



Scavenger Hunt
Starts Here

Worksheet- For Parents & Caregivers

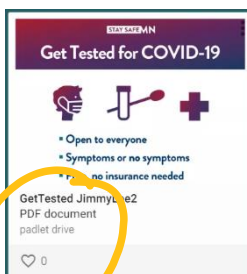
Welcome to the RCCMHC Resource Scavenger Hunt. There are 16 tasks to complete. Take your time. You have until Friday, June 26 to finish “the hunt.” All answers can be found on the RCCMHC website <https://www.rccmhc.org/> When you are ready to submit your answers, you can EMAIL us this worksheet, or you can enter your answers into the online GAME SHEET. <https://www.rccmhc.org/game-parents>

STEP ONE: To start the Scavenger Hunt, **you must text the word text the word GAME to 56525.** You will get an automatic response that welcomes you to the Scavenger Hunt. If you don't get an auto response or if you are confused about how to do this, please call Wendy 612-499-1121 or email family@rccmhc.org

Your Name	
Your Phone Number	

1. Visit the Community Bulletin Board page. Select the Adult, Teen or Youth Board. “LIKE” one of the resources. Then, tell us the name of the resource that you liked.

Hint: Scroll left and right or up and down to find your favorite resource. Click on the heart shape at the bottom of any resource. (See the sample image below.)



Your Answer:

2. What special kind of hug can help reduce anxiety and stress?

Hint: You might find the answer to this if you were on the RCCMHC website and trying to CALM down.

Your Answer:

3. Struggling to cope with the stress of daily life, parenting or the new challenges of COVID-19? Worried about family or friends? Concerned you don't have food or basic supplies? What phone number can you call for Mental Health First Aid?

Hint: Mental Health First Aid is also known as the Ramsey County Children's CRISIS Response team.

Your Answer:

4. On June 9, we held our first Virtual Resource Fair. We shared a list of agencies that have FREE services available right now (no wait times.) Tell us the name of one of the agencies that offers Parenting Supports.

Hint: Find the bag that looks like this and then open the Virtual Shopping bag of Resources. Parenting Supports is listed on page 6.



Your Answer:

5. What day is our next Family Services Committee?

Hint: All events and committee meetings are listed on our online calendar.

Your Answer:

6. Read any of the Mental Health 101 Blogs. Which one did you read? What is 1 thing that you learned?

Hint: You can find the Mental Health 101 Blog page on our website under Resources.

Your Answer:

7. Visit the Family Care Organizer page. Open the section called “Mental Health.” How are YOU feeling today? Choose one of the feelings listed on the Feelings Chart.

Hint: You can find the Family Care Organizer on our website under Resources.

Your Answer:

8. Find the Coping Ideas/Coping Calendar. Do idea # 27 and then tell us the 3 names.

Hint: You might find the Coping Ideas/Coping Calendar if you were on the RCCMHC website and trying to CALM down.

Your Answer:

- 1.
- 2.
- 3.

9. Visit the online Family Library to find some information on Stress & Trauma. Click on the Stress & Trauma section and tell us the name of a resource you found.

Hint: The FAMILY LIBRARY is located on our website under Resources.

Your Answer:

10. Go back to the Bulletin Board and post a PHOTO or VIDEO of you using any of the resources you found on our website. Put your photo or video in the column called “How are You Doing?” Tell us what you posted.

Hint: You can post a photo or video of anything! Here are some ideas... You or your kids could try an activity from the “Fun & Free Activities” or “Get Moving” categories on the Community Bulletin Board, you could take a photo of your family picking up some free food or calling a new provider or filling out a page of your Family Care Organizer, or trying a virtual activity in the Calm Room... etc.

Your Answer:

11. Visit the Youth Mental Health Resources page to find a list of local agencies. Name 1 agency that offers therapy.

Hint: After you are on the Youth Mental Health Resources page, you can use the search bar at the top of the chart to search for the word “therapy.”

Reach out to Local Agencies for Mental Health Services & Supports

Use the search tab at the top of the blue chart to find resources by key word.

Are you confused about the different kinds of providers and therapies? Learn more [here](#)



Agency	Details
180 Degrees	(651-968-8908) Case Management- Juvenile offenders under age 10; Group Homes
Ain Dah Young Center	(651- 227-4184) Case Management; Family Support
American Indian Family Center	(651-793-3803) Art Therapy, Assessment, Case Coordination, Therapeutic Coaching
Amherst H. Wilder	(651-280-2000) Assessment, Care Coordination, Case Management, Certified Community Behavioral

Your Answer:

12. Visit the Basic Needs Resources page to find a list of local agencies. Name 1 agency that offers Housing, Food, Transportation or Financial Support

Hint: You can find the Basic Needs Resources page on our website under Resources.

Your Answer:

13. What are the yellow highlighted words in the message from Co-Chair Jacinta Moss?

Hint: Your co-chairs wrote messages to you! You can find them at the bottom of the Family Welcome page.

Your Answer:

14. What is the yellow highlighted word in the message from Co-Chair Aerine Caerwyn?

Hint: Your co-chairs wrote messages to you! You can find them at the bottom of the Family Welcome page.

Your Answer:

15. Open the Coronavirus CALM Family Plan. There are 8 boxes with questions. 1) Food & Supplies, 2) Support Network, 3) Health, 4) Mental Health & Wellbeing, 5) Money & Job, 6) School, 7) Emergency, and 8) Information. Answer the questions in ONE of the boxes.

Hint: You can find the Coronavirus CALM Family Plan in 2 places... it is at the bottom of the Family Care Organizer page and it is also on the Family Welcome page.

Your Answer:

16. Go back to the Family Care Organizer page. Open the section called "Our Family." The last 2 pages in this section are called Child/Teen Strengths. Choose any of the strengths to describe your child.

Hint: You can find the Family Care Organizer on our website under the Resources.

Your Answer:

Your Address
(in case you win a Big Prize!)