

## RESOURCES FOR FOSTER PARENTS

<b>After Hours Social Workers      (507) 535-5625</b>
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**Who are they?** After Hours Social Workers work for Olmsted County. They are social workers that provide a response after 5:00 p.m. Monday - Friday, during the weekends and on holidays. At times only one worker is available to respond to calls. They respond to calls based on what is presenting the most danger/risk to a child at the time.

**How can they support you and the children in your home?** After Hours Social Workers work collaboratively with the child's primary social worker and supervisors to provide an extension of services/support during "off" hours/days. They rely on information from the primary social worker as they are not involved in consults or hear regular updates on all the families working with Child and Family Services.

Below are a few examples of how After-Hours Social Workers may be able to assist foster parents and youth in their home:

- They can pass on information to the primary social worker
- Access an on-call supervisor for consultation
- Offer suggestions and ideas (behavior de-escalation, building a safety plan or behavior plan)
- Suggest other emergency community resources such as the Mobile Crisis Response Team, Community Outreach Specialist Team, and Southeast Regional Crisis Center
- Access to Olmsted County databases and may be able to locate needed information
- If available, they may be able to respond to your home, help with de-escalation needs, or just be an extra support to you and/or the child
- Obtain medications, clothing, or other needed items for foster children in your home

### **What are the After-Hours Social Workers' limitations?**

- Cannot make placement changes without consultation with a supervisor
- May not be able to return a phone call right away as they balance multiple responsibilities at the same time
- May not be able to come to your home to assist if they have other competing priorities
- Cannot travel outside of Olmsted County

<b>Mobile Crisis Response Team</b>	<b>1-844-272-7472</b>	<b>24 hours/7 days Response</b>
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**Who are they?** The Mobile Crisis Response Team works for Zumbro Valley Mental Health. They are professionals who have the clinical skills and ability to respond to a mental health crisis.

**How can they support you and the children in your home?** Mobile Crisis Response Team answers phone calls in “real time”. They’re able to triage the situation and determine if an in-person response is needed to support a person suffering from a mental health crisis. They can collaborate with Law Enforcement when needed to ensure safety of everyone involved in a crisis.

Services offered include:

- Creating an intervention plan
- Creating a short-term crisis stabilization plan
- Developing a discharge plan with foster parents and youth discharged from hospital setting
- Evaluating continuity of care and identifying potential gaps
- Connection to community resources

**What are the Mobile Crisis Response Team’s limitations?**

- Cannot make a placement or placement change
- Cannot to use physical restraint

<b>Community Outreach Specialist Team</b>	<b>(507) 328-6800</b>
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**Who are they?** The Outreach Community Response Team is located at the Government Center and are social workers with extensive clinical skills that can respond with Law Enforcement or on their own. They are “activated” through the Law Enforcement Dispatch Center.

**How can they support you and the children in your home?** The Community Response Team attempts to answer calls in “real-time”. If they’re not available, Dispatch will direct calls to the Mobile Crisis Response Team. They are able to triage the situation and determine if an in-person response is needed. They work collaboratively with social workers and probation officers and provide short-term support. They can help develop a short-term support and/or behavior plan with you and the youth in your home to fill the gap in time until a connection can be made with the placing social worker or other services.

Services offered include but are not limited to:

- Creating a behavior regulation plan
- Providing ideas and support
- Creating a short-term crisis stabilization plan

- Developing a discharge plan with foster parents and youth discharged from hospital setting
- Advocating for a youth that needs services in a hospital setting

#### **What are the Community Outreach Specialist Team's limitations?**

- Cannot make a placement or placement change
- Do not have the capacity to have 24/7 staffing
- It may take some time for them to respond as they provide a response to all Olmsted County.

**Southeast Regional Crisis Center (SERCC)      1-844-274-7472**  
**2121 Campus Drive SE Rochester, MN 55904**

**Who are they?** SERCC is an initiative of ten southeastern Minnesota counties that provides a walk-in crisis receiving and crisis stabilization clinic. Their goal is to provide immediate health care access for people experiencing a mental health crisis.

**How can they support you and the children in your home?** SERCC is a place you can go to receive immediate face to face intervention and support. Services include:

- ▶ Crisis Receiving and Stabilization Clinic
  - Serves all ages
  - Helps people cope with immediate stressors
  - Can stay and receive support for up to 23 hours
  - Assistance with developing safety and action plans
- ▶ Short-term residential options
  - Can be provided for up to 10 days
  - 24/7 supervision, nursing care, psychological care, care coordination and supported planning

#### **What are SERCC's limitations?**

- This is an unlocked facility
- Cannot use physical restraints
- Cannot chase after those who leave the facility
- Cannot provide residential services to children under age 10

#### **Other Community Resources that may be helpful**

Crisis Text Line 741741

Mayo Clinic Cooperation Coach <https://anxietycoach.mayoclinic.org/cooperation-coach/>