

Poor mental health is taking its toll on families right here in our community. But we're not alone. We face the same challenges as other providers throughout the state and nation. Mental health resources are strained, and lack of access to mental health care has reached a crisis level.

As a community health provider, Ridgeview is committed to offering the care our community needs. Therefore, we are fundraising to create a robust mental health program as our next Cause for the Community campaign focus. We are asking for your help.

## Current state of mental health care

From adolescents to older adults, Ridgeview treated roughly 6,500 patients with mental health encounters in 2022. That's approximately 17 patients a day, who came to Ridgeview through our Emergency Departments, clinics and hospital campuses. These patients are looking for solutions for:

- Anxiety and panic
- Bipolar disorder
- Depression
- Mood disorders
- Schizophrenia
- Suicidal thoughts or intentional self-harm
- Psychosis
- Disruptive behavioral disorders

We do all we can to keep patients safe and stabilize their condition until we can coordinate further mental health care, but we could do so much more.

## The future of mental health care at Ridgeview

We are partnering with experts from the area to meet our community's mental health needs by building a multi faceted program right here at Ridgeview. This will provide our patients with enhanced access to comprehensive mental health and addiction care close to home.

## Mental health care in Minnesota

**4<sup>th</sup>**

Minnesota's rank in the list of most depressed states in the United States

**37%**

Percentage of Minnesota adults who reported symptoms of anxiety and/or depressive disorder in 2021. Of these, more than 16% were unable to receive needed counseling or therapy.

**25%**

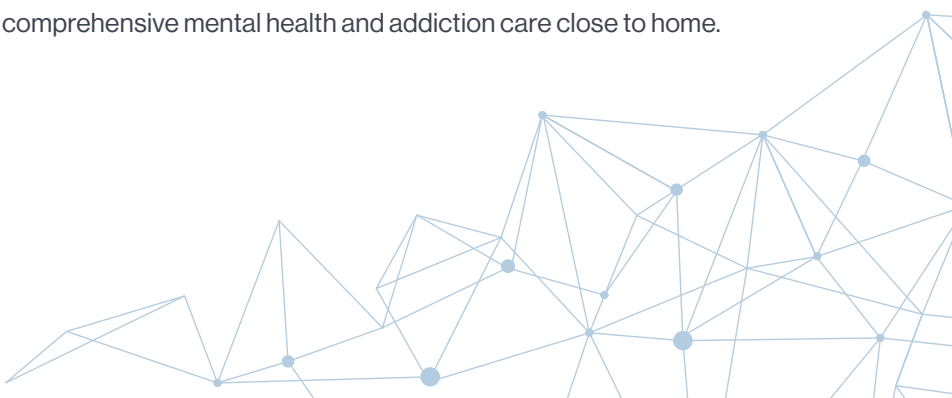
Percentage of Minnesota adults who live with mental illness.

**3,864**

Estimated adults in Carver County who need mental health services.

**1,784,012**

Number of people in Minnesota who live in a community that doesn't have enough mental health professionals.



## Our vision includes:

- **Specialized crisis management and telepsychiatry consultation (Emergency Department):** Allows us to evaluate patients remotely, making psychiatric services more accessible to patients in rural areas.
- **Inpatient consultation:** Provides diagnostic assessments, evaluation of risk, and active management of acute and chronic mental health conditions. Care coordination assists with development and management of patient treatment plans.
- **Hospital-based clinic:** Outpatient care where we can focus on patients experiencing psychosis, bipolar disorder, major depressive disorder, and other severe and persistent mental illness (SPMI) diagnoses. Services include psychiatric medication management, individual and group therapy, injection medication administration and more.
- **Day treatment/intensive outpatient care:** Serves patients with recurring mental health conditions or patients stepping down from partial hospitalization. Provides psychotherapy groups, education and activity groups 3 days per week.
- **Partial hospitalization:** Highest level of outpatient services that includes psychotherapy groups, education groups, activity groups, and nursing and psychiatric care 5 days per week. Acts as an alternative to hospitalization.
- **Addiction intensive outpatient program:** Intensive substance use treatment program that includes group and individual counseling sessions.



*Data and our daily patient mix shows that there is a need for more access to mental health services. As a health care provider, we have a responsibility to invest in solutions that meet the needs for today and future generations. That's why we're developing a robust and comprehensive approach to mental health care.*

– **Michael Phelps**, President & CEO



*Compassion drives us to do more for our mental health patients. We're committed to caring for these patients before, during and after an emergent need arises. An evidence-based coordination of care is essential to meet the mental health needs of our community.*

– **Elaine Arion, DNP, MSN, RN**, Vice President, Patient Care Services and CNO



Let's do **more**, together.

**Learn how you can make a difference.**

[causeforthecommunity.org](http://causeforthecommunity.org) | 952-442-6010



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