



RAMSEY COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

Free Professional Training Series 26-27

PDAC: Build Connections, Learn Together, Shape Change



FREE TRAININGS | 2 CE CERTIFICATE | NO REGISTRATION REQUIRED

Third Thursdays | 3:00-5:00 p.m. Central | Zoom

Nov 19
2026

Supporting Families with Complex Needs and Multisystem Involvement

Dec 17
2026

Heal the Healer

Jan 21
2027

School Engagement, Attendance, and Mental Health

Feb 18
2027

Navigating Developmental, Learning, and Mental Health Supports

Mar 18
2027

When Needs Escalate: Crisis Response and Intensive Supports

Apr 15
2027

Helping LGBTQ+ Youth Thrive: Affirming Relationships and Community Supports

May 20
2027

Grief, Loss, and Life Changes: Supporting Youth and Families Through Endings

Jun 17
2027

Science-Based Pathways to Mental Health and Wellbeing

Full training descriptions follow. Attend every month—or just drop in for the topics that interest you.



Scan or click for details and Zoom access
rccmhc.org/pdac

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Nov 19, 2026

Supporting Families with Complex Needs and Multisystem Involvement

When families need help from several systems, knowing where to turn - and how to coordinate support - can be challenging. Our panel of community experts will address three urgent concerns:

- 1) Medical Assistance changes:** Upcoming changes to Minnesota's MA/Medicaid program, who may be affected, and how professionals can help families understand new requirements and avoid gaps in coverage.
- 2) Housing resources:** Available options for families facing housing instability, including how to access assistance.
- 3) Support while waiting:** Practical ways to help families while they wait for mental health, basic needs, and disability services.

Leave with clearer next steps for navigating barriers, coordinating across systems, and supporting the whole family. Seasonal resource updates will include: winter housing and shelter, heating and utility assistance, holiday food and gifts, and how to maintain support during school breaks.

Dec 17, 2026

Heal the Healer

Supporting youth and families takes compassion, skill, and emotional energy. Join us for a restorative session focused on sustaining the people who do this important work. Together, we'll explore:

- 1) Recognizing the impact:** Understanding secondary traumatic stress, emotional exhaustion, and signs that additional support is needed.
- 2) Making room for restoration:** Practical approaches to boundaries, recovery, and reconnecting with what sustains us.
- 3) Supporting one another:** Ways colleagues, supervisors, and organizations can create a healthier, more supportive work environment.

Leave with practical ideas for caring for yourself, supporting colleagues, and continuing your work with renewed connection and purpose. Seasonal resource updates will include: resources for navigating holiday stress, grief, and family separation, along with support options available during winter break.



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Questions: wendy@rccmhc.org | (800) 565-2575

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Jan 21, 2027

School Engagement, Attendance, and Mental Health

When a young person struggles to attend or participate in school, the reasons - and interventions - are rarely simple. Our panel of community experts will explore three connected areas:

- 1) Understanding school struggles:** How anxiety, bullying, learning needs, relationships, and family circumstances can affect attendance and engagement.
- 2) Strengthening connection:** Practical ways to build trust, increase belonging, and reconnect with students after absences or difficult experiences.
- 3) Working together:** How school staff, community providers, and caregivers can develop coordinated plans that respond to a young person's needs.

We'll also briefly share suggestions for returning after winter break, rebuilding routines, and supporting semester transitions. Leave with strategies for approaching school concerns with curiosity, partnership, and clear next steps. Seasonal resource updates will include emerging questions about MA changes and free tax-preparation assistance.

Feb 18, 2027

Navigating Developmental, Learning, and Mental Health Supports

Developmental differences, learning challenges, and mental health concerns often overlap. Our panel of community experts will address three areas:

- 1) Understanding overlapping needs:** How sensory, communication, learning, and emotional needs may shape behavior - and how to support youth while families seek answers.
- 2) Navigating evaluations and services:** The roles of school and clinical evaluations, developmental disability services, and MnCHOICES assessments in identifying support options.
- 3) Planning ahead:** Early considerations for transition-age youth, including preparing for adult services and maintaining support as needs and eligibility change.

We'll share current assessment waitlists and suggestions for interim supports. Leave with a clearer understanding of service options and practical ways to help families navigate next steps. Seasonal resource updates will include: spring-break support plans.



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Mar 18, 2027

When Needs Escalate: Crisis Response and Intensive Supports

When concerns escalate, professionals need to understand which response fits - and how to connect families with help. Our panel of community experts will explore three areas:

- 1) Recognizing the need:** Understanding different responses to mental health, substance use, and safety concerns, including when urgent or emergency intervention is needed.
- 2) Finding appropriate support:** Navigating crisis response and intensive services, including eligibility, referral steps, and options when the first referral does not lead to care.
- 3) Maintaining connection:** Supporting caregivers, coordinating safety plans, and strengthening follow-through after a crisis, hospitalization, or residential stay.

Leave with clearer service pathways and practical strategies for helping families through escalating needs and the transitions that follow. Seasonal resources updates will include: approaching summer application deadlines.

Apr 15, 2027

Helping LGBTQ+ Youth Thrive: Affirming Relationships and Community Supports

Supportive relationships and welcoming environments can make a meaningful difference in the lives of LGBTQ+ youth. Our panel of community experts will explore three areas:

- 1) Recognizing strengths:** Understanding the experiences, resilience, and perspectives of LGBTQ+ youth and what helps them thrive.
- 2) Building trust and belonging:** Everyday actions professionals can take to create safety, respond respectfully, and strengthen connections with families and affirming communities.
- 3) Connecting with support:** Local resources, opportunities, and practical ways to help youth navigate barriers across school, healthcare, county, and community settings.

Leave with useful resources and achievable actions that build connection, encourage hope, and support youth and families. Seasonal resource updates will include: summer resources, including affirming and inclusive programs, recreation, peer connections, and supports that remain available when school ends.



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May 20, 2027

Grief, Loss, and Life Changes: Supporting Youth and Families Through Endings

Loss takes many forms, and even expected changes can bring sadness, uncertainty, or mixed feelings. Our panel of community experts will explore three areas:

- 1) Understanding different experiences of loss:** Bereavement, family separation, placement changes, and disrupted relationships, including when grief and trauma overlap.
- 2) Navigating endings and transitions:** Supporting youth through school endings, graduation, changes in providers, and goodbyes to trusted adults.
- 3) Preserving connection and hope:** Developmentally and culturally responsive ways to acknowledge feelings, maintain meaningful relationships, and prepare for what comes next.

Leave with practical ways to support youth and caregivers through loss and change while strengthening continuity and connection. Seasonal resource updates will include: maintaining summer support contacts and ongoing care, summer food resources, and other summertime supports.

Jun 17, 2027

Science-Based Pathways to Mental Health and Wellbeing

Research offers practical insights into how physical health, daily habits, and social environments influence mental health. Our panel of community experts will examine the evidence behind whole-person approaches to mental well-being, distinguish established findings from emerging research, and discuss three areas:

- 1) Supporting whole-person health:** What research tells us about sleep, movement, nutrition, and mental well-being, including emerging findings about the gut-brain connection.
- 2) Understanding the role of joy:** Evidence for play, creativity, nature, and meaningful activities in supporting emotional regulation and mental health.
- 3) Strengthening connection and belonging:** How supportive relationships, affirming environments, and inclusive community experiences contribute to youth and family well-being.

Leave with research-informed strategies that complement mental health treatment and practical resources to help families put them into practice. Seasonal resource updates will include: free and low-cost summer activities, library and recreation programs, and opportunities for connection.



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