



<b>CLIENTS</b>	Caregivers, Whole Family, Youth (all ages)
<b>NUMBER</b>	95 unduplicated youth/families
<b>ETHNICITY</b>	African, Asian, African American, Immigrant, Latino, Native American, Caucasian
<b>INCOME</b>	\$20,000- \$29,999 (average)
<b>DIAGNOSES</b>	ADHD, Anxiety, Attachment Disorder, Autism, Bipolar Disorder, Depression, Eating Disorder, ODD, PTSD

### Increasing Calmness

*“I use the yoga activities with my son to help him remain calm.”*

*“Now when I am feeling stressed, I jump to remind myself where my feet are! The YogaCalm presentation helped me be more calm in my life, especially when I get agitated.”*

### Back to School Family Mental Health Engagement Project

- 100% of participants were provided resource books and information to navigate the systems mental health care for children
- 100% of participants were given goody bags with mindfulness and self-regulation tools and activities to do as a family in times of stress or daily to promote positive mental health.
- All spaces were filled within 8 days of sending invitations (and there was a waitlist hoping to go)



DeShawn

### PROBLEM/CHALLENGE

DeShawn was 8 years old. He had been hospitalized twice in the last year for attempted suicide. His father didn’t know how to manage DeShawn’s mood swings and he missed work each time DeShawn’s school sent him home. He was dreading the new school year and was certain that DeShawn would be homebound within the first month.

### INTERVENTION

RCCMHC told DeShawn’s Dad about MACMH’s Back to School project. DeShawn was excited to spend a day with his Dad (especially since it happened to be his birthday!) and his Dad was excited to learn more at the 8-hour Mental Health First Aid training.

### IMPACT/SUCCESS

On the day of the event, DeShawn volunteered to help with the YogaCalm presentation. Later, his Dad was proud that DeShawn remembered the breathing techniques and calming strategies. They used the toolkit at home and they even introduced some of the ideas to DeShawn’s sister and teachers. A few months later, DeShawn had a crisis at school. But, this time, his Dad felt more comfortable managing it. They used several of the strategies they had learned at the MACMH events and DeShawn’s Dad reported that DeShawn was able to calm down more easily and return to activities sooner.

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

**FUNDED AGENCY:** MACMH's mission is to promote positive mental health for all infants, children, adolescents and their families. MACMH educates caregivers, professionals, and community members about mental health promotion, prevention and healthy development. MACMH's trainings present current, evidence based techniques that can be placed directly into practice. MACMH provides parents and caregivers with advocacy and education for skill enhancement and timely, appropriate delivery of services. Parents have opportunities for leadership training in order to effectively care for and advocate for their own children and act as mentors for other families in need of support.

### **FUNDED PROGRAM/SERVICE: Back to School Family Mental Health Engagement Project**

**STATEMENT OF NEED:** Parents and caregivers of children and youth with mental health disorders need support, information, guidance, and skills in order to understand and support their children as they navigate the systems of care in order to help their child to thrive.

**COLLABORATING AGENCIES:** RCCMHC, 1000 Petals, Minnesota Science Museum, MACMH Fidgety Fairy Tales

**PROGRAM/SERVICE DESCRIPTION:** RCCMHC funds supported families to attend a Science Museum Back to School Event and participate in interactive mindfulness based strategies by Kathy Flaminio of 1000 Petals. These families also received a "toolkit" for whole family calming and regulation of stress. At the event, families watched MACMH's Fidgety Fairy Tales musical which provided accurate information, dispelled myths, and helped reduce stigma surrounding mental illness. Event participants attended the interactive "Mental Health: Mind Matters" exhibit at the museum which further raised their awareness of mental illness being real, common, and treatable. All parents received a 98 page MACMH Children's Mental Health Resource Guide which covers a broad range of topics related to navigating the systems of care for children's mental health throughout Minnesota. The manual includes descriptions of special education services, county and state resources, and advocacy to mentor and support the family when most needed.

RCCMHC funds also supported an 8 hour Youth Mental Health First Aid training for parents. This training provided crisis intervention and suicide prevention skills to help parents recognize and help calm young people and help them stay safe until professional help is provided to the youth.

**LENGTH OF GRANT TERM:** 8/1/18-11/30/18

**AWARD:** \$20,000

**DATA COLLECTION:** We primarily used surveys and observation to collect data on client outcomes. The evaluation for the Youth Mental Health First Aid is found at the following link: <https://instructors.mentalhealthfirstaid.org/sites/default/files/uploads/Youth%20Evaluation.pdf> The curriculum for YMHA also includes pretest and posttests. We used a MACMH evaluation for participants to provide feedback at the Science Museum event.

**UNDERSERVED POPULATION:** Ramsey County families of children with mental health disorders mostly living in poverty.

**PROPOSAL GOALS AND OBJECTIVES THAT WE MET:** 100% of the participants were provided resource books and information to navigate the systems mental health care for children. 100% of the participants were given goody bags with mindfulness and self regulation tools and activities to do as a family in times of stress or on a daily basis to promote positive mental health.

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

**IMPACT AND OUTCOMES** Our program increased the confidence of the families to open up regarding mental health concerns, seek help, and gave them tools to guide them as they help their children to improve their mental health.

### **IMPACT AND OUTCOMES- how they relate to RCCMHC vision and goals**

**RCCMHC Vision: Ramsey County youth will have the strengths, skills, relationships, supports, and opportunities that they need to experience mental health and wellbeing.** Prevention, early intervention, and family driven systems of care help children and families to function at the highest possible level of mental health. Our outcomes link with RCCMHC Vision by helping families to reduce the stigma of seeking help for mental health problems.

**Goal A: A Responsive Children's Mental Health Delivery System.** MACMH connects the children and families to the best resources to help them through early intervention.

**Goal B: Health Equity.** Most families served were people of color living in poverty. RCCMHC projects offer families a safe learning space in which they can learn more about their child's disorder and connect with others for support.

**Goal C: Youth and Whole Family Wellbeing.** Educating families helps them to overcome the reluctance to seek help for their child who is struggling with a mental health problem. MACMH teaches families about trauma and toxic stress and helps families to seek help to heal from trauma.

**LESSONS LEARNED: RCCMHC learns from the successes and challenges of our grantees. Lessons learned from today's funded programs will inform tomorrow's evidence-based, practice-informed and community-defined services and supports.**

**Why our program did (or, did not) achieve the desired results:** The program achieved the desired results by providing parents with resources and strategies for better outcomes with their children. Parents learned to recognize signs and symptoms of a mental health crisis and how to deescalate to help calm the child. Fidgety Fairy Tales helped families open up and reduce the stigma that surrounds mental health disorders.

**RCCMHC should continue to support/fund this aspect of the program/service (and why):** The entire project, it is a wonderful way to start the new school year with support and resources for their child.

**We could try this differently next time:** The eight hour YMHA training attendance was very light. An incentive, such as a Target card, would be helpful to encourage parents to get up early and spending the whole day in the training.