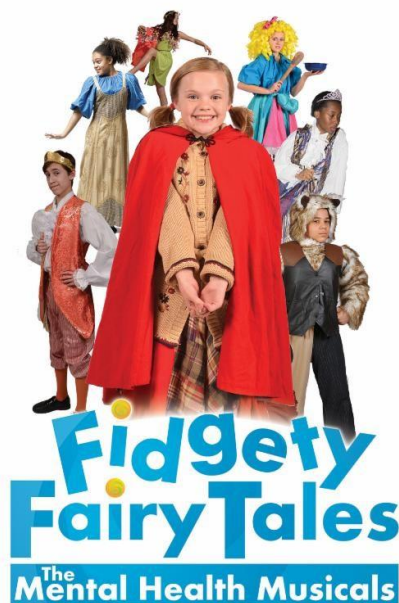




CLIENTS	Caregivers, Whole Family, Youth-Elementary to Highschool
NUMBER	Approximately 750 youth/families
ETHNICITY	African Immigrant, Asian, African American, Latino, Caucasian
INCOME	Low income (see page 2)
DIAGNOSES	ADHD, Anxiety, Attachment Disorder, Autism, Bipolar Disorder, Conduct Disorder, Depression, Eating Disorder, FAS, ODD, PTSD



MENTAL HEALTH ARTS, EDUCATION AND ADVOCACY PROJECT

- Staff, students, and parents said the programming reduces stigma and encourages early intervention
- Provides accurate information about mental health disorders using clear, accessible language
- Portrays the strengths and struggles of youth with mental illness
- Resources improve parents' ability to navigate systems and access care



MAY

PROBLEM/CHALLENGE

May and her family are immigrants from Thailand. She says that her experiences in a Thai refugee camp have left her with PTSD and the feeling that she “thinks too much.” In Thailand, she struggled with her son’s Autism. There was very little support and mental health disorders were viewed as “craziness.” In America, there are more resources but May still felt isolated from her community.

INTERVENTION

School staff invited May and her family to attend the Winter Wellness event at Como Park which included brunch, a mindfulness training, a toolkit of activities, educational toys and books, and a live performance by Fidgety Fairytales, the Mental Health Musical.

IMPACT/SUCCESS

When May arrived at Como Park, she was shy and nervous that her son might cause a scene or get in trouble. Instead, she felt very welcomed, accepted, and included. May appreciated the holistic nature of the mindfulness training which fit well with her own cultural beliefs and practices. With funding support from RCCMHC, May learned self-care techniques, coping skills, and behavior interventions that she could try at home for herself and her child. The musical helped May to think about Autism and mental health disorders with less stigma. She felt less isolated as she met other families who were experiencing similar challenges.



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

FUNDED AGENCY: MACMH is an education and advocacy agency whose mission is to promote positive mental health to all children, youth and families.

FUNDED PROGRAM/SERVICE: MACMH & ISD 916 Mental Health Arts, Education and Advocacy Project

PROGRAM/SERVICE DESCRIPTION: RCCMHC funds supported students at Bellaire School to produce, stage and perform Fidgety Fairy Tales -The Mental Health Musical. The Bellaire cast performed "Sleeping Handsome" a tale about a boy with clinical depression and was joined by the Fidgety Fairy Tales main cast to put on a complete show for the student body at Bellaire and other district 916 sites. The culminating activity for the project was a Winter Wellness Symposium for the whole family at the Como Zoo Visitor Center. The event included a hearty brunch, an interactive mindfulness training entitled, "The Practice-Creating Harmony at Home: Self Care for the Whole Family." This event included a toolkit of take-home activities, educational toys, and books about feelings for families to do together to become more mindful and improve their own emotional wellbeing. The event finale was a live performance of Fidgety Fairy Tales, The Mental Health Musical, with an opportunity for participants to meet the actors and ask questions about the play.

Project funding included distribution of 500 copies of a new edition of our Parent Survival Manuals to Intermediate District 916 families. The in-depth publication is packed with resources and tips for parents of children with mental health disorders who are navigating systems of care for their children.

LENGTH OF GRANT TERM: October to December 31, 2016

AWARD: \$26,000

DATA COLLECTION: We used evaluation of satisfaction for Fidgety and Winter Event. Feedback evaluation was rated on a scale of 1-5 with 5 being Excellent. Family members and students all rated the trainings and events as very good to excellent.

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. Our program demystifies mental health disorders and helps families to realize these disorders are common and that there is hope for learning to cope and recover.

Goal A: Cross-System Collaboration. MACMH linked with cross-system collaboration through this partnership with District 916.

Goal B: Health Equity. The program and services were targeted towards families and youth with mental health disorders in District 916. Our program served approximately 25% of that population in the District 916 schools that participated. The students at Capitol View are 80% from low-income families. The students at Bellaire were 65% low-income, and the students at WELs North are 36.7% low-income. Parents and youth learned and shared about cultural risks for trauma related mental health concerns and were encouraged to seek help.

Goal C: Whole Family Wellbeing. The MACMH Winter Wellness Event provided training and opportunities for families to replicate the activities in their own homes. The mindfulness activities were fun for the whole family and encourage positive coping skills and resilience.

LESSONS LEARNED: These programs/services help families to grow in understanding of children's mental health and help youth to feel comfortable talking about mental health concerns. The short timeline was a challenge for such an extensive project. For greatest impact, we would love to see these types of events and activities spread throughout the entire school year.