

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.



BEHAVIORS WHICH MAY INDICATE CONCERN:

Acting Out Behavior: Persistent violent behaviors, defiance, use of weapons (knives or other objects to hurt others), self harm, physical fighting with peers and/or siblings, cruelty to animals, school suspension, declining grades, unexplained absences.

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 weight gain), disturbed sleep.

Chemical Use: Tobacco abuse, huffing (gas, hairspray, or other 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 Pine County and younger than 18 years of age. The following factors are included in determining eligibility:

- Severe Mental Health/Emotional Needs
- Past inpatient or residential treatment or risk of needing such treatment in the future
- Risk of child harming self or others
- Symptoms as a result of physical or sexual abuse in the past year
- Ability of the child to function at home, school and in the community

Referrals may 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.co.pine.mn.us
320-591-1581**

FOR MORE INFORMATION

If you are concerned about the development or mental health of a child and would like more information or are a parent seeking services, please contact us at:

Pine County Health & Human Services

Pine Government Center
315 Main St S. Ste 200
Pine City MN, 55063

**Children's Services Intake
320-591-1581**

Pine County Children's Mental Health Case Management Services



Children's
Mental
Health
Matters!





CHILDREN'S MENTAL HEALTH CASE MANAGEMENT

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. Pine 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 (Individual Family Community Support Plan), based on the child's unique needs. These plans 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 Program
- Referral for Diagnostic Assessment/Needs Assessment
- Referral for Psychological Evaluations
- Referral for Psychiatric Care/Medication Monitoring
- 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
- Referral to Appropriate Support Groups
- Coordination of Personal Care Attendant (PCA)
- Assistance in Development of Independent Skills
- Transitional and Adult Mental Health Referral and Support Coordination



YOUNG ADULT TRANSITIONAL CARE

Youth ages 16 and older have different concerns and needs as they move into adulthood. To be more prepared for the future, skills for independent living are essential. Referrals to transitional care can help a youth or teen in such areas as financial planning, health care, crisis management, skill building, housing, transportation, and to other supportive services can be provided.

OTHER RESOURCES & WEBSITES

Crisis Connection

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
651-644-7333

PACER

(early intervention & 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

SAMHSA

(Substance Abuse & Mental Health Services Administration)

www.samhsa.gov

Treatment Referral Line: 800-662-HELP (4357)

Suicide Prevention Lifeline: 800-273-TALK (8255)

Disaster Distress Helpline: 800-985-5990

NIMH

(National Institute of Mental Health)

www.nimh.nih.gov

Minnesota Organization on Fetal Alcohol Syndrome

www.mofas.org

(651) 917-2370

OK to Talk website for teens

<http://ok2talk.org/>

Children's Defense Fund

<http://www.cdf-mn.org/>

National Federation of Families

<https://www.ffcmh.org/>