

# Region 7E Mental Health Needs Assessment

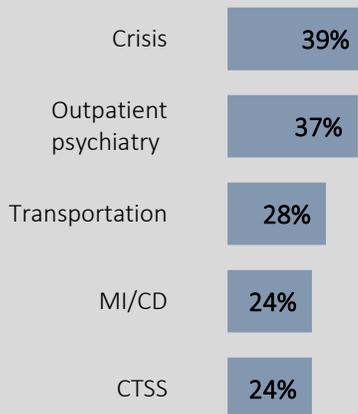
## Isanti County Report Summary

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	56%
ARMHS	42%
Psychology	37%
Outpatient Psychiatric	37%
Crisis services	5%
Dual Diagnosis	5%

**Pathways to care for someone with mental health needs can be drawn out and complex depending on where they enter the system.**

A person's mental health care journey may be complicated if their entry point is with an organization whose primary function does not require specialized training or knowledge of mental health specific care such as a medical facility or law enforcement. Complicating factors like stigma, negative misconceptions about mental health care can also cause individuals to delay or put off needed care.

**Mental health services contribute to avoiding costly hospitalizations related to mental and behavioral health.**

Psychiatric hospitalization and visiting a hospital emergency room are acute interventions that are more expensive than maintenance services focused on stabilizing symptoms. While these services are essential, they are an extreme on the continuum of care that could be available to the community. When intensive services that fall between recovery and crisis on the continuum are not readily available, demand for acute, inpatient services may be unnecessarily elevated.

**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.

## 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.
- ❖ **Provide continuing education on mental health crisis intervention and de-escalation training** for law enforcement, especially for areas with limited access to crisis services.
- ❖ **Continue to support an active Local Advisory Council (LAC), and explore evidenced-based or best practice models** for mental health service delivery such as peer support services and supports.

To request a copy of the full report, please contact: Karyn Hanson, Isanti County Family Services at [karyn.hanson@co.isanti.mn.us](mailto:karyn.hanson@co.isanti.mn.us)