



## Healing, Belonging and Hope...

“You guys have always been there to help me when I’ve needed it!! Without your help I’m not sure what would have happened I’ve almost lost it so many times and you have always been there to help me keep from losing it !!”

“I love RCCMHC this Collaborative has helped me and my children to the most difficult time of our mental health days. I don’t know what I would do if I didn’t have this collaborative.”

# Get to Know RCCMHC

<https://www.rccmhc.org/providers>

<https://www.rccmhc.org/families>



# Get to Know RCCMHC

RCCMHC offers FREE whole-family support through a multi-disciplinary "it takes a village" team that works closely with crisis/ walk-in services, county, school, primary care, local healers, and family service agencies.

	<p>Healing, belonging, and hope! Families and local providers refer to RCCMHC as their "Collab Family." We offer peer support, resilience coaching, and skills practice. <a href="https://www.rccmhc.org/ourteam">https://www.rccmhc.org/ourteam</a></p>		<p>Text or call <b>800-565-2575</b> for resource connections, referrals, and case consultation.</p>
	<p>A caregiver-guided assessment of needs &amp; opportunities leads to deeper digging for resources, systems navigation, and care team coordination. Our team can help you set up a Family Care Organizer. <a href="https://www.rccmhc.org/all-in-one-place">https://www.rccmhc.org/all-in-one-place</a></p>		<p>Rapid Access and Short-Term Therapy for youth who would benefit from a "whole family" care team approach to address challenging emotions or behaviors. Collab School Linked Mental Health. <a href="https://www.rccmhc.org/slmh">https://www.rccmhc.org/slmh</a></p>
	<p>Large group psychoeducation. Youth activities, holistic wellness programs, resource connections events and leadership opportunities. <a href="https://www.rccmhc.org/for-families">https://www.rccmhc.org/for-families</a></p>		<p><b>NEW</b> Search Tool: Use the filter to narrow your search for Crisis, Inpatient, PHP, IOP, Residential, Outpatient Mental Health, Chemical Health &amp; Other Family Services. <a href="https://www.rccmhc.org/search-tool">https://www.rccmhc.org/search-tool</a></p>
	<p>Community Bulletin Boards make it easy to find and share local, time-sensitive Resources. <a href="https://www.rccmhc.org/community-bulletin-board">https://www.rccmhc.org/community-bulletin-board</a></p>		<p>Visit our Virtual CALM Room to find 80+ tools to distract, relax and help you cope. Our team can help you and your child practice these strategies. <a href="https://www.rccmhc.org/breathe">https://www.rccmhc.org/breathe</a></p>



RCCMHC also works at the policy level with our community partners and the SRFC and SPCC collaboratives. In addition to direct services, we also support resource sharing, non-billable cross-system services, and capacity building/professional development. One example of our community partnerships is our Crisis Kit initiative with local hospitals. <https://www.rccmhc.org/our-work>



**MISSION:** RCCMHC works across systems to meet the complex needs of youth with mental health disorders and their families.



# COMMUNITY NEED

**Youth Mental Health & School Concerns:** In a typical year, 20% of youth experience a seriously debilitating mental disorder. However, the last several years have not been “typical.” In a 2021 RCCMHC youth survey of 900+ youth in Ramsey County: 77% of all youth surveyed said that they were struggling with mental health. In 2022 and 2023, we have seen a 30% increase in youth with suicidal ideation, self-injuring behavior and symptoms of major depression presenting to the ED. Children's Hospital MN reports that 50% of youth who are visiting the ED for a mental health concern are presenting with higher acuity than is typical. Schools are also reporting higher acuity and more complex family needs. RCCMHC has seen a 300% increase in the use of our family support services, 800# resource line, and website.

**Adult Stress and Financial Concerns:** Families with complex needs are often involved in several public and private service systems. Many RCCMHC families report that they have 15+ "workers" per family that they need to juggle. Other families say they don't have ANY services because they can't figure out where to start! RCCMHC has seen increased adult stress due to the lack of financial, housing, food, and childcare support. Families also report stress related to community trauma or grief and loss. School staff and local providers say that it has become harder to reach and coordinate services for these highly stressed families. They also report higher “no show” rates.

# COMMUNITY NEED

**Less Capacity for Help:** Ramsey County's ratio of mental health providers to population is the LOWEST among counties in the metro area. Increased need combined with workforce shortages have resulted in mental health agencies with hundreds of families on their wait lists. Families report waiting months to get therapy. For example, Wilder reports a 6-8 month waitlist for outpatient therapy. As of April 15, the RC Youth Crisis Response Team was down to 3 total staff, Project Assist had 2 staff, and CMH Case Management had long waits (parents/providers report weeks to months.). The RC dashboard indicates a 3,000+ backlog of applications for cash and SNAP. Rental Assistance options seem to disappear as soon as they are announced. Homelessness is worsening. Child Care assistance has long wait lists and rarely covers a full year of day care. It has gotten so bad that RCCMHC has been approached by basic needs service providers to learn how to talk to families in crisis when there are no "safety net services" available.

**Equity Concerns:** There are significant disparities in access to mental health care & service use is not equally distributed among those who need support. Families with complex needs who also have children with emotional/behavioral challenges tend to cycle through crises, overuse emergency services, and "fall through the cracks" of the traditional service system. High-cost service utilizers are disproportionately BIPOC and they tend to be diagnostically complex or involved in multiple systems across several life domains. Yet, BIPOC youth in MN are 1/3 to 1/2 less likely to receive community mental health services. Western approaches to health care and social services often focus on the individual and do not address wellness in the manner that many communities find helpful. RCCMHC families frequently tell us that they want a "whole-family" approach. Culturally-specific providers affirm that this is the best practice, however these services are rarely billable to insurance/Medicaid so it limits agencies' ability to offer them.

# 2023

## Funding Priority Areas

More families are under stress, more youth need mental health supports, less services are available, and the equity gap has widened. RCCMHC reduces disparities in our community by providing a flexible, culturally affirming, collaborative intervention that meets the complex needs of the whole family.

RCCMHC offers FREE whole-family supports through a multi-disciplinary "it takes a village" team that works closely with crisis services, county, school, primary care, local healers and family service agencies.



Partnerships, Policy and Collaboration



Youth, Family and Community Engagement



Capacity Building and Professional Training



Cross-System Services and Supports



Community Defined/Driven and Data-Informed Decision Making



Resource Sharing & Development

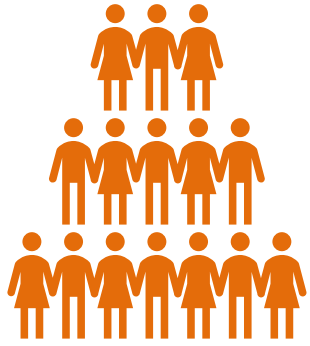
# Who is part of the “Collab Family”?



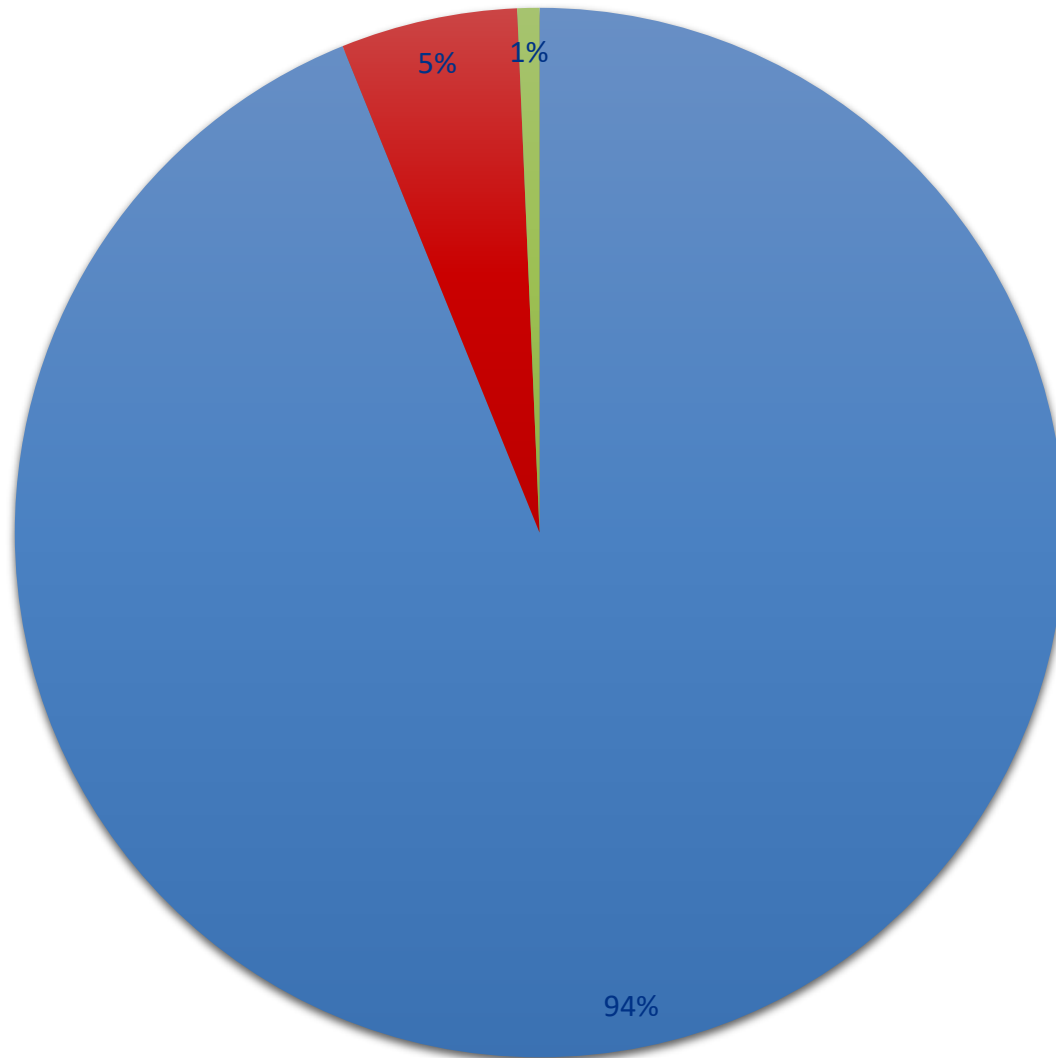
1,000+ families served

## Snapshot

250 families served Oct 01, 2022 to May 10, 2023 with more intensive “therapy + collaborative supports”



## Sense of Belonging



■ YES ■ NO ■ NOT YET- JUST STARTED

Families who replied to our survey and said they have been with RCCMHC for 6 months+

147 families

**94%** report a Sense of Belonging





<https://www.rccmhc.org/ourteam>

### Meet Our Family Support Team



We provide youth/family screenings, therapy appointment setting, resource navigation, resilience coaching and coping skills practice, care coordination, and care team planning. We can also help you get registered for our free trainings, wellness events, resource fairs, youth activities and more!



Anne Divinski

[anne@rccmhc.org](mailto:anne@rccmhc.org)  
800-645-3375, ext. 700  
Family Support Specialist



Connie Hune

[connie@rccmhc.org](mailto:connie@rccmhc.org)  
800-645-3375, ext. 707  
Peer Support Specialist



IMAGE  
COMING  
SOON

Cristina Miralles

[cristina@rccmhc.org](mailto:cristina@rccmhc.org)  
800-645-3375, ext. 704  
Family Support Specialist  
*Yo hablo español*



Mahry Torres-Castillo

[mahry@rccmhc.org](mailto:mahry@rccmhc.org)  
800-645-3375, ext. 704  
Family Support Specialist  
*Yo hablo español*



Quivale Roberts

[quivale@rccmhc.org](mailto:quivale@rccmhc.org)  
800-645-3375, ext. 710  
Family Support Specialist



Sade Kelly

[sade@rccmhc.org](mailto:sade@rccmhc.org)  
800-645-3375, ext. 711  
Resource Specialist  
Intern Task Supervisor



Donnell Bratton Sr.

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800-645-3375, ext. 703  
Family Support Specialist



Edward Stockard

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800-645-3375, ext. 703  
Family Support Specialist



Elisa Douglas

[elisa@rccmhc.org](mailto:elisa@rccmhc.org)  
800-645-3375, ext. 703  
Family Support Specialist



Tony Porter

[tony@rccmhc.org](mailto:tony@rccmhc.org)  
800-645-3375, ext. 701  
Family Support Specialist



Wendy Goodman

[wendy@rccmhc.org](mailto:wendy@rccmhc.org)  
800-645-3375, ext. 711  
Executive Director



Isabelle Barr

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800-645-3375, ext. 704  
Family Support Specialist



Jacinta Moss

[jacinta@rccmhc.org](mailto:jacinta@rccmhc.org)  
800-645-3375, ext. 712  
Peer Support Specialist



Lisa Hoogheem

[lisa@rccmhc.org](mailto:lisa@rccmhc.org)  
800-645-3375, ext. 710  
Family Engagement Coordinator

Healing, belonging, and hope!

Families and local providers refer to RCCMHC as their “Collab Family.”

We offer peer support, resilience coaching, and skills practice.

## **NEW!** Family Peer Specialists


Our Family Peer Specialists provide free resilience coaching. They have "been there and done that" so they can walk with caregivers as a support and guide. Family Peer Specialists can practice coping strategies from our CALM Room or help set up a personalized Family Care Organizer.





<https://www.rccmhc.org/>

Text or call **800-565-2575** for resource connections, referrals, and professional case consultation.

 **Ramsey County Children's Mental Health Collaborative**  
Working across systems and with families to support children's mental health.

Call or Text (800) 565-2575

EN ES SO

Search Site

Home Calm Room Bulletin Board Resources Families Providers Collaborate! About Us More

**You are not ALONE**

Call or Text 800-565-2575



<https://www.rccmhc.org/all-in-one-place>

A caregiver-guided assessment of needs & opportunities leads to deeper digging for resources, systems navigation, and care team coordination. Our team can help you set up a Family Care Organizer.



### 1. Introduction

Includes Table of Contents



### 2. Contacts

Includes emergency contacts, local agencies, and support network



### 3. Calendar & Notes

Includes phone logs, appointment notes, and To-Do Lists



### 4. Medical

Includes history, Emergency Health forms, and visit summary



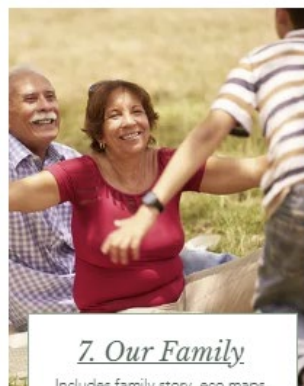
### 5. School

Includes IEP worksheets and beginning of the year checklist



### 6. Mental Health

Includes crisis plans, mood tracker, communication sheets, and more!



### 7. Our Family

Includes family story, eco maps, youth strengths



### 8. Home

Includes money tracking, budget worksheets, and meal plans



### 9. Wellbeing


Includes parent self care, wellness tracker, and calm down toolkit



<https://www.rccmhc.org/slmh>

## **NEW!** Therapy + Collab Support

Rapid Access and Short-Term Therapy for youth who would benefit from a “whole family” care team approach to address challenging emotions or behaviors. This initiative serves families with the most complex needs.



***Collaborative  
School Linked Mental Health***

An enhanced SLMH model that connects students and their families with a diverse pool of clinicians and whole-family support specialists who offer free Collaborative Supports, Rapid Access, and Short Term Therapeutic Services.

**Mental health services** will be provided by a diverse pool of BIPOC, bilingual, LGBTQ, and specialty clinicians who provide a wide range of therapies for early childhood through 12th grade. Services will be available year-round, day/evening and weekends, in-clinic, virtually, in-home and in-community.

**Our population of focus** will be youth struggling with emotions/behaviors who would benefit from a “whole family” care-team approach. In particular: families with complex needs or multi-system involvement, families experiencing barriers to service, underserved, under-supported, and marginalized families.



One point of access: RCCMHC Family Support Specialists will follow up on your referral within 24 hours (M-F.)



We will provide a psycho-social family assessment to determine the best service path and set appointments. Transportation and interpreter services will also be offered as long as grant funding is available.



Care Team coordination with School, RC Crisis, Hospitals, CPS, Public Health, Case Management & Basic Needs Navigators etc.



Free resource navigation, resilience coaching, youth activities, group psychoeducation, peer support, holistic wellness programs, and more!



**RAPID ACCESS:** up to 3 free sessions, pre-DA, short wait times, youth assessment, coping skills, referral to therapy and/or other supports.



**THERAPY:** 6 to 16 sessions, Diagnostic Assessment, individualized psycho-ed, coping skills, youth and/or family therapy. (3rd party billing and/or sliding fees)

Online Referral: <https://www.rccmhc.org/referral>

If you have a referral question or if you need a free consultation

- Call or text the RCCMHC Resource Line **800-565-2575**
- Or, email RCCMHC at [holly@rccmhc.org](mailto:holly@rccmhc.org)

### Our Clinical Partners

Creceer  
Fraser  
Metro Social Services  
Natalis Counseling

Peak Behavioral Health  
True Thao Counseling  
Winston Behavioral Health

For emergency, safety concerns or crises that need same-day response: dial 911 or call the Ramsey County Mobile Crisis Team 651-266-7878



Because of our priority partnerships with 7 local agencies, our families have been able to access services without long wait lists. We have intentionally partnered with BIPOC-owned and culturally specific agencies, so we are able to provide a “best fit” therapy match based on criteria identified by the family. Examples include language, ethnicity, LGBTQ, location (in-clinic, in-home, virtual) and specialties (addiction, trauma, grief etc.)



<https://www.rccmhc.org/for-families>

Large group psychoeducation. Youth activities, holistic wellness programs, resource connections events and leadership opportunities.

## FAMILIES- Trainings & Programs

All programs are FREE and virtual. Click on the boxes to learn more or use the event calendar below.

[printable monthly calendar](#)- April 2023

[printable list of all programs](#)







<https://www.rccmhc.org/search-tool>

## **NEW!** Search Tool

Find Crisis/ Walk-In, Inpatient, PHP, IOP, Residential, Outpatient Mental Health, Chemical Health & Other Family Services.



Read a description of the “system” category.

Then, use the filter to narrow your search.

- Ages
- Insurance
- Outpatient Options (CBT, Play Therapy etc.)
- Specialties ( Grief, Trauma etc.)

When most people think about therapy--- they are thinking about "outpatient services." Outpatient therapy can happen in a clinic, virtually, or in your home.

Mental health providers specialize in different kinds of therapy such as Cognitive Behavior Therapy (CBT) or Play Therapy. They might also specialize in treating certain concerns such as Grief or Trauma.

Click on any of the agency icons below to read more information about their services and to find contact information.

Use the BLUE filter to narrow your search. Click on the + to open more options. You can add more than one filter to your search.



### Filter

#### Ages

- Early Childhood (0 to 5)
- Elementary (6 to 10)
- High School (14 to 18)
- Middle School (11 to 13)
- Transition Age (18+)
- Whole Family (child + adult)

#### Insurance/Payment

- Aetna
- Blue Cross Blue Shield
- Health Partners
- Medica
- Medical Assistance
- MN Care
- Our services are free
- Preferred One
- UCare
- United Health Care
- We offer sliding scale fees

#### Other Family Services

#### Outpatient Options

#### Specialties

- Abuse or Domestic Violence
- Addiction Services
- Applied Behavior Analysis



## UPDATED- Mental Health Crisis

- NEW Spanish page
- How and where to get help
- How to prepare/prevent

The screenshot shows the website for the Ramsey County Children's Mental Health Collaborative (RCCMHC). The header includes the logo, the name of the organization, and the tagline "Working across systems and with families to support children's mental health." Below the header, there is a navigation menu with links for Home, Calm Room, Bulletin Board, Resources, Families, Providers, Collaborate!, About Us, and Calendar. A search bar and contact information (Call or Text (800) 565-2575) are also present. The main content area features a section titled "Mental Health Crisis" with a link to a Spanish page. Below this is a photograph of a young child resting their head on a table. Further down, there is a section for the "Youth Mental Health Crisis Team" which includes contact information for Children's Crisis Response (Ramsey County) at 651-266-7878. A text block explains that the service works best if called before a situation becomes an emergency. A list of bullet points provides details about the service's availability and scope. To the right of this text is a graphic with the text "Get Help Now" and a photograph of a woman talking on a mobile phone. At the bottom right of the graphic is a button with the phone number "651-266-7878" and a right-pointing arrow.

**Ramsey County Children's Mental Health Collaborative**  
Working across systems and with families to support children's mental health.

Call or Text (800) 565-2575

EN ES SO

Home Calm Room Bulletin Board **Resources** Families Providers Collaborate! About Us Calendar

### Mental Health Crisis

[Español](#)

### Youth Mental Health Crisis Team

Children's Crisis Response (Ramsey County) 651-266-7878

This service works best if you can call before the situation becomes an emergency. So- if possible- try to call when you notice that things are starting to get challenging and you need extra support.


- Help is available 24 hours a day, 7 days a week.
- Crisis outreach is provided by licensed mental health professionals. They can talk to you by phone and/or meet you in-person at your home, school, or community to assess and stabilize the immediate crisis.
- Mental health crisis response is provided regardless of ability to pay; however insurance information is collected when available.
- The Child Crisis Team can not physically restrain your child or force him/her to go to the hospital. If stronger intervention is needed, the Child Crisis team can often partner with a family even if it is necessary to involve the police or hospital.

**Get Help Now**

651-266-7878 >

## UPDATED- Emergency Mental Health

- Defines crisis vs emergency
- How and where to get help
- How to prepare/prevent



**Ramsey County Children's Mental Health Collaborative**  
Working across systems and with families to support children's mental health.

Call or Text (800) 565-2575

EN ES SO

Search Site

Home Calm Room Bulletin Board **Resources** Families Providers Collaborate! About Us Calendar

### Emergency Mental Health

If there is physical danger, if your child needs to be physically restrained, or if you think your child will not cooperate with a visit to the doctor or hospital, it is time to call 911.

- Is it life threatening or likely to become life threatening?
- Is there a threat of imminent harm to self or others, or have harmful actions already occurred (hurting someone, taking an overdose of medication, or pulling out a weapon...)?
- Is there intoxication or self-injury that requires medical attention?
- Is there erratic or strange behavior that endangers the child/teen's safety or others' safety (behavior that is unpredictable, behavior that the child/teen isn't able to control...)?


## IN CASE OF EMERGENCY CALL 9-1-1

Call 911 >

#### What to do

- **Do not leave the child or teen alone**
- Call 911 or get someone else to do it
- Tell the 911 operator that this is a mental health emergency.
- Ask the 911 operator to have the responding officer call you in route so you can share critical details or you can make a plan to meet the officer outside the incident site to share background information. The more information first responders have about a situation, the better prepared they are to assist.
- Ask for a CIT Officer (someone who has had crisis intervention training to help youth with mental health disorders.)
- 911 will coordinate with AMBULANCE and first responders.

#### If YOU Drive to the Emergency Department



If there is no immediate danger, you may have time to talk to a 24/7 [Mobile Crisis Team](#) to discuss options.

- If the Crisis Team can not come to you or, if the Crisis Team explains that the crisis symptoms are too severe... you may be asked to take your child to the Emergency Department.
- Always make sure that you are BOTH SAFE to drive.
- If needed, bring another trusted adult.
- Bring medications that your child is taking (or bring a list.) If possible, bring any other drugs or substances your child has used.



<https://www.rccmhc.org/community-bulletin-board>

Community Bulletin Boards make it easy to find and share local, time-sensitive Resources.

— • ADULTS

This Bulletin Board is for parents/caregivers, school staff, local agencies and providers.



— • TEENS

This Bulletin Board is for teens ages 13+



— • YOUTH

This Bulletin Board is for all youth.



— • Birth to 5

This Bulletin Board is for early childhood.





RCCMHC + 38 • 14h

# Community Bulletin Board for Ramsey County, MN

Due to the increased number of users, this Bulletin Board may take a moment to load. Please SCROLL up and down as well as left and right to see all columns of resources. PROVIDERS- please scroll all the way to the right to find Professional Resources and Trainings.

## Welcome!



HELLO from Jacinta, your RCCMHC Board Chair :)



Just stopping by to tell somebody it's okay to ask for help. Stopping by to say hello to the strong

## How To Use



### How To Use This Board

Click on the PLUS SIGN + at the top of any column to add a photo, website link or document.

You can SEARCH this Board by clicking your control button and the letter F at the same time. A search bar will open and you can search for any word or phrase.

Below-- please find a directory of Basic Needs and Wellness Resources prepared by the Suburban Ramsey Family Collaborative (SRFC).



### Basic Needs & Wellness Resources

information. Please send us ANY resources you know of and think would be helpful...  
Make: If you click on the category in the Table of Contents on the "Home" Document it will of this google doc you will see a directory that allows you to jump to each category...  
If asking you to Keyword search.

**Call 2-1-1** Toll Free: 800-643-7709; Local: 651-291-0211 OR Text your...  
to 651-211 OR SEARCH <https://www.211.com/rccmhc/>  
You can access their ONLINE TOOLS, INFORMATION AND RESOURCES at <https://www.211.com/rccmhc/>  
It's easier! Text the 24/7 Crisis Text Line - Text MN to 741741 <https://www.crisistextline.org/>  
Or call 651-265-8118 for children in Ramsey County who live in a mental health

## Mental Health: LOCAL SERVICES



### Same-week availability



Approved by the American Psychological Association (APA) Outsourcing is the only exclusively outpatient mental health professionals that have been recognized by the APA.  
PDF CARE Counseling Highlights  
<https://care-clinics.com/>



### Leap Pediatric and Adolescent Care in St. Paul.



leapcaremn.com  
Leap Pediatric and Adolescent Care \* St. Paul, MN \* Dr. Julia Joseph-Di Caprio  
Located at Midway in St. Paul (450

## Mental Health (other supports)



### CALL or TEXT 988 Suicide & Crisis Lifeline



fcc.gov  
988 Suicide and Crisis Lifeline  
♡ 0

### Crisis Line text number and phone Number. 24/7 Crisis Counseling Free



crisistextline.org  
Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling  
Crisis Line phone number is 651-266-7878 and serves for both children and adults that lives in Ramsey County 24/7 Crisis

## Youth Chemical Health



### Learn about youth substance use trends, social media etc. In-Person resource fair & presentation



**STAYING CONNECTED TO YOUR KIDS IN A DISCONNECTED WORLD**  
Monday, May 22 | 6:00 - 8:30 pm  
The Ramsey County Opus Coalition in collaboration with St. Anthony school officials, law enforcement, school mental health professionals, and prevention specialists proudly present this parent education event where you will learn:  
• Current substance use trends among youth  
• Social media and its impact on mental health  
• Warning signs and what you can do  
• Q&A panel with industry professionals  
STAYING CONNECTED TO YOUR KID IN A DISCONNECTED WORLD  
stanthony.ce.eleyo.com

Staying Connected to Your Kid in a Disconnected World



### Substance Use: FREE virtual family program and support groups

## Basic Needs and \$\$



### Free Chromebook Computer



ONE Chromebook per family  
<https://mnaftherschool.org/chromebooks>



### Up to \$1,000 for pay for educational after school programs including music lessons, summer camps, etc.



## Rent/Hou



### Free in home assessments



esndc.org  
Lead Safe Minnesota  
ESNDC offers assessments, testing for children, women, FREE encapsulation lead-based paint interior of the Lead Contract worth of work presentation of hazards, and a for the Window Program.



### Home Help





<https://www.rccmhc.org/breathe>

Visit our Virtual CALM Room to find 80+ tools to distract, relax and help you cope. Many of these tools are based on CBT, DBT or Solution Focused therapy strategies. Other tools are more holistic or culture-based. Our Family Peer Specialists can practice these strategies with caregivers and their children.

**NEW!** available in Spanish: <https://www.rccmhc.org/respirar>

Home Calm Room Bulletin Board Resources Families Providers Collaborate! About Us Calendar

# Breathe

over 80 tools to distract, relax and help you cope...

[\(espanol\)](#)

### Breathing Bubble

Follow along with a breathing meditation to help you calm down or center your thinking.

### Dance

We hold stress and anxiety in our bodies. Movement can reduce stress chemicals and increase feel-good chemicals in our body. It can also make our brain's "fight or flight" system less reactive in the future.

### Calm Sounds, Music and More!

Visit this web page for calm sounds, music, meditations and stories. If you don't want to log in, just click on the word "skip" in the upper right hand corner. This is also available as a free app for your phone.

### Online Art

Coloring is a great way to calm and distract yourself. Empty your mind of worries as you focus on your picture.

Don't have any coloring books or markers at home? That's ok! You can color and [do art activities online.](#)

# How does RCCMHC help you?

Most families provided answers in these 5 categories

All Parent Survey- 147 replies

Therapy & Care Coordination Survey- 57 replies



**Peer Support & Sense of Belonging**



**Access to Services and Resources**



**Classes and Trainings**



**Skills & Resilience Coaching**

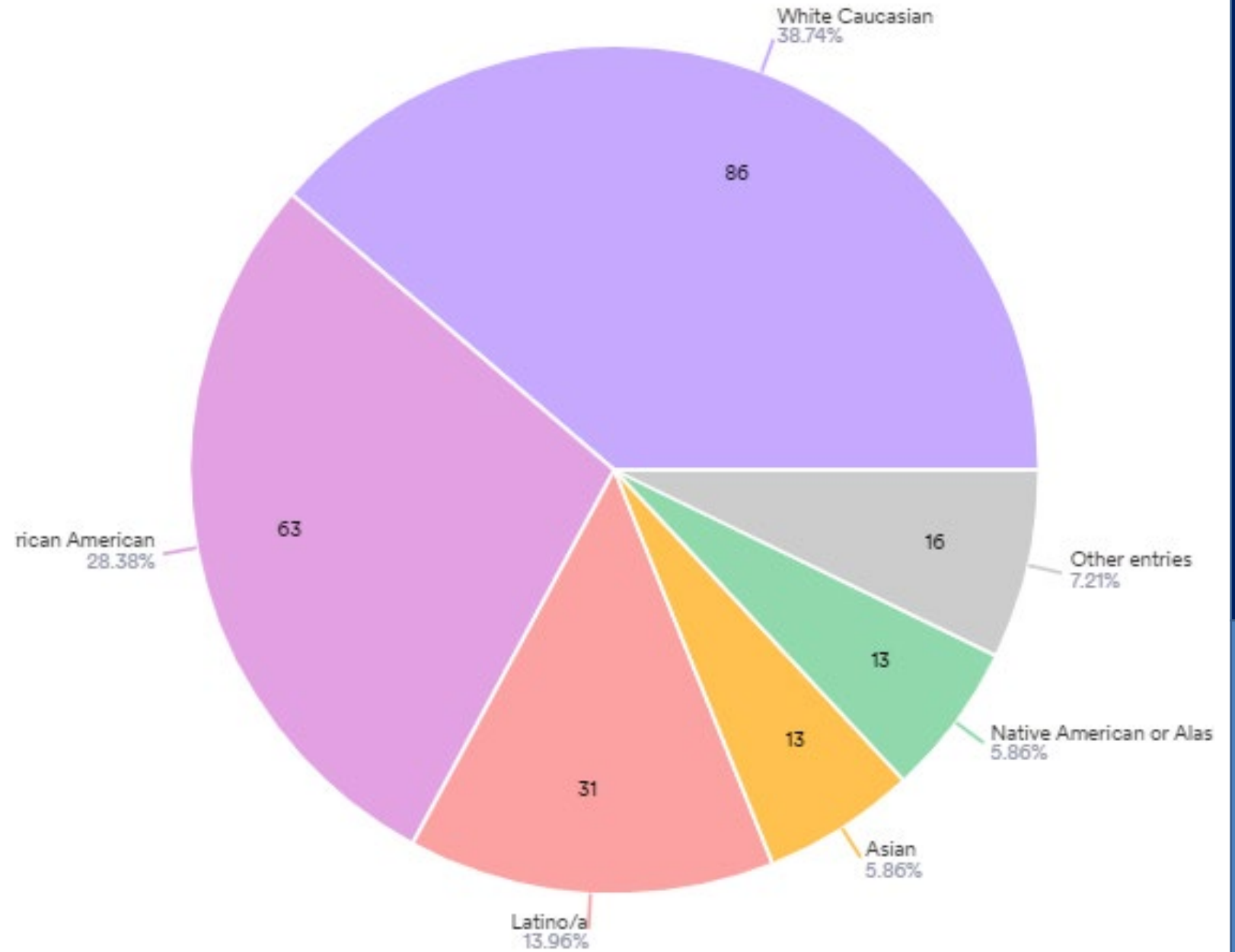


**“A Little Bit of Everything”**





## Cultural overview of families currently “in navigation”





# Families served through “portal”

## SNAPSHOT>> families currently “in navigation”

Saint Paul Public School 30.54%  
Mounds View Schools 23.95%  
Roseville Area School 23.35%  
North Saint Paul, Maplewood Oakdale 17.96 %  
White Bear Lake Area Schools 3.59%  
Other .60%

## SNAPSHOT>> families currently “in-process of outreach/ intake”

Saint Paul Public School 45.5%  
North Saint Paul, Maplewood Oakdale 31.82%  
Mounds View Schools 13.64%  
Roseville Area School 9.09 %  
White Bear Lake Area Schools 0

## Peer Support & Sense of Belonging



- I like the opportunity we have to ask questions without judgment. And the feeling of being apart of the group even when we don't want to share. It is important to have a safe place.
- Helps to know other parents are going through similar things and we can support each other
- Sharing experiences with other parents and families
- Interaction with other families with similar challenges
- Knowing I wasn't alone; understand i'm not alone
- Safe place to talk- a sense of belonging
- I feel that I can be honest and not worry about judgement. It helps me not feel lonely.
- I love that they care and check on us and make us feel like we belong like family.
- I feel loved & understood
- It feels like your not alone going through life issues and there's people there to support you and help you cope and figure out ways to get through it.
- Before RCCMHC, I didn't know of any services. I didn't know any other parents who had children like me. I felt alone and lost. With them, I know that I have someone to turn to for help, answers, and resources when I need it.



## Access to Services & Resources

- My child was self-harming. I called everywhere and the waitlists were so long. It would have taken months to get therapy without RCCMHC.
- They helped me cut through waiting lists and found therapy resources for our family.
- Helped with connecting us with a therapist.
- Allowed me to get my son connected to services in a timely manner
- Connect to resources
- Answered my questions
- Got me connected with great therapy services for me and my children
- Networking, connection
- I have been able to connect to resources and have learned some things about the LGBTQ community
- I LOVE all the resources on the website. It has really evolved into something fantastic!!
- I get connected to programs that I never knew existed
- Quick responses and resources
- It's too easy for families like mine to fall through the cracks. My child would not be alive if it weren't for RCCMHC.



## Classes and Trainings

- Helpful classes
- Amazing trainings
- Learn so much on how to parent!
- Speakers, workshops and resources have been instrumental to help me assist my daughters with their mental illness.
- I have especially found trainings useful for helping my children manage their emotions.
- By teaching me new things about stuff I thought I knew everything about already...
- To learn more about myself and how to spend more time with my family
- The trainings really help me see things in a different perspective.



## Skills & Resilience Coaching

- Learning new tools to help me as a parent
- Mental health, loss and tragedy, Mental check ins
- Offering strategies and appropriate mental health help for our challenging kids.
- Ways to destress; Ways to cope
- It helps me learn new ways to deal with my mental health
- They give me the tools and support I need to advocate for my children
- Give me tools I need to be a better parent to my special needs child.
- Showing me tools and techniques on how to better take care of myself mentally so that I'm able to better care for my children.
- Helped me understand my sister more, and help out when my family was in a very difficult situation
- I am very impressed with the supports. We have used/are utilizing all of the supports that have been offered so far.



## “A Little Bit of Everything”

- They are there for almost everything I need or they find a resource that could assist me if they can't
- They offer amazing services when you are in need of help with anything you will have people supporting you and helping you
- Helps us balance our kiddos doctor's visits and mental health needs, as well as helps problem solve for our family
- Always willing to help
- Estoy muy feliz son personas muy amable. Y aparte personas capaces de brindar lo mejor de si mismas... Gracias a usted y este programa por la ayuda a nuestras familias (I am very happy they are very kind people. And apart from people capable of giving the best of themselves... Thanks to you and this program for helping our families)
- The sessions on different topics have taught me a lot of different things when dealing with different issues and behaviors. Also, the gift card for attending has helped when something is needed in household.
- I feel really supported by them. They go above and beyond.

## RCCMHC Tool Used in the Last 30 days

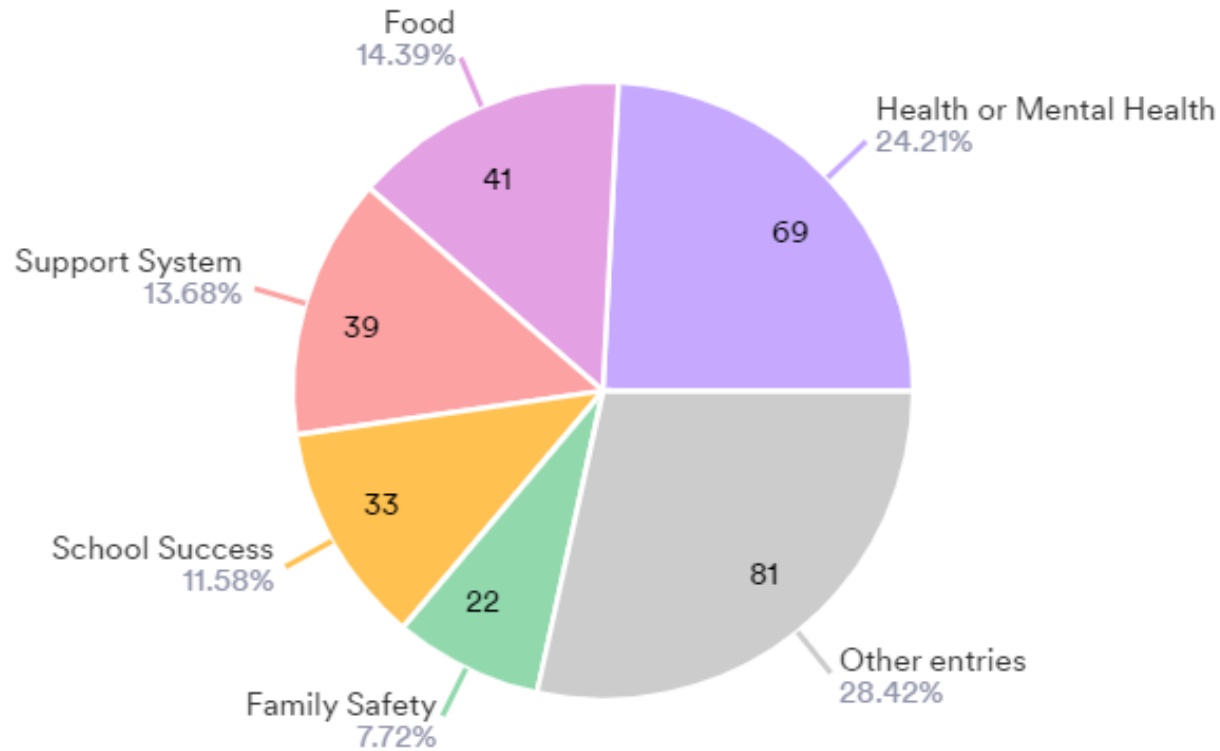


- Almost all of them, that has been the absolute best part. My kids love them and they add to the quality of our lives in small ways.
- Squishies, Fidgets
- Sensory tools; Sand sensory bin
- Aquarium, plants, nightlight globe thingy
- Meditation cards
- Self care tool kit; Calming kit backpack items; Calm Space
- Aroma therapy
- Art therapy supplies
- A journal
- Self care book; book on communication
- Yoga mats
- Recipe ideas
- My daughter regularly journals in the journal she received from a moodie Monday.
- A fish tank with artificial swimming fish, headphones, yo-yo, and more!
- The ocean bottle, the EC Jam music kit.
- Expandable ball for breathing exercises and for our children to calm themselves down.
- Calming lights and cards
- Massager



# What type of service or resource did RCCMHC connect yo...

285 Responses - 36 Empty



In the past month, what type of service or resource did RCCMHC connect you to?

# Multiple Resource Connections Per Family



In the past month, what type of service or resource did RCCMHC connect you to?



## Collaborative SLMH Impacts

- My child feels extremely comfortable with her therapist. Though she usually has difficulty opening up with new people, my daughter instantly felt a connection with her therapist and felt understood.
- This therapy has given my child a place to learn and manage her behaviors in a healthy way.
- He is learning new ways of thinking about and understanding his feelings.
- My son really respects True and connects with him because he reminds him of his grandpa, my father. He is struggling with identity so I think it helps to have someone he can relate to.
- The therapist for my son is a great fit at Peak. The therapist is thorough, sensitive to BiPoc issues, and available when we need him. Although it is virtual I feel like my son is getting the best services.
- My child feels extremely comfortable with her therapist. Though she usually has difficulty opening up with new people, my daughter instantly felt a connection with her therapist and felt understood.
- She likes the adult attention and having someone to confide in. Having someone else offering different perspectives on things is a great help as children often listen to and agree with adults other their caretakers.
- He connects well with the therapist and enjoys seeing him once a week.
- Their happy to go, it has only been a few sessions so not much improvement yet but they love it and we'll continue to go!
- Dis regulation and being able to ask for help
- My son uses emotional regulation skills he is learning with his therapist

# Ideas For Improvements

- More classes/ activities; more evenings or more daytime; more often
- More personal communication(phone calls); more follow up reminders
- More youth-specific programming
- More check-ins; youth text message check-ins (especially over summer)
- Offer in more counties/ offer for single adults
- Provide trainings on-demand/ online in case training times don't work with schedule
- More in-person

# Awe: a pathway to healing, belonging & hope

A quick share by Wendy

<https://www.forbes.com/sites/taliamilgromelcott/2023/05/14/our-kids-are-not-okay-science-has-a-surprising-solution/?sh=61feb4194edd>

So much feels flawed and fragile right now: our democracy, our schools, our leaders, our planet.... What (kids) need most of all is help to stay hopeful and fend off despair. Their generation is deeply alert to the challenges of the world. ...the number of kids filling psychiatric ERs is at crisis levels, telling us that, for them, hope itself feels out of reach. Their challenge isn't complacency; it's being so aware of the problems that they despair of the possibility of change. Science has shown that there is a path to hope and an antidote to despair that is always with us... AWE.

<https://www.parent.com/blogs/conversations/the-power-of-awe-why-our-children-need-more-and-how-to-ensure-they-get-it>

Awe...broadens social connection, stimulates curiosity, expands creativity, leads to kindness and generosity, changes our perception of time, guides us to find our purpose in life, makes us grateful, improves our immune system. Reduces anxiety and depression. (this article offers some examples of how to help kids experience awe.)

Healing, belonging and hope underpin psychological wellbeing.

- <https://cssp.org/wp-content/uploads/2018/11/Branching-Out-and-Reaching-Deeper.pdf>
- <https://cssp.org/wp-content/uploads/2018/08/Balancing-ACEs-with-HOPE-FINAL.pdf>
- [https://www.rccmhc.org/files/ugd/097097\\_68eec4355c1a48bbb73c4995f2471f9c.pdf](https://www.rccmhc.org/files/ugd/097097_68eec4355c1a48bbb73c4995f2471f9c.pdf)



<https://www.rccmhc.org/>