



Some signs that a child may need further help from a mental health professional or health care provider include:

- › Less interested in school
- › Dropping grades
- › Self-critical
- › Does not show feelings
- › Difficulty making or keeping friends
- › Poor grades despite trying hard
- › Constant worry or anxiety
- › Persistent stomach aches or other aches and pains
- › Refusal to go to school
- › Persistent and disruptive hyperactivity
- › Inability to focus or concentrate
- › Disrupted sleep - sleeping less or more than usual
- › Continuous or frequent aggression or acting out
- › Persistent sadness
- › Irritable
- › Has little energy
- › Doesn't seem to be having fun
- › Loss of interest in usual activities
- › Using alcohol or drugs



CHILDREN'S MENTAL HEALTH

Support Services



OTTER TAIL
COUNTY - MINNESOTA



SUPPORT SERVICES FOR CHILDREN'S MENTAL HEALTH

About 1 in 5 children has a mental illness, and half of all mental illnesses emerge by age 14. Emotional or mental health problems can develop at any age. Many children experience conditions like depression, anxiety, ADHD and eating disorders. Mental health conditions affect the way a child thinks, feels and acts.

**Otter Tail County Human Services
Children's Intake
218-998-8154**

CHILDREN'S MENTAL HEALTH CASE MANAGEMENT SERVICES

Children's Mental Health Case Management is a voluntary service provided to a child who is experiencing a Severe Emotional Disturbance. The overall objective of services is to improve the child's functioning within home, school, and community settings. Services will be provided to support not only the child, but also the family, in managing symptoms and behaviors in the most inclusive and least restrictive environment.

What will a case manager do to assist my child and family?

- Assessing the person's needs, goals and the impact of the mental illness, and utilizing the person's strengths and progress
- The case manager will meet with the child, and or parents, on a minimum of a monthly basis.
- Establishing and updating goal-related plans of the Individual Family Community Support Plan with the person served
- Referring and linking to resources, services, and formal or informal supports
- Coordinating with partners and natural supports to the child and family.
- Monitoring the effectiveness of the plan and the services provided to the person served
- Reviewing the need for continued mental health services
- Discussing the progress made toward goals and recovery with the person served and the clinical supervisor

**Statistics in brochure are from National Alliance on Mental Illness*

Availability of Children's Mental Health Case Management

Children's Mental Health Case Management Services can be accessed by contacting Otter Tail County Human Services. Otter Tail County also works with a local mental health agency and some Otter Tail County Schools have a Children's Mental Health Case Manager located within the school. To further inquire about availability and eligibility of services, please contact Otter Tail County Human Services, Children's Intake at 218-998-8154.



ADDITIONAL MENTAL HEALTH RESOURCES

National Alliance on Mental Illness (NAMI)
namimn.org

Mobile Mental Health Crisis Response
Serving adults, children, and families in Otter Tail, Clay, Wilkin County
1-800-223-4512
facebook.com/mobilemhcr

Crisis Text Line
Text MN to 741741

Nationwide Suicide & Crisis Lifeline
Call 988