

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 includes anxiety, depression, attention deficit hyperactivity disorder, and Autism Spectrum Disorder. Mental symptoms can make it more difficult for children to function at home in school and in the community.



## 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

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

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

**988 Suicide and Crisis Lifeline**  
Call, text 988 or chat.988lifeline.org



**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

2025

# Children's Mental Health Case Management Services

Dakota County Children  
and Family Services



Here to help.





## Know the warning signs

- Difficulty managing frustration and anger
- Destruction of property
- Depressed mood
- Lack of interests in family, friends, or activities that were enjoyable
- Difficulty concentrating
- Suicidal thoughts
- Self -injury
- Anxiety that interferes with daily life
- Difficulty with communication and getting along with others socially
- Limited and repeated patterns of behavior

## 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 working with the child. The referral from the mental health professional must include a release of information and contact information for the family. Because services are voluntary, written consent is required.

#### 2 Children's mental health assessment

- A social worker 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.
- Must have a mental health diagnosis and/or 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.