



## **STARS Funded/Co-funded Activities**

(in alphabetical order)

### **Anti-stigma Campaigns**

Mental health awareness projects designed, developed, and implemented by youth. Funds used to provide resources and assistance in campaign design.

### **Crisis Respite Care**

Therapeutic foster care accessed through the crisis response team for parents/youth needing a 1-7 day break while the crisis is stabilized.

### **Crisis Response Team (24 hour mobile crisis response)**

Provides assessment and stabilization for children, youth and families in crisis.

### **Cultural & Linguistic Competency Committee**

Identifies and develops cultural competency strategies for system of care implementation to assure responsiveness to needs of our diverse populations. Helps build capacity within diverse communities to access and participate in services.

### **Cultural Guides**

Currently contracted through Catholic Charities, staff from underserved populations are encouraged to become involved with the mental health system of care to increase numbers of underserved families and youth on committees and accessing services.

### **Evidence-based Practice Training**

Clinicians are trained and train others to deliver evidence based practices in therapeutic interventions. These evidence based practices are techniques that are shown to work and demonstrate positive outcomes.

### **Family Connection Nights**

Opportunity for families to give and receive support from other families with children with mental health issues, receive education on mental health and parenting issues, social skill practice for their children for the purpose of strengthening their collective parent voice to advice on community services on systems change.

### **Family Fun Days**

Community outreach event where people can have fun and learn more about children's mental health through resource booths and trainings.

### **Family Support Specialists**

Parents who help other parents navigate the children's mental health system. They are a shoulder to lean on, a listening ear and a source of support at meetings or anytime it is needed.

### **Family-driven Training**

Training and leadership teams developed to spread family driven practice and values throughout the region.

### **Flex Funds for Wraparound**

Funds set aside to support families and teams in the delivery of wraparound service, supports or activities for which no other sources of funding can be found.

### **Governance Board (and STARS Partnership Structure)**

Oversee the development and implementation of a system of care for children with mental health needs and their families in the 4 counties of Stearns, Benton, Sherburne and Wright. Broad representation of parents, youth, juvenile justice, mental health organizations, and 4 counties.

### **Parent Advisory Council**

A group of parents that studies and advises the STARS governance board, other committees and the Family Involvement Coordinator on all issues related to long-term policies, program planning, priorities and services to meet the goal of providing comprehensive, family-centered, community based services.

### **Payment for clinicians to attend wraparound meetings**

Funds set aside to pay for mental health professionals to attend wraparound team meetings. (under current guidelines, clinics can not bill insurance companies for this service).

### **Rapid Access “slots”**

Mental Health Clinics set aside appointments so that county case managers and others can access diagnostic assessments quickly for the purpose of determining eligibility for county children’s mental health case management or stabilizing a crisis

### **Respite Care**

Care for children and youth to provide respite (a planned break) for the child and family. Available through the counties (formal)

### **School-based Therapists**

School-based therapists – Mental health clinicians provide diagnostic assessments, and therapeutic services to youth in schools. Private 3<sup>rd</sup> party pay or grant dollars are available. The target population is children who are uninsured or underinsured. Therapists are also available to train school personnel on mental health.

### **Skills Groups for Youth**

6-8 week skills group for youth, age 13-17 with a diagnosed mental health need. Provided in partnership with county children’s mental health agencies. Focus on team building, social skills, youth empowerment and positive thinking strategies while having fun and building on strengths.

### **Social Marketing Committee**

Uses social marketing strategies to reduce stigma and promote mental health awareness. Provides oversight to coordinate events/activities, community website, marketing materials and the dissemination of evaluation data.

### **Somali Care Coordinator**

Somali Care Coordinator – Somali care coordination by a cultural member of the Somali Community; bridge to other system of care resources.

### **STARS Scholars**

Interns of underserved communities are offered a scholarship to encourage placement in county systems to attempt to diversify the workforce.

### **STARS Website**

A children's mental health website created by and for parents, providers, educators and youth. Includes message boards, community calendar, resources, and information.

### **Stipends**

Gratuity or reimbursement of childcare, mileage etcetera so youth and parents can actively participate in committees and workgroups.

### **Town Hall Meetings**

Meetings with parents and professionals from underserved communities that provide a learning environment to all attending. Meetings from the African-American, Latino, Asian, Native American communities.

### **Training**

Provided to youth, parents, providers, and community members on children's mental health topics and system of care values and principals.

### **Training Committee**

Organizes system wide training on children's mental health topics and system of care values and principles. Members currently represent parents, county, education, early childhood mental health, and community.

### **Wraparound**

Wraparound – The Wraparound Process brings together a team of people to support families who face challenges related to mental health issues. The team is chosen by the family and helps identify strengths, desirable outcomes and ways to reach goals.

### **Youth Advisory Boards**

Designed for youth by youth to serve young people ages 13-21 with mental health needs and their allies. There are currently three youth boards within the four counties that meet weekly or bi-weekly based on youth availability. Members of the STARS Youth Advisory Boards gather together to:

- Serve as positive role models to our peers and future generations
- Teach and educate the public about mental health issues and how services can be improve
- Advocate for youth voice while reducing stigma surrounding mental health
- Represent a link between youth, adults and the community
- Support each other in our journey as well as research and systems change within children's mental health services