



COLLABORATIVE NEWS

CARLTON COUNTY CHILDREN'S MENTAL HEALTH
AND FAMILY SERVICES COLLABORATIVE

FEBRUARY 2021 • ISSUE 1 • VOLUME 1



FEBRUARY 22 COLLABORATIVE MEETING UPDATE

REACH Mentoring students will be guests at the Feb. 22nd Collaborative Meeting to present ideas for expanding leadership, collaboration and equity in response to COVID-19 and distance learning.

Board members are encouraged to invite principals and counselors to attend the meeting. Please send additional contact information to Mandi Rosebrock.

Time will be set aside at the beginning of the meeting to discuss community wide and school district responses to COVID-19. Creative solutions will be explored to address identified learning gaps and social isolation experienced by students during distance learning.

FEB 1-7 IS CHILDREN'S MENTAL HEALTH WEEK

BY BRENDA CARLSON AND MANDI ROSEBROCK

The events of 2020 (and 2021) have shown us the importance of looking after our mental health and also our children's mental health.

Please contact Carlton County Public Health & Human Services at 218-879-4511 or the Community and Family Initiatives Department at 218-384-8670 with any questions about children's mental health and access to resources to help our children manage anxiety and cope with changes caused by COVID-19.





UPCOMING FREE YOUTH FOCUSED TRAINING OPPORTUNITIES IN CARLTON COUNTY

VIRTUAL QPR SUICIDE TRAINING FOR COMMUNITY MEMBERS

Public Health Educator, Ali Randall, will be offering a virtual 1.5 hour QPR training for anyone interested on **Tuesday, February 16th at 3 pm.**

This free suicide prevention workshop offered by the Crisis Text Line is the most widely taught gatekeeper training program in the United States. During the training, participants will learn about myths/facts about suicide, Learn to recognize warning signs of a suicide crisis and learn the QPR method:

Question a person about suicide, **Persuade** them to get help, and **Refer** them to the appropriate resources. To register, please fill out this form:

<https://forms.gle/fmBzM1Sy3gHxHq.pq7>

VIRTUAL YOUTH PROGRAM QUALITY (YPQ) TRAINING FOR ANYONE IN THE COMMUNITY WORKING IN A PROFESSIONAL OR VOLUNTEER YOUTH DEVELOPMENT CAPACITY

UMN Regional Extension Educator Jan Derdowski will be offering this 1.5 hour online training on **Thursday, March 11 at 3 pm.** This training is open to area non-profits, coaches, schools, community ed, faith communities, etc. to help develop and ensure high-quality local learning environments for youth.

Find out more information online (registration link is not available yet): <https://extension.umn.edu/program-design-and-evaluation/developing-high-quality-learning-environments-youth>



NIIBIDOON RELATIONSHIP WEAVING: CONVERSATIONS ABOUT DIVERSITY, EQUITY AND INCLUSION ACROSS CARLTON COUNTY VIRTUAL WORKSHOP SERIES

The United Way of Carlton County, Community Memorial Hospital, Carlton County Community & Family Initiatives Department & Collaborative, Minnesota Systems of Care and REACH Mentoring are sponsoring the series facilitated by UMN Extension American Indian Leadership & Civic Engagement team.

This free series is open to all community members. 4th Tuesdays Feb. 23, Mar. 23, Apr. 27, May 25 and June 22 from 6-8 pm

Register online:

https://umn.zoom.us/meeting/register/tJYrc-GqqzktG9MsjpuVzx4kCoVb_LQnNBDS

2020 MN KIDS COUNT DATA AND 2019 MN SCHOOL SURVEY DATA WAS PRESENTED IN A VIRTUAL EVENT ON JANUARY 28, 2021.

Jennifer Bertram and Natletha Sumo of Children's Defense Fund MN and Laura Bennett a NE MN Regional Prevention Coordinator presented a snap shot of statewide and local economic stability indicators as well as student survey findings related to substance abuse and other factors.

The 2020 Carlton County Fact Sheet from CDF is included at the end of this newsletter.

Email

mandi.rosebrock@co.carlton.mn.us to obtain a copy of the event material.



TRAINING

OPPORTUNITIES

FEBRUARY

- *2/16/21 Virtual QPR Suicide Prevention Training, 3 p.m.* Register here: <https://forms.gle/fmBzM1Sy3gHxHqpqZ>
- *2/23/21 Indigenous Perspectives on Rural Equity Work 6-8 p.m. (Online)* Register here: https://umn.zoom.us/meeting/register/tJYrc-GqqzktG9MsjpuVzx4kCoVb_LQnNBDS

MARCH

- *3/11/21 Youth Program Quality Pyramid Training, 3 p.m.* Contact Mandi for more info (see below)
- *3/23/21 "Thanksgiving Unstuffed": The St. Patrick's Day Edition 6-8 p.m. (Online)* Register here: https://umn.zoom.us/meeting/register/tJYrc-GqqzktG9MsjpuVzx4kCoVb_LQnNBDS

APRIL

- *4/27/21 Let's Talk About Race 6-8 p.m. (Online)* Register here: https://umn.zoom.us/meeting/register/tJYrc-GqqzktG9MsjpuVzx4kCoVb_LQnNBDS

CONTACT US:

218-451-6994

mandi.rosebrock@co.carlton.mn.us

To learn more, visit:

<https://www.co.carlton.mn.us/298/Community-Family-Initiatives-Department>



CARLTON COUNTY

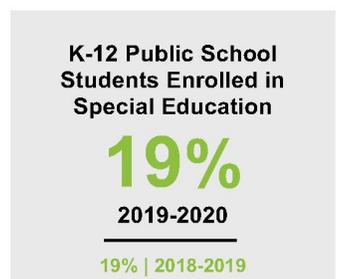
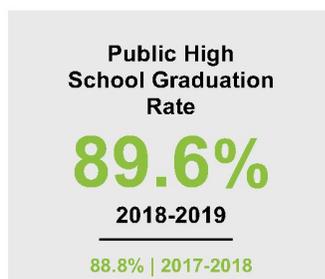
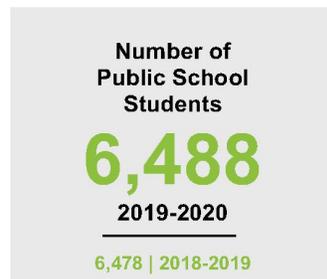
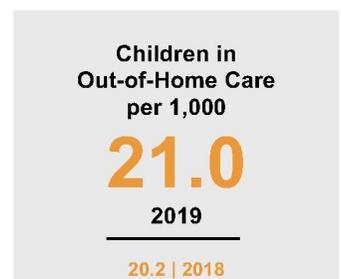
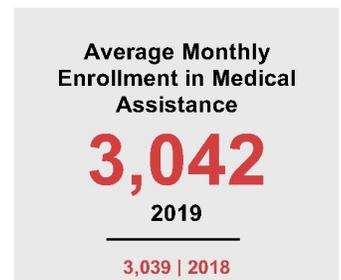
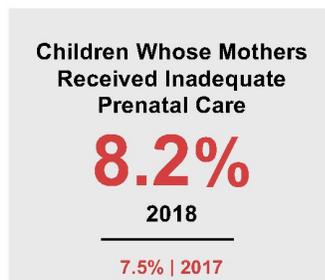
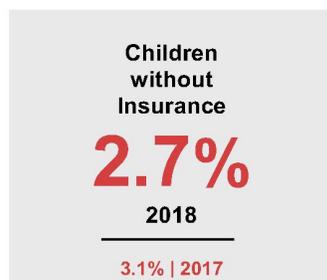
2020 COUNTY FACT SHEET

Minnesota

Child Population: **1,269,824**
 Birth Rate per 1,000: **12.0**
 Median Family Income: **\$86,204**

Carlton

Child Population: **7,955**
 Birth Rate per 1,000: **10.0**
 Median Family Income: **\$73,196**



KIDS COUNT is a project of the Annie E. Casey Foundation. CDF-MN publishes an annual Minnesota KIDS COUNT Data Book to share trends in child well-being and foster discussion on data-driven solutions to improve child outcomes. To access the Minnesota KIDS COUNT Data Book and all county fact sheets, visit www.cdf-mn.org.



**children's
 defense fund
 minnesota**