

EL CONSORCIO

SPANISH CLINICAL LANGUAGE GUIDE

A LIST OF CLINICAL TERMINOLOGY

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acknowledgements

This language guide is the latest iteration of a project which began seven years ago. The first version was created by Spanish-speaking staff at Washburn Center for Children in collaboration with members of the Consorcio's predecessor, the Hennepin County Spanish-Speaking Provider Consortium. Consultation with linguistic experts and staff time to create that original guide was funded by a capacity-building grant from the Hennepin County Children's Mental Health Collaborative. We want to thank all the individuals who have contributed to versions of this guide over time.

As always, revisions and additions to this guide highlight the complexity and diversity of the Spanish language. We have joked that if we ask three native Spanish-speakers from three different countries how to say something, we get eight "definitive" answers. We also may be told that under no circumstance should you use at least one of the definitive answers someone else provided. That in and of itself speaks to the need for this type of guide in a community where dozens of Spanish-speaking Latino communities are present.

If you wish to add information, please contact us at elconsorcio.mn.org.

Thank you,
El Consorcio
September 2021

Roles

Case Manager --- coordinador/a del caso/de casos

Clinical Social Worker --- trabajador/a social clínica o en el ámbito

Counselor --- consejero/a

Psychologist --- psicólogo/a. Proporcionan terapia y exámenes psicológicos

*Good explanations for the difference between psychologists and social workers:

- Los psicólogos se enfocan más en lo que pasa adentro de una persona o en la parte interior (sentimientos o emociones, pensamientos, antecedentes)

- Los trabajadores sociales en el ámbito clínico se enfocan en eso pero también prestan mucha atención en lo que pasa entorno o en el medio ambiente, alrededor de la vida de una persona, mientras que exploran la parte interior

- Nosotros tratamos de entender lo que está pasando ahora en su vida para poder identificar factores de estrés; creemos que eso nos ayude enfrentar la parte interior más efectivamente

Psychiatrist --- el/la psiquiatra, da medicina y terapia

Psychiatric Nurse Practitioner --- enfermera/o practicante en psiquiatría,
asistente del psiquiatra

Skills worker/trainer --- entrenador/a o facilitador/a de conductas o
habilidades

Social Worker --- Trabajador/ a social

Therapist -- el/ la Terapeuta - *terapista* is also used but not correct.



General Clinical Terms

Affect --- Afecto

Flattened --- decaído/a, aplastado/a, apachurrado/a

Blunted --- embotado/a - not a widely used phrase
also: que no muestra muchas emociones por su cara, su cara no cambia mucho cuando sus emociones cambian

Elevated --- Elevado/a, aumenta

Heal/recover --- Curarse, recuperarse.

Mood --- Estado de animo

Personality --- personalidad

Reflect --- reflexionar

Strengths --- fortalezas, habilidades, talentos, [cosas] que uno hace bien, cualidades positivas

Weaknesses --- debilidades

NOT "discapacidades" - implies disabilities or permanent deficits

Emotions / Feelings

Anger --- enojo, rabia, ira, coraje

Angry/ Mad --- Enojado/a

Anxiety --- Ansiedad

Ashamed-- avergonzado/a

Depressed --- deprimido

Disgusted --- indignado/a, asqueado/a (more intense), enfermarse, le repugna
NOT "disgustado" - false cognate

Frustrated --- frustrado/a

Grief --- duelo

Guilty --- culpable

Happy --- feliz, contento/a

Irritated/ Bothered --- irritado/a, molesto/ a

Loneliness --- soledad

Lonely -- sentirse solo/a

Mourning --- luto (describes a formal mourning state)
Se usa "estar de luto"

Numbing --- entumido

Emotions / Feelings

(Continued)

Numb --- entumido, entumecido

Neurological phase that is meaningful when applied to physical body parts or to thinking/ cognitive functioning, i.e. "Mente entumida", does not make sense when applied to feelings.

Reactive --- reactivo/a

Sad --- triste

Sadness --- tristeza

Stuck --- estancando/a, estancarse

Some may use "te paraste," travarse (although it can have "drug us" connotation - "me travo" can mean "I get high"), or metaphors of stuck objects or vehicles.

Triggers --- activador, disparador (literal translation of trigger but do not use because it implies huge explosion.

*No direct translation: "Qué ocasiona causa lo que haces?"

*Experiencias que te causan ____ (cierta emoción, recordar el pasado); ¿Cuál fue la razón/Qué causó_____?

- "Yo iba por la calle y de repente percibí (olí) el perfume de un hombre y me causó tener un ataque de pánico

-Experiencias detonates is a literal translation of "triggering experiences" but does not make sense

Upset -- alterado/a, disgustado/a, molesto/a

Worry-- preocupado

Worried --- preocupado/a

Managing Feelings

Deal with/Handle --- manejar, lidiar
(implies more mastery/control)

To bear it/to endure -- aguantar, soportar

Tolerate --- tolerar, aguantar, soportar
(more neutral connotation)

Cognitive

Coherence --- coherente (adjetivo), coherencia (sustantivo), tiene sentido (makes sense)

Concentration --- concentracion

Focus --- enfoque, poner atencion

IQ --- coeficiente intelectual (CI)

Intelligence --- inteligencia

Processing --- procesar, digerir (for how brain manages information)

Behavior

Aggression --- agresion

Agitated --- (emotional context) agitado/a, nervioso/a
(physical context) inquieto/a

• exacerbado/a - usually not used because it's older, more flowery language

Arousal --- agitación, levantamiento (elevated in positive way)
NOT "excitación" - always has a sexual connotation'

Defiance/ defiant --- desafiante

Hyperactive --- hiperactivo/a, muy activo/a, que no se queda quieto/a, inquieto

Hyperactivity --- hiperactividad

Impulsive --- impulsivo/a

Lethargic --- letargico/a

Oppositional/ --- no direct translation - se niega, se opone, no pone de su parte, no
Oppositionality coopera, contradictorio/a, siempre contradice

Out of control --- fuera de control

Tantrum --- rabieta, berrinche

Wetting oneself --- mojarse(no), hacerse pipi,
se mea/mearse - can have a crude connotation

Development

Crawl --- gatear

Developmental --- Acontecimientos fundamentales del desarrollo, gran paso del milestone desarrollo

*On track --- alcanza los acontecimientos (cabalmente), a tiempo, en lo esperado, trayectoria normal

*Delayed --- atrasado/a, retrasado/a (has a connotation of disability or low functioning)

Due date --- fecha para dar a luz, fecha de parto

Expressive --- comunicacion expresiva
communication

Feed oneself --- alimentarse independientemente, comer por su cuenta/ por si mismo

Full-term --- tiempo completo [de gestacion], a termino, a tiempo

Motor (gross, fine) --- coordinacion/ habilidades motores bruscs y finas / afinadas

Potty trained --- entrenado para ir al baño, ir al baño solo

Receptive communication --- comunicacion receptiva

Walk --- caminar

Personality Descriptors

Charming --- encantador/a

Engaging --- *no direct translation* abierto/a, participa/ colabora, se involucra
(active as part of a group)

Flexible --- flexible, se acomoda, se acopla, se adapta

Funny --- gracioso/a, cómico/a

Happy-go-lucky --- carácter ligero/a, una persona feliz y despreocupado/a

Holds a grudge --- resentimiento, guarda rencor, tiene rencor/resentimiento, le queda un resentimiento

Loyal --- leal, fiel, confiable

Responsible --- responsable

Rigid/ inflexible --- rígido/a, inflexible, firme

Stubborn --- testarudo/a, necio/a (careful "necio" can also mean foolish or idiotic)

Identity

Coherent self-concept --- concepto de sentirse coherente (claro de entendimiento), se conoce a si mismo, auto conocimiento, conocerse a si mismo

Integrated sense of self --- sentirse integrado, sentir que es parte de si mismo.

Self-esteem --- autoestima

Sense of self --- sentirse el (ella) mismo/a, sentirse uno mismo

Praise / Strength Descriptors

Attentive --- atento/a

Big- hearted --- de buen corazón, de gran corazón, buena gente, le importa

Clear expectations --- expectativas claras, aclarar lo que se espera que pase o que suceda.

Inspirational --- Inspirador/a inspiración

Hard- working --- muy trabajador/a, trabaja mucho, trabaja duro

Strong --- fuerte.

Diagnoses

Acute --- agudo, grave

Adjustment Disorder --- Trastorno de Adaptación

Anxiety --- Ansiedad

Attention- Deficit --- Trastorno Por Deficit De Atención / Hiperactividad
Hyperactive Disorder

Autism Spectrum --- Trastorno Del Espectro Autista
Disorder

Chronic -- cronico/a

Depression -- Depresion

Disorder --- Trastorno

*NOT "desorden" - means disorder in the "messy" sense - not a diagnosis.

* Be aware that "¿Estás trastornado?" can be a derogatory way of asking someone what's wrong with them - "trastorno" may evoke that negative connotation.

Mild --- leve

Moderate -- Moderado

Obsessive- Compulsive -- Trastorno Obsesivo Compulsivo (TOC)
Disorder

Phobias --- fobias, miedos, terrores

Diagnoses

(Continued)

Psychotic features --- características psicóticas, manifestaciones psicóticas

Posttraumatic Stress --- Trastorno De Estrés Postraumatico Disorder

Recurrent --- recurrente, sucede repetidas veces, muy seguido

Severe --- severo/a, intenso/a, mucho/a

Single episode --- solo un episodio, solo una vez.

Trauma- related Terms

Accidents --- accidentes

Abuse --- abuso

Avoidance --- evita, "le saca el cuerpo", evade

Containment --- contener, detener (de hacer algo/ decir algo)

Dissociation/ --- Separación, disociación, alejarse de la realidad, despegarse, Dissasociate. • When he touched me, I disassociated because it triggered me. - Cuando él me toco me separé/me alejé del presente/me fui de ese lugar/me estaba separando de esa realidad.

• "Seems like you are going away" - ausente de la realidad/no le siento aquí/noto que usted está ausente/su mente estaba en otro lugar/usted está ausente/parece que no está aquí

Trauma- related Terms

(Continued)

Distorted thoughts/ --- pensamientos o creencias distorcionadas/ no beliefs apropiadas/equivocadas

Flashbacks --- recuerdos/memorias vivas involuntarias, recuerdos súbitos del pasado, recuerdos que vienen y van

Grounding Strategies --- estrategias de retención y atención

¿Qué puedo hacer para que tu estés aquí conmigo otra vez?

¿Cuando tengas ese estado en tu mente, puedes mirar el cuadro/volver a la realidad?

How traumatic experiences/ --- Como las experiencias/memorias traumáticas son memories are stored guardadas/acumuladas en el cuerpo, se quedan in the body

Hypervigilance --- hipervigilancia, hipervigilante, atento/a

Medical problem --- problemas medicos

Medical procedures --- procedimiento(s) medico(s)

Re-experiencing --- re-experimentando, experimentando otra vez, pasando por lo mismo de nuevo, volviendolo a vivir, reviviendolo.

Nightmares --- pesadillas

Neglect --- negligencia, descuido

Trauma --- (el) trauma

Trauma- related Terms

(Continued)

Trauma narrative --- historia/ narrativa del trauma.

- Coherent narrative - Explicación coherente, que tiene sentido, narrativa coherente

Triggers --- No direct translation: "Qué ocasiona/causa lo que haces?"

Experiencias que te causan ___ (cierta emoción, recordar el pasado);

¿Cuál fue la razón/Qué causó_____?

"Yo iba por la calle y de repente percibí (olí) el perfume de un hombre y me causó tener un ataque de pánico"

*Disparador - literal translation of trigger, but do not use because it implies huge explosion

*Experiencias detonates is a literal translation of "triggering experiences" but does not make sense

Violence --- violencia

Treatment Planning Terms

Containment --- algunas personas crean una barrera para protegerse/ ocultar/evitar sus sentimientos/memorias/recuerdos.

"Yo quiero ayudarte a crear un espacio/un lugar donde puedes guardarlos y sacarlos cuando sea necesario o cuando quieras".

Pensar en un contenedor/un recipiente/un bote/una caja para sus sentimientos/recuerdos

Discernment --- facultar de discernir, pensar, analizar, discernimiento

Feelings in the body --- donde lo sientes en el cuerpo, donde te afecta en el cuerpo, sensaciones en el cuerpo

Make an effort --- hacer un esfuerzo'

Safe place --- lugar seguro

Self-care --- mantenimiento emocional, cuidado emocional, cuidado personal (implies personal hygiene)

Self-talk --- cuando te sientes deprimido/feliz/etc., que pensamientos vienen a su mente (por ejemplo, nadie me puede ayudar, tengo que hacer todo por mí mismo);

*manera de pensar de sí mismo; como piensa de sí mismo; como animarse/ darse ánimos (for giving yourself positive messages - "I can do this")

Visualization --- visualizacion

Skills/ Strategies

Skills/ Strategies --- estrategias (strategies), habilidades (skills);
herramientas (physical tools)
caja de herramientas (toolbox) may be used as a metaphor

Co- regulation --- calmar al niño, ayudar al niño calmarse

Coping skills --- habilidades de manejar un problema, habilidades de lidiar con ____,
mecanismos para lidiar/manejar

Express feelings --- expresar emociones/ sentimientos

Identify feelings --- identificar sentimientos

Organization --- organización

Relaxation --- relajación

Self- advocacy --- abogar por uno mismo, auto-abogacía

Self- regulation --- auto control mental/físico, auto controlarse, auto regulación

note - in some places "regulación" is used for laws, not people

Self- soothing --- habilidad de calmarse.

To confront your fear --- enfrentar/ confrontar tu miedo

Mindfulness

Mindfulness --- conciencia plena/ focalizada, prestar atención de manera intencional al momento presente, meditación consiente

Emotional mind --- mente emocional, razonar con las emociones y sensaciones corporales

Insight --- realizar un juicio

To be in ___ mind --- estar en mente ___ (consciente)

To be present --- estar presente

Rational mind --- mente racional, razonar con lógica y análisis, en frío "pensar con la cabeza fría"

Wise mind -- mente sabia, equilibrio entre la mente racional y la mente emocional, observar sin juzgar en el presente y siendo efectivo

Social Functioning/ Relationships

Ability to use adults --- habilidad de usar/ utilizar adultos como apoyo/ para apoyo for support

Attachment --- la conexión/ vinculo entre padre e hijo, union, lazo que existe entre usted y su hijo, esta atado (*attached*) emocionalmente a usted

Boundaries --- limites

Differentiation --- diferenciado, diferenciación

Friendship skills --- sabe como hacer amigos, hace amigos fácilmente, habilidad de ser amigo

Independence --- independencia

Insecure --- inseguro/a

Isolation --- alejarse

Joining --- unirse con; unirse emocionalmente con

- participando, siendo parte de - literal translations about participating in something

Reciprocal social --- cooperación / reciprocidad en el funcionamiento social, functioning

Secure --- seguro/a

Social skills --- habilidades de comportamiento social, cómo desenvolverse socialmente,

Trust--- confianza

Parenting

Co-parenting --- colaboración / cooperación entre padres, apoyando la crianza

Co-regulation --- apoyo en la regulación, apoyando la regulación

Comfort (my child) --- consolar a mi hijo

Delight in (my child) --- deleitarse en, disfrutar de, encontrar placer en

Discipline --- disciplinar

Follow my child's lead --- sigo las necesidades de mi hijo, dejo que mi hijo me guíe

Organize feelings --- organizar los sentimientos

Managing anger with
your child --- manejar/ controlar el enojo ante su hija/o
manejar/ controlar la rabia frente a su hijo/a

Parenting --- crianza de los hijos, como ser padres, aptitudes de padres

Positive and negative
attention --- atención positiva y negativa

Praise --- elogios, "porras"

Rewards --- premios

Setting limits --- poniendo límites, estableciendo límites

Take a break --- tomar un descanso (por decisión propia)

Take charge --- hacerse cargo, aceptar responsabilidad

Time out --- un descanso obligatorio, castigo de "time out"

Kid Friendly Language/Kid Talk

The boss of ____ --- Como manejas tu cuerpo, como controlas tu cuerpo, tu eres quien decide sobre tu cuerpo, tu eres el dueño de tu cuerpo, maneja control de tus palabras, ten control de tu cuerpo/de tus acciones etc., estar en control de _____

"Sé el jefe de _____" - literal translation that does not make sense

Mom job/ Dad job/ --- (Who is responsible for what? When talking about emotional and kid job protective roles and responsibilities for family members, not their employment)

*Lo que hace la mamá, lo que hace el papá, lo que hace el hijo

-¿Cual es el papel de tu mamá?/¿De tu papá?/¿Tu papel en el hogar?¿Cual es tu responsabilidad? ¿Cuales responsabilidades tiene la familia?

*Lo que le toca a la mamá, lo que le toca hacer a la mamá, de lo que se encarga - less abstract, more concrete responsibilities

*El trabajo de padre/madre/ hijo - responsabilidades en el hogar

Size of feelings --- el tamaño de los sentimientos -

In Spanish, do not apply measurements, apply intensities:

* _____ gets too big - aumenta, es muy grande, se hace grande, crece mucho, se hace demasiado grande, te preocupa mucho

*Keep it the right size - el tamaño apropiado, el sentimiento que cabe, la medida correcta/adecuada/no tan grande

Kid Friendly Language/Kid Talk

"When your body ___ "Cuando tu cuerpo siente _____, tus sentimientos se hacen _____"
feels ___, your
feelings get ___ "

Mixed up --- se confunden,
if your feelings are getting mixed up and the child is experiencing them both at the same
time - están juntos, se juntan los sentimientos, se cruzan

*good saying "se puede caminar y mascar chicle a al mismo tiempo"

Silly --- chistoso, gracioso

Yucky --- se siente raro

Confused --- confundido/a

Home-based Clinical Vernacular

Am I explaining --- ¿Me explico? ¿Me entiende?
myself?

Are you taking care --- ¿Estás poniendo atención a tus hijos? Estás cuidando a tus niños?
of your kids?

I'm running late --- voy a llegar tarde, estoy llegando, estoy atrasado/a

*NOT "estoy retrasado" - can be interpreted as "I'm delayed" in the low-functioning sense

Allied services/ Systems Language

Child Protection --- Protección De Menores o Protección De Niños

Abuse --- abuso (físico, sexual, emocional, verbal, psicológico, económico)

Case Plan --- plan para el caso, planeación de caso.

Child Protection Worker --- Trabajado/a de protección de menores, trabajador de
servicios para niños

Court --- corte

Family Support --- servicios de apoyo familiar
Services

Guardian --- guardián/a, tutor/a

Guardian ad Litem --- Guardián/a, Tutor ad litem, tutor para el litigio

Allied services/ Systems Language

(Continued)

CHILD PROTECCION (CONTINUED)

Hearing --- audiencia

Judge --- juez

Investigation --- investigación

Mandated reporter --- obligación a reportar/informar

*"estoy obligado a informar/tengo que informar al Protección de menores/niños"

Neglect --- negligencia, descuido

Day care/ --- guardería/cuidado de niño/as

Child care

ECONOMIC ASSISTANCE --- asistencia/ ayuda económica

Cash assistance --- asistencia/ ayuda en efectivo

Food stamps --- estampillas de comida, estampillas, cupones de comida

FOSTER CARE --- cuidado (de crianza) temporal, cuidado de crianza, cuidado temporal

Foster homes --- casa de crianza temporal, hogar sustituto

Foster parents/ family --- familia de crianza, familia sustituta, familia de acogida

Permanency --- permanencia

Placement --- asignacion

Allied services/ Systems Language

LEGAL SYSTEM --- sistema legal (Continued)

Advocacy --- defensoría, intercesoría/intercesión

Advocate --- Interceder (verb)

Intercesor/a, defensor/a

To advocate --- apoyar, defender, abogar, ayudar, apelar (por uno mismo)

Criminal history --- historia criminal, pasado judicial

Deportation --- deportación

Immigration --- inmigración , "la migra" (not formal)

Legal problems --- problemas legales

Legal status --- estatus legal, estado de residencia en el país

NOT "estado civil" - refers to marital status

Citizen --- ciudadano

Documented --- documentado/a, tiene papeles legales

Green Card --- tarjeta de residencia, "tarjeta verde"

Overstayed --- se quedo mas del tiempo autorizado/ permitido

Residency/ permanent residency --- residencia permanente

Undocumented-- Indocumentado

NOT "ilegal" has same depersonalizing connotation as "illegal" in English

Allied services/ Systems Language

(Continued)

"On behalf ____" --- "vengo de parte de ____"

"Im on your side" --- "estoy de su lado"

Order for protection --- orden de protección

No-Contact Order --- orden de NO contacto

MEDICAL ASSISTANCE --- asistencia medica, MA, seguro o asistencia por el condado

PMAP --- asistencia/ seguro medico proporcionado por UCare/ Health Partners/ Medica

SHELTER --- refugio

Domestic Violence Shelter --- refugio de violencia doméstica, refugio para personas que sufren violencia domestica

Emergency shelter --- refugio de emergencia

Homeless shelter --- refugio para personas sin hogar

Shelter for runaway/ --- refugio para jóvenes sin hogar o que han huido de su hogar
homeless youth

SPECIAL EDUCATION --- educación especial

Allied services/ Systems Language (Continued)

"SPECIAL EDUCATION --- educación especial

Emotional/ Behavioral --- Trastorno Emocional o de Comportamiento Disorder (EBD)

Evaluation --- evaluación

Federal settings/ --- niveles de educación especial levels of special ed.

Give/ provide --- dar/ proveer/ proporcionar servicios services

Individualized --- Plan de educación individualizada, Programa de educación individual Education Plan (IEP)

Label --- clasificación, marca
NOT "etiqueta" - used for products, not people

Learning Disorder --- Trastorno de aprendizaje, dificultad para aprender, problema de (LD) aprendizaje

Occupational Therapy --- terapia ocupacional

Other Health Disability --- Otra discapacidad / limitación de salud (HD)

Physical Therapy --- terapia física

Allied services/ Systems Language (Continued)

"SPECIAL EDUCATION (continued)

Pull- out services --- llevar a otro cuarto/ otra clase / otro programa
servicios adicionales

Push- in services --- incluir servicios en el salon de clase, servicios adicionales

Service minutes --- minutos de servicio, duración en minutos de los servicios proporcionados

Speech therapy --- terapia del habla

Case Management Supplemental Information

Children's Mental Health Case Management (CMHCM) services help assess client service needs; arrange additional mental health services, social services, educational services, and other community-based supports; coordinate services to clients across settings; and help ensure client and family participation in identified services. Children may receive CMHCM until the age of 18, or until 21 if still involved with special education services.

To be eligible for CMHCM services, children must have a mental health diagnosis listed in the DSM-5 and fulfill at least one of the criteria for a Severe Emotional Disturbance (SED) listed below:

- Admitted within last three years or at risk of being admitted to inpatient treatment or residential treatment

- Minnesota resident receiving inpatient treatment or residential treatment through interstate compact

- Child has one of the following as determined by mental health professional:
 - psychosis or clinical depression
 - risk of harming self or others
 - symptoms resulting from being a victim of physical or sexual abuse or psychic trauma within the past year
 - Child has significantly impaired functioning (home, school, or community) that has lasted at least one year or that in the written opinion of a mental health professional presents risk of lasting at least one year

In Hennepin County, uninsured children, children with straight Medical Assistance, or children with commercial insurance plans must be assessed for services by Hennepin County Front Door (612-348-4111). Children with PMAP insurance plans may be assessed for services by staff at any of the agencies identified as providing CMHCM services.

To expedite the assessment process, be sure to indicate that your client meets SED criteria and recommend CMHCM services as medically necessary in the recommendations section of your Diagnostic Assessment. The Diagnostic Assessment needs to be less than 180 days old at the time of referral. For additional information about accessing Children's Mental Health Case Management, please contact your client's county of residence.

Children's Therapeutic Services and Supports (CTSS) Services Supplemental Information

Children's Therapeutic Services and Supports (CTSS) services are therapeutic and rehabilitative services designed to treat mental health conditions which are limiting a client's ability to function in age- and developmentally-appropriate ways. CTSS services are meant to help clients regain levels of functioning which had deteriorated due to their mental health difficulties, or to diminish delays in their development caused by their experience of mental health problems. CTSS goals are accomplished through psychotherapy, skills training, and crisis assistance, and at times also through day treatment, therapeutic preschool, and/or mental health behavioral aide services.

In order to expedite a client's assessment for CTSS services, their Diagnostic Assessment must include a comprehensive DMS 5 diagnostic formulation and state that CTSS services are medically necessary. The Diagnostic Assessment must be less than 180 days old at the time of the referral for services. Clients may be referred directly to a CTSS provider for their initial evaluation for services.

Additional information regarding CTSS service components and eligibility can be found on the Minnesota DHS website: www.dhs.state.mn.us

In-Home Therapeutic Services

Early Childhood Programs (birth-kindergarten)

Programs focus on strengthening parent-child relationships and supporting children's improved social, emotional, and behavioral functioning across settings

The FACTS Early Childhood Mental Health Program, FACTS

- Dakota County residents only

Family Focused Program, Washburn Center for Children

- Hennepin County residents only
- Includes English-language therapeutic classroom for potty-trained children

In-Home Family Therapy

Functional Family Therapy, Su Familia

- Functional Family Therapy program
- Through referral by Ramsey County workers only

Functional Family Therapy, Hennepin County

- Services provided by Canvas Health staff
- Children aged 10-18 and their families. Child must meet SED criteria and be at risk of out-of-home placement, returning from placement, be involved with or are at risk of involvement with the juvenile justice system, or exhibiting other severe impairments in functioning.
- Program is short-term (8-12 sessions in 3-4 months) and requires intensive participation by child and family.
- Clients must be referred by a Children's Mental Health Case Manager and screened through Sherry Aadland at Hennepin County (612-348-9313, Sherry.Aadland@Hennepin.us)

Intensive In-Home Therapy, Washburn Center for Children

- Ages 5-17
- Residents of Hennepin County and portions of Anoka, Dakota, and Ramsey Counties
- Program only bills Medica, Health Partners, and Blue Cross Blue Shield plans (PMAP and commercial plans)
- Program works with children and families to prevent out-of-home placement by helping them develop improved emotional, social, and behavioral functioning across settings

In-Home Therapeutic Services

(Continued)

In-Home Psychotherapy, Minnesota Care Partner

- Bills MA and all PMAPs
- Must be able to demonstrate in the Diagnostic Assessment that in-home services are medically necessary due to transportation barriers, financial hardship, physical health problems, or mental health symptoms.
- Program serves clients in Hennepin, Ramsey, Chisago, Isanti, Pine, Anoka, Sherburne, Stearns, Benton, Wright, Carver, and Dakota County. Program works with children, adults, and families.

Crisis Stabilization Service

Crisis Stabilization Program, Washburn Center for Children

- Ages 3-17
- Residents of Hennepin, Ramsey, and Dakota Counties
- Program only bills Medica, Health Partners, and Blue Cross Blue Shield plans (PMAP and commercial plans)
- Program works intensively with children and families to prevent out-of-home placement and/or psychiatric hospitalization
- Therapists work with families, school staff members, and other mental health providers to achieve increased stability across settings
- Program includes 24-hour on-call support
- Program usually works with clients for eight to 12 weeks

Hennepin County Mobile Crisis: (612) 348-2233

- Program staff will provide on-site risk assessment, help to de-escalate crises, develop a plan to keep the child safe at home, and offer resources and referrals
- Telephone consultation and stabilization services are also available.

School-based Mental Health Services

City of Minneapolis

Roosevelt High School (Minneapolis), Wellstone International High School (Minneapolis)

The Community School Collaborative (Guadalupe Alternative Programs and Change Inc.)

El Colegio, Folwell Elementary School, Green Central Elementary School, Guadalupe Alternative Programs (St. Paul), Hmong International Academy (Minneapolis), Jefferson Elementary School, Loring Nicollet Alternative School, Marcy Open School, Menlo Park Academy, MERC Alternative High School, Northeast Middle School, Pillsbury Elementary School, Thomas Edison High School (Minneapolis), Transition Plus Services (Minneapolis), Waite Park Elementary.

CLUES

Roseville Area High School, Roseville Area Middle School, Maplewood High School, Highview, Irondale High School, Mounds View High School, and Carver Elementary.

FACTS

Garlough Environmental Magnet School (West Saint Paul), Mendota Elementary (Mendota Heights), Moreland Arts and Health Sciences Magnet (West Saint Paul), Pilot Knob STEM Magnet (Eagan), Somerset Elementary (Mendota Heights)

The Family Partnership

Broadway High School (Minneapolis)

Headway Emotional Health

Burnsville Alternative High School (Burnsville) Su Familia - AGAPE: Adolescent Girls and Parenting Education (St. Paul), Aurora Charter (Minneapolis), Humboldt Secondary (St. Paul), Tartan High School (Oakdale)

Washburn Center for Children

Bryn Mawr Elementary (Minneapolis), Nellie Stone Johnson Community School (Minneapolis), Washburn Elementary (Bloomington)

Watercourse Counseling

Andersen Elementary (Minneapolis), Bancroft Elementary (Minneapolis), Whittier International Elementary (Minneapolis)

Groups

ARC

¡Adelante!

- Spanish-language support group for families of children with intellectual or developmental disabilities (not just mental health but can accommodate intellectual/developmental).
 - ARC Contact: (952) 920-0855

Aquí para Ti

Café entre Padres

Group is a partnership between Aquí Para Ti and Children's Hospitals and Clinics. This Spanish-language group helps parents develop effective communication strategies and parenting strategies related to raising teenagers as well as promotes increase awareness of community resources.

- Contact Ursula or Dora for more information: (612) 873-8145

Centro Tyrone Guzman

A variety of free Health and Wellness groups are offered throughout the year. Groups range from 4-12 weeks. Call or check Centro's Facebook page for the most up-to-date flyers describing the groups and meeting dates.

- 1915 Chicago Ave, Minneapolis - (612) 874-1412

Contact Maria Padilla for all groups

CLUES

Groups are generally closed; call CLUES for current group schedules.

- Domestic Violence group - Families without Violence
Support for Survivors of Domestic Violence - group support for women and children.

- Sexual Assault Support Group for survivors.

Meals and childcare provided for both groups. For additional information you may contact the Family Services Director Cira Sanchez at 612-746-3536.

This language guide has been created to enhance behavioral health and social service delivery, system navigation, and service experiences for Spanish-speaking and Latine residents of the Twin Cities metro area. While every effort is made to ensure the accuracy of the information, we make no guarantees. The Spanish language is rich and highly diverse, with connotations and language standards differing widely across regions and communities.

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