

Mobile Crisis Newsletter

September
2025 Issue

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Program Highlights

Mental Health in Motion: Washington County's mobile outreach van hits the road

Washington County's "Mental Health in Motion" program is redefining accessibility by delivering resources and access directly to the community. Funded through the HCBS-FMAP grant dollars, the County purchased and customized a high-ceiling F250 van to support this "Mental Health in Motion" outreach effort.

This innovative program meets people where they are, bringing mental health, substance use and social services to libraries, parks, food banks and community events. With a casual outdoor space and private meeting area/workspace inside, the van offers a confidential, welcoming environment for those seeking information and support.



The "Mental Health in Motion" outreach program offers on-the-spot resources, guidance and referrals. Services include mental health and substance use information, Crisis Response Unit information, referrals to treatment, housing and food support and help navigating complex systems. By normalizing mental health conversations and eliminating barriers, the program ensures support is within reach, especially for underserved populations who might not access traditional services.

The program was launched during Mental Health Awareness Month in May. In its first month, the van participated in 16 outreach events, reaching 471 individuals (278 adults and 193 children). These numbers represent more than just attendance; they reflect the power of community presence: opening conversations, building trust and helping individuals take meaningful first steps toward mental health and substance use care.

Mental Health in Motion represents Washington County's commitment to equity, dignity and innovation in service delivery. By bringing compassion and connection directly into the community, the van helps break down barriers and open doors to recovery—one stop at a time.

Meet the New Staff and Team Members

We're excited to share some team updates and introduce new members and evolving roles that continue to strengthen our programs and partnerships!

New Interim Supervisor

We're pleased to announce that **Jenna Beeson-Brevig** has stepped into the role of **Interim Supervisor**. Jenna previously served as the **Lead** on our team, where she provided thoughtful guidance and support to staff and partners. Her collaborative approach, deep program knowledge and steady leadership will continue to benefit our work in this new capacity. We're grateful for her continued service and leadership during this transition.

New Grant Manager for Tribal Grants

Please join us in welcoming **Judy Simpson**, who has joined our team as a **Grant Manager**, focusing on tribal grants. Judy brings deep experience in grant administration and a strong history of working alongside tribal communities to support culturally grounded, community-led programs. We're thrilled to have her on board and look forward to the impact of her leadership in this space.

Mobile Crisis Grant Manager Team members: Key roles and expertise

We are proud to highlight the important work being led through our **Mobile Crisis Team**, including key partnerships and coordination efforts:

Carrie Davies supports the Mobile Crisis Team in the following areas:

- Oversees the State Grant, ensuring resources are distributed effectively to support crisis services statewide.
- Manages the Solutions Behavioral Healthcare Professionals Grant, which provides specialized case consultation for individuals with intellectual/developmental disabilities (IDD), traumatic brain injury (TBI), Autism Spectrum Disorder (ASD), and co-occurring mental health disorders.

Michael Derhaag supports the Mobile Crisis Team by managing the Mental Health Block Grant 5% set-aside, which is designated for start-up funds for fiscal hosts that have experienced a change in geographic region, helping to maintain and expand crisis response services.

Sherray Greene supports the Mobile Crisis Team in the following areas:

- Oversees the State Grant, ensuring resources are distributed effectively to support crisis services statewide.
- Manages the coordination of the Mental Health Mobile Crisis Provider Training Grant, handling logistics for training opportunities for mental health crisis providers across the State of Minnesota.

Kayla Shappell supports the Mobile Crisis Team in the following areas:

- Manages the Mankato Behavioral Health Center Grant in its efforts to establish a rural community behavioral health center and training clinic, helping expand access to care in underserved areas.
- Manages the Ramsey County Urgent Care Grant, which serves as the mental health urgency rooms and first contact resource for youths under age 26 experiencing a mental health crisis.

Judy Simpson supports the Mobile Crisis Team in the following areas:

- Oversees the State Grant, ensuring resources are distributed effectively to support crisis services statewide.
- Co-manages the Transformation Training Initiative Grant, which delivers specialized, in-depth training on specific populations served by both mobile crisis and 988 providers across Minnesota.

Melissa Vostad supports the Mobile Crisis Team in the following areas:

- Oversees the State Grant, ensuring resources are distributed effectively to support crisis services statewide.
- Co-manages the Transformation Training Initiative Grant, which delivers specialized, in-depth training on specific populations served by both mobile crisis and 988 providers across Minnesota.



Upcoming Virtual Site Visits: What to Expect

As part of our ongoing commitment to partnership, accountability and continuous improvement, our grant managers will soon be reaching out to schedule **virtual site visits with our** fiscal hosts. These visits are a standard part of our grant management process and provide you with an opportunity to connect more deeply about your program's progress and needs.

What is a Virtual Site Visit?

A virtual site visit is a one-hour conversation held over a video conferencing platform. It is designed to be a collaborative, supportive dialogue— not an audit.

The goal is to learn more about your program's successes and challenges, and to discuss how grant funds are being used to support your work.

What Will Be Covered?

During the visit, we'll focus on several key areas:

- **Program successes and challenges:** What's working well? What obstacles are you facing?
- **Staffing:** Updates on team members supporting the work
- **Deliverables and evaluation:** Progress toward goals and how you're measuring impact
- **Equity and inclusion:** How your program is addressing these priorities

- **Budget and spending:** How funds are being allocated and any budget considerations
- **Sustainability:** Planning for the future and long-term program impact



We view this as a chance to listen, learn and support your continued success. Your insights will help us better understand the real-world context of your work and explore how we can be most helpful to support your team.


Next Steps


Grant managers will begin reaching out shortly to schedule your visit. We appreciate your time and openness, and we look forward to the conversations ahead.

Upcoming Events

September is Suicide Prevention Awareness Month—a time to come together to raise awareness, foster hope and connect communities to support.

 **2025 Shout Out Loud Suicide Prevention Wellness Carnival** 
6th Annual Event – Free & Family Friendly!

 **Date & Time**
Saturday, September 27, 2025
11 a.m. – 3 p.m. (CDT)

 **Location**
St. Louis Park Rec Center
3700 Monterey Drive
St. Louis Park, MN 55416

 *Free venue parking available*

 **ALL AGES WELCOME!**



Comparative Data Analysis: Mobile Crisis Trends (2023 vs 2024)

Summary: Mobile Crisis Utilization Trends (2023 vs 2024)

Overview:

This summary provides a comparative analysis of mobile crisis utilization data from 2023 and 2024, focusing on age, gender and primary reasons for intervention. The findings highlight significant trends that can inform service delivery improvements and training opportunities for mobile crisis teams.

Key Findings:

1. Age Demographics:

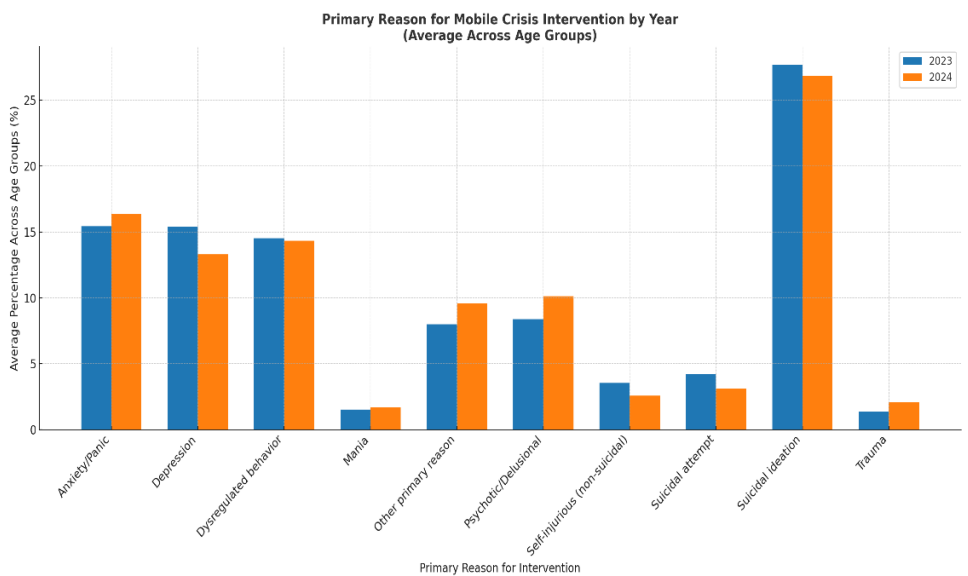
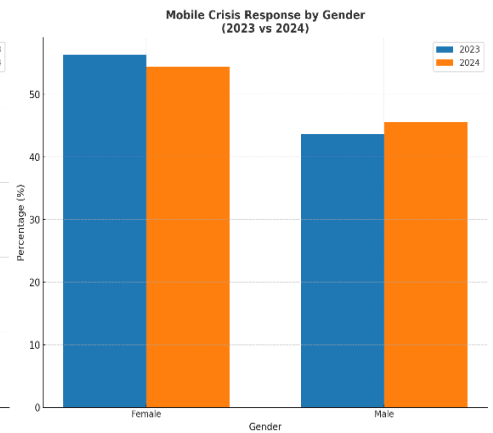
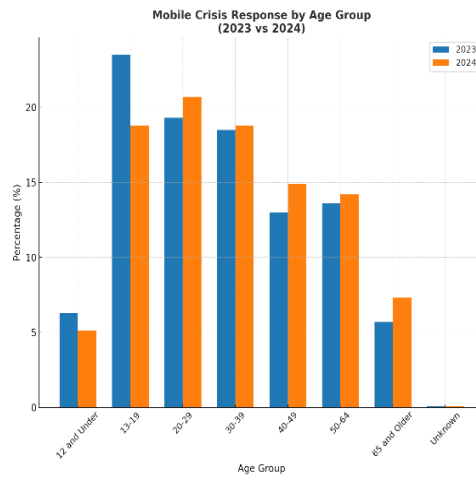
- **Adolescents (13–19):** Declined from 23.5% in 2023 to 18.8% in 2024, possibly indicating barriers to access or reduced engagement
- **Young Adults (20–29):** Increased from 19.3% to 20.7%, highlighting a growing need for early adulthood mental health support
- **Older Adults (65+):** Utilization increased from 5.7% to 7.3%, suggesting growing awareness or unmet needs among elders

2. Gender Distribution:

- **Female callers** remained the majority in both years (56.3% in 2023; 54.4% in 2024)
- **Male callers** increased slightly (43.7% to 45.6%), indicating reduced stigma or improved outreach

3. Primary Reasons for Intervention:

- **Top concerns in both years:** Suicidal ideation, anxiety/panic, depression and dysregulated behavior
- **Suicidal ideation** increased slightly (25% to 26%), continuing as the most common concern
- **Psychotic/delusional episodes** and **trauma** also showed modest increases, suggesting a shift toward more complex clinical presentations



Implications for Service Delivery:

- Enhance adolescent outreach through school partnerships and youth-targeted messaging
- Expand elder care mental health response by partnering with primary care and long-term care facilities
- Increase young adult-specific supports focusing on transitions, substance use and identity development

Training Opportunities for Mobile Crisis Teams:

- **Suicide prevention:** Refresher on tools like C-SSRS or suicide intervention training like ASIST (Applied Suicide Intervention Skills Training)
- **Trauma-informed care:** Training in trauma-informed care with a focus on strategies for grounding techniques, emotional stabilization and trauma-responsive screening practices
- **Age-specific approaches:** Recommended training enhance culturally responsive communication and developmentally appropriate de-escalation techniques tailored to the specific needs of youth, adults and elders
- **Cultural humility:** Incorporate training for responding to the unique needs of diverse populations



Reminder: 2025 Crisis Grant funds must be spent by year-end

This is a friendly reminder that **2025 Crisis Grant funds must be fully expended by December 31, 2025.**

Any unspent funds after this date **will not carry over into calendar year 2026.**

The terms of payment will remain consistent with your current contract.

As outlined in an email to ensure timely and full use of your awarded funds, we encourage you to take the following steps:

1. **Review your current expenditure rate** and your remaining balance.
2. **Develop a spending plan** to ensure all allocated funds are utilized by the end of the calendar year.

Contact your DHS contract manager now if you anticipate any challenges in

meeting the spending deadline. If you determine that a budget adjustment is necessary to fully expend your funds, please reach out to your grant manager immediately to discuss whether a budget revision request or contract amendment is the appropriate next step.

Staying proactive now will help ensure you make the most of your 2025 grant award and continue supporting high-quality crisis services across your community.

there is one key update to be aware of: the financial data from your current contract will be transferred into the new budget template.

As part of this process, any amendments will also need to be made within the new format. This ensures that all future contracts and amendments are aligned with BHA's current standards.

Next Steps

When preparing your amendment:

- You do not need to revise your existing budget categories
- Be prepared to review and update your financial information within the new template
- Collaborate with your contract manager if you need guidance during the transition

We appreciate your cooperation as we implement this updated system. The goal is to enhance clarity, accuracy and efficiency for both providers and BHA administrative teams.


For questions or assistance with the new budget template, please reach out to your assigned grant manager.

New budget template: What mobile crisis providers need to know

The Behavioral Health Administration (BHA) has officially rolled out a new standardized budget template that will now be used for all new contracts and contract amendments. This change aims to streamline budget submissions and ensure consistency across all provider agreements.

What This Means for Mobile Crisis Providers

If you are a mobile crisis provider planning to submit a contract amendment, it's important to note that your budget categories will remain the same. However,




Whether you're a provider, mandated reporter, or community partner, staying connected with the right resources is critical when addressing mental health crises and related services.

Here is a comprehensive guide to essential contact information for the Minnesota Department of Human Services (DHS) teams and systems supporting crisis response efforts.


Contact Information

Change Coordination and Education Team (formerly Minnesota Health Care Programs (MHCP))

For general inquiries:

 dhs.healthcare-providers@state.mn.us

For private or sensitive inquiries:

 651-431-2700 or 800-366-5411


Foundant Technologies


For questions about quarterly progress reports or mobile crisis related applications, contact DHS Mobile Crisis Unit.

 dhs.cmhcrisis@state.mn.us

Mental Health Information System (MHIS)


MHIS manages client data, including crisis situations, and offers tools for tracking and reporting crisis data.

 dhs.amhis@state.mn.us (For reporting requirements or issues)

 651-431-2700 or 800-366-5411 (For access, password resets or user profile updates)

Minnesota Adult Abuse Reporting Center (MAARC)

Mandated reporters must report suspected maltreatment of a vulnerable adults immediately (within 24 hours).

 844-880-1574

Minnesota Department of Human Services –Adult Residential Crisis Stabilization (RCS)

RCS provides 24/7 short-term support for adults in mental health crisis to safely return home with needed services.

 dhs.adultmhact_irts@state.mn.us

Minnesota Department of Human Services – Mobile Crisis Unit

 dhs.cmhcrisis@state.mn.us

Minnesota Department of Human Services – TrainLink

TrainLink offers DHS partners and providers access to the department's learning system and online training modules.

 bhtraining.dhs@state.mn.us



As the back-to-school season and the holidays approach, it's important to remind the community, especially frontline workers, about available resources to support individuals and families facing increased stress or mental health challenges.






Suicidal Behavior Resources SAMHSA

Equip your teams with suicidal behavior resources, articles, print material, education and intervention strategies for mental health providers, mobile crisis responders, family members, parents and guardians and community members on the SAMHSA [website](#).

Celebrating Suicide Prevention Month: Empowerment Through Education and Action

September marks Suicide Prevention Month in Minnesota: a time to elevate conversations, spread hope and equip communities with tools to support mental well-being and prevent suicide. It's more than an observance: it's an invitation to show up with empathy, knowledge and action.

This year's Minnesota Department of Health training opportunities offer a powerful lineup of virtual sessions designed to engage professionals, allies and advocates in deep, meaningful learning. Whether you're working directly in mental health services, supporting youth in education, engaging in community coalitions or simply want to be a better resource to those around you, these sessions provide valuable insights and practical tools.

-  Learn how the **988 Lifeline System** is reshaping crisis response across Minnesota.
-  Discover best practices for supporting **LGBTQ youth** and fostering affirming environments.
-  Gain strategies for **coalition building, clinician support** and **postvention outreach**.
-  Understand how limiting access to lethal means through **CALM trainings** can save lives.
-  Examine the effects of **adultification and criminalization** on Black youths' mental health.

Date	Time	Session Title/Registration Link
Sept 17 (Wed)	12 – 1 p.m.	Understanding 988 Lifeline System in Minnesota
Sept 23 (Tue)	9 a.m. – 12 p.m.	Counseling on Access to Lethal Means (CALM) - Suicide Prevention Awareness Month Session
Sept 24 (Wed)	12 p.m. – 1 p.m.	Local Outreach to Suicide Survivors (LOSS) Team Model
Sept 26 (Fri)	12 p.m. – 1 p.m.	Clinician Postvention Support - September 26
Sept 29 (Mon)	12 p.m. – 1 p.m.	Coalition Building and Community Collaboration for Suicide Prevention
Sept 30 (Tue)	12 p.m. – 1 p.m.	Counseling on Access to Lethal Means (CALM) Training-of-Trainers
Oct 21 (Tue)	10 a.m. – 12 p.m.	Connect, Accept, Respond, Empower (CARE): How to Support LGBTQ people and foster mental health