

### Behavioral health: Improving access for children and adults

New investments will address widening gaps in Minnesota’s behavioral health continuum of care. The need for mental health and substance use disorder services for all ages – including school-age children, young adults and adults – had been increasing even before COVID-19, and has only grown since. The pandemic particularly disrupted life for young people, derailing activities that support healthy development and subjecting them to social isolation, grief and loss of routines. Depression, suicide, eating disorders and anxiety have been on the rise, with hospitals reporting more emergency department visits and hospital stays for children and adolescents experiencing behavioral health crises.

#### Proposals

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To improve access to behavioral health care, Governor Walz’s budget includes the following proposals:

- **Adding inpatient psychiatric beds for children:** Funding will support more beds in children’s inpatient mental health and psychiatric residential treatment facilities. A new grant program will help hospitals and mental health providers increase acute psychiatric care for children by building new facilities or maintaining or expanding existing facilities. *FY2023: \$10.3 million; FY 2024-25: \$15.6 million*
- **Increasing mobile crisis grants:** Continued funding will permanently strengthen Minnesota’s mobile crisis infrastructure and help improve access to crisis services. The expanded funding approved by the 2021 Legislature ends in April 2024. The Governor’s proposal will extend this funding on an ongoing basis. *FY 2024-25: \$20.4 million*
- **Expanding Intensive Treatment in Foster Care:** Expanded eligibility will include children who are living with their families in the community and at risk of out-of-home placement. Services include therapy, family psychoeducation, clinical care consultation, crisis assistance and coordination with all providers involved with the family. This change promotes family preservation and better access to early, intensive services. *FY2023: \$372,000; FY 2024-25: \$12.8 million*
- **Expanding two programs that address homelessness:** Expanding Housing Support for Adults with Serious Mental Illness and the Projects for Assistance in Transition from Homelessness (PATH) programs will open eligibility to people with substance use disorders. The programs provide supportive services for people with serious mental illness who are homeless, long-term homeless, or exiting institutions, and who have complex needs and face high barriers to obtaining and maintaining housing. Services help them transition to and sustain permanent supportive housing. *FY2023: \$8.1 million; FY 2024-25: \$16.2 million*
- **Investing in psychosis and mood disorder programs:** Adding another provider site to the First Episode Psychosis program will improve access across the state. Developing an Emerging Mood Disorder program based on evidence-informed interventions will support youth and young adults at risk of

developing a mood disorder or experiencing an emerging mood disorder. *FY2023: \$2 million; FY 2024-25: \$4 million*

- **Extending the Transition to Community initiative:** Continuing increased funding for this initiative helps people exiting behavioral health facilities to transition successfully back into their communities, and supports those receiving disability waiver services to move from provider-controlled settings into homes of their own. *FY2024-25: \$20.4 million*
- **Increasing support for psychiatric residential treatment facilities:** Additional start-up grants will become available for psychiatric residential treatment facilities. Providers can use the funding to address emergency workforce shortages with higher pay for workers, hiring and retention bonuses and culturally responsive workforce recruitment. *FY2023: \$954,000; FY 2024-25: \$1.9 million*
- **Transitioning to direct access for substance use disorder treatment services:** This proposal will finalize Minnesota’s transition to a direct access model, allowing people to choose where they receive substance use disorder care instead of being “placed” into a specific program that they did not have the ability to select. These changes will improve access to high-quality substance use disorder services. *FY2023: \$543,000; FY 2024-25: \$1.4 million*
- **Expanding mobile transition teams for people with behavioral health concerns:** New teams will focus on people in emergency departments and inpatient hospital settings who no longer need hospital-level care. The teams will help them transition to a lower level of care, such as psychiatric residential treatment facilities, group homes or foster homes. Person-centered discharge planning will be strengthened for people exiting behavioral health facilities and hospital settings. *FY2023: \$540,000; FY 2024-25: \$1.4 million*
- **Increasing the adult day treatment rate:** A 50% rate increase for this community-based mental health program will help ensure that providers can continue to support individuals living in the community. The goal is to serve people with diagnosed mental illnesses and provide skills training that helps them live more independently. *FY2023: \$261,000; FY 2024-25: \$1.4 million*
- **Reforming non-tribal Opioid Treatment Program rates:** Aligning these rates to comply with state and federal Medicaid regulations supports the full array of mental health and substance use disorder services that are shown to improve outcomes in opioid use disorders. The current state of the opioid crisis is alarming. Implementing rate structures that incentivize evidence-based practices will improve outcomes for children, families and communities of color. *FY2023: \$472,000; FY 2024-25: \$251,000*
- **Revising the Opiate Epidemic Response Advisory Council:** Changing the composition of this council will address the opioid crisis by ensuring that the right voices are at the table. Extending funding for prevention and traditional healing grants targets resources to communities disproportionately impacted by the crisis. This proposal also provides funding for measuring outcomes to identify promising practices that could be replicated statewide. *FY2023: \$551,000; FY 2024-25: \$3.2 million*
- **Culturally responsive grants for communities disproportionately impacted by the opioid crisis:** New funding will support American Indian, Indigenous and other communities that have been disproportionately impacted by opiate use disorders. Grantees will use traditional healing practices and other culturally relevant supports to prevent and curb opiate use disorders through housing, treatment, education, aftercare and other activities. *FY2023: \$2.1 million; FY 2024-25: \$2.1 million*

## Related information

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Governor's 2022 Revised Supplemental Budget Recommendations:

- [Retaining and Expanding Children's Inpatient Psychiatric and Psychiatric Residential Treatment Facility \(PRTF\) Beds](#)
- [Substance Use Disorder Direct Access Implementation & 1115 Demonstration Compliance](#)
- [Improved Access to Children's Mental Health Services](#)
- [Reducing Disparities and Healing Communities: Statewide Investments to Address the Opiate Epidemic](#)