

Hennepin Healthcare Redleaf Center for Family Healing

www.redleaffamilyhealing.org

“I thought I was the only one.”

It’s a phrase we hear over and over again from parents. Why do I feel so stressed and alone? Why is parenting so hard for me when it looks like it comes naturally to others? Why am I having a hard time bonding with my baby?

One in seven women and one in ten men experience prenatal and/or postpartum depression and anxiety. Many parents are also survivors of childhood adversity or persistent toxic stress which can increase risk for mental health struggles and make parenting even more challenging. The COVID-19 crisis, combined with the trauma associated with systemic racism and discrimination, brings enormous added stress to families.

At the Redleaf Center for Family Healing we understand the impact stress and trauma can have on children and parents. We also know the importance of helping bring hope and joy into the lives of the families we serve.

We take a multi-generational approach to promote the parent-child relationship by supporting mental health and parenting capacity. This approach helps build a foundation for the nurturing, loving relationships that all children and parents need to thrive.

Our mission is to save and improve lives by providing the best mental health and parenting support for families, particularly in communities that need it the most.

Even under normal conditions parenting is hard to do alone, but many parents face unique difficulties. We are committed to working with families from across our community, understanding their unique stories, and helping them heal so they can be the parents they want to be.



Investing in Families to Combat a Public Health Crisis

There is no greater return on investment than supporting the health and well-being of children and families. To realize this potential, we need to remember that child health and parent health are linked. You can’t fully address one without addressing the concerns and needs of the other.

Stress, anxiety and depression can contribute to Adverse Childhood Experiences (ACEs), which the American Academy of Pediatrics says are the single greatest unaddressed public health threat facing our nation today. Toxic stress from ACEs can increase risk for disease, homelessness, prison time, and even early death. Early intervention is critical.

Physical or emotional abuse, substance abuse and mental illness are some examples of ACEs that can have long-term effects on children. Outside factors such as racism, poverty, violence or environmental concerns also play a significant role. We know each of these issues can be part of a cycle, impacting generations. We also know that children and parents can break this cycle by setting a new course for their own health and well-being.

“Learning to be the parent you yourself needed is an act of courage and love.” - Dr. Helen Kim, Director, Redleaf Center for Family Healing.

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The Redleaf Center is a one-of-a kind program taking a multi-generational approach to addressing ACEs and reducing their impact on families. Pregnancy and postpartum are times of great vulnerability for parents, but they can also be periods of tremendous opportunity. By providing proper care and support, we can address the root causes of toxic stress, clearing the way for a loving, hopeful future.

Redleaf Center Services

In response to the growing needs of families—before, during and after COVID-19, the Redleaf Center is focused on meeting the need for mental health and parenting services for all families with young children.

During the pandemic, our HopeLine staff have responded to hundreds of families in need of mental health and parenting support. We also launched telemental health video options for therapy and psychiatric care.

The Redleaf Center will continue to respond to the needs of the community through a full array of services.

Clinical Services

Provides multi-generation, trauma-informed mental health services for pregnant women and families of children ages 0-5 years old.

- Mother-Baby Day Hospital
- Perinatal Outpatient Program
- Perinatal Psychiatry, Parenting, and Preconception (P4) Clinic
- Father and Partner Parenting Support
- Infant and Early Child Mental Health Support
- HopeLine: 612-873 HOPE (4673)
- A Medical-Legal Partnership

Family Support Services

Offers trauma-informed support services for families with young children.

Kitchen Table

Advances equitable access to health and healing through the power of food for families through food-based community partnerships, classes, nutrition education, and support networks.

Integrative Services

Focuses on self-care and mind, body, spirit practices that are culturally meaningful.

- Yoga and meditation classes for perinatal women, children, and families.
- A Healing Arts Program incorporating storytelling and other healing arts in the treatment and ongoing support of patients and their families.

Innovation and Collaboration Hub

Hosts a network of partners from within the Hennepin Healthcare System and from the surrounding community to develop models of trauma-informed, multi-generation care. Our goal is to share knowledge and expand the reach of these programs to support more families and children.

Training and Research

Offers training opportunities for medical and nursing students, residents, and other mental health trainees, and to other community-based support services to significantly remodel approaches to child and family well-being.

Learn how you can support this critical mission.

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