

A Growing Need:

Rural communities within MN are in desperate need of treatment services (this appears to be a well-known truth). The need for treatment, recovery, and related mental health services has grown exponentially the past several years, throughout the pandemic:

- Overdose deaths in MN grew 22% from the prior year, as 1,286 Minnesotans died from drug overdoses. Most of those deaths were associated with fentanyl.
- An August 2022 study published by the Center for Disease Control (CDC) showed over 40% of U.S. adults reported struggling with mental health challenges or substance use. The study also showed that almost 11% of respondents had seriously considered suicide in the 30 days prior to survey completion, and the number was significantly higher among 18-24 year-olds (over 25%).
- While these numbers are shocking, they may also be underreported. A recent Journal of the American Medical Association (JAMA) study suggests that the prevalence of depression symptoms in adults has increased three-fold since the pandemic started.

Treatment Hope for all Minnesotans:

MN Adult & Teen Challenge is on a mission to bring hope within reach of every Minnesotan. We are focused on expanding services at Wellcome Manor in Blue Earth County and continuing to serve the surrounding counties while having a statewide impact. Wellcome Manor was purchased by MNTC last February after the previous owners sought to retire, so the incredible work helping women through their addiction could continue. This facility is special because it has the ability to accommodate women with children ages 0-5, who are often the driving factor for their mother's sobriety.

We are asking for Blue Earth county to be able to negotiate a higher housing support rate for 20 beds at Wellcome Manor, of up to \$750 per month, to be able to support long-term residential treatment.

In addition to bringing needed services into rural communities, we know that proximity to treatment centers impacts:

- One's access and willingness to get needed care.
- Family support for a loved one in need – i.e. client outcomes benefit from supportive visits from spouses, children, family, etc.
- Transportation costs to/from a treatment center.
- Rural programs are often more difficult for the provider to recruit, hire, and retain trained staff.



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