

The Suburban Ramsey Family Collaborative & Foundations for Success



Collaboratively Developing Comprehensive Early Childhood Mental Health Services in Systems of Care

Mary Sue Hansen, SS/HS Project Director
Suburban Ramsey Family Collaborative, Roseville, MN
August 5, 2009
Washington DC

Why Collaborate?

- To gain ACCESS to COMPLIMENTARY areas of expertise, knowledge, skills, technology, or resources that cannot be acquired or produced on one's own. (Organizational Change Briefing Note No.3)
- Where there are complex issues which require complex solutions; where the problems are growing faster than the capacity of any one agency to address; and where there is a desire to engage the citizenry in responding to the issue, collaborations are an effective approach. (Jan Berry)

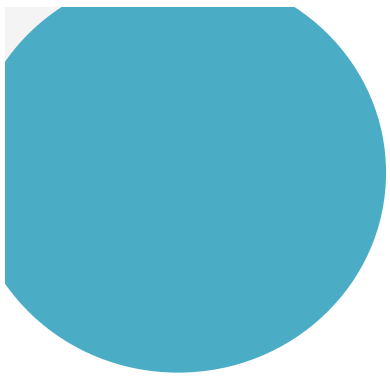
Collaboration requires people who are committed to BOTH improving lives and the collaborative process.

Overview of Presentation

- ❑ Background on the Suburban Ramsey Family Collaborative
- ❑ SRFC's integration efforts with early childhood programs/services/systems through Foundations for Success
- ❑ Safe Schools/Healthy Students grant as a means of supporting key early childhood mental health strategies
- ❑ SRFC Director's role as it relates to early childhood integration efforts

The Suburban Ramsey Family Collaborative (SRFC)

- ▣ SRFC's Mission Statement: "Connecting individuals, families and community resources to create relationships which enhance the well-being of our kids."
- ▣ SRFC's Vision Statement: "Suburban Ramsey County is a community where our children and youth's safety, security, health and learning are a priority for all and no child remains at risk."



What We Do

H
O
W

Getting Together

Building Trust and Ownership

Strategic Planning

Taking Action

Deepening and Broadening the Work

Collaborative Decision Making

Public Engagement

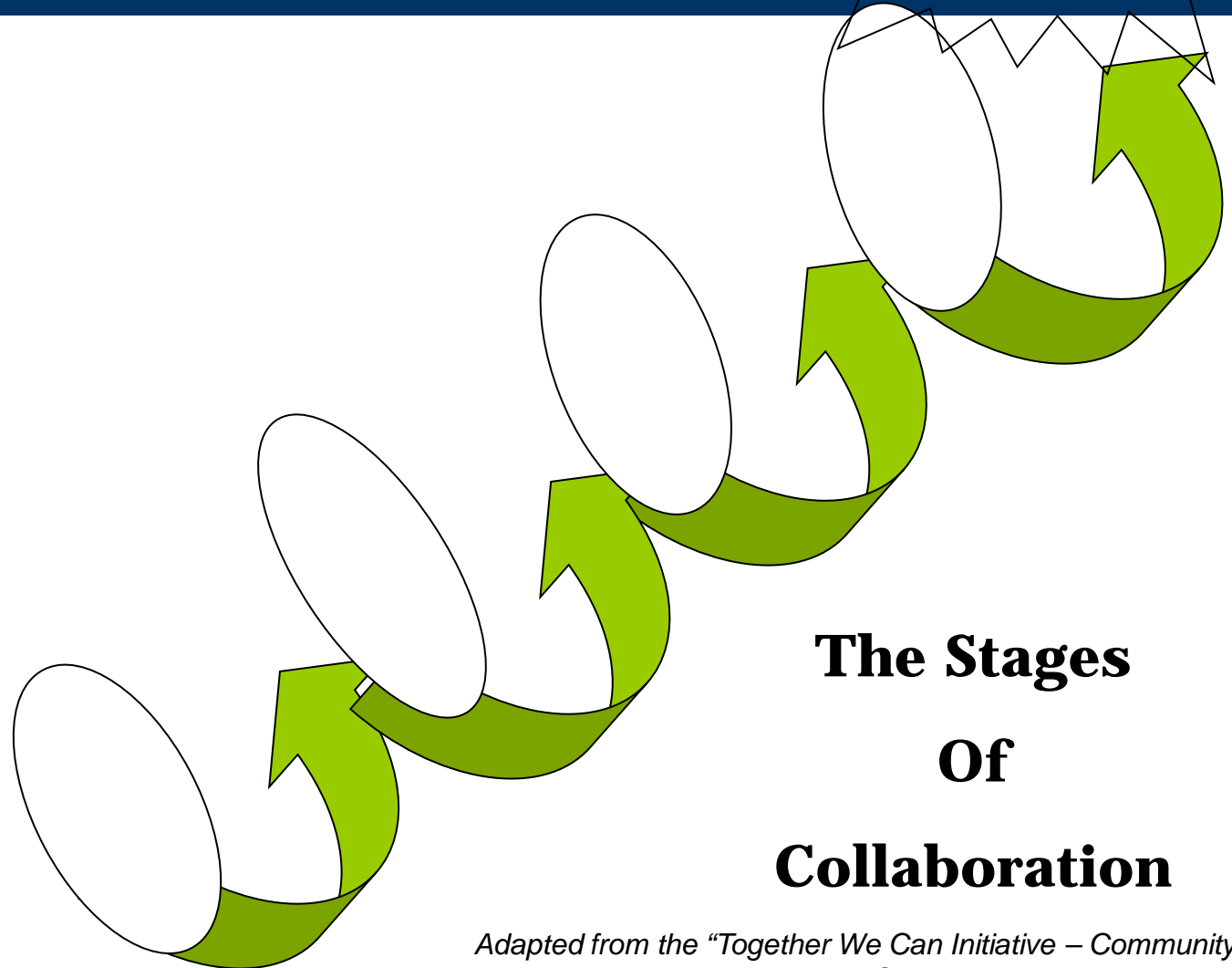
Parent, Consumer and Neighborhood Participation

Accountability for Results

Comprehensive Supports and Opportunities

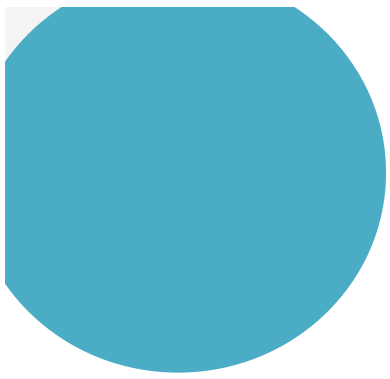
Financing and Resource Development

Leadership / Professional Development and Capacity Building



The Stages Of Collaboration

Adapted from the "Together We Can Initiative – Community Collaborative Wellness Tool"



Early Childhood Suburban Needs

- ASQ:SE Elevated Scores - Through our standardized Ages and Stages Questionnaire – Social Emotional (ASQ-SE) screening for young children (3-5 years old), we're seeing a high level of elevated scores, which require a trained Resource and Referral Specialist to provide short term case management and follow up to ensure that the parent(s) receives the appropriate resources to address the social, emotional and/or behavioral concerns of their young child.
- 2009 – Parent Survey - The majority of parents in all districts would like to learn more about how to recognize and find help for a child who is developing socially and emotionally quite differently than other children their age and regarding what to expect of children of various ages. Although parents agreed more strongly that they know where to get information on these subjects.

Safe Schools/Healthy Students Funds

ELEMENT FIVE

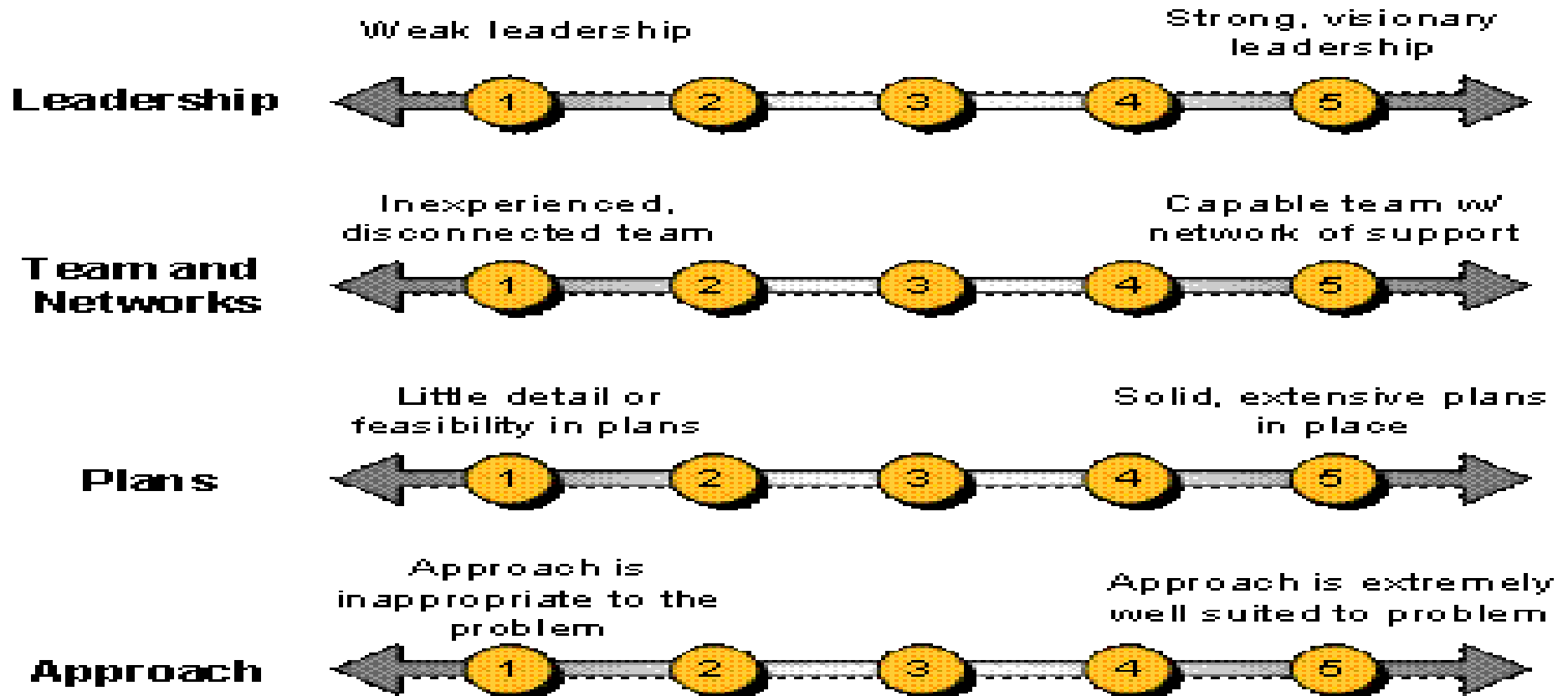
Goal I: All children ages 0-5 develop secure attachments to adults, and social, emotional and academic competence.

Objective(s)

- 1a** To reduce children's aggression and behavioral problems at home and in the pre school classroom by 10% each year.
- 1b** To increase children's social, emotional and academic learning at home and at preschool by 10% each year.
- 11a** To increase access to information, referral and liaison assistance that addresses young children's emotional and behavioral concerns as reflected by an elevated score on the ASQ-SE, by 10% each year (Years 3 and 4 of SS-HS grant).

Foundations for Success

Predictors of success





Foundations for Success

Improving early childhood mental health to
support families and communities in

Ramsey County

Overview

Foundations for Success

Overview

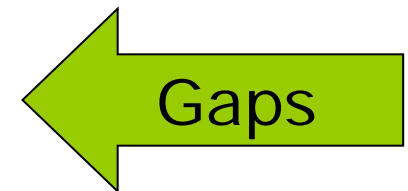
- Collaborative of early childhood advocates, parents and professionals who are working toward developing an early childhood mental health system of care for children and their families in Ramsey County, Minnesota.
- The initiative is in its fourth year of a five year \$2.6 million dollar grant from the John S. and James L. Knight Foundation.

Foundations for Success

History

- Ramsey County partners – 15 years of collaboration
 - Led by the five Ramsey County School Districts
 - A community-wide committee was established to address early childhood mental health issues.

- Parent Survey 2000
 - Only able to identify two services to address young children's mental health:
 - Child Protective Services
 - Early Childhood Special Education



Foundations for Success

History

In 2001 100+ community partners convened to develop a strategic plan.

- Parents
- Five School Districts
- Childcare
- Head Start
- Ramsey County
- MN Depart. of Human Services-Children's Mental Health
- Mental Health Professionals
- Foundations
- MN Department of Health
- Legislators
- University of Minnesota
- Local Non-Profit Organizations

Four priorities identified:

- Mental Health Screening
- Mental Health Services
- Access to Mental Health Services
- Public Awareness

Foundations for Success

Beginning implementation

- **2003:** two pilot projects funded by the John S. and James L. Knight Foundation
- **Late 2004:** Knight awarded the collaboration a \$2.6 million five-year grant to develop a comprehensive early childhood mental health continuum of care in Ramsey County
- **April 2005:** named Foundations for Success

Foundations for Success



Infrastructure and partners

Foundations for Success

Mission and vision

□ Mission

“To ensure a range of quality developmentally appropriate and culturally competent early childhood mental health and wellness opportunities for all young children and their families in the Ramsey County community”

□ Early Childhood Mental Health Vision Statement for Ramsey County

■ A united community of parents, professionals, funders and policymakers that provides prenatal and early childhood mental wellness for all children and families, and ensures positive child development.

Foundations for Success

Partners

- ❑ Part C/school districts
- ❑ Head Start
- ❑ MN Dept. of Human Services, Children's Mental Health
- ❑ County services (child protection, children's mental health)
- ❑ Parents
- ❑ Mental health and medical professionals
- ❑ Social service providers
- ❑ Public health
- ❑ Health plans
- ❑ Researchers
- ❑ Child care agencies

Foundations for Success

Inclusion of “non-traditional” partners

- Health care providers and health plans
- State government
- Foundations
- Dental health practitioners (new partner)

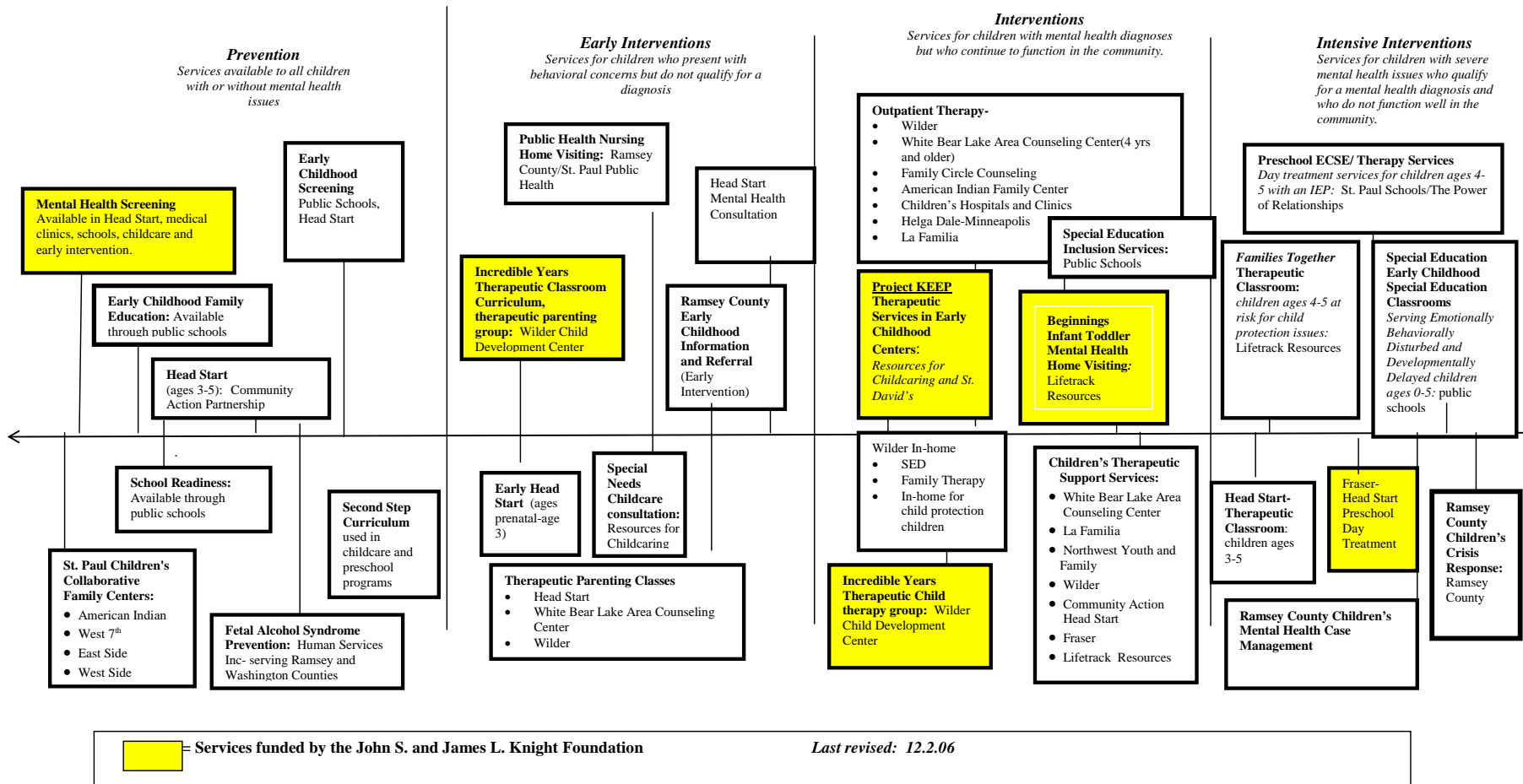
Foundations for Success

Continuum of Care

- **Prevention:** Available to all children with or without mental health issues (e.g., universal screening)
- **Early Interventions:** For children who present with behavioral concerns but do not qualify for a diagnosis (e.g., group interventions in child-serving settings)
- **Interventions:** For children with mental health diagnoses but who continue to function in the community
- **Intensive Interventions:** For children with severe mental health issues who qualify for a mental health diagnosis and who do not function well in the community

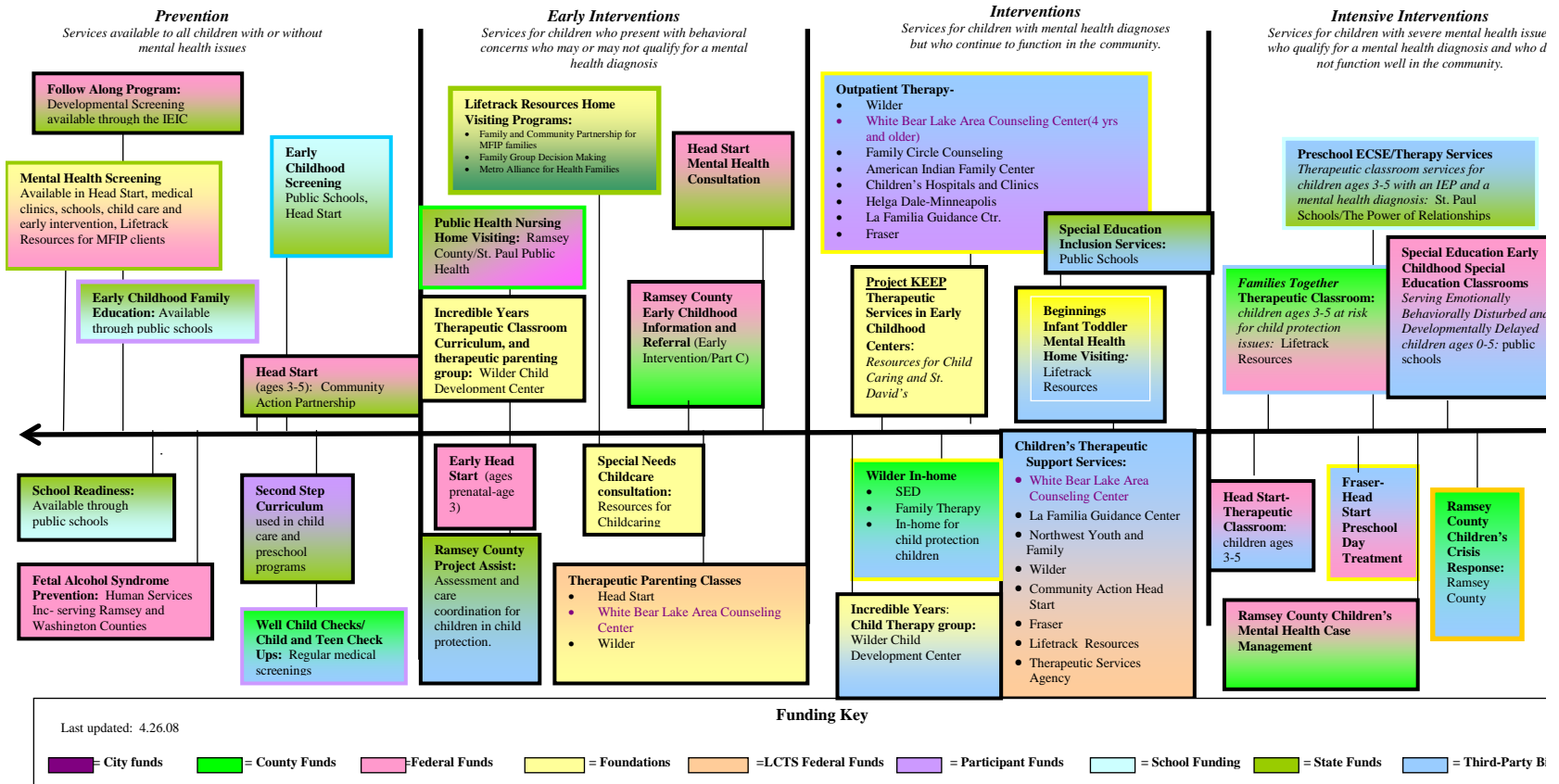
Foundations for Success

Continuum of Care



Foundations for Success

Local funding/partnership



Foundations for Success



Programs and Services

Standardized Screening

- Based on parent evaluation, we:
 - Revised the ASQ:SE and SDQ administration procedures to ensure that forms are completed correctly and in the language most comfortable for respondents.
 - Addressed follow-up support/services that are required to meet the needs of children with elevated screening scores and provided referrals to these services.
 - Provided resources/supports to increase the percentage of families receiving referrals following an elevated screening.

Foundations for Success

Prevention Services

Standardized Screening

- **Mental Health Screening:** 25,500 children screened to-date

GOAL: As a direct result of the early mental health screenings, an increased number of young children with mental health issues will be identified and matched with appropriate community resources.

Foundations for Success

Prevention Services

Early Identification

■ **Early Childhood Information and Referral Mental Health**

Triage Consultant: (triage and referral from elevated screenings):

- Lead Agency: Ramsey County Early Childhood Information and Referral through our Interagency Early Intervention Committee
- One point of contact for any professional or parent who has concerns about their children's mental health development.
- Trains internally to develop capacity of other ECIR Specialists for future sustainability.
- Partnering with the Suburban Ramsey Family Collaborative Safe Schools/Healthy Students Initiative

Goal: Professionals and parents will be able to access timely and developmentally appropriate, culturally competent and linguistically accessible mental health resources. **671 families** served to-date

Foundations for Success

Early Intervention Services

Early Identification

□ **The Incredible Years Therapeutic Classroom Curriculum**

- Lead Agency: Wilder Child Guidance Clinic
- Three Components:
 - **A Classroom Curriculum:** for teachers working with children 3-8 years old.
 - **A Therapeutic Children's Group:** for children experiencing mental health concerns.
 - **A Therapeutic Parenting Group:** for parents of young children experiencing mental health concerns.

Goal: Up to 2,000 children and 200 parents are expected to receive these services. (**1,164 served to-date.**)

Foundations for Success

Interventions

Intervention

- ❑ **Project KEEP** (Keep Early Experiences Positive) **Childcare Consultation**
- ❑ Lead Partners- Resources for Child Caring and St. David's Children's and Family Services.
 - Therapeutic child groups provided in early childhood learning centers (childcare, Head Start, School District Pre-K programs etc.) while training early childhood teachers on therapeutic intervention.

GOAL: As a result of the early intervention services, it is expected that children in early care and education programs will experience improved emotional and behavioral functioning and demonstrate fewer conduct problems. Up to 200 children (99 served to-date) and 48 early childhood teachers are expected to receive these services.

Foundations for Success

Interventions

Intervention

□ **Beginnings In-Home Therapy**

- Lead Agency: Lifetrack Resources
- Infant/Toddler mental health home visiting for children ages 0-3.
- Home visits are conducted by a mental health professional and a mental health practitioner.
- Purpose: Strengthen the parent and child dyad.

Goal: Up to 100 families. (91 children served to-date.) *We recently received a state grant, facilitated by the Suburban Ramsey Family Collaborative, to increase reach and capacity of these services and are planning on serving 500 more uninsured and under insured kids and families within 2 years via Family Innovations, a new mental health partner.

Foundations for Success

Intensive Interventions

Intensive Intervention

▣ Preschool Day Treatment

- Lead Agencies: Fraser Child and Family Development Center, Community Action Head Start
- Intensive classroom-based mental health therapy five days a week, three hours a day and family support services.
- The day treatment program use the Incredible Years Curriculum in the classroom and the Incredible Years Therapeutic Parenting Group to families in the program.

GOAL: The sustainable day-treatment program will ensure that young children with severe mental health issues have access to the intense therapeutic services they need. Up to 100 families are expected to receive these services. **(60 served to-date).**

Foundations for Success

Outcome Evaluation

Lead Agency: Wilder Research

- The evaluation consists of three areas:
 - ▣ **Child Outcomes-** all partners are using the Strengths and Difficulties Questionnaires and the ITSEA/BITSEA to evaluate the progress of our children within our services.
 - ▣ **Parent Outcomes-** the research facility is contacting parent recipients of the services to discuss satisfaction and accessibility.
 - ▣ **Systems Evaluation-** the research facility is contacting all stakeholders to continually evaluate the system that is being created to sustain these efforts.

Goal: Evaluation results help shape services to ensure Ramsey County has a developmentally appropriate, culturally competent and linguistically accessible early childhood mental health continuum of care.

Why Co-Coordination?

Coordination duties of Foundations for Success were divided between the Grant Manager and collaborative director, to ensure sustainability of the collaborative partnerships developed county wide.

- The grants manager is responsible for managing the contracts with all Foundations for Success partners and managing the screening efforts.
- The collaborative director is in charge of supporting the partnerships and ongoing collaboration for long term sustainability. She facilitates the quarterly Community meetings as well as attends to the ongoing integration of Foundations for Success strategies within the system of care overseen by the countywide Interagency Early Intervention Committee.

Goal: Ensure the continuum of services meet the needs of the community and have sustainable funding.

Form more Info on Foundations for Success Contact:

- ❑ **State Department's** Role in Foundations for Success:
Glenace Edwall, PhD, PsyD, LP, MPP
glenace.edwall@state.mn.us
- ❑ **Evaluator's** Role in Foundations for Success:
Cheryl Holm-Hansen, PhD
cah1@wilder.org
- ❑ **Funder's** Role in Foundations for Success:
Polly Talen, MS
talen@knightfoundation.org
- ❑ **Coordinator's** Role in Foundations for Success:
Catherine Wright, MS
cwright@caprw.org
- ❑ **Safe Schools/Healthy Students Initiative's** Role in Foundations for Success
marysue.hansen@isd623.org

Foundations for Success Website: www.foundationsforsuccess.org