

# **School Mental Health: Building Cultural Connections and Competence**

Minneapolis Public Schools, Hennepin  
County, and Community Mental Health  
Agencies

# Program Overview: Minneapolis Context

The Caring Across Communities Grant will allow us to enhance our Expanded School Mental Health Program by:

- Improving language access
- Enhancing service by adapting interventions
- Providing culturally specific support services
- Disseminating lessons learned to school staff, local providers and organizational leaders and policy makers

# Program Overview: Minneapolis Context

In Minneapolis, the current ESMH program provides a broad continuum of Mental Health services through public/private partnerships that are:

- Universally accessible
- Culturally competent
- Effective
- Sustainable
- Compliant with data privacy requirements

# Program Overview: Minneapolis Context

The Continuum includes:

- Access to Targeted Mental Health Case Management
- Day Treatment
- Residential Treatment
- Crisis Assessment and Intervention
- Capacity Building – Training
  
- On site services for prevention, early intervention, screening, diagnostic evaluation and treatment

# Program Overview: Minneapolis Context

Some of this continuum is available in all Minneapolis Schools, the full continuum of services is available in 7 schools; 3 of those schools would be the RWJ sites:

- Anderson Elementary
- Jefferson
- Ann Sullivan Communication Center

# Program Overview: Minneapolis Context

The ESMH Program is built on a partnership between:

- Community Mental Health Providers
- Hennepin County
- Minneapolis Public Schools

# Program Overview: Minneapolis Context

By building partnerships with community agencies  
we:

- Build on the strengths of each agency, including existing cultural connections and expertise
- Provide better access for families
- Do not create a new, independent or parallel system

# Program Overview: Minneapolis Context

By building partnerships we are better able to address issues of:

- Quality and depth of service
- Cultural competence
- Student and family privacy
- Financial sustainability

# Building Cultural Connections and Competence Project

- Cultural connections and competence
- Significantly improved access to services
- Continuum of services based on needs and best practice
- Learn, develop, and disseminate
- Sustainability through systems change

# Project Plan: Overarching Goals

- Goal 1: Improve access to mental health services for all students and families
- Goal 2: Expand cultural competence of mental health clinicians and school staff
- Goal 3: Build family and community connections and interventions
- Goal 4: Capture lessons learned and disseminate knowledge and best practice

# Improve access

- Provide bilingual providers and appropriate translation/interpretation
- Develop mental health interventions congruent with cultural frameworks

# Expand cultural competency

- Expand knowledge: immigrant and refugee experiences, backgrounds, and cultures
- Expand clinicians' competency with trauma, grief and loss and newly developed cultural interventions

# Build family and community

- Build family capacity to provide for healthy social and emotional growth
- Facilitate community building through project activities

# Capture lessons learned and disseminate

- Disseminate internally within partner agencies
- Disseminate externally to the local community of mental health providers

# Systems Change: Project Outcomes

- Increased access with language support
- Adaptation of engagement and mental health delivery strategies for Latino and African immigrant populations
- Adaptation of child trauma interventions for Latino and African immigrant populations
- Dissemination and training of lessons learned and adaptation

# Systems Change: Community and Parent Involvement

- Focus groups with community regarding adaptation
  - Engagement and broad mental health delivery strategies
  - Specific mental health interventions: child trauma
- Community and parents members of Steering Committee
  - Consult on adaptations
  - Program development and evaluation design

# Systems Change: Community and Parent Involvement

- Using the on-going program evaluation data, client/parent survey, and focus group with community regarding adaptation
  - Monthly SMHP administrators meeting
  - Quarterly, SMHP administrators meeting will include community members to aid in the interpretation and understanding of data and help refine programming

# Partners:

## Community Partners

- Community mental health staff
  - The Mental Health Collective
    - Provide mental health services at Andersen Open, Andersen Elementary, and Sullivan schools
  - La Familia Guidance Center
    - Provide mental health services at Jefferson School
  - Washburn Guidance Center
    - Provide mental health services at Tuttle and Longfellow Schools
  - NorthPoint Mental Health Center
    - Provide mental health services at Lucy Laney School
  - Minneapolis Counseling Clinic
    - Provide mental health crisis assessment services to all MPS

# Partners:

## Community Partners

- Culturally specific agencies
  - African Aid
    - Have strong relationships in cultural communities served
    - Mental health outreach and education to African Immigrants
  - Hennepin County Office of Multicultural Services
    - Have established trusting relationships with cultural communities served
    - Provide linguistically and culturally appropriate support assistance
  - Family Resource Centers: Parent Liaison
    - Have strong relationships with parents
    - Understand the needs of immigrant and refugee families
    - Provide support services in schools

# Partners:

## Consulting Partners

- Abigail Gewirtz, Ph.D., L.P., University of Minnesota
  - Will assist in assessment and adaptation of child trauma protocols for immigrant and refugee communities
  - Director, Minnesota Child Response Center
  - Has a long history of partnering with MPS and Hennepin County Children's Mental Health
  - Served as a consultant for program evaluation design for MPS ESMH program

The logo graphic consists of several overlapping, wavy, horizontal lines in a lighter shade of blue, creating a sense of movement and depth. These lines are positioned on the right side of the slide, extending from the middle towards the bottom.

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