MENTAL HEALTH PROGRAMMING
AT CHILDREN'S MINNESOTA

The last 18 months have accelerated a critical mental health crisis for our youth – from ADD to depression, anxiety, suicidal ideation and eating disorders, our youth are experiencing the changing landscape of our society in an intensely personal way. They need a way to cope in a healthy manner and a community care partner that they can trust. Children's Minnesota is stepping up to increase mental health services that are timely, high-quality and support the health of our children.

Boasting the largest integrated pediatric psychology program in the state, Children's Minnesota has exceptional specialty and primary care services, and has recently boosted our investment to integrating behavioral health within primary care. Supported by a strong team of psychologists and psychiatrists that provide traditional outpatient services, Children's Minnesota has built a solid foundation serving over 7,000 patients annually.

Understanding this Critical Need

- **One-in-five patients at Children's Minnesota has a mental health need,** and those with the highest acuity require inpatient beds so they can receive around the clock observation, stabilization, diagnostics and professional care.
- **Suicidal ideation was one of the top 5 diagnoses at Children's Minnesota last year.**
- In 2020, **more than 1,700 patients with a primary mental health diagnosis were seen in Children's Emergency Departments.** Year-to-date, volumes have increased by over 30%.
- **More than 630 patients with a primary mental health diagnosis were admitted** to our general medical floors in 2020. This number is on track to increase 150% in 2021.
- Nearly 20% of our Behavioral health patients traveled outside their region of residence for inpatient care—twice the rate of other inpatient care. **For children under 12, this rate doubles to 37%.**

WE SEE AMAZING EVERY DAY.

Children's Minnesota is the 7th largest pediatric health system in the country. Along with our two free-standing hospitals (one in Minneapolis and one in St. Paul), we have more than 40 specialties at 9 primary and specialty clinics, and 7 rehabilitation sites. Through Children's Health Network, we are part of a clinically integrated network of more than 30 primary care clinics and over 200 providers collaborating to deliver the best care and services to patients along the health continuum from primary, specialty to inpatient care.

We care for over 135,000 kids each year and we're the only health system in Minnesota to provide care exclusively to children, from birth through young adulthood.

Our vision is to be every family's essential partner in raising healthier children and we are at a critical point in addressing the mental health crisis. Our commitment is to join together with other community partners to reduce the stigma, lead the way in treatment and care, while providing hope for children and families. Children's Minnesota is strategically investing in expanded facilities and services to adequately address the void of access to pediatric inpatient acute mental health care.

OUR TEAM

The specialized professionals at Children's Minnesota in the integrated behavioral and mental health programs are dedicated to improving kids' emotional well-being and access to the level of care they need. Our specialists are experts at helping children manage a spectrum of behavioral and mental health issues.

Children's MINNESOTA

childrensMN.org

WHY DOES LACK OF ACCESS MATTER?

Suicide:

- According to the MN Department of Health, 23% of all Minnesota students, more than ever before, report having long-term mental health, behavior, or emotional problems.
- One-in-ten students in 11th grade report attempting suicide. And, LGBTQ+ children are 3x as likely to consider and 4x as likely to attempt suicide. American Indian and Alaska Native youth experience suicide 3x that of other students of color.

Disparities:

- Children exposed to trauma, violence, poverty, racism and school and family stressors are at higher risk for poor physical and mental health outcomes.
- About 39% of African American, 32% of Latino, and 36% of American Indian youth under the age of 18 live in poverty, more than double the rate of non-Latino Whites and Asians (American Academy of Pediatrics).

COVID-Related Needs:

- With the near total cancellation of in-person learning in 2020-21, access to school-based mental health resources have been extremely limited.
- Seven-in-ten teens have experienced struggles with mental health during the pandemic – 42% reported having worries about becoming severely depressed or anxious and 26% reported contemplating suicide (The Harris Poll).

Learn more at childrensMN.org/giving

or contact the Children's Foundation at 952-992-5500
or giving@childrensMN.org

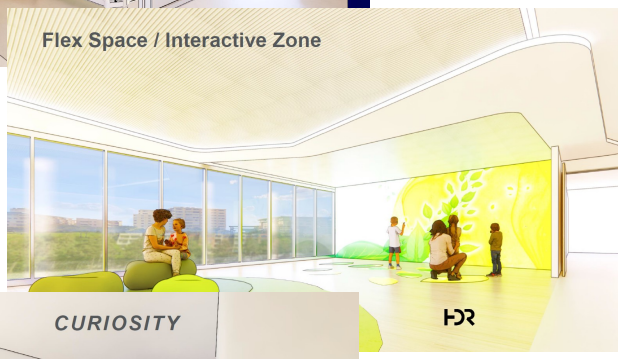
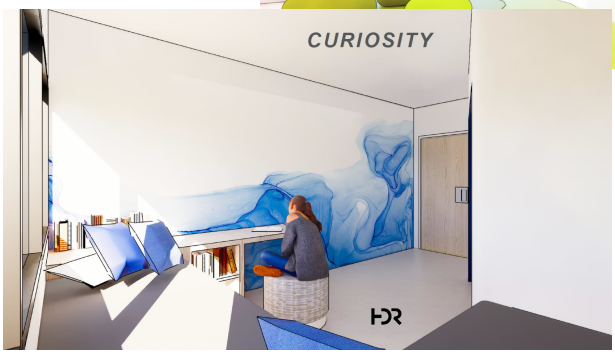
Children's MINNESOTA

Expanded care for those who need it most

In 2021, Children's Minnesota opened a specialty center in Lakeville to help meet patient needs. This clinic expands the acute mental health services we're able to provide to our patients and families, as well as offering partial hospitalization in a highly structured program designed to meet the needs of each child with therapy each day and the patient returning home at night.

Access to inpatient mental health care will help meet the needs of metro families and makes them more likely to agree to a child's recommended inpatient treatment. Children's Minnesota is embarking on a capital campaign to redesign mental health care for our patients and transform two of our inpatient units in St. Paul to be a new, all-encompassing mental health program.

Providers at our hospitals routinely refer patients to other emergency departments for mental health care in order to expedite access to psychiatry care. With a Children's Minnesota inpatient psychiatry program on-site, we will improve access, build upon a deep commitment to provide equitable treatment for all, create efficient processes for providers and staff, and optimize care for kids who need it most.

The new spaces will transform the mental health care experience at Children's Minnesota. They will be welcoming and specially designed to meet the unique needs of pediatric mental health patients and their families. The build out will include:

- 22 new inpatient rooms
- Open and flexible gathering spaces
- Outdoor area
- Maximization of natural light