



Mental Health Services

2010 Service Area Review Summary

Mental Health Services includes three service activities:

Mental Health Services - psychological and psychiatric treatment and counseling services offered to individuals with a diagnosed mental illness, conducted in a group or individual setting, and provided by a mental health professional licensed or authorized within the State to render such services. This typically includes psychiatrists, psychologists, and licensed clinical social workers.

Mental Health Access Services - are an entry point to the larger continuum of mental health services through provision of recognition of behaviors that indicate a need for evaluation, completion of a mental health screening tool, staff consultation with a licensed mental health clinician, referral as appropriate for more intensive mental health services, follow-up to assess the outcome of referrals, and ongoing individual and/or group mental health support.

Culturally Appropriate Mental Health Access Services - include services that provide and/or increase access to Mental Health Access Services in a culturally appropriate manner.

There are currently 8 contracts with metro providers and 2 contracts with greater MN providers to serve 507 and 77 clients respectively.

HRSA Core Medical Service

Essential Service—
Continuum of Care

Comprehensive Plan—YES

DATA SUMMARY HIGHLIGHTS

Mental Health Access Services was previously ranked by the Planning Council as a separate service area (Psychosocial Support Services). The current definition and current method of service delivery allows the service area to be categorized as a Core Medical Service. Psychosocial Support services remains as a supportive service area definition.

In the 2010 Comprehensive Needs Assessment of Minnesotans Living with HIV Disease, 53% of the 323 respondents indicated that they had not accessed mental health services within the past year. Of those who had not accessed mental health services in the past year (n=173), twenty people (12%) indicated that they needed to access mental health services. The main barriers or reasons listed by those twenty people included inability to find a therapist I like (85%), No coverage/cost (65%), not enough information (35%), personal resistance (35%), transportation (15%) and waiting lists (15%).

In the 2010 Comprehensive Needs Assessment of Minnesotans Living with HIV Disease, 70% of the 323 respondents indicated that they had not accessed mental health access services within the past year. Of those who had not accessed mental health access services in the past year (n=226), forty people (18%) indicated that they needed to access mental health access services. The main barriers or reasons listed by those twenty people included no group appropriate for me (33%), unaware of who to contact (28%), personal resistance (25%), distance/transportation (23%), and poor quality/poorly organized (10%).

In the 2010 Comprehensive Needs Assessment of Minnesotans Living with HIV Disease, 62% of the respondents (n=327) indicated that they had EVER sought individual therapy with a psychiatrist. Fifty percent (50%) of those respondents indicated that they found the service very useful and another 33% found the service somewhat useful.

In the 2010 Comprehensive Needs Assessment of Minnesotans Living with HIV Disease, 11% of the respondents (n=326) indicated that their mental health and emotional support needs were being met poorly (9%) or not at all (2%) while 27% rated their mental health as only fair (22%) or poor (5%).

In FY 2010, \$138,200 of the allocation for this service area was set aside for culturally appropriate mental health access services and \$73,700 was set aside for consumers in Greater MN.

CURRENT RANKINGS

COUNCIL (2008)	CONSUMERS (2010)
10 and 13 out of 24 service areas	9 and 13 out of 25 service areas

ALLOCATIONS HISTORY

FY	ALLOCATION	% CHANGE	SPENT	% UTILIZED
2010	\$307,600	-15%		
2009	\$360,000	25%	\$279,337	78%
2008	\$288,077	16%	\$270,246	94%

UTILIZATION HISTORY

FY	# Accessing Service Area or Activity	% of All HIV/AIDS Cases	% of Unduplicated RW Clients
2009	564	9% (n=6,552)	15% (n=3,700)
2008	308	5% (n=6,221)	8% (n=4,713)
2007	93	<2% (n=5,950)	2% (n=4,038)

ASSESSMENT OF NEED

2010 COMPREHENSIVE NEEDS ASSESSMENT - Mental Health (SELF ASSESSMENT BY CLIENTS n=323)			2010 COMPREHENSIVE NEEDS ASSESSMENT - MH Access (SELF ASSESSMENT BY CLIENTS n=325)		
Accessed Service (Last 12 Months) n=153	Didn't Access (Last 12 Months) n=173	Didn't Access but Needed to (Last 12 Months) n=20	Accessed Service (Last 12 Months) n=99	Didn't Access (Last 12 Months) n=226	Didn't Access but Needed to (Last 12 Months) n=40
47%	53%	12%	30%	70%	18%

