

MEN AND WOMEN WITH MENTAL HEALTH OR CHEMICAL HEALTH PROBLEMS

A. Mental Health and Chemical Health in Ramsey County

Adults with mental health disorders in Ramsey County

In 2008 the National Institute of Mental Health (NIMH)¹ reported that “mental disorders are the leading cause of disability in the U.S. and Canada for ages 15-44” and that “many people suffer from more than one mental disorder at a given time”². Four of the ten most frequent serious mental health disorders in the U.S. are: major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder.

The federal government estimates that 6% of all adults in the U.S. have a serious mental illness³. The estimate for adults in Ramsey County with serious mental illness is calculated to be about 22,375⁴. A serious mental illness refers to mental health disorders characterized by altered thinking, mood, or behavior (or some combination) associated with distress and/or impaired functioning.

People with chemical dependency in Ramsey County

Minnesota statutes define chemical dependency as the use of drugs or alcohol which makes people incapable of managing their lives or their personal affairs and unable to function effectively. According to the 2004-2005 Minnesota Survey on Adult Substance Use, 9.1% of Minnesota adults had substance abuse or dependency problems⁵.

People can be committed as a result of their use of alcohol and drugs if they are determined by the courts to be incapable of self-management; or their use of alcohol and/or drugs poses a substantial likelihood of physical harm to themselves or others. This definition includes pregnant women whose use of drugs or alcohol has the potential to harm their fetuses.

¹ <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america>

² Ibid.

³ Department of Health and Human Services, 1999. Mental health: A Report of the Surgeon General

⁴ A calculated value based on a mental disorder rate of 6% and an adult population (20 years and older) size of 372,912.

⁵ 2004-2005 Minnesota Survey on Adult Substance Abuse.

B. Who are the people we serve?

Mental health

The majority of people served by Community Human Services (CHS) Adult Mental Health are individuals with the most severe forms of mental illness and they receive publicly funded health care or are uninsured. Many of these men and women also experience additional challenges, including medical problems, chemical addiction and poverty. All individuals receiving case management services meet the state statute definition of serious and persistent mental illness, commonly referred to as SPMI.

Serious and persistent mental illness, according to the Minnesota statute for mental health case management, requires a person to meet one of the criteria below. The individual must have:

- Undergone two or more episodes of inpatient care for mental illness in the preceding two years
- Experienced a continuous psychiatric hospitalization in last year
- Been treated by a crisis team two or more times in past 24 months, or
- Have a diagnosis of schizophrenia, bipolar disorder, major depression or borderline personality disorder which significantly impairs functioning, and where the individual is likely to have episodes requiring inpatient or residential treatment.

The Ramsey County Mental Health Center serves persons with both SPMI and acute mental illness. An individual with an acute mental illness is one who has a mental illness that is serious enough to require prompt intervention.

Chemical Health

CHS assists low-income individuals living in Ramsey County who are experiencing a chemical dependency problem and anyone in Ramsey County needing detoxification services because their drug or alcohol use has put them in immediate danger.

C. What programs do we offer?

Types of Services	What's included in this?	What we intend to accomplish
Adult Mental Health (See Section 1, Page 92)	<ul style="list-style-type: none"> • Intervention • Assessment • Case management • Therapy • A range of outpatient treatment options • Crisis services • A range of community support services 	<ul style="list-style-type: none"> • Improve the ability of individuals to function so that these individuals may live full and satisfying lives
Chemical Health Services (See Section 2, Page 96)	<ul style="list-style-type: none"> • Assessment • Detoxification • Treatment • Board and lodging • Case management 	<ul style="list-style-type: none"> • Improve the ability of individuals to function through recovery assistance and/or harm reduction from dependence on alcohol or other drugs

D. Specific Programs

Section 1: Adult Mental Health

Types of Service	What's included in this?	What we intend to accomplish
Outpatient Treatment at the Ramsey County Mental Health Center	<ul style="list-style-type: none"> • Psychiatry • Psychotherapy • Psychological evaluations • Adult rehabilitative services • Day treatment • Medication management 	<ul style="list-style-type: none"> • Provide a diagnosis for mental health symptoms and an assessment of the individual's strengths and need for treatment • Provide treatment that help individuals manage and recover from their illness
Acute Care at the Ramsey County Mental Health Center	<ul style="list-style-type: none"> • Crisis outreach and assessment • Crisis stabilization • Partial hospitalization • Pre-petition screening for commitment 	<ul style="list-style-type: none"> • Keep the client and the community safe from harm by stabilizing acute psychiatric symptoms of the individual • Provide treatment in the early phase of acute illness that will enable the individual to minimize the disruptive impact of the episode and return to stable functioning • Provide care in the least restrictive setting possible
Case Management for Men and Women Living in the Community	<ul style="list-style-type: none"> • Non-intensive treatment • Assertive community treatment • Short-term intensive treatment 	<ul style="list-style-type: none"> • Make it possible for men and women to manage their illness and live in the least restrictive setting possible
Residential Services	<ul style="list-style-type: none"> • Intensive residential treatment • Supportive housing • Rental assistance 	<ul style="list-style-type: none"> • Provide treatment in a residential setting • Provide housing and support services which enable men and women to live as independently as possible in the community
Community Support	<ul style="list-style-type: none"> • Educational • Vocational • Socialization 	<ul style="list-style-type: none"> • Help men and women with mental illness manage and recover from their illness

Numbers of individuals served

Table 1 provides details of the kind, and level of services provided by Community Human Services (CHS) Adult Mental Health.

**Table 1:
Adult Mental Health**

Services	2006	2007	2008	2009	2010
Mental Health Commitments & Recommitments	335	340	310	NA*	210
Adult Mental Health Case Management	3,145	3,190	3,261	3,620	3,753
Intensive Residential Treatment Services (IRTS)	369	312	317	195	208

*Data not available at time of report.

In addition to providing case management services to individuals, CHS manages a mental health center. Table 2 provides a sample of the kind and level of services provided by the Mental Health Center. In 2007, the Mental Health Center focused its work on providing a more intensive level of service, resulting in a reduced number of persons served in therapy and rehabilitation services, and an increased number who received intensive partial hospital treatment.

**Table 2:
Clients Served by Ramsey County Mental Health Center**

Services	2006	2007	2008	2009	2010 ⁶
Court Evaluations ⁷	243	168	188	242	111
Day Treatment	167	191	210	216	156
Therapy	853	395	393	409	296
Rehabilitation Services	236	133	71	64	51
Partial Hospitalization	167	242	271	280	148
Petition for Commitments	816	727	757	758	747
Psychiatry	2,225	1,865	1,811	1,872	1,520
Crisis	768	808	698	781	712
Total Unduplicated Clients Served ⁸	2,590	2,384	2,343	2,526	2,862

⁶ In June 2010, The Mental Health Center discontinued using CSM and implemented a new data system, Medfx. The number reported use both CSM and Medfx. The client counts for 2010 may not be reliable due to the change in data systems.

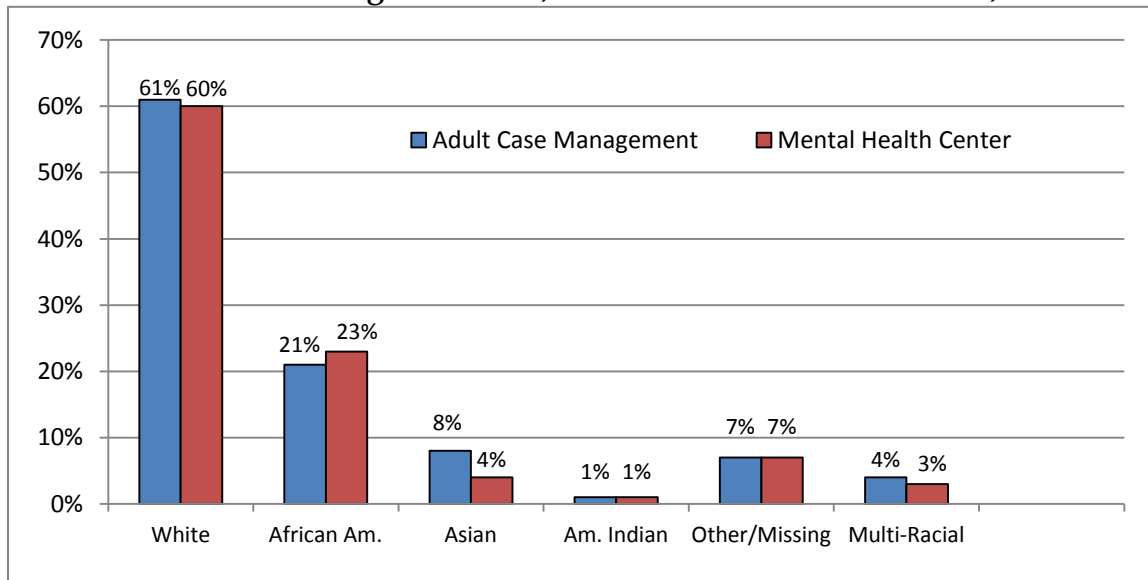
⁷ Number excludes Rule 20 Semi-independent Living Services.

⁸ Numbers will not add up to total since individuals typically participate in more than one service.

Characteristics of individuals served

Illustration 1:

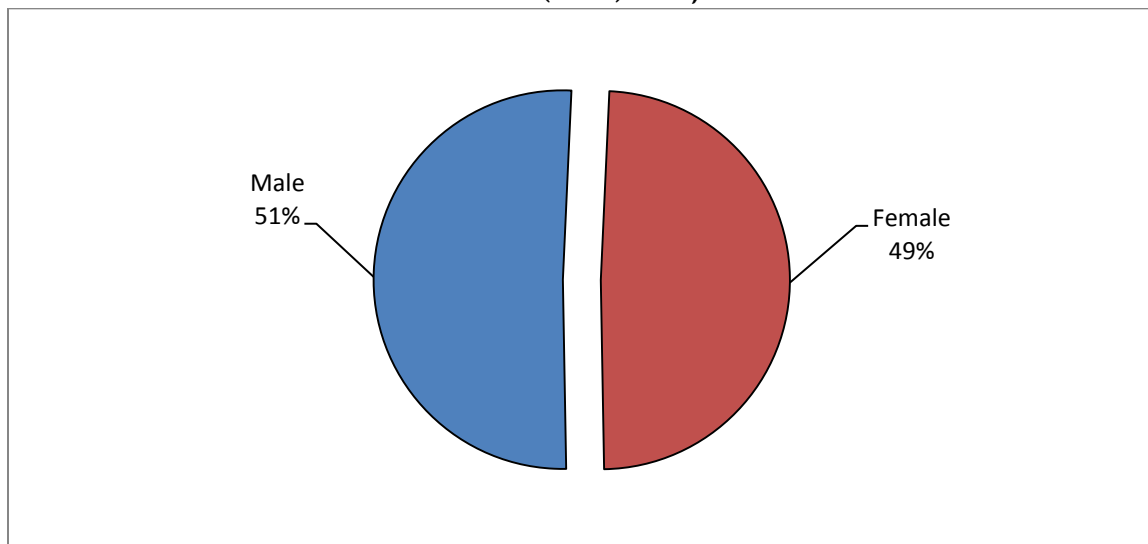
**Race of Adults Receiving Mental Health Services from Ramsey County (2010)
Adult Case Management N=3,753 Mental Health Center N=2,862**



Four percent (4%) of those who received Case Management services in 2010 were Hispanic, while 6% of those who received services through the Mental Health Center were Hispanic.

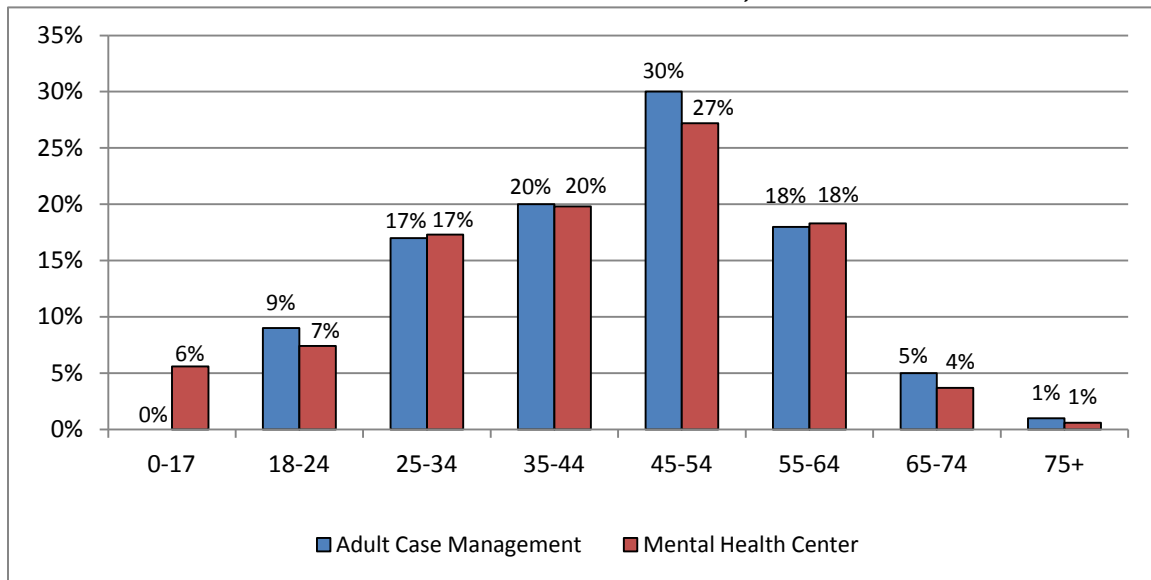
Illustration 2:

Gender of Individuals Receiving Mental Health Case Management Services (2010) N=3,753



Approximately 49% of the individuals who received Mental Health Case Management Services in 2010 from Ramsey County were females.

**Illustration 3:
Age of Individuals Receiving Mental Health Services (2010)
Adult Case Management N=3,753
Mental Health Center N=2,862**



The average age of the individuals who received mental health case management services from Ramsey County in 2010 was 45 years of age. The youngest to receive such services was 18 and the oldest was 93. The median age was 46 years.

The average age for a client of the Mental Health Center was 41 years while the median was 43. The youngest treated at the Center was 3 years old and the oldest 91.

Section 2: Chemical Health Services

Types of Service	What's included in this?	What we intend to accomplish
Detoxification	<ul style="list-style-type: none"> • Sub-acute medical care • Assessment of treatment needs • Client education groups 	<ul style="list-style-type: none"> • Safe detoxification • Intervention and referral to needed services
Chemical Use Assessments	<ul style="list-style-type: none"> • Client and collateral interviews in accordance with MN Rule 25 	<ul style="list-style-type: none"> • Determination of the existence and level of any chemical use problems, treatment needs, and financial resources for treatment
Chemical Dependency Treatment	<ul style="list-style-type: none"> • Outpatient • Primary residential • Extended care • Halfway house • Methadone 	<ul style="list-style-type: none"> • Provide the appropriate type and length of chemical dependency for eligible clients
Case Management	<ul style="list-style-type: none"> • Non-intensive long-term contact • Short-term intensive services with pregnant women 	<ul style="list-style-type: none"> • Connect/Provide individuals with the benefits and services which will allow them to manage their illness and live in the least restrictive setting • No drug or alcohol toxicity in newborns
Boarding and Lodging	<ul style="list-style-type: none"> • Supportive transitional housing 	<ul style="list-style-type: none"> • Provide a supervised supportive housing service for clients to transition to a more permanent and stable living situation

Numbers served

**Table 3:
Chemical Health**

Services	2007	2008	2009	2010
Detox Admissions ⁹	6,636	6,165	5,802	5,821
Chemical Dependency Assessments ¹⁰	5,282	4,961	4,543	4,798
Chemical Dependency Treatment Admissions/Placements (CCDTF only) ¹¹	1,878	1,945	2,256	2,803
Board and Lodge Facilities (# of Admissions)	584	725	787	781
Chemical Dependency Stayed Order of Commitment	60	97	74	63
Chemical Dependency Petition for Commitments ¹²	27	33	24	25
Petition for Commitments for Dual Diagnosed (Mental Health & Chemical Health) Individuals ¹²	244	224	200	170
Case Management (# of People)	188	187	158	204
Mothers First Chemical Dependency Intervention Services For Pregnant Women ¹³	210	165	108	136
Mothers First Recovery Support Program	56	103	84	89

⁹ Number of admissions with duplicated number of individuals. Unduplicated number served for 2010 was 3,481.

¹⁰ Includes up-date assessments.

¹¹ Duplicate number of admissions to treatment facilities. Includes individuals who ended treatment and re-enrolled in programs multiple times during the year.

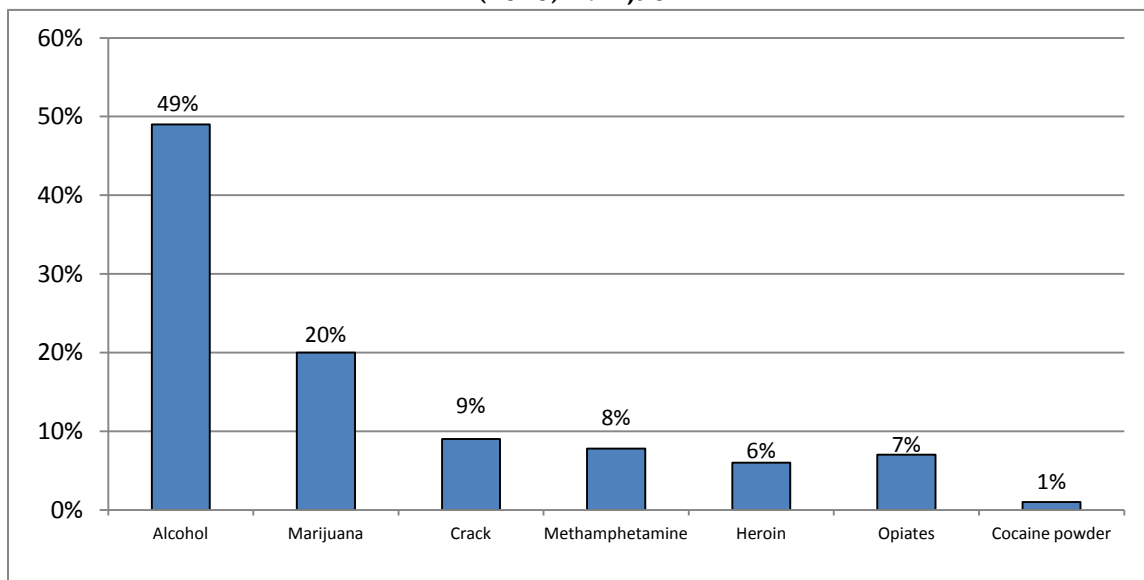
¹² The number of CD Commitments does not include those cases where the initial court disposition is a stayed warrant and the final court disposition is commitment.

¹³ New cases per State Fiscal Year. "Mothers on the Path to Recovery". 2011 Wilder Research

The substantial increase in the number of chemical dependency treatment admissions in 2010 can be attributed to 3 factors. First, a change in GAMC that result in approximately 500 persons with chemical dependency and seeking treatment taken off health plans and directed to the CCDFT to fund their treatment. Secondly, some of the former GMAC clients would have received multiple referrals, resulting in duplicate authorizations. Thirdly, the assessment process was change to add contracts with treatment providers so an increased number of clients were authorized to enter treatment.

The Detoxification Facility (Detox) is a secure medical facility that provides care for individuals who are neurologically compromised because of their drug or alcohol use.

Illustration 4:
Types of Primary Substance of Abuse Reported by Ramsey County Residents
Entering Inpatient or Outpatient Treatments¹⁴
(2010) N=4,904



¹⁴ DAANES County Report, Ramsey County, April 2011, P. 13. Number includes individuals treated under all payment sources.

Characteristics of individuals served

Illustration 5:
Race of Individuals Served in Ramsey County's Detox Facility
(2010) N=3,481

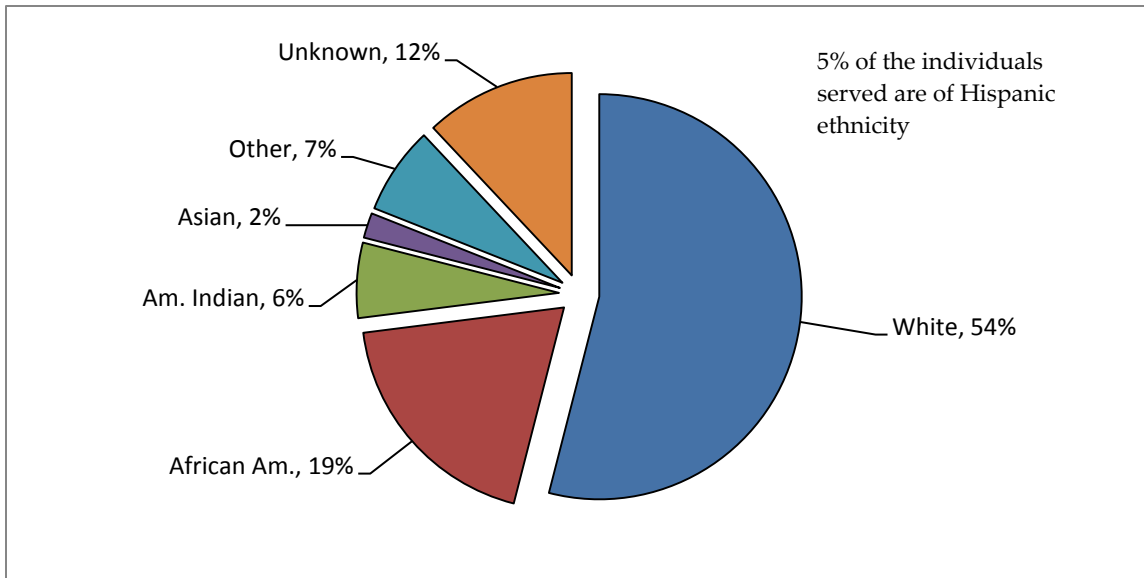
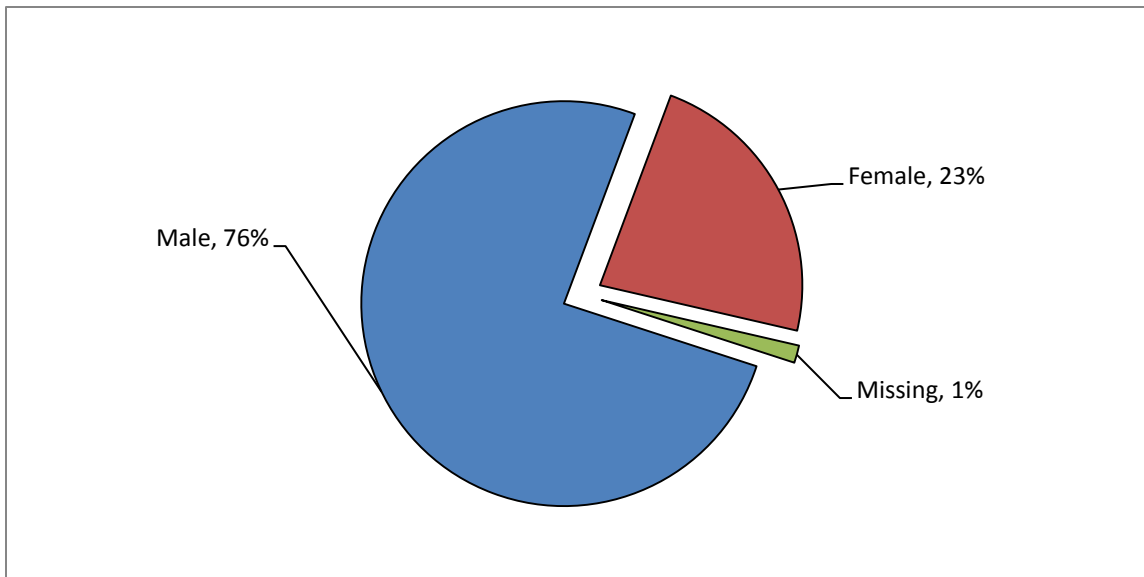
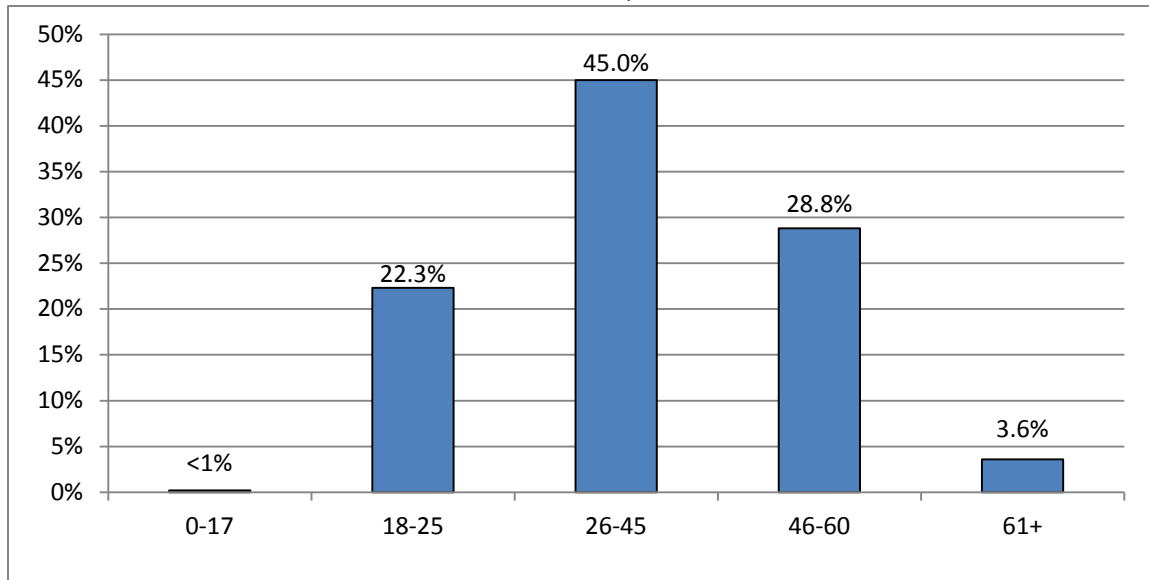


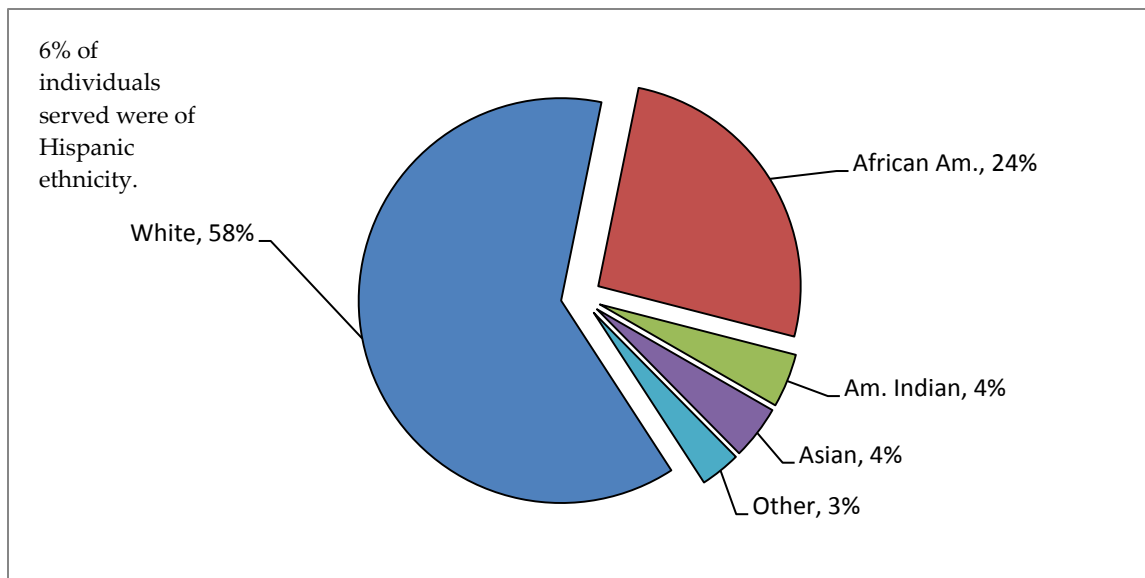
Illustration 6:
Gender of Individuals Served in Ramsey County's Detox Facility
(2010) N=3,481



**Illustration 7:
Ages of Individuals Served in Ramsey County Detox Facility
(2010) N=3,481**



**Illustration 8:
Race of Ramsey County Residents That Received
Chemical Dependency Treatment
(2010) N=4,904 ¹⁶**



¹⁶DAANES 2010 Report, April 2011. Total number of Ramsey County residents that received CD treatments under all payment sources.

Illustration 9:
Gender of Ramsey County Residents That Received
Chemical Dependency Treatment
(2010) N=4,904

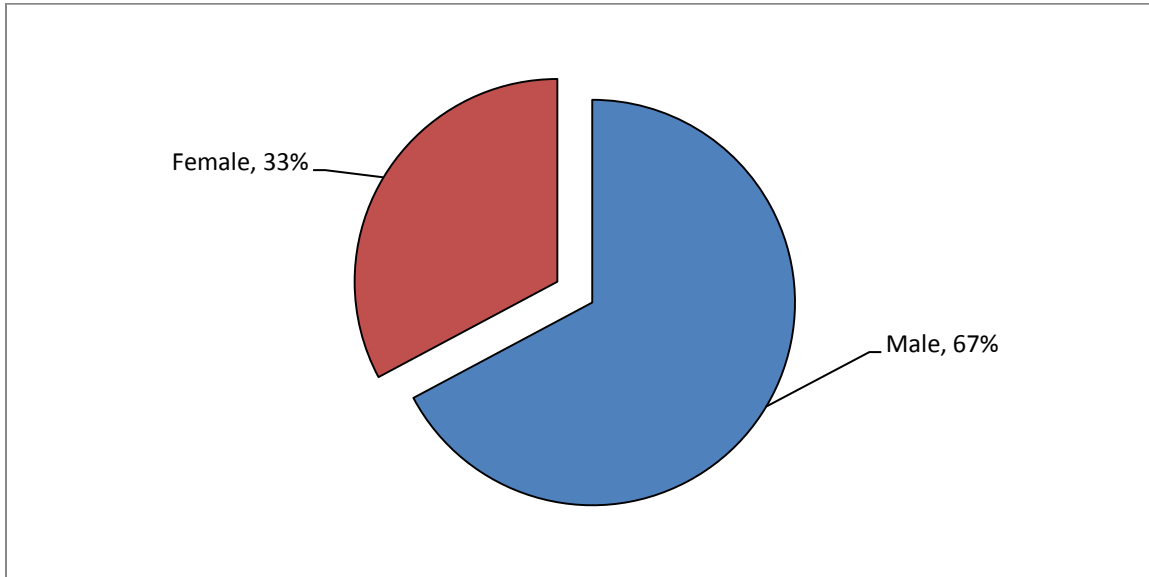


Illustration 10:
Age of Ramsey County Residents That Received
Chemical Dependency Treatment
(2010) N=4,904

