



# Parent Catalyst Leadership Group

*Hennepin County Parents of Children with Mental Health Concerns*

**February 2016**

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*Still haven't signed up for our private **Facebook parent support group**? You might be missing out!*

**The Hennepin County PCLG Support Group** is open to parents and caregivers of children and young adults with mental health challenges. It's a great, confidential place to ask questions, exchange tips and make connections with other parents! [fbook4hcpaents@gmail.com](mailto:fbook4hcpaents@gmail.com)

## *Calendar of Events*

### **PACER: Planning for Educational Inclusion**

Please join us for a screening and discussion of "Including Samuel" by filmmaker Dan Habib, in which he documents his family's efforts to include Samuel in all facets of their lives at school and at home.

- **Bloomington, Feb 2, Tues, 6:30 – 8:30 pm**  
PACER Center, 8161 Normandale Blvd

### **PACER: Special Education and Challenging Behaviors**

This workshop will cover the development of an Individualized Education Program (IEP) for children who struggle in school due to their behavior. Family members will learn how to communicate more effectively, address school discipline policy in the IEP, and resolve disagreements between the school and the parents.

- **Bloomington, Feb 9, Tues, 6:30 – 8:30 pm**  
PACER Center, 8161 Normandale Blvd

## **Support for Families**

### **PCLG Support Group for Parents**

**2<sup>nd</sup> Monday of each month**

Sabes Jewish Community Center  
4330 Cedar Lake Road  
St Louis Park, MN

**NEXT MEETING: February 8 at 6:30 pm**

### **NAMI Hennepin Parent and Family Support**

**1st Saturdays; 2:15 – 3:45 pm**

Lake Nokomis Recreation Center, Minneapolis  
Bilingual support for Spanish speakers  
Phone: 612 370-4923

### **NAMI Connections Young Adult Support**

**1st & 3rd Wednesdays; 6:30-8 pm**

For young adults aged 16-20.  
Boneshaker Books  
2002 23<sup>rd</sup> Ave S, Minneapolis

### **NAMI Parent Resource Group**

**1<sup>st</sup> & 3<sup>rd</sup> Fridays, 6:30-8 pm**

Melrose Center, St. Louis Park

### **Family Voices of Minnesota**

Call 1-866-334-8444 to be matched with a trained parent mentor

### **NAMI Minnesota - Parent E-mail Warmline**

[parent.resources@namimn.org](mailto:parent.resources@namimn.org)

All messages will get a response within 24 hours.

**Please note this is not a crisis line.** *If your child under age 18 is having a mental health crisis, call **Hennepin County Child Crisis: 612-348-2233**. If there is an immediate risk of danger, call 911.*

## Summer Camps and Recreation Planning

### Summer Camps? Already???

*I know, I know. It seems WAY too early, but it's really not. Here are a few ideas to help you start exploring some options for your child now:*

#### [True Friends Camp](#) – (Annandale, MN)

This camp has different programs which you might find are suited to your child's specific needs and interests, with programs designed for kids with shorter attention spans, a literacy camp, a sensory friendly camp, equine therapy, and even a camp for struggling readers. They accept waived funds and have financial assistance for others who qualify. Five camps make up this group: Camp Courage, Camp Friendship, Camp Eden Wood, Camp Courage North and Camp New Hope.

[Camp Noah](#) (St. Paul, MN) The camp curriculum is specifically designed to help children process their experience with disaster and grief in a safe, supportive, and caring atmosphere that also offers fun and recreation at a time of intense stress. Lutheran Social Services runs this camp.

[Camp Character](#) (Park Rapids, MN) works to develop life and social skills for children with special needs ages 7-18. It is an overnight camp that will build confidence and behavioral skills.

#### **Parks and Nature Centers around Town:**

[Three Rivers District Parks](#)

[Mississippi National River and Recreation Area](#)

[Woodlake Nature Preserve](#)

Also check out local city parks, schools & Y's

#### **DID YOU KNOW?** [Reach for Resources](#)

offers adaptive recreational opportunities and partners with programs to support all kinds of kids in inclusive settings.

#### **NAMI MN: Hope for Recovery**

For family members who have a loved one living with mental illness. Learn about mental illness, identify resources, build communication skills, reduce stress and find support in this 12-week class.

- **Plymouth, starts Feb 4, Thurs, 6:30 – 9:00 pm**  
St. Barnabas Lutheran Church, 15600 Old Rockford Rd
- **Minneapolis, starts Feb 9, Tuesdays, 6:00 – 8:30 pm**  
Bethlehem Lutheran Church, 4100 Lyndale Ave. S.

#### **NAMI MN: Community Conversation**

NAMI conversations encourage people to talk about mental illnesses, challenge myths, increase community support, and promote early intervention steps. The session features a speaker followed by a group discussion.

- **Minneapolis, Feb 10, Wed, 6:00 – 8:00 pm**  
Mercy Vineyard Church, 1121 Jackson St NE

#### **NAMI MN: Make It OK**

Free presentation open to the public that features information about mental illnesses, how to combat stigma, and helpful tips on how to talk mental health.

- **Minneapolis, Feb 11, Thurs, 7:00 – 8:15 pm**  
Waite Park Wesleyan Church, 1510 – 33<sup>rd</sup> Ave NE

#### **NAMI: Legislative Training – How to be an Effective Mental Health Advocate**

Spend a Saturday with NAMI Minnesota Executive Director Sue Abderholden and NAMI Public Policy Assistant Lynn Sando to learn about the legislative process and strengthen your advocacy skills. Participants will learn how to get involved with public policy and ways to take legislative action.

- **St. Paul, Feb 23, Tues, 6:00 – 8:00 pm**  
NAMI Minnesota, 800 Transfer Road, Suite 31

#### **PACER: Challenging Behaviors and the IEP**

This workshop will focus on learning how to use the special education process more effectively to help children and youth with challenging behaviors achieve better outcomes.

- **St. Paul, Feb 25, Thursday, 6:30 – 8:30 pm**  
St. Paul Jewish Community Center, 1375 St. Paul Ave

## Recreational Activities for Families

**Family Music Concerts** –Check out these free kid-friendly concerts in informal settings.

- [Lyra Baroque Orchestra Family Concerts](#)  
**March 6: Top 40 Songs of the Baroque Era**  
**May 1: Irish Harp – Songs and Stories**  
Baroque Room, 275 East 4<sup>th</sup> St, St. Paul
- [Schubert Club Family Concerts](#)  
**March 4: Copper Street Brass**  
St. Matthew’s Episcopal Church,  
2136 Carter Ave, St. Paul
- [SPCO Free Family Concerts](#) –  
Tickets are free (limit 4) but [reservations](#) are required

### **Free Days at Area Museums**

- **Minneapolis Institute of Arts** (*always free*)
- **Bell Museum of Natural History** (*free on Sundays*) dioramas and hands on activities
- **Minnesota Children’s Museum** (*free on 3<sup>rd</sup> Sunday of each month*)

## **OASIS/Prairie Care Workshop: “Anxiety in Children and Adolescents”** *Presenter: Susan Gatto*

Learn the common symptoms of ADHD and anxiety disorders and develop an understanding of ways to manage symptoms to support optimal functioning in the community. Open format discussion with questions.

• **Maple Grove – Feb 25, Thursday, 6:30- 8:00 pm**  
**Weaver Lake Elementary School, 15900 Weaver Lake Rd**

## **[MACMH: MENTAL HEALTH FACT SHEETS](#)**

These newly updated fact sheets are FREE for your non-commercial use. They contain the most common mental health disorders in youth, classroom strategies to improve outcomes, and additional resources for families.

**PCLG** is part of the Hennepin County Children Mental Health Collaborative (HCCMHC).  
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