

My Online Family Care Folder



If found, please return this **CONFIDENTIAL** Family Care Folder to:

Ramsey County Children's Mental Health Collaborative (RCCMHC). family@rccmhc.org 651-293-5951

Or Contact: _____

Table of Contents

Your Family Care Binder	1
How to Assemble & Use Your Care Binder.....	2
Contacts	3
Emergency Contacts.....	4
Inpatient Hospitalization	5
Medical Providers & Pharmacy	6
Mental Health Providers	7
School Contacts	8
Community Services	9
Nutritional/ Holistic Health/ Healers	10
Support Network.....	11
Calendar and Notes	12
Appointments.....	13
Phone Call Notes	18
My To-Do List.....	22
2020 Calendar	25
Medical	37
Medical Insurance and Managed Health Care	38
Medical History: Tracking and Sharing.....	40
Emergency Information Form (EIF).....	42
MN Standard Consent to Release Health Information	44
Diagnoses	49
Medications.....	50
Hospital/Facility Stays	52
Treatment History	53
Family Medical History	54
Child Medical History	55

Allergies	56
Past Stressful Experiences or Trauma	57
Visit Summary.....	58
School.....	62
School Info.....	63
School Meeting.....	64
IEP Worksheets.....	68
Beginning of the School Year	74
Mental Health (Crisis and Coping)	75
Crisis Plan.....	76
Mental Health Emergency Checklist	78
Crisis Communication.....	80
EMS/Ambulance	82
Discharge Checklist.....	84
Triggers & Warning Signs	87
Coping Strategies.....	88
Behavior/Mood Tracker	89
Feelings Chart.....	92
Navigate A Mental Health Crisis (NAMI)	93
Our Family	98
About Our Family	99
Recent Family Changes or Stress.....	100
Ecomap.....	101
Areas of Need	102
Resources & Supports	103
About My Child/Teen	104
More About My Child/Teen	105
Child/Teen Strengths.....	106

Home Management	108
Where We Live	109
Funding Sources and Assistance	110
Monthly Income and Savings	113
Monthly Expenses	114
Monthly Bills & Debt	115
Monthly Budget.....	116
Monthly Budget Worksheet.....	117
Work/Volunteer History.....	118
Weekly Meal Plan.....	119
Wellbeing	120
Parent/Caregiver Self Care	121
Calm Down Tool Kit.....	122
Food, Energy, Exercise, and Sleep.....	123
Resources	124



Ramsey County Children’s Mental Health Collaborative

This Family Care Binder was prepared for you by RCCMHC. Ideas for the contents of this Binder came from local families and providers. If you have suggestions for how we can improve, please let us know! RCCMHC can provide support, connections, and resources for your family. More information is available on the last page of this Binder.

Email: family@rccmhc.org 651-293-5951 Website: <https://www.rccmhc.org/>