

# Community Resources

**211 United Way**  
211unitedway.org  
541-291-0211 or 211  
Text zip code to 898-211

**Dakota County Crisis Response Unit**  
952-891-7171

**National Suicide Prevention Lifeline**  
800-273-8255

**Crisis Text Line**  
Text MN to 741741

**The Trevor Project** (LGBTQ Youth Crisis Line)  
866-488-7386  
Text 'start' to 678-678

**Disability HUB MN**  
disabilityhubmn.org  
866-333-2466



**Children and Family Services**  
14955 Galaxie Ave.  
Apple Valley, MN 55124  
Main line: 952-891-7400  
Intake line: 952-891-7459

www.dakotacounty.us,  
search *Children's Mental Health*



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Dakotacountygovernment

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# Children's Mental Health Case Management Services

Dakota County Children and Family Services



Here to help.



Emotional health is a significant component of our overall health and is important at every stage of life — from childhood and adolescence through adulthood. It affects how we think, feel, act and how we respond to stress.

Mental health concerns during childhood affects 1 in 5 children and commonly include attention deficit hyperactivity disorder (ADHD), anxiety and behavior disorders. It can make it difficult for a child to learn, behave and function throughout the day.





## Know the warning signs

- Angry, belligerent behavior.
- Destruction of property.
- Difficulty concentrating.
- Feelings of anxiety or significant mood swings.
- Frequent feelings of depression, unhappiness or despair.
- Frequent periods of confusion or forgetfulness.
- Inability to make friends with other children.
- Lack of interest in family, friends or activities they enjoy.

## Children's Mental Health (CMH) Case Management Services

Some children may be eligible for ongoing support from a children's mental health case management social worker. Case management services provide navigation and coordination to help children who have mental health concerns get the support and treatment they need.

For those who qualify, case management is provided at no cost. Other recommended services such as individual and family therapy and medical management are generally covered by medical insurance.

### How it works:

#### 1 Contact Children and Family Services Intake at 952-891-7459

Referrals are made by a parent/guardian or by a mental health professional that is currently serving the child in a hospital setting or a residential treatment facility. The referral from the mental health professional must include a release of information, contact information for the family and a diagnostic assessment. Because services are voluntary, written consent is required.

#### 2 Children's mental health assessment

- A case manager will assist in identifying immediate needs and coordinate services and supports for the child and family. They will determine if your child meets the criteria for ongoing case management services. It may take up to 90 days to determine eligibility.
- Children must be between the ages 3-17 and a resident of Dakota County.
- Must have a qualifying mental health diagnosis and a significant functional impairment that impacts their daily lives.

#### 3 Ongoing CMH Case management services

- If your child qualifies, an ongoing CMH case manager develops a plan that addresses the needs of the child and family, and monitors the recommended services. All services are agreed upon in partnership with family.
- Case managers meet with the child and parent/guardian monthly (at a minimum) at the child's home, school or a community location that works best for the family.

