

Culturally Sensitive Resources for Families

Resources for parents:

- **Mental Health**
 - Melanin and Mental Health <https://www.melaninandmentalhealth.com/>
 - Online collective of therapists of color; search providers by ethnicity/race, license type, issues, insurance, treatment modalities, zip code, age range, language, appointment types
 - Minnesota CarePartner (612) 289-5656 <https://mncarepartner.com/>
 - Black Mental Health Resources <http://blackmentalhealthresources.net/>
 - MN Mental Health Providers of Color (shared Google doc--**do NOT share the link with families**)
https://docs.google.com/spreadsheets/u/0/d/1X4lyCyW9OxdpUdyHxsOV1PMPFQstavcJyrTejmg-4ww/htmlview?usp=gmail_thread&qxids=7628#gid=893749557
 - National Queer and Trans Therapists of Color Network <https://www.nqttcn.com/>
 - Soo Collins at Parker Collins <https://parkercollins.com/therapists-staff/>
 - Yeni Oyederu at Parker Collins <https://parkercollins.com/therapists-staff/>

- **Chemical Health**
 - Black Mental Health Resources--chemical health providers
http://blackmentalhealthresources.net/listing-category/providers/services/chemical_health/
 - Roots Recovery (substance use and co-occurring disorders) IOP with housing, IOP, Rule 25 Assessments, wellness program <https://mncarepartner.com/roots/>

- **General Resources:**
 - Parent Mentor Program-Ramsey County: Minnesota One-Stop Services
<https://mnonestop.org/services>
 - Family Enhancement Center <https://familyenhancementcenter.org/>
 - Father Project (Fostering Actions to Help Project Earnings and Responsibility)
<https://www.goodwilleasterseals.org/services/family-stability/father>
 - National Responsible Fatherhood Clearing House
https://www.fatherhood.gov/?gclid=Cj0KQCQiAj9iBBhCJARIsAE9qRtAKf1EXGTVgMQYV9ecFtn0QqjhZGd70bHXJotgDGokG-EhG9nZWYEEaAhdHEALw_wcB
 - For dads <https://www.fatherhood.gov/for-dads>
 - Ampersand Families 612-605-1904 info@ampersandfamilies.org
<https://ampersandfamilies.org/what-we-do/supporting-relative-and-kin-involvement/>
 - Supporting Relative and Kin involvement
 - Free advocates for birth parent's & kin's rights
 - Hamline Law Institute to Transform Child Protection 651-290-6421
<https://transformchildprotection.org/>

- Free legal representation for birth parents
- Hmong American Partnership (HAP) <https://hmong.org/hap-impact-areas/>
 - Workforce development
 - Economic and community development
 - Children and family services
 - Health and wellness

Resources for young children:

- Mental Health
 - Minnesota CarePartner (612) 289-5656 <https://mncarepartner.com/>
 - MN Mental Health Providers of Color (shared Google doc) https://docs.google.com/spreadsheets/u/0/d/1X4lyCyW9OxdpUdyHxsOV1PMPFQstavcJyrTejmg-4ww/htmlview?usp=gmail_thread&qxids=7628#gid=893749557
 - Black Mental Health Resources <http://blackmentalhealthresources.net/>
 - Soo Moon at Parker Collins <https://parkercollins.com/therapists-staff/>
 - Yeni Oyederu at Parker Collins <https://parkercollins.com/therapists-staff/>

Resources teenagers (10+):

- Mental Health
 - Melanin and Mental Health <https://www.melaninandmentalhealth.com/>
 - Online collective of therapists of color; search providers by ethnicity/race, license type, issues, insurance, treatment modalities, zip code, age range, language, appointment types
 - Minnesota CarePartner (612) 289-5656 <https://mncarepartner.com/>
 - MN Mental Health Providers of Color (shared Google doc) https://docs.google.com/spreadsheets/u/0/d/1X4lyCyW9OxdpUdyHxsOV1PMPFQstavcJyrTejmg-4ww/htmlview?usp=gmail_thread&qxids=7628#gid=893749557
 - Black Mental Health Resources <http://blackmentalhealthresources.net/>
 - National Queer and Trans Therapists of Color Network <https://www.nqttcn.com/>
 - Soo Collins at Parker Collins <https://parkercollins.com/therapists-staff/>
 - Yeni Oyederu at Parker Collins <https://parkercollins.com/therapists-staff/>
- Chemical Health
 - Minnesota CarePartner (612) 289-5656 <https://mncarepartner.com/>
 - Black Mental Health Resources -- chemical health providers http://blackmentalhealthresources.net/listing-category/providers/services/chemical_health/
 - Roots Recovery (substance use & co-occurring disorders) <https://mncarepartner.com/roots/>
- Ampersand Families <https://ampersandfamilies.org/what-we-do/myvoice/>

- MyVoice: youth leadership program; supports the leadership of young people in the foster care and adoption system

General Mental Health Services:

Hmong American Partnership (HAP) <https://hmong.org/>

- Children and youth
- Family support services
- Workforce development
- Economic and community development

Wilder Foundation Assertive Community Treatment (ACT) serves the SE Asian community

https://www.wilder.org/wilder-research/research-library/wilder-assertive-community-treatment-act?gclid=CjwKCAiAyc2BBhAaEiwA44-wW-9lh-g-h9mm7ITi2F5G74y8mpQpcOqGURKGszSrheqljJNkJMTgjBoCgOUQAvD_BwE

Mental Health Therapists (specialties: foster care & adoption trauma, attachment, racial trauma & oppression, somatization)

- Julie Jong Koch and Sarah Lentz at Watercourse Counseling <https://watercoursecounseling.org/>
- Kendra Kuhlmann at Canopy Mental Health <https://www.canopymhc.com/>
- Jenny Jendro at Arubah Emotional Health <https://www.arubahemotionalhealth.com/the-team/>
- Hye-Kyong Kim, Psychologist (651) 888-8259 sees all ages (toddlers through elders)

Shelters:

- Domestic Violence
 - Tubman (612) 825-3333 www.tubman.org
 - Sojourner Project (952) 933-7422 <https://www.sojournerproject.org/>
 - “We have three main programs: emergency shelter/crisis line, community legal advocacy, and outreach and education. All of our services are free and confidential. Our emergency shelter houses women and children typically for 30-60 days. Potential residents either need to call Day One to see which shelters have open space or they can call Sojourner directly on our crisis line at 952.933.7422. Shelter residents can reside anywhere and a screening is completed on the phone to see if they would be an appropriate fit for our

program or if we need to make a referral to another program. Our legal advocacy serves 17 cities in Western Hennepin county-men, women and youth as victims. Our legal advocates will work with shelter clients if needed for an example, if an OFP is requested.”

- Unhoused
 - Youth Link <https://www.youthlinkmn.org/>
 - Hope 4 Youth <https://www.hope4youthmn.org/>
 - Minnesota One-Stop Services <https://mnonestop.org/services>
 - Housing provider for long-term homelessness for males & females with up to two children: priority focus is women with mental health diagnosis, in recovery, or working to be reunified with their children

Interpreter Services:

Culture Care Connection <http://www.culturecareconnection.org/competent/>

“Caring for diverse populations starts with culturally competent care. The theme of culturally competent care under the Office of Minority Health national standards on Culturally and Linguistically Appropriate Services (CLAS) is comprised of three standards:

- Providing care in a culturally competent manner
- Emphasis on recruiting and retaining a diverse workforce
- Availability of training in culturally and linguistically appropriate service delivery”

Link Interpret-possible but Washington County does have a service provider

- Client meetings
- Depositions
- Document translations
- Legal and Medical Interpreting

Replies on contracts:

- MN CarePartners: currently has a contract with Ramsey County; considering if they want to contract with Washington County. Forwarded contract to Sarah on 3/9
- Hamline Law-- Institute to Transform Child Protection: left message to find out more about referring parents, will call again if I don't hear back from them soon. Left second message on 3/9. Nicole connected with Joanna Woolman and Joanna

advised that families are directed to contact her directly at:

joanna.woolman@mitchellhamline.edu

- Link Interpret-Willing to contract with Washington County. Has a contract in Ramsey
- Contacted both shelters-waiting to hear back from management