

# 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)**

Jumpy 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

**Respite**

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

**Social Service Agencies**

Morrison County Social Services .....320-632-2951 or 1-800-269-1464

**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

**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

**Alliance for the Ill/MN**

Patient advocacy and support group information .....612-645-2948

**The Centre for Mental Health Solutions**

Information on brain illnesses, support group information for children and adults ...952-922-6916

**Parent Advocacy Coalition for Educational Rights (PACER Center) [www.pacer.org](http://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

**Mental Health Consumer/Survivor Network of MN**

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

## **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](http://www.moms.mn)

Resource for central Minnesota moms to network with other moms.

[www.chadd.org](http://www.chadd.org)

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

[www.kidshealth.org](http://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](http://www.connectforkids.org)

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

[www.familysamsha.gov](http://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](http://www.dhs.state.mn.us)

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

[www.mentalhealth.com](http://www.mentalhealth.com)

Information on mental disorders, treatment & research.

[www.nami.org](http://www.nami.org)

## **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.