

East Metro Mental Health Roundtable: Community Metrics

Key Findings from January through June 2019 Summary Statistics

The East Metro Mental Health Roundtable is a collaboration of various entities that address mental health care in the Twin Cities east metro. To assess the Roundtable's efforts to reduce barriers to patient flow between hospitals and community services, better match resources to needs, and reduce gaps in the continuum of care, the Measurement Committee of the Roundtable identified key community metrics to track. Key findings from January through June 2019 metrics are presented below, along with promising new developments in the east metro mental health system. All metrics and findings can be found in the full Community Metrics report.

Promising system changes:

- Collaborative initiatives between law enforcement and social services agencies will likely improve interactions between individuals and police officers, better meet the needs of individuals served, reduce emergency department visits, and reduce the burden on police officers and law enforcement resources.
- The decrease in emergency department wait times is likely due to increased inpatient bed availability and concentrated efforts to reduce wait times in east metro hospitals.
- Established in 2018, the East Metro Crisis Alliance, Regions Hospital, and M Health Fairview system were instrumental in creating the Mobile SUDS Team. This new service will likely reduce emergency department visits, reduce gaps in care, and better meet the needs of the individuals served.
- In October 2019, Catholic Charities opened their Opportunity Center in St. Paul. This new facility provides housing and a variety of support services, including mental, physical, and behavioral health care. These services, offered in partnership with other organizations will more effectively meet the needs of individuals experiencing homelessness.

Key findings from report:

- **Two new collaborations between law enforcement and social services responded to more than 800 incidents involving adults with mental health needs in the first two quarters of 2019.** Other agencies in the east metro are developing similar initiatives, including the Cottage Grove and Woodbury Police Departments.
- **Emergency department wait times have decreased after years of steady increases.** The average wait times for behavioral health patients in the emergency department increased steadily from 2013 through 2016. However, the average wait time at Regions started to decrease in 2017 and the median wait time at United started to decrease in 2018.

- **The Mobile Substance Use Disorder Stabilization (SUDS) Team served 322 individuals from the east metro in the first six months of 2019, according to the Mobile SUDS website.** Most of these referrals came from hospital emergency departments (48%) or medical departments (42%). Based on the Mobile SUDS website, the services have been associated with a decrease in emergency department visits and hospitalizations by participants, particularly substance use related emergency department visits and hospitalizations. Services are provided by Minnesota Recovery Connection and M Health Fairview and funded by a contribution from the Bentson Foundation through the Regions Hospital Foundation.
- **The number of opioid related deaths and non-fatal overdoses in the east metro have increased over time.** Opioid-related fatalities in the east metro have increased by 51% between 2014 and 2017, from 58 to 88. In addition, non-fatal opioid-involved overdoses have increased from the first quarter of 2018 through the first quarter of 2019. Despite these increases, individuals are still more likely to identify alcohol or methamphetamine as their primary substance of abuse.

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For more information

This summary presents highlights of the *East Metro Mental Health Roundtable: Community Metrics* January through June 2019 Summary Statistics. For more information about this report, contact Kristin Dillon at Wilder Research, 651-280-2656.

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