Clinical Services & Children’s Mental Health

Breaking Cycles for At-Risk Families & Children for Total Family Recovery

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Clinical Services Program

**Target Population:** Mothers living within Perspectives’ Supportive Housing.

**Program Summary:** Our mental and chemical health services are vital to achieving stability and positive long-term outcomes. Perspectives’ integrated team of professionals works together to provide trauma-informed services, including: on-site diagnostic assessments, treatment planning, screening, referrals, and individual, family, and/or group psychotherapy. Services also include chemical health outpatient treatment and a relapse prevention program.

Children’s Mental Health Program

**Target Population:** Children attending Kids Connection and/or living within Perspectives’ Supportive Housing Program; the majority have experienced serious trauma as a result of abusive environments that include time living homeless shelters and with parents who suffer from addiction and mental illness. The majority of the children have been diagnosed with post-traumatic stress disorder.

**Program Summary:** Early intervention is key in assisting a child to work through unresolved trauma. Perspectives’ Children’s Mental Health Therapist provides assessments, treatment plans, and both one-to-one and family counseling to assist the child in their healing process. Our therapist becomes the advocate to ensure that the child has the resources available to create long-term change.

2017 Program Objectives

**Clinical Services: (January – December 2017)**
- 75% of women living in Perspectives’ Supportive Housing Program will have a mental health assessment.
- 100% of women living in our supportive housing will participate in a services/treatment plan.
- 75% of women living in our supportive housing who participate in Perspective outpatient treatment program will complete program.
- 70% of women living in our supportive housing will test negative for drug use.

**Children’s Mental Health: (January – December 2017)**
- 25 children participating in Kids Connection and/or living in Perspectives’ Supportive Housing Program will receive mental health services during 2017.
- 80% of parents will report increased knowledge of their child’s mental health diagnosis. 80% of children receiving mental health services will self-report increased self-esteem.

2016 Program Statistics

**Clinical Services:**
- Total women served: 77
- Hours of clinical service provided to adults: 3,305

**Children’s Mental Health:**
- Total children served: 33
- Hours of clinical service provided to children: 563
**Clinical Services Program includes the following activities:**

- **Mental Health Assessments:** Diagnosis and recommendations for treatment interventions based on individual needs and personal goals.
- **Individual and Family Psychotherapy:** Trauma-informed treatment planning and progress-monitoring of targeted emotional goals.
- **Group Psychotherapy:** Groups available to women include Support and Relapse Prevention, Dialectical Behavioral Therapy (DBT), Healing Generations, Seeking Safety/Beyond Trauma, Healing through Writing, and A Woman’s Way through the 12 Steps.
- **Chemical Health Outpatient Treatment:** A dual-diagnosis state-licensed program providing chemical health assessments, four weekly treatment groups, one-on-one sessions with a licensed alcohol and drug counselor, mental health group therapy, and individual therapy.

**Children’s Mental Health Program includes the following activities:**

- **Early Intervention:** Children’s mental health therapist is able to immediately see children who are referred because of issues with social adjustment disorders and/or PTSD.
- **Assessments/Treatment Plans:** Children referred for services will receive mental health assessments as well as treatment plans.
- **One-to-One Counseling:** Children’s mental health therapist meets with children to provide one-to-one therapy, advocacy, and referrals as needed.
- **Family Therapy:** When deemed helpful our children’s therapist will work with both child and parent in an effort to ensure the child’s mental health needs are met, providing both help and education for the child’s parent.

**Perspectives’ Additional Accomplishments in 2016**

- Perspectives celebrates 40th Anniversary.
- Perspectives acquires Kody’s Closet, a nonprofit that provides free hygiene and personal care products to low-income students.
- MN Department of Human Services awards Perspectives with a three-year, $555,000 grant to launch *Hand in Hand*, a program which provides in-home prenatal visitation to ensure healthy births and infants’ opportunity to thrive.
- Perspectives’ Party for Hope fall gala raises $535K.
- New Position: Director of Donor Relations hired.
- Jill Sando, Target’s SVP, Home Merchandising, joins Perspectives Board of Directors.
- Perspectives completes a successful year of fundraising and carries $100K surplus into 2017.
- Perspectives’ *Seed the Change* capital campaign funds new parking lot.
- *Professionals with Perspectives*, a new young professionals volunteer group, launches.
Perspectives’ Partnering Organizations

Perspectives has an extensive list of community partners – the following represent just some our long-term relationships and their services to Perspectives:

- **American Chef Federation (ACF):** Guest Chefs provide monthly meal and host special events at Kids Cafe, while teaching our students culinary skills.
- **Americas Second Harvest Heartland:** Main resource for food for culinary program.
- **Benilde/St. Margaret’s School:** Provides student volunteers during the school year.
- **Cargill - Horizon Mills, Animal Nutrition, and OELD Divisions:** In addition to providing volunteers, they support numerous special events and provide supplies to the Kids Connection Program. Also partners in Supportive Housing holiday adopt-a-family initiative.
- **The Food Group:** Provides food at a reduced cost to Supportive Housing families.
- **Family Partnership:** Provides direct services and advocacy for victims of sexual exploitation and abuse.
- **Family Wise:** Provides comprehensive family strengthening and support services to help parents improve their parenting skills.
- **Free Arts Minnesota:** Facilitates year-round weekly art mentorship program for youth in grades 6-8.
- **General Mills - Big G and Meals Divisions:** In addition to providing volunteers, they sponsor numerous special events and provide supplies to the Kids Connection Program.
- **Meadowbrook Collaborative:**
- **Minnesota State Horticultural Society:** Facilitates training and materials for various gardening programs for our students.
- **PLACE:**
- **Stages Theater:** Provides year-round, on-site theater workshops for grades pre-K to 5.
- **St. Louis Park Schools:** A formal partnership exists to share pertinent student information and work together to create a plan for success for K-12 students.
- **St. Louis Park Community Education:** A partner in teen programming and events.
- **St. Louis Park Parks and Recreation:** Provides reduced rates for summer community pool and free rental of park shelter site.
- **St. Louis Park Fire Department:** Partner in annual holiday toy drive for children at Perspectives.
- **St. Louis Park Police Department:** Partners with Perspectives and Project for Pride in Living to facilitate weekly summer *Basketball in the Park Recreational Program*. Officers regularly visit Kids Connection to build positive relationships between students and the police department, as well as host community conversations on safe police interaction for youth and parents.
- **Twin Cities Rise:** Provides additional job training.
- **Project for Pride in Living (PPL):** Refers students living in the Louisiana Court affordable housing community (shared site of Perspectives’ housing campus) to Kids Connection Program. Joint partner in summer basketball league and participates in community events.
- **myHealth:** Clinical staff from myHealth facilitate a “Healthy Bodies and Healthy Relationships” group for youth ages 11-16.
- **The Foundation for Small Voices:** Entering our tenth year, this three-day songwriting workshop with New York composer, Jim Papoulis, is held in the Perspectives Family Center Rotunda. Jim works with the Summer Explorers Program students who write, produce, record, and perform the song.
- **Toro Companies:** Partner in Supportive Housing holiday adopt-a-family initiative.
- **Wilderness Inquiry Outdoor Adventures:** Facilitates an overnight camping trip for students and staff. The three days include a variety of recreational, teambuilding, and leadership activities.
• **University of Minnesota Extension Services**: Two Master Gardeners design and implement curriculum and instruction for an eight-week, on-site garden program for students. Activities include planning, planting, maintaining, and harvesting the gardens.

• **Wayside House**: Wayside is Perspectives’ sister agency; they provide client referrals to Perspectives’ relapse prevention and mental health programs.

**Volunteer Referral Sources**

- Aldersgate Church
- Augsburg College
- American Culinary Federation
- Benilde St. Margaret High School
- Beth El Synagogue
- Cargill Corporation
- Comcast
- Free Arts MN
- General Mills Corporation
- Immanuel Lutheran Church
- Knollwood Christian Church
- Metro State University
- Minnehaha Academy
- Select Comfort Corporation
- SpartanNash Company
- St. George’s Episcopal Church
- Target Corporation
- Toro Companies
- United Way Caring Connection
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