

Habka loo helo wax qabadka dagmada ee ku saabsan Caafimaadka dhinaca dabciga iyo dareenka.

Accessing County Children's Mental Health Services For Your Child (Somali Version)

Qoyska leh ilmo u baahan waxqabad xaga dabciga (Mental Health Services) ayaa waxa ay la kulmaan dhibaatooyin badan. Madaama ay adagtahay in dhab ahaan la ogaan karo in uu ilmuhu leeyahay dabcii xumo iyo in uu maskaxda wax ka qabo (Mental), ayaa waxa dhib ku ah waalidka wakhtiga ay codsan karaan wax qabad.

Gobolka Minnesota, ilmaha lagu sheego in uu qabo dabcii xumo badan (severe emotional disturbance, SED) ayaa waxa ay u qalmaan in ay helaan wax qabadka caafimaadka dagmada ee ku lug leh sharciga loo yaqaan (MCCMHA). Waa in dagmo waliba sharciga ay raacdaa si ay u qiimeeyaan in uu ilmuhu u qalmo wax qabadka caafimaadka. Waxa dhici karta in wax qabadka dagmooyinku ay kala gadisan yihiin.

Si aad u ogaato in uu ilmahaagu u qalmo wax qabadka iyo in kulae, waa in aad wacdo dagmada qaybta u qaabilsan caafimaadka caruurta ee xaga dabciga. Hadii ilmahaaga lagu sheegin (diagnose) in uu qabo dhibaato xaga dabciga ah, waxa aad yeeli karta in aad codsato in qiimayn (assessment) ku saabsan dhaqanka ilmaha guriga iyo diabadaba lagu sameeyo. Qiimayntaana waxa aad ka codsan kartaa dagmada. Lacagta ku baxda qiimayntuna waa mid ku lug leh wixii soo gala qoyska.

Hadii ay dagmadu u aragto in ilmahaagu u qalmo wax qabadka, waxa lagu xil saari qof masuul ka ah oo maamula hawshaas (mental health case manager). Qofkaasina waa in uu la shaqeeyo waalidka iyo wixii wax qabad ah ee ilmuhu u baahanyahay.

Laba iyo tobanka qodob ee loo bahanyahay in ilmaha wax looga qabto ee sharcigu uu dhigayo (MCCMHA) ayaa waxa ay yihiin:

- Waxbarashada
- Gurmadka dag daga ah
- Wax qabadka guriga
- Daawayn guriga ah

- Dhakhtar galida
- Daawayn dagaan
- Ka hortaga
- Maamulka
- Talo
- Tababar wax qabad (foster care)
- Baadhitaan
- Caawimaadka qoysaska

Si aad u hesho koobiga MCCMHA, waxa aad wacda ha'ada wax u qabadka qoysaska, qaybta la xiriirta caafimaadka caruurta ee ku saabsan dabciga iyo dareenka waana 651-431-2321..

Waalid ahaan, waxa aad yeeli kartaa in aad diido ama aad aqbasho wax qabadka dagmada sida sharciga MCCMHA uu dhigayo. Waxa kale oo aad xaq u leedahay in aad joojiso wax qabadka, hadii ay ku lug leeyihiin hay'ada caruurta ilaalis (child protection) amaba maxkamda qaabilsan dhaliyarta (juvenile justice) mooyaane.

Hadii aad codsatay wax qabadka dagmada sida sharciga MCCMHA uu dhigayo oo lagoo diido amaba laga a joojiyo wax qabad hore, waxa kuu banaan in aad codsato dacwad kale (appeal). Dagmada waxa saran waajibaad ah in ay qoraal kuugu sheegan diidmada mudo gaaban gudaheed. Markaa ka bacdi ayaad qoraal ku codsan kartaa dacwada labaad (appeal) oo aad u dirto maamulaha qaybta wax qabadka umada (Commissioner of Human Services). Si aad ula xiriirto xafiiska loo gudbiyo dacwada labaad, waxa aad wici kartaa 651-296-5764. Waana in aad ku qortaa warqada mudo 30 cisho gudahood ah laga bilaabo maalinka aad heshid warqada diidmada.

Hadii aad u baahatid warbixin dheeraad ah oo ku saabsan xafiiska dagmada ee u qaabilsan caafimaadka caruurta, waxa aad wici kartaa 651-431-2321 ama PACER Center 952-838-900 (magaalada gudaheeda) iyo 888-248-0822 (lacag la'aan).