

Ramsey County Children's Mental Health COLLABORATIVE



Weaving together parents' voices and systems of care for children's mental health

2013 Family Resource Fair Directory "Connections, Answers & Hope"



rccmhc.org

651-293-5951

family@rccmhc.org



Who do I talk to? What do I ask?

Thank you for coming to the 2013 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 even be harder 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 be confusing to hear phrases you don't understand. Sometimes providers use words that mostly sound like a whole bunch of letters! Maybe 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 Directory can help you figure out who to talk to and what to ask. On most of the pages, there are "parent to parent tips" that you can read when you get 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?

- Visit each of the tables- even if you don't think you will need their information.
- Try a free mental health screening- it will help you figure out whom to talk to.
- Get a free Bridge to Benefits screening- find out what programs you qualify for.
- Eat some pizza and ice cream.
- Go outside and "burst the mental health stigma bubble" ☺
- Stressed out? Get a backrub in the Self-Care and Wellness Corner.
- Introduce yourself to someone in a green RCCMHC t-shirt. (staff or volunteer)
- Take charge of your health at the Healing Corner with a Reiki energy session
- Sign up for one of the \$25 gift card giveaways.
- Ask lots of questions- even if you think they might "sound stupid".
- Help your kids do a craft or visit Wilder at A1 to learn how kids can use yoga.
- RELAX. You are surrounded by people who care about you and your family.

Connections, answers and hope

There are over 40 agencies represented at the fair and each of them offers many different programs. On the next few pages, we'll list the names of the agencies, some of the programs they offer and their contact information. We'll also suggest a few questions to ask when you visit their table. You can find the agencies' tables by consulting the map at the end of the directory. They are numbered and alphabetical.

180 Degrees, Inc.

Website	www.180degrees.org	Email	nicole@180degrees.org	B11
Phone	651-332-5511	Address	1301 E 7 th St St Paul MN 55106	

What mental health/behavioral health services do you provide?

Cultural Connections, Juvenile Justice/ Diversionary Programs, Political/ Legislative Advocacy, Wrap Around, Youth Activities, Youth Independent Living/Skills Building, Youth Job Training/Connections, Youth Mentor/Behavioral Aid

Who do you serve?

Families, Children- Elementary to High School

In what languages are your services provided?

English, Spanish, Hmong
(we have mentors who speak these languages)

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

- Resiliency Mentoring
- Wrap Around



AccountAbility Minnesota

Website	http://www.accountabilitymn.org/en	Email	contact@accountabilitymn.org	F39
Phone	651-287-0187	Address	2610 University Ave. W. Ste. 450 St Paul MN 55114	

What services do you provide?

Free tax and financial services

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 these programs:

- Financial planning and understanding your credit report
- Tax credits

Mental and behavioral health disorders are 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!

Ain Dah Yung Center

Website	www.adycenter.org	Email	angela.gauthier@adycenter.org	E28
Phone	651-227-4184	Address	1089 Portland Ave St Paul 55104	

What mental health/behavioral health services do you provide?

Case Management, Cultural Connections, Family Advocacy, Housing, Youth Activities, Emergency Shelter, Street Outreach, 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



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.

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.

Amherst H. Wilder Foundation

Website	www.wilder.org	Email	webmaster@wilder.org	A1
Phone	651-280-2000	Address	451 Lexington Parkway N. St Paul MN 55104	

What mental health/behavioral health services do you provide?

Case Management, Cultural Connections, Housing, Out-Patient Treatment, Support Groups-Parents, Therapy, Youth Activities, 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



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!

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.

Amicus

Website	www.amicususa.org	Email	www.amicususa.org	B10
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, MAP Project Mentor and 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:

- Radius for girls in juvenile justice system
- MAP Project Mentors for at-risk youth

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.

Big Brothers Big Sisters of the Greater Twin Cities

Website	www.bigstwincities.org	Email	jsetley@bigstwincities.org	B6
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/Behavioral Aid

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

Camps of Courage and Friendship

Website	www.campscouragefriendship.org	Email	cpauls@friendshipventures.org	A4
Phone	800-450-8376	Address	10509 108th st. NW Annandale, MN 55302	

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Cultural Connections, Family Activities, Family Respite Child Care, Therapy, Youth Activities, Youth Independent Living/Skills Building, Youth Job Training/Connections

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 Camps of Courage and Friendship about these programs:

- Asperger's Camp, Autism Camp, Camp for ADD/ADHD, Day Camps, Family Camps
- How do I get scholarships or waivers?

CAPRW Head Start/Early Head Start

Website	www.caprw.org	Email	hs-apps@caprw.org	E24
Phone	651-603-5977	Address	450 Syndicate Street N. Suite 5 St Paul 55104	

What mental health/behavioral health services do you provide?

Early Childhood Education & Development, Inclusive PS, Day TX at Fraser

Who do you serve?

Children, Preschool

In what languages are your services provided?

English, Spanish, Hmong, Somali, Karen

In addition to the services listed above, ask CAPRW Head Start/ Early Head Start about these programs:

- Home visits
- Family Fun Nights with free meals

Center for Spirituality & Healing, University of MN

Website	www.csh.umn.edu	Email	mclau033@umn.edu	Spa 1
Phone	612.626.5319	Address	420 Delaware Street. S. E. Minneapolis, MN 55455	

What mental health/behavioral health services do you provide?

Advocacy, Outreach/Education and Awareness, Research, Continuing Education Programs, Conferences, Workshops, Presentations and Special Events

Who do you serve?

Families, Providers, Healthcare Practitioners

In what languages are your services provided?

English

In addition to the services listed above, ask the Center for Spirituality and Healing about these programs:

- Wellscapes, Stress Busters and more!
- Health Coaching

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.

Children's Defense Fund Minnesota, Bridge to Benefits Screening

Website	http://mn.bridgetobenefits.org/	Email	hogenson@cdf-mn.org	C15
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 these programs:

- Low cost home internet service
- Child care assistance

Children, Youth, and Family Consortium, U of MN Extension

Website	http://cyfc.umn.edu/	Email	cyfc@umn.edu	E25
Phone	(612) 625-7849	Address	1420 Eckles Ave. St. Paul, MN 55108	

What mental health/behavioral health services do you provide?

Advocacy, Outreach/Education and Awareness, Public and Private Policy Development

Who do you serve?

Providers, Mental health professionals

In what languages are your services provided?

English

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

- Children's Mental Health E-review
- Online Case Studies

Children's Theraplay

Website	http://www.ctplaymn.com/	Email	kristin@childrenstheraplaymn.com	D18
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 High 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



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.

Face to Face Health & Counseling Services, Inc.

Website	www.face2face.org	Email		F34
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?



Fare For All (Emergency Foodshelf Network) 40% cheaper than grocery stores

Website	http://www.fareforall.org/	Email	igebel@fareforall.org	F40
Phone	763-450-3880	Address	8501 54th Ave. North New Hope MN 55428	

What services do you provide?

Hunger Relief

Who do you serve?

Families

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask Emergency Foodshelf Network:

- How do I use my Cash, Credit/Debit cards, and EBT cards?
- What's the Mega Meat Pack? The Vegetarian Package?
- Can anyone go? Where are your locations?

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!

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.



Father Project

Website		Email	goodwilleastersealsfatherproject.org	F32
Phone	651 3795884	Address	553 N.Faiview 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

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.

Goodwill/ Easter Seals

Website	www.goodwilleasterseals.org	Email		F33
Phone	651-379-5605	Address	553 Fairview Ave N St Paul MN 55103	

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

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:

- Skills training
- Power of Work

Great Metropolitan Backrub

Website	http://www.greatbackrubs.com/index.html	Email		Spa 2
Phone	651-698-3338	Address	762 S. Cleveland Ave St. Paul MN 55116	

What services do you provide?

The Great Metropolitan Backrub is the Twin Cities only walk-in, by-the-minute bodywork and massage store. Since 1995, The Backrub stores have provided professional, fully-clothed bodywork services to the world-weary masses.

Who do you serve?

Open 7 days a week, The Backrub offers affordable massage and bodywork to children and adults. Senior and Disability discounts available

In what languages are your services provided?

English

In addition to the services listed above, ask Great Metropolitan Backrub:

- Why is self-care and stress relief so important for my health?
- How can massage help my child- does massage work with certain diagnoses?
- Tell me about all of your different kinds of massage....Ampuku Abdominal Massage, Cranio Sacral Therapy, Heated Stone Massage etc. etc. etc.

LifeSpan of Minnesota, Inc.

Website	www.lifespanmn.com	Email		B7
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?



MACMH: MN Association for Children's Mental Health

Website	www.macmh.org	Email	dcavitt@macmh.org	B12
Phone	651-644-7333	Address	165 Western Avenue N Ste.2 St Paul MN 55102	

What mental health/behavioral health services do you provide?

Family Advocacy, Outreach/Education and Awareness, Youth Activities

Who do you serve?

Families

In what languages are your services provided?

English, Spanish

In addition to the services listed above, ask MACMH:

- Tell me about your Education and Mental Health coaches- how can they help me?
- What's the 3 day conference in Duluth?

Metro Social Services, Inc.

Website	www.metrosocialservices.org	Email	info@metrosocialservices.org	E27
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, 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?

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!



MN Disability Law Center, Mid- Minnesota Legal Aid

Website	www.mndlc.org	Email	mndlc@midmnlegal.org	B9
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?

Parent to Parent TIP

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

Minnesota Organization on Fetal Alcohol Syndrome

Website	www.mofas.org	Email	michele@mofas.org	F35
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

MN Art Therapy Association

Website	www.mnata.org	Email	erin.dolan@emilyprogram.com	D20
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- Middle 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?

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.

NAMI Minnesota

Website	www.namihelps.org	Email		F36
Phone	651 645-2948	Address	800 Transfer Road, Suite 31 St Paul MN 55114	

What mental health/behavioral health services do you provide?

Continuing Education & Provider Training, Outreach, Education & Awareness, Political/ Legislative Advocacy,

Who do you serve?

Families, Young Adults, Parents/Caregivers, Professionals/Providers

In what languages are your services provided?

English

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

- Young Adult/Teen Support Group
- What is a crisis plan?

Northeast Youth & Family Services

Website	www.nyfs.org	Email		F37
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

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

- Outpatient Mental Health Clinic
- Youth Employment Training
- Senior Chore Program
- Summer Camp
- Diversion Services
- NETS (Northwest Educational & Therapeutic Services)
- Discovery Initiative
- STEP (Service + Tutoring = Pride)



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.

Nystrom & Associates, Ltd.

Website	www.nystromcounseling.com	Email	contactus@nystromcounseling.com	E26
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, Crisis Planning, Faith Connections, Medication Management, Mental Health Assessment, Out-Patient Treatment, School Support, Therapy, Wrap Around, CTSS and ARMHS

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:

- In-Home Therapy & Skills for Children /Professional Family Based Division
- Nutrition counseling for people with mental disorders

Pawsitivity Service Dogs

Website	http://www.pawsitivityservicedogs.com	Email	mail@pawsitivityservicedogs.com	B5
Phone	651-321-DOGS	Address	197 Griggs St N St Paul MN 55104	

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?



PrairieCare

Website	www.prairie-care.com	Email	jholper@prairie-care.com	E22
Phone	952-334-7755	Address	12915 63rd Ave N Maple Grove MN 55369	

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Chemical Health Assessment, Crisis Intervention, Crisis Planning, In-Patient Treatment, Medication Management, Mental Health Assessment, Out-Patient Treatment, Outreach/Education and Awareness, Physical Health Assessment, School Support, Support Groups-Parents, Therapy, Continuing Education Programs, Conferences, Workshops, Presentations

Who do you serve?

Families, Providers

In what languages are your services provided?

English, Interpreters as needed

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

- FREE Needs Assessments Call 888-9-prairie (888-977-2474) to set up an appointment
- June 6 “Family Law for Therapists” or May 20 “Stress Busters”
- CollegeCARE
- Parent Support Group ADD/ADHD

Ramsey County Children's Mental Health Case Management

Website	http://www.co.ramsey.mn.us/hs/childrenmentalhealth.htm	Email		A3
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?

Ramsey County Children's Mental Health Collaborative (RCCMHC)



Website	www.rccmhc.org	Email	family@rccmhc.org	CAF 1
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 \$25 stipend?
- The Family Networking Committee and The Family Service Committee

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 Children's Crisis Response

Mental Health Screening

Website	http://www.childcrisisresponsemn.org/	Email		C13
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

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.

Ramsey County Mothers First

Website		Email		E23
Phone	651-266-7820	Address	450 N Syndicate St. #190 St Paul MN 55104	

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Chemical Health Assessment, Housing, Outreach/Education and Awareness, Support Groups-Parents

Who do you serve?

Families, Pregnant and Parenting Women

In what languages are your services provided?

English, Interpreters available

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

- My teenager is pregnant and she has a mental health diagnosis. What can you do to help?
- I'm pregnant and I have a history of drug use. What can I do?
- What are the "intensive in-home services" that you offer?

RCHS Project ASSIST

Website	http://www.co.ramsey.mn.us/hs/childrenmentalhealth.htm	Email		C14
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 ASSIS about these programs:

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

Special Music, Inc.

Website	www.specialmusicofmn.com	Email	contact@specialmusicofmn.com	D19
Phone	651-486-2017	Address	2489 Rice Street, Suite 50 Roseville MN 55113	

What mental health/behavioral health services do you provide?

Neurologic Music Therapy

Who do you serve?

Children- Preschool to High school, Young Adults

In what languages are your services provided?

English

In addition to the services listed above, ask Special Music:

- What is a neurologic music therapy social group?
- Why does music therapy work?
- Do kids with certain diagnoses respond better than others?
- What kind of insurance do you accept? How do I pay?

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.

St Paul-Ramsey County Public Health

Website	http://www.co.ramsey.mn.us/ph/cp/index.htm	Email		E30
Phone	651-266-2420	Address		

What mental health/behavioral health services do you provide?

Outreach/Education and Awareness

Who do you serve?

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

In what languages are your services provided?

English, Spanish, Hmong, Somali, Karen

In addition to the services listed above, ask St Paul Ramsey County Public Health about these programs:

- All Children Excel (ACE) Program, Under age 10 behavior issues
- House Calls

St. Paul Public Schools: Social Workers & Department of Special Education

Website	http://specialed.spps.org/	Email		A2
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?

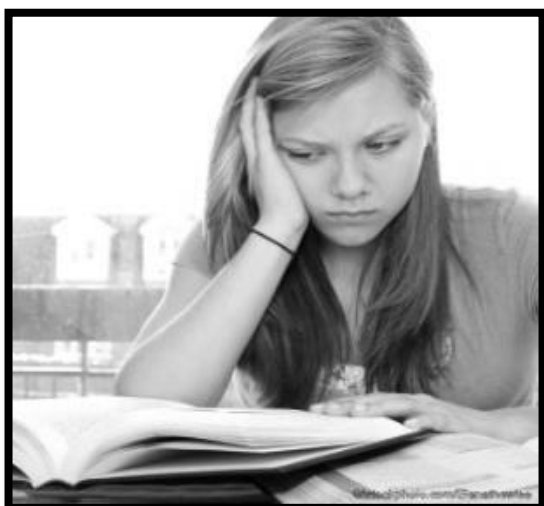
English, Interpreters available. Some schools have bi lingual staff

Parent to Parent TIP

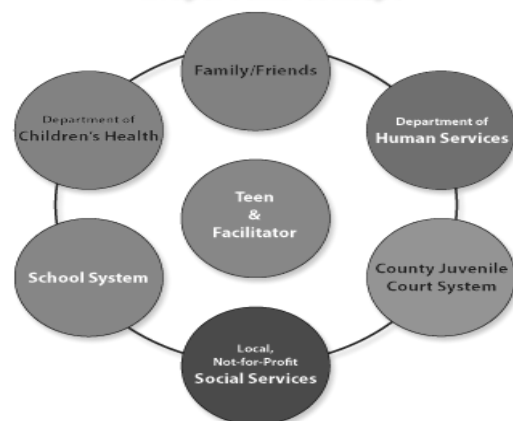
If your child is struggling at school and also has a case manager or a therapist or a probation officer...it might be time to ask for a “wrap around” meeting to get everyone together at the same time. Family and friends can join the wrap around meeting to offer support and ideas. Some community and county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

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 is the difference between a resource room program and a specialized program?
- Does my child with autism or emotional behavior disorder need to be in a specialized program?
- What if my child gets 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?



Wraparound Concept



Su Familia Multicultural Counseling

Website	www.sufamiliacounseling.org	Email	Christina@sufamiliacounseling.org	E29
Phone	651-332-5500	Address	1301 E. 7th Street St Paul MN 55106	

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, 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

Thad Wilderson & Assoc.

Website	www.thadwilderson.com	Email	twilderson@thadwilderson.com	F31
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 & Associates about these programs:

- In-home intensive therapeutic services
- Functional Family Therapy

Twin Cities Play Therapy Center

Website	www.twincitiesplaytherapycenter.com	Email	info@twincitiesplaytherapycenter.com	CAF 2
Phone	651-452-2305	Address	3440 Federal Drive Eagan MN 55122	

What mental health/behavioral health services do you provide?

Mental Health Assessment, Out-patient Treatment, Support Groups-Children/ Parents, 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 Twin Cities Play Therapy Center about these programs:

- Why does play therapy work? How do you do play therapy with adolescents?
- Do kids with certain diagnoses respond better than others?
- What kind of insurance do you accept? How do I pay?

University of Minnesota, Department of Psychiatry

Website	http://www.psychiatry.umn.edu/research/home.html	Email	hour005@umn.edu	F38
Phone	(612) 273-9924	Address	2450 Riverside Avenue Minneapolis, MN 55454	

What mental health/behavioral health services do you provide?

Research, which may include a diagnostic interview, treatment for depression and self-harm, and an MRI

Who do you serve?

Children, teenagers, and young adults between the ages of 12-21, Providers, Mental health professionals

In what languages are your services provided?

English

In addition to the services listed above, ask University of MN, Psychiatry about these programs:

- How can my child participate in this research activity?
- My child is depressed; can we join your study?

UCare

Website	www.ucare.org	Email		E21
Phone	612-676-6500	Address	500 Stinson Blvd N.E. Minneapolis MN 55440	

What mental health/behavioral health services do you provide?

Basic Needs Assessment, Case Management, Crisis Intervention, Crisis Planning, Physical Health Assessment

Who do you serve?

Families, Children,-Preschool to 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 UCare about these programs:

- How can you help me find a mental health specialist?
- What do I do if I want to get a second opinion?
- Does Ucare provide care managers for families with children who have mental health issues?
- How can I keep my family healthy? What is “self-care”?

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.



Urgent Care for Adult Mental Health

Website	http://mentalhealthcrisisalliance.org/	Email		CAF 3
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 Hour 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?

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.



Volunteers of America

Website	www.voamn.org	Email		C16
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

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.

YWCA St. Paul

Website	http://www.ywcaofstpaul.org/youthdev.html	Email	info@ywcaofstpaul.org	B8
Phone	651-645-2529	Address	375 Selby Ave St Paul MN 55102	

What mental health/behavioral health services do you provide?

Case Management, Housing, School Support, 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

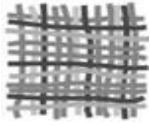
In addition to the services listed above, ask YWCA of St Paul about these programs:

- Youth Achievers Program (YAP) Ages 8-14
- IMPACT ages 15-24
- Family Intervention, Family Preservation
- Family Community Partnership Program
- Transitional Housing, supportive Housing



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.



Welcome to RCCMHC



RCCMHC stands for “Ramsey County Children’s Mental Health Collaborative.” Yeh, 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 Networking Committee meets on the 2nd Tuesday of every month. This is a time for parents to share stories, get advice, and connect with resources in our community. Sometimes we bring in “expert” speakers or do an activity (Example: We might create a “crisis kit” that includes a crisis plan, information binder, a “happy place” box for self-care and a tote bag.)

The Family Service Committee meets on the 4th Tuesday of every month from 6:30 PM to 8:30 PM. This is a planning and decision making meeting that helps us know how to best serve our families. (Right now we’re planning a family event and Resource Fair.)

Each meeting provides a FREE dinner and a \$25 stipend to eligible parents.

LOCATION FOR BOTH MEETINGS

Wilder Center: 451 Lexington Pkwy N; Saint Paul, MN 55104 Bus Route 16

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”
