

A Family's Guide to Children's Mental Health

How Do I Know There is a Problem?

The following is a developmental checklist to help you know if a problem may exist:

Infants (0-12 months)

Jumping or jittery, over-reacting to noise, touches or light
Does not notice when touched or when things are going on nearby
Too much fussing or crying, inability to be soothed or comforted
Lack of harmony between parent and child
Never smiles, cries or responds to caregiver

Toddlers (1-3 years)

Delays of at least six months in walking, talking, social or other behavior
Hand waving or hand clapping that does not stop
Self-destructive behavior such as biting or head banging
Aggressive behavior directed at other people or things
Uncontrollable anger
Unable to become connected to people who take care of the child
Overly dependent or overly obedient
Persistent unhappiness or crying
Lack of play activity or imitation of parents
Delayed language

Preschoolers and Kindergartners (4-6 years)

Unable to verbally express wants and needs
Anxious or fearful, depressed mood, total lack of interest in or withdrawing from other people.
Unable to separate from parents
Lack of confidence which keeps the child from having fun
Not interested in or unable to play with other children
Unable to control his/her own behaviors
Aggressive behavior
Refusal to comply with rules and expectations
Persistent eating or sleeping problems
Daytime toileting problems
Persistent constipation or diarrhea

School-age Children (7-12 years)

Depressed mood, loss of interest in activities and relationships
Trouble sleeping or difficulty with eating
Feelings of hopelessness or worthlessness, suicidal talk or action
Continued resistance to attending school
Headaches or stomachaches that keep occurring but don't seem to have a cause
Easily distractible or unable to pay attention
Poor schoolwork, including being very behind in reading or math
Aggressive or hurtful behavior
Schoolwork or attendance that is going downhill
Acting out sexual behaviors that are inappropriate for the child's age
Lying, stealing, fire starting, cruelty to animals

Sexual or physical aggression
Constant refusal to comply with rules at home or at school
Truancy, chemical abuse, running away
Eating disorder, unusual eating patterns
Inability to develop values, morals, relationships or educational goals

Adolescents (13-19 years)

Difficulty concentrating, remembering or making decisions
Depressed mood, loss of interest in activities and relationships, isolated, lack of friends
Trouble sleeping or difficulty with eating
Feelings of hopelessness or worthlessness, suicidal talk or action, giving away possessions
Declining school performance or attendance
Sexual or physical aggression towards others
Sexual intrusiveness or promiscuity
Chronic resistance to complying with rules at home, school or in the community
Truancy, chemical abuse, running away
Eating disorder, unusual eating patterns
Conflicts around personal identity such as values, morality, relationships, sexuality, vocational or educational goals
Dramatic personality changes
Changes in dress, mood
Lying, stealing, fire starting, cruelty to animals
Lack of remorse
Anxious, nervous

Where Do I Start and Who Can Help?

Contact more than one person; If you can't get help from one person, try another!

Classroom Teachers
Family Physician
Pediatrician
School Social Worker
School Administrator
County Social Worker/Children's Mental Health Case Manager
Religious or Church Leaders
Public Health
Local Mental Health Resources
Family, Friends, Co-workers
Employee Assistance Programs

Resources Available

Abuses/Neglect/Child Protection

First Call for Help	1-800-543-7709
Hands of Hope Resource Center.....	320-632-4878 or 1-888-454-4878
Morrison County Sheriff's Department.....	320-632-9233 or 9-1-1-for emergency
Morrison County Social Services	320-632-2951 or 1-800-269-1464
National Child Abuse Hotline.....	1-800-422-4453

Chemical Health

AA.....	320-632-1875
Effective Living Center, Little Falls	320-632-3166
Haven Recovery, Little Falls	320-632-0065
National Drug & Alcohol Treatment	1-800-662-HELP
St. Cloud Hospital.....	320-229-4950 or 1-800-742-HELP

Counseling/Family-Based Services

Caritas Family Services, Little Falls	320-632-4950
Catholic Charities, St. Cloud	1-800-830-8254
Center for Psychological Services	320-255-0343
CentraCare Child & Adolescent Specialty Center.....	320-229-4945
Central MN Mental Health Center.....	320-252-5010
CORE Professional Services.....	218-829-7140
Greater Minnesota Family Services.....	320-214-9692
Lutheran Social Services, Brainerd.....	218-829-9214
Lutheran Social Services, St. Cloud	320-251-7700
Northern Pines Mental Health Center, Brainerd.....	218-829-3235
Northern Pines Mental Health Center, Little Falls	320-632-6647
Northern Pines Mental Health Center, Long Prairie.....	320-732-6602
North Homes, Inc.....	218-751-0282
Nystrom & Associates	218-829-7453 or 1-877-717-6008
Patti Venekamp.....	320-732-7111
Psychotherapeutic Resources, St. Cloud	320-253-3715
True Balance	218-831-1871
Village Family Service Center.....	763-441-3951

Eating Disorders

Central MN Mental Health Center.....	320-253-5555 or 1-800-635-8008 (Crisis Line)
First Call for Help	1-800-543-7709
St. Cloud Hospital.....	320-229-4918 or 1-800-835-6652

Family Violence Counseling

Anna Marie's Shelter, St. Cloud	320-253-6900
First Call for Help	1-800-543-7709
Hands of Hope Resource Center, Little Falls	320-632-4878 or 1-888-454-4878
Mid-Minnesota Women's Center, Brainerd	218-828-1216 or 1-888-777-1248

Hospitals

St. Cloud Hospital, St. Cloud.....	320-251-2700 or 1-800-835-6652
St. Gabriel's Hospital, Little Falls	320-632-5441
St. Joseph's Medical Center, Brainerd.....	218-829-2861

Mentoring Programs

Kinship of Morrison County	320-632-8806
Lutheran Social Services.....	320-529-9357

Parent Support

ARC Mid-State	320-251-7272 or 1-877-251-7272
Becoming Love and Logic Parents Support Group	320-632-2951

Circle of Parents.....	320-632-2951
MACMH (MN Association for Children's Mental Health)	1-800-528-4511
PACER.....	1-800-537-2237 or 952-838-9000
Special Needs Network.....	1-800-471-0026

ADD/ADHD Support:

Catholic Charities Caritas Family Community Support Projects	320-251-1404
CHADD (Children & Adults with ADD)	1-800-233-4058
Parent Partnership Project.....	320-632-5417

Public Health

Morrison County Public Health	320-632-6664 or 1-866-401-1111
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Respite

Opening Doors Child Care & Respite Care (for children with special needs).....	320-202-1941 or 1-877-251-7272
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Social Service Agencies

Morrison County Social Services	320-632-2951 or 1-800-269-1464
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Suicide Crisis Help

Central MN Mental Health Center.....	320-253-5555 or 1-800-635-8008 (Crisis Line)
First Call for Help	320-252-3474 or 1-800-543-7709
National Youth Crisis Hot Line	1-800-HIT-HOME
SAVE	1-800-273-TALK
St. Cloud Hospital (Intake)	320-251-2700
24-Hour National Hopeline Network.....	1-800-SUICIDE

Other Resources – Statewide

Finding Help-Minnesota

Minnesota Depressive and Manic Depressive Association (MDMDA) Information on depression and suicide prevention	612-379-7933
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MN Mental Health Association

Information on brain illnesses and REACH support groups for family and friends of people with brain illnesses.....	612-331-6840 or 1-800-862-1799
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Alliance for the Ill/MN

Patient advocacy and support group information	612-645-2948
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The Centre for Mental Health Solutions

Information on brain illnesses, support group information for children and adults ...	952-922-6916
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Parent Advocacy Coalition for Educational Rights (PACER Center) www.pacer.org

Founded by parents helping parents to improve and expand opportunities that enhance the quality of life for children and adults with disabilities	1-800-537-2237
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Mental Health Consumer/Survivor Network of MN

Consumer organization dedicated to self help, education and advocacy.....	651-637-2800
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Financial Considerations

Tax Equity & Fiscal Responsibility Act (TEFRA 1982-PL 97-248)

A special medical assistance program for children with disabilities.

Medical Assistance (MA)

Uses federal and state dollars to pay for many kinds of medical services.

Eligibility is based on family income.

Social Security Disability

This is an insurance which provides benefits to persons that are found incapable of performing “substantial gainful activity” and to their dependents.

This can include mental disorders.

Supplemental Security Income (SSI)

This is a special social security program for individuals who are blind, have mental retardation or other disabilities including emotional disturbances.

Minnesota Family Investment Plan (MFIP)

Financial assistance for needy families.

CADI

A medical assistance program for certified disabled children.

This program assists in providing community supports.

Websites

www.moms.mn

Resource for central Minnesota moms to network with other moms.

www.chadd.org

Children and Adults with Attention Deficit Disorder.....1-800-233-4050

www.kidshealth.org

A website with information for parents, teens and kids.

The focus of information is on physical and mental health.

www.connectforkids.org

Guidance for grownups. A virtual encyclopedia of children's issues.

www.familysamsha.gov

A website with information for parents on the use of alcohol, tobacco and other drugs by children.

www.dhs.state.mn.us

MN Department of Human Services (social services, etc.)

www.mentalhealth.com

Information on mental disorders, treatment & research.

www.nami.org

Parent/Family Support Group

www.minnesotahelp.org

Online directory of services designed to help people in Minnesota identify resources.

Glossary

Assessment -	A professional review of a child's needs. Includes a review of physical and mental health, intelligence, school performance, family situation and behavior in community.
Case Manager –	An individual who organizes and coordinates services and support for children with mental health problems and their families (service coordinator, advocate and facilitator).
Day Treatment –	Includes special education, counseling, parent training, vocational training, skill building, crisis intervention and recreational therapy. It lasts at least 4 hours a day.
Diagnosis (DX) –	The identification of a disease or problem from signs and symptoms.
Home-Based Services –	Help provided in a family's home for either a defined time or for as long as necessary to deal with a mental health problem. The goal is to prevent the child from being placed out of the home.
Mental Health –	Refers to how a person thinks, feels and acts when faced with life's situations. It is how people look at themselves, their lives and the other people in their lives; evaluate the challenges and problems; and explore choices. This includes handling stress, relating to other people and making decisions.
Psychologist/ Mental Health Professional-	A Licensed Independent Clinical Social Worker (LICSW), a Licensed Psychologist (LP) or a Licensed Marriage and Family Therapist (LMFT). These licensed professionals are able to complete diagnostic assessments to determine appropriate diagnoses and treatment plans. Their services are usually reimbursable through insurance.
Psychiatrist -	A medical specialist in mental disorders able to prescribe medications.
Respite Care -	A service that provides a break for parents who have a child with a serious emotional disturbance. Some parents may need this help every week. It can be provided in the home or in another location.
Serious Emotional Disturbance (SED)-	Diagnosable disorders in children and adolescents that severely disrupt daily functioning in the home, school or community.
Therapeutic Foster Care -	Community based home-like settings that provide intensive treatment services to a small number of young people. These young people work on issues that require 24-hour supervision.

Wraparound Services - A “full service” approach to developing services that meet the mental health needs of individual children and their families.

County Children’s Mental Health Case Managers

Children’s Mental Health Case Managers help children and their families obtain:

- Mental Health Services
- Social Services (including financial help)
- Educational Services
- Health Services
- Recreational Services

Children’s Mental health Case Managers are responsible for:

- Assisting children and their families with getting the services that they need by coordinating with other agencies (schools, doctors, therapists, etc.)
- Checking on the progress of services and how children are responding to the services to make sure that they meet the needs of children and their families.
- Developing an Individual Family Community Support Plan with the family.
- Meeting with children and their families once a month.
- Developing a crisis plan.
- Completing a functional assessment.
- Assisting with planning for transition to adulthood.