

## Adult Mental Health Initiatives

Adult Mental Health Initiatives (AMHI) are regional organizations that oversee adult mental health services and funding to counties and tribal governments in their area. The AMHIs serve as a mechanism for regional collaboration to build effective community-based mental health services across Minnesota.

### Background

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With the closure of Regional Treatment Centers in the early 1990s, counties were encouraged to develop partnerships with neighboring counties to plan for and develop acute care and community-based mental health treatment for those who had been served by the state hospital.

In 1996 legislation created regional partnerships to pilot innovative projects. Over time, this

resulted in 19 AMHIs. Each region ranges in size from single large metro counties, to the White Earth Nation, to regions encompassing up to 18 counties in greater Minnesota.

The AMHIs continue to monitor, evaluate and reconfigure their service models while, at the same time, each county retains its role as the local mental health authority.

### How AMHIs work

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The service delivery and administrative design is unique to each AMHI. This approach has allowed small or sparsely populated counties to develop services they would not have the capacity to otherwise. Cross county collaboration also generates creativity in service planning and increased community based services.

The AMHI structure and funding were designed to give regions flexibility to respond to their unique needs and circumstances. The flexibility of the AMHIs has led to a wide range of participants, organizational structures, funding and operating practices.

For example, some regions choose to hire coordinators to help with the administrative,

reporting and fiscal work associated with the grants, while others use existing county staff do this work.

While each AMHI is strongly encouraged to incorporate new evidence-based and research informed practices into their service delivery system, stagnant and reduced funding over the years has made this a challenge. When the initial legislation passed, AMHIs were considered pilot projects to provide alternatives or enhance coordination of mental health services. While this has happened to some extent across the regions, many of these dollars have become part of the base funding for a region's mental health delivery services.

## Mission and principles

AMHIs are dedicated to improving the mental health of their community through intentional planning and partnerships across a region, grounded in the following principles:

- Lived experience with mental illness guides the governance and services
- Brings together people with lived experience, providers, counties, tribes, MCOs and DHS to fully utilize all available resources to meet regional needs.
- Develops and provides an array of person centered services that builds on personal and cultural strengths.
- Utilizes a data driven model to evaluate the impact of services on health outcomes.
- Assures access, early intervention, coordination, and application of resources through creative partnerships.

**AMHIs work to:**

### 1. Support

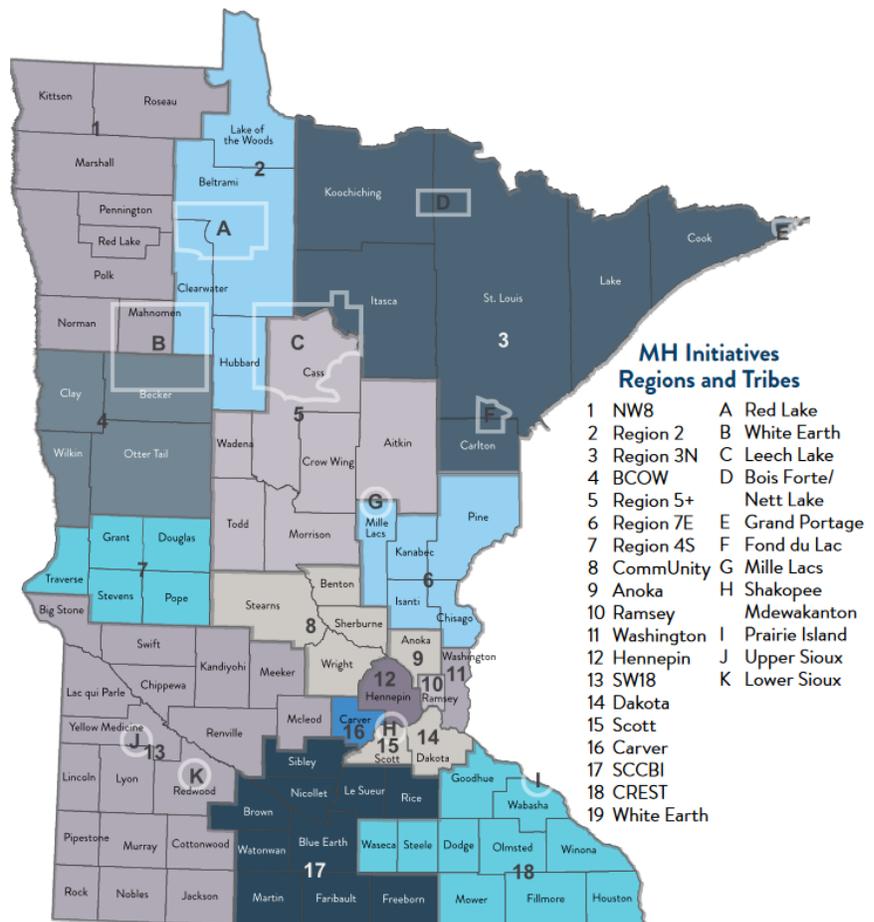
collaboration around mental health services, and

### 2. Promote

innovation in the delivery of services

## Examples of AMHI services

- Increasing and improving cultural competence, accessible services and better service coordination
- Community education to educate and support citizens and key stakeholders, such as health service providers, law enforcement and court personnel
- Alternative intensive case management models, including Assertive Community Treatment (ACT) teams
- Housing with support options
- Protected transport service for those in crisis
- Prevention programs
- Mental health courts
- Jail diversion programs



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