



CLIENTS Caregivers, Whole Family, Youth-Elementary, School Staff

NUMBER 160 youth/families

ETHNICITY African, Black/ African American, Latino, Native American or Alaskan Native, White/Caucasian

INCOME Unknown

DIAGNOSES ADHD, Anxiety, Autism, Conduct Disorder, Depression, FAS, ODD, PTSD



MENTAL HEALTH MINUTES

- 100% participants are underserved populations
- Fidgets, Moody Cow, and his Glitter Mind Jar were definitely favorites!
- Historically difficult to engage parents responded favorably to these take-home packets!
- Same skills taught in multiple settings- school, therapy, and at home
- Increased parent-child-school engagement



ISAIAH

PROBLEM/CHALLENGE

Isaiah was referred to District 916 because his behavior and poor communication skills were impacting his ability to learn and succeed at school. School staff were having a hard time engaging Isaiah's parents in his therapy and learning plans.

INTERVENTION

The first week of Mental Health Minutes, Isaiah brought home a Coping Tool Box along with supplies and instructions on how to create a stress ball. Next, Isaiah brought home little bags of candy and instructions to play the Candy Game which helped Isaiah and his family talk about emotions. When Isaiah brought home the Take 5 Breathing Poster, his Mom hung it on the fridge!

IMPACT/SUCCESS

A grant from RCCMHC made it possible for Canvas Health to increase engagement with Isaiah's family and ultimately improve Isaiah's communication and coping skills. As the weeks progressed, Isaiah's Mom became curious about the take home packets. When she noticed Isaiah using the Take 5 Breathing techniques, she was hooked! She contacted the school to learn about other coping strategies that she could reinforce at home. Today, school staff have noticed that Isaiah is more comfortable with using coping and de-escalation strategies. His mother and father are more engaged with their kids and school staff. And, they have even implemented a Family Game Night!



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

FUNDED AGENCY: Canvas Health (formerly HSI), incorporated in 1969 as a private, non-profit community based mental health center (Rule 29) is one of the most comprehensive behavioral health centers in the Twin Cities metro. Canvas Health has been involved in school linked and school based mental health delivery since 1995, providing school based therapy in partnership with the Minnesota School Linked Grant in 25 schools through Therapeutic Assistance Program (TAP). Canvas Health recently received CTSS recertification through April 30, 2019. They serve clients in five counties with a mission of being a center of excellence for behavioral healthcare.

FUNDED PROGRAM/SERVICE: Mental Health Minutes

PROGRAM/SERVICE DESCRIPTION: Psycho-education packets for all elementary school kids in District 916 and their families.

LENGTH OF GRANT TERM: October to December 2016

AWARD: \$12,413 (full award used)

DATA COLLECTION: Canvas Health uses observation to collect data on this program. They will be completing Likert scale surveys at the end of the school year. Despite spending all the RCCMHC grant funding prior to 12/30/16, they are continuing to hand out weekly packets throughout the rest of the school year.

IMPACT AND OUTCOMES (and how they relate to RCCMHC vision and goals)

RCCMHC Vision: Every Child in Ramsey County Will Function at the Highest Possible Level of Mental Health. Canvas Health worked to address families and students that are receiving level 4 special education services. Teaching skills to these students will help their education success and their success in the community.

Goal A: Cross-System Collaboration. This program used psycho education packets to teach parents- some of whom are historically difficult to engage- skills to use with students at home. Canvas Health practitioners also shared these resources with school social workers and teachers and many of them used the strategies in their classrooms as well. This means that students are now getting the same skills taught in multiple settings!

Goal B: Health Equity. Mental Health Minutes were provided to all students- thus providing broad access to prevention and early intervention at different points of the youth continuum of care.

Goal C: Whole Family Wellbeing. By sending home the coping packets and providing an incentive for completion, families were able to use the skills together.

LESSONS LEARNED: Providing a gift card to families gave a motivator for those families who may not otherwise participate. Teachers also frequently ask for the supplies/ideas because they like them so much and want for their classrooms. The fidgets and Moody Cow were definitely favorites!

This project was significantly more staff time intensive than we planned for. Because of that we did not allocate enough funds in the budget for staff time. If we were to do this again we would either need to fund this differently or scale back in a way to make it more manageable for staff. We used students from our day treatment to help stuff packets several times. This was a wonderful way to build community for these older students, to "help" and volunteer younger students. Even with this time the staff time way exceeded our estimation.