

Region 7E Mental Health Needs Assessment

Report Summary

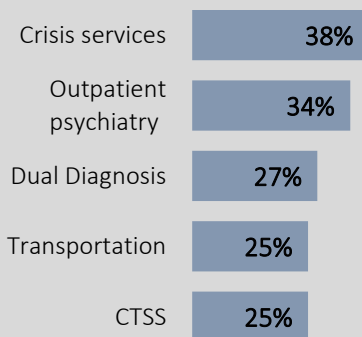
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In 2013,

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

Psychology	50%
Case management	37%
ARMHS	32%
Outpatient Psychiatric	30%
CTSS	6%
Crisis services	4%
Dual Diagnosis	4%

There are serious consequences when someone cannot access needed services to support their mental health and other related health needs.

The quality of life outcomes for individuals unable to access needed services and supports can be very negative not only for health and safety the person needing help, but for their family and community as well.

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

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.

Recommendations

- ❖ **Develop a strategy to compile and disseminate information** about mental health and complementary services region wide.
- ❖ **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 mental health crisis intervention and de-escalation training** for law enforcement, especially for areas with limited access to crisis services.
- ❖ **Communicate needs to providers, DHS, and potential funders** to invest in longer term solutions particularly related to identification, preventative, and maintenance 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