermediate School District 916

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.nemetro.k12.mn.us/site/default.aspx?PageID=1 | Email | Dan.Porter@nemetro.k12.mn.us | 29 |
| Phone | 651-4155451 | Address | 70 West County Road B 2 Little Canada, MN 55117 | |



What mental health/behavioral health services do you provide?

School support

Who do you serve?

Children- Elementary to High School

In what languages are your services provided?

English

In addition to the services listed above, ask District 916 about:

- Tell me what educational options are available through District 916 that are not available in my district
- Tell me about your special education programs

My Notes: _____

Parent to Parent TIP

Summer is a great time to get ready for your next IEP meeting. Reread last year's IEP, request a new special education assessment if necessary, and get a copy of your child's academic records. Write down your child's strengths and any concerns. If you feel the assessments are not accurate or complete be prepared to ask for an Independent Educational Evaluation at public expense.

Northeast Youth & Family Services

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.nyfs.org | Email | | 30 |
| Phone | 651-486-3808 | Address | 3490 Lexington Ave. N Shoreview, MN | |

What mental health/behavioral health services do you provide?

Family Activities, Juvenile Justice/ Diversionary Programs, Medication Management, Mental Health Assessment, Out-patient Treatment, Outreach/Education and Awareness, School support, Support Groups-Parents, Therapy, Youth activities, Youth job training/connections, Youth mentor/behavioral aid



Who do you serve?

Families, Youth- Preschool to High school

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask Northeast Youth & Family Services about these programs:

- Youth Employment Training
- Senior Chore Program
- Summer Camp
- Diversion Services
- NETS Day treatment for ages 14 to 18
- NETS after school treatment for grades 5-8
- Discovery Initiative
- STEP (Service + Tutoring = Pride)

My Notes: _____

Nystrom & Associates, Ltd.

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.nystromcounseling.com | Email | contactus@nystromcounseling.com | 31 |
| Phone | 651-628-9566 | Address | 1900 Silver Lake Road New Brighton, MN 55112 | |



What mental health/behavioral health services do you provide?

Chemical Health Assessment, Faith connections, Medication Management, Mental Health Assessment, Out-patient Treatment, School support, Therapy, Wrap Around, Psychological Testing, Nutritional Counseling, School-based Mental Health and Mediation

Who do you serve?

Families, Children- preschool to high school, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong

In addition to the services listed above, ask Nystrom & Associates about these programs:

- Tell me about your In-Home Therapy
- Nutrition counseling for people with mental disorders
- What is your FREE parenting program?
- What is DBT therapy and why does it work?
- Tell me about your chemical dependency programs

My Notes: _____

Parent to Parent TIP

Spend some time talking to your health insurance company. Ask them to explain your benefits or get help finding specialists. Some insurance carriers offer mental or behavioral health care managers. A care manager can help improve coordination of care between medical and behavioral health providers. The care manager can help you understand your child's medical diagnosis, treatment plan, and medications.

PACER Center

| | | | | |
|----------------|--|----------------|---|-----------|
| Website | www.pacer.org | Email | | 32 |
| Phone | 952-838-9000 | Address | 8161 Normandale Blvd Minneapolis, MN 55437 | |

What mental health/behavioral health services do you provide?

Family Advocacy, Outreach/Education and Awareness, Political/ Legislative Advocacy, School support, Youth activities, transition support, school to work programs, Assistive Technology services and supports, Puppet disability awareness programs, health advocacy and support

Who do you serve?

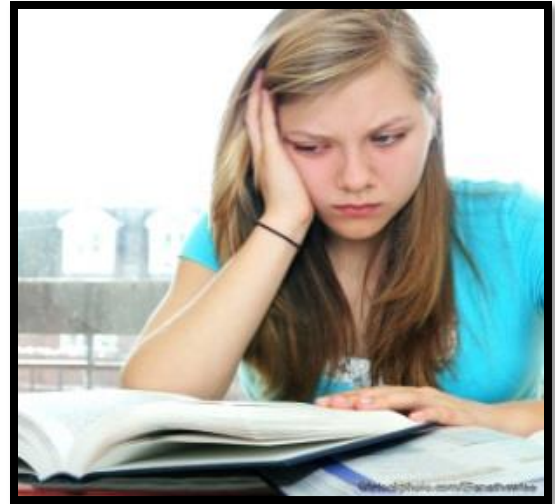
Families, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish, Hmong, Somali,

In addition to the services listed above, ask PACER about:

- American Indian Project
- Bullying prevention
- FREE summer camp for middle school girls with disabilities- EX.I.T.E. (Exploring Interests in Technology and Engineering)
- Social events for high school teens
- Upcoming Workshops



My Notes: _____

Pawsitivity Service Dogs

| | | | | |
|----------------|---|----------------|--|--|
| Website | http://www.pawsitivityservicedogs.com | Email | mail@pawsitivityservicedogs.com | |
| Phone | 651-321-DOGS | Address | 197 Griggs St N St Paul MN 55104 | |

*Pawsitivity was unable to attend the fair this year

What mental health/behavioral health services do you provide?

Psychiatric Service Dogs



Who do you serve?

Everyone

In what languages are your services provided?

English

In addition to the services listed above, ask Pawsitivity Service Dogs:

- Why get a service dog instead of getting a puppy from the pound?
- Who benefits the most from a service dog- what diagnosis?
- What do you know about vouchers from Assistance Dog United Campaign (ADUC), scholarships, financial aid, health insurance, or fundraising ideas?

My Notes: _____

Ramsey County Adult Crisis/ Urgent Care for Adult Mental Health

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://mentalhealthcrisisalliance.org | Email | | 33 |
| Phone | 651-266-7900 | Address | 402 University Avenue East Saint Paul, MN 55130 | |

What mental health/behavioral health services do you provide?

Mental Health Crisis Assessment, Crisis Intervention, Crisis Planning, Chemical Health Screening, Peer Support, Crisis Stabilization Services, Family Education and Support, Crisis Phone Support, Referral to Community Resources in Ramsey, Dakota and Washington Counties

Who do you serve?

Parents/Caregivers, Young Adults, Adults

In what languages are your services provided?

English



In addition to the services listed above, ask Urgent Care for Adult Mental Health about these programs:

- 24 Hr Phone Crisis Support 651-266-7900
- Walk-in emergency and non-emergency mental health care for adults (18+)
- Monday – Friday: 8:00 am – 7:00 pm Saturday:11:00 am - 3:00 pm Sunday and Holidays: Closed
- “Urgent Care bills insurance providers when available, but help is offered regardless of ability to pay.” What does that mean?
- If I am feeling suicidal or manic or having a mental health crisis and I don’t have anyone to take me to the hospital, what should I do?

My Notes: _____

Ramsey County Children's Mental Health Case Management

| | | | | |
|----------------|---|----------------|---|-----------|
| Website | http://www.co.ramsey.mn.us/hs/childrenmentalhealth.htm | Email | | 34 |
| Phone | 651-266-4500 | Address | 160 E. Kellogg Blvd St Paul MN 55101 | |

What mental health/behavioral health services do you provide?

Case Management for children with severe emotional or behavioral disturbances.

Who do you serve?

Eligible Ramsey County families. Children- Preschool to High school

In what languages are your services provided?

English, Spanish, Hmong

In addition to the services listed above, ask RC Case Management about these programs:

- What does a case manager do? How much time would I spend working with you?
- What is a treatment plan and a crisis plan?

My Notes: _____



Ramsey County Children's Mental Health Collaborative (RCCMHC)

| | | | | |
|----------------|--|----------------|---|-------------------|
| Website | www.rccmhc.org | Email | family@rccmhc.org | Entry Area |
| Phone | 651-293-5951 | Address | Como Park Elementary School 780 Wheelock Pkwy W. Saint Paul, MN 55117 | |



What mental health/behavioral health services do you provide?

Continuing Education & Provider Training, Family Activities, Family Advocacy, Outreach/Education and Awareness, Support Groups-Parents, Wrap Around, Youth activities

Who do you serve?

We serve families, our partner agencies and other community providers

In what languages are your services provided?

English, interpreters available

In addition to the services listed above, ask RCCMHC about these programs:

- FREE dinner and \$20 stipend?
- FREE Boys and Girls Club Membership
- The Family Support and Networking Group and The Family Service Committee

My Notes: _____

Parent to Parent TIP

Many parents say that the best advice comes from other parents. Sometimes parents will share answers to questions you haven't even thought of yet! Other people in your life may judge you or your parenting. But you will feel comfortable and understood when you are with other parents who have gone through a similar situation.

Ramsey County Child and Teen Checkups

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://ctcramsey.org | Email | | 35 |
| Phone | 651-266-2420 | Address | 90 Plato Blvd. West St Paul, MN 55107 | |

What services do you provide?

Outreach/Education and Awareness

Who do you serve?

Families, Children- Preschool to High School, Young Adults, Parents/Caregivers, Ages 0 to 21 who are on Medical Assistance or MNCare

In what languages are your services provided?

English, Spanish, Hmong, Somali, Oromo, Amharic



In addition to the services listed above, ask Child and Teen Checkups about:

- What checkups can I get for free?
- Where do I get the checkups?
- When should I schedule my child's checkups?
- At what age can my child get a referral to the dentist?

My Notes: _____

Ramsey County Citizens Advisory Council

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.co.ramsey.mn.us/hs/cac | Email | kristen.jackelen@co.ramsey.mn.us | 36 |
| Phone | 651-266-4423 | Address | Meetings at Wilder Center 451 Lexington, St Paul | |

What mental health/behavioral health services do you provide?

Outreach/Education and Awareness, We are a Ramsey County based Advisory Council for Children's Mental Health. We provide Ramsey County Commissioners and Ramsey County staff with advice, information, observations and ideas about services provided by Ramsey County Human Services.

Who do you serve?

Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask the Advisory Council about:

- Free dinner
- What do you talk about at the meetings?
- Meetings take place on the 1st Monday of each month from 5:30 p.m. to 7:30 pm
- Do you have childcare? Taxis? Stipends?

My Notes: _____

Ramsey County Community Corrections- Juvenile Division

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.co.ramsey.mn.us/cc/juveniles.htm | Email | AskCorrections@co.ramsey.mn.us | 37 |
| Phone | 651-266-1892 | Address | | |

What services do you provide?



Basic Needs Assessment, Case Management, Chemical Health Assessment, Crisis Intervention, Crisis Planning, Cultural connections, Juvenile Justice/ Diversionary Programs, Medication Management, Mental Health Assessment, Support Groups-Children, Therapy, Youth activities, Youth job training/connections, Youth mentor/behavioral aid

Who do you serve?

Children- Middle School to High School

In what languages are your services provided?

English

In addition to the services listed above, ask Corrections about:

- How are these therapies used? FFT (Functional Family Therapy), ART (Anger Replacement Therapy) and PEARS (Personal Effort and Responsibility System)
- If my child is getting into trouble, can I sign him/her up for a diversionary program or one of the therapies above?
- What does adjudicated mean?
- If my child has not been adjudicated, is he/she eligible for any services or programs?

My Notes: _____

Ramsey County Park and Recreation

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | https://parks.co.ramsey.mn.us/ | Email | | 38 |
| Phone | 651-748-2500 | Address | | |

What services do you provide?

Tamarack Nature Center, Waterworks in Maplewood, Parks and Beaches

Who do you serve?

Families

In what languages are your services provided?

English

In addition to the services listed above, ask Ramsey County Park and Rec about:

- Do you have any family programs this summer?
- Is fee assistance available?



My Notes: _____

Ramsey County Children's Crisis Response Mental Health Screening

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.childcrisisresponsemn.org/ | Email | | 39 |
| Phone | 651-774-7000 | Address | | |

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Crisis Counseling over the phone or in person (we come to you), Crisis Intervention, Crisis Planning, Cultural connections, GLBTQ connections, Mental Health Assessment, School support, Wrap Around, and Short term care to help with transition to on-going treatment.

Crisis Response offers consultations on children’s mental health crises to hospitals, community providers, teachers and law enforcement etc.

Who do you serve?

Families, Children- Preschool to High school, and community providers

In what languages are your services provided?

English, Spanish, Hmong, We have access to interpreters

In addition to the services listed above, ask RCHS Children’s Crisis Response:

- How can I stop a crisis from happening? What does de-escalation mean?
- How can I know if my child is at risk of harm to self or others?
- What is a crisis plan and how do I make one?

Parent to Parent TIP

When a child becomes a danger to self or others, it can be scary and emotional. But when there is AN IMMEDIATE DANGER, it’s time to call the police/ 911.

Ask for A CIT officer (someone with crisis intervention training.) If possible, call the officer on his/her cell phone to give an update on the situation and your child’s diagnosis.

Try to make a connection with your police department before a crisis occurs. Visit your local precinct and talk to the patrol supervisor. Share information about your child and discuss your concerns.

My Notes: _____

RCHS Project ASSIST

| | | | | |
|----------------|---|----------------|---|-----------|
| Website | http://www.co.ramsey.mn.us/hs/childrenmentalhealth.htm | Email | | 40 |
| Phone | 651.266.4045 | Address | 160 E Kellogg Blvd., Suite 8000 St Paul MN 55102 | |

What mental health/behavioral health services do you provide?

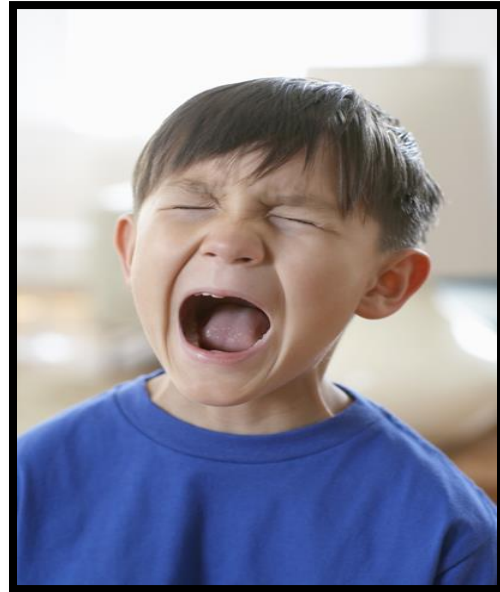
Basic Needs Assessment, Cultural connections, Faith connections, GLBTQ connections, In-patient Treatment, Juvenile Justice/ Diversionary Programs, Mental Health Assessment, Out-patient Treatment, Outreach/Education and Awareness, School support, Therapy, Youth job training/connections

Who do you serve?

Families, Children- Preschool to High School

In what languages are your services provided?

English, Interpreters available



In addition to the services listed above, ask RCHS Project ASSIST about these programs:

- Home-based mental health assessments
- What is the eligibility screening? Who qualifies?

My Notes: _____

Parent to Parent TIP

Keep a crisis response magnet on your fridge or in a special kitchen drawer. Anyone is allowed to call so let your child know that he/she can call, too. Crisis response can help to manage the current crisis or make plans to reduce future crises. They can talk over the phone or meet you at home, school, your job or in the community.

Revive Chiropractic Wellness Center

“Ask Dr. Lindsie”

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.revivechiropracticwellness.com/ | Email | revivechiropracticwellness@gmail.com | 41 |
| Phone | 651-765-1320 | Address | 2800 Rice Street, Roseville, MN 55113 | |

What mental health/behavioral health services do you provide?

Physical Health Assessment, Therapy, Nutritional Assessment

Who do you serve?

Families, Children- Preschool to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Can provide Hmong & Spanish translators upon request

In addition to the services listed above, ask Revive/ Dr.Lindsie about:

- Nutrition advice- what foods or vitamins might help my child’s mental health?
- What is a health and wellness analysis?
- How are corrective spinal manipulations helpful?

Parent to Parent TIP
 Don't stop with the brain. There are many other systems involved in your child's wellness. Consider your child's diet. Visit with a nutritionist. Get a referral to a gastroenterologist or endocrinologist. Try yoga or massage or chiropractic treatments. If your kiddo, is ok with little needles, you could even try acupuncture!

My Notes: _____

Second Harvest Heartland

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.2harvest.org/ | Email | | 42 |
| Phone | | Address | 1140 Gervais Avenue Maplewood, MN 55110 | |

What services do you provide?

Hunger Relief



Who do you serve?

Families

In what languages are your services provided?

English, Spanish, Hmong

In addition to the services listed above, ask Second Harvest Heartland about:

- Summer food service program
- What elementary schools participate in the meals for minds program?

My Notes: _____

Saint Paul Park and Recreation

| | | | | |
|----------------|---|----------------|--|--|
| Website | http://www.stpaul.gov/QuickLinks.aspx?CID=41 | Email | | |
| Phone | | Address | | |

What services do you provide?

Summer activities, After school program, Music In the Park, Biking and Hiking Trails

Who do you serve?

Families

In what languages are your services provided?

English



In addition to the services listed above, ask St Paul Park and Rec about:

- Fee Assistance
- Free summer meals

My Notes: _____

SPPS/ Saint Paul Public Schools: Office of Specialized Services

| | | | | |
|----------------|---|----------------|----------------------------------|-----------|
| Website | http://specialed.spps.org/ | Email | | 43 |
| Phone | 651-767-8321 | Address | 360 Colborne St Paul MN 55102 | |

What mental health/behavioral health services do you provide?

School support

Who do you serve?

Children- Preschool to High School, Young Adults

In what languages are your services provided?

English, Interpreters available. Some schools have bi lingual staff

In addition to the services listed above, ask St Paul Public Schools:

- What is an individualized education plan/ IEP?
- My child has a mental health diagnosis. How do I know if he/she qualifies for special ed.?
- What is a school social worker? How is it different from a case worker?
- What if my child get bullied?
- Can my child in special ed. get suspended for behavior or emotional issues?
- If I feel like my child's school isn't listening to me, who do I talk to?
- How can I support my child's teacher?
- How can I help my child succeed at school?



My Notes: _____

Su Familia Multicultural Counseling

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.sufamiliacounseling.org | Email | Christina@sufamiliacounseling.org | 44 |
| Phone | 651-332-5500 | Address | 1301 E. 7th Street St Paul MN 55106 | |



What mental health/behavioral health services do you provide?

Cultural connections, Mental Health Assessment, Out-patient Treatment, Support Groups-Parents, Therapy

Who do you serve?

Families, Children- Preschool to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask Su Familia about these programs:

- Outpatient mental health clinic
- Intensive In-Home, School-Based, Community-Based and Counseling Groups

My Notes: _____

Thad Wilderson & Assoc.

| | | | | |
|----------------|--|----------------|---|-----------|
| Website | www.thadwilderson.com | Email | | 45 |
| Phone | 6512258997 | Address | 475 University Ave. St Paul MN 55103 | |

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Mental Health Assessment, Out-patient Treatment, School support, Support Groups-Children, Support Groups-Parents, Therapy, Wrap Around



Who do you serve?

Families, Children- Preschool to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask Thad Wilderson & Assoc. about these programs:

- In-home intensive therapeutic services
- Functional Family Therapy

My Notes: _____

Think Small

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.thinksmall.org/ | Email | | 46 |
| Phone | 651-641-0305 | Address | | |

What services do you provide?

Parent education and referral, Professional development, Community outreach, Consultation, Scholarships, Grants and Financial supports

Who do you serve?

Families, Children- Preschool, Parents/Caregivers, Early Childhood Professionals

In what languages are your services provided?

English, Spanish, Hmong, Somali



In addition to the services listed above, ask Think Small about these programs:

- Tell me about the State Early Learning Scholarships
- How does the State help with Child Care Assistance?

My Notes: _____

Volunteers of America

| | | | | |
|----------------|--|----------------|---|-----------|
| Website | www.voamn.org | Email | | 47 |
| Phone | 763-225-4052 | Address | 5905 Golden Valley Rd, #100 Golden Valley MN 55422 | |



What mental health/behavioral health services do you provide?

Basic Needs Assessment, Chemical Health Assessment, Crisis Planning, Case Management, Cultural connections, In-patient Treatment, Medication Management, Mental Health Assessment, Out-patient Treatment, School support, Support Groups-Children, Therapeutic Foster Care, Therapy, Youth independent living/skills building

Who do you serve?

Families, Children- Preschool to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English, Somali, American Sign Language

In addition to the services listed above, ask Volunteers of America about these programs:

- Avanti Center for Girls
- Bar None Residential Treatment
- Children’s Residential Treatment Center (CRTC)
- DBT Services for ages 15-18
- Deaf and Hard of Hearing- Therapy, Intensive Day Program etc.
- Foster Care
- Home Based/ CTSS Program
- Omegon Residential Treatment Center/ Males & Females 12-18
- Opportunity High School
- Phoenix High School
- Somali and East African Behavioral Health Services

My Notes: _____

Wilder Foundation

| | | | | |
|----------------|--|----------------|--|-----------|
| Website | www.wilder.org | Email | webmaster@wilder.org | 48 |
| Phone | 651-280-2000 | Address | 451 Lexington Parkway N. St Paul MN 55104 | |

What mental health/behavioral health services do you provide?

Crisis Intervention, Crisis Planning, Cultural connections, Family Advocacy, GLBTQ connections, Mental Health Assessment, School support, Support Groups-Children, Early Childhood Education & Development



Who do you serve?

Children- Elementary to High School, Parents/Caregivers, Aging Adults, Providers

In what languages are your services provided?

English, Hmong, Cambodian, Vietnamese, & Karen

In addition to the services listed above, ask Amherst H. Wilder Foundation about these programs

- Child psychological testing
- South East Asian Services
- Day Treatment
- Early Childhood Mental Health Services
- Family Service Provider coaching for parents
- Functional Family Therapy/ Home based visits
- In-Home Therapy Services
- Yoga moves for kids and mindfulness strategies to cope with stress

My Notes: _____

YWCA Saint Paul

| | | | | |
|----------------|---|----------------|--|-----------|
| Website | http://www.ywcaofstpaul.org/youthdev.html | Email | info@ywcaofstpaul.org | 49 |
| Phone | 651-222-3741 | Address | 375 Selby Ave St Paul MN 55102 | |

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Crisis Intervention, Crisis Planning, Cultural connections, Family Activities, Housing, Outreach/Education and Awareness, Support Groups-Children, Support Groups-Parents, Wrap Around, Youth activities, Youth independent living/skills building, Youth job training/connections

Who do you serve?

Families, Children- Elementary School to High School, Young Adults, Parents/Caregivers

In what languages are your services provided?

English

In addition to the services listed above, ask YWCA of St Paul about these programs:

- Youth Achievers Program (YAP) Ages 8-14
- IMPACT ages 15-24
- Transitional and Permanent Supportive Housing
- Rapid Re-Housing
- YW Works & YW Jobs Employment Services

My Notes: _____

Parent to Parent TIP

If your child is struggling at school and also has a case manager or a therapist or a probation officer...it might be time to ask for a “wrap around” meeting to get everyone together at the same time. Family and friends can join the wrap around meeting to offer support and ideas. Some community and county agencies offer wrap around facilitators.





Welcome to RCCMHC



RCCMHC stands for “Ramsey County Children’s Mental Health Collaborative.” Yeah, we know...it’s a long name! We’re a group of families and family service providers who work together to improve the mental health services available to children and their families in Ramsey County. We do this by networking, educating, supporting, empowering and encouraging. There are lots of ways that you can participate!

Here are 2 ways that you could get involved...

The Family Support and Networking Group meets on the 3rd Tuesday of every month during the school year at the Mt Airy Boys and Girls Club. This is a time for caregivers to share stories, get advice, and connect with resources in our community. Sometimes we bring in expert speakers or do a take-home activity. Free family dinner and free boys and girls club membership for kids in grades K-12. Summer activities will be announced.

The Family Service Committee meets on the 1st Tuesday of every month from 6:30 to 8:30. This committee is for parents AND providers. It is a planning and decision making meeting that helps us know how to best serve our families. We usually meet at the Saint Paul Public Schools district headquarters, 360 Colborne Street.

Each meeting provides a \$20 stipend to eligible parents/caregivers

We want to hear from you! Ask for our NEWSLETTER!

Our Website: www.rccmhc.org
Please contact Wendy for more information
Email: family@rccmhc.org
Office: 651-293-5951

“Weaving together parents’ voices and systems of care for children’s mental health”
