

## 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:

- Coordinated Treatment Planning
- Referral to CTSS/Community Skills Program
- Referral for Diagnostic Assessment/Needs Assessment
- Referral for Psychological Evaluations
- Referral for Psychiatric Care/Medication Monitoring
- 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. Transitional care can help a youth or teen in such areas as financial planning, health care, crisis management, skill building, housing, transportation, and referrals to other supportive services.



## FOR MORE INFORMATION

If you are concerned about the development or mental health of a child and would like more information, contact the following:

**Human Development Center**  
40 - 11th Street  
Cloquet, MN 55720  
218-879-4559

**Carlton County Human Services**  
1215 Avenue C  
Cloquet, MN 55720  
218-879-4583



# Children's Mental Health Case Management Services

In Carlton County

Provided By:  
Carlton County Human Services  
Human Development Center  
(Cloquet Office)

## CHILDREN'S NEEDS

Children come from many different family and life experiences. Sometimes the struggle to cope with these experiences 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, change 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.

## 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. Agencies within Carlton County provide 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 will coordinate a comprehensive mental health assessment 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. It is the responsibility of the case manager together with the family to continually assess and reassess the delivery, appropriateness, and effectiveness of these services.

All the people involved in the care, counseling, education, and treatment of the child will use a team approach to coordinate services. Parents 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 with the team on a regular basis to determine if the goals for the child are being met and if other services are needed.



## PROGRAM ELIGIBILITY AND REFERRAL PROCESS

Children or adolescents must be residents of Carlton 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.

