

Mental Health Resources White Paper

Brooklyn Bridge Alliance for Youth

April 6, 2018

At the January 2018 meeting, the Board requested more information on Mental Health Resources available for youth in the Brooklyns. Alliance staff conducted a scan of available resources (see attached) as well as a brief literature search on mental health (below).

1. Mental health is not just the absence of mental illness, but includes positive emotions, and psychological and social functioning.

First, we must define what mental health is and is not. An Emory University professor of social psychology defines mental health as not just the absence of mental illness, but being filled with positive emotion, and functioning well psychologically and socially (Keyes, 2002). He created a framework to define the dimensions of mental health (Keyes, 2007).

Positive emotions (i.e., emotional well-being)

Positive affect	Regularly cheerful, interested in life, in good spirits, happy, calm and peaceful, full of life.
Avowed quality of life	Mostly or highly satisfied with life overall or in domains of life.

Positive psychological functioning (i.e., psychological well-being)

Self-acceptance	Holds positive attitudes toward self, acknowledges, likes most parts of self, personality.
Personal growth	Seeks challenge, has insight into own potential, feels a sense of continued development.
Purpose in life	Finds own life has a direction and meaning.
Environmental mastery	Exercises ability to select, manage, and mold personal environs to suit needs.
Autonomy	Is guided by own, socially accepted, internal standards and values.
Positive relations with others	Has, or can form, warm, trusting personal relationships.

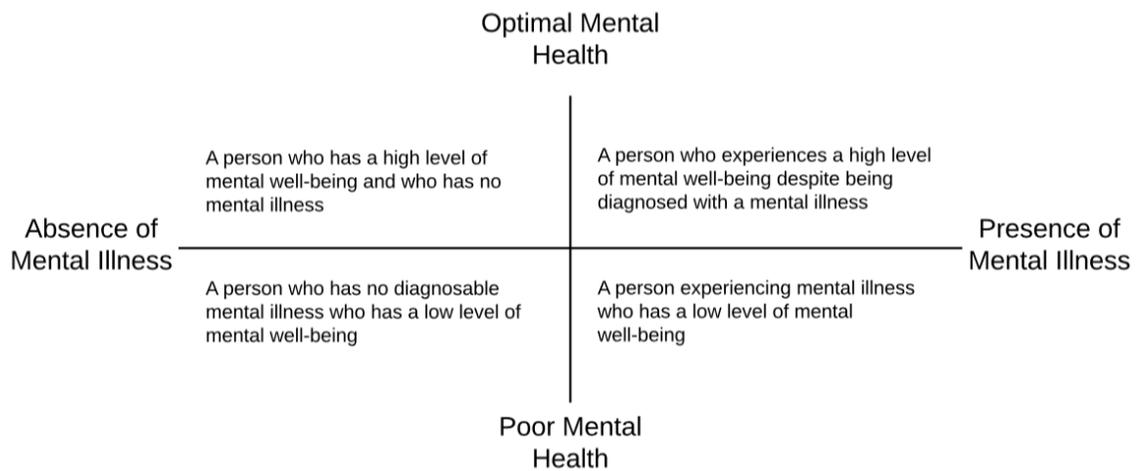
Positive social functioning (i.e. social well-being)

Social acceptance	Holds positive attitudes towards, acknowledges, and is accepting of human differences.
Social actualization	Believes people, groups, and society have potential and can evolve or grow positively.
Social contribution	Sees own daily activities as useful to and valued by society and others.
Social coherence	Interested in society and social life and finds them meaningful and somewhat intelligible.
Social integration	A sense of belonging to, and comfort and support from, a community.

2. Mental health and mental illness are interrelated, but separate dimensions.

At the same time, mental health and mental illness are not simply at opposite ends of a single spectrum. Young people diagnosed with a mental illness can still have high levels of general mental well-being, while those without a diagnosed mental illness can show low levels of mental well-being. Mental health is best understood as a matrix, where people can move among states of mental well-being regardless of mental illness. They can flourish or languish, depending on individual functioning, social well-being and mental health issues. This model again emphasizes that mental health is not simply the absence of mental illness. This means that it's possible to have mental health while living with mental illness. (Together to Live)

Figure 1: Matrix of Mental Health and Mental Illness



3. Although there are many mental health resources for youth in the Brooklyns, barriers exist to access those resources by those who need them.

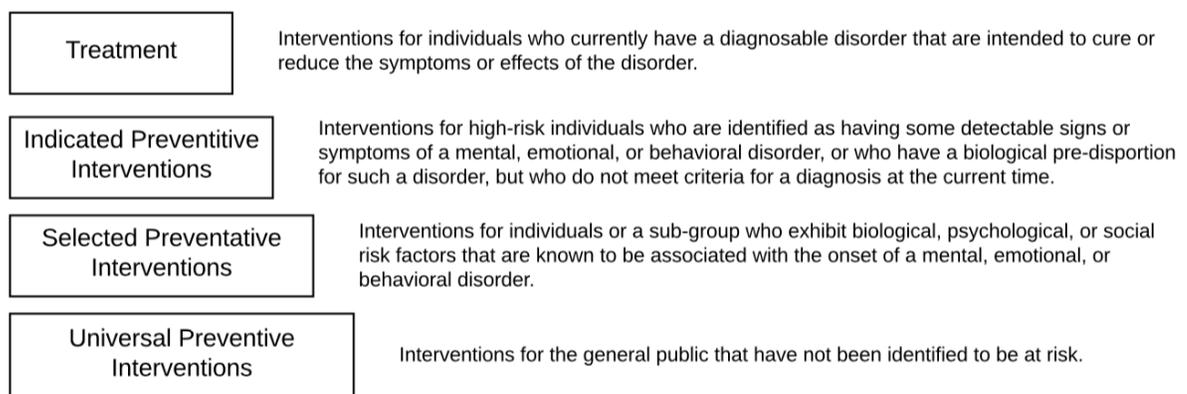
We identified 50 programs operated by organizations that provide mental health resources for youth in the Brooklyns. And Minnesota ranked 4th best in the nation for having *only* 51.9% of youth who had depression who did not receive mental health services (Mental Health American). So why is there still a gap between youth who need services and those who actually receive them?

- Lack of education about mental health
- Lack of information about and coordination around mental health resources which leads to confusion about where to access services
- Societal (and/or cultural) stigma and discrimination towards people with mental health problems
- Long-term treatment of mental health problems which leads to high costs especially for the uninsured or underinsured
- For families dealing with multiple crises, mental health does not become important to deal with unless it also reaches crisis levels

- Most of the mental health resources available treat youth with diagnosable disorders; there are very few efforts aimed at preventing mental illness from happening in the first place.

A public health model for disease prevention includes different stages of interventions targeting the general public, to subgroups with risk factors, to those with diagnosed diseases. Most mental health interventions available for youth in the Brooklyns treat individuals with a diagnosed disorder; there are few coordinated promotion and prevention efforts “to encourage increase protective factors and healthy behaviors to help prevent the onset of a diagnosable mental disorder and reduce risk factors that can lead to the development of a mental disorder.” (Youth.gov)

Figure 2: Levels of Intervention



- Toxic stress response can lead to mental health issues, which is especially troubling for youth who live in poverty.

Toxic stress response can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support. (Center on the Developing Child) Untreated, toxic stress can lead to a multitude of lifelong health problems, including mental health issues. For the young people who live in the 2 areas of concentrated poverty in the Brooklyns, this is especially troubling.

Bibliography

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- Together to Live: Mental Health Continuum. Retrieved from www.togethertolive.ca/mental-health-continuum
- Youth.gov: Mental Health Promotion and Prevention. Retrieved from youth.gov/youth-topics/youth-mental-health/mental-health-promotion-prevention

Mental Health Resources for Brooklyns Youth
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Mental Health Resources for Brooklyns Youth

Updated April 6, 2018

Organization	Description	Phone Number/ Email	Website	Address
<i>Crisis Hotline and Intake Phone Line</i>				
Hennepin County Mobile Crisis Team	We will go where a child in crisis is located to provide a risk assessment, help to de-escalate crisis, develop a plan to keep the child safe at home, and offer resources and referrals.	612-348-2233	www.hennepin.us/residents/health-medical/childrens-mental-health-services	
Hennepin County Front Door	The Front Door is the intake or referral phone line into Hennepin County Human Services and Public Health Department. Call this number to access county mental health services for children.	612-348-4111		
<i>School-Based</i>				
Brooklyn Center Community Schools Health Resource Center	The Health Resource Center offers free and low-cost mental health services to youth of Brooklyn Center Schools and community.	763-450-3385 Ext. 5100	www.brooklyncenterschools.org/apps/pages/index.jsp?uREC_ID=166536&type=d&pREC_ID=346845	6500 Humboldt Ave. N Brooklyn Center
People Incorporated Mental Health Services	Our program for children aims to develop coping skills, decrease self-defeating behaviors, develop positive relationships with adults and peers, and improve functioning in the home, school, and community.	763-331-3033	www.peopleincorporated.org/program/intensive-mental-health-programs-day-treatment/	5555 Boone Ave. N New Hope
<i>Hospitals and Clinics</i>				
Allina Health Mental Health - Abbot Northwestern - WestHealth Clinic	This mental health clinic offers psychiatric services for adults, adolescents and children with mental health conditions, such as depression, anxiety, bipolar disorder, schizophrenia and psychosis.	763-577-7900	www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health-services	2855 Campus Dr. Suite 660 Plymouth
Allina Health Mental Health - Brooklyn Park Clinic	Our psychologist evaluates mental health and uses talk therapy to help individuals and families work through emotional difficulties.	763-236-5300	wellness.allinahealth.org/locations/49	9300 Noble Pkwy. N Brooklyn Park
Allina Health Mental Health - Mercy Hospital - Unity Clinic	Our psychologist evaluates mental health and uses talk therapy to help individuals and families work through emotional difficulties.	763-236-3800	www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health-services	480 Osborne Rd. Suite 260 Fridley
Fairview Children's Day Therapy Program	Our day therapy program provides partial hospitalization and day treatment. It can also be used to assist a child in making an effective transition from hospitalization back to living at home.	612-672-6999	www.fairview.org/overarching-care/behavioral-health-services	10000 Zane Ave. N Brooklyn Park
Fairview Clinics - Andover (Mental Health Inpatient Services)	Fairview Behavioral Services offers mental health assistance to children ages 5 to 12. Programming is designed to meet a child's psychological and emotional needs in a structured, safe inpatient setting.	763-392-4076	www.fairview.org/overarching-care/behavioral-health-services	13819 Hanson Blvd. NW Andover
Fairview Clinics - Integrated Primary Care (Mental Health Inpatient Services)	Fairview Behavioral Services offers mental health assistance to children ages 5 to 12. Programming is designed to meet a child's psychological and emotional needs in a structured, safe inpatient setting.	612-273-6076	www.fairview.org/overarching-care/behavioral-health-services	606 24th Ave. S Suite 602 Minneapolis
North Memorial Health Clinic Brooklyn Center	Integrated Behavioral Health/Psychotherapy	763-581-5630	northmemorial.com/specialty/mental-health	5616 Xerxes Ave. N Suite D Brooklyn Center
North Memorial Health Hospital	Emergency Medicine, Inpatient Mental Health	763-520-5200	northmemorial.com/specialty/mental-health	3300 Oakdale Ave. N Robbinsdale

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Park Nicollet Clinic - Maple Grove Clinic & Specialty Center	If your child struggles with behavior, development or emotional issues, our compassionate team of specialists can help your child thrive, addressing biological, mental and environmental factors.	952-993-3307	www.parknicollet.com/Medical-Services/Child-and-Family-Behavioral-Health	9555 Upland Ln. N Maple Grove
PrairieCare Brooklyn Park	Home to Minnesota's only privately run child and adolescent specialty psychiatric hospital.	763-762-8800	www.prairie-care.com/locations/brooklyn-park	9400 Zane Ave. N Brooklyn Park
Hennepin County Funded (Services for Uninsured)				
Colmidades Latinos Unidos en Servicios (CLUES)	Bilingual family therapy in addition to individual, couples, child and adolescent therapy.	612-746-3500	www.clues.org/	720 East Lake St. Minneapolis
Community-University Health Care Center	Psychiatric care, therapy for individuals, family and couples, case management and	612-301-3433	www.cuhcc.umn.edu/patient-care-services/mental-health-care	2001 Bloomington Ave. S Minneapolis
COPE (Community Outreach for Psychiatric Emergencies)	Call COPE when a severe disturbance of mood or thinking threatens a person's (18+) safety or the safety of others. Professionals are available to manage the immediate crisis and provide a clinical assessment.	612-596-1223	www.healthyhennepin.org/stories/cope	
Family Enhancement Center	The Family Enhancement Center offers a full range of counseling services with an expertise in families affected by, or at risk for, child abuse, especially sensitive to families with diverse ethnic heritages.	612-827-3028	familyenhancementcenter.org/individual-and-family-therapy	4826 Chicago Ave. S Minneapolis
Fraser Minneapolis	Fraser Mental Health is designed to improve the social, emotional and behavioral functioning of individuals and their families. We treat a variety of mental health diagnoses including anxiety, depression, etc.	612-767-7222	www.fraser.org	3333 University Ave. SE Minneapolis
HCMC Acute Psychiatric Services	HCMC's Acute Psychiatric Services center serves those in emotional crisis with 24-hour, seven-day-a-week crisis counseling, assessment, referral, medication, and evaluations.	612-873-3161	www.hcmc.org/clinics/AcutePsychiatryServices/HCMC_D_046151	701 Park Ave. S Minneapolis
Headway Emotional Health	Headway offers many outpatient, in-school and other comprehensive options for youth experiencing difficulties in their family life and at school. Services include day treatment, testing and assessment, etc.	763-746-2400	www.headway.org/home	701 Decatur Ave. N Suite #109 Golden Valley
Hennepin County Case Management Services	Children who have serious and long-lasting mental health needs can receive case management services to help children and their families obtain and coordinate therapeutic and supportive services.	612-348-4111	www.hennepin.us/residents/health-medical/childrens-mental-health-services	
Hennepin County Human Service Center	Walk-in coverage is provided by Social Workers and Public Health Nurses.	612-348-4111		7051 Brooklyn Blvd. Brooklyn Center
Hennepin County Mental Health Clinic	Treatment for those with mental illnesses. Services include: crisis counseling, long-term counseling, mental health services, and other special programs.	612-596-9438	www.hennepin.us/residents/health-medical/adult-mental-health-services	1801 Nicollet Ave Minneapolis
NorthPoint Health & Wellness Center	Behavioral Health Services offers counseling and psychiatric care for individuals, couples, and families. They help with depression, anxiety, controlling anger and moods, persistent mental illnesses, etc.	612-543-2500	www.northpointhealth.org/behavioral-health	1313 Penn Ave. N Minneapolis

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Power Of Relationships (P.O.R) Emotional Wellness	POR provides individuals, couples and families of ages 3 and up with quality emotional wellness services, including treatment for depression, anxiety disorder, trauma, stress management, etc.	952-835-6540	poremotionalwellness.com	8421 Wayzata Blvd. Suite 250 Golden Valley
St. David's Center Mental Health Services	We specialize in early childhood mental health and serve children and families with developmental delays and disabilities, physical challenges, medical complications, and emotional/behavioral disturbances.	952-548-0700	www.stdavidscntr.org/cmh	3395 Plymouth Rd. Minnetonka
The Family Partnership	Counseling. Education. Advocacy. Building strong families, vital communities, and better futures for children.	763-521-3477	www.thefamilypartnership.org	6900 78th Ave. N Brooklyn Park
Organization	Description	Phone Number/ Email	Website	Address
<i>Hennepin County Funded (Services for Uninsured) continued</i>				
Walk-in Counseling Center	Provide free mental health counseling to help people address issues of depression, anxiety, chemical abuse/dependency, trauma, domestic violence and a variety of other emotional and interpersonal concerns.	612-870-0565	walkin.org	2421 Chicago Ave. S Minneapolis
Washburn Center for Children	Washburn Center for Children is a leading children's mental health center, caring for trauma, anxiety, learning difficulties and depression.	612-871-1454	www.washburn.org	9100 85th Ave. N Suite 100 Brooklyn Park
<i>Other Mental Health Providers</i>				
Alternatives for People with Autism, INC/ Shingle Creek Option	A nonprofit, Minnesota organization, incorporated in 1980 which provides residential services for adults who are severely disabled by autism and developmental disabilities	763-560-5330 mail@afpwa.org	www.afpwa.org	5624 73rd Ave. N Brooklyn Park
Canvas Health Crisis Connection	Telephone crisis counseling, information & referral. All services are free.	612-379-6363	www.canvashealth.org/crisis-support/crisis-connection/	10077 Dogwood Street NW Suite 200 Coon Rapids
Change to Chill by Allina Health	Change to chill is a website aimed at helping teens figure out what stress is, what causes it, and how to manage it.	612-262-4946	www.changetochill.org	
Choices Psychotherapy	Choices is a group practice providing skills and therapy to high-risk children and families, and includes outpatient therapy.	952-544-6806	choicespsychotherapy.net	715 Florida Ave. S Suite 307 St. Louis Park
Cornerstone	Cornerstone provides residential and community services including counseling, support groups, therapy, after school enrichment and school based violence prevention.	952-884-0376	www.cornerstonemn.org	1000 E 80th St. Bloomington
Day Treatment Program at St. Joseph's Home for Children	Comprehensive mental health and education services to children in kindergarten through eighth grade with severe emotional and behavioral disturbances.	612-204-8252	www.cctwincities.org/locations/day-treatment-program-at-st-josephs-home-for-children/	932 E 34th St. Door #8 Minneapolis
Indian Health Board	Crisis counseling, long-term counseling for individuals, couples and families, and transportation when necessary. Their focus is on Native American children and families.	612-721-9800	www.indianhealthboard.com	1315 E 24th St. Minneapolis
Lee Carlson Center for Mental Health and Well-Being	Lee Carlson Center provides exceptional and affordable mental health services for families, children, youth, and adults in our community.	763-780-3036	www.leecarlsoncenter.org	7954 University Ave. NE Fridley

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Lifespan Youth Transition Program	YTP offers focused services for clients that do not respond to conventional treatments, have problems that pose a risk to another's well being and may require crisis intervention.	763-553-4003	www.lifespanmn.com	13000 63rd Ave. N Maple Grove
Love Lines	Phone line most days for suicide hotline, counseling and crisis ministry; in-person counseling is available by appointment. Counseling is free but donations accepted.	612-379-1199	lovelines.org	2855 Anthony Ln S Suite #115 St. Anthony
Metro Social Services, Inc.	We provide culturally competent services to parents and their children,	763-566-4745	metrosocialservices.org	2800 Freeway Boulevard Suite 204 Brooklyn Center
Native American Community Clinic	Individual, family, couples and child counseling; group and individual therapy programs. Promote health & wellness of body, mind & spirit in Native American families.	612-872-8086 Option 1	nacc-healthcare.org	1213 East Franklin Ave. Minneapolis
North Psychology Clinic	We have experienced clinicians who offer psychological testing and therapy for children, adolescents, adults, couples and families.	763-531-0566	www.northpsychology.com	6120 Earle Brown Dr. Suite 520 Brooklyn Center
Paragon Residential Treatment for Youth	Paragon is a residential treatment program that provides intensive, psychiatric treatment services to youth age 10-17.	952-826-8400	www.paragontreatment.com	12915 63rd Ave. N Maple Grove
The Center for Changing Lives (Lutheran Social Service)	Individual and relationship counseling, marriage and family counseling, child therapy, support for victims of abuse, and referral for long-term counseling.	612-879-5320	www.lssmn.org/CFCL-Services	2400 Park Ave. S Minneapolis
Touchstone Programs	Touchstone programs help people recover from mental illness and develop the skills they need to live well in their communities, including residential treatment, case management, and care coordination.	612-874-6409	www.touchstonemh.org	7590 Lyric Ln. NE Suite 2 Fridley
Tubman	Referral by telephone; support groups; counseling for individuals and groups, as well as for families and couples; anger management groups for men and women. Fees vary by program.	612-871-0118	tubman.org	4432 Chicago Ave. S Minneapolis
Volunteers of America	Our outpatient mental health services are here to help when life presents challenges that are hard to manage, including DBT and services for the deaf and hard-of-hearing.	763-225-4052	www.voamnwi.org/mental-health-services	9220 Bass Lake Road Suite 255 New Hope
Mental Health Collaboratives				
Hennepin County Mental Health Collaborative	Our mission is to improve access to and resources for high-quality, culturally and economically supportive mental health services for infants, children, youth and families within Hennepin County.	612-998-7466	www.hccmhc.com	
National Alliance for Mentally Ill of MN	Education, Information, Support and Advocacy for people with mental illness and their families (children and adults)	651-645-2948	www.namihelps.org	800 Transfer Rd. Suite 7A St. Paul
Ramsey County Mental Health Collaborative	RCCMHC is a diverse community partnership of families and child-serving agencies building an integrated system of care for youth with mental health disorders and their families. Training video available.	651-293-5951	www.rccmhc.org	780 Wheelock Pkwy. W Room #1315 St. Paul

Mentoring Programs Serving Brooklyns Youth

Updated April 6, 2018

Background: At the January 2018 meeting, the Board requested information on mentoring resources available to youth in the Brooklyns. The Alliance staff conducted a scan of available resources.

Definition: Mentoring is a committed relationship between an adult and a youth focused on developing the character and capabilities of the young person. By definition, a mentor means a wise and trusted friend and guide. The presence of multiple caring adults offering support, advice, friendship, reinforcement, and constructive examples proves to be a powerful tool for helping young people fulfill their potential. A mentor may be: a Friend, a Reliable Listener, a Helper with Homework, a Trustworthy Confidant, a Role Model, or a Coach. A mentor is NOT: a Parent/Guardian/Foster Parent, a Therapist, a Cool Peer, a Parole Officer, an ATM Machine, a Taxi Cab, etc.

MENTOR Minnesota (MENTORMN) Rating: A *Dedicated Partner* must complete the online National Quality Mentoring System (NQMS) assessment, participate in a review with MENTORMN staff to create an Improvement and Innovation Plan, and return a signed Statement of Accuracy to MENTORMN. *Expert Partners* must also meet these requirements, but in addition, they must follow 100% of the best practices outlined in the NQMS.

Organization	Description	City	Contact Info	Target Population	MentorMN Rating
Big Brothers Big Sisters	Community-based and school-based mentoring	St. Paul	651-789-2400 thinkbig@bigtwincities.org bigtwincities.org	Ages 8-12	Expert
Bolder Options	Bolder Options focuses on healthy youth development by engaging youth and mentors in goal setting, physical activity, tutoring and community involvement to build confidence, maximize potential, and encourage healthy life skills. Mentors and mentees meet at a location of their choosing.	Minneapolis	612-379-2653 sarah.schaefer@bolderoptions.org bolderoptions.org	Ages 10-14	Expert
Kinship Greater Minneapolis	Focused on building lasting friendships through fun activities and quality time, the mentoring program creates sustained, supportive connections capable of giving kids the life skills they need to succeed. Mentors spend 2-4 hours per week with their mentee, participating in community events and activities centered around the child's interests.	Minneapolis	612-588-4655 info@gmcc.org kinship-mn.org	Ages 5-18	Expert
One2One Mentoring	A mentoring program that provides support to students struggling within the school environment. Students are identified by their schools for inclusion into the program. Programs are located at North View Middle School, Brooklyn Middle School, and Crestview Elementary School.	Minneapolis	info@one2onementor.org one2onementor.org	Elementary - Middle School	Expert
eMentors (Best Prep)	BestPrep's eMentors fosters email mentoring partnerships between professionals and students, leveraging volunteers from almost every career field.	Brooklyn Park	763-398-0090 info@bestprep.org bestprep.org	Grades 9-12	Dedicated
Mentoring for Life Change Program (Parenting With Purpose)	Program for youth (5-25) with incarcerated parents.	Brooklyn Park	763-503-2892 parentingwithpurpose.org	Ages 5-25	Dedicated

Mentoring Programs for Brooklyns Youth
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TreeHouse	One-to-Ones: meetings between a TreeHouse staff member and a youth, usually occurring after school at a fast food restaurant, a sporting event, a park or any place the youth and staff agree upon. TH Next: through individualized tracks, coaching, skills assessments, and family involvement, we aim to increase the amount of teens that successfully pursue an educational or vocational path.	Brooklyn Park	763-560-2334 kharrell@treehouseyouth.org treehouseyouth.org	Grades 7-12 (11-12 for TH Next)	Dedicated
Girl Scouts	We're the preeminent leadership development organization for girls. And with programs from coast to coast and across the globe, Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success.	Brooklyn Center	763-535-7524 girlscouts@girlscoutsv.org girlscoutsv.org	Females, Grades K-12	Base
Boy Scouts of America--Northern Star Council	To prepare young people to be leaders and individuals of strong character by helping them discover the principles of Scouting.	Golden Valley	763-231-7201 northernstarbsa.org	Ages 5-20	
Girls in Action	GIA girls partner with mentors and successful women leaders who meet together once a week. Girls learn how to use their personal power, develop their careers, become leaders and give back to their communities through service-learning. (Robbinsdale Cooper HS)	Minneapolis	763-535-5711 giaction.org	Females, Grades 6-12	
Girls on the Run Twin Cities	Meeting twice a week in small teams, GOTR teaches life skills through fun, engaging lessons that celebrate the joy of movement to develop and improve competence, feel confidence, develop strength of character, respond to others and oneself with care, create positive connections with peers and adults, and make a meaningful contribution to community and society.	Minneapolis	612-656-9032 info@gotrtwincities.org gotrtwincities.org	Females, Grades 3-8	
Kofa Foundation (Emerging Leaders)	The Kofa Foundation operates youth development programs to help provide youth from under-served communities with tools they need to empower themselves.	Brooklyn Center	763-324-7171 info@kofafoundation.net kfuas.net	Ages 13-17	
Organization	Description	City	Contact Info	Target Population	Mentoring Partnership Rating
Learning Dreams	For 20 years, Learning Dreams (based at the University of Minnesota) has helped build a culture of learning for those cut off from educational success. We find out what really motivates youth and families and we connect them to mentors, programs, and learning networks that creatively respond to those dreams, helping to build a foundation for educational success.	St. Paul	612-625-2224 jstein@learningdreams.org learningdreams.org	All ages	
Timber Bay	Timber Bay combines three distinct and complimentary forms of mentorship: team, group, and one-on-one. Our long-term adult mentorship relationships with at-risk youth has offered thousands of kids hope for a brighter future.	Medina	763-478-0500 timberbay.org	Grades 6-12	