

# Region 7E Mental Health Needs Assessment

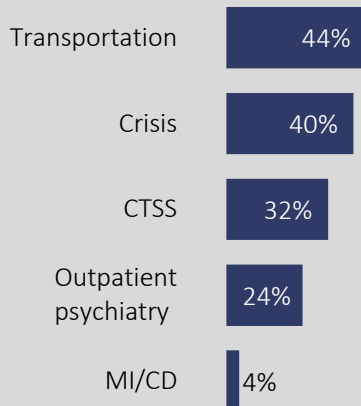
## Mille Lacs County Report Summary

In 2013,

# 48%

of Minnesota adults experiencing any mental illness did not receive mental health treatment or counseling in the past year.

Key informants responding that the service gap is a priority to address



Services ranked as most helpful for maintaining health and safety by consumers

Case management	43%
Outpatient Psychiatric	43%
ARMHS	38%
Psychology	38%
CTSS	19%
Crisis services	10%

**Meeting immediate needs through crisis services and psychiatric services were identified as the highest priority gaps to address.**

Interviewees referenced the closing of Riverwood Centers and loss of mobile crisis and crisis beds as a loss of a key option in the continuum of mental health services. Outpatient psychiatrists play an important role in helping individuals with a psychiatric illness maintain stability through medication management, but availability of services for children and adults is limited.

**The closure of Riverwood prompted collaboration between mental health providers and local counties to ensure consumers had access to needed services.**

The collaboration between schools and mental health providers to identify mental health needs and referring students and families to the appropriate services is just one example of how providers are working to meet the demands of the community.

**Healthcare providers and facilities lack capacity in terms of specialized staff and physical space to adequately serve individuals who present with higher mental health needs.**

Ninety-two percent (92%) of healthcare survey participants said that healthcare facilities are frequently a first point of contact for individuals seeking help during a crisis situation. However, staff noted challenges related to their facilities' capacity to address immediate patient needs while finding appropriate care or placement

## Recommendations

- ❖ **Communicate needs to providers, DHS, and potential funders** to invest in longer term solutions particularly related to identification, preventative, and maintenance services as well as complementary supports such as housing.
- ❖ **Facilitate community collaborations and partnerships** across all stakeholders who have a vested interest in the health and well-being of individuals with mental health needs.
- ❖ **Provide continuing education on mental health crisis intervention and de-escalation training** for law enforcement, especially for areas with limited access to crisis services.

To request a copy of the full report, please contact: Char Kohlgraf, Mille Lacs Community and Veterans Services at [charlotte.kohlgraf@co.mille-lacs.mn.us](mailto:charlotte.kohlgraf@co.mille-lacs.mn.us)