



Adult Mental Health Services in Goodhue County

Minnesota Comprehensive Adult Mental Health Act

GCHHS shall provide mental health services to all eligible people in accordance with the Minnesota Comprehensive Adult Mental Health Act [Sec. 245.461 MN Statutes](#)

The Act was written in 1987 to support counties to meet the mental health needs of its residents at the least restrictive, community-based level after the closure of most state hospitals.

MCAMHA: Mission Statement

The Commissioner shall create and ensure a unified, accountable, and comprehensive adult mental health service system that:

- Recognizes the **rights of adults** with MI to control their lives as fully as possible
- Promotes the **independence and safety** of adults with MI
- **Reduces chronicity** of MI
- **Eliminates abuse** of adults with MI
- Provides a **spectrum of services** designed to increase and promote higher levels of functioning.

MCAMHA: Housing Mission Statement

The Commissioner shall ensure that housing services are provided as part of the comprehensive mental health system:

- Allow all persons with MI to live in stable, affordable housing in settings that maximize community integration and opportunities for acceptance;
- Allow persons with MI to actively participate in the selection of their housing from environments available to general public
- Provide necessary support regardless of where the person with MI chooses to live



Minn Comprehensive AMH Act

Subd. 2. The adult mental health service system developed by each county board **must** include the following services:

- (1) education and prevention services in accordance with section [245.468](#);
- (2) emergency services in accordance with section [245.469](#);
- (3) outpatient services in accordance with section [245.470](#);
- (4) community support program services in accordance with section [245.4711](#);
- (5) residential treatment services in accordance with section [245.472](#);
- (6) acute care hospital inpatient treatment services in accordance with section [245.473](#);
- (7) regional treatment center inpatient services in accordance with section [246C.12](#);
- (8) screening in accordance with section [245.476](#); and
- (9) case management in accordance with sections [245.462](#), [subdivision 3](#); and [245.4711](#).

AMHIs and Funding Sources

Revenue Sources for Mental Health

- There are multiple state revenue sources that support county mental health work

Funding source	2024 allocation or revenue
AMHI regional and local grants	\$93,010
Community Support Program grant	\$190,750
Rule 79 Targeted Case Management	\$955,872
Adult Protection Services Grant	\$25,280

SE Regional AMHI

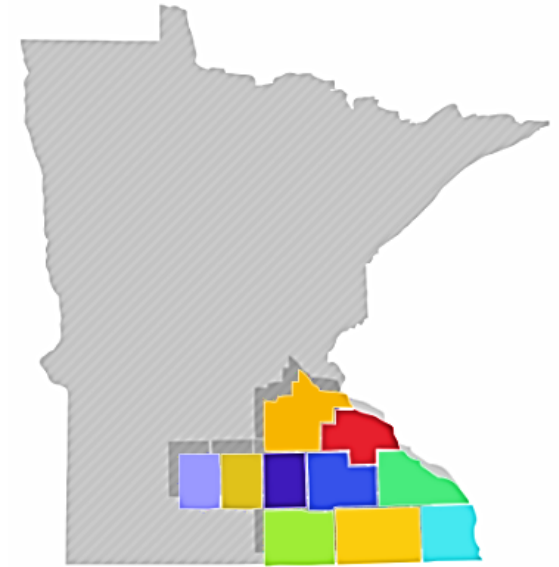
Southeast Adult Mental
Health Initiative – Mental
Health Resources in Dodge,
Fillmore, Goodhue,
Houston, Mower, Olmsted,
Steele, Wabasha, Waseca, &
Winona Counties

Welcome to the Southeast Adult Mental Health Initiative.

We are glad that you are here! We are a collaborative of 10 counties, community members, organizations such as NAMI SE and Wellness in the Woods and multiple providers all striving to ensure that a range of accessible adult mental health services are available to community members.

In our region you will find a wide range of services including: drop-in centers, permanent and supportive housing providers, intensive residential treatment services programs, a regional crisis center, support groups, trained mental health first aid instructors, and a variety of mental health coalitions in addition to many providers offering a range of services.

We invite you to take some time to browse this site and to consider joining one of our monthly AMHI meetings – we welcome your participation!



Adult Mental Health Initiatives

Lived experience with mental illness guides the governance and services

Brings people and systems together to **utilize all available resources** to meet regional needs

Develops and provides array of **person-centered services**

Utilizes a **data driven model** to evaluate the impact of services on health outcomes

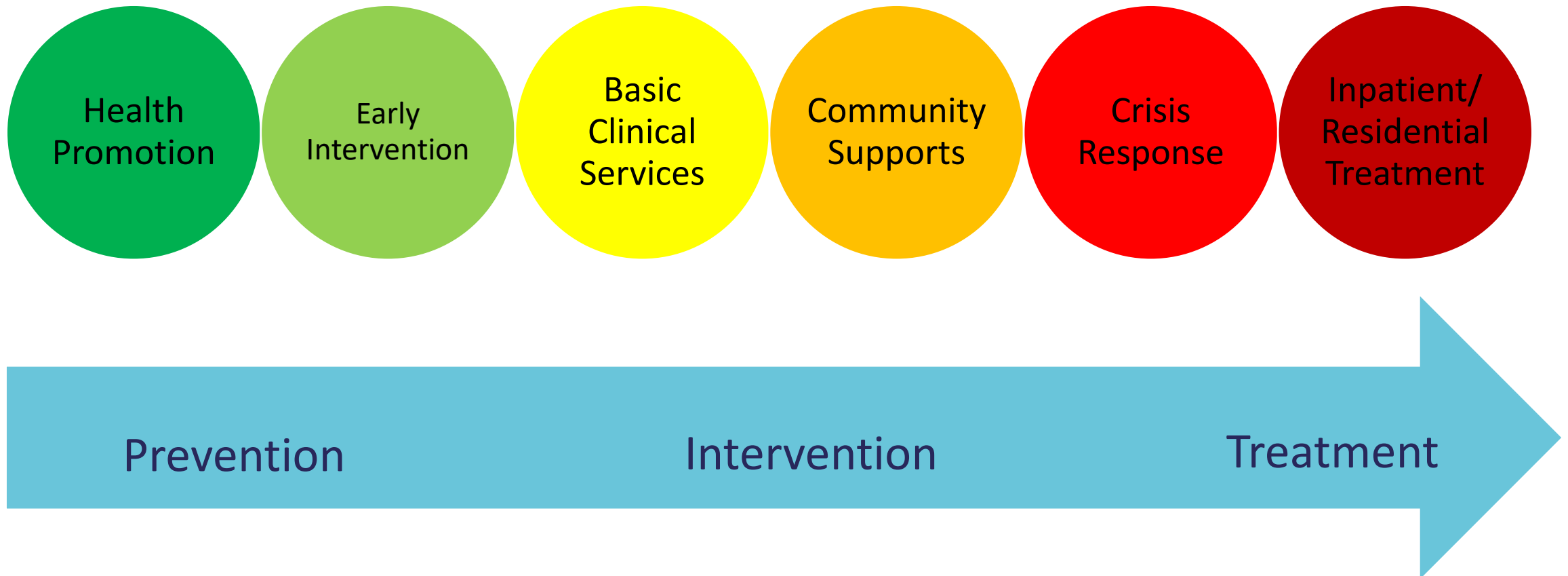
Assures **access**, early intervention, coordination, and application of services **through partnership**

Local Advisory Council/NAMI

- As established under Minnesota Statute §245.466 subd (5) each county is required to have a local adult mental health advisory council made up of individuals with lived experience, family members, service providers, and community stakeholders. At least half of the members need to have lived experience.
- NAMI (National Alliance on Mental Illness) SE is leading the Goodhue Co. Local Advisory Council (LAC)
- The LAC provides a direct link between those with lived experience and the county board.
- The goals of the LAC:
 - **Identifying Community Needs:** Gathering input from those with lived experience, their families, and providers to assess local mental health system strengths and challenges.
 - **Providing Recommendations:** Offering input on the unmet needs of adults with mental illness for inclusion in the county's mental health plan, as outlined in statute.
 - **Strengthening Partnerships:** Facilitating collaboration across sectors government, nonprofit, healthcare, and community.
 - **Informing Regional Planning:** Contributing to the Adult Mental Health Initiative (AMHI) Needs Assessment for our region.

Local Services on the Continuum of Care

Mental Health Continuum of Care



Education and Prevention

Goodhue County Mental Health Coalition

The Mental & Chemical Health Conveners

We are jointly facilitating the Mental & Chemical Health Coalition meetings to create a strengthened and unified framework to improve mental & chemical health and reduce duplication in Goodhue County. Our vision is for a Goodhue County that has healthy and thriving kids and adults.

 FERNBROOK
Family Center



 MAYO CLINIC
HEALTH SYSTEM

 UNIVERSITY OF MINNESOTA
EXTENSION



 Goodhue County
Child & Family Collaborative
Strong Families. Resilient Children.

Sponsored by the State of Minnesota
Minnesota Department of Health

 Hiawatha Valley
MENTAL HEALTH CENTER

 Goodhue County
Community Health
Assessment (CHA)
Committee

3 Health Priorities Goodhue County 2023-2025



#1



**Support Mental
Wellbeing through
Mental Health
Care and Social
Connection**

#2



**Advocate for
More
Housing**

#3



**Address Chemical
Health in Youth
and Reduce
Overdose
Deaths**

Outpatient Services

- Individual therapy
- ARMHS
- Psychiatry
- Peer Support Network
- NAMI facilitated support groups
- Partial hospitalization
- Many other individual and group modalities (DBT etc.)



Community Support Programs

- Created in 1979, CSPs created new and innovated programs such as adult day treatment, vocational training, drop-in centers, crisis homes, and case management services.
- CSPs reduce the need for and use of more intensive, costly, or restrictive placements and provide supportive services.
- Pictured: HVMHC drop-in center site



Adult Behavioral Health Outreach

Voluntary, time-limited early intervention for individuals experiencing behavioral health concerns to prevent the need more intensive services, such as crisis intervention or psychiatric hospitalization.

- Link people to **mental health and substance use services** and supports
- Assist with **applications for health insurance (MA), food assistance (SNAP), and other benefits**
- Support access to **education, training, and employment resources**
- Help navigate **community services and programs** to meet individual needs
- Provide **short-term support and coordination** until ongoing services are in place



Adult Mental Health Case Management

- Serves adult with Serious & Persistent Mental Illness (SPMI) and who are eligible for Medical Assistance. SPMI criteria is outlined in [Minnesota Statutes, 245.462](#), subdivision 20
- SPMI criteria:
 - The adult has undergone two or more episodes of inpatient care for a mental illness within the preceding 24 months.
 - The adult has experienced a continuous psychiatric hospitalization or residential treatment exceeding six months duration with the preceding 12 months.
 - The adult has a diagnosis of Schizophrenia, Bipolar Disorder, Major Depression, Schizoaffective Disorder, or Borderline Personality Disorder.
 - A court has in the last three years, committed the adult as a mentally ill person under Chapter 253B or the adult's commitment has been stayed or continued.

Case Management

Case Managers assess needs, make referrals, coordinate care, and plan how to help individual access needs in the following areas:

- Housing
- Employment/Educational Functioning
- Transportation
- Obtain and maintain financial benefits
- Substance Use
- Social Functioning
- Medical/Dental Health
- Interpersonal/Social Functioning
- This happens by **monthly contact**
- Clinical supervision must be provided by a mental health professional (MHP). MHP qualifications are contained within [Minnesota Statutes, 245I.04](#), subdivision 2.



Adult Protection

- **Adult Protective Services (APS)** unit provides assessment and protective services to vulnerable adults who may be experiencing abuse or neglect, reports allegation findings to the DHS Background Studies Unit, provides protection to the vulnerable adult, and provides training and presentations on vulnerable adult maltreatment issues.
- Goal is to ensure **safety**, **connect with resources**, and **preserve dignity** of vulnerable adults
- Sometimes an assessment results in filing for guardianship or conservatorship if other less restrictive options cannot be put into place.

Pre-Petition Screening for Civil Commitment

- Guided by state law, the prepetition screening team must conduct a **thorough investigation** of the person who is at risk of being committed, based on mental illness, chemical dependency, or developmental disabilities.
- To recommend commitment, the person needs to be **dangerous to themselves or others** or **unable to care for themselves** because of their impairment and not voluntarily following through with treatment recommendations
- If the team feels a civil commitment is necessary, a letter is submitted to the County Attorney's Office and if they agree, they petition the court for a civil commitment, and a court hearing is scheduled.

Civil Commitments (cont.)

Statute requires our team to consider the least restrictive option before civil commitment

If person is civilly committed, they are ordered to complete treatment either in a community-based setting or State Operated Services setting

The lack of placement resources makes this challenging for those under civil commitment and our staff

Generally, commitments are ordered for 6-12 months and can be extended if needed.

Emergency Services

- **HVMHC Mobile crisis program**
- Connects individuals in crisis to needed services through timely responses by trained mental health practitioners.
- Decreasing barriers to affordable, high quality mental health care is a known, effective suicide prevention strategy.
- Reduces emergency room visits.
- No cost to individuals:
 - Services are only billed to insurance if enrolled in state insurance where crisis intervention services are covered.
 - If individual has no insurance or private coverage, the grant will pay for the service
- **SERCC** [Southeast Regional Crisis Center](#)

Residential Treatment Services/Acute Care Hospital

- State Hospitals—Anoka Metro Regional Treatment Center, St. Peter, Moose Lake
- CBHH—Community Behavioral Health Hospital
- CARE—Community Addiction Recovery Enterprise
- MSOCS--Minnesota State Operated Community Services
- IRTS—Intensive Residential Treatment Services



Summary and Questions

- The Adult Mental Health System is complex and interwoven with many departments within GCHHS and throughout the community.
- Our dedicated staff strive to serve people with mental health needs by living up to our values every day.
- Questions?

