



# Minnesota's Behavioral Health System: An Overview

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# Presentation overview

- Historical context
- Children's mental health services
- Adult mental health services
- Substance use disorder treatment services
- Gaps
- System transformation

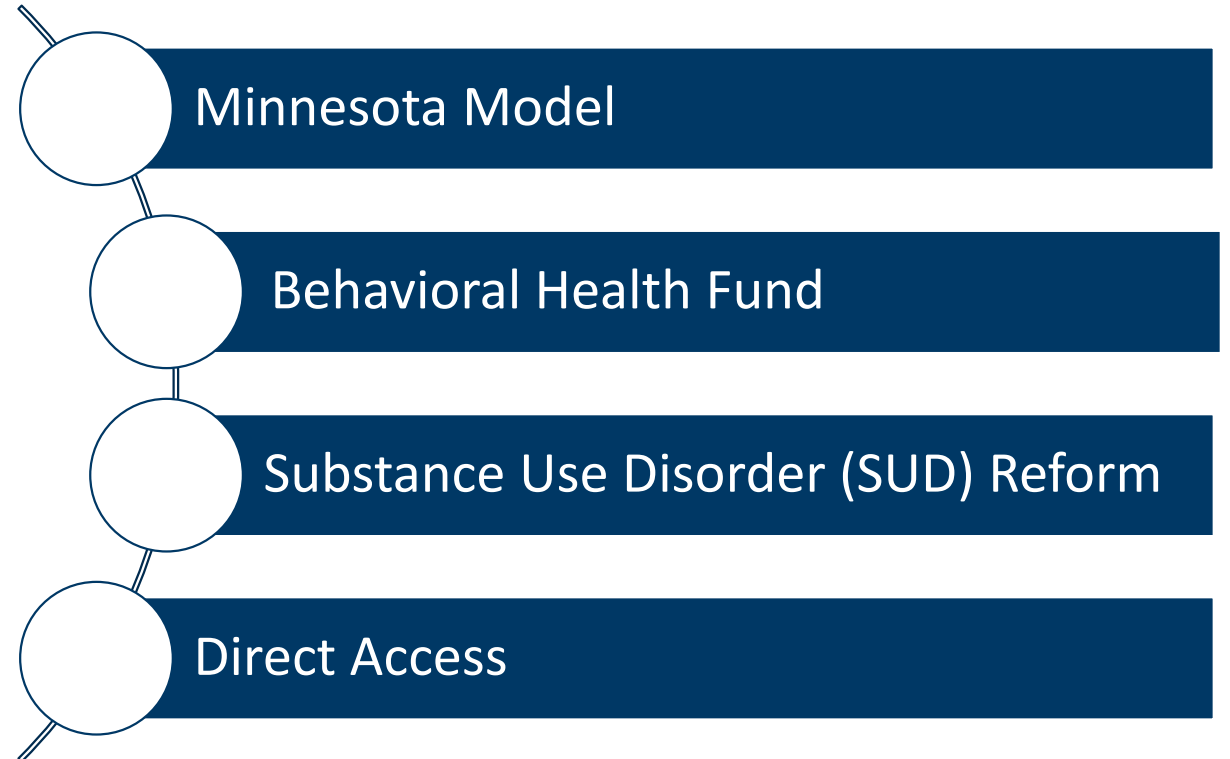


# What is Behavioral Health?

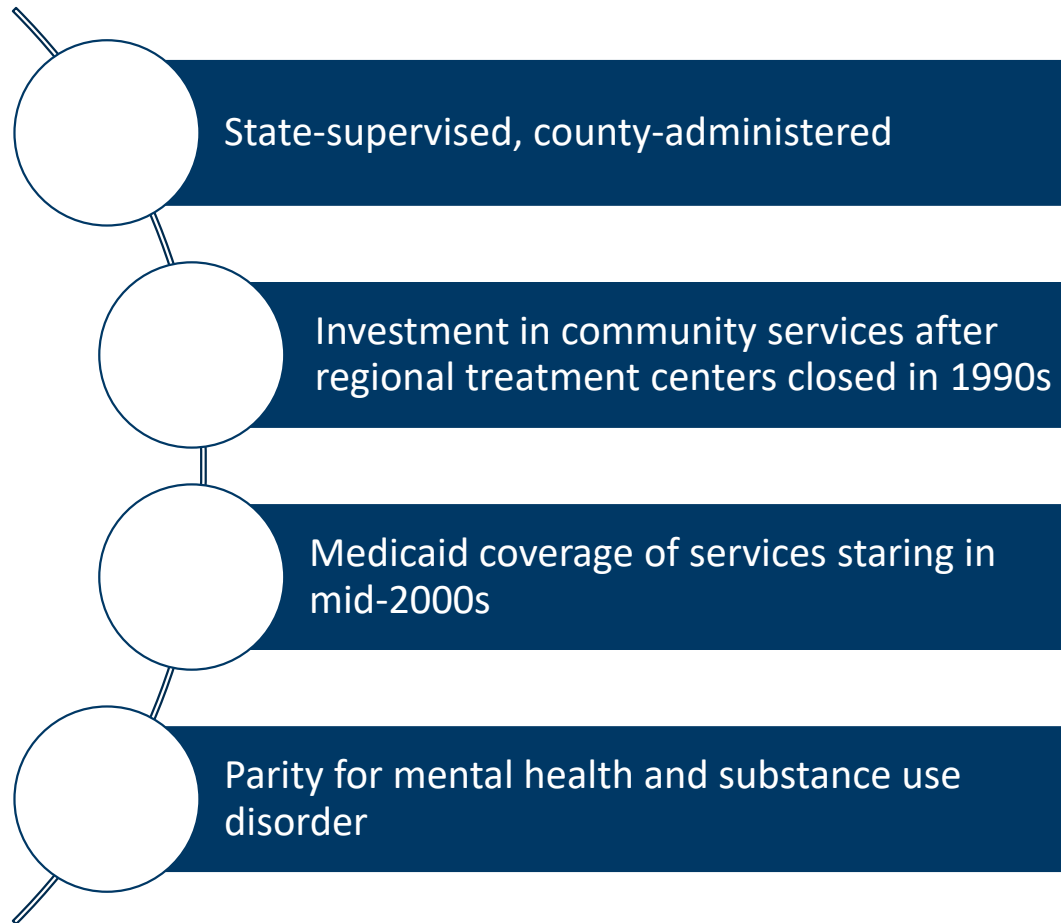
The federal Substance Abuse and Mental Health Services Administration (SAMHSA) defines “behavioral health”, in the context of behavioral health integration, as:

- “the promotion of mental health, resilience and wellbeing; the treatment of mental and substance use disorders; and the support of those who experience and/or are in recovery from these conditions, along with their families and communities.”

# Historical context- Substance use disorder system



# Historical context- Mental health system



# Prevalence in 2019

- **182,781 adults with serious mental illness and children with serious emotional disturbance**
- **Estimated 5.2% of all U.S. adults with serious mental illness**
  - 65.5% received mental health treatment during the year
  - Nearly \$1.2 billion state expenditure

- **64,166 drug and alcohol admissions**
  - 68.13% White / 31.87% BIPOC or Other

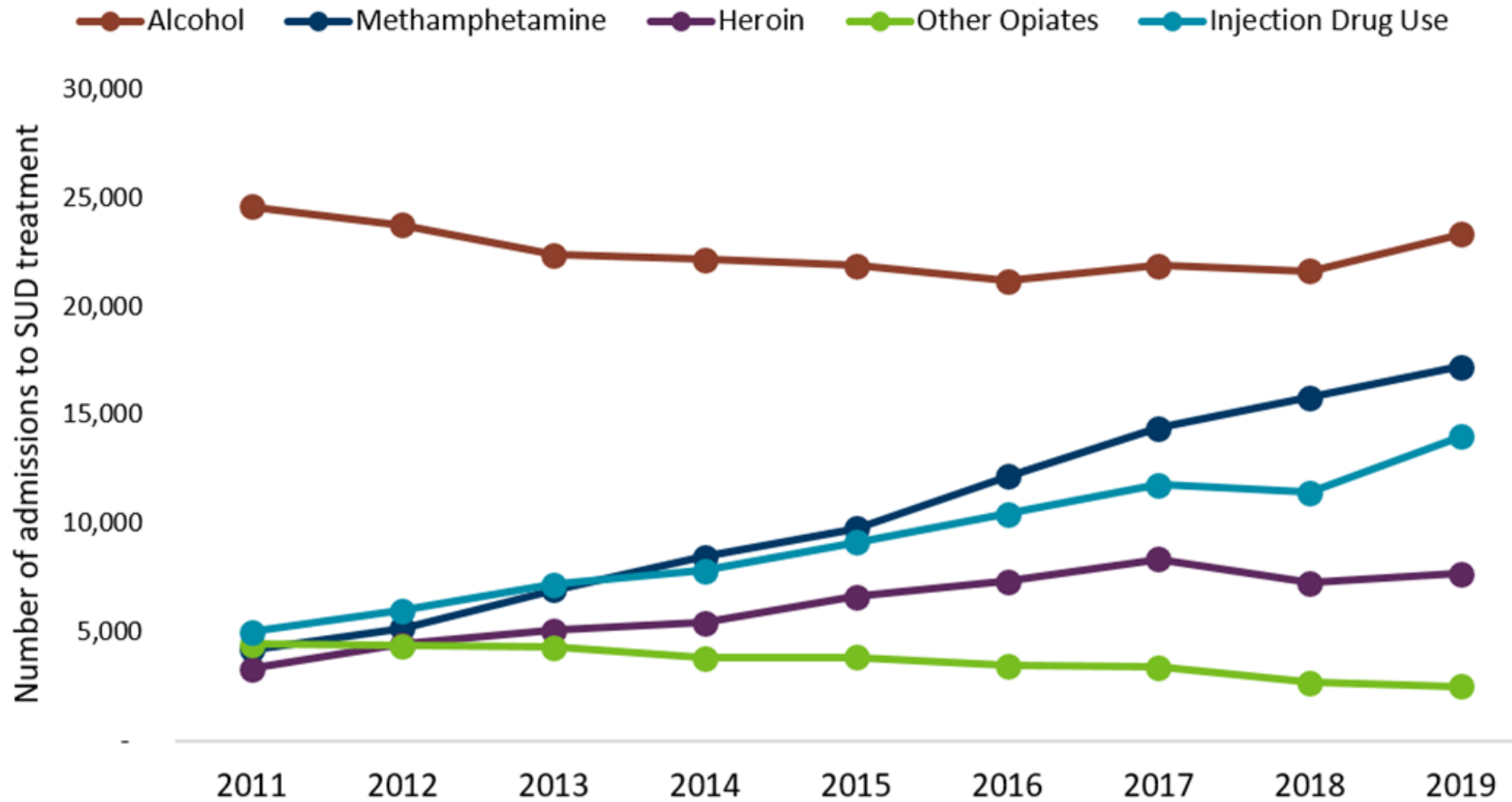


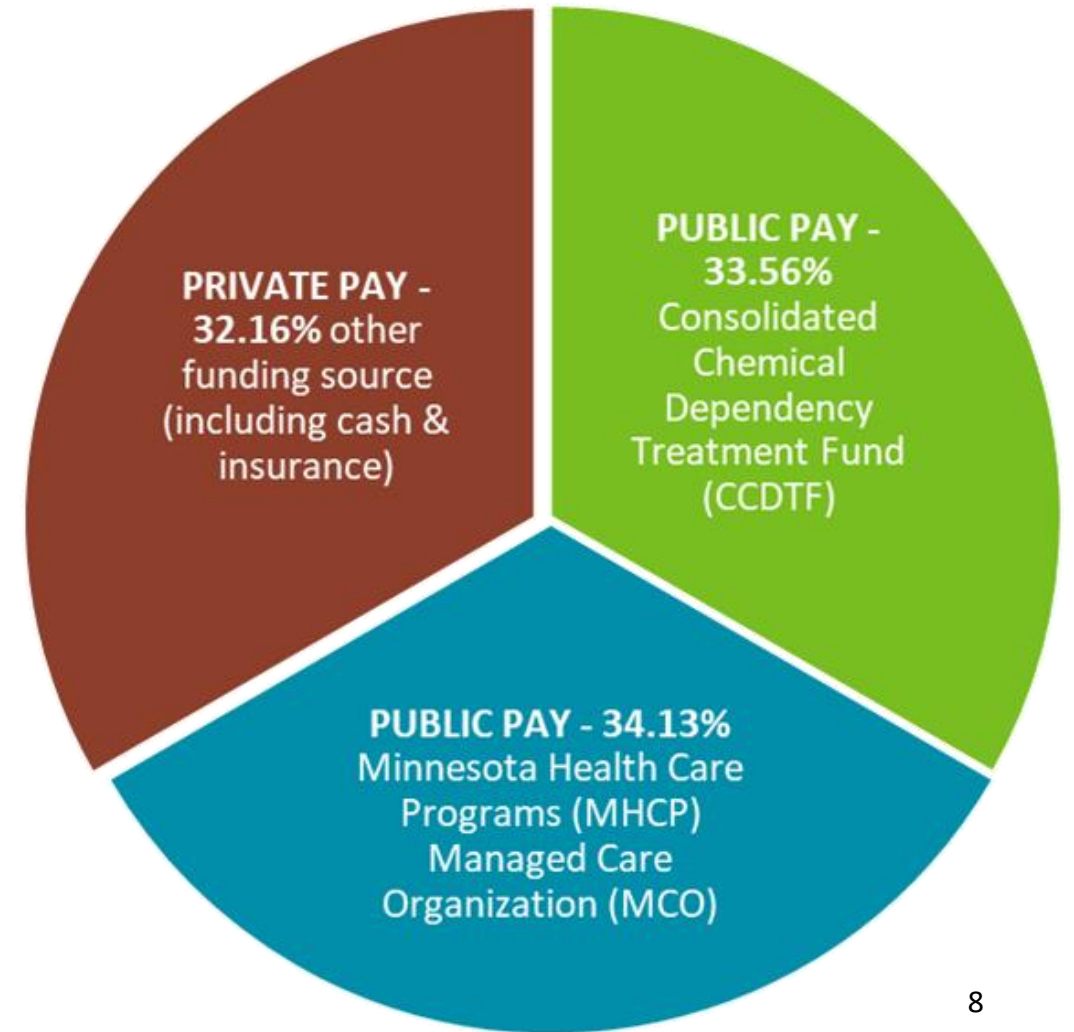
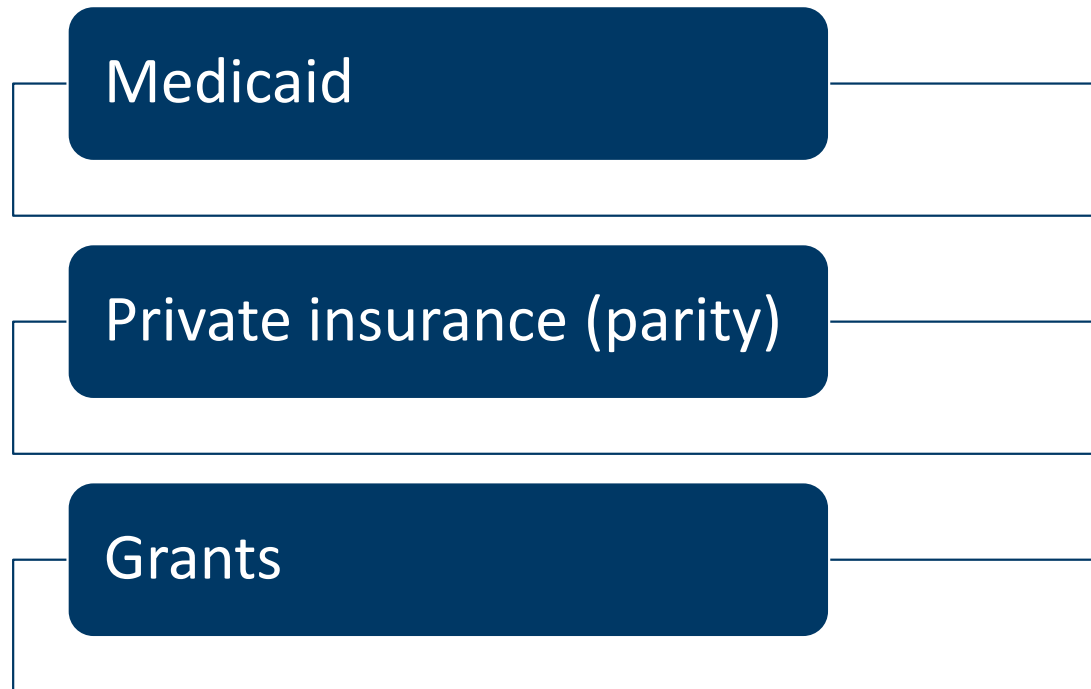
- **Primary substance used at admission:**
  - 38.11% alcohol
  - 27.33% methamphetamine
  - 34.56% injectable drugs, heroin, and other opiates

Sources:

- Substance Abuse and Mental Health Services Administration (SAMHSA);
- Drug and Alcohol Abuse Normative Evaluation System (DAANES)

**Alcohol remains the primary substance used at admission to substance use disorder treatment for adults in Minnesota. In 2019, methamphetamine was the second leading substance used at admission to treatment.**

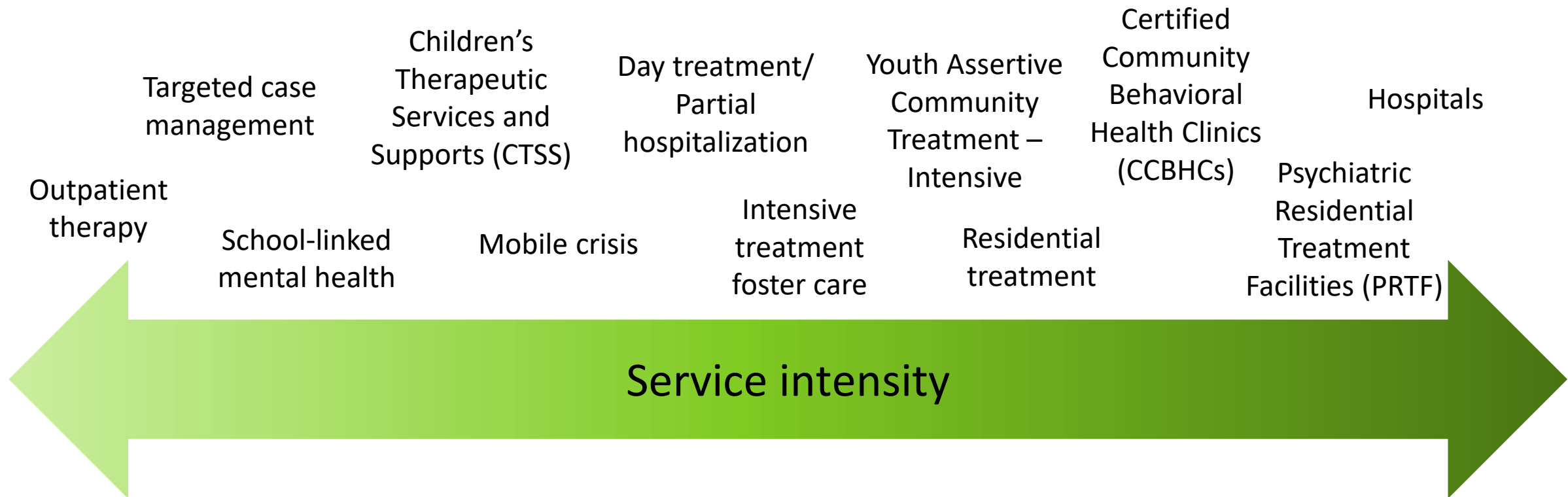






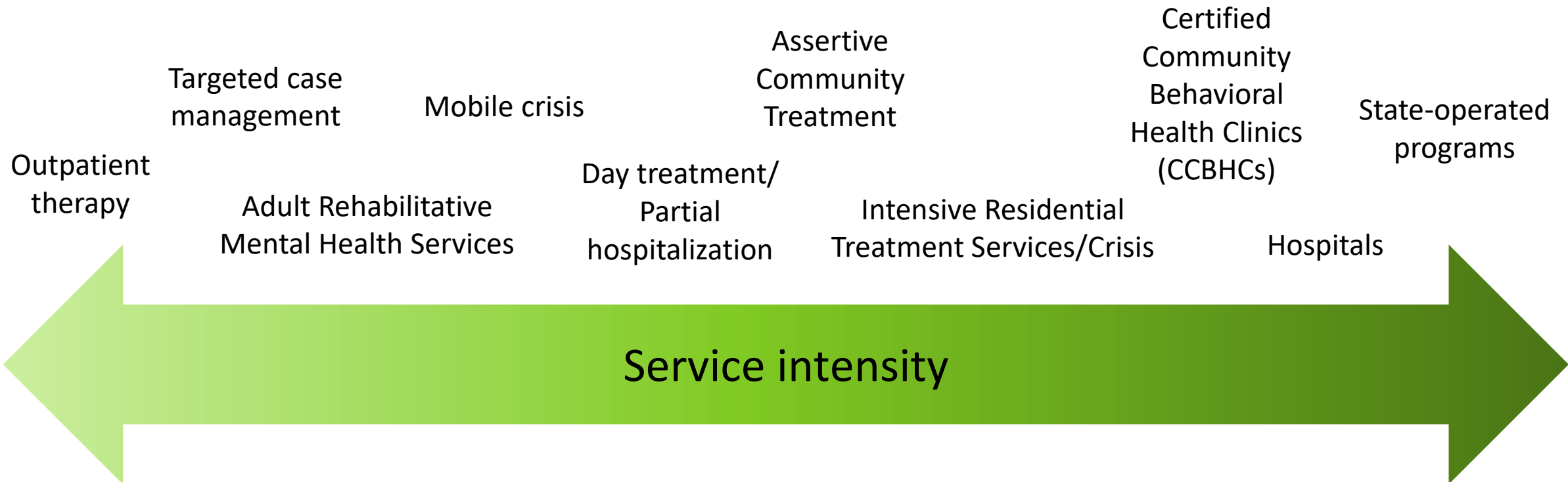
# Minnesota's continuum of children's mental health services

## Children's mental health continuum of services



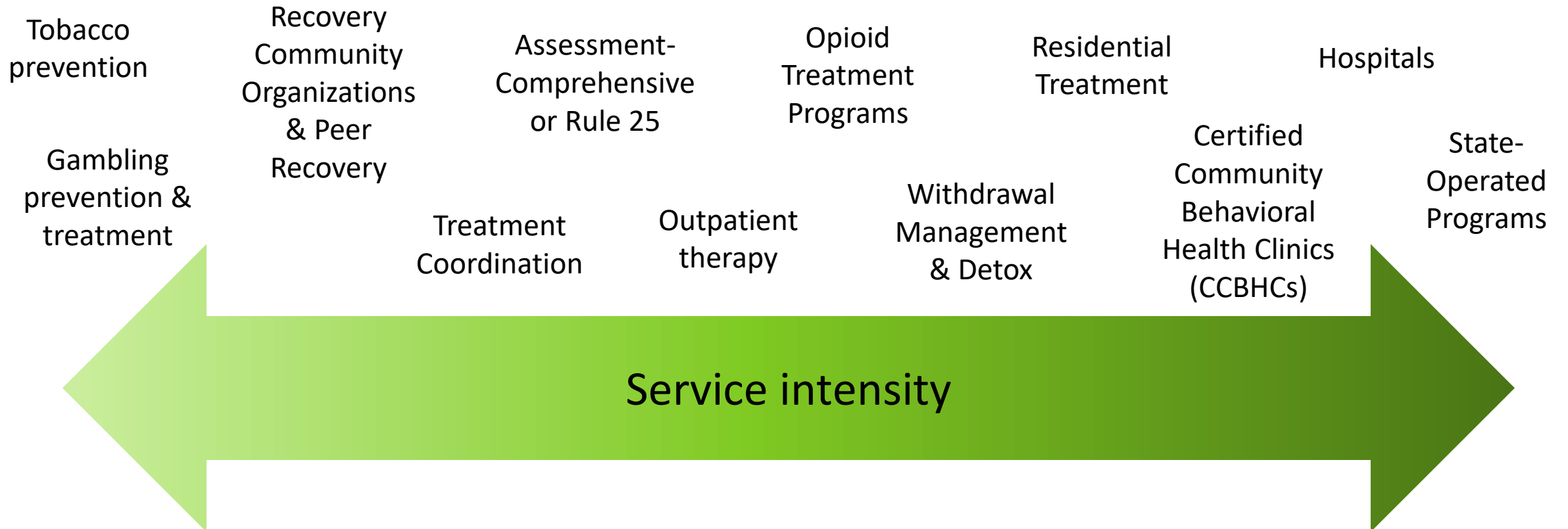
# Minnesota's continuum of adult mental health services

## Adult mental health continuum of services



# Minnesota's continuum of substance use disorder services

## Substance use disorder continuum of services



# Community supports

Supportive Housing / Housing Stabilization Services

Mental Health Targeted Case Management

Home and Community-based Waivers

Personal Care Assistance / Community First Services and Supports

Behavioral Health Homes

# Coordination with other systems

Housing

Employment

Criminal  
Justice

K-12  
Education

Colleges/  
Universities

Health Care

Public Health

Housing  
Agencies and  
Resources

Communities

People We  
Serve

Crisis services

Opioid crisis

Inequitable access among BIPOC (Black, Indigenous and People Of Color) communities

Support for long-term recovery

Workforce shortages

Unique challenges posed by pandemic

Uniform Service Standards

Community-based behavioral health rates

# System transformation

- Certified Community Behavioral Health Clinic (CCBHC) Model
- 1115 Substance Use Disorder System Reform Demonstration



Questions?





# Thank You!

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