Children’s Needs

Children come from many different family and life experiences. Sometimes they struggle to cope with these experiences which create the need for special assessments, treatment and support. Families may need assistance when dealing with mental health issues that may arise with children in their care.

Behavior which may indicate concern:

**Acting out Behaviors:** Persistent violent behaviors, violent behaviors, use of weapons that could hurt others, self-harm, physical fighting with peers or siblings, cruelty to animals, school suspension.

**Withdrawing Behavior:** Avoiding friends or other social contact, changes in their sleep pattern, refusal to go to school.

**Depression:** Crying spells, prolonged sadness, talk of suicide, irritability, change in eating habits (weight loss or gain), disturbed sleep.

**Chemical Use:** Tobacco use, huffing chemicals, alcohol, marijuana or other drugs, misuse of prescription medication.

**Eating Disorders:** Poor body image, preoccupation with weight loss, self-induced vomiting or use of laxatives or diuretics.

**Other Behaviors:** Inability to concentrate or pay attention, acting much younger than age, difficulty maintaining friendships, advanced sexual knowledge or behavior in young children, and seeing or hearing things that are not there.

Program Eligibility and Referral Process

Children or adolescents must be residents of Kanabec County and under 18 years old. The following factors are included in determining eligibility:

* Severe mental health/Emotional Needs
* Past inpatient or residential treatment or risk of needing treatment in the future
* Risk of child harming themselves or others
* Symptoms as a result of sexual abuse in the past
* Ability of the child to function at home, school and in the community

Referrals can be made by the family, the individual seeking assistance, human services providers, school personnel, or other persons concerned about a child’s mental health.

Referral forms are available by calling the number listed below or on our website at: [www.kanabeccounty.org](http://www.kanabeccounty.org) (320-679-6350)

It is easier to build up a child than to repair an adult
Children’s Mental Health

When children are in need of mental health services, it may be difficult for them and/or their care providers to receive appropriate services to meet multiple needs.

The “Minnesota Comprehensive Children’s Mental Health Act” recognizes that children do not always get the services they need. Kanabec County provides case management services to assist eligible children and their families.

Children’s Mental Health Case Management services are voluntary, and may be accepted or refused by the parents. The case manager can assist in the coordination of a comprehensive mental health assessment, if one is not currently available, to determine the child’s mental health needs.

The case manager will assist the child and the child’s family in obtaining needed services by coordinating with other agencies and assuring continuity of care for the child. The case manager will work together with the family to continually assess and reassess the delivery, appropriateness, and effectiveness of these services.

The case manager will connect with the people involved in the care, counseling, education and treatment of the child in an effort to coordinate and monitor services.

Parents or legal guardians will be asked to participate in developing a comprehensive plan called an IFCS-P (Individual Family Community Support Plan), based on the child’s unique needs. This plan will be reviewed on a regular basis to determine if the goals for the child are being met, and if other services are needed.

Available Services

A variety of services available through Children’s Mental Health Case Management may be provided based on the individual needs of the child and family. Available services include:

*Referral to Children’s Therapeutic Support Services (CTSS) and/or Community Skills Programs.

*Referral for Diagnostic Assessment/Needs Assessment

*Referral for Psychological Evaluations

*Referral for Psychiatric Care/Medication Management

* Coordinated Treatment Planning.

* School Consultation and Support.

* Assistance in Securing Respite Care Services.

* Referral for individual or Family Therapy.

* Crisis Assistance

* Advocacy for Child and Family

* Financial Assistance Referrals

* Vocational Assistance

* Referrals to Appropriate Support Groups

* Referrals for Personal Care Attendant (PCA)

* Assistance in Development of Independent Living Skills

*Transitional and Adult Mental Health Referral and Support Coordination

Other Resources and Websites

Crisis Connection
Mental Health Crisis line (24 hour crisis line)
1-800-523-3333

Minnesota Children’s Mental Health Association
http://www.macmh.org/info@macmh.org
165 Western Avenue N, Suite 2, St. Paul, MN 55102

PACER
Early Intervention and school related/IEP concerns
952-838-9000 or 800-53-PACER
Email: PACER@PACER.org
www.PACER.org

NAMI
(National Alliance on Mental Illness)
800-950-NAMI
info@nami.org
www.nami.org

SAMHS
(Substance Abuse and Mental Health Services Administration)
www.samhsa.gov
Treatment Referral Line: 800-662-HELP (4357)
Suicide Prevention Lifeline: 800-273-TALK (8255)
Minnesota Organization on Fetal Alcohol Syndrome
www.mofas.org
(651) 917-2370

OK to Talk website for teens
http://ok2talk.org/