



HealthPartners®

Park Nicollet[®] Methodist Hospital

Community Health Needs Assessment and
Implementation Plan

November 2015



Park Nicollet Methodist Hospital Community Health Needs Assessment Overview

Park Nicollet Methodist Hospital collaborated with five other hospitals in the HealthPartners system and contracted with Community Hospital Consulting to determine the greatest health needs in the communities they serve. These hospitals serve similar communities and have overlapping study areas.

The HealthPartners study area is defined as Dakota, Hennepin, Ramsey, Scott and Washington Counties in Minnesota and Polk and St. Croix Counties in Wisconsin. Park Nicollet Methodist Hospital's specific study area is defined as:

- Hennepin County
- Dakota County
- Scott County

Some data elements regarding all seven counties in the system's study area are included in this Park Nicollet Methodist Hospital report for comparison and are also provided as an opportunity for the hospitals to work together to meet the needs identified in the overlapping counties.

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Section 1

Community Health Needs Assessment

Executive Summary

A review of the CHNA process and rationales for the identified health needs



Executive Summary

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for HealthPartners and its hospitals (Regions Hospital, Lakeview Hospital, Hudson Hospital & Clinic, Westfields Hospital, Amery Hospital & Clinic and Park Nicollet Methodist Hospital) by Community Hospital Consulting. This individual CHNA report utilizes relevant health data and stakeholder input to identify significant community health needs in Dakota, Hennepin and Scott Counties, the defined study area for Park Nicollet Methodist Hospital. Data from the study areas of the other hospitals (Washington County in Minnesota and Polk and St. Croix Counties in Wisconsin) are included in some sections for comparison purposes.

The CHNA Team, consisting of leadership from HealthPartners and its hospitals, met with staff from Community Hospital Consulting on August 24, 2015 to review the research findings and prioritize the community health needs common to each hospital’s study area. Four significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input. The CHNA Team participated in a roundtable discussion to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospitals’ capacity to address the need. Once this prioritization process was complete, the health system and hospital leadership discussed the results and decided to address all of the prioritized needs in various capacities through hospital-specific implementation plans.

The prioritized needs are listed below:

- 1. Mental and Behavioral Health**
- 2. Access and Affordability of Healthcare**
- 3. Chronic Disease and Illness Prevention**
- 4. Equitable Care**

HealthPartners and hospital leadership developed the following principle to guide this work: **Through collaboration, engagement and partnership with our communities, we will address these priorities with a specific focus on health equity in special populations.** With the growing population of people over age 65, Park Nicollet Health Services identified seniors as one of these special populations for increased focus through Park Nicollet Foundation, its philanthropic arm.

To maximize the impact of actions it takes to address the priority needs, Park Nicollet Methodist Hospital will draw on the broader resources of Park Nicollet Health Services, including its clinics and Park Nicollet Foundation, in its Implementation Plan.



Priority #1: Mental and Behavioral Health

- Health data findings suggest that the Twin Cities have higher rates of psychiatric hospital admissions than Minnesota. Furthermore, data indicate that counties in Park Nicollet Methodist Hospital's study area have varying ratios of mental health providers to residents.
 - Dakota County – 807:1
 - Hennepin County – 332:1
 - Scott County – 1,345:1
 - Minnesota – 529:1
- According to the Minnesota Student Survey (2013), a higher percentage of female 9th graders, compared to male 9th graders, report having a long-term mental health, behavioral health or emotional problem. Dakota County has the highest percent in the study area.
- CHIP Survey and CHIP Forum findings from the 2012-2015 Community Health Improvement Plan for Hennepin County Residents indicate that social and community connectedness, as well as engagement, are critical characteristics of a healthy community. Hennepin County's CHIP also identified social and emotional wellbeing as a top health priority, with a goal to increase community and social connectedness.
- Scott County identified mental health as one of its health priorities in the Scott County Community Health Improvement Plan 2015-2019.
- Dakota County identified mental illness and promoting mental health as two of its top health priorities in the Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment. According to the report, the rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care in Dakota County increased by 20 percent from 2008 - 2012. The rate is highest for 15-24 year olds, and females have a higher rate than males.
- According to the 2014-2018 Dakota County Community Health Improvement Plan, more than one-quarter of Dakota County students said they had significant problems with feeling very trapped, lonely, sad, blue, depressed or hopeless about the future. Suicide was the leading cause of death among 15 – 24 year-olds in 2012.
- In its 2014 Advancing Health Equity in Minnesota Report to the Legislature, the Minnesota Department of Health reported that 11.9% of White 9th graders in Minnesota thought about killing themselves during 2013. That figure increased to 15.2% for Black or African American, 17.3% for Hispanic and 20.4% for American Indian students.

Priority #2: Access and Affordability of Healthcare

- While Scott County has the highest median household income in the study area (approximately \$85,000), Hennepin County's median household income is more than \$20,000 less (approximately \$64,000). In addition, 12.2% of overall residents and 15.3% of children in Hennepin County are living in poverty (2013).
- While 9.5% of residents under age 65 do not have health insurance in Minnesota (2013), 10.2% of residents under age 65 do not have health insurance in Hennepin County. This compares to 7.7% in Dakota County and 7.7% in Scott County.
- Access to affordable quality health care was identified as a high priority in CHIP Survey findings from the 2012-2015 Community Health Improvement Plan for Hennepin County Residents.
- Dakota County identified access to healthcare as a top health priority in the Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment.



Priority #3: Chronic Disease and Illness Prevention

- Cancer and heart disease are the first and second leading causes of death in Dakota, Hennepin, and Scott Counties, as well as Minnesota (2009-2013). Scott County also has a higher incidence rate of lung and bronchus cancer, while Dakota County has a higher incidence rate of female breast cancer than Minnesota (2007-2011).
- Obesity and diabetes are also concerns in the study area counties and across the state. Scott County has a slightly higher diabetes mortality rate than Minnesota (2009-2013). Hennepin County has increasing adult obesity trends, and Dakota County has a slightly higher percentage of overweight adults than 2011-2012 national rates.
- Scott County identified chronic disease prevention through healthy eating and physical activity as one of its three final health priorities in the Scott County Community Health Improvement Plan 2015-2019. Less than 35% of Scott County 5th, 9th, and 11th grade students are getting the recommended number of servings of vegetables per day; less than 40% are getting the recommended number of servings of fruit per day.
- Dakota County identified preventing and managing chronic conditions as one of its top health priorities in the Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment. The assessment also identified physical activity and eating habits and obesity as overall health priorities in Dakota County. Nineteen percent of Dakota county 8th graders, 20% of 9th graders and 20.5% of 11th graders were overweight or obese in 2013.
- Hennepin County identified nutrition, obesity and physical activity as top priorities in the 2012-2015 Community Health Improvement Plan for Hennepin County Residents. Only one in five children aged 3 to 17 in Hennepin County is meeting the recommended guidelines for servings of vegetables each day. One in five 9th and 12th graders reported a weight and height that would place them in either the overweight or obese weight status group.
- The Minnesota Department of Health 2014 Advancing Health Equity in Minnesota Report to the Legislature indicated that in 2013 21.5% of White 9th grade students in Minnesota were overweight or obese by self-reported height and weight. By the same measures, 30.7% of Black or African American and 31.3% of Hispanic students were overweight or obese.
- Overall, in each county in the study area and Minnesota, a slightly higher percentage of male 11th grade students, compared to female 11th grade students, drank at least one pop or soda during the day prior to taking the 2013 Minnesota Student Survey.
- Access to affordable healthy foods was identified as a top priority in the 2012 – 2015 Community Health Improvement Plan for Hennepin County Residents. Overall, 15.2% of children in Hennepin County are food insecure (2013) and 8.3% of seniors in Minnesota are threatened by hunger (2013).
- Only between 30% and 59.9% of children ages 24-35 months in Dakota, Hennepin, and Scott Counties have their recommended immunizations, compared to approximately 63% of children in the state (2013).
- Hennepin County has much higher rates of chlamydia and gonorrhea (558 per 100,000 and 173 per 100,000 in 2014) than Minnesota (375 per 100,000 and 77 per 100,000 in 2014). Furthermore, chlamydia rates in Hennepin County and gonorrhea rates in Dakota and Hennepin Counties are increasing.



Priority #4: Equitable Care

- There are approximately 412,529 residents in Dakota County, 1,212,064 residents in Hennepin County, and 139,672 residents in Scott County (2014). Each county in the study area had a higher overall population percent growth than Minnesota (2010-2014).
- Hennepin County is the most populated county in HealthPartners' study area, and it is also one of the most racially diverse.
- Approximately 13% of Hennepin County residents are Black or African American, compared to 6% in Minnesota (2014). Black and Asian populations in Hennepin County increased between 2010 and 2014, as well as Black and Native Hawaiian and Other Pacific Islander populations in Dakota and Scott Counties.
- Data indicate that there is inequity among diverse populations. For example, in Minnesota, there are significant disparities in graduation rates across racial groups (2013-2014).
 - American Indian/Alaska Native: 50.6%
 - Black: 60.4%
 - Hispanic: 63.2%
 - White: 86.3%
- The 2014 Minnesota Department of Health Advancing Health Equity in Minnesota report to the Legislature indicated that, in Minnesota:
 - American Indians and African Americans experience substantially higher mortality rates at earlier ages.
 - African American and Hispanic/Latino women are more likely to be diagnosed with later-stage breast cancer than women of European heritage. African American women are at the greatest risk of dying from the disease; breast cancer mortality among African American women is 24% higher than white women, despite the incidence of breast cancer among African American women being 18% lower.
 - There are great disparities in chlamydia rates among diverse populations. In 2012, the rate among Black persons were 11 times higher than the rate among Whites. The rates among American Indians and Asian/Pacific Islanders were five and two times higher respectively.
- According to the Minnesota Community Measurement 2014 Health Equity of Care Report, Black or African American and American Indian racial groups had rates of optimal care significantly below the state average with colorectal screening, diabetes, vascular disease and asthma.

Special Population of Park Nicollet Foundation Focus: Seniors

- The 65 and older population experienced the greatest percentage increase of all age groups in every county in the study area and in Minnesota (2010-2014). In Dakota, Hennepin and Scott counties, the median age is steadily increasing.



Process and Methodology

A detailed description of the process used to conduct this CHNA, the collaboration between hospital staff and Community Hospital Consulting, and the methods of data collection and analysis



Process and Methodology

Background and Objectives

This CHNA is designed in accordance with CHNA requirements identified in the Patient Protection and Affordable Care Act and further addressed in the Internal Revenue Service final regulations released in December 29, 2014. The objectives of the CHNA are to:

- Meet federal government and regulatory requirements
- Research and report on the demographics and health status of the study area, including a review of state and local data
- Gather input, data and opinions from persons who represent the broad interest of the community
- Analyze the quantitative and qualitative data gathered and communicate results via a final comprehensive report on the needs of the communities served by HealthPartners and its respective hospitals: Regions Hospital, Lakeview Hospital, Hudson Hospital & Clinic, Westfields Hospital & Clinic, Amery Hospital & Clinic, and Park Nicollet Methodist Hospital
- Prioritize the needs of the community served by HealthPartners and its respective hospitals
- Create individual implementation plans that address the prioritized needs for each hospital facility

Regions Hospital, Lakeview Hospital, and Park Nicollet Methodist Hospital engaged the resources of Community Hospital Consulting to conduct a comprehensive six-step Community Health Needs Assessment of their communities, including Dakota, Hennepin, Ramsey, Scott and Washington Counties in Minnesota and St. Croix County in Wisconsin. The community health needs assessment utilized relevant health data and stakeholder input through community conversations to identify the main community health priorities that HealthPartners and its respective hospitals should seek to address.



Process and Methodology Continued

Scope of CHNA Report for Park Nicollet Methodist Hospital

The CHNA components include:

- A description of the process and methods used to conduct this CHNA, including a summary of data sources used in this report
- A biography of HealthPartners and Park Nicollet Methodist Hospital
- A description of the hospital's defined study area
- Definition and analysis of the communities served, including both a demographic and a health data analysis
- A review and summary of health needs identified in current research
- Findings from recently conducted studies that collected community input from people representing broad interests in the community, including people who:
 - Work for a state, local, tribal or regional governmental public health department (or equivalent department or agency) with knowledge, information or expertise relevant to the health needs of the community;
 - Are members of a medically underserved, low-income or minority population in the community, or individuals or organizations serving or representing the interests of such populations
- The prioritized community needs and Park Nicollet Methodist Hospital's implementation plan, which intends to address the community needs identified
- An evaluation of the hospital's previous impact
- A list of available health resources in the community
- A list of information gaps that impact the hospital's ability to assess the health needs of the community served

Methodology

HealthPartners and its hospitals provided Community Hospital Consulting with essential data and resources necessary to initiate and complete the process, including the definition of the hospitals' study areas and necessary findings from community conversations and recently conducted community health assessments. Community Hospital Consulting:

- Conducted a demographic analysis of the study area, utilizing demographic data from the American Community Survey and other sources
- Studied the most recent health data available
- Facilitated the prioritization process during the CHNA Team meeting on August 24, 2015. The Park Nicollet Methodist Hospital representatives on the CHNA Team were Christa Getchell (President Park Nicollet Foundation, VP, Park Nicollet Health Services) and Elizabeth Lincoln (Program Officer, Park Nicollet Foundation).



Process and Methodology Continued

The methodology for each component of this report is summarized below.

- **System and Hospital Biography:** Background information about HealthPartners and Park Nicollet Methodist Hospital, including the mission and vision, was provided by the hospital or taken from its website.
- **Study Area Definition:** The study area for the hospital is based on inpatient discharge data and discussions with hospital staff.
- **Demographics of the Study Area:** Population demographics include population by race, ethnicity, age, unemployment and economic statistics. Demographic data sources include, but are not limited to, the American Community Survey, the Kids Count Data Center, the U.S. Census Bureau and the United States Bureau of Labor Statistics.
- **Health Data Collection Process:** A variety of sources, which are all listed in the references section of this report, were utilized in the health data collection process. Health data sources include, but are not limited to, the Minnesota Department of Health, Metro Adult Health Survey, the Robert Wood Johnson Foundation, and the University of Wisconsin Population Health Institute, the Behavioral Risk Factor Surveillance System, the Minnesota Student Survey, and the WISH Query.
- **Review of Current Research:** HealthPartners provided Community Hospital Consulting with various studies that have been conducted for each county in the system's study area. Community Hospital Consulting summarized the findings of each study and created an overall matrix of community health needs across all seven counties.
- **Community Input:** HealthPartners and its hospitals participated extensively in community conversations and collaborative initiatives with local public health departments that included surveys and interviews with required groups. A summary of those efforts is included in this report.
- **Prioritization Strategy:** Four significant needs were determined by assessing the prevalence of the issues identified in the health data findings, combined with the frequency and severity of mentions in the community input. Three factors were used to rank those needs during the CHNA Team meeting on August 24, 2015.
- **Evaluation of Hospital's Impact:** IRS Final Regulations require a hospital facility to conduct an evaluation of the impact of any actions that were taken since the hospital facility finished conducting its immediately preceding CHNA. Park Nicollet Methodist Hospital has tracked the progress made on previously listed activities and a summary of the impact they have had is provided in this report.
- **Available Community Resources:** In addition to the services provided by HealthPartners and its hospitals, other charity care services and health resources available in the community were provided by each hospital. Community Hospital Consulting compiled the lists and included them in the report.



HealthPartners Background and Hospital Biography

A brief description of HealthPartners and Park Nicollet Methodist Hospital



About HealthPartners

HealthPartners is an award-winning integrated health care system based in Bloomington, MN, with a team of 22,500 people dedicated to a mission to improve the health of members, patients and the community.

HealthPartners Organization at a Glance

- Founded in 1957 as a cooperative
- Integrated health care organization providing health care services and health plan financing and administration
- Largest consumer governed nonprofit health care organization in the nation
- Serves more than 1.5 million medical and dental health plan members nationwide
- Includes a multispecialty group practice of more than 1,700 physicians
- More than 22,500 people working to deliver the HealthPartners mission

Care Group

- Cares for more than one million patients
- Multispecialty group practice of more than 1,700 physicians
- More than 50 primary care clinics, 750 primary care physicians
- 22 urgent care locations
- Multi-payer
- Primary care and 55 medical and surgical specialties

HealthPartners Health Plan

- Nonprofit, consumer governed health plan
- 1.5 million medical and dental plan members
- Regional network of more than 148,000 doctors and other care providers in Minnesota, western Wisconsin, South Dakota and North Dakota
- HealthPartners and Cigna's combined national network offers nearly 950,000 doctors and other care providers, plus 6,000 hospitals in the United States
- Ranked among the top 30 plans in the nation according to NCQA's Private Health Insurance Plan Rankings 2013-14

Hospitals

- Methodist Hospital, St. Louis Park, MN
- Regions Hospital, Saint Paul, MN
- Lakeview Hospital, Stillwater, MN
- Hudson Hospital & Clinics, Hudson, WI
- Westfields Hospital & Clinic, New Richmond, WI
- Amery Hospital & Clinic, Amery, WI
- St. Francis Regional Medical Center, Shakopee, MN (one-third ownership)



Mission, Vision, Values

- **Mission:** To improve health and well-being in partnership with our members, patients and community.
- **Vision:** Health as it could be, affordability as it must be, through relationships built on trust.
- **Values:** Excellence, Compassion, Partnership, Integrity



About Park Nicollet Methodist Hospital

- Established in 1892 and joined HealthPartners in 2013
- Specialty care includes oncology, cardiology, maternity and neuro-rehabilitation medicine, critical care and bariatrics
- 426 bed hospital located in St. Louis Park, MN, connected to Fraumshuh Cancer Center, Meadowbrook Clinic and Heart and Vascular Center
- Average daily census of 254 patients
- 960 physicians and resident physicians
- More than 25,000 annual admissions, 3,100 births and 50,000 Emergency Center patients treated each year






Study Area

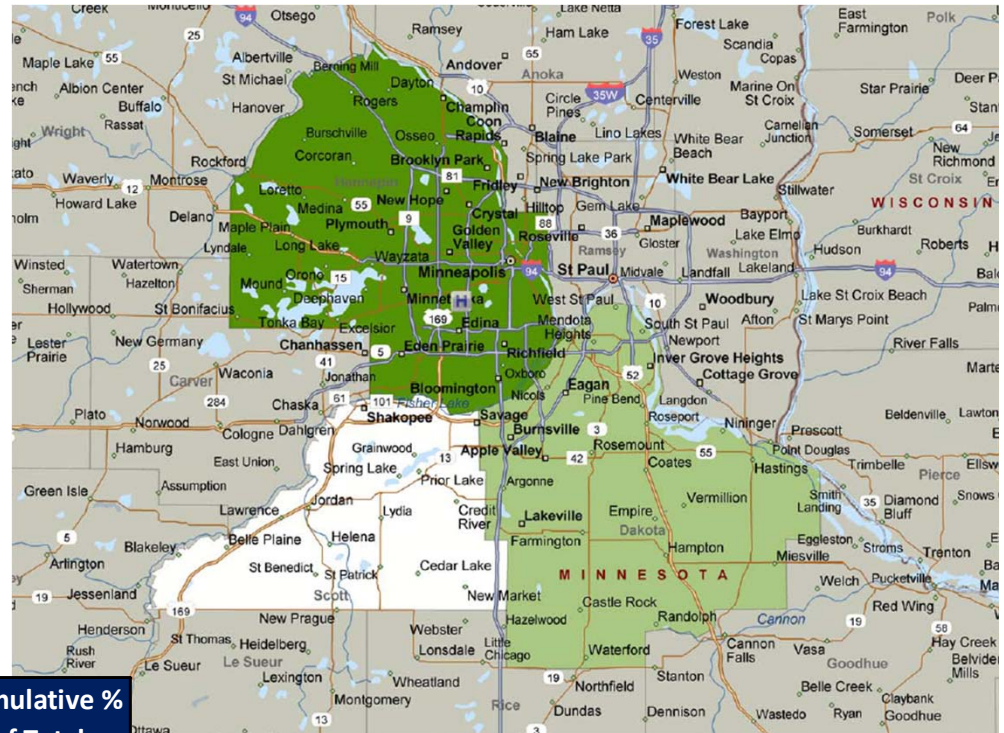
Park Nicollet Methodist Hospital's
defined study area



Park Nicollet Methodist Hospital Study Area

-  Hennepin County makes up 78.1% of inpatient discharges
-  Dakota County makes up 5.9% of inpatient discharges
-  Scott County makes up 3% of inpatient discharges

*The "H" indicates the hospital



**Park Nicollet Methodist Hospital
Patient Origin by County CY 2014**

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
Hennepin County	MN	17,199	78.1%	78.1%
Dakota County	MN	1,310	5.9%	84.0%
Scott County	MN	664	3.0%	87.1%
Other		2,851	12.9%	100.0%
Total		22,024	100.0%	

Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded



Demographic Overview

A demographic analysis of the community served by Park Nicollet Methodist Hospital

Information about communities served by other hospitals within the HealthPartners system is included for comparison purposes



Demographics Summary

Overall Population

- **Overall Population**
 - According to annual estimates, there are approximately 5.46 million residents in Minnesota and approximately 5.76 million residents in Wisconsin.
 - Hennepin County is the most populated, while Polk County is the least populated.
- **Overall Population Change**
 - Scott County experienced the greatest overall percentage growth (7.0%) from 2010-2014, while Polk County experienced a percentage decrease (-1.6%).
- **Population by Race / Ethnicity**
 - The majority of residents in each county are White.
 - Ramsey and Hennepin Counties are the most racially diverse counties in the study area.
 - There are between approximately 12% - 13% Black or African American residents in both counties.
 - There are approximately 14% Asian residents in Ramsey County.
 - Overall, the White population experienced the least growth, or in some cases a decline, between 2010 and 2014.
- **Population by Age**
 - Ramsey County has the youngest median age, 34.6, while Polk County has the oldest median age, 44.7, out of the 7 counties served by HealthPartners' hospitals.
 - The 65 and older population experienced the most growth between 2010 and 2014.



Demographics Summary

Economic and Social Factors

- **Income Disparities**

- There are significant income disparities between counties. Scott County has the highest median household income, \$85,481, while Polk County has the lowest, \$49,138.
- Poverty, particularly childhood poverty, may be a concern in Ramsey County.

- **Food Insecurity**

- Polk and Ramsey Counties have higher rates of child food insecurity than their respective states.
- According to Second Harvest Heartland and Feeding America, 1 in 9 individuals in Minnesota and 1 in 8 individuals in Wisconsin are affected by hunger.
- Ramsey County's overall food insecurity rate is higher than both Minnesota and Wisconsin rates.
- The percentage of seniors who are threatened by hunger has generally increased for both Minnesota and Wisconsin.
- Between 2009 – 2013, overall, the percentage of the population in both Hennepin and Ramsey counties that are food insecure has increased.

- **Educational Attainment**

- Hennepin and Ramsey Counties have lower graduation rates than Minnesota.
- There are disparities in graduation rates in Minnesota and high school completion rates in Wisconsin across racial/ethnic groups.

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, www.census.gov/did/www/saipe/data/statecounty/data/2013.html; data accessed August 29, 2015

Source: Feeding America, Map the Meal Gap: 2015, Child Food Insecurity by County; <http://map.feedingamerica.org/county/2013/child/>; data accessed May 21, 2015

Source: Minnesota Department of Education, Data Reports and Analytics, w20.education.state.mn.us/MDEAnalytics/Data.jsp; data accessed June 1, 2015

Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, wisedash.dpi.wi.gov/Dashboard/portalHome.jsp; data accessed June 9, 2015

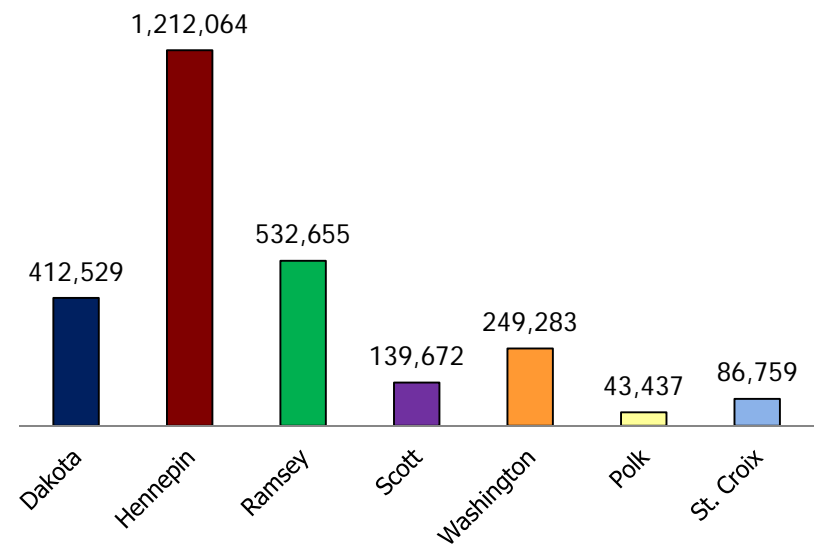
Food insecurity refers to USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food insecure children are those children living in households experiencing food insecurity.



Overall Population (2014)

- According to annual estimates, there are approximately 5.46 million residents in Minnesota and approximately 5.76 million residents in Wisconsin.
- A total of 2,591,567 people live within the 3,644.06 square mile 7 county area defined for this assessment.
- The population density for these specific 7 counties is estimated at 711.18 persons per square mile, which is higher than the national average of 88.23 persons per square mile.
- Hennepin County has approximately 1.2 million residents, making it the most populated county of the 7 counties served by HealthPartners' hospitals.
- Polk County has approximately 43,400 residents, making it the least populated county of the 7 counties served by HealthPartners' hospitals.

Total Population
Annual Estimates 2014

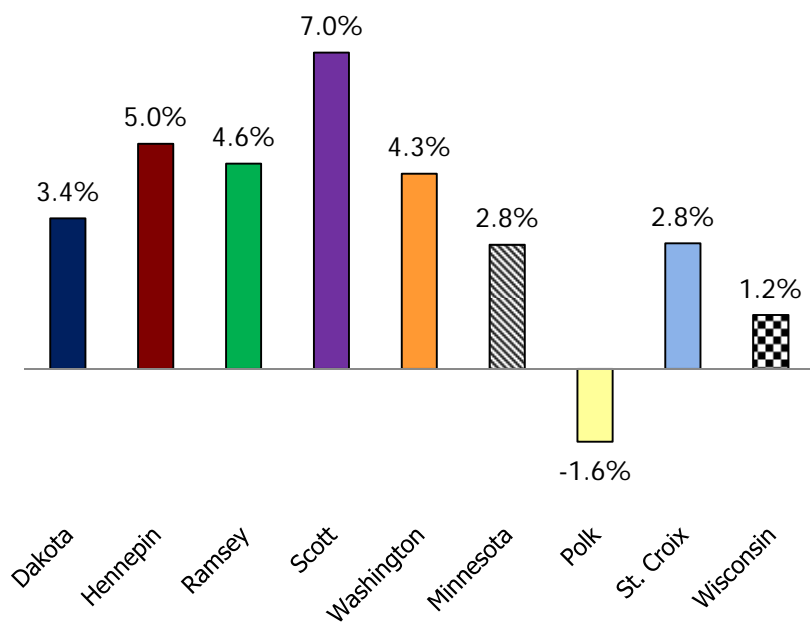


Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report>; data accessed August 28, 2015

Overall Population Change (2010-2014)

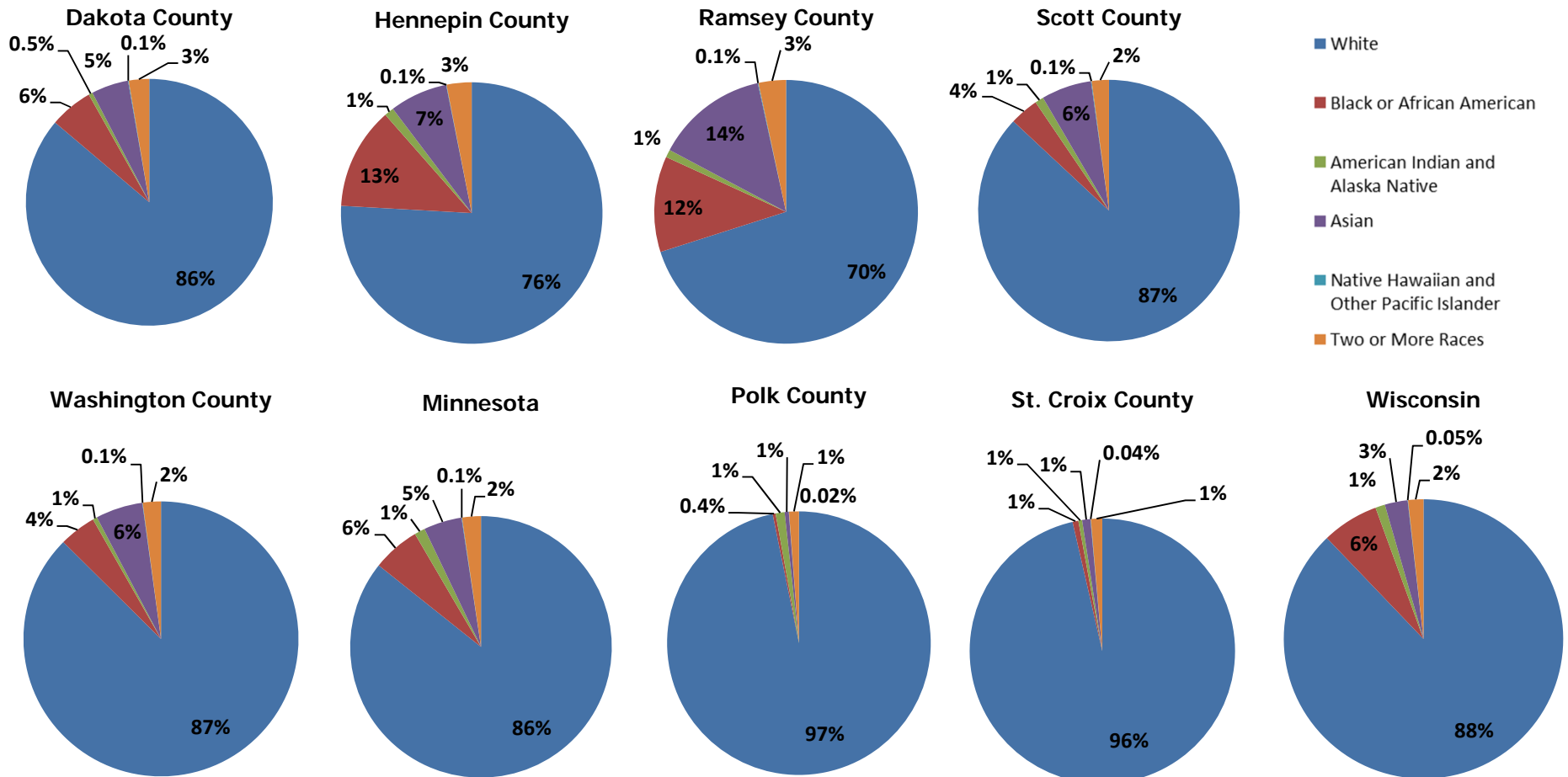
**Population Change
2010 - 2014**



Location	2010	2014	2010-2014 Change	2010-2014 % Change
Dakota	399,146	412,529	13,383	3.4%
Hennepin	1,154,184	1,212,064	57,880	5.0%
Ramsey	509,372	532,655	23,283	4.6%
Scott	130,480	139,672	9,192	7.0%
Washington	238,897	249,283	10,386	4.3%
Minnesota	5,310,418	5,457,173	146,755	2.8%
Polk	44,154	43,437	-717	-1.6%
St. Croix	84,398	86,759	2,361	2.8%
Wisconsin	5,689,268	5,757,564	68,296	1.2%



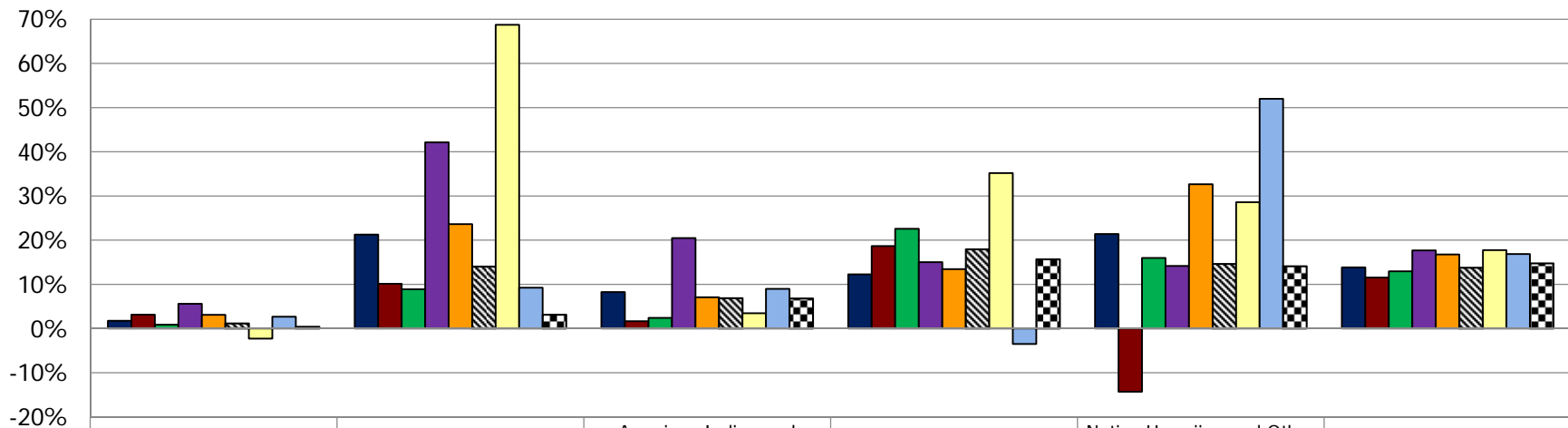
Racial Composition (2014)



Source: U.S. Census Bureau, Population Division; www.census.gov/popest/data/index.html; data accessed August 29, 2015

Population Change by Race (2010-2014)

Population Change by Race
Change from 2010 - 2014

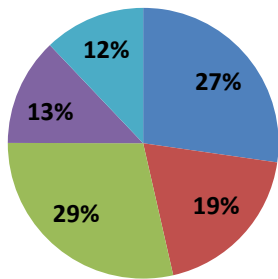


	White	Black or African American	American Indian and Alaska Native	Asian	Native Hawaiian and Other Pacific Islander	Two or More Races
■ Dakota	1.8%	21.3%	8.3%	12.3%	21.4%	13.8%
■ Hennepin	3.1%	10.1%	1.7%	18.7%	-14.3%	11.5%
■ Ramsey	0.9%	8.9%	2.4%	22.6%	16.0%	12.9%
■ Scott	5.6%	42.1%	20.5%	15.0%	14.2%	17.7%
■ Washington	3.1%	23.6%	7.1%	13.4%	32.7%	16.8%
■ Minnesota	1.2%	14.1%	6.9%	18.0%	14.6%	13.8%
■ Polk	-2.3%	68.8%	3.5%	35.2%	28.6%	17.8%
■ St. Croix	2.7%	9.3%	9.0%	-3.5%	52.0%	16.9%
■ Wisconsin	0.4%	3.1%	6.8%	15.7%	14.1%	14.8%

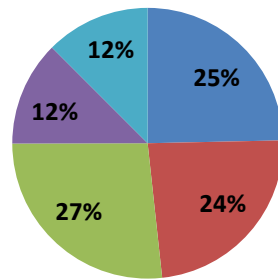


Age Composition (2014)

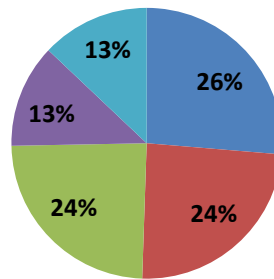
Dakota County



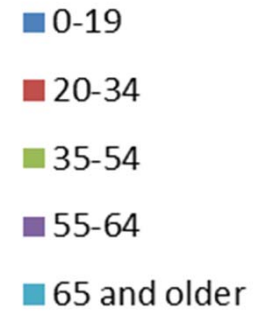
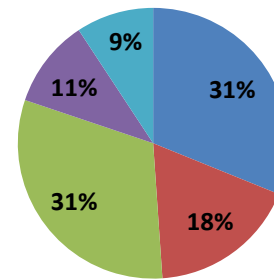
Hennepin County



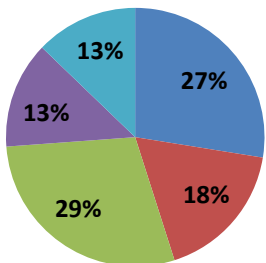
Ramsey County



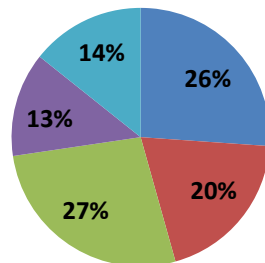
Scott County



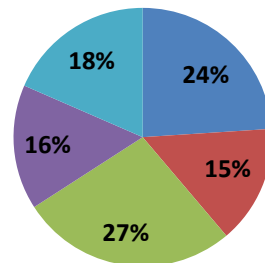
Washington County



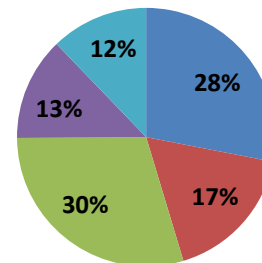
Minnesota



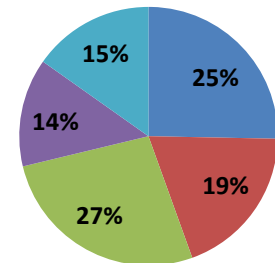
Polk County



St. Croix County

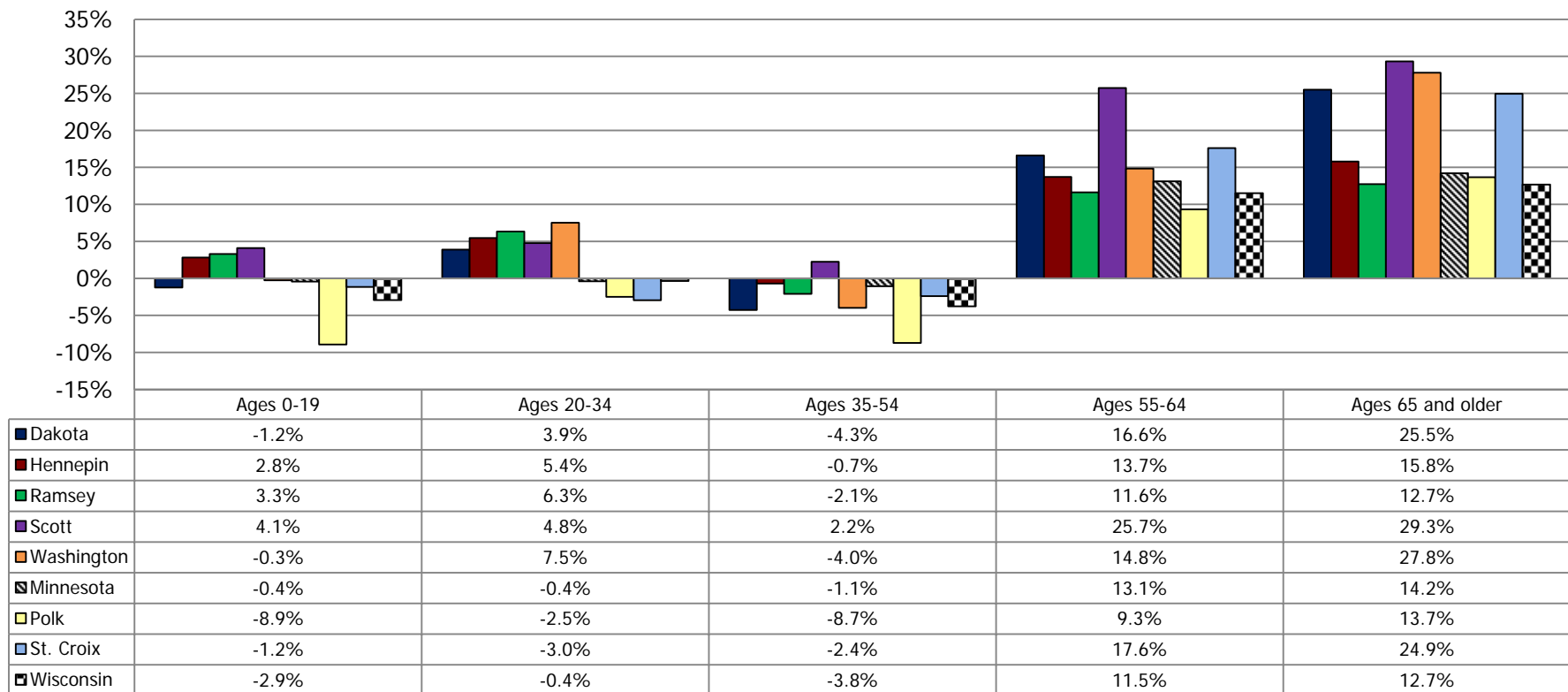


Wisconsin



Population Change by Age (2010-2014)

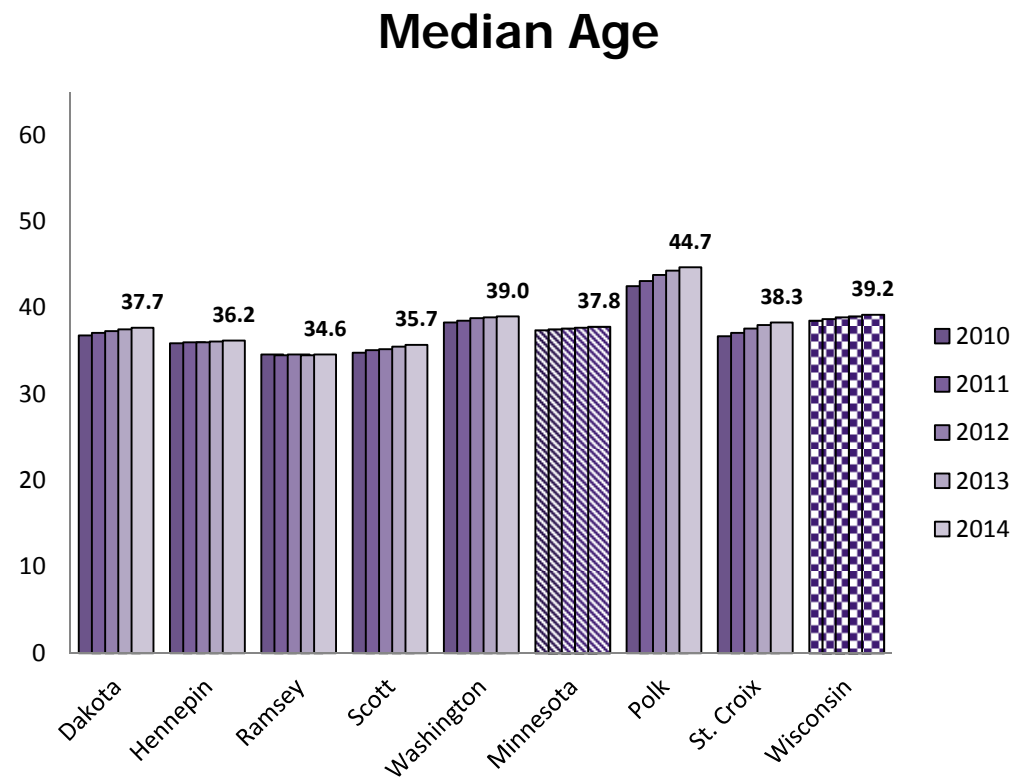
Population Change by Age
Change from 2010 - 2014



Source: U.S. Census Bureau, Population Estimates; www.census.gov/popest/data/index.html; data accessed August 29, 2015

Median Age

- According to annual estimates, the median age in Minnesota is 37.8, compared to 39.2 in Wisconsin.
- Ramsey County has the youngest median age, 34.6, while Polk County has the oldest median age, 44.7, out of the 7 counties served by HealthPartners' hospitals.
- Polk and St. Croix Counties' median ages are increasing, while Ramsey County's median age is relatively stable.
- In Dakota, Hennepin and Scott Counties, the median age is steadily increasing.

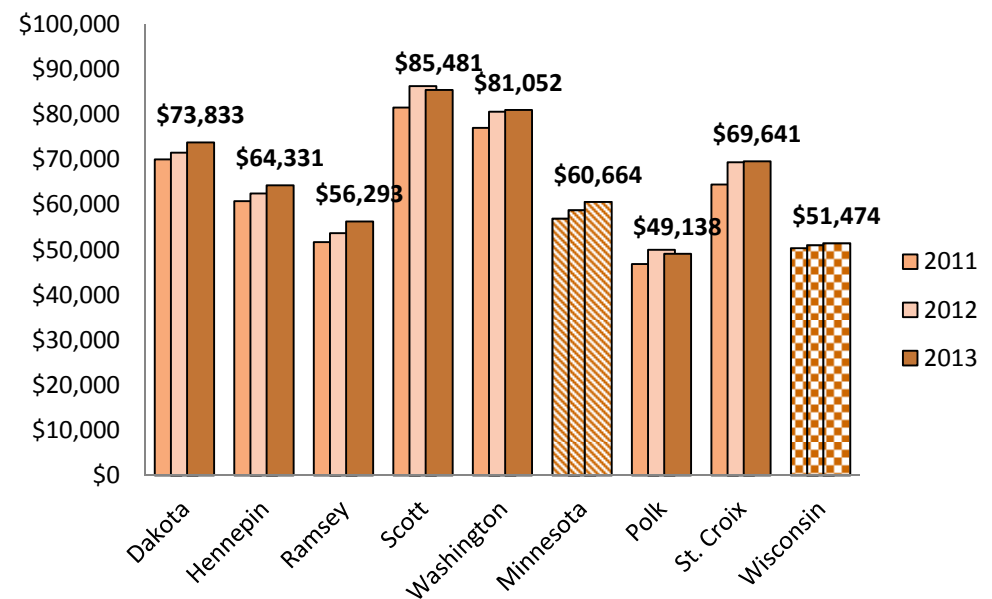


Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

Median Household Income

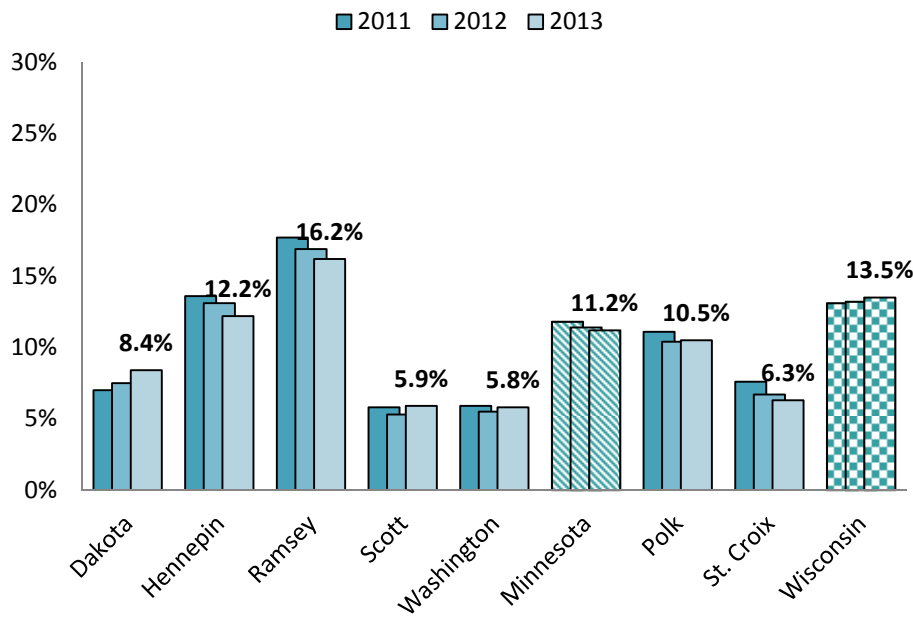
- According to the Small Area Income and Poverty Estimates (SHAPE) Program, the median household income in Minnesota is \$60,664, compared to \$51,474 in Wisconsin.
- There is considerable variability in median household income levels among the 7 counties served by HealthPartners' hospitals. Scott County has the highest median household income, \$85,481, while Polk County has the lowest, \$49,138.

**Median Household Income
2011-2013**

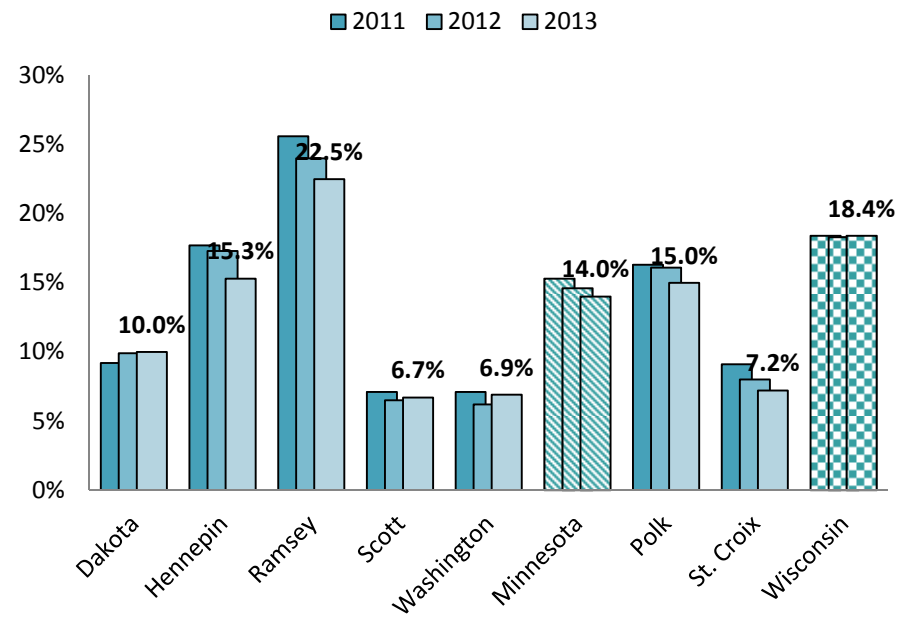


Overall and Child Poverty

Poverty, All Ages 2011-2013 Rates



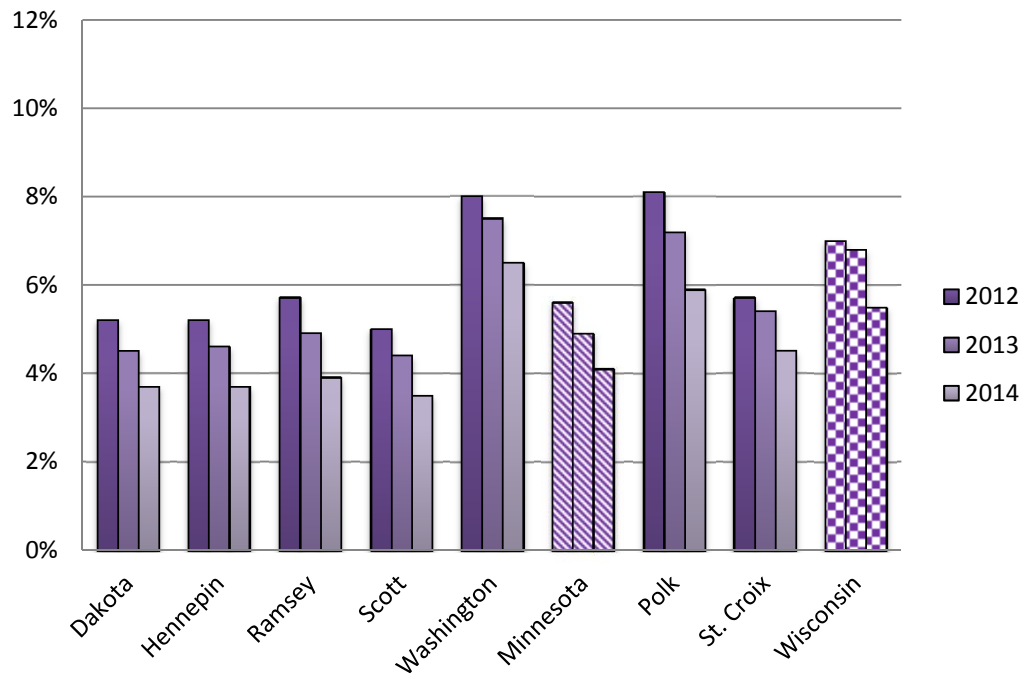
Child Poverty, Under Age 18 2011-2013 Rates



Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, www.census.gov/did/www/saipe/data/statecounty/data/2013.html; data accessed August 29, 2015

Unemployment

Unemployment Rates
2012 - 2014
Bureau of Labor Statistics



- Overall, unemployment rates have decreased in each county, as well as across Minnesota and Wisconsin, since 2012.

Location	2012	2013	2014
Dakota County (MN)	5.2%	4.5%	3.7%
Hennepin County (MN)	5.2%	4.6%	3.7%
Ramsey County (MN)	5.7%	4.9%	3.9%
Scott County (MN)	5.0%	4.4%	3.5%
Washington County (MN)	8.0%	7.5%	6.5%
Minnesota	5.6%	4.9%	4.1%
Polk County (WI)	8.1%	7.2%	5.9%
St. Croix County (WI)	5.7%	5.4%	4.5%
Wisconsin	7.0%	6.8%	5.5%

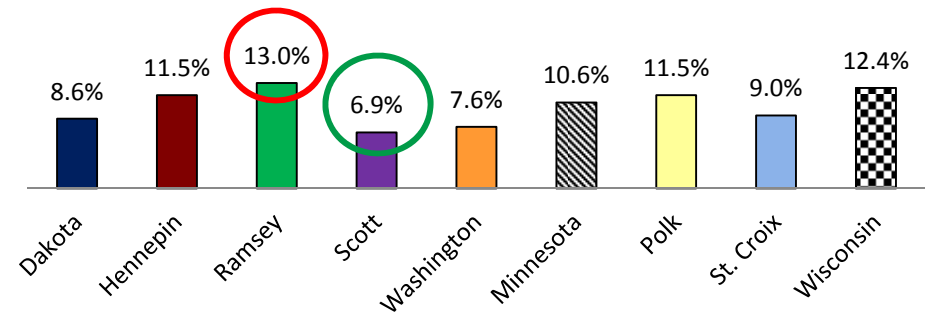


Source: Bureau of Labor Statistics, Local Area Unemployment Statistics; www.bls.gov/lau/#tables; data accessed May 20, 2015

Food Insecurity

- According to Feeding America, 15.8% of U.S. residents are food insecure, compared to 10.6% in Minnesota and 12.4% in Wisconsin.
- In 2013, the average U.S. county food insecurity rate was 15.1%.
- According to Second Harvest Heartland and Feeding America, 1 in 9 individuals in Minnesota and 1 in 8 individuals in Wisconsin are affected by hunger.
- Scott County has the lowest rate of overall food insecurity, while Ramsey County has the highest.
- Of the 7 county area served by the HealthPartners Hospital System, 10.8% is food insecure. Hennepin, Ramsey, and Polk counties are above this rate.

Overall Food Insecurity
2013 Percentages



Source: Feeding America, Map the Meal Gap: 2013 Executive Summary, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

Source: Second Harvest Heartland, Hunger Facts, <http://www.2harvest.org/our-impact/hunger-facts/#.VeCPGfVjWo>; data accessed August 28, 2015.

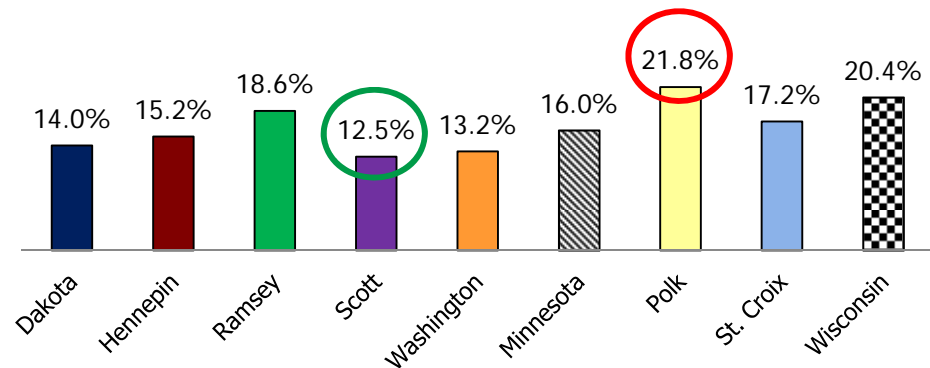
Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=2&id=282>; data accessed August 28, 2015.



Child Food Insecurity

- Nationally, 21.4% of children are food insecure.
- According to Map the Meal Gap: 2015, 16% of children across Minnesota are food insecure, compared to approximately 20% of children across Wisconsin.
- In 2013, the average U.S. county child food insecurity rate was 23.7%.
- Scott County has the lowest rate of child food insecurity, 12.5%, while Polk County has the highest rate of child food insecurity, 21.8%.

Child Food Insecurity
2013 Percentages



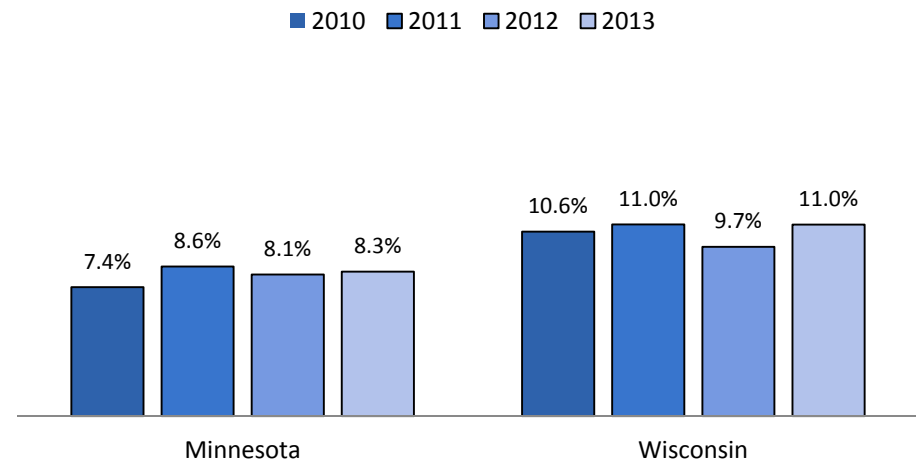
Source: Feeding America, Map the Meal Gap: 2013 Executive Summary, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

Source: Feeding America, Map the Meal Gap: 2015, Child Food Insecurity by County; <http://map.feedingamerica.org/county/2013/child/>; data accessed May 21, 2015
Park Nicollet Methodist Hospital Community Health Needs Assessment and Implementation Plan
Community Hospital Consulting

Senior Food Insecurity

- Nationally, the threat of hunger for seniors from 2001 to 2013 has increased by 45%, while the number of seniors rose 107%.
- According to the National Foundation to End Senior Hunger (NFESH) 2013 Annual Report, 15.5% of U.S. seniors face the threat of hunger, as compared to 8.3% of Minnesota seniors and 11.9% of Wisconsin seniors.
- Between 2012 and 2013, the rate of change for seniors facing the threat of hunger increased by 2.1% in Minnesota, and 13.2% in Wisconsin.
- Since 2010, the percentage of seniors threatened by hunger has increased in Minnesota, Wisconsin, and the United States.

**Seniors Threatened by Hunger
Percentage
2010, 2011, 2012, 2013**



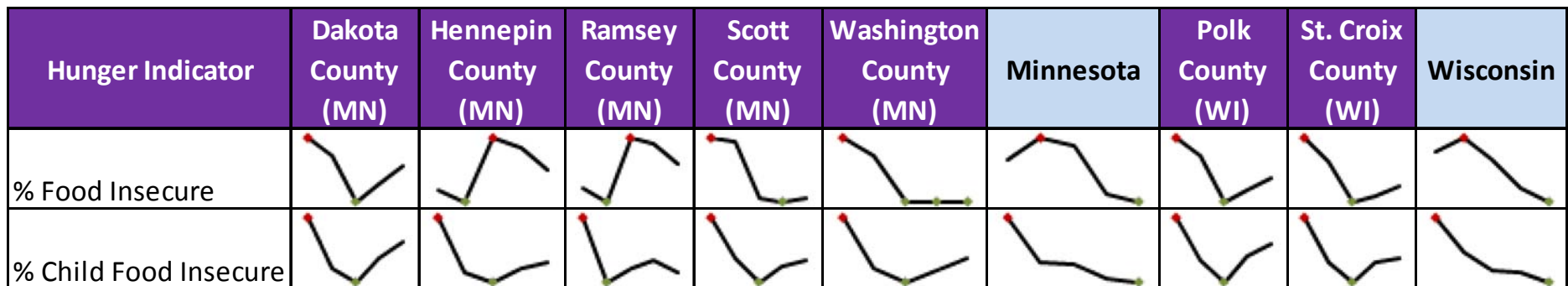
Source National Foundation to End Senior Hunger, 2010, 2011, 2012, 2013 Annual Reports, <http://www.nfesh.org/>; data accessed August 31, 2015

Note: Seniors are defined as individuals aged 60 years or older.

Note: Threat of hunger is the broadest category of food insecurity because it encompasses all three of the characterizations of food insecurity. NFESH and the researchers believe that threat of hunger is the most appropriate measurement to use with regard to the 60+ age cohort.

Hunger Trends

Overall Food Insecurity and Child Food Insecurity by County and State Percentages of Populations 2009, 2010, 2011, 2012, 2013



Note: Directional trends to show general increases or decreases in food insecurity rates from 2009 – 2013. Red dot is highest rate, green dot is lowest rate.

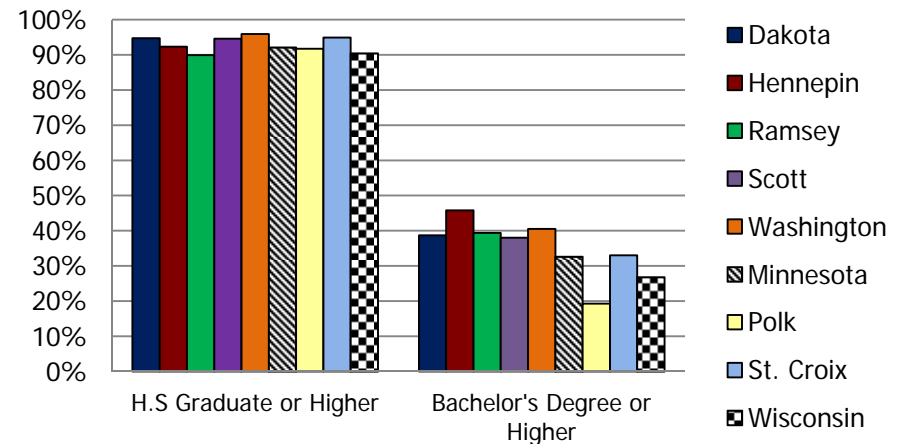


Educational Attainment

Overall Population

- Slightly more than 26% of Wisconsin residents have a Bachelor's Degree or higher, compared to slightly more than 32% in Minnesota.
- The Minnesota Board of Higher Education indicates that:
 - Among Minnesotans age 25 and older with an associate's degree, disparities exist across racial groups with only Asian (51%) and White (45%) Minnesotans exceeding the state average (44%).
 - Minnesota adults age 25 and older with a bachelor's degree had the lowest level of unemployment (2%) in 2013.
 - Minnesota adults age 25 and older with a graduate or professional degree had the highest median annual wage (\$65,317) in 2013.

Educational Attainment 5-Year Estimates (2009-2013) American Community Survey



Location	H.S Graduate or Higher	Bachelor's Degree or Higher
Dakota County (MN)	94.7%	38.7%
Hennepin County (MN)	92.3%	45.8%
Ramsey County (MN)	89.9%	39.4%
Scott County (MN)	94.6%	38.0%
Washington County (MN)	95.9%	40.5%
Minnesota	92.1%	32.6%
Polk County (WI)	91.7%	19.3%
St. Croix County (WI)	94.9%	33.0%
Wisconsin	90.4%	26.8%

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 20, 2015

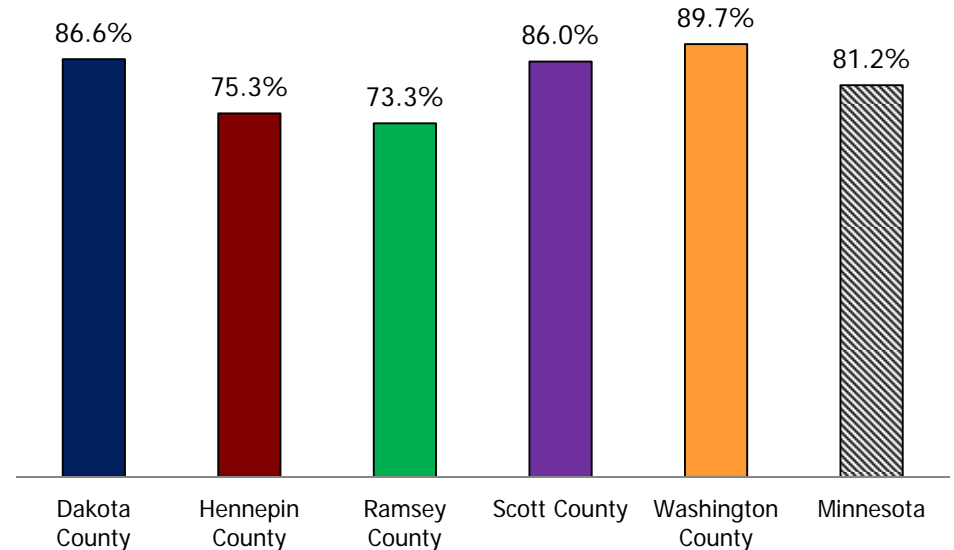
Source: Minnesota Office of Higher Education, Educational Attainment Data, <http://www.ohe.state.mn.us/fc/1873/pg.cfm>; data accessed September 1, 2015

Educational Attainment

Graduation Rates (Minnesota)

Location and Student Category	Number of Students	Percent of Students
Minnesota	65,937	100.0%
Continuing	7,249	11.0%
Dropout	3,266	5.0%
Graduate	53,524	81.2%
Unknown	1,898	2.9%
Dakota County	5,716	100.0%
Continuing	519	9.1%
Dropout	196	3.4%
Graduate	4,947	86.6%
Unknown	54	0.9%
Hennepin County	13,338	100.0%
Continuing	2,096	15.7%
Dropout	698	5.2%
Graduate	10,045	75.3%
Unknown	499	3.7%
Ramsey County	6,746	100.0%
Continuing	1,064	15.8%
Dropout	521	7.7%
Graduate	4,942	73.3%
Unknown	219	3.3%
Scott County	1,791	100.0%
Continuing	147	8.2%
Dropout	56	3.1%
Graduate	1,541	86.0%
Unknown	47	2.6%
Washington County	3,462	100.0%
Continuing	246	7.1%
Dropout	75	2.2%
Graduate	3,104	89.7%
Unknown	37	1.1%

Four Year Graduation Rates 2013 - 2014



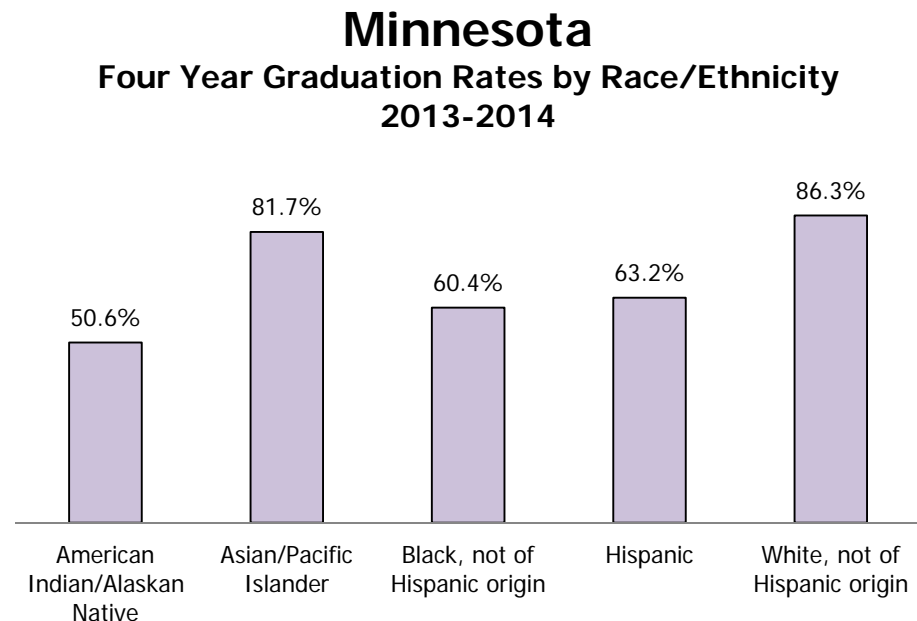
Definition: The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four year period minus transfers out of the cohort within the four year period. This rate is similar to, but not the same as, the National Governors Association (NGA) Graduation Rate. The NGA Rate allows more time for Special Education students and recent immigrants to graduate.
Source: Minnesota Department of Education, Data Reports and Analytics, w20.education.state.mn.us/MDEAnalytics/Data.jsp; data accessed June 1, 2015



Educational Attainment

Graduation Rates (Minnesota)

- There are disparities in high school completion rates across race/ethnicity in Minnesota.
- For example, American Indian/Alaska Native, Black and Hispanic students have substantially lower graduation rates than their White counterparts.
 - American Indian/Alaska Native: 50.6%
 - Black: 60.4%
 - Hispanic: 63.2%
 - White: 86.3%



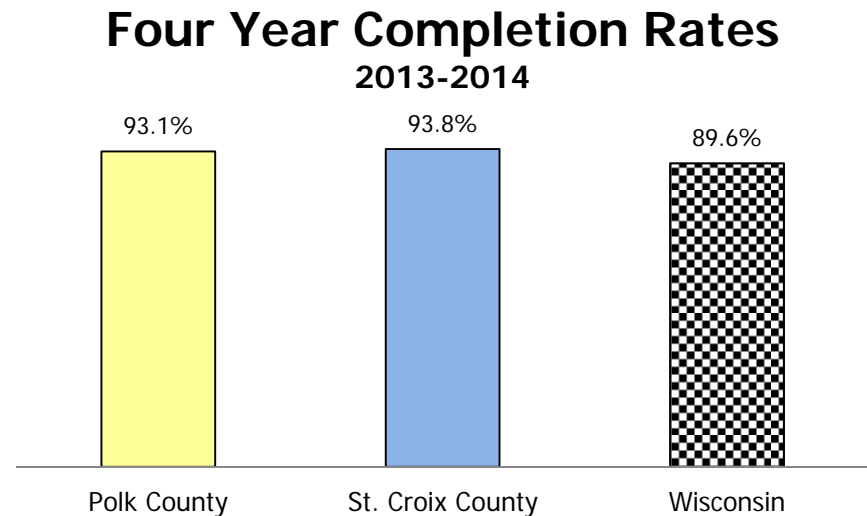
Definition: The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four year period minus transfers out of the cohort within the four year period. This rate is similar to, but not the same as, the National Governors Association (NGA) Graduation Rate. The NGA Rate allows more time for Special Education students and recent immigrants to graduate.

Source: Minnesota Department of Education, Data Reports and Analytics, w20.education.state.mn.us/MDEAnalytics/Data.jsp; data accessed June 1, 2015



Educational Attainment Completion Rates (Wisconsin)

County, District or State	Cohort Count	Student Count	4-Year Graduation Rate
Polk County			93.1%
Amery	144	133	92.4%
Clayton	32	29	90.6%
Clear Lake	34	30	88.2%
Frederic	36	27	75.0%
Luck	29	27	93.1%
Osceola	144	142	98.6%
Saint Croix Falls	87	83	95.4%
Unity	74	69	93.2%
St. Croix County			93.8%
Baldwin-Woodville Area	123	113	91.9%
Glenwood City	35	33	94.3%
Hudson	432	410	94.9%
New Richmond	195	181	92.8%
St. Croix Central	103	98	95.1%
Somerset	117	108	92.3%
Wisconsin			89.6%



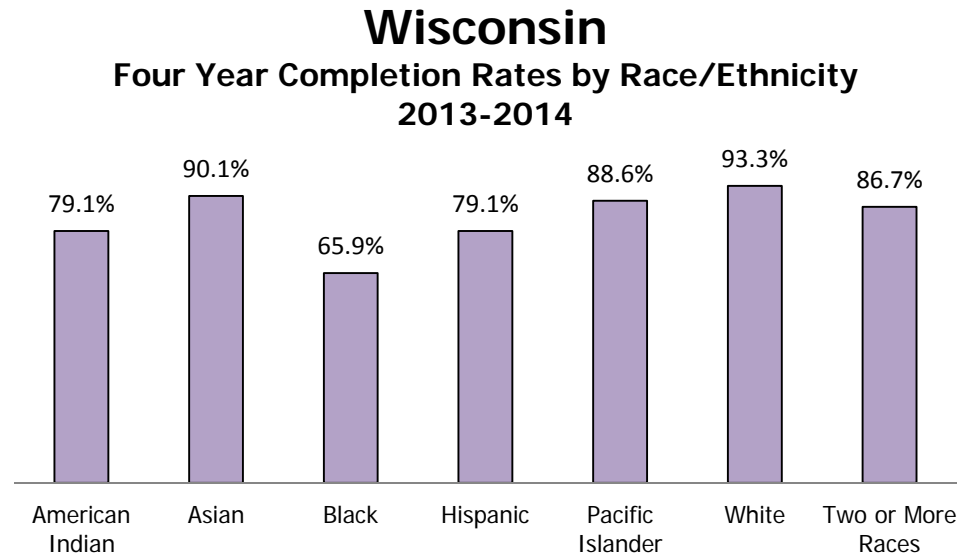
Notes: Rates reflect "completed - regular" high school completion status. The denominator is the total of completers plus non-completers in all credentials and categories in that adjusted cohort. The numerator is the "completed - regular" credential.

Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, wisedash.dpi.wi.gov/Dashboard/portalHome.jsp; data accessed June 9, 2015



Educational Attainment Completion Rates (Wisconsin)

- There are disparities in high school completion rates across race/ethnicity in Wisconsin.
- For example, American Indian, Black and Hispanic students have lower completion rates than their White counterparts.
 - American Indian: 79.1%
 - Black: 65.9%
 - Hispanic: 79.1%
 - White: 93.3%



Notes: Rates reflect "completed - regular" high school completion status. The denominator is the total of completers plus non-completers in all credentials and categories in that adjusted cohort. The numerator is the "completed - regular" credential.

Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, wisedash.dpi.wi.gov/Dashboard/portalHome.jsp; data accessed June 9, 2015



Health Status Overview

An analysis of available data pertaining to the health status of the community served by Park Nicollet Methodist Hospital

Information about communities served by other hospitals within the HealthPartners system is included for comparison purposes



Introduction

Various counties are included in the health data section. While Park Nicollet Methodist Hospital's individual study area does not include each of the counties served by the HealthPartners' hospitals, it is important to consider health needs in comparison to other localities.

For comparison, this section of the report includes a health data analysis for the following counties:

- Dakota County, MN
- Hennepin County, MN
- Scott County, MN
- Ramsey County, MN
- Washington County, MN
- St. Croix County, WI



Data Sources and Levels

- The following information outlines specific health data:
 - Mortality, chronic diseases and conditions, health behaviors, natality, mental health and access
- Data Sources include, but are not limited to:
 - Minnesota Department of Health, Minnesota Public Health Data Access
 - Minnesota Student Survey
 - The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute
 - Metro Adult Health Survey
 - Survey of the Health of All of the Population and the Environment (SHAPE)
 - Minnesota Department of Health, Advancing Health Equity in Minnesota 2014 Report to the Legislature
 - Minnesota Community Measurement, 2014 Health Equity of Care Report
 - Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment
 - 2014-2018 Dakota County Community Health Improvement Plan
 - 2012-2015 Community Health Improvement Plan for Hennepin County Residents
 - Scott County Community Health Improvement Plan 2015
 - Wisconsin Department of Health Services, WISH Query
 - Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics
 - Community Commons
- Data Levels: nationwide, state, metropolitan statistical area (MSA) and county level data



Mortality Summary

- Cancer and heart disease are the first and second leading causes of death, respectively, in Dakota, Hennepin, Ramsey, Scott, St. Croix, and Washington Counties, as well as Minnesota and Wisconsin (2009 - 2013 combined rates).
 - Heart disease rates are increasing in Hennepin County, but decreasing in St. Croix County and Wisconsin.
 - Cancer rates are decreasing in Dakota, Hennepin, Ramsey, Scott, and Washington Counties, as well as Minnesota and Wisconsin.
- Hennepin County has higher rates of cirrhosis, nephritis, and unintentional injury than the state.
- Ramsey County has higher rates of cancer, cirrhosis, chronic lower respiratory disease, diabetes, nephritis, and stroke than Minnesota.
 - Overall, unintentional injury rates are increasing in Dakota, Hennepin, and Washington Counties, as well as Minnesota.
- St. Croix County has higher rates of accidents, cerebrovascular diseases, diabetes, and suicide than Wisconsin.
- Washington County has lower mortality rates than the state in each of the top ten leading causes of death.]
- In Minnesota, American Indians and African Americans experience substantially higher mortality rates at earlier ages.



Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed May 21, 2015

Source: Minnesota Department of Health, 2014 Advancing Health Equity in Minnesota Report to the Legislature, <http://www.health.state.mn.us/divs/chs/healthequity/legreport.htm>; data accessed November 9, 2015.

Mortality

Leading Causes of Death

Leading Causes of Death (Alphabetical Order)

Age Adjusted Death Rates per 100,000, 2009-2013

Cause of Death	Dakota County (MN)	Hennepin County (MN)	Ramsey County (MN)	Scott County (MN)	Washington County (MN)	Minnesota
Cancer	● 157.8	● 160.6	● 168.8	● 153.8	● 157.7	165.5
Chronic Lower Respiratory Disease	● 34	● 34.8	● 39.3	● 32.7	● 36.3	37.4
Cirrhosis	● 6.3	● 8.1	● 8.7	● 4.8	● 5.4	7.5
Diabetes	● 18.9	● 18.4	● 20.7	● 20.1	● 18.6	19.5
Heart Disease	● 108.1	● 107.7	● 120.6	● 116.7	● 110	130
Nephritis	● 12.6	● 14	● 15.5	● 12.3	● 11.2	13.3
Pneumonia and Influenza	● 8.1	● 9.6	● 11.4	● 9.3	● 7	11.7
Stroke	● 35.4	● 36	● 40.4	● 31.8	● 31.5	37.2
Suicide	● 11.4	● 10	● 9.8	● 9.5	● 10.4	11.7
Unintentional Injury	● 42	● 43.4	● 35.5	● 39.1	● 30.1	40.7
All Causes	● 599.3	● 635.2	● 689.8	● 568.6	● 612.5	650.8

Leading Causes of Death (Alphabetical Order)

Age Adjusted Death Rates per 100,000, 2009-2013

Cause of Death	St. Croix County (WI)	Wisconsin
Accidents (unintentional injuries)	● 32.7	42.5
Alzheimer's disease	● 17.2	23.9
Cerebrovascular diseases	● 38.0	37.0
Chronic lower respiratory diseases	● 37.4	38.7
Diabetes mellitus	● 23.0	18.0
Diseases of heart	● 140.0	162.1
Intentional self-harm (suicide)	● 13.5	13.1
Malignant neoplasms	● 157.4	169.7
Nephritis, nephrotic syndrome and nephrosis	● 12.5	15.1
Other causes	● 128.4	115.7
All Causes	● 676.3	712.9

- Green indicates that the county's rate is lower than the state's rate for that disease category.
- Red indicates that the county's rate is higher than the state's rate for that disease category.



Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015

Mortality

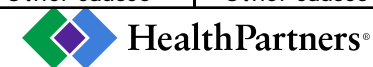
Leading Causes of Death

Leading Causes of Death (Ranked Order)

Utilizing Age Adjusted Death Rates per 100,000, 2009-2013

Rank	Minnesota	Dakota County	Hennepin County	Ramsey County	Scott County	Wash. County	Wisconsin	St. Croix County
1	Cancer	Cancer	Cancer	Cancer	Cancer	Cancer	Malignant neoplasms	Malignant neoplasms
2	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Diseases of heart	Diseases of heart
3	Unintentional Injury	Unintentional Injury	Unintentional Injury	Stroke	Unintentional Injury	Chronic Lower Respiratory Disease	Accidents (unintentional injuries)	Cerebrovascular diseases
4	Chronic Lower Respiratory Disease	Stroke	Stroke	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	Stroke	Chronic lower respiratory diseases	Chronic lower respiratory diseases
5	Stroke	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	Unintentional Injury	Stroke	Unintentional Injury	Cerebrovascular diseases	Accidents (unintentional injuries)
6	Diabetes	Diabetes	Diabetes	Diabetes	Diabetes	Diabetes	Alzheimer's disease	Diabetes mellitus
7	Nephritis	Nephritis	Nephritis	Nephritis	Nephritis	Nephritis	Diabetes mellitus	Alzheimer's disease
8	Pneumonia and Influenza	Suicide	Suicide	Pneumonia and Influenza	Suicide	Suicide	Influenza and pneumonia	Intentional self-harm (suicide)
9	Suicide	Pneumonia and Influenza	Pneumonia and Influenza	Suicide	Pneumonia and Influenza	Pneumonia and Influenza	Intentional self-harm (suicide)	Nephritis, nephrotic syndrome and nephrosis
10	Cirrhosis	Cirrhosis	Cirrhosis	Cirrhosis	Cirrhosis	Cirrhosis	Other causes*	Other causes*

*not in ranked order because it includes all other causes of death

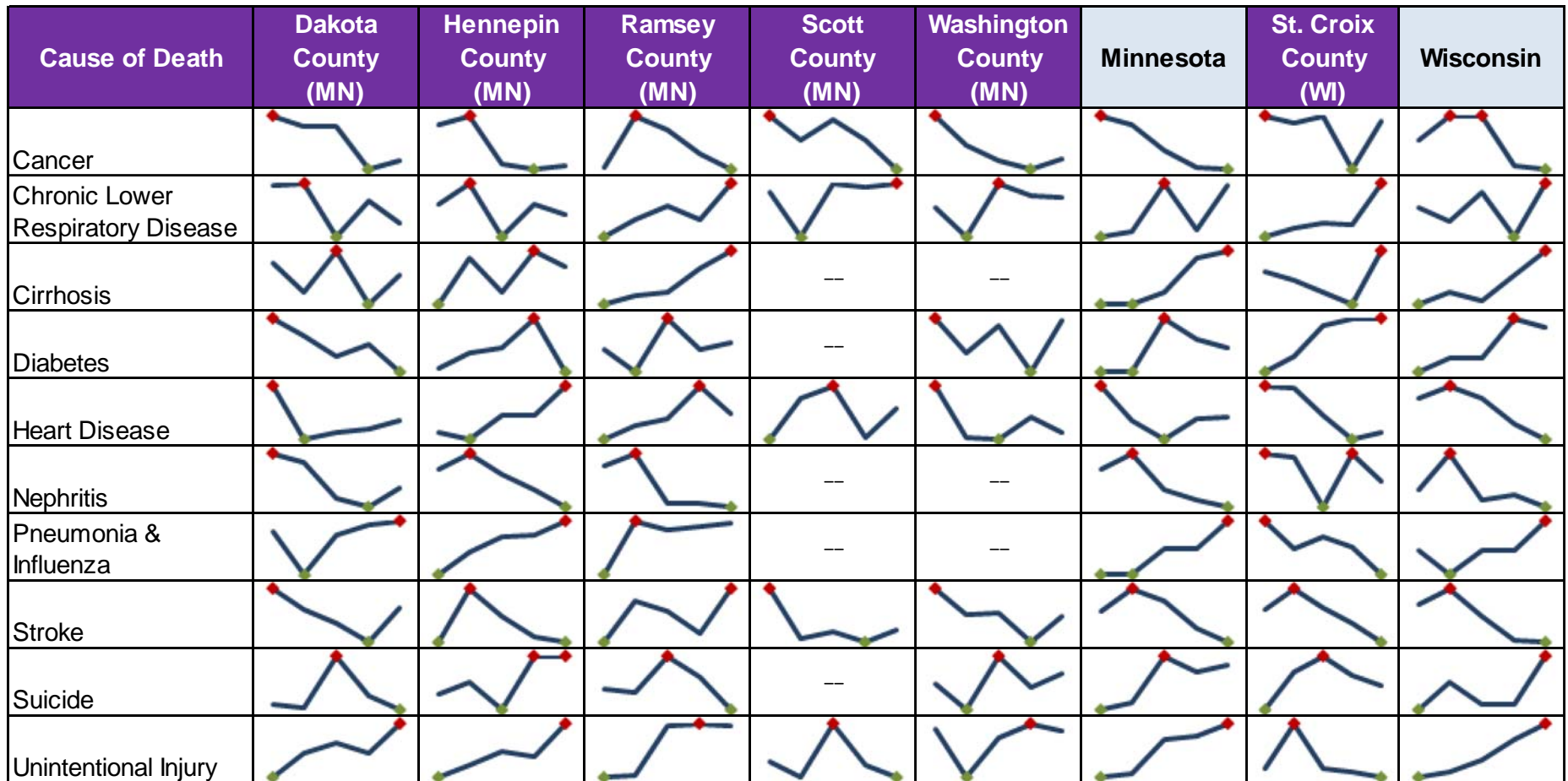


Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015

Select Mortality Trends

Leading Causes of Death; Age Adjusted Death Rates per 100,000
(2009, 2010, 2011, 2012, 2013)



Note: Directional trends to show general increases or decreases in mortality rates from 2009 – 2013. Red dot is highest rate, green dot is lowest rate.

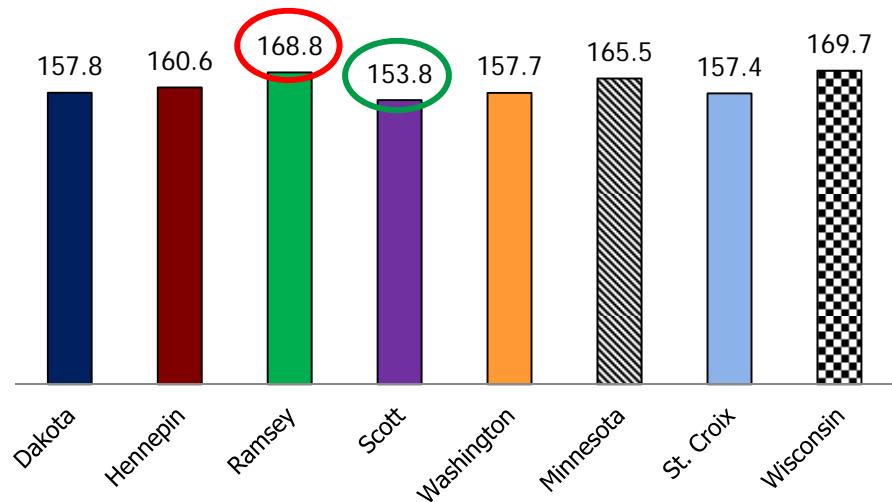
-- Rates based on 20 or fewer deaths are not calculated.



Cancer Mortality

- Overall, cancer rates have declined since 2009. However, cancer is the leading cause of death in Minnesota, Wisconsin and the 7 counties served by HealthPartners Hospitals.
- Ramsey County has a higher cancer mortality rate than Minnesota.
- Scott County has the lowest cancer mortality rate among the 5 Minnesota counties served by HealthPartners' hospitals.
- St. Croix County has a lower cancer mortality rate than Wisconsin.

Cancer Mortality
Age-Adjusted Death Rates, 2009-2013



Note: Wisconsin Department of Health Services uses the term "Malignant Neoplasms," while Minnesota Department of Health uses the term "Cancer."



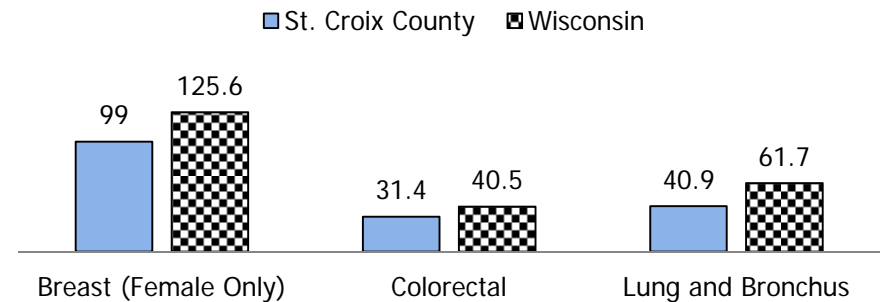
Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015

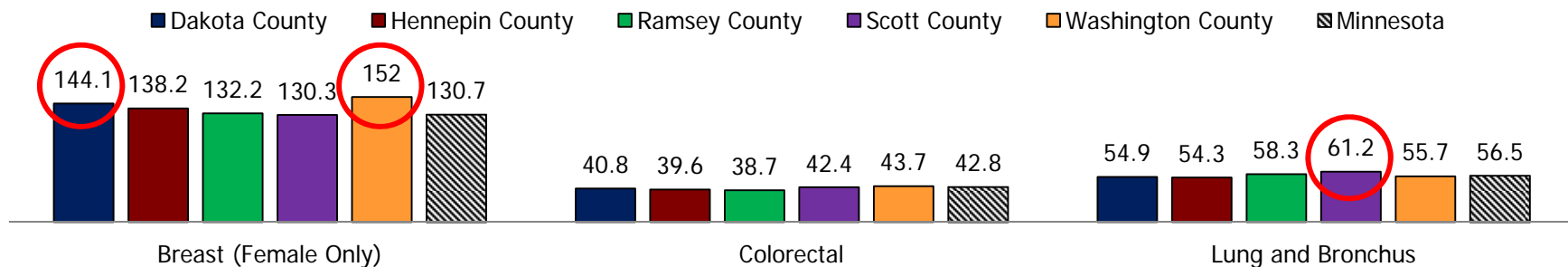
Cancer Incidence

- African American and Hispanic/Latino women are more likely to be diagnosed with later-stage breast cancer than women of European heritage.
- African American women are at the greatest risk of dying from the disease. Breast cancer mortality among African American women is 24% higher than white women, despite the incidence of breast cancer among African American women being 18% lower.

Cancer Incidence Rates (WI)
Age-adjusted per 100,000, 2008-2012



Cancer Incidence Rates (MN)
Age-adjusted per 100,000, 2007-2011



Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015

Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

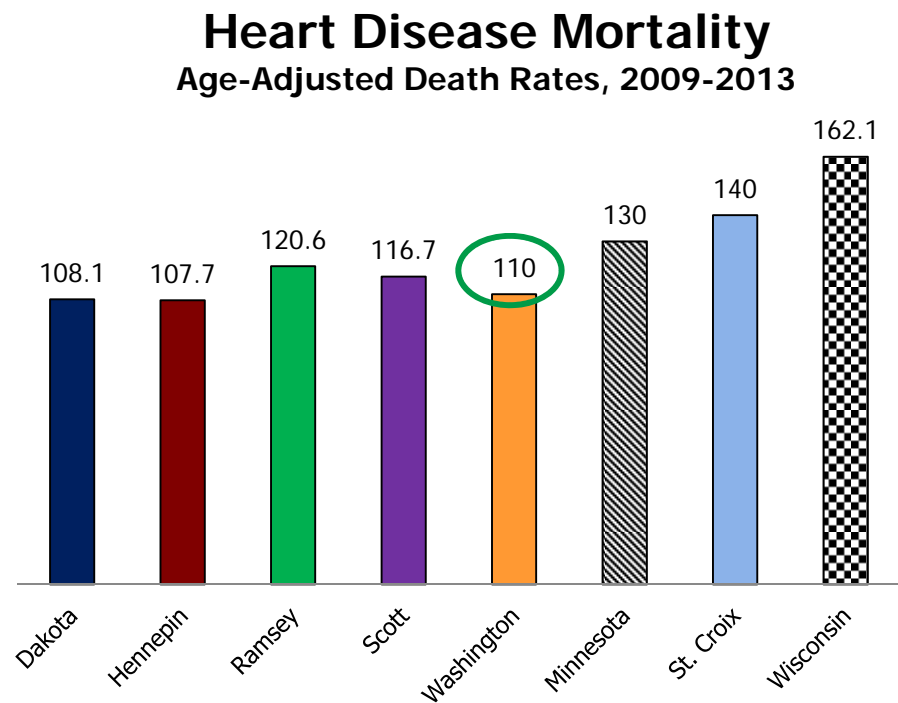
Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

Source: Minnesota Department of Health, 2014 Advancing Health Equity in Minnesota Report to the Legislature, <http://www.health.state.mn.us/divs/chs/healthequity/legreport.htm>; data accessed November 9, 2015.



Heart Disease Mortality

- Heart disease is the second leading cause of death in Minnesota and its 5 counties served by HealthPartners' hospitals, as well as Wisconsin and St. Croix County.
- Overall, heart disease rates have increased in Hennepin, Ramsey and Scott Counties since 2009.
- St. Croix County has a much lower heart disease mortality rate than Wisconsin and Dakota, Hennepin, Ramsey, Scott and Washington Counties have lower rates than Minnesota.



Note: Wisconsin Department of Health Services uses the term "Diseases of the Heart," while Minnesota Department of Health uses the term "Heart Disease."



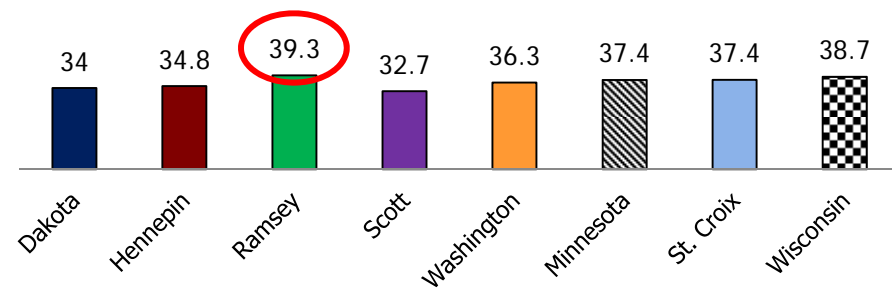
Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015

Chronic Lower Respiratory Disease Mortality

- Chronic lower respiratory disease is the fourth leading cause of death in Minnesota and Wisconsin.
- Ramsey County has a higher chronic lower respiratory disease mortality rate than the state. Ramsey and Scott Counties' rates have also increased since 2009.
- Scott, Dakota and Hennepin Counties have the lowest chronic lower respiratory disease rates among the 5 Minnesota counties served by HealthPartners' hospitals.
- St. Croix County has a slightly lower chronic lower respiratory disease mortality rate than Wisconsin.

Chronic Lower Respiratory Disease Mortality
Age-Adjusted Death Rates, 2009-2013



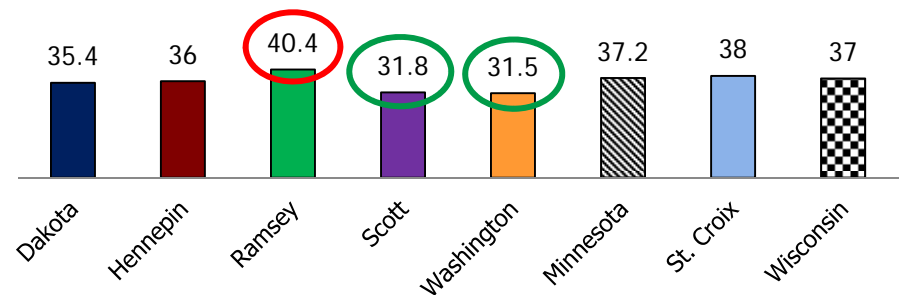
Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015
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Stroke Mortality

- Stroke is the fifth leading cause of death in Minnesota and Wisconsin, but the third leading cause of death in Ramsey County and St. Croix County. It is the fourth leading cause of death in Dakota, Hennepin and Washington Counties.
- Overall, stroke rates have fluctuated between 2009 and 2013, but Ramsey County does have a higher stroke mortality rate than the state.
- Scott and Washington Counties have the lowest stroke mortality rates among the 5 Minnesota counties served by HealthPartners' hospitals.
- St. Croix County has a slightly higher cerebrovascular disease mortality rate than Wisconsin.

Stroke Mortality
Age-Adjusted Death Rates, 2009-2013

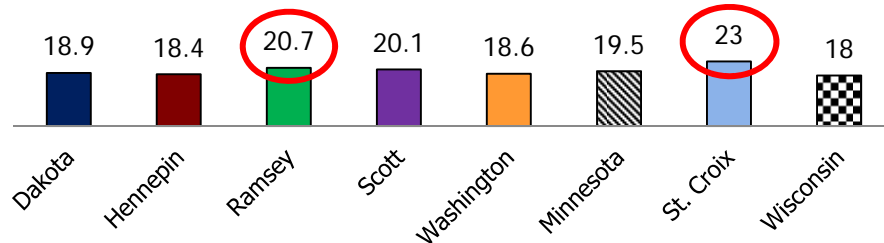


Note: Wisconsin Department of Health Services uses the term "Cerebrovascular Disease," while Minnesota Department of Health uses the term "Stroke."



Additional Causes of Death

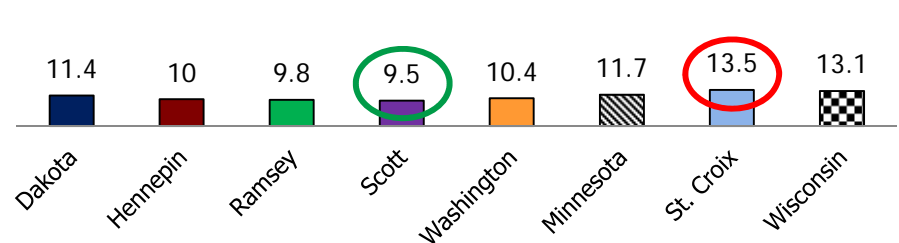
Diabetes Mortality
Age-Adjusted Death Rates, 2009-2013



Note: Wisconsin Department of Health Services uses the term "Diabetes Mellitus," while Minnesota Department of Health uses the term "Diabetes."

- In 2009 – 2013, St. Croix County had the highest diabetes mortality rates, while Hennepin County experienced the lowest rate.

Suicide
Age-Adjusted Death Rates, 2009-2013



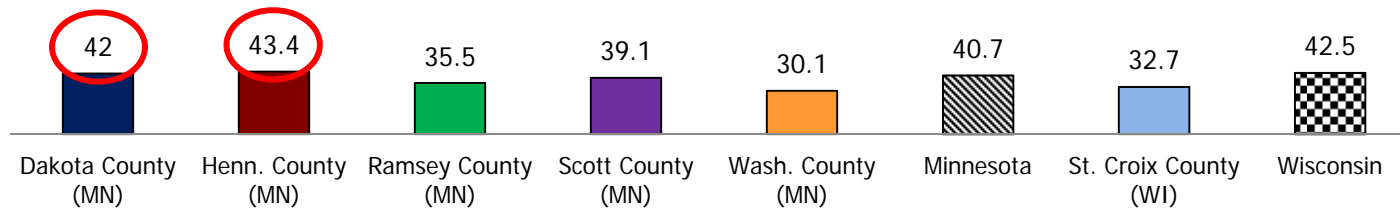
Note: Wisconsin Department of Health Services uses the term "Intentional Self-Harm (Suicide)," while Minnesota Department of Health uses the term "Suicide."

- In 2009 – 2013, St. Croix County had the highest rate of suicide, while Scott County experienced the lowest rate.



Unintentional Injuries

Unintentional Injury Age-Adjusted Death Rates per 100,000 2009-2013



Unintentional Injuries by Type 2009 - 2013

County	Motor Vehicle	Trans. (Not MV)	Accidental Poison.	Accidental Falls	Other
Dakota	136	1	151	345	99
Hennepin	267	13	584	1,217	427
Ramsey	140	8	270	357	167
Scott	56	-	34	77	26
Washington	78	3	71	117	63
Minnesota	2,408	71	2,179	4,400	2213
St. Croix	40	6	18	32	0
Wisconsin	2,995	0	2,965	5,215	1,826

- In the Minnesota counties, the majority of fatal accidental falls for both males (26.3%) and females (31.3%) occur in Hennepin County.
- 56.6% of fatal accidental falls across the 5 Minnesota counties occur within the older (>85 years) population.
- In St. Croix County (WI), fatal accidental falls make up 24% of unintentional injury mortality rates, with nearly 47% of those deaths occurring within the older (>85 years) population.

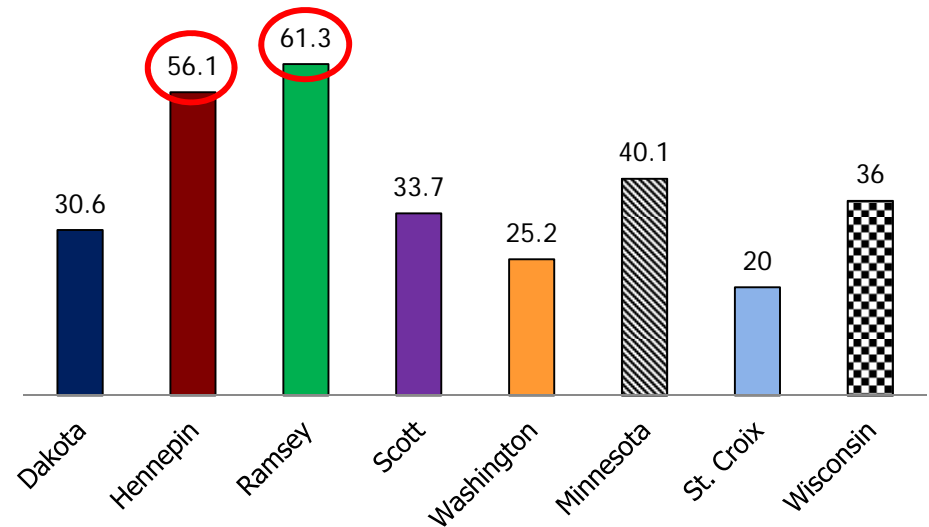


Chronic Conditions

Asthma

- Ramsey and Hennepin Counties have higher rates of asthma emergency department visits, compared to the state of Minnesota as well as Dakota, Scott, and Washington Counties.
- Washington County has the lowest rate of asthma emergency department visits among the 5 Minnesota counties served by HealthPartners' hospitals.
- In 2011 – 2013, asthma emergency department visit rates for Dakota, Hennepin, and Ramsey Counties increased, while Washington County and Scott County rates decreased.
- St. Croix County has a lower asthma emergency department visit rate than Wisconsin.

Asthma
Emergency Department Visits 2011-2013
Age-Adjusted Rate (per 10,000)



Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/asthma>; data accessed August 20, 2015

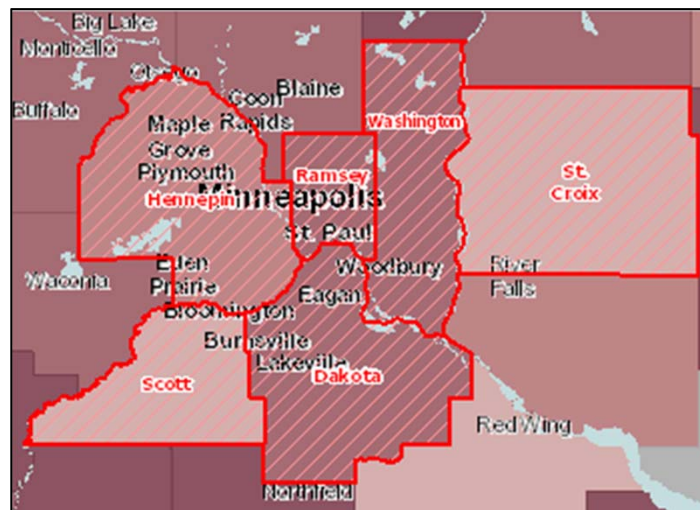
Notes: Emergency department data do not include data from federal and sovereign hospitals (e.g. Veteran's Administration; Indian Health Service) or data on Minnesota residents seen in facilities outside of Minnesota and North Dakota. Records with a missing county have been excluded from county counts, but are included in the state's count.

Source: 2011-2013 Wisconsin Emergency Department Visit Files, Office of Health Informatics, <https://www.dhs.wisconsin.gov/asthma/asthmaedvisits.pdf>; data accessed September 2, 2015

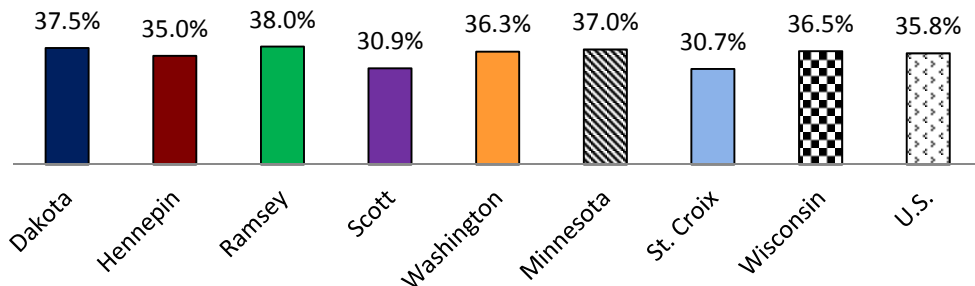
Chronic Conditions: Adult

Adult Overweight

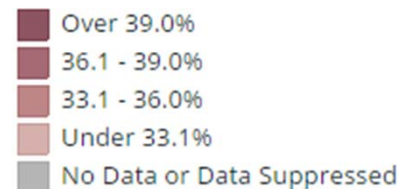
- In 2011 – 2012, both Minnesota and Wisconsin had higher percentages of overweight adults than the United States.
- Dakota, Ramsey, and Washington counties also had percentages higher than 2011-2012 national rates.
- Scott County (MN) and St. Croix (WI) have the lowest percentages of overweight adults out of the 7 counties served by HealthPartners.



% Overweight Adults
2011-2012



Overweight (BMI 25.0-29.9), Adults Age 18+, Percent by County, BRFSS 2011-12



Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed August 31, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

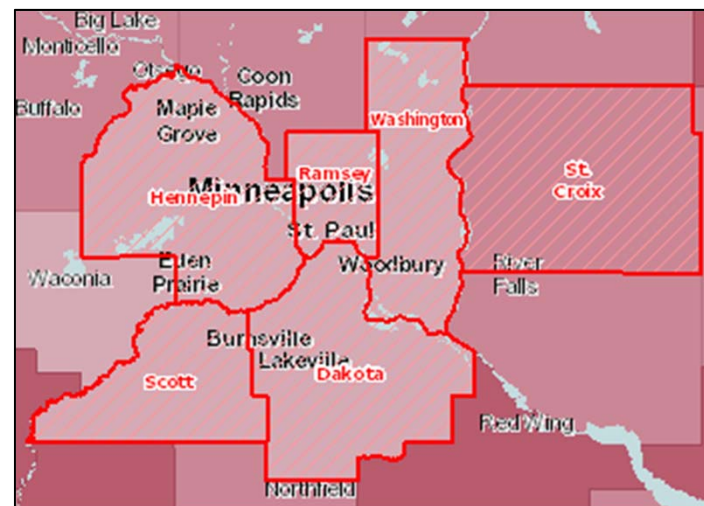
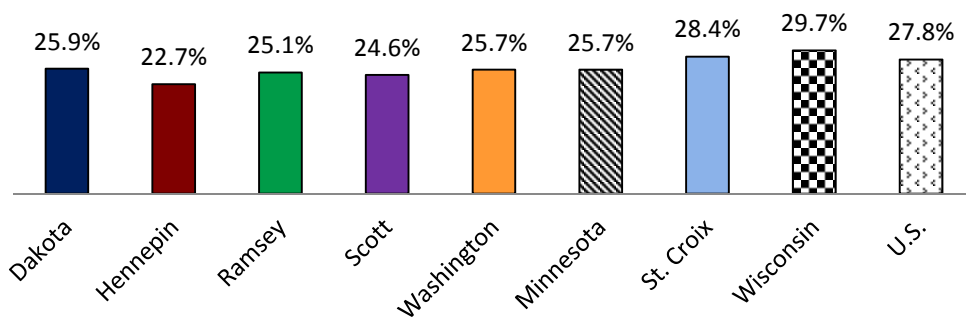
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Chronic Conditions: Adult

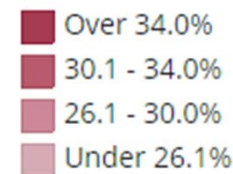
Adult Obesity

- In 2012, Wisconsin had a higher percentage of obese adults than the United States, while Minnesota had a lower percentage.
- St. Croix County (WI) also had a higher percentage than 2012 national rates and all of the Minnesota counties served by the HealthPartners hospital system.
- Hennepin County (MN) had the lowest percentage of obese adults in 2012.

**% Obese Adults
2012**



Obese (BMI \geq 30, Adults Age 20+, Percent by County, CDC NCCDPHP 2012



Source: Trust for America's Health and Robert Wood Johnson Foundation. <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: United Health Foundation, America's Health Rankings, <http://www.americashealthrankings.org/ALL/Obesity>; data accessed September 3, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html; data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

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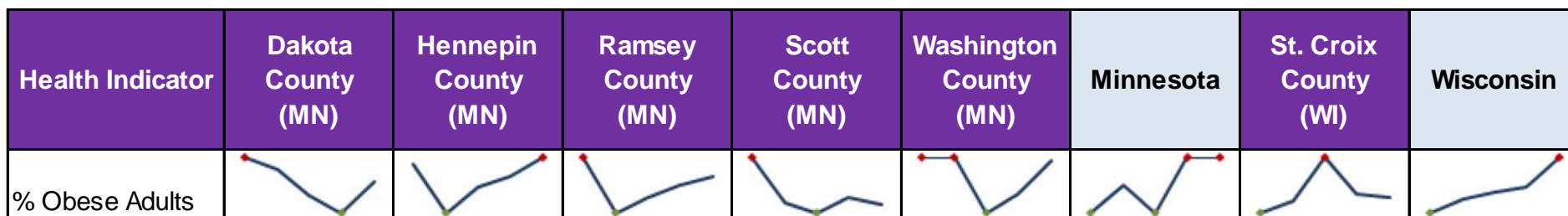


Chronic Conditions: Adult

Adult Obesity Trends

Adult Obesity Trends

Percent of Population
2008, 2009, 2010, 2011, 2012



Note: Directional trends to show general increases or decreases in obesity rates from 2008 – 2012. Red dot is highest rate, green dot is lowest rate

Source: Trust for America's Health and Robert Wood Johnson Foundation. <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html; data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

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Chronic Conditions: Youth

Youth Overweight / Obesity

Overweight

Minnesota.....

- In Minnesota, there is a higher percentage of overweight 9th grade males than overweight 9th grade females (Minnesota Student Survey, 2013).
- Hennepin, Ramsey, and Scott counties have the highest rates of overweight 9th grade males, while Dakota County has the lowest percentage (Minnesota Student Survey, 2013).
- Ramsey County has the highest rate of overweight 9th grade females, and is also higher than the state percentage (Minnesota Student Survey, 2013).
- Dakota and Hennepin Counties have the lowest percentage of overweight 9th grade females (Minnesota Student Survey, 2013).
- In 2013, 21.5% of White 9th grade students were overweight or obese by self-reported height and weight. By the same measures, 30.7% of Black and 31.3% of Hispanic students were overweight or obese.

Wisconsin.....

- In 2013, the percent of students in grades 9 – 12 who were overweight was 13.0% in Wisconsin, as compared to 16.6% of U.S. adolescents. This percentage has generally decreased in Wisconsin since 2009, with a slight increase in 2011 (Center for Disease Control and Prevention).

Obese

Minnesota.....

- In Minnesota and across all of its counties served by HealthPartners, there is a significantly higher percentage of obese 9th grade males than obese 9th grade females (Minnesota Student Survey, 2013).
- Ramsey County has the highest rate of obese 9th grade males, and is also higher than the state percentage (Minnesota Student Survey, 2013).
- Nineteen percent of Dakota County 8th graders, 20% of 9th graders and 20.5% of 11th graders were overweight or obese in 2013.
- Scott and Washington counties have the lowest rates of obese 9th grade females (Minnesota Student Survey, 2013).
- One in five 9th and 12th graders in Hennepin County reported a weight and height that would place them in either the overweight or obese weight status group.

Wisconsin.....

- In 2013, the percent of students in grades 9 – 12 who were obese in Wisconsin was 11.6%, as compared to 13.7% of U.S. adolescents. This percentage has generally increased for both Wisconsin and the U.S. since 2009 (Center for Disease Control and Prevention).



Health Behaviors

Exercise and Physical Activity

Adult

Minnesota

- The majority of residents in the Minnesota counties served by the HealthPartners participated in some physical activities or exercises other than their regular jobs.
- In 2013, 76.5% of Minnesota residents reported that they participated in physical activity within the past month, as compared to 74.7% of U.S. residents.
- Males in Dakota County had the highest rate of reported participation in physical activity (90.9%), as compared to females in Dakota County who had the lowest rate (85.7%).

Source: 2010 Metro Adult Health Survey & SHAPE Survey

Wisconsin.....

- In 2011, 19% of St. Croix County residents were physically inactive, as compared to 23% of Wisconsin residents (St. Croix Community Health Needs Assessment and Implementation Plan).
- In 2009 – 2011, the percent of adults in Wisconsin who usually biked or walked to work in the last week was 4.0%, compared to 3.4% of U.S. adults. In addition, in 2013, 76.2% of Wisconsin residents reported that they participated in physical activity within the past month, as compared to 74.7% of U.S. residents (Center for Disease Control).

Youth

Minnesota

- Overall, in each county and the state, male 11th grade students compared to female 11th grade students were physically active for 60 minutes or more on a greater number of days (4-7 days compared to 0-3 days) (Minnesota Student Survey, 2013).

Wisconsin.....

- In St. Croix, 25.6% of high school students have 3 or more hours of screen time on an average school day.
- Significantly more male high school students (31.2%) reported using computers for non-school related activities than females (18.1%) in St. Croix County
- In St. Croix, 60.4% of male students and 48.8% of female students participated in physical activities for a total of at least 60 minutes per day on five or more of the 7 days before the survey

Source: St. Croix Community Health Needs Assessment and Implementation Plan

- In 2013, the percent of students in grades 9 – 12 who achieved 1 hour or more of moderate-and/or vigorous-intensity physical activity daily in Wisconsin was 24.0%, as compared to 27.1% of U.S. adolescents (Center for Disease Control).



Health Behaviors

Nutrition

Adult

Minnesota.....

- The majority of individuals in the participating counties consume at least 3 - 4 servings of vegetables per day.
- Dakota County has the highest percent (40.8%) of individuals who consume adequate servings of fruits and vegetables per day (5+ servings), while Washington County has the lowest (37%).
- The majority of adults in Ramsey, Dakota, Scott, and Washington counties do not consume any soda or pop during the day.
- Ramsey County had the highest percent of residents who consume 1 – 2 glasses of soda or pop per day (23%), while Dakota had the lowest (17%).

Source: 2010 Metro Adult Health Survey & SHAPE Survey

Wisconsin.....

- In St. Croix, 79.6% of residents reported consuming insufficient fruit and vegetable intake in 2012, as compared to the Wisconsin average of 77.2%.
- In 2005 – 2009, 78.8% of the St. Croix adult population reported inadequate fruit and vegetable consumption, compared to 76.9% of the Wisconsin and 75.7% of the U.S.
- In 2014, estimated expenditures for carbonated beverages as a percent of total household expenditures were 4.5% for Wisconsin households and 4.0% for overall U.S. households.

Source: Community Commons

Youth

Minnesota.....

- Overall, in each county and the state, a slightly higher percentage of male 9th grade students (between 7% and 10%), compared to female 9th grade students (between 5% and 7%), did not eat any fruit during the 7 days prior.
- Less than 35% of Scott County 5th, 9th, and 11th grade students are getting the recommended number of servings of vegetables per day; less than 40% are getting the recommended number of servings of fruit per day.
- Only one in five children aged 3 to 17 in Hennepin County is meeting the recommended guidelines for servings of vegetables each day.
- In Dakota County, 50% of 11th grade male students drank at least 1 soda during the prior day, compared to 35% of females.
- More than half of male 11th grade students in Minnesota, compared to less than 40% of female 11th grade students, drank at least one pop or soda during the day prior. *Source: 2013 Minnesota Student Survey*

Source: Scott County Community Health Improvement Plan 2015-2019, & the 2012-2015 Community Health Improvement Plan for Hennepin County Residents

Wisconsin.....

- In 2013, the median intake of fruits and vegetables (times per day) for both Wisconsin and U.S. adolescents was 1.0 for fruits and 1.3 for vegetables.
- In 2013, the percent of students in grades 9 – 12 who drank regular soda/pop at least one time per day was 19.6% in Wisconsin, as compared to 27.0% in the U.S. This percentage has steadily declined in Wisconsin since 2007. *Source: Center for Disease Control*

Health Behaviors

Binge Drinking

Adult

Minnesota.....

- Scott County had the highest rate of **binge drinking** (32%) for males, which is higher than both the Minnesota rate and the U.S. average for males (2010 Metro Adult Health Survey SHAPE Survey).
- In 2012, the overall prevalence of **binge drinking** in Minnesota was 29% (Center for Disease Control).
- The national average for **binge drinking** in 2012 was 12.4% for females, and 24.5% for males (Institute for Health Metrics and Evaluation).

Wisconsin.....

- In 2011, 28% of St. Croix County residents responding to the survey participated in **binge drinking** in the last 30 days before the survey, as compared to 23% of Wisconsin (St. Croix County Community Health Needs Assessment and Improvement Plan).

Youth

Minnesota.....

- 14% of female 9th grade students in Scott County reported living in a **household with someone who drinks too much alcohol**, compared to 11% or less in other counties and the state.
- Overall, a higher percentage of female 9th grade students (between 10% and 14%), compared to male 9th grade students (between 8% and 11%), report **living with someone who drinks too much alcohol**.

Source: 2013 Minnesota Student Survey

Wisconsin.....

- In St. Croix, 29% of high school students reported **having consumed alcohol** during the last 30 days.
- 16.2% of St. Croix high school students **reported binge drinking** during the past 30 days before the survey.

Source: St. Croix County Community Health Needs Assessment and Improvement Plan



Health Behaviors

Smoking

Adult

Minnesota.....

- In 2010, 14.5% of females and 17.7% of males in Minnesota were **current smokers** (Minnesota Adult Tobacco Survey).
- In 2010, Dakota County had the highest rate of **female everyday smokers** (27.0%), compared to Scott County, which had the lowest (24.1%). In addition, in 2010, Washington County had the highest rate of **male everyday smokers** (21.4%), while Scott County had the lowest (12.4%) (2010 Metro Adult Health Survey).

Wisconsin.....

- 21% of St. Croix County and Wisconsin adult residents report that they **currently smoke** in 2010 (Institute for Health Metrics and Evaluation).
- The national average of **smoking prevalence** in 2012 was 22.2% for males, 17.9% for females, and 20% for both sexes (Center for Disease Control).
- More than 915,000 Wisconsinites still **smoke cigarettes** (St. Croix County Community Health Needs Assessment and Improvement Plan).

Youth

Minnesota.....

- 29% of Washington County 11th grade **males reported using any tobacco products** during the past 30 days, as compared to 9% of female 11th grade students in Hennepin County.
- 33% of Scott County 11th grade females believe that most students in their school **use tobacco** (cigarettes, chew) daily, as compared to 20% of 11th grade males in Hennepin County.

Source: 2013 Minnesota Student Survey

Wisconsin.....

- 29.9% of high school student participants in St. Croix reported having **tried cigarettes**, as compared to 12.9% of students who reported having **smoked cigarettes** during the past 30 days before the survey.
- 6,900 Wisconsin adolescents become **new smokers** each year.

Source: St. Croix County Community Health Needs Assessment and Improvement Plan



Mental Health

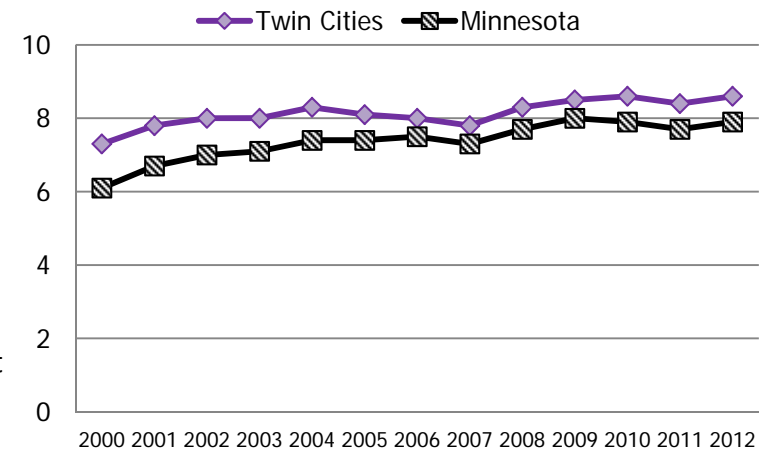
- Across all Minnesota counties and the state, 9th grade females reported higher rates of being **harassed or bullied** once or twice for their weight or physical appearance as compared to males.
- In Minnesota, a higher percentage of female 9th graders, compared to male 9th graders, report having a long-term mental health, behavioral health or emotional problem. Dakota County has the highest percent in the study area.
- The Minnesota Department of Health reported that 11.9% of White 9th graders in Minnesota thought about killing themselves during 2013. That figure increased to 15.2% for Black or African American, 17.3% for Hispanic and 20.4% for American Indian students.
- The rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care in Dakota County increased by 20 percent from 2008 - 2012. The rate is highest for 15-24 year olds, and females have a higher rate than males.
- More than one-quarter of Dakota County students said they had significant problems with feeling very trapped, lonely, sad, blue, depressed or hopeless about the future. Suicide was the leading cause of death among 15 – 24 year-olds in 2012.
- In St. Croix, 43.2% of high school students agreed that **harassment and bullying** is a problem at their school.
- Scott County has the most significant **ratio of residents to mental health providers** out of the Minnesota Counties.

Ratio of Population to Mental Health Providers, 2014

Dakota	Hennepin	Ramsey	Scott	Wash.	Minnesota	St. Croix	Wisconsin
807 : 1	332 : 1	298 : 1	1,345 : 1	544 : 1	529 : 1	1,011 : 1	632 : 1

Note: See detailed sourcing information for health behaviors in the summary of data sources section

Rate of Psychiatric Hospital Admissions
Per 1,000, 14+, 2000 - 2012



Rate of Psychiatric Hospital Admissions
2012 County Ranking (1=best), Per 1,000, 14+

County	Rank	Rate
Scott County	36	5.5
Washington County	50	6.3
Dakota County	61	7.4
Hennepin County	75	8.9
Ramsey County	85	11.2

Mental Health Alcohol-Related Crashes

Motor Vehicle Crashes by County and State 2012

Type of Motor Vehicle Crash	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)		Minnesota		St. Croix County (WI)		Wisconsin	
	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed
All Crashes	1,877	19	8,205	33	3,363	19	554	4	1,062	8	29,314	395	429	13	39,370	601
Alcohol-Related	128	3	613	5	261	0	50	1	76	5	2,644	104	36	2	2,907	223
% Alcohol-Related	6.8%	15.8%	7.5%	15.2%	7.8%	0.0%	9.0%	25.0%	7.2%	62.5%	9.0%	26.3%	8.4%	15.4%	7.4%	37.1%

- Hennepin County had the highest number of persons injured in alcohol-related motor vehicle crashes in 2012.
- Both Hennepin County and Washington County had the highest rates of persons killed in alcohol-related motor vehicle crashes in 2012 as compared to the 5 counties served by the HealthPartners hospital system in Minnesota.
- Scott County had the highest percentage of persons injured in alcohol-related motor vehicle crashes, while Washington County had the highest percentage of persons killed in alcohol-related motor vehicle crashes.
- The percentage of Persons Injured in St. Croix County during 2012 is higher than that of Wisconsin, as well as Washington, Ramsey, Hennepin, and Dakota counties in Minnesota.
- The number of persons both injured and killed in 2012 alcohol-related motor vehicle crashes in Wisconsin is significantly higher than those in Minnesota.



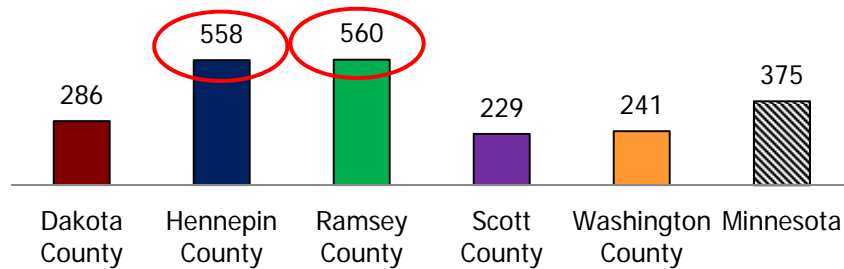
Source: Minnesota Department of Public Safety, Minnesota Impaired Driving Facts 2012, <https://dps.mn.gov/divisions/ots/educational-materials/Documents/IMPAIRED-DRIVING-FACTS-2012.pdf>; data accessed September 2, 2015

Source: Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics, Health Analytics Section. Public Health Profiles, Wisconsin 2012 (P-45358-12). August 2014; data accessed September 1, 2015

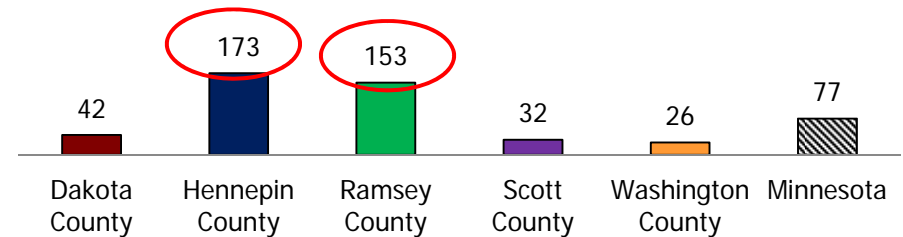
Communicable Diseases

- There are great disparities in chlamydia rates among diverse populations. In 2012, the rate among Black persons were 11 times higher than the rate among Whites. The rates among American Indians and Asian/Pacific Islanders were five and two times higher respectively.
- From 2008 – 2012, communicable disease rates increased in Dakota, Hennepin, and Ramsey Counties as well as the state of Minnesota, while rates of communicable diseases in Scott and Washington Counties decreased.

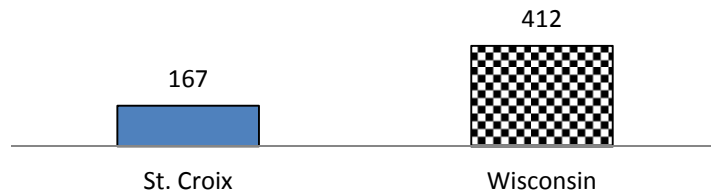
Minnesota Chlamydia Rates
Per 100,000, 2014



Minnesota Gonorrhea Rates
Per 100,000, 2014



Wisconsin Chlamydia Rates
Per 100,000, 2013



Wisconsin Gonorrhea Rates
Per 100,000, 2013



Source: Minnesota Department of Health, STD Surveillance Statistics, Minnesota, Annual Summary of Reportable STDs in Minnesota - 2014, www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html; data accessed August 18, 2015

Source: Wisconsin Department of Health Services, Wisconsin County 2013 Profiles – Summary Data, <https://www.dhs.wisconsin.gov/std/2013datamap.htm>; data accessed September 1, 2015

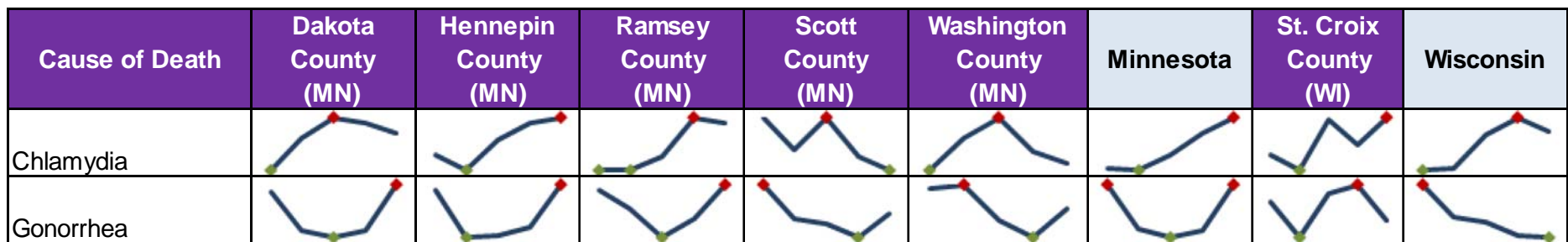
Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases (due to missing residence).

Source: Minnesota Department of Health, 2014 Advancing Health Equity in Minnesota Report to the Legislature, <http://www.health.state.mn.us/divs/chs/healthequity/legreport.htm>; data accessed November 9, 2015.



Communicable Diseases Trends

Communicable Diseases: Chlamydia and Gonorrhea Rates per 100,000 (2008, 2009, 2010, 2011, 2012)



Note: Directional trends to show general increases or decreases in communicable disease rates from 2008 – 2012. Red dot is highest rate, green dot is lowest rate.

Source: Minnesota Department of Health, STD Surveillance Statistics, Minnesota, Annual Summary of Reportable STDs in Minnesota - 2014, www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html; data accessed August 18, 2015

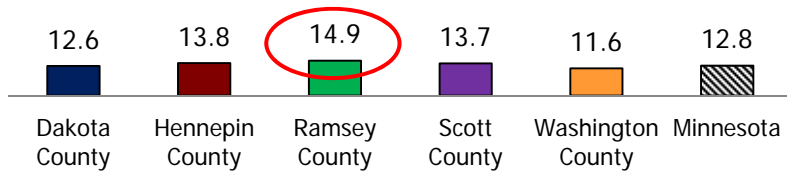
Source: Wisconsin Department of Health Services, Sexually Transmitted Diseases (STDs) – Wisconsin County 2012 Profiles, <https://www.dhs.wisconsin.gov/std/2012datamap.htm>; data accessed September 2, 2015

Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases (due to missing residence).

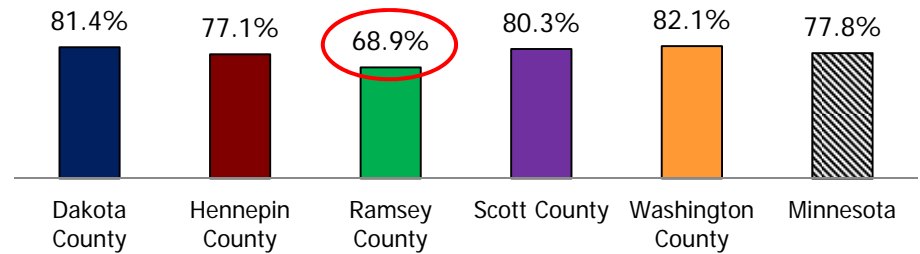
Nativity (Minnesota)

Birth Rates / Preterm and Low Birth Weight Births

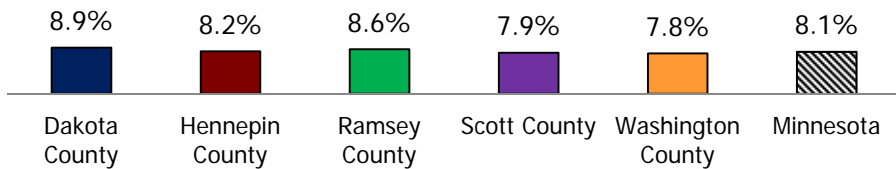
Birth Rates
Per 1,000 Population, 2013



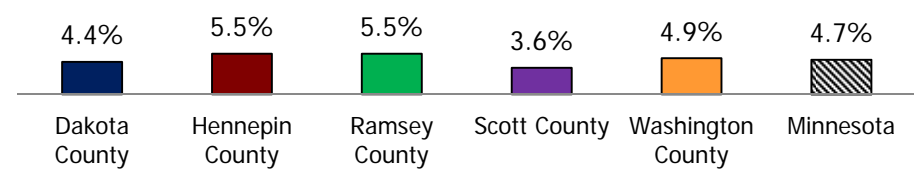
% Received Adequate or Better Prenatal Care
Care Began in 1st Trimester, with Adequate Number of Visits, 2013



% Preterm Births
2013



% Low Birth Weight Births
2013



Preterm Births: Live births of babies who are less than 37 weeks gestation at birth.

Low Birth Weight Births: Live births who are less than 2500 grams at birth.

Adequate or Better: Prenatal care started in the 1st trimester and the woman had an adequate number of visits.

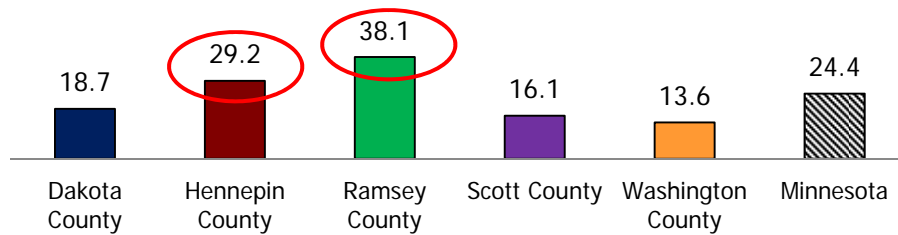
Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Source: Wisconsin Department of Health Services, WISH, <https://www.dhs.wisconsin.gov/wish/lbw/form.htm>; data accessed September 1, 2015

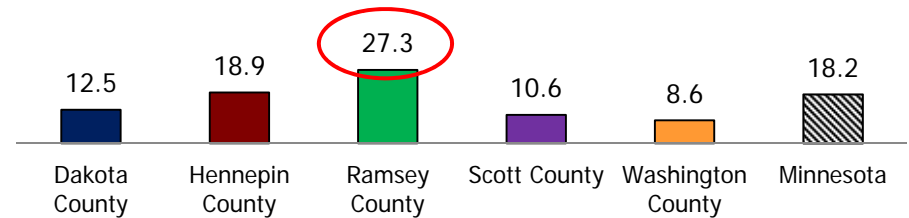
Natality (Minnesota)

Teen Births and Pregnancies

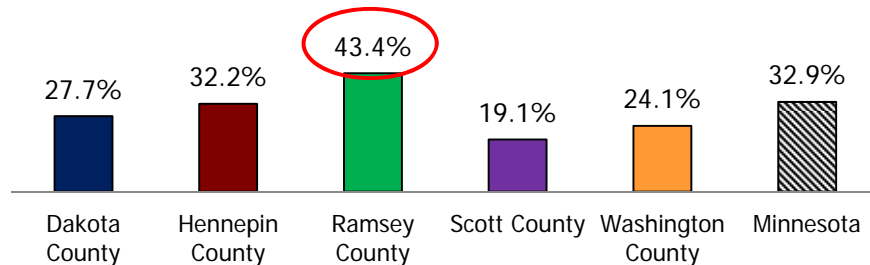
Teen Pregnancy Rates
Ages 15-19, 2011-2013, Per 1,000 Female Pop.



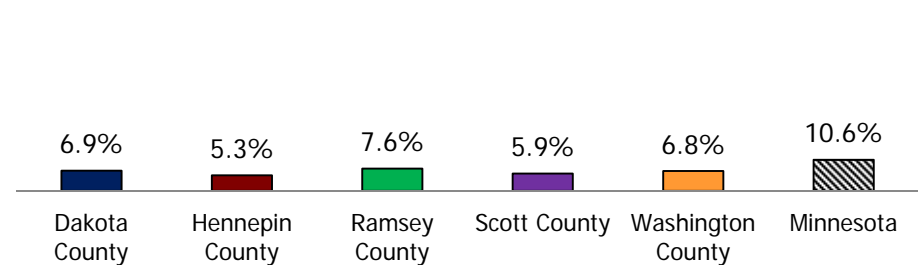
Teen Birth Rates
Ages 15-19, 2011-2013, Per 1,000 Female Pop.



% Births to Unmarried Mothers
2013



% Smoked During Pregnancy
2013



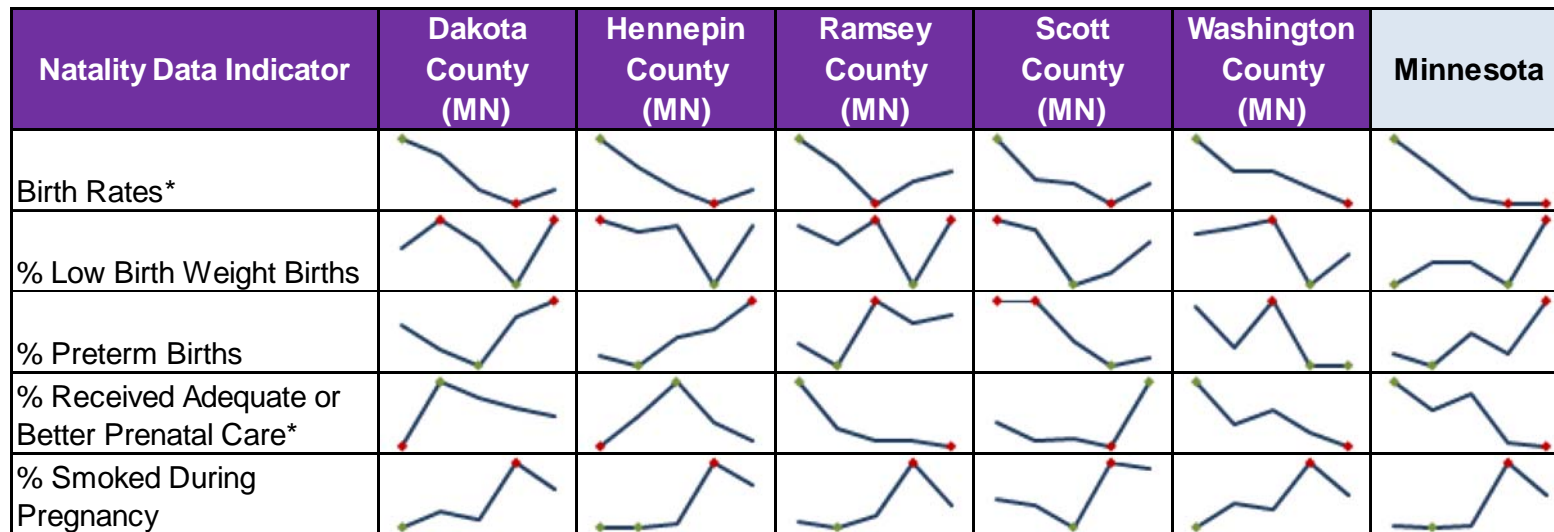
Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Source: Wisconsin Department of Health Services, Births to Teens in Wisconsin 2013, <https://www.dhs.wisconsin.gov/stats/births/teenbirths2013.htm>; data accessed September 1, 2015

Nativity Trends (Minnesota)

Nativity Data Indicators

Percentages and Rates (2008, 2009, 2010, 2011, 2012)

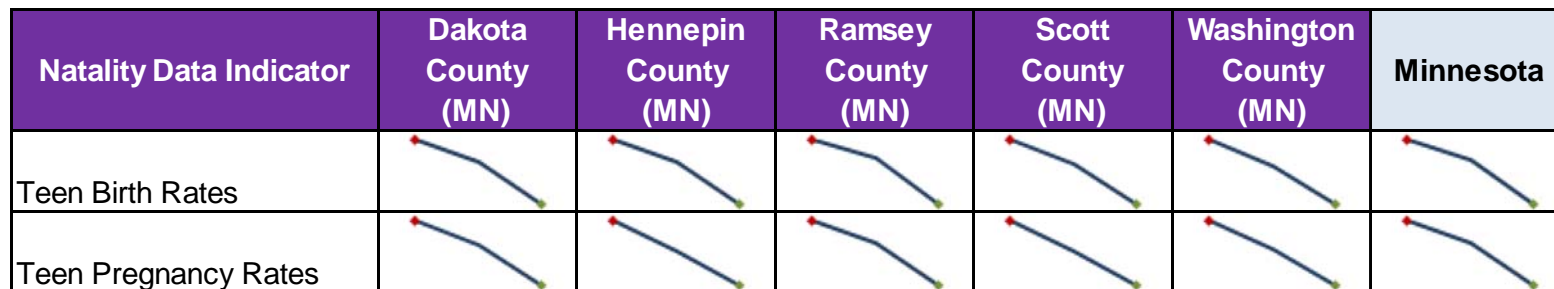


Note: Directional trends to show general increases or decreases from 2008 – 2012. Red dot is highest rate, green dot is lowest rate.

* % Received Adequate or Better Prenatal Care and Birth Rates - green dot is the highest rate and the red dot is the lowest rate.

Nativity Data Indicators

Rates per 1,000 Female Population Ages 15 - 19
2005-2007; 2008-2010; 2011-2013



Note: Directional trends to show general increases or decreases from 2005 – 2007; 2008 – 2010; 2011 – 2013. Red dot is highest rate, green dot is lowest rate.

Natality (Wisconsin)

Birth Rates / Low Birth Weight / Teen Births / Prenatal Care

Birth Rates
Per 1,000 Population, 2013

■ St. Croix County ■ Wisconsin



% Births to Mothers Who Received First-Trimester Prenatal Care
2013

■ St. Croix County ■ Wisconsin



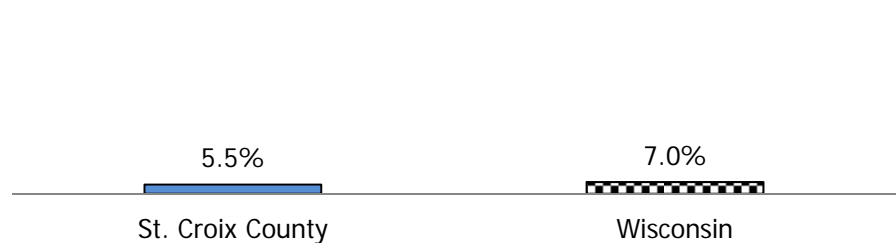
Teen Birth Rates
Ages 15-19, 2011-2013, per 1,000 Females

■ St. Croix County ■ Wisconsin



% Low Birth Weight Births
2013

■ St. Croix County ■ Wisconsin



Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015 (note: defined as less than 2,500 grams)

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

Nativity Trends (Wisconsin)

- Birth rates for both St. Croix County and Wisconsin steadily declined between 2009 – 2013.
- Teen birth rates overall decreased in St. Croix County between 2009 – 2013, while Wisconsin teen birth rates significantly decreased.
- The percent of births to mothers who received first-trimester prenatal care has decreased in both St. Croix County and Wisconsin.
- While the percentage of low birthweight births in Wisconsin has slightly decreased, percentages in St. Croix County have increased.

Nativity Data Indicators

Percentages and Rates (2009, 2010, 2011, 2012, 2013)

Nativity Data Indicator	St. Croix County (WI)	Wisconsin
Birth Rates*		
Teen Birth Rate		
% Births to Mothers Who Received First-Trimester Prenatal Care*		
% Low Birthweight Births		

Note: Directional trends to show general increases or decreases from 2009 – 2013. Red dot is highest rate, green dot is lowest rate.

* % Births to Mothers Who Received First-Trimester Prenatal Care and Birth Rates - green dot is the highest rate and the red dot is the lowest rate.

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015 (note: defined as less than 2,500 grams)

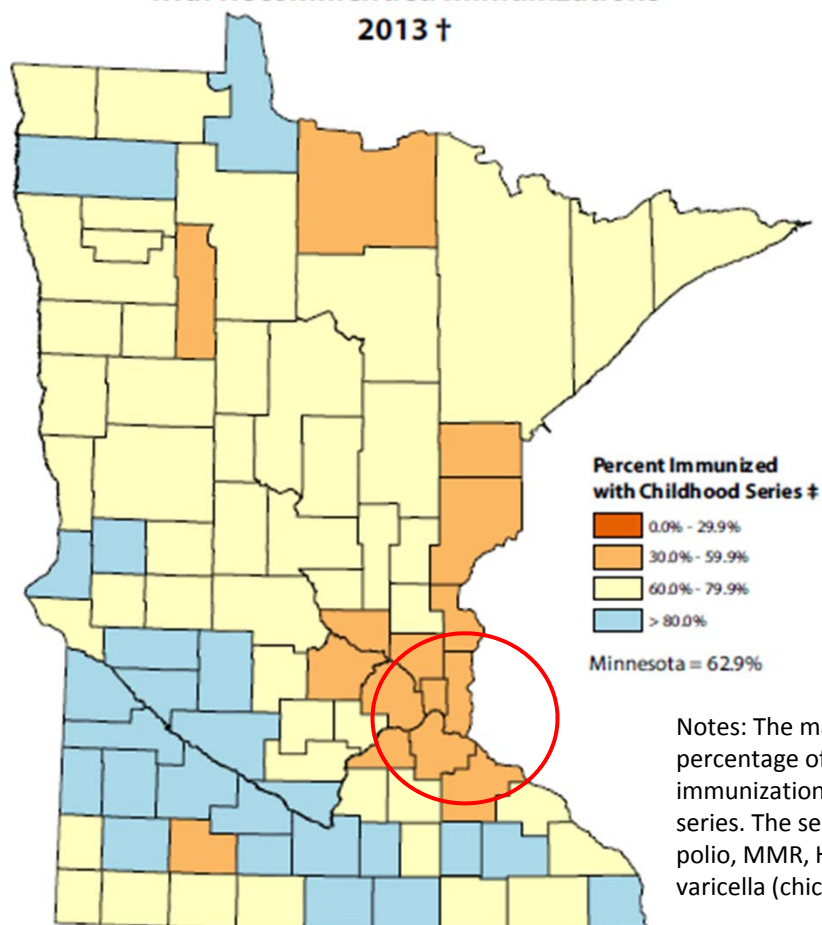
Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

Prevention (Minnesota)

Childhood Immunizations

Childhood Immunizations: Percent of Children 24-35 Months with Recommended Immunizations
2013 †



- Between 30% and 59.9% of children ages 24-35 months in the 5 Minnesota counties served by HealthPartners' hospitals have their recommended immunizations, compared to approximately 63% of children in the state.
- Overall, 2010 – 2012 rates of childhood immunizations steadily increased in all counties as well as the state of Minnesota, with slight decreases from 2012 – 2013.

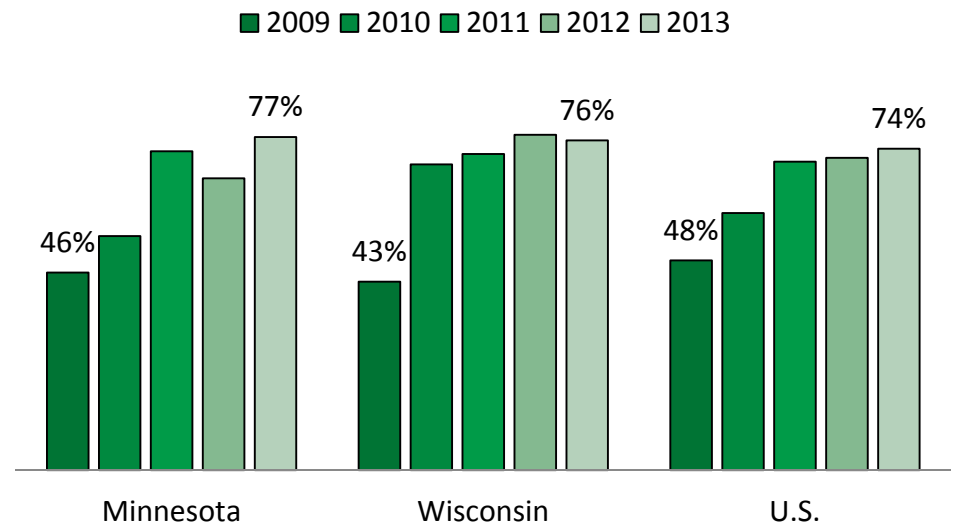


Prevention

Childhood Immunizations

- Between 2009 – 2013, the percent of 24 month old children who were immunized increased in Minnesota, Wisconsin, and the United States.
- In 2013, Minnesota had the highest percent of 24 month olds who were immunized, as compared to Wisconsin and the United States.

**24 Month Olds Who Were Immunized
2009 - 2013**



Source: Kids Count Data Center, 2 Year Olds Who Were Immunized 2009 – 2013, <http://datacenter.kidscount.org/data/Tables/8001-2-year-olds-who-were-immunized?loc=1&loct=2#detailed/2/2-52/false/36,868,867,133,38/any/15387>; data accessed September 3, 2015

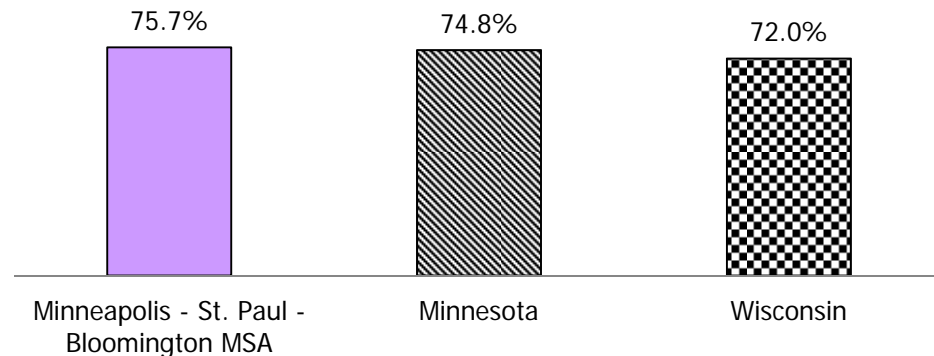
Definitions: 4:3:1:3:3:1 immunization coverage. Depending on the brand of vaccine used, a child would either get 3 doses of Hib plus a booster, or 2 doses of Hib plus a booster; at the state-level, the CDC no longer reports Hib simply as 3 or more doses but instead specifies that the “full series” was received.

Between December 2007 and September 2009 there was a shortage of the Hib vaccination which lead to a temporary suspension of the booster shot for most children in the U.S. This explains the dip in full-coverage in 2009 and 2010, which rebounded by 2011.

Oral Health

- Approximately 75.7% of respondents in the Minneapolis – St. Paul – Bloomington MSA visited the dentist or dental clinic within the past year for any reason, compared to 74.8% in Minnesota and 72.0% in Wisconsin.
- In 2012, 67.2% of U.S. adults reported visiting the dentist or dental clinic within the past year for any reason.

Oral Health
Visited the Dentist or Dental Clinic within the Past Year for any Reason
2012, Ages 18 and Older



Source: Centers for Disease Control and Prevention, SMART Behavioral Risk Factor Surveillance System Survey Data, apps.nccd.cdc.gov/BRFSS-SMART/; data accessed June 10, 2015

Note: The following counties are represented in the Minneapolis - St. Paul - Bloomington, MN - WI Metropolitan Statistical Area: Anoka County, MN; Carver County, MN; Chisago County, MN; Dakota County, MN; Hennepin County, MN; Isanti County, MN; Le Sueur County, MN; Mille Lacs County, MN; Pierce County, WI; Ramsey County, MN; Scott County, MN; Sherburne County, MN; Sibley County, MN; St. Croix County, WI; Washington County, MN; Wright County, MN



Health Insurance Access

Uninsured Trends

Percentages of State and National Populations
2009, 2010, 2011, 2012, 2013



Note: Directional trends to show general increases or decreases 2009 - 2013. Red dot is highest rate, green dot is lowest rate.

- In 2013, Ramsey County had the highest rate of uninsured residents under age 65, while Washington County had the lowest rate.
- According to the University of Minnesota State Health Access Data Assistance Center (SHADAC), uninsured rates in both Minnesota and Wisconsin have steadily declined since 2010.
- According to the Minnesota Community Measurement 2014 Health Equity of Care Report, Black or African American and American Indian racial groups had rates of optimal care significantly below the state average with colorectal screening, diabetes, vascular disease and asthma.

Residents Under Age 65 Without Health Insurance 2013

County	% Uninsured
Dakota County	7.7%
Hennepin County	10.2%
Ramsey County	11.8%
Scott County	7.7%
Washington County	6.3%
Minnesota	9.5%
St. Croix	7.0%
Wisconsin	10.6%
United States	16.6%

Source: U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE) Program, <http://www.mncompass.org/health/health-care-coverage#7-7468-g>; data accessed September 1, 2015

Source: University of Minnesota State Health Access Data Assistance Center, Maps and Charts, <http://datacenter.shadac.org/map/236/coverage-type-total#1/77/458>; data accessed September 1, 2015

Source: MNSure, Quick Facts, <https://www.mnsure.org/learn-more/fact-sheets/quick-facts.jsp>; data accessed August 28, 2015

Source: Minnesota Community Measurement 2014 Health Equity of Care Report, <http://mncm.org/reports-and-websites/reports-and-data/>; data accessed November 9, 2015

Park Nicollet Methodist Hospital Community Health Needs Assessment and Implementation Plan
Community Hospital Consulting



County Health Rankings (2015)

Category	Dakota County	Henn. County	Ramsey County	Scott County	Wash. County
Health Outcomes	19	46	63	8	7
Length of Life	8	32	52	3	4
Quality of Life	47	65	78	44	27
Health Factors	6	28	58	5	3
Health Behaviors	6	9	20	4	5
Clinical Care	13	9	22	23	2
Social and Economic Factors	14	65	76	1	2
Physical Environment	63	55	58	82	64

Category	St. Croix County
Health Outcomes	9
Length of Life	11
Quality of Life	10
Health Factors	6
Health Behaviors	8
Clinical Care	31
Social and Economic Factors	2
Physical Environment	57

- The **County Health Rankings** rank **87** counties in Minnesota (1 being the best ranking, 87 being the worst ranking).

- The **County Health Rankings** rank **72** counties in Wisconsin (1 being the best ranking, 72 being the worst ranking).

Please note that various factors go into these rankings, and they are not an absolute judgment on the health status of the each community. The County Health Rankings should be used as only one piece of the overall assessment. Please visit the appendix for additional information about indicators involved in the rankings.



Findings from Current Research

A review of recently conducted Community Health Needs Assessments, including community input collected from persons with expert knowledge of public health in the community served by Park Nicollet Methodist Hospital



Background Information

HealthPartners, as a system of hospitals, clinics, and care providers, has an extensive reach into the communities it serves in numerous localities. Representatives from Park Nicollet Methodist Hospital, as well as staff from the larger HealthPartners system, serve on boards, coalitions and community collaborations to improve the health of residents in the community served by the hospital.

This section of the report serves to document the most key collaborations in Dakota, Hennepin and Scott Counties, identifying participation in and results from efforts to collect input from persons who represent the following groups:

- State, local, tribal or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community
- Members of medically underserved, low-income and minority populations in the community, or individuals or organizations serving or representing the interests of such populations



Overview

County	Report Name	Public Health Input	Underserved Groups
Dakota County	Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment	<ul style="list-style-type: none"> The Dakota County CHA was conducted and produced by the Dakota County Public Health Department, spearheaded by Bonnie Brueshoff (Public Health Director, Dakota County Public Health Department). 	<ul style="list-style-type: none"> Two members of the Steering Committee were from the Dakota County Human Services Advisory Committee The Community Health Opinion Survey Follow-up version of the Community Health Opinion Survey
Hennepin County	2012 - 2015 Community Health Improvement Plan for Hennepin County Residents	<ul style="list-style-type: none"> The Hennepin County Human Services and Public Health Department, Minneapolis Department of Health and Family Support, and Bloomington Division of Public Health for the Community Health Boards of Bloomington, Edina and Richfield served as the convening partners for the project. 	<ul style="list-style-type: none"> CHIP Survey Three CHIP Forums
Scott County	Scott County Community Health Improvement Plan 2015-2019	<ul style="list-style-type: none"> The Scott County Community Health Improvement Plan was conducted and produced by the Scott County Public Health Department. 	<ul style="list-style-type: none"> Public Forums Discussions within the Scott County Health Care Systems Collaborative Survey on Mental Health Issues



Areas of Concern by County

**Counties served by other Health Partners hospitals are included for comparison purposes*

Area of Concern	Dakota	Henn.	Ram.	Scott	Wash.	Polk	St. Croix
Access to Health Care	x	x	x				
Affordable Housing	x						
Alcohol / Tobacco / Other Drugs	x				x	x	
Chronic Diseases / Conditions (Obesity, Heart Disease, etc.)	x	x		x	x	x	x
Lack of Physical Activity / Nutrition	x	x	x	x	x		x
Maternal and Child Health	x	x		x			
Mental Health / Social & Emotional Wellbeing (Example: Increasing community connectedness)	x	x	x	x	x	x	
Oral Health							x
Public Health Funding	x						
Social Determinants of Health (Income, Poverty, Transportation, etc.)	x	x	x				
Violence Prevention			x				

Source: Healthy People / Healthy Communities: 2013 Dakota County Community Health Needs Assessment; www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/profiles.aspx; data accessed July 11, 2015

2012-2015 Community Health Improvement Plan for Hennepin County Residents; http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process_20131217.pdf; data accessed July 11, 2015

Scott County Community Health Improvement Plan 2015-2019; <http://www.co.scott.mn.us/HelpingPeopleHealth/PublicHealth/Pages/Community-Health-Improvement-Plan-2015-2019.aspx>; data accessed July 11, 2015

Ramsey County Community Health Improvement Plan 2014-2018; www.co.ramsey.mn.us/ph/docs/CHIP_report_final_2014_2018.pdf; data accessed July 11, 2015

Washington County Community Health Improvement Plan 2014; <http://www.co.washington.mn.us/documentcenter/view/5513>; data accessed July 11, 2015

Healthy Polk County 2020 Community Health Improvement Plan Version 2014-2016; <http://healthypolkcounty.com/healthy-polk-county-2020/>; data accessed July 11, 2015

St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016; <http://www.healthiertogetherstcroix.org/resources/>; data accessed July 11, 2015



Dakota County

Healthy People / Healthy Communities:

2013 Dakota County Community Health Assessment

Methodology Summary:

The Healthy Dakota Initiative utilized an adapted version of the Mobilizing for Action through Partnerships and Planning (MAPP) model. The Healthy Dakota Initiative Steering Committee completed the following three assessments: Community Themes and Strengths Assessment, Forces of Change Assessment, and Community Health Status Assessment. This process included an extensive review of available data indicators, as well as the systematic collection of community input.

Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

- The Dakota County CHA was conducted and produced by the Dakota County Public Health Department, spearheaded by Bonnie Brueshoff (Public Health Director, Dakota County Public Health Department).

2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

- Two members of the Steering Committee were from the Dakota County Human Services Advisory Committee
- The Community Health Opinion Survey
- Follow-up version of the Community Health Opinion Survey

Hospital Involvement:

Connie Marsolek, representative from Park Nicollet Clinic - Burnsville, served as one of the 11 members of the Healthy Dakota Initiative Steering Committee.

Elizabeth Lincoln, Program Officer from the Park Nicollet Foundation, served on the Mental Health Action Team for the Healthy Dakota Initiative.

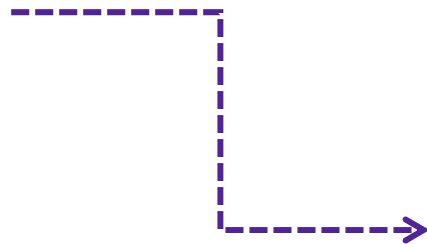


Dakota County

Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment

Community Input Findings:

- Safety
- Tobacco, alcohol, and other drug use
- Chronic disease and conditions
- Physical activity
- Mental health



Overall Health Needs Identified:

- Mental Illness
- Physical activity / eating habits / obesity
- Use of alcohol, tobacco, and other drugs
- Promoting mental health
- Public health funding
- Preventing / managing chronic conditions
- Income / poverty / employment
- Healthy start for children and adolescents
- Access to health care
- Affordable housing



Hennepin County

2012-2015 County Community Health Improvement Plan for Hennepin County Residents

Methodology Summary:

The Community Health Improvement Plan for Hennepin County was a collaboration of five local community health boards and multiple community partners. Together, this diverse partnership conducted a survey, an analysis of available health data, and three community health forums to identify top priorities and develop strategies to address important health goals.

Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

- The Hennepin County Human Services and Public Health, Minneapolis Department of Health and Family Support, and Bloomington Division of Public Health for the Community Health Boards of Bloomington, Edina and Richfield served as the convening partners for the project.

2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

- CHIP Survey
- Three CHIP Forums

Hospital Involvement:

Deanna Varner and Donna Zimmerman, both representatives from HealthPartners, were members of the CHIP Leadership Group for the Hennepin County Community Health Needs Assessment.



Source: 2012-2015 Community Health Improvement Plan for Hennepin County Residents; http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process_20131217.pdf; data accessed July 11, 2015

Hennepin County

2012-2015 Community Health Improvement Plan for Hennepin County Residents

CHIP Survey Findings:

Characteristics of a Healthy Community:

- Access to affordable quality health care
- Access to affordable opportunities to be physically active
- Safe places / reduced crime
- Access to affordable healthy foods
- Social and community connectedness
- Engaged, committed, motivated, and informed residents

Changes to Make:

- Improve local access to affordable health care
- Improve local opportunities for affordable physical activities
- Improve local access to affordable health foods

CHIP Forum Findings:

Characteristics of a Healthy Communities:

- Safety
- Environments that foster health
- Community connectedness & engagement
- Economic vitality
- Equitably accessible high quality infrastructure
- Basic needs are met
- Quality educational opportunities
- Good physical and mental health
- Multi-sector leaders promote the common good
- Active participation in creating health

Strategic Health Issues and Goals:

- **Maternal and Child Health:** Increase childhood readiness for school.
- **Nutrition, Obesity and Physical Activity:** Increase regular physical activity and proper nutrition through improvements to the physical environment.
- **Social and Emotional Wellbeing:** Increase community and social connectedness.
- **Health Care Access:** Develop health care access strategies that will help achieve the targeted goals above.
- **Social Conditions that Impact Health:** Develop health care access strategies that will help achieve the targeted goals above.



Source: 2012-2015 Community Health Improvement Plan for Hennepin County Residents; http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process_20131217.pdf; data accessed July 11, 2015

Scott County

Scott County Community Health Improvement Plan 2015-2019

Methodology Summary:

The Scott County Public Health Department facilitated in, conducted, and participated in the Scott County Community Health Improvement Plan 2015-2019. The process included an analysis of publicly available data and the systematic collection of community input from key community stakeholders and representatives of underserved populations. The Community Health Steering Committee went through a multi-step process to identify priorities. Six priority health issues were identified, and three final health priorities were selected.

Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community	<ul style="list-style-type: none">• The Scott County Community Health Improvement Plan was conducted and produced by the Scott County Public Health Department.
2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations	<ul style="list-style-type: none">• Public Forums• Discussions within the Scott County Health Care Systems Collaborative• Survey on Mental Health Issues

Hospital Involvement:

Elizabeth Lincoln, a representative from the Park Nicollet Foundation, served on the Scott County Health Matters: Statewide Health Improvement Program Community Leadership Team and the Scott County Health Care System Collaborative Team.

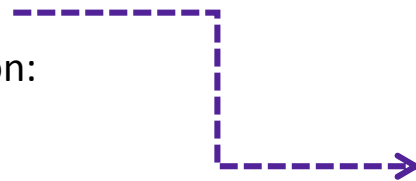


Scott County

Scott County Community Health Improvement Plan 2015-2019

Initial Health Priorities:

- Strengthen Early Identification of Infants and Toddlers: Health Development
- Mental Health
- Chronic Disease Prevention: Through Healthy Eating and Physical Activity
- Sexually Transmitted Infections
- Teen Alcohol Use
- Exposure to Second Hand Smoke



Three Final Health Priorities:

- **Chronic Disease Prevention:** Healthy Eating & Physical Activity
- **Identifying at Risk Infants and Toddlers:** Healthy Development
- **Mental Health:** Healthy Communities



Overall Summary of Common Themes

A list of common health needs among HealthPartners hospitals that were identified by evaluating demographic data, health data, and a summary of community input.



Common Themes

- **Mental and Behavioral Health**
 - Mental health services and access
 - Drug and alcohol abuse and dependency
- **Chronic Disease and Illness Prevention**
 - Obesity
 - Heart disease
 - Diabetes
 - Cancer
 - Communicable diseases
 - Social determinants of health
- **Equitable Care**
 - Disparities among underserved populations
- **Access and Affordability**
 - Ease of healthcare use
 - Barriers to access
 - Connections to services and resources
 - Partnerships



Prioritization

A description of the process used to prioritize the identified health needs, as well as a final list of needs that the hospitals within HealthPartners will seek to address



The Prioritization Process

- On August 24, 2015 leadership from HealthPartners and its respective hospitals met with Community Hospital Consulting to review findings and prioritize the community's health needs.
- Leadership ranked the health needs based on three factors:
 - Size and Prevalence of Issue
 - Effectiveness of Interventions
 - Hospital's Capacity



The Prioritization Process

- The CHNA Team utilized the following factors to evaluate and prioritize the significant health needs.

1. Size and Prevalence of the Issue
<ul style="list-style-type: none"> a. How many people does this affect? b. How does the prevalence of this issue in our communities compare with its prevalence in other counties or the state? c. How serious are the consequences? (urgency; severity; economic loss)
2. Effectiveness of Interventions
<ul style="list-style-type: none"> a. How likely is it that actions taken will make a difference? b. How likely is it that actions will improve quality of life? c. How likely is it that progress can be made in both the short term and the long term? d. How likely is it that the community will experience reduction of long-term health cost?
3. HealthPartners Capacity
<ul style="list-style-type: none"> a. Are people at HealthPartners likely to support actions around this issue? (ready) b. Will it be necessary to change behaviors and attitudes in relation to this issue? (willing) c. Are the necessary resources and leadership available to us now? (able)



Final Priorities

- HealthPartners leadership ranked the four significant health needs based on the three factors discussed, resulting in the following prioritized list:
 - 1. Mental and Behavioral Health**
 - 2. Access and Affordability of Healthcare**
 - 3. Chronic Disease and Illness Prevention**
 - 4. Equitable Care**



Implementation Plan Approach for Park Nicollet Methodist Hospital

How the hospital has focused and will accomplish
its Implementation Plan



Implementation Plan Focus

Identified Need	Key Objectives
Mental Health	<ul style="list-style-type: none"> • Improve education • Reduce stigma • Improve access to services
Access and Affordability of Healthcare	<ul style="list-style-type: none"> • Make health care easier to use; Reduce barriers to access
Chronic Disease and Illness Prevention	<ul style="list-style-type: none"> • Improve healthy behaviors; Reduce obesity • Develop innovative methods for addressing chronic diseases • Prevent/reduce the prevalence of infectious diseases
Equitable Care	<ul style="list-style-type: none"> • Increase cultural competency and humility throughout the organization • Reduce disparities in breast cancer screening rates for patients of color • Reduce disparities in colorectal cancer screening rates for patients of color • Encourage and support diversity and health equity in community-based organizations and services



Implementation Plan Approach

- To maximize the impact of actions it takes to address the priority needs identified, Park Nicollet Methodist Hospital will draw on the broader resources of Park Nicollet Health Services, including its clinics and Park Nicollet Foundation, in its Implementation Plan



Park Nicollet Methodist Hospital's Previous Community Health Priorities

A listing of the health needs identified in the
2012 Community Health Needs Assessment for
Park Nicollet Methodist Hospital



Previous CHNA Priorities

- **2012 CHNA Identified Priorities**
 - Mental Health
 - Seniors
 - Access and Affordability
 - Culturally Sensitive Care
 - Connecting Community Resources
 - Obesity
 - Wellness

Input Regarding Park Nicollet Methodist Hospital's Previous CHNA

A review of community input provided on the
hospital's previous CHNA and Implementation
Plan



Consideration of Previous Input

- IRS Final Regulations require a hospital facility to consider written comments received on the hospital facility's most recently conducted CHNA and most recently adopted Implementation Strategy in the CHNA process.
- Collaborative efforts were made by HealthPartners and Park Nicollet Methodist Hospital to coordinate with their local counties in creating CHNAs/CHIPs/CHAs. Findings from these existing documents supplemented the 2016 CHNA and Implementation Plan.
- The hospital made every effort to solicit feedback from the community by providing a feedback mechanism on the hospital's website. However, at the time of this publication, written feedback has not been received on the hospital's most recently conducted CHNA and Implementation Strategy.
- To provide input on this CHNA please see details at the end of this report or respond directly to the hospital online at the site of this download.



Evaluation of Park Nicollet Methodist Hospital's Impact

An evaluation of the hospital's impact regarding initiatives detailed in the hospital's previous Implementation Plan



Evaluation of Hospital's Impact

- IRS Final Regulations require a hospital facility to conduct an evaluation of the impact of any actions that were taken, since the hospital facility finished conducting its immediately preceding CHNA, to address the significant health needs identified in the hospital's prior CHNA.
- The hospital has tracked the progress made on previously listed activities and a summary of impact made by the facility is included in this section.



Park Nicollet Health Services/Methodist Hospital 2012 Community Health Needs Assessment 2013 – 2015 Implementation Plan 2014 Update



Community Health Needs Assessment

2014 Implementation Update

The Community Health Needs Assessment (CHNA), a statutory requirement from the federal government Affordable Care Act, was instituted to justify a hospital's 501(c)(3) tax-exempt status. Every three years, a Community Health Needs Assessment is to be completed and needs to include a written three-year Implementation Plan ("Plan"). The Plan is to be reviewed and updated annually.

We at HealthPartners believe the Community Health Needs Assessment (CHNA) is a written extension of our mission to improve health and well-being in partnership with our members, patients and community. We welcome the opportunity to share this executive summary.

Our HealthPartners hospitals' first CHNAs, in 2012, identified the greatest needs in the communities we serve. Comprehensive assessments were conducted by the following HealthPartners hospitals: Regions Hospital in St. Paul, MN; Lakeview Hospital in Stillwater, MN; Methodist Hospital in St. Louis Park, MN; Hudson Hospital in Hudson, WI; Westfields Hospitals in New Richmond, WI and Amery Regional Medical Center in Amery, WI. Both the CHNAs and Implementation Plans at each of the hospitals were approved by their respective hospital boards, Q4 2012.

The first year for implementation of each hospital's Plan was 2013; a report on 2013 implementation activities was provided in 2014. This executive summary updates that report with implementation activities completed in 2014.

Rather than limiting the CHNA only to Methodist Hospital, Park Nicollet Health Services (PNHS) assessed how to harness the broader resources of the system as a whole to address the needs of its community. The key themes identified by the CHNA for PNHS/Methodist Hospital were:

- Mental health
- Obesity
- Seniors
- Connecting community resources
- Access & affordability
- Wellness
- Culturally sensitive care

Additional themes identified were:

- Teen and young adult drug and alcohol abuse
- Teen pregnancy and teen parenting
- Smoking cessation

The CHNA steering committee determined that these additional themes receive significant funding and support from federal, state and county agencies and numerous non-profit organizations. Therefore, they are not addressed in the Plan.

The Plan assigns two tracks of responsibility for implementation of CHNA initiatives: to program-specific areas within PNHS and to Park Nicollet Foundation.

The role of Park Nicollet Foundation

The Park Nicollet Foundation Board of Directors prioritized the issues identified in the CHNA based on how effectively they could be addressed through the Foundation’s community-focused grant process. They paid particular attention to the severity/degree of needs, the number of other organizations addressing the issues and the strengths of the Foundation. The following framework was developed for the Foundation’s 2013-15 CHNA implementation strategy:



Under the general umbrella of well-being, mental health and concerns of seniors are the top priorities for Foundation CHNA implementation efforts. Access & affordability, culturally sensitive care and connecting community resources are secondary, or “supporting” priorities. The Board believes that obesity receives significant attention from the PNHS International Diabetes Center and other PNHS departments and, therefore, did not address obesity in 2014 community funding.

Executive Summary: An update of the Implementation Plan for 2014

Note: All of the Foundation initiatives reference hiring a .5 program officer to shepherd CHNA implementation activities. A new program officer joined the Foundation in January 2013.

<p>Priority: Mental health</p>	<p>Need: MN has fewer psychiatrists per capita than the national average. There are long waits times for patients to receive care.</p> <p>Objective: Utilize a collaborative care model involving primary care, mid-level mental health professionals and qualified community agencies.</p>
<p><i>Foundation Implementation Activity: 2013-14 Goal</i></p>	<p><i>Foundation Implementation Activity</i></p>

<p>Explore and develop relationships with key community partners in the area of mental health for collective impact.</p>	<p>2014</p> <ul style="list-style-type: none"> • Participated in the Center for Community Health Collective Action Workgroup to develop joint activities to address the stigma surrounding mental illness. Activities will take place in 2015. • Partnered with Maple Grove Hospital, Fairview, Allina, Prairie Care and North Memorial to broaden the impact of two Mental Health First Aid workshops. • Partnered with the Fairview Foundation and the Greater Twin Cities United Way to create a map of mental health resources in the 7 county metro area and identify gaps. That map informed the geographic areas of focus for the Foundation’s awards of mental health-related grants. • Worked closely with the Well-being/Mental Health action team of Health in the Park to develop a collective action plan to address mental health concerns in St. Louis Park. Implementation is planned for 2015. • Participated with the Dakota County Public Health Department in developing a collective action plan to address mental health issues identified in the County Health Improvement Plan (CHIP). • Participated in the Scott County Collaborative Mental Health Task Force to collectively address mental health concerns in the county. Activities included jointly identifying barriers to mental health services and developing an inventory of local mental health resources. • Implemented the NOW! (No Obstacles to Well-being) program to provide mental health services to middle school students in St. Louis Park. • Sponsored the fourth annual Mental Health Summit of the Dakota County Healthy Community Collaborative, attended by nearly 400 mental health professionals. • Granted over \$241,000 to organizations providing mental health services to the communities served by PNHS. <p>2013</p> <ul style="list-style-type: none"> • Granted over \$210,000 to community organizations providing direct mental health services, particularly for youth.
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	<ul style="list-style-type: none"> Granted an additional \$90,000+ to fund programs within PHNS addressing mental health needs of patients and staff. Sponsored the third annual Mental Health Summit of the Dakota County Healthy Community Collaborative, attended by over 600 community members and 350 mental health service providers. Developed a pilot program (NOW! - No Obstacles to Well-being) in partnership with the St. Louis Park middle school to provide mental health services via telemedicine.
<i>PHNS Implementation Activity: 2013-14 Goal</i>	<i>PHNS Implementation Activity</i>
Embed mental health clinicians closer to care teams in the clinics and hospital so that patients with underlying mental health issues can quickly access the expertise of a mental health provider in that setting.	<p>2014</p> <ul style="list-style-type: none"> Continued support of the embedded psychologist at the Eagan Clinic. Increased psychologist capacity at the Bloomington Clinic. Embedded a psychologist in the Women's Center. Identified Carlson Clinic to be the site for an embedded psychologist through a project providing "rapid access" to patients in Primary Care. Psychologist will start in 2015. Hired an additional psychiatrist and three additional therapists for the St. Louis Park location. Improved access to mental health treatment by developing and rolling out a Depression Protocol for Primary Care physicians that provides them with suggestions for medications and titrations, allowing them to manage patients with depression. <p>2013</p> <ul style="list-style-type: none"> Successfully embedded a full-time PhD psychologist at the Eagan Clinic and a child psychiatrist in the developmental pediatrics clinic in Eden Prairie. Began planning to embed psychologists at the Bloomington and, possibly, Burnsville clinics. Arranged for dedicated mental health space to be included in the to-be-built Maple Grove site;

	the goal is to have multiple psychologists and psychiatrists at the site to provide a hub of service to PNHS's northern region.
Priority: Obesity	<p>Need: The community would like to receive health information and education about childhood obesity in a more proactive and preventive manner.</p> <p>Objective: Collaborate with health plans, local cities and other groups focused on the well-being of children.</p>
<i>Foundation Implementation Activity: 2013-14 Goal</i>	<i>Foundation Implementation Activity</i>
Support community organizations addressing childhood obesity.	<p>2014</p> <ul style="list-style-type: none"> Granted \$12,000 to One Heartland/Camp 5210 to support a camp for youth focused on diabetes education and obesity prevention. Provided grants to support the yumPower healthy eating initiative in two St. Louis Park Schools. Partnered with PNHS Primary Care and Cub Foods to subsidize a Fruit & Veggie Rx program to encourage healthy food choices by youth at risk for obesity. 48% of prescriptions were redeemed. <p>2013</p> <ul style="list-style-type: none"> Granted a total of \$10,000 to Camp Heartland/Camp 5210 and Youth Determined to Succeed to support childhood obesity prevention programs.
<i>PNHS Implementation Activity: 2013-14 Goal</i>	<i>PNHS Implementation Activity</i>
Solidify the PN "Flash Program," an intensive multidisciplinary approach to obesity for elementary and middle school children and their families.	<p>2014</p> <ul style="list-style-type: none"> The Flash Program, now called Flash FWD, had to be postponed in 2013 due to provider health concerns. Departments that continue to be involved in the pilot are Pediatric Endocrinology, General Peds, Health Ed, PT and Mental Health.

	<p>2013</p> <ul style="list-style-type: none"> • The Flash Program – Families Living Actively, Striving for Health – intended to launch its pilot in 2013. The program provides counseling for families at risk for developing diabetes. It is multi-disciplinary, involving pediatricians, dieticians, physical therapists and mental health therapists. Health education is a major component of the program. • A cross-disciplinary pediatric obesity task force meets quarterly. • The Pediatric Obesity Toolkit assists primary care providers in dealing with patients struggling with obesity. • President of Foundation is a member of the Optimal Lifestyle Management Committee, which guides health priorities of the enterprise.
Priority: Seniors	<p>Need: The growing senior population needs more, and better access to, services.</p> <p>Objective: Engage Population Health strategy, continue the St. Louis Park Successful Aging Initiative and explore means to expand Successful Aging to other western suburbs.</p>
<i>Foundation Implementation Activity: 2013-14 Goal</i>	<i>Foundation Implementation Activity</i>

<p>Explore and develop relationships with key community partners in the area of seniors for collective impact.</p>	<p>2014</p> <ul style="list-style-type: none"> • Began the Post-Discharge Firefighter Visit program in which firefighters visit high risk seniors after their discharge from the hospital to assess their understanding of their medications, the safety of their home and their food security. If concerns about food are raised, the firefighters coordinate with a local food shelf for delivery of needed food supplies. • Worked collectively with numerous organizations to expand the Successful Aging concept in the western Minneapolis suburbs. Began meetings of the Western Suburbs 55+ Collaborative • Continued monthly Successful Aging meetings of seniors and providers of senior services in St. Louis Park to identify and address areas of concern in the senior community. • Supported Successful Aging and Jewish Family and Children's Services in their work for St. Louis Park as a pilot site for the national Act on Alzheimer's initiative. • Granted nearly \$150,000 to community organizations providing food, transportation, household chore and other services to low-income seniors. • Sponsored the Dakota County Healthy Communities Collaborative's Living Longer Summit for providers of services for seniors. <p>2013</p> <ul style="list-style-type: none"> • Initiated relationships with the MN Chapter of the National Alliance on Mental Illness, Darts Senior Services in Dakota County and Senior Community Services in the western suburbs. • Worked with the Dakota County Healthy Community Collaborative to develop plans for a Living Longer Summit targeting providers of services for seniors. • Began community discussion of expanding the Successful Aging program to Wayzata. • Sponsored publication of <i>Creating Vital Aging Communities: How You and Your Community Can Age Successfully Together</i> – a resource for communities to help improve the "senior friendliness" of their services, amenities and infrastructure.
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	<ul style="list-style-type: none"> • Provided focused education on issues related to seniors for the Foundation Grant Committee to ensure good alignment of grant-making strategies with areas of need identified in the CHNA. • Added a community advisor with expertise in senior issues to the Foundation Grant Committee.
<i>PNHS Implementation Activity: 2013-14 Goal</i>	<i>PNHS Implementation Activity</i>
Continue a focus on the senior population in population health strategies.	<p>2014</p> <ul style="list-style-type: none"> • Continued the focus on the Senior Services RN Care Consultant program, after-hours call program and advance care planning. <p>2013</p> <ul style="list-style-type: none"> • As part of PNHS's participation in Medicare's Pioneer Accountable Care Organization (ACO) program, Population Health developed the RN Care Consultant program. This intensive case management program matches a high risk ACO patient with an RN Care Consultant. The Care Consultant meets with the patient in the patient's home and a care plan based on the patient's goals is established. Since the inception of the program, hundreds of patients have been served, barriers to care have been eliminated, goals have been met, and unnecessary utilization of health care services has decreased.

	<ul style="list-style-type: none"> • Senior Services Nurse Practitioners and Geriatricians continued the after-hours call program. The purpose of this program is to ensure that the right clinician is taking calls for the right patients. The majority of calls after-hours come from Skilled Nursing Facilities (SNFs) and may be around a condition change in a patient, test results or medication needs. The clinicians from Senior Services are experts in caring for the frail elderly and are well versed in the capabilities of the external facilities. This results in more care being delivered at the SNFs and fewer unnecessary ER transfers. <ul style="list-style-type: none"> - From October 15, 2012 to December 31, 2013 there were 7,676 calls to the Senior Services After-Hours call team. Of these calls, 664 resulted in care being delivered at the SNF vs. an ER setting, thereby averting a transfer to the hospital. Savings have been calculated at \$1.5 to 2 million dollars in health care costs. • Maintained a strong emphasis on advance care planning. Provided 35 community presentations, 48 advanced care planning classes open to the public, and 10 individual support sessions through the Successful Aging Initiative.
Priority: Connecting Community Resources	<p>Need: Better communication and coordination among community resources.</p> <p>Objective: Continue to serve as a trusted community convener and connector.</p>
<i>Foundation Implementation Activity: 2013-14 Goal</i>	<i>Foundation Implementation Activity</i>
Remain active in learning about and supporting community organizations with the goal of enhancing coordination and communication among them.	<p>2014</p> <ul style="list-style-type: none"> • Continued staff and financial support for the Dakota, Scott and Northwest Hennepin Healthy Community Collaboratives. • Provided staff and financial support for the new Western Suburbs 55+ Collaborative. • Worked actively with the Center for Community Health to enhance coordination and communication around the conduct of CHNAs and the development of collective impact

	<p>projects.</p> <ul style="list-style-type: none"> • Provided a grant for the hiring of a care coordinator for the Women's Center to work with community organizations in support of patient needs. <p>2013</p> <ul style="list-style-type: none"> • Continued to facilitate and support the Dakota County, Scott County and Northwest Hennepin Healthy Community Collaboratives and the St. Louis Park Successful Aging Initiative, all groups started for the purpose of connecting community resources. • Began discussion with city, faith and business groups in Wayzata to convene a Successful Aging Initiative in that community. • Continued financial and other resource support for the Children First and Meadowbrook collaborations among PNHS, the school district and the city in St. Louis Park. • Began conversations with IBM regarding a system for connecting community resources that is being used in Olmsted County.
<i>PNHS Implementation Activity: 2013-14 Goal</i>	<i>PNHS Implementation Activity</i>
Develop systems to coordinate and connect resources and services in a central location within PNHS.	<p>2014</p> <ul style="list-style-type: none"> • Opened the Women's Center to provide centralized, coordinated care and guided access to community resources for women. • Further work on this item has been removed from the Implementation Plan as it relates just to PNHS, but coordination of resources and services is being addressed in a broader context throughout HealthPartners. <p>2013</p> <ul style="list-style-type: none"> • Worked in collaboration with the Foundation to raise \$1.2 million in the Women's Center and Services Campaign to support centralized, coordinated care and community resources for women. • Given the 2013 combination with HealthPartners, it no longer makes sense to focus on developing additional systems to centralize resources and

	<p>services just within PNHS. This item has been removed from the Implementation Plan, but coordination of resources and services is being addressed in a broader context throughout HealthPartners.</p>
Priority: Access & Affordability of Healthcare	<p>Need: Greater access to and affordability of health care that is too often limited by such barriers as lack of insurance, high deductibles, lack of transportation and language.</p> <p>Objective: Engage a Population Health strategy with adults and continue the upstream work of the four Foundation-sponsored community clinics for youth to prevent downstream challenges and burden in the ED and urgent care sites.</p>
<i>Foundation Implementation Activity: 2013-14 Goal</i>	<i>Foundation Implementation Activity</i>
<p>Continue to financially support programs that improve the access to and affordability of care.</p> <p>Relocate the Wayzata Community Clinic to increase utilization of services and eliminate perceived barriers to access for the youth of the community.</p>	<p>2014</p> <ul style="list-style-type: none"> • Granted over \$500,000 to support four school-based health centers, PNHS programs and other community organizations providing access to low- or no-cost health care. • Continued to provide support to bring Mammo-a-go-go to community sites to provide free mammograms to un- and under-insured women. • Continued work with the community-based task force to assess utilization of the Wayzata Community Clinic and potential relocation to Interfaith Outreach and Community Partners (IOCP). The task force determined that utilization was not sufficient and IOCP space was not adequate to support moving the clinic. Instead, support was shifted to other providers well-equipped to offer necessary services and the Wayzata clinic was closed in September. • Began work to develop a new school-based health center at the Richfield High School. <p>2013</p> <ul style="list-style-type: none"> • Granted over \$200,000 to support four community clinics and other community organizations addressing access and

	<p>affordability. The community clinics had nearly 3000 visits from un- and underinsured youth.</p> <ul style="list-style-type: none"> • Granted over \$120,000 to fund programs within PNHS that provide medications, medical supplies and supportive services that patients cannot afford. • Raised funds and provided financial and organizational support to bring Mamma-a-go-go to community sites to provide free mammograms to un- and underinsured women. • Convened a community-based task force and began data gathering to assess potential relocation of the Wayzata Community Clinic to serve even greater numbers.
<i>PNHS Implementation Activity: 2013-14 Goal</i>	<i>PNHS Implementation Activity</i>
Use population health strategies to proactively identify patients at high risk of experiencing adverse health events and incurring related high costs; taking action to intervene.	<p>2014</p> <ul style="list-style-type: none"> • Care conferences- Care Conferences were held at all 22 Primary Care Clinics to review our patient population and look for opportunities where the strength of our health care home model can be applied to the highest risk patients. • High risk for readmission (HRR)- Every day, forty to sixty patients hospitalized at Methodist hospital are identified as HRR. Extensive work was done in 2014 to standardize the care of patients who are HRR. This standardization includes: <ul style="list-style-type: none"> ○ Assessment and discharge planning done by the Care Integration team ○ High risk banner visible in Epic for the ambulatory teams. ○ High risk symbol visible in Epic for the Urgent Care teams. ○ Automatic notification of admission to the Primary Care Physician in Epic. ○ Automatic routing of the discharge summary to the Primary Care physician upon discharge in Epic. ○ All post discharge calls made to HRR patients are now completed by RN Care Consultants in the Population Health department. This group of nurses are able to quickly assess resource needs for the patient and can provide an in-home

	<p>visit and follow up.</p> <ul style="list-style-type: none"> • Strengthening Community Partnerships- <ul style="list-style-type: none"> ○ Post-Acute Transitional Care Unit Network- Methodist now has a network of nine Transitional Care Units within Skilled Nursing Facilities. The purpose of this network is to establish trusted partnerships with post-acute care facilities in order to improve care quality, reduce cost and enhance the patient experience. ○ Post Discharge Firefighter visits- Patients being discharged to one of five cities (St. Louis Park, Minnetonka, Minneapolis, Hopkins, Eden Prairie) are able to have a visit by a firefighter. The visit includes the following: medication review, follow up visit(s), signs and symptoms, who to call with questions and a home safety assessment. Patients are also asked a food insecurity question. Patients are referred to resources as needed including food shelves, transportation services, clinic nurses, pharmacists, or other care team member. Ninety-nine percent of patients who had a visit would recommend one to a family member or friend. <p>2013</p> <ul style="list-style-type: none"> • Quarterly conferences were held at 22 Primary Care Clinics with the goal of identifying clinical care needs and care coordination opportunities for patients. Patients discussed at care conferences were matched with the resources they needed to optimize health. • High risk for readmission- Every day, forty to sixty patients hospitalized at Methodist hospital are identified as high risk for readmission. Care team members are notified of this risk via the electronic medical record; they assess each patient's needs to create a smooth discharge plan. The inpatient team communicates with the ambulatory team to pass on crucial information related to the plan of care.
Priority: Wellness/Well-being	Need: The community wants to receive health

	<p>information and education about individual health needs in a more proactive and preventive manner and to be treated as a "whole persons."</p> <p>Objective: Collaborate with health plans, local cities and other groups focused on well-being.</p>
<i>2013 Foundation Implementation Activity: 2013-14 Goal</i>	<i>2013 Foundation Implementation Activity</i>
Continue to convene, engage and support community organizations focused on well-being.	<p>2014</p> <ul style="list-style-type: none"> Continued staff and financial support for the Dakota, Scott and Northwest Hennepin Healthy Community Collaboratives. Provided staff and financial support for Successful Aging and the new Western Suburbs 55+ Collaborative. Granted over \$325,000 to community organizations focused on well-being, including Children First, Meadowbrook Collaborative, WellShare and Pillsbury United Communities. <p>2013</p> <ul style="list-style-type: none"> Provided financial support for and continued facilitating the Dakota County Healthy Community Collaborative. Provided financial support for and continued active participation in the activities of the Northwest Hennepin Healthy Community Partnership. Continued active participation with the Scott County Healthy Community Collaborative. Participated with both the Scott County and Dakota County Public Health Departments in developing plans to implement their community health needs assessment initiatives. Provided over \$200,000 in grants to community organizations focused on well-being, including Children First and the Meadowbrook Collaborative in St. Louis Park, Interfaith Outreach & Community Partners in Plymouth, and the Minnetonka Heights Housing Complex. Partnered with the city of St. Louis Park to begin a Health in the Park (HIP) community initiative.
<i>PHNS Implementation Activity: 2013-14 Goal</i>	<i>PHNS Implementation Activity</i>

Continue to provide PNHS team members a confidential, personalized health promotion program to help make healthy lifestyle changes.	<p>2014</p> <ul style="list-style-type: none"> Continued all the activities noted for 2013 and added: <ul style="list-style-type: none"> Changed the name of employee wellness efforts to Be Well Provided opportunities for certification in Healing Touch to employees Added yumPower healthy food choices in the cafeteria Reduced the availability of added-sugar beverages at Park Nicollet facilities by 80% Conducted two health fairs for employees, with 25+ vendors focusing on the Park Nicollet well-being model (physical, emotional, career, financial, community and social well-being). <p>2013</p> <ul style="list-style-type: none"> In 2013, PNHS continued its commitment to supporting healthy lifestyles among team members, devoting significant resources to the Healthy Living Division of the Employee Health Department. Part of these resources funded a Wellness Coordinator and provided for numerous offerings, including: <ul style="list-style-type: none"> Personal health assessments with tips tailored to the individual on how to enhance personal wellness Farmers' markets (also frequented by patients) and pre-purchased produce box deliveries (CSA shares) Frequent fitness subsidies Mindfulness Based Stress Reduction classes Yoga, Pilates and massage therapy classes YumPower nutrition education Fitness center Well-attended, targeted 4 – 12 week Wellness campaigns focusing on weight management, physical activity, individual meetings with dieticians, etc. Tour de Park Nicollet & HealthPartners bike event Supported team member participation in a
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	Habitat for Humanity build.
Priority: Culturally-friendly Care	Need: Diverse populations do not know how to access health care due to cultural myths, language, lack of insurance, lack of transportation and other barriers. Objective: Provide access to language interpreters and provide appropriate trainings to break down barriers to health care.
<i>Foundation Implementation Activity: 2013-14 Goal</i>	<i>Foundation Implementation Activity</i>
Support local non-profits offering services related to improving culturally-friendly care.	<p>2014</p> <ul style="list-style-type: none"> • Provided \$75,000 in grants to organizations supporting culturally appropriate care and services to members of underserved ethnic populations. <p>2013</p> <ul style="list-style-type: none"> • Provided a grant to The Family Partnership to support mental health outreach efforts with the West African immigrant community. • Provided a grant to the Brooklyn Center school district to offer mental health services in different languages. • Foundation president is a member of the PNHS Diversity and Inclusion Committee on Community Involvement and Planning. • Translated consent forms for the NOW! and Healthy Minds mental health programs into Somali and Spanish for the St. Louis Park and Hopkins school districts.
<i>PNHS Implementation Activity: 2013-14 Goal</i>	<i>PNHS Implementation Activity</i>
Continue the efforts of the PNHS Diversity Program to heighten awareness among team members of opportunities to appreciate the cultural and interpersonal differences among patients and staff. Continue to provide interpreter	<p>2014</p> <ul style="list-style-type: none"> • Transitioned from a culture of “appreciating” diversity to a culture of “embracing” diversity. • Released an updated suite of activities that support individual, team and leadership development of behaviors that embrace diversity. • Maintained close collaboration between the Diversity and Inclusion team and Human Resources to share best practices and

services.	<p>implement new tools and training to support an inclusive culture. Collaborations included:</p> <ul style="list-style-type: none"> - Sponsored a Leadership Promoting Diversity and Inclusion workshop for senior leadership. - Participated in It's Time to Talk, an experiential activity in which attendees engage in discussion about diversity in the workplace. • Leadership participated in Honoring Women Worldwide, a mentoring program focusing on leadership development of first generation immigrant women of color. • Increased the volume of interpreter service visits by 15.5%. • Focused on health equity through various activities, including: <ul style="list-style-type: none"> - Leadership participation on the HealthPartners Equitable Care Steering Group. - Addressing disparities in care through a multi-disciplinary Equitable Care Committee. <p>2013</p> <ul style="list-style-type: none"> • In 2013, PNHS evolved from focusing diversity efforts in a committee to weaving diversity into the basic fabric of the PNHS culture. HR staff now work directly with their assigned departments to develop awareness and appreciation of cultural and demographic diversity at the front line level. • Appreciating diversity is also one of the Head + Heart, Together organizational competencies that is assessed in the interview process and woven into staff orientations. • Interpreter Services supports over 20,000 patients throughout the PNHS system with over 56,000 encounters per year. As of May, 2014, a nearly 15 percent growth in encounters has occurred year-over-year from 2013. Consent forms have been translated into the top six languages encountered at PNHS; these address 85 percent of the Limited English Proficiency patients in the system.
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Resources in the Community

An extensive list of resources that are available in the community address the identified health needs



Resources in the Community

- In addition to the services provided by HealthPartners and its hospitals, other charity care services and health resources available in the community are included in this section.

INFORMATION AND REFERRAL RESOURCE GUIDE

Dakota County Community
Development Agency

Dakota County



CDA

WHO can help me?

WHERE should I go?

WHY is it that way?

HOW can I fix this problem?

WHAT are my options?

MAKE THE CALL!

Updated 5/2014

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Updated 5/14

GENERAL HELP AND INFORMATION SERVICES

FIRST CALL FOR HELP – UNITED WAY 211 211

United Way 211 provides free, confidential information & referral services. Cell phone users call 651-291-0211 or toll free 1-800-543-7709.

CAP AGENCY (Scott, Carver, Dakota County) 651-322 3500

2496 145th St. W.
Rosemount, MN 55068
www.capagency.org

Senior Dining, Energy Assistance, Housing Location Services, Housing Crisis Assistance, Head Start, Child Care, Getting There personal vehicle transportation program, Thrift Shop for all of Dakota County.

360 COMMUNITIES 952-985-5300

501 East Highway 13, Suite 102
Burnsville, MN 55337
www.360communities.org

360 Communities provides 24 Hour Information and Referral and a variety of community services.

Serves: Eagan, Burnsville, Apple Valley, Rosemount, Lakeville, Farmington, Empire, Vermillion, Marshan, Eureka, Castle Rock, Hampton, Douglas, Greenvale, and Randolph.

NEIGHBORS, INC. 651-455-1508

222 Grand Avenue West
South St. Paul, MN 55075
www.neighborsmn.org

Provides emergency assistance, food, clothing, transportation, and emergency cash assistance, and information and referral on community services.

Serves: South St. Paul, West St. Paul, Inver Grove Heights, Lilydale, Sunfish Lake, Mendota, and Mendota Heights

HASTINGS FAMILY SERVICE 651-437-7134

301 Second Street East
Hastings, MN 55033
www.hastingsfamilyservice.org

Provides referrals, emergency assistance, food, clothing, school supply assistance, furniture, and holiday assistance. *Serves residents of Independent School District 200 (Hastings, Vermillion, Welch, Hampton, Miesville, Marshan, Nininger, and Ravenna Townships).*

UNIVERSITY OF MN EXTENSION

Research based educational programs and products help families make informed decisions for better health, financial security, and well-being.
Visit: www.extension.umn.edu/Family/

CHILD INFORMATION

EARLY CHILDHOOD FAMILY EDUCATION (E.C.F.E.)

WWW.ECFE.INFO

- District 196 952-431-8340
 - *Serves Apple Valley, Rosemount, Eagan* 952-431-8343
- District 191 952-707-4150
 - *Serves Burnsville, Eagan, Savage*
- District 192 651-463-6432
 - *Serves Farmington*
- District 194 952-469-7395
 - *Serves Lakeville*
- District 197 651-405-2480
 - *Serves West St. Paul, Mendota Heights, Inver Grove Heights, Lilydale, Eagan, Sunfish Lake, Mendota*
- District 200 651-437-6111
 - *Serves Hastings*

HEAD START 651-322-3500
Dakota County – CAP Agency, Inc.
2496 145th St. W.
Rosemount, MN 55068
www.capagency.org/programs-2/education/head-start/

A comprehensive pre-school program designed to promote the growth and development of children for low-income families.

CHILD CARE INFORMATION

MN CHILD CARE RESOURCE AND REFERRAL NETWORK 1-888-291-9811
www.mnchildcare.org 651-290-9704

THINKSMALL 651-641-0305
www.thinksmall.org

DAKOTA COUNTY CHILD CARE ASSISTANCE 651-554-5611
Child care for low income families going to school, work, or job searching.
www.co.dakota.mn.us/HealthFamily/PublicAssistance/Childcare/Pages/default.aspx

FINANCIAL COUNSELING

LSS FINANCIAL COUNSELING SERVICE 1-800-582-5260
www.lssmn.org
Lutheran Social Services (LSS) promotes financial education through workshops and classes on: Money Management, Budget Counseling, Debt Management, Consumer Protection, Building Good Credit, Saving and Investing, and Counseling that concerns Housing, Bankruptcy, Reverse Mortgage or Credit Reports.

CRISIS SERVICES

DAKOTA COUNTY CRISIS RESPONSE UNIT 952-891- 7171
www.co.dakota.mn.us/healthfamily/handlingemergencies/help/pages/default.aspx
The main goal of the Crisis Response Unit is to stabilize an immediate crisis and can provide such services as: telephone counseling, emergency food or shelter, and suicide prevention. Serves all Dakota County Residents 24 Hours a Day, 7 Days a Week.

ECONOMIC ASSISTANCE

DAKOTA COUNTY ECONOMIC AND EMPLOYMENT ASSISTANCE
651-554-5611

1 Mendota Rd. W., West St. Paul
www.co.dakota.mn.us/healthfamily/publicassistance/pages/default.aspx
Dakota County administers many state and federal programs that provide aid for those in need. There are many different types of assistance programs that help with medical care, food, childcare and much more.

- Food Programs
- Medical Assistance
- Cash & Emergency Assistance
- Housing Assistance
- Child Care Assistance
- Data Privacy
- Report Fraud
- Overpayment Collections
- Forms

EMPLOYMENT AND TRAINING SERVICES

MINNESOTA WORKFORCE CENTERS

www.mnwfc.org

- West St. Paul 651-554-5955
 - Dakotacowest.wfc@state.mn.us
- Burnsville 952-703-3100
 - Dakotacowest.wfc@state.mn.us

8:00 a.m. to 4:30 p.m., Monday through Friday

Career Planning, Vocational Counseling, Support Services, Training and Retraining, ETC
Job Club Series, Job Search Skills Workshop, On-the-job Training, Placement
Services...**FREE.**

WORKING OPPORTUNITIES FOR WOMEN 651-647-9961

www.careersolutionsinc.org

Displaced Homemaker Program—for people who need to make the change from homemaking to paid employment. The program helps you develop career and education plans and learn effective job-seeking skills. In a supportive environment the counseling staff will assist you.

ENERGY ASSISTANCE

CAP AGENCY 651-322-3500

DAKOTA COUNTY EMERGENCY ASSISTANCE 651-554-5611

SALVATION ARMY HEAT SHARE 651-746-3400

FAMILY SELF SUFFICIENCY

A program established by Dakota County CDA and HUD to promote economic self-sufficiency among HCV (Section 8) participants. FSS offers a financial incentive to participants who successfully complete a Contract of Participation. Once you begin your Contract, any time that your **earned** income increases **and** your rent portion increases, money will be put into an escrow account for you to access upon obtaining full-time employment and being off all forms of welfare assistance.

FSS COORDINATOR 651-675-4536

DAKOTA COUNTY CDA

HOMEOWNERSHIP ASSISTANCE

HOME STRECH HOMEBUYER EDUCATION 651-675-4472

Home Stretch teaches potential homebuyers about the entire home buying process and the responsibilities of homeownership. Topics covered include: Budgeting and Credit Issues, Financing and Qualifying for a Home, Shopping for a Home, The Purchase Process, Closing on a Home and Life as a Homeowner.

CDA HOMEBUYER HOTLINE 651-675-4472

CDA MORTGAGE FORECLOSURE HOTLINE 651-675-4555

For a complete list of CDA homeownership programs and services visit:

www.dakotacda.org/homebuyers.htm

FOOD

MN FOOD HELPLINE 1-888-711-1151

A helpline to enroll low-income Minnesotan's in the Food Support Program and help callers find emergency food assistance.

www.hungersolutions.org

360 COMMUNITIES - FOOD PANTRY 952-985-5300

www.communityactioncouncil.org

Serves Apple Valley, Burnsville, Eagan, Farmington, Lakeville and Rosemount.

NEIGHBORS, INC. 651-455-5000

www.neighborsmn.org

Serves residents of Inver Grove Heights, West St. Paul, South St. Paul, Mendota and Mendota Heights.

HASTINGS FAMILY SERVICE 651-437-7134

301 2nd Street East

Hastings, MN 55033

www.hastingsfamilyservice.org

Serves residents of Independent School District 200 (Hastings, Vermillion, Welch, Hampton, Miesville, Marshan, Nininger and Ravenna Townships).

FARE FOR ALL 763-450-3880
Cooperative food purchasing allows consumers to buy food at discounted prices. No income eligibility requirements. More information can be found at: www.fareforall.org

EMERGENCY FOOD SHELF NETWORK 763-450-3860
Visit: www.emergencyfoodshelf.org

TRANSPORTATION

D.A.R.T.S. 651-455-1560
1645 Marthaler Lane
West St. Paul, MN 55118
www.darts1.org
Transportation services for senior citizens and persons with disabilities.

HEALTH/MEDICAL

MEDICAL ASSISTANCE 651-554-5611
Contact for low income households for assistance will paying medical expenses. Certain requirements apply.

M.A.E.P.D. 651-554-5611
Medical Assistance for Employed Persons with Disabilities. For persons receiving RSDI and working as well as previously/currently participating in the spend down program. Allows participants to enjoy the same benefits held under the spend down program without a monthly rate or spend down amount, as long as they collect one pay check a month.

DAKOTA COUNTY PUBLIC HEALTH

Western Service Center
14955 Galaxie Ave.
Apple Valley, MN 55124-8579
952-891-7500

Northern Service Center
1 Mendota Rd.
West St. Paul, MN 55118
651-554-6100

Maternal and Child health, Public Health Nursing Service, Emergency Medical Services, Homemaker-Home health aide.

MINNESOTA CARE 651-297-3862
444 Lafayette Road
St. Paul, MN 55155
Health care coverage for eligible families.

SENIOR DRUG PROGRAM – SENIOR LINKAGE LINE 1-800-333-2433
The Senior Drug Program can help you pay for your prescription drugs if you are: age 65 or over, have been a MN resident for six months, you have income and assets within guidelines, and you receive or apply for Qualified Medicare Beneficiary or Service Limited Medicare Beneficiary (contact 651-450-2611 for information on these Medicare programs).

HOUSING SERVICES

AFFORDABLE RENTAL HOUSING INFORMATION
For vacancy listings and other affordable housing resources visit: www.housinglink.org

DAKOTA COUNTY CDA 651-675-4400
Contact the CDA for a copy of a vacancy listing or visit www.dakotacda.org

DAKOTA COUNTY SUPPORTIVE HOUSING UNIT 651-554-5751
Provides advocacy and case management to families in Dakota County that are homeless or at risk of becoming homeless. Information and referral, housing lists, transitional housing.

LANDLORD/TENANT RELATIONS; LEGAL SERVICES

SOUTHERN MINNESOTA REGIONAL LEGAL SERVICE (SMLRS) 651-222-5863
Legal services to low-income residents

HOME LINE 612-728-5767
A non-profit organization, provides free advice and information to Minnesota tenants about their rights. Calls are confidential.

ST. PAUL ASSOCIATION OF RESPONSIBLE LANDLORDS (SPARL)
651-221-0501
1595 Selby Avenue, #104
St. Paul, MN 55102

DISPUTE RESOLUTION CENTER 651-292-7791

LANDLORD AND TENANTS RIGHTS AND RESPONSIBILITIES 651-296-3353
For a copy of a handbook contact via phone, or send a written request to:

*Attorneys General's Office
1400 NCL Tower
St. Paul, MN 55101*

HUD 612-370-3000
*920 2nd Ave. S. Ste. 1300
South Minneapolis, MN 55402*

LEAD BASE PAINT INFORMATION

DAKOTA COUNTY PUBLIC HEALTH
• Western Service Center 952-891-7500
• Northern Service Center 651-554-6100

POISON CONTROL 1-800-222-1222

SENIOR INFORMATION

D.A.R.T.S. 651-455-1560
*1645 Marthaler Lane
West St. Paul, MN 55118*

SENIOR LINKAGE LINE 1-800-333-2433
Information and referral services

SENIOR FEDERATION 651-645-0261
Call for a directory of Senior Housing Developments

MEALS ON WHEELS 612-623-3363
To find the Local Meals on Wheels which serves the city in Dakota County that you live call the number listed above.

CAP AGENCY 651-322-3500
2496 145th St. W.
Rosemount, MN 55068

SHELTERS

B. Robert Lewis House – 360 Communities 952-985-5300
Shelter for physically or emotionally abused women and children. Serves residents of Dakota County. Hours: Open 24 hours a day.

*4345 Nichols Road
Eagan, MN 55122*

DAKOTA WOODLANDS 651-456-9110
Single and single pregnant women and women with children who need a place to live. Serves Dakota County residents. Hours: Open 24 hour a day.

*3430 Wescott Hills Drive
Eagan, MN 55123*

FOR INFORMATION ON FMR/PAYMENT STANDARDS AND UTILITY ALLOWANCES
OUTSIDE OF DAKOTA COUNTY VISIT WWW.HOUSINGLINK.ORG OR CONTACT:

<i>AGENCY</i>	<i>PHONE/FAX</i>
Bloomington HRA Bloomington Civic Plaza 1800 W. Old Shakopee Rd Bloomington, MN 55431	952-563-8937 FAX: 952- 563-4977
Metro HRA 390 Robert St N St. Paul, MN 55101	651-602-1428
Minneapolis PHA 1001 Washington Ave. No. Minneapolis, MN 55101	612-342-1400
Plymouth HRA 3400 Plymouth Blvd. Plymouth, MN 55447	763-509-5412 FAX: 763- 509-5407
Richfield HRA 6700 Portland Avenue Richfield, MN 55423	612-861-9702
St. Louis Park HA 5005 Minnetonka Blvd. St. Louis Park, MN 55416	952-924-2579
St. Paul PHA 555 N. Wabasha St. Ste 400 St. Paul, MN 55102	651-298-5664
Scott County HRA 323 So. Naumkeag Shakopee, MN 55379	952-402-9022 952-402-9022 FAX: 952- 496-2852
South St. Paul HRA 125 Third Avenue North South St. Paul, MN 55075	651-554-3270 FAX: 651-554-3271
Washington County HRA 7645 Currell Blvd. Woodbury, MN 55125	651-458-0936 FAX: 651- 458-1696

For a complete list of Minnesota Housing Authorities, Payment standards and Portability information, visit: www.housinglink.org



If you are experiencing a mental health emergency, please call The Crisis Connection at 612-379-6363, 9-1-1, or go to the nearest hospital emergency room.

TWIN CITIES METRO AREA — SUPPORT SERVICES, Cont.

Enrichment

Blooma www.blooma.com 952-848-1111
 Yoga classes, wellness services, childbirth education & supportive community.
 For moms-to-be, new mamas, & their families. 3919 44th Street Edina, MN 55424
My Healthy Beginning Magazine www.myhealthybeginning.org
 Information and local resources on healthy family lifestyles, natural & alternative methods.

Pregnancy & Infant Loss Support and Education

Bittersweet: Loss of a Multiple Birth or Gestation Support Group 952-854-1997
 Call for location & more info: Barb Schaack.
Fairview Health Services – Metro & Greater MN Locations 612-672-4698
 For pregnancy & newborn loss, subsequent pregnancy after loss, childbirth education following pregnancy loss.
Faith's Lodge www.faithslodge.org 612-825-2073
 Retreat center in Danbury, WI for parents & families facing the serious illness or loss of a child/infant. Low-to-no cost.
Heartbreaking Choices Support Group – Minneapolis 612-672-7656
 For families facing pregnancy termination for fetal anomalies.
Missing Grace Preg/Infant Loss Support – Maple Grove www.missinggrace.com 763-497-0709
The Seton Clinic, Catholic Charities – St. Paul, MN 55104 651-603-0252
 (Spanish Speaking) Pregnancy & Newborn Loss Counseling.
St. John's Hospital (HealthEast) – Maplewood 651-326-3733
 Pregnancy & Infant Loss Support Group
MN Sudden Infant Death (SIDS) Center www.childrensmn.org/sidcenter 612-813-6285
 Information & parent support group. Children's Hospital, Minneapolis
United Hospital – St. Paul 651-241-6206
 Pregnancy/infant Loss, Subsequent preg after loss, & childbirth education following loss.

LOCAL & NATIONAL SUPPORT, EDUCATION & ADVOCACY

The Childbirth Collective www.childbirthcollective.org
 Doula support, Parent Topic Nights: pregnancy, birth, postpartum
 St. Paul, Minneapolis, St. Croix Valley, Duluth, Fargo/Moorhead
The International Cesarean Awareness Network (ICAN) www.ican-online.org
 Support for cesarean prevention & recovery, promotes vaginal birth after cesarean (VBAC).
Jenny's Light www.jennyslight.org
 Mission: to improve and save lives by increasing awareness of all perinatal mood disorders including postpartum depression.
NAMI Minnesota (Nat Alliance on Mental Illness) www.namihelps.org 651-645-2948
 Dedicated to improving the lives of adults & children with mental illness and their families. Hosts of the annual BEYOND THE BABY BLUES CONFERENCE.
Postpartum Support International (PSI) www.postpartum.net 1-800-944-4PPD
 Non-profit organization providing information, local & national resources, & advocacy regarding emotional changes during pregnancy & postpartum. MN Co-coordinators:
 Suzanne Swanson, PhD, LP 651-221-9709
 Krista Post, MA, LP 612-296-3800
Ten Moons Rising www.tenmoonsrising.org 651-216-6029
 Non-profit organization committed to raising awareness about the importance of prenatal & birth experiences for the physical, spiritual & emotional well-being of infants and mothers.

Check online for more resources including Greater MN & info about PPSM:
www.pregnancypostpartumsupportmn.org



Perinatal Mental Health
RESOURCE LIST

4th Edition

Welcome! We are PREGNANCY & POSTPARTUM SUPPORT MINNESOTA (PPSM) -- a group of mental health and perinatal practitioners and organizations offering treatment and support services to Minnesota families.

Our Mission: To engage parents and professionals in promoting optimal emotional well-being during pregnancy and postpartum years.

We hope these resources will assist through some of the most important and often challenging times in a new family's life. Please pass this booklet on to a friend, patient, or colleague who may have a need or interest in these services. Or, make copies available in your classroom, business, or waiting room. Thank you!

~Suzanne Swanson, PhD, LP & Krista Post, MA, LP

Check online for more resources including Greater MN & info about PPSM:
www.pregnancypostpartumsupportmn.org

PSYCHOTHERAPISTS/CONSULTANTS

Kerry Anderson, MA, LP 612-508-5623
 7575 Golden Valley Rd, Suite 370, Golden Valley, MN 55427
 Pregnancy, birth, infant loss, postpartum, parenting
Laura Barbeau, MA, LMFT 952-454-8325
 Pregnancy & birth, postpartum, parenting
 4749 Chicago Ave. So, Mpls MN 55419
Sara Biewen MA, LP 612-267-7433, 612-672-2142
 Pregnancy & infant loss, postpartum, pregnancy & birth issues
 11900 Wayzata Blvd., S. #200, Mka 55305, 6320 Wedgwood Rd. N, Maple Grove, 55454
Catherine Burns, Registered Somatic Movement Therapist 612-332-7459
 Pregnancy, birth trauma/unexpected outcomes, infant loss, postpartum issues
 2228 Seabury Ave, Mpls, MN 55406
Maureen Campion, MS, LP 952-895-9200
 Postpartum depression, adjustment to parenthood, marital therapy
 Minnesota Valley Psychologists: 1601 E. Hwy 13, Burnsville MN 55337
Crystal Clancy, MA, LMFT 952-997-3020
 Infertility, pregnancy, loss, postpartum, couples & individuals, Christian counseling
 Nystrom & Associates: 7300 West 147th St., Apple Valley MN 55124
Pam Cleary, LICSW 612-226-7029
 Pregnancy, pregnancy loss, fertility issues, perinatal mood disorders
 2721 E. 42nd Street, Mpls, MN 55406
Sheila Conlin, MA, LP, LMFT 651-303-9003
 Postpartum depression
 521 Tanglewood Dr., Shoreview, MN 55126
Kelly L.S. Cook, MSW, LICSW 320-223-0503
 Post-partum depression, post-adoption depression, anxiety
 Cook Counseling Services: 101 7th Ave South, Suite 200, St. Cloud, MN 56301
Lisa Cross, LMFT 763-416-4167
 Postpartum depression, labor & delivery anxiety, marital counseling
 7270 Forestview Ln. N., Maple Grove MN 55369
Karol Dahlof, MA, LMFT 612-605-8487
 Pregnancy & infant loss, postpartum issues
 6603 Queen Avenue South, Suite G, Richfield, MN 55423
Hennepin Women's Mental Health Program 612-373-1851
 Monica Mandell, PhD, LP
 Andrea Szporn, PhD, LP
 914 S. 8th St., Suite D-110, Minneapolis, MN 55404

PREGNANCY & POSTPARTUM SUPPORT MINNESOTA cannot recommend any specific intervention or care provider; we suggest you call a provider or organization to discuss your individual needs and concerns.



PSYCHOTHERAPISTS/CONSULTANTS, Cont.

Talia Jackson, PsyD, LP Pregnancy, birth, loss, postpartum issues 2600 Wayzata Blvd., Minneapolis, MN 55405	612-709-7153
Christy Anderson Jacob, PhD, LP Pregnancy & birth, postpartum, parenting, Loss, sexual abuse & perinatal issues. 2124 Dupont Ave. S, Suite 300, Minneapolis, MN 55405	612 879-1010 ext 2
Maren McMillan, PsyD, LP Pregnancy & birth, postpartum & post-adoption issues Minnesota Center for Psychology, 2383 University Ave W., #200, St. Paul, MN 55114	612-644-4100 ext 14
Dianne Meixner, MA, LMFT, LICSW, ATR Postpartum depression, pregnancy & infant loss 357 E. Kellogg Blvd., St. Paul MN 55105-1411	651-287-0846
Joann O'Leary, PhD Infant mental health, pregnancy loss & pregnancy after loss 3208 Rankin Rd. NE, Mpls, MN 55418	612-788-6903
Krista Post, MA, LP Infertility, pregnancy & infant loss, birth trauma, postpartum issues, parenting 4500 Park Glen Rd., Suite 150, St. Louis Park, MN 55416	612-296-3800
Jane Rauenhorst, PhD, LP Pregnancy & birth, adjustment to parenting, grief, trauma/EMDR, couples 2239 Carter Ave. St. Paul, MN 55108	651-757-0708
Deb Rich, PhD, LP Infertility, pregnancy & infant loss, postpartum, teaching/training Shoshana Center, 570 N. Asbury #306, St. Paul, MN 55104	651-645-5504
Susan K Schultz, PhD, LP Infant-parent attachment & mental health 7400 Metro Blvd Suite 216 Minneapolis, MN 55439	952-842-0299
Sharon Stein McNamara, EdD, LP Infertility, pregnancy & infant loss, postpartum issues 521 Tanglewood Dr., Shoreview, MN 55126	651-698-1799
Suzanne Swanson, PhD, LP Pregnancy & birth issues, postpartum, loss/trauma, mothering 1108 Grand Ave., Suite 2, St. Paul, MN 55105	651-221-9709
Andrea Szporn, PhD, LP Pregnancy, birth, infant loss, postpartum, couples workshops 4601 Excelsior Blvd., Suite 507A, St. Louis Park, MN 55416, 914 S. 8th St., Suite D-110, Minneapolis, MN 55404	612-240-5174, 612-373-1851
Denise Tromblay, MA, LP Pregnancy, infant loss, birth trauma, postpartum depression & anxiety 3507 Lyndale Ave S, Mpls. MN 55408, 2450 Riverside Ave., Mpls. MN 55454	612-418-5812, 612-672-2165
Jeanette Truchsess, PhD, LP, RN Infertility, pregnancy, postpartum, grief & loss, trauma/EMDR, parenting, adoption 348 Prior Ave. N., St. Paul MN 55104	651-226-4704

PSYCHIATRIC CARE

Benita Dieperink, MD Private practice: 889 Grand Ave. S, St. Paul, MN 55104	651-769-7998
Dwenda Gjerdingen, MD, MS Bethesda Clinic, 580 Rice St., St. Paul, MN 55103	651-227-6551
Hennepin Women's Mental Health Program Benita Dieperink, MD Helen Kim, MD Michelle Wiersgalla, MD 914 S. 8th St., Suite D-110, Mpls, MN 55404	612-373-1851

If you are experiencing a mental health emergency, please call The Crisis Connection at 612-379-6363, 9-1-1, or go to the nearest hospital emergency room.

PSYCHIATRIC CARE, Cont.

Helen Kim, MD Private practice: 3133 Hennepin Ave. So, Mpls, MN, 55408	612-702-4410
Laurie Leabhart, CNS Allina Medical Clinic, Woodbury 8675 Valley Creek Rd, Woodbury MN 55125	651-241-3000
Amelia Merz, MD Park Nicollet Clinic 3800 Park Nicollet Blvd., St. Louis Park, MN 55416	952-993-3307

TWIN CITIES METRO AREA — SUPPORT SERVICES

Breastfeeding Support

The Breastfeeding Center @ Park Nicollet-Methodist Hosp. Lactation consultants available by phone & appointment. Preparation classes.	952-993-5124
Fairview Breastfeeding Support Groups Fairview Children's Clinic, 2535 University Ave, SE, Mpls, 55414. Groups for English-speaking & Somali-speaking moms. Drop-in, no cost.	612-672-2350
La Leche League of Minnesota and the Dakotas Support & education resource for nursing families. www.lalecheleague.org	612-922-4996
Mercy Hospital Breastfeeding Warmline & Appts. In-person consultations available at Mercy Hospital, Coon Rapids; most insurance accepted.	763-236-7430

Education/Support/Therapy Groups

Bringing Baby Home & Beyond Workshops www.lifeconnectionsinfo.com Donna Corbo, Certified Gottman Educator. Workshops for expecting & new parents. Emotional intelligence for new & expecting. Various Twin Cities locations.	651-208-0550
Bringing Baby Home Workshops www.strategiesformeaningfulliving.com Dr. Andrea Szporn, Certified Gottman Educator. For new/soon-to-be parents: build a stronger foundation for baby to thrive, by strengthening couple relationship. St. Louis Park.	612-240-5174
Empowering Mothers Group 10-week Education/support group for women with postpartum &/or anxiety symptoms. Dr. Maren McMillan. Minnesota Center for Psychology, 2383 University Ave W, St. Paul.	651-644-4100 ext 14
Fairview Counseling Center Therapy Groups for Depression and Anxiety - During and After Pregnancy On-going groups for women experiencing depression and anxiety associated with their pregnancies & following. <i>Babies welcome.</i> Minneapolis & Maple Grove sites.	612-672-6999
Mind-Body Program for Fertility & Family Building Women and couples learn research-supported techniques to decrease stress & increase coping strategies. Jeanette Truchsess, PhD, LP, RN www.drjeanette.net	651-226-4704
New Mama Group by Amma Maternity A six-week class for new mothers with babies 0-8 weeks old. Addresses infant care, postpartum adjustment, and more. www.AmmaMaternity.com	952-926-BABY
Parenting Oasis Minneapolis Drop-in center for parents: kids play area, food, support, new friends. Becoming New Mother Discussion Group, Healing Birth Stories workshops, etc.	www.parentingoasis.com 612-205-7050
Postpartum Depression Support Group Sponsored by United & Allina Hospitals. FREE. Jennifer Johnson, MA, LP & Bev Lamb, RN Tues: 1:30-3pm, Abbott Northwestern Hospital, Minneapolis Weds: 1:30-3pm, Dakota City Northern Service Center, West St. Paul	612-863-4770
Seeds of Mindfulness, Judith Lies, LMFT Mindful Parenting & Mindfulness Based Stress Reduction Classes 3706 East 34th Street, Mpls, MN 55406	612-343-1623

Check online for more resources including Greater MN & info about PPSM:
www.pregnancypostpartumsupportmn.org

South Metro Mental Health Providers

PROVIDER	LOCATION	CONTACT	WEBSITE	LOW COST	CHILD/ADOL	PSYCHIATRY	MISC INFO
Park Nicollet Clinic	Eagan	952-993-3307	www.parknicollet.com/bios/thomson-brent	Accepts most HP's and MA	Yes	No	Ages 9-6
ACP -Associated Clinic of Psychology	Apple Valley W. St. Paul Multiple locations	612-925-6033 (Main Number)	www.asp-mn.com	Yes	Yes	Yes	All ages In-home and school therapy Diagnostic Assessments
Behavioral Health Service	Eagan Shakopee Fridley Golden Valley N. St. Paul Woodbury	651-662-0800	www.bhsiclinics.com	Yes	Yes	Yes	All ages Peds Psychiatry only available at Fridley and Golden Valley; Eagan psychiatry (16 and >)
Edina Comfort Care Life Coaching & Counseling Clinic LLC	Edina	952-913-5403	www.edinacomfortcare.com	sliding scale some HP's accepted including MA	Adol only	No	Adult and Adolescent only Walk in Clinic (\$50 cash/1hr session; Mon/Wed; noon – 6 pm)
FACTS- Family, Adolescents and Children Therapy Services	Mendota Heights	651-379-9800	www.facts-mn.org	MA, Private pay and plans Sliding Scale	Yes	No	All ages Early Childhood MH (ages 0-6) In-home and school therapy Play Therapy
Foundations Family Therapy	Burnsville	612-382-8651	http://www.foundationsmn.com	Some insurance plans and MA	Yes	No	All ages Focus-special needs including Asperger's ASD, ADHD, Mood disorders, and impulse control issues
Headway Emotional Health Services	Richfield Golden Valley Hopkins	763-746-2411	www.headway.org	Yes	Yes	Yes (Golden Valley)	All ages In-School Therapy Adol day treatment program (Hopkins) Children's MHCM (Hennepin)
Healing Connections Therapy Center	Burnsville	952-479-5976	www.healingconnectionsonline.com	Accepts most HP's and MA	Yes	No	All ages (6 and >)

*List is current as of 2/4/15; this list is not exhaustive.

South Metro Mental Health Providers

PROVIDER	LOCATION	CONTACT	WEBSITE	INSURANCE	CHILD/ADOL	PSYCHIATRY	MISC INFO
Health Partners Behavioral Health	Apple Valley	952-967-7472 (Central Appt desk)	www.healthpartners.com	Accepts most insurance HPMA, BCMA, and MNMA; PMAP programs are limited	Yes	Yes	All ages Child/Adolescent Psych: SLP Clinic (0 – 18); Apple Valley (15 and >)
InnerLight Healing Center	Lakeville	952-435-4144	http://www.counselingandhealing.com	Most HP's and MA	Yes	No	All ages (6 and >) Some Alternative Therapies available such as Biofeedback
Justin Kukowski Center for Integrative Therapies	Burnsville Chaska	952-224-8990	www.justinkukowskicenter.com	Accepts most major insurance	Yes	Yes – Certified Nurse Specialist (18 and >)	All ages (5 and >) Traditional therapy, Support Groups Specialize in Holistic Integrative Therapies (Alternative and Complimentary therapies)
Katy Wait, MA, LMFT	Burnsville	612-499-2050	www.empoweringtheyself.com	Reduced fees for cash payment, accepts some insurance	Adoles only	No	Individual (adult/adol), couple, family
Lakeville Behavioral Health, LLC	Lakeville	952-435-0022	www.lakevillebehavioralhealth.com	Yes (works with private pay)	Yes	No	All ages Psychological testing and evaluation
Life Development Resources	Lakeville	952-898-1133	www.LifeDrs.com	Financial considerations as needed	Yes	Yes	All ages Psychiatry (16 – 18 and older)
Life Counseling LLC	Burnsville Prior Lake New Prague	952-314-2530	www.lifecounselingmn.com	Preferred one and Sliding Fee	Yes	No	All ages
Lifespan MN Youth Transition Program	Burnsville	952-562-8500	www.lifespanmn.com	Yes	Yes	No	Day treatment for children ages 5-18 with a wide spectrum of mental/emotional disturbances with academic support.
Midwest Center for Personal and Family Develop.	Burnsville Lakeville	952-435-8814 651-647-1900	www.midwestcenter4u.com	No	Yes	No- Refers for adults	All ages (3 and >)
MN Mental Health Clinics	Eagan Lakeville	651-454-0114	www.MNmentalhealthclinics.com	Yes	Yes	Yes (no new pts as of 2/4)	Must establish w/therapist who then may refer to Psychiatry

*List is current as of 2/4/15; this list is not exhaustive.

South Metro Mental Health Providers

PROVIDER	LOCATION	CONTACT	WEBSITE	INSURANCE	CHILD/ADOL	PSYCHIATRY	MISC INFO
Nystrom and Associates	Apple Valley (Multiple locations)	952-997-3020	www.nystromcounseling.com	Yes	Yes	Yes	All ages In-home and school therapy Psychological testing Nutrition counseling
Oak Ridge Center	Apple Valley	952-431-6033	www.oakridgecenter.org	Accepts most major insurance	Yes	Yes (> 18)	All ages (One therapist who sees age 2 and >) Play Therapy Robert Peterson offers biofeedback therapy
Options Family and Behavioral Services	Burnsville Roseville	952-564-3000		Private pay and plans	Adol only	No	Adolescents and adults (11 and >) Chem Dep and BH Adol day treatment program ARHMS
PrairieCare (hospital & clinics)	Edina Chaska Maple Grove Rochester Woodbury	888-9-prairie	www.prairie-care.com	Yes	Yes	yes	All ages Free "needs assessment" (meet w/counselor to determine level of care) assess done ~ 48 hrs; Inpt and partial inpt programs Peds integrative medicine
Pinnacle Behavioral Health	Edina	952-303-6832	http://www.pinnaclebhc.com	Most HP and MA	No	Yes	Adults (21 and >)
River Valley Behavioral Health	Savage	952-746-7664	http://www.rivervalleybhwc.com/	Accepts most HP's, MA, Tricare	Yes	Yes (NP's)	Peds psychiatry available
Water's Edge Counseling and Healing Center	Burnsville	952-898-5020	www.watersedgechc.com	Yes	Adolescents	Yes, MD & CNS	Intensive outpatient tx for both MH and Eating disorders In-school therapy Depression/anxiety support grp
The Family Partnership	Richfield (multiple Mpls clinics)	612-728-2061	www.thefamilypartnership.org	MA, Sliding scale fees, most commercial insurance plans & MA, Medicare	Yes	No (but will refer)	All ages Multicultural Therapists Early Childhood Education Advocacy
Depression Support Coalition	Burnsville Eagan	651-788-0275 612-845-9481	www.depressionsupportcoalition.org	Free depression support groups	No	No	Faith based depression support Support Groups, Seminars etc No counselors

*List is current as of 2/4/15; this list is not exhaustive.

MENTAL HEALTH EMERGENCY

Dakota County Crisis Response Unit: 952-891-7171
Fairview Behavioral Emergency Center at Riverside: 612-672-7575
Abbott Northwestern Hospital Inpatient Psychiatry: 612-672-8633
Prairie Care Inpatient Psychiatry: 1-888-977-2474

*List is current as of 2/4/15; this list is not exhaustive.

Low-Cost Dental Resources

Contact Information	Eligibility/Languages/Services	Days/Hours	Fees/Insurance
Apple Tree Dental 8960 Springbrook Dr. NW, #150 Coon Rapids, MN 55433 (763) 784-7570 www.appletreedental.org	Adults and children <u>English</u> , or must bring interpreter <i>X-rays, cleanings, fillings, crowns, bridges, implants, bleaching, root canals, dentures, extractions</i>	Call for an appointment. Mon: 7 am – 6 pm Tue, Wed, Thurs: 7 am – 5 pm Fri: 7 am – 3 pm	Up to 40% discount based on family size/income Cash, Check, Visa, MasterCard, Discover, MA, MnCare, Insurance
Argosy University Dental Clinic 1515 Central Parkway Eagan, MN 55121 (888) 844-2004	Adults and children <u>English, Spanish</u> <i>Only preventive care: X- rays, cleanings, fluoride treatments</i>	Call for an appointment. Hours vary.	No Sliding Fee, Low-cost, Cash or check only
Century College Dental Clinic 3300 Century Avenue North St. Paul, MN 55110 (651) 779-5787	Adults and children <u>English, Hmong</u> <i>X-rays, deep cleanings, fluoride treatments</i>	Call for an appointment. Afternoon hours (Fall) Evening hours (Spring) September – May	No Sliding Fee Cash or check only \$50.00 per visit (ages 18- 62) \$25.00 per visit (others)
Children's Dental Services 636 Broadway Street NE Minneapolis, MN 55413 (612) 746-1530 www.childrensdentalservices. org	Children (ages 0-18), Pregnant women <u>English, Spanish, Somali, Hmong, French, Portuguese</u> <i>X-rays, routine dental treatments</i>	Call for an appointment and to confirm hours. 30 clinics in Metro area, Faribault, St. Cloud, Iron Range & Duluth	Sliding Fee, MA, MnCare, Assured Access, Insurance
Community Dental Care 828 Hawthorne Ave. E. St. Paul, MN 55106 (651) 774-2959 (952) 955-8994 (After-hour emergencies)	Adults and children <u>English, Hmong, Lao, Thai, Farsi, Vietnamese, French, Spanish</u> , interpreters for other languages available with prior notice <i>X-rays, cleaning, fluoride treatment, fillings, whitening, root canal, extractions, crowns, bridges, dentures</i>	Call for an appointment. Mon-Thurs: 8:15 am – 7 pm Fri-Sat: 8:15 am – 1 pm	Sliding Fee, Most forms of payment, MA, MNCare, Insurance
1670 Beam Ave, Suite 204 Maplewood, MN 55109 (651) 925-8400 (952) 955-8994 (After-hour emergencies) www.communitydentalcare.org		Call for an appointment. Mon-Fri: 7:30 am – 9:30 pm	
Community University Health Care Center 2001 Bloomington Aves S. Minneapolis, MN 55404 (612) 638-0700 www.ahc.umn.edu/cuhcc	Adults and children <u>English, Somali, Hmong, Vietnamese, Cambodian, Lao, Spanish</u> <i>X-rays, sealants, cleanings, root canals, fluoride treatment, crowns, varnishes, fillings, bridges, dentures, implants, extractions</i>	Call for an appointment. Mon-Fri: 8 am – 5 pm Sat- Sun: Closed	Sliding Fee based on family size/income, Cash, Check, Visa, Amex, MasterCard, Discover, MA, MnCare
Helping Hand Health Center 506 West 7 th Street St. Paul, MN 55102 (651) 224-7561 www.westsidetchs.org	Adults and children <u>English, Spanish, Hmong, Cambodian, Vietnamese, French</u> <i>X-rays, fillings, extractions, root canals, crowns, bridges, dentures</i>	Call for an appointment. Walk-ins are welcomed. Mon, Tues, Weds: 7:30 am- 5:30 pm Thurs-Fri: 8:30 am – 5 pm Call at 1:00 pm for urgent care the next day.	Sliding Fee, Cash, Check, Visa, MasterCard, Discover, MA, MnCare Insurance

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Low-Cost Dental Resources

Herzing University Dental Hygiene School 5700 West Broadway Crystal, MN 55428 763-231-3174	Adults and children <u>English</u> , or must bring interpreter <i>X-rays, sealants, cleanings, fluoride treatment</i>	Call for an appointment. Days and hours vary every semester.	Cash, Check, Visa, MasterCard, Discover
Indian Health Board Dental Clinic 1315 - 24 th Street East Minneapolis, MN 55404 (612) 721-9800 www.ihb-mpls.org	Adults and children <u>English, Spanish</u> <i>X-rays, cleanings, fillings, dentures, bridges, crowns</i>	Mon-Fri: 8 am – 5 pm	Sliding Fee, Cash, Check, Visa, MasterCard, Discover, MA, MnCare
NIP Community Clinic 2431 Hennepin Avenue South Minneapolis, MN 55405 (612) 374-4089 www.neighborhoodinvolve.org	Adults and children <u>English, Spanish</u> <i>X-rays, cleanings, fillings</i>	Call for an appointment. Walk-ins are not accepted. Mon-Thurs: 8:30 am – 8:30 pm Fri: 8:30 am – 5 pm	Sliding Fee based on family size/income, Payment Plans
Normandale Community College Dental Hygiene Clinic 9700 France Avenue South Bloomington, MN 55431 (952) 487-7020 (press 4) www.normandale.edu/dental clinic	Adults and children <u>English</u> <i>X-rays, cleanings, fillings, extractions, sealants, fluoride treatment</i>	Call for an appointment. Thurs: 4:30 – 8:30 pm	Sliding Fee based on monthly income, MA
North Point Health & Wellness Center 1313 Penn Avenue North Minneapolis, MN 55411 (612) 543-2511 www.northpointhealth.org	Adults and children <u>English, Spanish, Hmong, Lao</u> , interpreters for other languages available with prior notice <i>X-rays, cleanings, fillings, bridges, root canals, extractions, dentures</i>	Call for an appointment if existing patient. New patients are accepted as walk-ins. Mon, Tues, Thurs, Fri : 8:30 am – 5 pm Wed: 8:30 am – 7 pm Sat: 8 am – noon	Sliding Fee, Payment Plans, MA/MnCare
Open Cities Health Center 409 North Dunlap Street St. Paul, MN 55104 (651) 290-9200	Adults and children <u>English, Hmong, Somali</u> interpreters <i>X-Rays, cleanings, fluoride treatments, dentures, crowns</i>	Call for an appointment. Mon, Tue	Sliding Fee based on family size/income Payment Plans (some payment due before service) MA, MnCare, Insurance
135 Manitoba Avenue St. Paul, MN 55117 (651) 489-8021 www.ochealthcenter.com		Call for an appointment. Mon-Fri: 8 am – 5 pm	
Sharing and Caring Hands 525 - 7 th Street North Minneapolis, MN 55405 (612) 596-3463 www.sharingandcaringhands. org	Adults, children without insurance <i>Cleanings, fillings, extractions</i>	Walk-in only Call ahead as days and hours vary. Office hours: Mon- Thurs: 8:30 am – 4:30 pm	Free
The Smile Center 1790 7 th Street E St Paul, MN 55119 (651) 735-0595	Adults and children <u>English</u> , other languages depend on location <i>X-rays, cleanings, fillings, whitening, root canals, fluoride treatments, oral surgery, extractions, crowns, bridges, dentures, tooth replacements, braces, teeth alignment</i>	Call for an appointment. Open 365 days a year. Mon-Fri: 7 am – 5 pm Sat-Sun: 8 am – 5 pm Holidays: 8 am – 5 pm	No sliding fee, but discounts are offered. Pre-pay dental package available. MA, MnCare, Insurance
7532 Brooklyn Blvd Brooklyn Park, MN 55443 (763) 560-1555			
13899 Highway 13 S Savage, MN 55378 (952) 440-2292			

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Low-Cost Dental Resources

21343 Archibald Road Deerwood, MN 56444 (218) 534-3141			
195 Jefferson Blvd Big Lake, MN 55309 (763) 263-2222 www.smilecenterus.com			
Southside Dental Clinic 4243 - 4 th Avenue South Minneapolis, MN 55409 (612) 822-9030 www.southsidechs.org/	Adults and children <u>English, Spanish</u> , interpreters <i>X-rays, cleanings, fillings, crowns, root canals, fluoride treatments, extractions, bridges, dentures</i>	Call for an appointment. Walk-ins are welcomed. Mon, Weds: 7 am- 8 pm Tues, Thurs: 7 am- 5 pm Fri: 7 am- 5 pm	Sliding Fee based on family size/income, MA, MnCare, Assured Access, Insurance
Union Gospel Mission 435 East University Avenue St. Paul, MN 55130 (651) 292-1721 www.ugmtc.org	Adults and children Adults (Monday-Thursday) Children (Most Saturdays) <u>English, Spanish</u> <i>Extractions, cleanings, fillings</i>	Call for an appointment. Mon: 9 am – 4 pm, 6 – 9 pm Tues, Thurs: 10 am – 4 pm, 6 – 9 pm Wed: 6 – 9 pm Sat: 8 am – 2 pm	Free
University of Minnesota Dental School 515 Delaware Street Minneapolis, MN 55455 (612) 625-2495 (Adults) (612) 625-7171 (Children) (612) 625-6444 (Orthodontics) (612) 625-4908 (Urgent Care) www.dentistry.umn.edu/patie nts	Adults and children <u>English</u> , interpreters for other languages available with prior notice <i>X-rays, cleanings, fillings, whitening, root canals, fluoride treatments, oral surgery, extractions, crowns, bridges, dentures, tooth replacements, braces, teeth alignment</i>	Call for an appointment. Days and hours vary depending on specific clinic and service.	No Sliding Fee. Rates are about 25% – 40% less than private dental office. Cash, Check, Visa, MasterCard, Discover, MA, MnCare, Insurance
West Side Dental Clinic 478 Robert Street St. Paul, MN 55107 (651) 602-7575 www.westsidechs.org	Adults and children <u>English, Spanish, Hmong, Vietnamese, Russian</u> , <i>X-rays, cleanings, fillings, root canals, fluoride treatments, oral surgery, extractions, crowns, bridges, dentures, braces</i>	Call for an appointment. Mon, Tues, Fri: 8:30 am – 5:00 pm Wed, Thurs: 8:30 am – 7 pm	Discount Program based on family size/income, Cash, Check Visa, MasterCard, Discover, MA, MnCare, Insurance

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Low-Cost Medical Clinics & Resources – East Metro

Contact Information	Eligibility/Languages/Services	Days/Hours	Forms of Payment
Al-Shifa 1401 Gardena Avenue NE Fridley, MN 55432 (763) 567-9605 islamcentermn.org	Adults and Children <u>English, Arabic</u>	Call at least one day in advance for an appointment. Sun: 10:30 am – 1:30 pm	Free consultation and prescription services Nominal fee for labs and X-rays
Anoka County Immunization Clinic 2100 Third Avenue Suite 600 Anoka, MN 55303 (763) 422-6965 Appts (763) 323-6100 Info	Uninsured / Underinsured Adults and Children <u>English</u> <i>Low-cost immunizations</i>	Call for an appointment. One day a month except December Tues: 9 am – 12 pm	Cash, Check, MA, MnCare \$10 per shot (suggested)
Anoka County Immunization Clinic 1201 89th Ave. NE Room 325 Blaine, MN 55434 (763) 422-6965 Appts (763) 323-6100 Info	Uninsured / Underinsured Adults and Children <u>English</u> <i>Low-cost immunizations</i>	Call for an appointment. One day a month except December Thurs: 1 – 6 pm	Cash, Check, MA, MnCare \$10 per shot (suggested)
Dakota County Immunization Clinic 14955 Galaxie Avenue 1st Floor Apple Valley, MN 55124 (952) 891-7999	Uninsured / Underinsured Adults and Children <u>English, Spanish</u> <i>Low-cost immunizations</i>	Call for dates. Walk-ins only One day a month 4 – 6 pm	Cash, Check, MA, MnCare \$21 per shot (suggested)
Dakota County Immunization Clinic 1 Mendota Road 4 th Floor West Saint Paul, MN 55118 (952) 891-7999	Uninsured / Underinsured Adults and Children <u>English, Spanish</u> <i>Low-cost immunizations</i>	Call for dates. Walk-ins only One day a month 4 – 6 pm	Cash, Check, MA, MnCare \$21 per shot (suggested)
East Side Family Clinic 895 E. 7 th Street St Paul, MN 55106 (651) 772-9757 www.westsiddechs.org	Adults and Children <u>English, Hmong, Spanish</u>	Call for an appointment. Mon, Tues, Fri: 7:30 am – 5 pm Wed, Thurs: 7:30 am – 8 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Family Tree Clinic 1619 Dayton Avenue St Paul, MN 55104 (651) 645-0478 www.familytreeclinic.org	Adults and Children <u>English & interpreters</u> <i>General medical care & reproductive health care: annual exams, birth control, HIV/AIDS tests, pregnancy tests, STI tests & treatment</i>	Appointments & Walk-Ins Mon, Wed: 8 am – 8:30 pm Tue, Thu: 8 am – 5 pm Sat: 12 am – 2 pm	Sliding Fee, Payment Plans, Cash, Check, Visa, MasterCard, MA, MnCare, Insurance
La Clínica (West Side Clinic) 153 César Chavez Street St Paul, MN 55107 (651) 222-1816 www.westsiddechs.org	Adults and Children <u>English, Spanish, Hmong</u>	Call for an appointment. Mon, Tues & Fri: 8 am – 5 pm Wed, Thurs: 8 am – 8 pm Sat: 8 am – Noon	Sliding Fee based on family size/income, Payment Plans, MA, MnCare, Insurance
McDonough Homes Clinic 1544 Timberlake Road Saint Paul, MN 55117 (651) 602-7500 www.westsiddechs.org	Adults and Children <u>English, Hmong</u>	Call for an appointment. Mon, Thurs & Fri: 8 am – 5 pm Tues, Wed: 8 am – 8 pm	Sliding Fee based on family size/income, Payment Plans, MA, MnCare, Insurance
Minnesota Chinese Health Center 1925 West County Road B2 Roseville, MN 55113 (651) 203-3270 www.amcponline.org/mchc/	Adults <u>English, Chinese</u> <i>General medical care of Western and Chinese medicine, acupuncture</i>	Call for an appointment. Saturdays, 1:30 – 3:30 pm	Free
North Metro Pediatrics 10081 Dogwood Street NW Suite 100 Coon Rapids, MN 55448 (763) 783-3722 www.northmetropeds.org	Children and Teens <u>English, Spanish</u> <i>General medical care, including physicals, sports physicals and child & teen check-ups</i>	Call for an appointment. Walk-ins are accepted. Mon-Fri: 9 am – 4:30 pm Thurs 9 am – 7 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Open Cities Health Center 409 Dunlap Street St. Paul, MN 55104 (651) 290-9200 www.ochealthcenter.com	Adults and Children <u>English, Hmong, Lao</u> interpreters for other languages available with prior notice	Call for an appointment. Mon-Thurs: 8 am – 8 pm Fri: 8 am – 5 pm Sat: 10 am – 2 pm	Sliding Fee, Payment Plans (some payment due before service) MA, MnCare, Insurance
SAGE Women's Clinic (888) 643-2584 Various locations throughout Minnesota www.health.state.mn.us	Women ages 40 and older who are low income <u>Languages vary.</u> <i>Breast and cervical cancer screening</i>	Call for an appointment.	Free Mention code Mn603 to receive \$20 if you are new to SAGE.

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Low-Cost Medical Clinics & Resources – East Metro

St. Mary's Health Clinics (651) 287-7777 www.stmaryshealthclinics.org	Uninsured Adults and Children <u>English, Spanish</u>	Call for eligibility. Hours vary according to location.	Most services are free for uninsured, eligible clients.
Saint Paul – Ramsey County Public Health Immunization Clinic 555 Cedar Street Saint Paul, MN 55101 (651) 266-1234 www.co.ramsey.mn.us/ph/id/immunization_clinic	Uninsured / Underinsured Adults and Children <u>English</u> <i>Low-cost immunizations</i>	Call for an appointment. Tues: 1 – 4 pm Wed: 8:30 – 11 am & 2 – 4 pm Thurs: 4 – 7 pm	Cash, Check, MA, Insurance \$10 per shot (suggested)
United Family Medicine 1026 West 7th Street St Paul, MN 55102 (651) 241-1000 www.unitedfamilymedicine.org	Adults and Children <u>English, Spanish, Amharic, Hmong, Lao</u> , interpreters for other languages available with prior notice	Call for an appointment. Same day appointments are available. Mon – Thurs: 8 am – 8 pm Fri: 8 am – 5 pm Sat: 8:20 am – 12 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
United Family Medicine Sibley Plaza 2423 West 7th Street St Paul, MN 55116 (651) 699-2093 www.unitedfamilymedicine.org	Adults and Children <u>English</u> interpreters for other languages available with prior notice	Call for an appointment. Mon, Tues, Fri: 9 am – 4 pm Wed, Thurs: 11 am – 7 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Washington County Immunization Clinic 13000 Ravine Parkway South Cottage Grove, MN 55016 (651) 430-4036	Adults and Children <u>English</u> interpreters for other languages available with prior notice <i>Low-cost immunizations</i>	Call for an appointment. One day a month 2 – 5 pm	Cash, Check, MA \$12 per shot (suggested)
Washington County Immunization Clinic 14949 62 nd Street North Room 4500 Stillwater, MN 55082 (651) 430-4036	Adults and Children <u>English</u> interpreters for other languages available with prior notice <i>Low-cost immunizations</i>	Call for an appointment. One day a month 2 – 5 pm	Cash, Check, MA \$12 per shot (suggested)

Prescription Medication Resources			
Dakota County Pharmacy Discount Drug Card Program Program with local pharmacies for uninsured residents of Dakota County which is free to join (651) 554-6100	Minnesota RxConnect Personalized assistance for prescription drug options is provided through the help line. (800) 333-2433.	CVS Pharmacy Health Savings Pass \$15.00 annual fee \$11.99 for 90-day supply of generic medications www.cvs.com	Walgreens Prescription Savings Club \$20.00 annual fee \$35.00 for families \$10.00/20.00/30.00 for 90-day supply of generics www.walgreens.com
Minnesota Drug Card Program with local pharmacies for all residents of Minnesota which is free to join and which offers an average of a 30% (in some cases as much as 75%) discount on medications www.mndrugcard.com	NeedyMeds Information about prescription Assistance programs and other low-cost resources (800) 503-6897 www.needymeds.org	Target Pharmacy Target offers generic Medications at \$4.00 for a 30-day supply or \$10.00 for a 90-day supply. www.target.com	Walmart Pharmacy Walmart offers generic Medications at \$4.00 for a 30-day supply or \$10.00 for a 90-day supply. www.walmart.com
Coast2Coast Rx Card Program which offers up to 75% discount at local pharmacies for uninsured and insured with high deductibles. (800) 931-8872 www.coast2coastrx.com	RxAssist RxAssist offers a comprehensive database of patient assistance programs and participating pharmacies. www.rxassist.org	PharmacyCard.Org Program with local pharmacies which is free to join and which offers an average of a 60% discount on medications www.pharmacycard.org	Partnership for Prescription Assistance Program for qualifying individuals to get medications for free or nearly free. www.pparx.org

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Low-Cost Medical Clinics & Resources - West Metro

Contact Information	Eligibility/Languages/Services	Days/Hours	Fees/Insurance
Carver County Immunization Clinic Government Center 2 nd Floor 600 E 4th St Chaska, MN 55318 (952) 361-1329 www.co.carver.mn.us	Adults and children <u>English</u> , interpreters provided for other languages Carver County residents who are uninsured or underinsured <u>immunizations</u>	2 nd and 4 th Monday of each month 3 pm – 5 pm Call for an appointment	Small Fee
Central Clinic 2610 Central Ave NE Minneapolis, MN 55418 (612) 588-9411 www.neighborhoodhealthsource.org	Adults and children <u>English</u> , interpreters for other languages available with prior notice	Call for an appointment. Walk-ins are welcomed. Mon - Fri: 8 am – 5 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Centro de Salud 6527 Lyndale Ave S Richfield, MN 55423 (612) 874-1420 www.plannedparenthood.org	Adults and teens <u>Spanish, English</u> , Interpreters available for other languages <u>Family planning, STD & Pregnancy testing, GYN care</u>	Call for an appointment recommended. Walk-ins are welcomed for basic testing. Mon-Fri: 9:30 am – 5pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Community University Health Care Center 2001 Bloomington Ave S Minneapolis, MN 55404 (612) 638-0700 www.ahc.umn.edu/cuhcc	Adults and children <u>English, Somali, Hmong, Vietnamese, Lao, Spanish</u> , interpreters provided for other languages	Call for an appointment. Mon-Fri: 7:15 am – 5 pm	Sliding Fee based on family size/income, Cash, Check, Visa, Amex, MasterCard, Discover, MA, MnCare
Crown Medical Center South 1925 1 st Ave S Minneapolis, MN 55403 (612) 871-4354 www.crownmedicalcenter.org	Adults and children <u>English, Somali, Hmong, Spanish</u>	Call for an appointment. Walk-ins are accepted. Mon-Fri: 9 am – 5 pm Sat: 10 am – 2 pm	\$100 minimum payment for uninsured Cash, Credit or Debit Cards, MA, MnCare, Insurance
Crown Medical Center North 7001 78 th Ave N Brooklyn Park, MN 55445 (763) 566-4535 www.crownmedicalcenter.org		Call for an appointment. Walk-ins are accepted. Mon-Fri: 9 am – 5 pm Sat: by appointment only	
Fremont Clinic 3300 Fremont Ave N Minneapolis, MN 55412 (612) 588-9411 www.neighborhoodhealthsource.org	Adults and children Under- and uninsured <u>English, Hmong</u> , interpreters for other languages available with prior notice	Call for an appointment. Walk-ins are welcomed. Mon, Wed, Thurs, Fri: 8 am – 5 pm Tues: 8 am – 7 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Hadi Medical Clinic 6120 Brooklyn Blvd Brooklyn Center, MN 55429 (763) 260-1120 www.hadimedicalclinic.org	Adults only <u>Consultations, basic and general healthcare</u>	Sat: 10:30am – 1pm Walk-ins.	Free Fee for labs
Hennepin County Immunization Clinic - Minneapolis 525 Portland Ave Minneapolis, MN 55415 (612) 348-2884 (Main) (612) 543-5555 (appointment line) www.hennepin.us	Adults and children who are uninsured or underinsured <u>English immunizations</u>	Appointment only. Hours vary.	Small Fee
Hennepin County Immunization Clinic – Bloomington 1900 W Old Shakopee Rd Bloomington, MN 55431 (952) 563-8300 www.bloomingtonmn.gov	Adults and children who are uninsured or underinsured <u>English immunizations</u>	Walk-ins are welcomed. 1 st and 3 rd Tuesday of every month. 3 pm – 5:30 pm	Small Fee

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Low-Cost Medical Clinics & Resources - West Metro

Indian Health Board of Minneapolis 1315 East 24 th St Minneapolis, MN 55404 (612) 721-9800 www.indianhealthboard.com	Adults and children Focus on Native Americans <u>English, Spanish, interpreters</u> for other languages if notified prior to appointment.	Appointments: Mon, Wed, Thurs, Fri: 7:45 am – 5 pm, Tues: 7:45 am – 8 pm Walk-ins welcome, but best to call for appointment.	Sliding Fee, Cash, Check, Credit Cards Payment Plans, MA, MnCare, Insurance
myHealth For Teens & Young Adults 15 8 th Ave S Hopkins, MN 55343 (952) 474-3251 www.myhealthmn.org	Young adults ages 12-23 <u>English</u> , interpreters for other languages available with prior notice <u>Treatments and testing for minor illnesses, immunizations and physicals, pregnancy tests and contraception, individual and family counseling</u>	Call for an appointment. Mon & Tues: 12 pm – 8 pm Wed – Fri: 12 pm – 5 pm Sat: 10 am – 2 pm	Sliding Fee
Native American Community Clinic 1213 E Franklin Ave Minneapolis, MN 55404 (612) 872-8086 www.naco-healthcare.org	Adults and children Focus on Native American <u>English</u>	Mon-Fri 9 am – 5 pm Sat: 10 am – 2 pm	Sliding Fee, Payment Plans, Debit Cards, Visa, MasterCard, Discover MA, MnCare, Insurance
North Point Health & Wellness Center 1313 Penn Ave N Minneapolis, MN 55411 (612) 543-2500 www.northpointhealth.org	Adults and children <u>English, Spanish, Hmong, Somali</u>	Appts: Mon,Tues,Thurs,Fri : 8:30 am – 5 pm Wed: 8:30 am – 7 pm Sat: 8:30 am – 12 pm Walk-ins:Tues,Thurs: 5 pm – 7 pm	Sliding Fee based on family size/income, Payment Plans, MA, MnCare, Insurance
People's Center Health Services – Cedar Riverside Clinic 425 20 th Ave S Minneapolis, MN 55454 (612) 332-4973 www.peoples-center.org	Adults and children <u>English, Spanish, Hmong, Somali, interpreters</u>	Mon, Fri: 8:30 am – 5:00 pm Tues, Wed, Thurs: 8:30 am – 8:00 pm Walk-ins welcome	Sliding Fee Cash, Visa, MasterCard, American Express, Discover Payment Plans, MA, MnCare Insurance \$20.00 Co-pay (may be waived)
Phillips Neighborhood Clinic 2742 15 th Ave S Minneapolis, MN 55407 (612) 724-1690 www.phillipsneighborhoodclinic.com	Adults and children <u>English, Spanish, Student interpreters</u> <u>Staffed by health professional students and licensed clinicians. General practice, physical & wellness exams, diabetes care, immunizations, laboratory, nutrition, STD/HIV testing, birth control & family planning, pregnancy tests</u>	Walk-ins are welcomed. First come is first served. Mon & Thurs: 6 pm – 9 pm	Free
River Valley Nursing Center 303 East 6 th St Chaska, MN 55318 752 Canterbury Rd Shakopee, MN 55379 (952) 496-8669 www.rivervalleynursingcenter.org	Adults and children <u>English, Spanish</u> <u>General health care and promotion, diabetes screening and follow up, pregnancy tests, post-surgical procedures, emergency room visits, etc.</u>	Walk-ins are welcomed. No appointments are needed. Tuesdays only: 1 pm – 5 pm Walk-ins are welcomed. No appointments are needed. Mondays only: 1 pm – 6 pm	Free
SAGE Women's Clinic (888) 643-2584 Various locations throughout Minnesota www.health.state.mn.us	Women ages 40 and older who are low income <u>Languages vary.</u> <u>Breast and cervical cancer screening</u>	Call for an appointment.	Free Mention code Mn603 to receive \$20 if you are new to SAGE.

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Low-Cost Medical Clinics & Resources - West Metro

Scott County Immunization Clinic 792 Canterbury Rd S Suite B231 Shakopee, MN 55379 (952) 496-8407 www.co.scott.mn.us	Adults and children <u>English interpreters upon request</u> Scott County residents who are uninsured or underinsured <u>immunizations</u>	Every Monday 1 pm – 5 pm Call for an appointment.	Small fee
Sheridan Clinic 342 13th Ave NE Minneapolis, MN 55413 (612) 588-9411 www.neighborhoodhealthsource.org	Women of all ages and children <u>English</u> , interpreters for other languages available with prior notice	Call for an appointment. Walk-ins are welcomed. Mon: 8 am – 8:30 pm Tues – Fri: 8 am 5pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Southside Medical Clinic - Minneapolis 324 E 35 th St Minneapolis, MN 55408 (612) 827-7181 www.southsidechs.org	Adults and children <u>English, Spanish</u> , interpreters for other languages available with prior notice	Call for an appointment. Walk-ins are welcomed. Mon, Wed, Thurs Fri: 8 am – 5 pm Tues: 8 am- 7 pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
Southside Medical Clinic – Richfield 1550 E 78 th St Richfield, MN 55423 (612) 821-2035 www.southsidechs.org	Adults and children <u>English, Spanish</u>	Call for an appointment. Walk-ins are welcomed. Mon: 12 pm – 5 pm Tues-Fri: 8 am – 5pm	Sliding Fee, Payment Plans, MA, MnCare, Insurance
St. Mary's Health Clinics Various locations (651) 287-7777 www.stmaryshealthclinics.org	Adults and children, uninsured <u>English, Spanish</u>	Call for eligibility. Hours vary according to location.	Most services are free for uninsured, eligible clients.

Prescription Medication Resources:			
Target and Wal-Mart \$4 Generics Over 300 different generic medications at \$4 for a 30-day supply. Check your local Target or Wal-Mart pharmacy. www.walmart.com www.target.com/pharmacy/generics	RxAssist Provides information about patient assistance programs run by pharmaceutical companies to provide free or low-cost medications to people who cannot afford to buy their medicine. www.rxassist.org	RxConnect Helps people determine for which patient assistance programs they may qualify. 1-800-333-2433	NeedyMeds Search for patient assistance programs to get affordable medication at reduced cost. www.needymeds.org
Walgreens Rx Savings Club Discounts on over 5,000 medications, including over 400 generics www.walgreens.com/RxSavingsClub Call 1-866-WCARD-12	Partnership for Prescription Assistance Get affordable medication at reduced cost. www.pparx.org		

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Pediatric Mental Health



Search Tool

Organization Name	Description of Services	Contact Information
Fast Tracker	Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage.	http://www.fast-trackermn.org

Consultation

Organization Name	Description of Services	Contact Information
Psychiatric Assistance Line	Free service for healthcare providers. Mental health triage, referral or consult with a Child and Adolescent psychiatrist.	Phone: (855) 431-6468 http://www.mnpsychconsult.com/

Crisis/Urgent Care for Mental Health

Organization Name	Description of Services	Contact Information
Crisis Connection	Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.	Crisis line: (612) 379-6363 http://www.crisis.org

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Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
Walk-In Counseling Center	Free mental health counseling for individuals with urgent needs. No appointment needed, serves <u>all ages</u> . Open limited hours, MWF 1-3 and M-F evenings	Phone: (612) 870-0565 http://www.walkin.org Minneapolis

Abuse (Domestic, Physical, Sexual, Witnessed) or Neglect Trauma-Focused Cognitive Behavioral Therapy

Organization Name	Description of Services	Contact Information
Family Innovations	Office or home-based counseling for children and families. Offer play therapy, trauma-based cognitive behavioral therapy, early childhood mental health services. Ages 1 and older. Prefer family to call	Eden Prairie: (952) 224-2282 Maplewood: (651) 748-5019 http://familyinnovations.com/
The Family Partnership	Counseling for children, teens and families. Culturally diverse therapists. Youth counseling for trauma, truancy, domestic abuse, criminal activity. Prefer family to call.	Phone: (612) 728-2061 http://www.thefamilypartnership.org/ Minneapolis, Brooklyn Park, Richfield
HCMC Child/Adolescent Psychiatry Clinic	Psychiatry and psychotherapy for children and adolescents. Also have services for TBI, ADHD, trauma, grief/loss, behavioral concerns, neuropsychology testing. Most services for ages 0-2 focus on parenting.	Phone: (612) 873-2617 http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429 Minneapolis
Heartland Girls Ranch	Provides long-term care and therapy for girls ages 12-21 struggling with mental, emotional or behavioral challenges as well as girls who have experienced trauma due to abuse or sexual exploitation. Referrals must come from county social worker or probation	Phone: (320) 843-4815 http://heartlandgirlsranh.org Benson, MN

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officer		
Kenwood Therapy Center, LLC	Therapy for children and adolescents 5 years or older and families. Experience with ADHD, PTSD, adoption, grief, poverty/homelessness, sexual abuse and trauma.	Phone: (612) 377-9190 http://www.kenwoodcenter.org Minneapolis
Midwest Children's Resource Center Children's Hospitals and Clinics	Specializes in child abuse, neglect and witness to violence. Medical evaluations, case management, psychological services and supportive programming	Phone: (651) 220-6750 http://www.childrensmn.org/services/midwest-childrens-resource-center St. Paul
Washburn Center for Children	Clinic, in-home or school-based therapy for trauma, attention deficit, behavioral problems, anxiety/depression, learning disabilities. Crisis stabilization with 24-hr on-call service. Prefer legal guardian to schedule first apt.	Phone: (612) 871-1454 http://washburn.org/ Brooklyn Park, Minnetonka, Minneapolis
Wilder Center	Child and adolescent psychiatry and psychotherapy. Also serves children who have experienced trauma. Early childhood mental health, day treatment and in-home therapy available. Sliding scale for uninsured/underinsured.	Phone: (651) 280-2310 http://www.wilder.org St. Paul

Chemical Health: See [Chemical Health Resources](#)

Consultation

Organization Name	Description of Services	Contact Information
Psychiatric Assistance Line	Free service for healthcare providers. Mental health triage, referral or consult with a Child and Adolescent psychiatrist.	Phone: (855) 431-6468 http://www.mnpsychconsult.com/

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County/State Resources

Organization Name	Description of Services	Contact Information
Carver/Scott County Mental Health Crisis	24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services.	Phone: (952) 442-7601 http://www.co.carver.mn.us/departments/CS/mh/crisis.asp
Dakota County Mental Health Crisis	24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services	Phone: (952) 891-7171
Dakota County Mental Health Intake	Dakota County intake for children's mental health services and programs.	Children: (952) 891-7459
Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
Ramsey County	Ramsey County intake for children's mental health services and programs	Adults 18 and older: (651) 266-7900 Children 17 and younger: (651) 774-7000
Washington County Mental Health Crisis	Mobile crisis unit through Canvas Health	Phone: (651) 777-5222
Washington County Mental Health Intake	Washington county intake for mental health services for adults and children.	Phone: (651) 430-6484 http://www.co.washington.mn.us/index.aspx?NID=798
Office of Ombudsman for Mental Health and Developmental Disabilities	Independent government official who receives complaints against any government agency to ensure quality care	Phone: (651) 757-1800 http://mn.gov/omhdd/

Eating Disorders

Organization Name	Description of Services	Contact Information
Park Nicollet Melrose Center	Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs.	Phone: (952) 993-6200 http://www.parknicollet.com/specialtycenters/melrose-center

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St. Louis Park		
The Emily Program	Inpatient and residential treatment programs for eating disorders	Phone: (612) 645-5323 http://www.emilyprogram.com/ Minneapolis-St. Paul
Treehouse	Support groups and programming for teens with issues such as depression, suicidal thoughts, cutting, anger, substance abuse, eating disorders, sexual promiscuity. One-to-one mentoring, small groups, retreats and family mediation.	Phone: (952) 238-1010 http://www.treehouseyouth.org Bloomington, Brooklyn Park, Chaska, Eagan, Mahtomedi, Minnetonka, New Hope, Plymouth, St. Louis Park
Water's Edge Counseling & Healing Center	Psychiatry, individual, family and group psychotherapy, intensive outpatient programs, eating disorder treatment, Christian-based therapy.	Phone: (952) 898-5020 http://www.watersedgechc.com Burnsville

Infant Mental Health

Organization Name	Description of Services	Contact Information
Family Innovations	Office or home-based counseling for children and families. Offer play therapy, trauma-based cognitive behavioral therapy, early childhood mental health services. Ages 1 and older. Prefer family to call	Eden Prairie: (952) 224-2282 Maplewood: (651) 748-5019 http://familyinnovations.com/
Fraser	Mental health services for children 0-18 years. Assessments, preschool mental health day treatment, individual and family therapy, adoptive family support, parent-child interaction therapy.	Eden Prairie: (952) 767-5900 Minneapolis: (612) 767-7222 http://www.fraser.org Eden Prairie, Minneapolis
St. David's	Specialize in early childhood mental health, serve children and families with developmental disabilities, physical challenges, ADD and emotional/behavioral disturbances	Phone: (952) 548-8700 http://www.stdavidscenter.org/mental-health Minnetonka
Washburn Center for Children	Clinic, in-home or school-based therapy for	Phone: (612) 871-1454

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trauma, attention deficit, behavioral problems, anxiety/depression, learning disabilities. Crisis stabilization with 24-hr on-call service. Prefer legal guardian to schedule first apt.

<http://washburn.org/>
Brooklyn Park, Minnetonka, Minneapolis

In-Home Programs

Organization Name	Description of Services	Contact Information
Choices Psychotherapy	Serves children ages 3-18. Services are provided in the home and address all functional domains: Adaptive, communication, psychosocial, problem solving, and behavior management. Address issues relating to mood disorders, behavioral disorders, ADD/ADHD, anxiety, truancy, and separation.	Phone: (952) 544-6806 http://choicespsychotherapy.net/ St. Louis Park
David Hoy and Associates	In home therapy for children involved in social services or community corrections, children who struggle with emotional and behavioral disorders, and children who have experienced abuse, neglect or trauma	Phone: (763) 544-1006 http://davidhoy.com/ Golden Valley
Empower Therapeutic Services, LLC	In-home family therapy services, pre-post adoption support groups for adoptive parents and youth, teen problem solving skills, ILS, transition groups, aggression replacement training	Phone: (612) 223-0373 http://www.empowerfam.com/ Minneapolis
Family Innovations	Office or home-based counseling for children and families. Offer play therapy, trauma-based cognitive behavioral therapy, early childhood mental health services. Prefer family to call. Ages 3m-18y	Eden Prairie: (952) 224-2282 Maplewood: (651) 748-5019 http://familyinnovations.com/
Family Networks	In-home therapy for children and youth with severe mental health issues.	Phone: (763) 331-3033 http://www.chsfs.org/familynetworks/outpatient

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		Golden Valley
POR Emotional Wellness	In-home psychotherapy, skills, case management for children and adolescents	Phone: (952) 835-6540 http://poremotionalwellness.com/contact-us/ Golden Valley
Nystrom and Associates	Children ages 3-21. In-home therapy and skills for children. Children's Therapeutic Services and Supports in the following counties: Anoka, Carver, Chisago, Dakota, Goodhue, Isanti, Hennepin, Ramsey, Scott, Sherburne, Washington, and Wright.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
St. David's	Designed for young children 0-5 years who are struggling socially, emotionally and behaviorally. Focus on improving functioning and school readiness. Home visits occur in family's home or community.	Phone: (952) 548-8700 http://www.stdavidscenter.org/mental-health Minnetonka
Volunteers of America	Case management for emotionally disturbed or severe emotionally disturbed children, adolescents and their families.	Golden Valley: 763-225-4052 Anoka: 763-753-7310 http://www.voamn.org

Inpatient/Partial Hospitalization/Day Treatment

Organization Name	Description of Services	Contact Information
Abbott Northwestern	Partial hospitalization program for adolescents and children 5 days/week	Phone: (612) 863-3036 http://www.allinahealth.org/ahs/anw.nsf/page/anw_mental_health#overview Minneapolis
Accurate Home Care	Day treatment for children ages 7-11. Transportation available.	Phone: (866) 214-3800 http://www accuratohomecare.com/
Canvas Health	Day treatment for children ages 11-15. Referral by school district	Phone: (651) 777-5222 http://www.canvashealth.org/
Fraser	Day treatment for children ages 2-6 with severe emotional or behavioral disorders	Phone: (612) 767-7222 http://www.fraser.org Minneapolis
Headway	Day treatment program for teens in 7 th -12 th	Phone: (952) 426-6600

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	grade with emotional and behavioral problems. 6-12 months, full day, M-F. Academic curriculum incorporated	https://www.headway.org Hopkins
Heartland Girls Ranch	Provides long-term care and therapy for girls ages 12-21 struggling with mental, emotional or behavioral challenges as well as girls who have experienced trauma due to abuse or sexual exploitation. Referrals must come from county social worker or probation officer	Phone: (320) 843-4815 http://heartlandgirlsranh.org Benson, MN
Lifespan	Day treatment for children ages 5-18 from 8-2 M-F. Transportation available.	Phone: (952) 562-8500 http://lifespanmn.com/ Shoreview, Burnsville
People Inc. (Previously Children's Home Society/Family Net)	Day treatment for children grades K-12. Three hours of programming five days a week.	Phone: (763) 331-3033 ext. 11 http://www.peopleincorporated.org/ Golden Valley
Prairie Care Inpatient Hospitalization Maple Grove Hospital	Inpatient care program at Maple Grove hospital and partial hospitalization programs at Maple Grove, Edina and Chaska. For adolescents and children	Phone: (763) 383-5800 http://www.prairie-care.com
St. David's Child and Family Development	Morning or afternoon day treatment classrooms for children ages 2- kindergarten. Transportation may be available	Phone: (952) 939-0396 http://www.stdavidscntr.org/ Minnetonka
St. Joseph's Home for Children	Comprehensive mental health and education services for children in grades K-8. Full day programming.	Phone: (612) 204-8252 http://www.cctwincities.org/
U of MN Children's Hospital	Day treatment for children ages 5-12. 8:30-3pm.	Phone: (612) 672-2736 http://www.uofmchildrenshospital.org/Specialties/Behavioral/Programs/S_017878 Minneapolis
Washburn Center for Children	For children ages 3-9 in the Minneapolis school system. Children continue to attend their community school or preschool for a half day.	Phone: (612) 871-1454 http://washburn.org/
Wilder	Day treatment for children ages 6-12. 3 hours/day in late afternoon. Must be referred by Ramsey County Children's Mental	Phone: (651) 280-2646 http://www.wilder.org/ St. Paul

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Neuropsychological Testing

Organization Name	Description of Services	Contact Information
Courage Center	Neuropsychology evaluation for children and adults with acquired or traumatic brain injuries, congenital issues, learning disabilities or cognitive decline.	Phone: (763) 588-0811 http://www.couragecenter.org Golden Valley
HCMC	Neuropsychology evaluations for children, adolescents and adults. Specialty in evaluation for non-English speaking individuals	Referral line: (612) 873-4262 Fax referral: (612) 904-4208 Minneapolis
Minneapolis Clinic of Neurology	Neuropsychological evaluations at Coon Rapid and Golden Valley locations. Specialists in pediatrics available.	Coon Rapids: (763) 427-8320 Golden Valley: (763) 588-0661 http://www.minneapolisclinic.com/
Noran Clinic of Neurology	Neuropsychological evaluations for adults and pediatrics.	Phone: (612) 879-1500 http://www.noranclinic.com Minneapolis, Blaine

Psychiatry

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in-home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group,	Registration Line: (651) 662-0800

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	psychological testing. Children, adolescents and adults.	www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Canvas Health	Psychiatry and counseling for children, adults and families. Children's mental health case management and in-home family therapy. Crisis line and crisis clinic for Washington County residents (see county listing above).	Phone: (651) 777-5222 http://www.canvashealth.org Many locations
HCMC Child/Adolescent Psychiatry Clinic	Psychiatry and psychotherapy for children and adolescents. Also have services for TBI, ADHD, trauma, grief/loss, behavioral concerns, neuropsychology testing. Most 0-2 services focus on parenting.	Phone: (612) 873-2617 http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429 Minneapolis
Innovative Psychological Consultants	Psychotherapy and psychiatry for children, adolescents and adults. ADHD and learning disorder evaluations. Serves clients ages 5 and older.	Phone: (763) 416-4167 http://www.ipc-mn.com Maple Grove
Kim Holtmeier, M.D.	Private practice psychiatrist. Children, adolescents and adults. Specializes in developmental disorders.	Phone: (651) 769-6300 http://www.kimholtmeier.com/ Golden Valley
Lakes Consultation Group	Adult, adolescent and child psychiatry, ADHD, PTSD, substance abuse, and chronic pain.	Phone: (952) 378-1800 http://lakesconsultationgroup.com/ St. Louis Park
Minnesota Center for Psychology	DBT groups, prolonged exposure therapy, medication management, individual and family therapy. Children, adolescents, adults.	Phone: (651) 644-4100 http://www.minnesotacenterforpsychology.com/ St. Paul
Minnesota Mental Health Clinics	Psychiatry, therapy, group therapy, urgent care, family therapy. Children, adolescents, adults.	Phone: (651) 454-0114 http://mnmentalhealthclinics.com/ Eagan, Edina, Lakeville, Minneapolis, Woodbury
Minnesota Psychological Resources	Psychiatry, psychotherapy for individuals, couples and families, play therapy, ADHD evaluations.	Phone: (763) 550-9005 http://www.mnpr.com Plymouth
Nystrom and Associates	Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple

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	treatment, group therapy. Children, adolescents, adults.	Grove, New Brighton, Woodbury
Plymouth Psych Group	Private practice clinic. Psychiatric evaluations and management for children and adults.	Phone: (763) 559-1640 http://plymouthpsychgroup.com/Plymouth
Prairie Care	Outpatient psychiatry and psychotherapy for children and adolescents, inpatient and partial hospitalization programs, after-school behavior development program for elementary school children	Phone: (763) 383-5800 http://www.prairie-care.com Chaska, Edina, Maple Grove, Woodbury
Psych Recovery	Psychiatry and psychotherapy for children, adolescents and adults. ADHD, learning disability and mental health assessments.	Phone: (651) 645-3115 http://www.psychrecoveryinc.com St. Paul
Stone Creek Psychiatry	Private practice psychiatry clinic. Children, adolescents, adults.	Phone: (952) 241-4050 http://stonecreekpsychiatry.com/ Chanhassen
Wilder Center	Child and adolescent psychiatry and psychotherapy. Also serves children who have experienced trauma. Early childhood mental health, day treatment and in-home therapy available. Sliding scale for uninsured/underinsured	Phone: (651) 280-2310 http://www.wilder.org St. Paul

Psychotherapy

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services for children and adolescents	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
African American Family Services	Individual counseling for adults and adolescents, family counseling, services for adolescents with truancy issues.	Phone: (612) 813-5034 http://www.aafs.net Minneapolis, St. Paul
Asha Mukherjee, PhD, LP	Psychological services for children from preschool through adolescence. Emotional, social, behavioral concerns as well as parent	Phone: (763) 553-7820 http://www.asha-phd.com Plymouth

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	counseling.	
Associated Clinic of Psychology	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Beacon Therapy Associates	Individual, family and group psychotherapy for children, adolescents adults. Serves clients ages 6 and up	Champlin: (763) 951-3091 Edina: (651) 433-6276 White Bear Lake: (651) 653-0387 http://beacontherapyassociates.com/ Champlin, Edina, White Bear Lake
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Canvas Health	Psychiatry and counseling for adults, children and families. Children's mental health case management and in-home family therapy. Crisis line and crisis clinic for Washington county residents (see county listing above).	Phone: (651) 777-5222 http://www.canvashealth.org Many locations
DBT Associates	Individual DBT, group skills training, telephone consultation for adults and adolescents.	Phone: (763) 503-3981 http://dbtassociates.com Fridley
FACTS Family, Adolescents and Children Family Services	Therapy for children, adolescents and family. Early childhood, preschool day treatment, home-based therapy, school-linked services, parent skills training.	Phone: (612) 379-9800 http://facts-mn.org Mendota Heights
Family Innovations	Office or home-based counseling for children and families. Offer play therapy, trauma-based cognitive behavioral therapy, early childhood mental health services. Prefer family to call. Ages 3m-18y	Eden Prairie: (952) 224-2282 Maplewood: (651) 748-5019 http://familyinnovations.com/
Fraser	Mental health services for children 0-18 years. Assessments, preschool mental health day treatment, individual and family therapy, adoptive family support, parent-child interaction therapy.	Eden Prairie: (952) 767-5900 Minneapolis: (612) 767-7222 http://www.fraser.org Eden Prairie, Minneapolis
HCMC Child/Adolescent Psychiatry Clinic	Psychiatry and psychotherapy for children	Phone: (612) 873-2617

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	and adolescents. Also have services for TBI, ADHD, trauma, grief/loss, behavioral concerns, neuropsychology testing. Most 0-2 services focus on parenting.	http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429 Minneapolis
Headway	Psychotherapy for children and adults, DBT groups, parenting seminars, men's anger management, medication management. Day treatment program for teens in 7 th -12 th grade	Phone: (763) 746-2411 https://www.headway.org/ Richfield, Golden Valley, Minneapolis, Plymouth
Innovative Psychological Consultants	Psychotherapy and psychiatry for children, adolescents and adults. ADHD and learning disorder evaluations. Serves clients ages 5 and older.	Phone: (763) 416-4167 http://www.ipc-mn.com Maple Grove
Kathleen Jacobsen, PhD, LP	Specializes in behavioral therapy for adolescents and adults. Depression, anxiety, eating disorders, weight loss, developmental disorders.	Phone: (763) 595-7294 http://kathleenjacobson.com Golden Valley
Lakewood Counseling	Mental health services for individuals and families. Several practitioners specialize in adolescents, play therapy or counseling for parents	Phone: (612) 798-7373 http://www.lakewoodcounseling.com Richfield
Mental Health Systems, PC	Individual and group DBT for adults and adolescents	Phone: (952) 835-2002 http://www.mhs-pc.com/ Edina, Woodbury, Maple Grove
Minnesota Counseling and Couples Center	Individual, couples and family therapy for children and adults. Serves ages 3 years and older.	Phone: (763) 400-7475 http://mncounselingandcouplescenter.com Maple Grove
Minnesota Center for Psychology	DBT for adults and adolescents, individual and group therapy. DBT for substance abuse disorders.	Phone: (651) 644-4100 http://www.minnesotacenterforpsychology.com St. Paul
Minnesota Psychological Resources Kari Nelson, PsyD, LP	Psychiatry, psychotherapy for children, adolescents, adults, families. Play therapy, ADHD evaluations.	Phone: (763) 550-9005 http://www.mnpr.com Plymouth
Mound Psychological Services	Mental health services for children, adolescents and adults. Specialize in depression, ADHD, autism spectrum, eating disorders, PTSD.	Phone: (612) 223-7992 http://moundpsychological.net Mound

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Nystrom and Associates	Psychiatry, psychotherapy, adult and adolescent DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Psych Recovery	Psychiatry and psychotherapy for children, adolescents and adults. ADHD, learning disability and mental health assessments.	Phone: (651) 645-3115 http://www.psychrecoveryinc.com St. Paul
Prairie Care	Outpatient psychiatry and psychotherapy for children and adolescents, inpatient and partial hospitalization programs, after-school behavior development program for elementary school children	Phone: (763) 383-5800 http://www.prairie-care.com Chaska, Edina, Maple Grove, Woodbury
Reclaim	Mental health support for youth 13-25 who are LGBT or are marginalized due to gender identity, gender expression or sexual preference. Individual and family counseling	Phone: (612) 235-6743 http://www.reclaim-lgbyouth.org Minneapolis
Reimann Counseling Clinic	Individual therapy for children and adults. Serves ages 6 and older	Phone: (763) 424-9591 http://reimanncounselingclinic.com Maple Grove
Relate Counseling Center	Individual, couples and family therapy for children, adolescents and adults. Specialized therapy for adolescent property offenders, chemical health treatment, psychological testing and medication management.	Phone: (952) 932-7277 http://www.relatemn.org Minnetonka
Roger Olsen, PsyD	Individual psychotherapy for children, adolescents and young adults (3-25 years). Assessment for ADHD, learning disorders, autism spectrum.	Phone: (651) 882-6299 http://roger-olsen.com Eagan
Rosenberg Center	Comprehensive assessment and treatment for children with emotional, behavioral or developmental needs including ADHD, autism, learning disabilities, speech and language delays, OCD, depression, anxiety.	Phone: (651) 636-4155 http://www.rosenbergcenter.com Roseville
St. David's	Specialize in early childhood mental health, serve children and families with developmental disabilities, physical	Phone: (952) 548-8700 http://www.stdavidscenter.org/mental-health

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	challenges, ADD and emotional/behavioral disturbances	Minnetonka
Soul Work Therapy	Individual, family and group therapy for children, adolescents and adults. Serves clients ages 6 and older	Phone: (763) 746-0842 http://www.soulworktherapy.com Champlin
Thad Wilderson and Associates	Community-based mental health services for children and youth with a focus on communities of color in St. Paul. In-home intensive therapeutic services as well as clinic-based mental health services.	Phone: (651) 225-8997 http://thadwilderson.com St. Paul
Walk-In Counseling Center	Free mental health counseling for individuals with urgent needs. No appointment needed, serves all ages. Open limited hours, check website.	Phone: (612) 870-0565 http://www.walkin.org
Washburn Center for Children	Clinic, in-home or school-based therapy for trauma, attention deficit, behavioral problems, anxiety/depression, learning disabilities. Crisis stabilization with 24-hr on-call service. Prefer legal guardian to schedule first apt.	Phone: (612) 871-1454 http://washburn.org/ Brooklyn Park, Minnetonka, Minneapolis
Wilder Center	Child and adolescent psychiatry and psychotherapy. Also serves children who have experienced trauma. Early childhood mental health, day treatment and in-home therapy available. Sliding scale for uninsured/underinsured.	Phone: (651) 280-2310 http://www.wilder.org St. Paul

Recreation, Social Activities

Organization Name	Description of Services	Contact Information
Half Pint Horses	Therapeutic horseback riding for children and adolescents with special needs. Ages 7-12	Phone: (612) 802-6209 www.halfpinthorses.com Chaska
Majestic Hills Ranch	Therapeutic horseback riding for children and	Phone: (952) 703-3719

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	adolescents with special needs. Ages 2-18.	http://www.majestichillsranch.org/ Lakeville
Mentoring Partnership of Minnesota	Online search tool to find a quality local mentoring program for children and adolescents. Programs evaluated based on quality practices and grading level shown.	Phone: (612) 399-0222 http://www.mpmn.org
Treehouse	Support groups and programming for teens with issues such as depression, suicidal thoughts, cutting, anger, substance abuse, eating disorders, sexual promiscuity. One-to-one mentoring, small groups, retreats and family mediation.	Phone: (952) 238-1010 http://www.treehouseyouth.org Bloomington, Brooklyn Park, Chaska, Eagan, Mahtomedi, Minnetonka, New Hope, Plymouth, St. Louis Park
We Can Ride	Therapeutic horseback riding for children and adults with physical, cognitive, emotional and behavioral disabilities.	Phone: (952) 934-0057 http://wecanride.org/ Minnetonka

Sleep Therapy, CBT for Insomnia

Organization Name	Description of Services	Contact Information
Philip Klees, PsyD, LP Allina Health	Specializes in anxiety, depression and sleep problems. Sees children, adolescents and adults. Practices at Allina Plymouth clinic	Phone: (763) 577-7400 http://wellness.allinahealth.org Plymouth Clinic
Mark Rosenblum, PsyD, LP Minnesota Sleep Institute	Sleep psychologist specializing in CBT for insomnia for adults and children.	Phone: (952) 567-7412 http://minnsleep.com Edina, Woodbury, Burnsville

Support

Organization Name	Description of Services	Contact Information
Behavioral Institute for Children and Adolescents	Provides a wide variety of supportive services to professionals and parents who work with	Phone: (651) 484-5510 http://www.behavioralinstitute.org

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	children with emotional and behavioral challenges. Coaching, mentoring, school program design.	
Depression Support Coalition	Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.	Phone: (952) 432-6351 http://www.depressionsupportcoalition.org
Mental Health Association of Minnesota	Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources.	Phone: (651) 493-6634 http://www.mentalhealthmn.org
Mentoring Partnership of Minnesota	Online search tool to find a quality local mentoring program for children and adolescents. Programs evaluated based on quality practices and grading level shown.	Phone: (612) 399-0222 http://www.mpmn.org
Minnesota Association for Children's Mental Health (MACMH)	Support and information for families and professionals regarding mental health for infants, children and adolescents	Phone: (651) 644-7333 http://www.macmh.org
NAMI Minnesota	Support groups, family support groups, advocacy, educational programs, classes related to mental health. See website for local support groups	Phone: (651) 645-2948 http://www.namihelps.org/
Suicide Awareness Voices of Education (SAVE)	Suicide prevention and education resources.	<u>National Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> Phone: (952) 946-7998 http://www.save.org
Treehouse	Support groups and programming for teens with issues such as depression, suicidal thoughts, cutting, anger, substance abuse, eating disorders, sexual promiscuity. One-to-one mentoring, small groups, retreats and family mediation.	Phone: (952) 238-1010 http://www.treehouseyouth.org Bloomington, Brooklyn Park, Chaska, Eagan, Mahtomedi, Minnetonka, New Hope, Plymouth, St. Louis Park

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Mental Health



Central Metro Area and Minneapolis

Search Tool

Organization Name	Description of Services	Contact Information
Fast Tracker	Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage.	http://www.fast-trackermn.org

Crisis/Urgent Care for Mental Health

Organization Name	Description of Services	Contact Information
Crisis Connection	Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.	Crisis line: (612) 379-6363 http://www.crisis.org
Hennepin County Medical Center Acute Psychiatric Services	24-hour walk-in crisis intervention and treatment of behavioral emergencies	Phone: (612) 873-3161 <u>Suicide hotline: (612) 873-2222</u> http://www.hcmc.org/clinics/AdultPsychiatryClinicMedication/psychiatricservices Minneapolis
Hennepin County Mobile Crisis Teams (COPE)	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u>

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	others.	http://www.suicidepreventionlifeline.org/
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/
Walk-In Counseling Center	Free mental health counseling for individuals with urgent needs. No appointment needed, serves all ages. Open limited hours, MWF 1-3 and M-F evenings	Phone: (612) 870-0565 http://www.walkin.org Minneapolis

Chronic Pain Clinics

Organization Name	Description of Services	Contact Information
Courage Center Dr. Monsein and Jay Tracy, PA-C	Three-week chronic pain rehabilitation program. Primarily residential M-F though outpatient options available. Care provided by a variety of specialties, involves classes, exercises, self-regulation techniques	Phone: (763) 520-0412 http://www.couragecenter.org/ Golden Valley
Fairview Pain Program	Medication management, physical therapy, injections, acupuncture, pain psychology. Sometimes closed to outside providers or clinics.	Phone: (612) 273-5400 Minneapolis (Riverside), Blaine, Burnsville
HCMC Interventional Pain Clinic	Hospital-based pain clinic. Check with insurance for coverage.	Phone: (612) 873-5955 Minneapolis
MAPS	Multidisciplinary approach including intervention treatments, behavioral health and physical therapy.	Phone: (763) 537-6000 http://www.painphysicians.com/ Multiple locations
Medical Pain Management Dr. Alfred Anderson	Specializes in pain management and physical medicine and rehab.	Phone: (952) 835-9777 St. Louis Park
Meridian Behavioral Health Alliance Methadone Maintenance Clinic	Narcotic replacement therapy services using methadone maintenance.	Phone: (612) 454-2501 http://www.meridianprograms.com Minneapolis
Northern Integrated Health	Pharmaceutical medical management of acute and chronic pain.	Phone: (952) 548-9340 http://northernintegratedhealth.com/ St. Louis Park
Pain Relief Centers of Minnesota Lake Street Pain Relief Center	Medication management, physical rehab and spinal decompression. Does not bill	Minneapolis: (612) 605-2299 St. Paul: (651) 237-9373

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Robert Street Pain Relief Center	insurance directly.	http://thepainreliefcenters.com
Twin Cities Pain Clinic Dr. Will	Medication management, physical therapy, psychology, injections, intrathecal pumps, spinal cord stimulator. Non-surgical treatment of spinal and musculoskeletal pain management	Phone: (952) 841-2345 http://www.twincitiespainclinic.com/ Edina
University of MN Palliative Care Clinic	Wide variety of palliative care services for many diagnoses as well as chronic pain.	Phone: (612) 626-3444 http://www.uofmmmedicalcenter.org/Specialties/PalliativeCare/index.htm Minneapolis

Chronic Pain Psychotherapy

Organization Name	Description of Services	Contact Information
Susan Broadwell, MA, PsyD Mind-Body Psychotherapy and Energy Healing	Psychotherapy for chronic pain and a variety of other services for adults, adolescents and children.	Phone: (952) 922-1848 http://mindbodytherapymn.com/ St. Louis Park
Suzanne Candell, PhD, LP	Uses a variety of psychological approaches for chronic pain, IBS, sleep problems, mood and anxiety disorders, grief and loss. Clinical hypnosis.	Phone: (612) 767-1610 http://drsuzannecandell.com/ Minneapolis
Peg Maude-Griffin, PhD Twin Cities Pain Clinic	Psychotherapy for chronic pain.	Phone: (952) 841-2345 http://www.twincitiespainclinic.com Edina
Amber Pone, LICSW	Psychotherapy for chronic pain and a variety of other services	Phone: (512) 363-6365 http://amberpone.com/ Minneapolis

Clinical Hypnosis

Organization Name	Description of Services	Contact Information
Veronica (Roni) Ahern, MA, LP	Approved consultant in clinical hypnosis. Individual, couples, marriage and family therapy.	Phone: (612) 872-8227 http://roniahern.com/ Minneapolis
Suzanne Candell, PhD, LP	Uses a variety of psychological approaches for chronic pain, IBS, sleep problems, mood and anxiety disorders, grief and loss. Clinical hypnosis.	Phone: (612) 767-1610 http://drsuzannecandell.com/ Minneapolis
Beverly Caruso, LICSW	Adult and family therapy, PTSD, clinical hypnosis. Private practice	Phone: (612) 374-2618 Minneapolis
Denise D'Aurora, Med, LP, LMFT	Clinical hypnosis, private practice.	Phone: (952) 897-0393 Edina
Evelyn Nerenberg, MA, LICSW	Hypnosis for weight loss and smoking cessation. Variety of other counseling services.	Phone: (952) 831-9111 http://www.evelynnerenberg.com/ Edina
Helen Paul, PhD	Clinical hypnosis, private practice.	Phone: (952) 945-0401 St. Louis Park

County Resources

Organization Name	Description of Services	Contact Information
Adult Rehabilitative Mental Health Services (ARMHS)	In-home services for adults in need of rehabilitative mental health services. Assists with developing independent living skills, relapse prevention, medication education, etc. Variety of service providers. Evaluation through county of residence.	For more information: http://www.dhs.state.mn.us
Assertive Community Treatment	Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county	Access through county of residence Hennepin: (612) 348-4111

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Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
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Community Support Resources

Organization Name	Description of Services	Contact Information
Northside Community Support Program	Resource center for Hennepin County adults with mental illness. Housing assistance, referral to community resources, Target case management services.	Phone: (612) 521-2116 http://www.peopleincorporated.org/program/northside-community-support-program/ Minneapolis
Spectrum – Minneapolis Lighthouse	Drop-in center with multiple services, supports and connection to community resources.	Phone: (612) 752-8200 http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/ Minneapolis
Vail Place – Hopkins Clubhouse	Community of members with peer support as well as programs for employment, education, housing and wellness. Requires intake appointment for membership.	Phone: (952) 945-4235 http://www.vailplace.org/services/hopkinsclubhouse/ Hopkins
Vail Place – Minneapolis Clubhouse	Community of members with peer support as well as programs for employment, education, housing and wellness. Requires intake appointment for membership.	Phone: (952) 945-4263 http://www.vailplace.org/services/minneapolis-clubhouse/ Minneapolis
Veterans Bridge to Recovery	For veterans enrolled in VA mental health services. Variety of programs for social skills as well as one-to-one coaching.	Phone: (612) 313-3240 http://www.minneapolis.va.gov/services/VBR.asp Minneapolis

Eating Disorders

Organization Name	Description of Services	Contact Information
Park Nicollet Melrose Center	Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs.	Phone: (952) 993-6200 http://www.parknicollet.com/specialtycenters/melrose-center St. Louis Park, St. Paul, Maple Grove
The Emily Program	Inpatient and residential treatment programs for eating disorders	Phone: (612) 645-5323 http://www.emilyprogram.com/ Minneapolis-St. Paul

Geriatric Mental Health: Inpatient

Organization Name	Description of Services	Contact Information
U of MN Medical Center Riverside	Geriatric psychiatry unit	Phone: (612) 672-6600 Behavioral emergency center: (612) 672-7575 http://www.uofmmedicalcenter.org/Specialties/Behavioralhealth/Mentalhealth/index.htm

Geriatric Mental Health: Outpatient

**The following providers are not all specialists in geriatric psychiatry, however have a reputation for providing mental health care to seniors

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy.	Phone: (612) 925-6033 http://acp-mn.com/

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	Children, adolescents, adults.	Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Domak Psychiatry	Private practice specializing in adult psychiatry. Accepts most insurances	Phone: (952) 303-4372 http://www.dokmakpsychiatry.com/ Edina
Lakes Consultation Group	Adult, adolescent and child psychiatry, ADHD, PTSD, substance abuse, and chronic pain.	Phone: (952) 378-1800 http://lakesconsultationgroup.com/ St. Louis Park
Volunteers of America, MN – Senior Mental Health	Age-specific mental health therapy services for individuals 55 and older. Outpatient and in-home therapy. Geriatric psychiatry also available.	Phone: (763) 225-4054 http://www.voamnwi.org/senior-mental-health Golden Valley
West End Psychiatry Dr. Zvi Frankfurt	Private practice psychiatry and counseling services.	Phone: (952) 929-2276 http://www.westendpsychiatry.com/ St. Louis Park

Inpatient Mental Health

Organization Name	Description of Services	Contact Information
Abbott Northwestern	Adult inpatient care and partial hospitalization program for adults, adolescents and children 5 days/week.	Phone: (612) 863-8633 Partial hosp. adults: (612) 863-3285 Partial hosp. children: (612) 863-3036 http://www.allinahealth.org/ahs/anw.nsf/page/anw_mental_health#overview
HCMC	Adult inpatient care	Phone: (612) 596-9438 http://www.hennepin.us/residents/health-medical/adult-mental-health-services
Minneapolis VA	Adult inpatient care	Mental Health Intake: (612) 725-1921 http://www.minneapolis.va.gov
U of MN Masonic Children’s Hospital	For children ages 5-12	Phone: (612) 672-6600 http://www.uofmchildrenshospital.org/Specialties/Behavioral/Programs/S_017878
U of MN Medical Center Riverside	Adult inpatient care and behavioral emergency center	Phone: (612) 672-6600 Behavioral emergency center: (612) 672-7575 http://www.uofmmmedicalcenter.org/Specialties/Behavioralhealth/Mentalhealth/index.htm

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Neuropsychological Testing

Organization Name	Description of Services	Contact Information
Courage Center	Neuropsychology evaluation for children and adults with acquired or traumatic brain injuries, congenital issues, learning disabilities or cognitive decline.	Phone: (763) 588-0811 http://www.couragecenter.org Golden Valley
Dr. Michael Fuhrman Midwestern Neuropsychology	Neuropsychological evaluations. Call with referral	Phone: (952) 928-9003 Edina
HCMC	Neuropsychology evaluations for children, adolescents and adults. Specialty in evaluation for non-English speaking individuals	Referral line: (612) 873-4262 Fax referral: (612) 904-4208 Minneapolis
Minneapolis Clinic of Neurology	Neuropsychological evaluations at Coon Rapid and Golden Valley locations.	Coon Rapids: (763) 427-8320 Golden Valley: (763) 588-0661 http://www.minneapolisclinic.com/
Noran Clinic of Neurology	Neuropsychological evaluations for adults and pediatrics.	Phone: (612) 879-1500 http://www.noranclinic.com Minneapolis, Blaine
Dr. Susan McPherson, PhD, LP	Neuropsychology evaluations for adults and geriatrics with emphasis on dementia and delirium. Also practices at UMN Memory Clinic.	Phone: (952) 746-4014 Minneapolis

Psychiatry

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Domak Psychiatry	Private practice specializing in adult psychiatry. Accepts most insurances	Phone: (952) 303-4372 http://www.dokmakpsychiatry.com/ Edina
Kim Holtmeier, M.D.	Private practice psychiatrist. Children, adolescents and adults.	Phone: (651) 769-6300 http://www.kimholtmeier.com/ Golden Valley
Lakes Consultation Group	Adult, adolescent and child psychiatry, ADHD, PTSD, substance abuse, and chronic pain.	Phone: (952) 378-1800 http://lakesconsultationgroup.com/ St. Louis Park
Minnesota Mental Health Clinics	Psychiatry, therapy, group therapy, urgent care, family therapy. Children, adolescents, adults.	Phone: (651) 454-0114 http://mnmentalhealthclinics.com/ Eagan, Edina, Lakeville, Minneapolis, Woodbury
Northern Integrated Health	Psychiatry and pain management clinic specializing in addiction medicine. Also offers counseling services.	Phone: (952) 548-9340 http://northernintegratedhealth.com/ St. Louis Park
Nystrom and Associates	Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Stark Mental Health Clinic, People Incorporated	Psychiatric medication management and psychotherapy for adults, group and family therapy, couples counseling.	Phone: (612) 872-2000 http://www.peopleincorporated.org Minneapolis

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Psychotherapy and Dialectical Behavioral Therapy (DBT)

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Associated Clinic of Psychology	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Choices Psychotherapy	DBT for adults, individual and group therapy.	Phone: (952) 544-6806 http://www.choicespsychotherapy.net St. Louis Park
Headway	Psychotherapy for children and adults, DBT groups, parenting seminars, men's anger management, medication management.	Phone: (763) 746-2411 https://www.headway.org/ Richfield, Golden Valley, Minneapolis, Plymouth
Mental Health Systems, PC	Individual and group DBT for adults and adolescents	Phone: (952) 835-2002 http://www.mhs-pc.com/ Edina, Woodbury, Maple Grove
Stark Mental Health Clinic, People Incorporated	Psychiatric medication management and psychotherapy for adults, group and family therapy, couples counseling.	Phone: (612) 872-2000 http://www.peopleincorporated.org Minneapolis
Walk-In Counseling Center	Free mental health counseling for individuals with urgent needs. No appointment needed, serves all ages. Open limited hours, MWF 1-3 and M-F evenings	Phone: (612) 870-0565 http://www.walkin.org

Sleep Therapy, CBT for Insomnia

Organization Name	Description of Services	Contact Information
Park Nicollet Pulmonary and Sleep Clinic Mary Rymanowski, LICSW	Behavioral sleep therapy for insomnia and its underlying causes.	Phone: (952) 993-6083 http://www.parknicollet.com St. Louis Park
Nancy Arikian, PhD, LP	Variety of psychological services, including therapy for insomnia. Private practice.	Phone: (612) 353-5414 http://www.nancyarikian.com/ Minneapolis
Suzanne Candell, PhD, LP	Uses a variety of psychological approaches for chronic pain, IBS, sleep problems, mood and anxiety disorders, grief and loss. Clinical hypnosis.	Phone: (612) 767-1610 http://drsuzannecandell.com/ Minneapolis
Mark Rosenblum, PsyD, LP Minnesota Sleep Institute	Sleep psychologist specializing in CBT for insomnia for adults and children.	Phone: (952) 567-7412 http://minnsleep.com Edina, Woodbury, Burnsville
Michael Schmitz, PsyD, LP Allina Health	Specializes in health psychology, insomnia and behavioral sleep medicine. Practices in the Behavioral Sleep Medicine Program at Abbott Northwestern.	Phone: (612) 863-3200 http://wellness.allinahealth.org Minneapolis

Support

Organization Name	Description of Services	Contact Information
Behavioral Institute for Children and Adolescents	Provides a wide variety of supportive services to professionals and parents who work with children with emotional and behavioral challenges. Coaching, mentoring, school program design.	Phone: (651) 484-5510 http://www.behavioralinstitute.org
Depression Support Coalition	Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.	Phone: (952) 432-6351 http://www.depressionsupportcoalition.org
Minnesota Depression and Bipolar Support	A division of MHAM. Support groups for	http://www.mentalhealthmn.org/mental-

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Alliance	individuals with depression or bipolar.	health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups
Mental Health Association of Minnesota (MHAM)	Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources. Support groups in several cities	Phone: (651) 493-6634 http://www.mentalhealthmn.org
Minnesota Association for Children's Mental Health (MACMH)	Support and information for families and professionals regarding mental health for infants, children and adolescents	Phone: (651) 644-7333 http://www.macmh.org
Minnesota Ombudsman for Mental Health and Developmental Disabilities	Reviews complaints against government, answers questions about rights and grievances and assists with access to appropriate services.	Phone: (651) 757-1800 http://mn.gov/omhdd/
NAMI Minnesota	Support groups, family support groups, advocacy, educational programs, classes related to mental health.	Phone: (651) 645-2948 http://www.namihelps.org/
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Suicide Awareness Voices of Education (SAVE)	Suicide prevention and education resources.	Phone: (952) 946-7998 http://www.save.org
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

East Metro Area and St. Paul

Search Tool

Organization Name	Description of Services	Contact Information
Fast Tracker	Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage.	http://www.fast-trackermn.org

Crisis/Urgent Care for Mental Health

Organization Name	Description of Services	Contact Information
Crisis Connection	Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.	Crisis line: (612) 379-6363 http://www.crisis.org
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Urgent Care for Adult Mental Health	Phone and outreach services 24 hours/day. Urgent care walk-in clinic hours 7 days/week. On-site crisis psychiatric care, chemical health screening, help with community resources. For adults 18 and older.	Phone: (651) 266-7900 http://mentalhealthcrisisalliance.org/ Ramsey, Dakota and Washington Counties Located in St. Paul
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

Chemical Health: See [Chemical Health Resources](#)

Chronic Pain Clinics

Organization Name	Description of Services	Contact Information
Britton Center Dr. Britton	Inpatient and outpatient programs for chronic pain management. Multi-therapeutic approach.	Phone: (651) 225-1102 http://www.brittoncenter.com Saint Paul
MAPS	Multidisciplinary approach including intervention treatments, behavioral health and physical therapy.	Phone: (763) 537-6000 http://www.painphysicians.com/ Multiple locations
Pain Relief Centers of Minnesota Lake Street Pain Relief Center Robert Street Pain Relief Center	Medication management, physical rehab and spinal decompression. Does not bill insurance directly.	Minneapolis: (612) 605-2299 St. Paul: (651) 237-9373 http://thepainreliefcenters.com
United Pain Center	Hospital-based outpatient pain clinic with a multidisciplinary approach.	Phone: (651) 241-7246 http://www.allinahealth.org St. Paul

Chronic Pain Psychotherapy

Organization Name	Description of Services	Contact Information
Elizabeth Shyer Boyle, PsyD, LP Elizabeth Shyer Boyle Psychological Services	Psychotherapy for chronic pain, mood and anxiety disorders, sleep disorders. Clinical hypnosis.	Phone: (651) 789-4746 http://www.esboyleclinic.com/ St. Paul

Clinical Hypnosis

Organization Name	Description of Services	Contact Information
Elizabeth Shyer Boyle, PsyD, LP Elizabeth Shyer Boyle Psychological Services	Psychotherapy for chronic pain, mood and anxiety disorders, sleep disorders. Clinical hypnosis.	Phone: (651) 789-4746 http://www.esboyleclinic.com/ St. Paul

County Resources

Organization Name	Description of Services	Contact Information
Adult Rehabilitative Mental Health Services (ARMHS)	In-home services for adults in need of rehabilitative mental health services. Assists with developing independent living skills, relapse prevention, medication education, etc. Variety of service providers. Evaluation through county of residence.	For more information: http://www.dhs.state.mn.us
Assertive Community Treatment	Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county	Access through county of residence Hennepin: (612) 348-4111 Ramsey: (651) 266-7890
Ramsey County Mental Health Intake	Urgent care through Urgent Care for Adult Mental Health (below). Call intake line(s) for inquiry about other county mental health services	Adults 18 and older: (651) 266-7900 Children 17 and younger: (651) 774-7000
Urgent Care for Adult Mental Health - Ramsey, Dakota and Washington Counties	Phone and outreach services 24 hours/day. Urgent care walk-in clinic hours 7 days/week. On-site crisis psychiatric care, chemical health screening, help with community resources. For adults 18 and older.	Phone: (651) 266-7900 http://mentalhealthcrisisalliance.org/ Ramsey, Dakota and Washington Counties Located in St. Paul
Washington County Mental Health Crisis	Mobile crisis unit through Canvas Health	Phone: (651) 777-5222
Washington County Mental Health Intake	Washington county intake for mental health services for adults and children.	Phone: (651) 430-6484 http://www.co.washington.mn.us/index.aspx?NID=798

Community Support Resources

Organization Name	Description of Services	Contact Information
Guild	Drop-in center with a variety of groups and classes. Appointment required for first visit.	Phone: (651) 457-2248 http://guildincorporated.org/services-programs/rehabilitation-services St. Paul
Horizons	Services and support for members including assistance with housing, employment, benefits. Drop-in activities for social recreation.	Phone: (651) 395-5783 http://www.mnmentalhealthclinics.com/services/horizons-community-support Eagan

Eating Disorders

Organization Name	Description of Services	Contact Information
Park Nicollet Melrose Center	Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs.	Phone: (952) 993-6200 http://www.parknicollet.com/specialtycenters/melrose-center St. Louis Park, St. Paul, Maple Grove
The Emily Program	Inpatient and residential treatment programs for eating disorders	Phone: (612) 645-5323 http://www.emilyprogram.com/ Minneapolis-St. Paul

Geriatric Mental Health: Inpatient

Organization Name	Description of Services	Contact Information
Bethesda Hospital	Geriatric psychiatry unit	Phone: (651) 326-2191 http://www.healtheast.org/bethesda
United Hospital	Geriatric psychiatry unit	Phone: (651) 241-8860 http://www.allinahealth.org St. Paul
Unity Hospital	Geriatric psychiatry unit	Phone: (763) 236-4464 http://www.allinahealth.org Fridley

Geriatric Mental Health: Outpatient

**The following providers are not all specialists in geriatric psychiatry, however have a reputation for providing mental health care to seniors

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Dr. Nels Langston	Integrated mental health treatment, trauma-oriented.	Phone: (646) 752-2078 http://www.nklangsten.com/ St. Paul

Inpatient Mental Health

Organization Name	Description of Services	Contact Information
Regions DayBridge Partial Hospitalization Program	For adults who need intensive therapy though are able to live in the community. 5.5h/day five days/week of structure individual, group or family therapy	Phone: (651) 254-2402 http://www.regionshospital.com/rh/specialties/mental-health/daybridge.html
United Hospital	Adult and adolescent inpatient mental health as well as adult partial hospitalization program	http://www.allinahealth.org/United-Hospital/Services/Mental-health-services/Adult-assessment-and-treatment/ St. Paul

Psychiatry

Organization Name	Description of Services	Contact Information
Aspire Mental Health	Private practice psychiatry clinic. General adult psychiatric care.	Phone: (651) 789-0658 http://www.aspirementalhealth.com St. Paul
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Centre Point Mental Health Clinic, People Incorporated	Psychiatric medication management and psychotherapy for adults, group and family therapy, couples counseling.	Phone: (651) 635-0095 http://www.peopleincorporated.org St. Paul
Minnesota Center for Psychology	DBT groups, prolonged exposure therapy, medication management, individual and family therapy. Children, adolescents, adults.	Phone: (651) 644-4100 http://www.minnesotacenterforpsychology.com/ St. Paul
Minnesota Mental Health Clinics	Psychiatry, therapy, group therapy, urgent	Phone: (651) 454-0114

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	care, family therapy. Children, adolescents, adults.	http://mnmentalhealthclinics.com/ Eagan, Edina, Lakeville, Minneapolis, Woodbury
Nystrom and Associates	Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Orr Memory and Geriatric Behavioral Clinic	Psychiatrist specializing in working with seniors and memory loss. Cognitive evaluations, behavioral assessments, competency assessments.	Phone: (651) 528-8183 http://www.orrmemoryclinic.com/ Mendota Heights

Psychotherapy and Dialectical Behavioral Therapy (DBT)

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Centre Point Mental Health Clinic, People Incorporated	Psychiatric medication management and psychotherapy for adults, group and family therapy, couples counseling. Rule 29 clinic.	Phone: (651) 635-0095 http://www.peopleincorporated.org St. Paul
Mental Health Systems, PC	Individual and group DBT for adults and adolescents	Phone: (952) 835-2002 http://www.mhs-pc.com/ Edina, Woodbury, Maple Grove
Midwest Center for Personal and Family Development	Individual and group therapy. Groups for chronic pain, anger management, positive parenting, installing resiliency.	Phone: (651) 647-1900 http://mentalhealthinc.com Anoka, Burnsville, St. Paul
Minnesota Center for Psychology	DBT for adults and adolescents, individual and group therapy. DBT for substance abuse disorders.	Phone: (651) 644-4100 http://www.minnesotacenterforpsychology.com

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		St. Paul
Nystrom and Associates	Psychiatry, psychotherapy, adult and adolescent DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Pathways Counseling Center	Outpatient psychotherapy for adults and families, mental illness/chemical dependency day treatment program, gambling addiction, refugee mental health services	Phone: (651) 641-1555 http://www.pathwayscounselingcenter.org St. Paul
Psychiatric Recovery, PA	DBT for adults 18 years and older with a history of emotional instability, unstable relationships or impulsive behaviors. Individual and group therapy. Call for intake appointment.	Phone: (651) 645-3115 http://www.psychrecoveryinc.com St. Paul
Roger Olsen, PsyD	Individual psychotherapy for children, adolescents and young adults (3-25 years). Assessment for ADHD, learning disorders, autism spectrum.	Phone: (651) 882-6299 http://roger-olsen.com Eagan
Walk-In Counseling Center	Free mental health counseling for individuals with urgent needs. No appointment needed, serves all ages. Open limited hours, MWF 1-3 and M-F evenings	Phone: (612) 870-0565 http://www.walkin.org Minneapolis, St. Paul

Sleep Therapy, CBT for Insomnia

Organization Name	Description of Services	Contact Information
Elizabeth Shyer Boyle Psychological Services Elizabeth Shyer Boyle, PsyD, LP	Psychotherapy for chronic pain, mood and anxiety disorders, sleep disorders. Clinical hypnosis.	Phone: (651) 789-4746 http://www.esboyleclinic.com/ St. Paul
Mark Rosenblum, PsyD, LP Minnesota Sleep Institute	Sleep psychologist specializing in CBT for insomnia for adults and children.	Phone: (952) 567-7412 http://minnsleep.com Edina, Woodbury, Burnsville

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Support

Organization Name	Description of Services	Contact Information
Behavioral Institute for Children and Adolescents	Provides a wide variety of supportive services to professionals and parents who work with children with emotional and behavioral challenges. Coaching, mentoring, school program design.	Phone: (651) 484-5510 http://www.behavioralinstitute.org
Depression Support Coalition	Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.	Phone: (952) 432-6351 http://www.depressionsupportcoalition.org
Minnesota Depression and Bipolar Support Alliance	A division of MHAM. Support groups for individuals with depression or bipolar.	http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups
Mental Health Association of Minnesota (MHAM)	Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources. Support groups in several cities	Phone: (651) 493-6634 http://www.mentalhealthmn.org
Minnesota Association for Children's Mental Health (MACMH)	Support and information for families and professionals regarding mental health for infants, children and adolescents	Phone: (651) 644-7333 http://www.macmh.org
Minnesota Ombudsman for Mental Health and Developmental Disabilities	Reviews complaints against government, answers questions about rights and grievances and assists with access to appropriate services.	Phone: (651) 757-1800 http://mn.gov/omhdd/
NAMI Minnesota	Support groups, family support groups, advocacy, educational programs, classes related to mental health.	Phone: (651) 645-2948 http://www.namihelps.org/
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Suicide Awareness Voices of Education (SAVE)	Suicide prevention and education resources.	Phone: (952) 946-7998 http://www.save.org

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Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/
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North Metro Area

Search Tool

Organization Name	Description of Services	Contact Information
Fast Tracker	Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage.	http://www.fast-trackermn.org

Crisis/Urgent Care for Mental Health

Organization Name	Description of Services	Contact Information
Crisis Connection	Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.	Crisis line: (612) 379-6363 http://www.crisis.org
Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

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Chemical Health: See [Chemical Health Resources](#)

Chronic Pain Clinics

Organization Name	Description of Services	Contact Information
Fairview Pain Program	Medication management, physical therapy, injections, acupuncture, pain psychology. Sometimes closed to outside providers or clinics.	Phone: (612) 273-5400 Minneapolis (Riverside), Blaine, Burnsville
MAPS	Multidisciplinary approach including intervention treatments, behavioral health and physical therapy.	Phone: (763) 537-6000 http://www.painphysicians.com/ Multiple locations
Northstar Pain Clinic Dr. Steven Trobiani	Medication management, trigger point injections, myofascial release therapy, botox treatment.	Phone: (763) 416-1400 http://www.northstarpaincare.com/ Maple Grove

County Resources

Organization Name	Description of Services	Contact Information
Adult Rehabilitative Mental Health Services (ARMHS)	In-home services for adults in need of rehabilitative mental health services. Assists with developing independent living skills, relapse prevention, medication education, etc. Variety of service providers. Evaluation through county of residence.	For more information: http://www.dhs.state.mn.us
Anoka County Mental Health Intake	Anoka County mental health intake for assessment and services.	Phone: (763) 422-3283 http://www.anokacounty.us/614/Adult-Mental-Health
Assertive Community Treatment	Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by	Access through county of residence Hennepin: (612) 348-4111 Ramsey: (651) 266-7890

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county		
Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County

Community Support Resources

Organization Name	Description of Services	Contact Information
Bridgeview	Drop-in center for adults promoting social interaction and psychosocial rehab.	Phone: (763) 783-7440 http://www.leecarlsoncenter.org/team_drop_incenter.html Fridley
Spectrum – Northwest Hennepin	Drop-in center with multiple services, supports and connection to community resources.	Phone: (612) 752-8300 http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/ Crystal

Eating Disorders

Organization Name	Description of Services	Contact Information
Park Nicollet Melrose Center	Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs.	Phone: (952) 993-6200 http://www.parknicollet.com/specialtycenters/melrose-center St. Louis Park, St. Paul, Maple Grove

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Geriatric Mental Health: Outpatient

**The following providers are not all specialists in geriatric psychiatry, however have a reputation for providing mental health care to seniors

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Volunteers of America, MN – Senior Mental Health	Age-specific mental health therapy services for individuals 55 and older. Outpatient and in-home therapy. Geriatric psychiatry also available.	Phone: (763) 225-4054 http://www.voamnwi.org/senior-mental-health Golden Valley

Integrative Therapy

Organization Name	Description of Services	Contact Information
Justin Kukowski Center	Individual and group psychotherapy as well as holistic integrative therapies for depression, anxiety, PTSD, eating disorders, stress. Homeopathy, acupuncture, massage, nutrition, yoga, healing touch.	Phone: (952) 224-8990 http://www.justinkukowskicenter.com Burnsville, Chaska

Inpatient Mental Health

Organization Name	Description of Services	Contact Information
Prairie Care Inpatient Hospitalization Maple Grove Hospital	Inpatient care program at Maple Grove hospital and partial hospitalization programs at Maple Grove, Edina and Chaska. For adolescents and children	Phone: (763) 383-5800 http://www.prairie-care.com Maple Grove, Edina, Chaska

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Neuropsychological Testing

Organization Name	Description of Services	Contact Information
Minneapolis Clinic of Neurology	Neuropsychological evaluations at Coon Rapid and Golden Valley locations.	Coon Rapids: (763) 427-8320 Golden Valley: (763) 588-0661 http://www.minneapolisclinic.com/
Noran Clinic of Neurology	Neuropsychological evaluations for adults and pediatrics.	Phone: (612) 879-1500 http://www.noranclinic.com Minneapolis, Blaine

Psychiatry

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Minnesota Psychological Resources	Psychiatry, psychotherapy for individuals, couples and families, play therapy, ADHD evaluations.	Phone: (763) 550-9005 http://www.mnpr.com Plymouth
Nystrom and Associates	Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Plymouth Psych Group	Private practice clinic. Psychiatric evaluations and management for children and adults.	Phone: (763) 559-1640 http://plymouthpsychgroup.com/ Plymouth

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Psychotherapy and Dialectical Behavioral Therapy (DBT)

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
DBT Associates	Individual DBT, group skills training, telephone consultation for adults and adolescents.	Phone: (763) 503-3981 http://dbtassociates.com Fridley
Headway	Psychotherapy for children and adults, DBT groups, parenting seminars, men's anger management, medication management.	Phone: (763) 746-2411 https://www.headway.org/ Richfield, Golden Valley, Minneapolis, Plymouth
Mental Health Systems, PC	Individual and group DBT for adults and adolescents	Phone: (952) 835-2002 http://www.mhs-pc.com/ Edina, Woodbury, Maple Grove
Midwest Center for Personal and Family Development	Individual and group therapy. Groups for chronic pain, anger management, positive parenting, installing resiliency.	Phone: (651) 647-1900 http://mentalhealthinc.com Anoka, Burnsville, St. Paul
Minnesota Psychological Resources	Psychiatry, psychotherapy for individuals, couples and families, play therapy, ADHD evaluations.	Phone: (763) 550-9005 http://www.mnpr.com Plymouth
Nystrom and Associates	Psychiatry, psychotherapy, adult and adolescent DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury

Sleep Therapy, CBT for Insomnia

Organization Name	Description of Services	Contact Information
Philip Klees, PsyD, LP Allina Health	Specializes in anxiety, depression and sleep problems. Sees children, adolescents and adults. Practices at Allina Plymouth clinic	Phone: (763) 577-7400 http://wellness.allinahealth.org Plymouth Clinic

Support

Organization Name	Description of Services	Contact Information
Behavioral Institute for Children and Adolescents	Provides a wide variety of supportive services to professionals and parents who work with children with emotional and behavioral challenges. Coaching, mentoring, school program design.	Phone: (651) 484-5510 http://www.behavioralinstitute.org
Depression Support Coalition	Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.	Phone: (952) 432-6351 http://www.depressionsupportcoalition.org
Minnesota Depression and Bipolar Support Alliance	A division of MHAM. Support groups for individuals with depression or bipolar.	http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups
Mental Health Association of Minnesota (MHAM)	Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources. Support groups in several cities	Phone: (651) 493-6634 http://www.mentalhealthmn.org
Minnesota Association for Children's Mental Health (MACMH)	Support and information for families and professionals regarding mental health for infants, children and adolescents	Phone: (651) 644-7333 http://www.macmh.org
Minnesota Ombudsman for Mental Health and Developmental Disabilities	Reviews complaints against government, answers questions about rights and grievances and assists with access to	Phone: (651) 757-1800 http://mn.gov/omhdd/

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	appropriate services.	
NAMI Minnesota	Support groups, family support groups, advocacy, educational programs, classes related to mental health.	Phone: (651) 645-2948 http://www.namihelps.org/
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Suicide Awareness Voices of Education (SAVE)	Suicide prevention and education resources.	Phone: (952) 946-7998 http://www.save.org
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

South Metro Area

Search Tool

Organization Name	Description of Services	Contact Information
Fast Tracker	Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage.	http://www.fast-trackermn.org

Crisis/Urgent Care for Mental Health

Organization Name	Description of Services	Contact Information
Crisis Connection	Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.	Crisis line: (612) 379-6363 http://www.crisis.org
Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County.	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233

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	COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Urgent Care for Adult Mental Health	Phone and outreach services 24 hours/day. Urgent care walk-in clinic hours 7 days/week. On-site crisis psychiatric care, chemical health screening, help with community resources. For adults 18 and older.	Phone: (651) 266-7900 http://mentalhealthcrisisalliance.org/ Ramsey, Dakota and Washington Counties Located in St. Paul
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

Chemical Health: See [Chemical Health Resources](#)

Chronic Pain Clinics

Organization Name	Description of Services	Contact Information
Fairview Pain Program	Medication management, physical therapy, injections, acupuncture, pain psychology. Sometimes closed to outside providers or clinics.	Phone: (612) 273-5400 Minneapolis (Riverside), Blaine, Burnsville
MAPS	Multidisciplinary approach including intervention treatments, behavioral health and physical therapy.	Phone: (763) 537-6000 http://www.painphysicians.com/ Multiple locations

County Resources

Organization Name	Description of Services	Contact Information
Adult Rehabilitative Mental Health Services (ARMHS)	In-home services for adults in need of rehabilitative mental health services. Assists with developing independent living skills, relapse prevention, medication education, etc. Variety of service providers. Evaluation through county of residence.	For more information: http://www.dhs.state.mn.us
Assertive Community Treatment	Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county	Access through county of residence Hennepin: (612) 348-4111 Ramsey: (651) 266-7890
Carver/Scott County Mental Health Crisis	24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services.	Phone: (952) 442-7601 http://www.co.carver.mn.us/departments/CSS/mh/crisis.asp
Dakota County Mental Health Crisis	24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services	Phone: (952) 891-7171
Dakota County Mental Health Intake	Dakota County intake for adult and children's mental health services and programs.	Adults: (651) 554-6424 Children: (952) 891-7459
Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County

Community Support Resources

Organization Name	Description of Services	Contact Information
The Anchor Center	Community support program for Scott county residents with mental health needs. Social, educational and recreational activities	Phone: (952) 496-8676 http://www.co.scott.mn.us/Shakopee/Scott County
Horizons	Services and support for members including assistance with housing, employment, benefits. Drop-in activities for social recreation.	Phone: (651) 395-5783 http://www.mnmentalhealthclinics.com/services/horizons-community-support Eagan
Spectrum – South Hennepin Charaka	Drop-in center with multiple services, supports and connection to community resources.	Phone: (612) 752-8350 http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/ Bloomington

Eating Disorders

Organization Name	Description of Services	Contact Information
Justin Kukowski Center	Individual and group psychotherapy as well as holistic integrative therapies for depression, anxiety, PTSD, eating disorders, stress. Homeopathy, acupuncture, massage, nutrition, yoga, healing touch.	Phone: (952) 224-8990 http://www.justinkukowskicenter.com Burnsville, Chaska
Water's Edge Counseling & Healing Center	Psychiatry, individual, family and group psychotherapy, intensive outpatient programs, eating disorder treatment, Christian-based therapy.	Phone: (952) 898-5020 http://www.watersedgechc.com Burnsville

Geriatric Mental Health: Outpatient

**The following providers are not all specialists in geriatric psychiatry, however have a reputation for providing mental health care to seniors

Organization Name	Description of Services	Contact Information
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul

Integrative Therapy

Organization Name	Description of Services	Contact Information
Justin Kukowski Center	Individual and group psychotherapy as well as holistic integrative therapies for depression, anxiety, PTSD, eating disorders, stress. Homeopathy, acupuncture, massage, nutrition, yoga, healing touch.	Phone: (952) 224-8990 http://www.justinkukowskicenter.com Burnsville, Chaska

Inpatient Mental Health

Organization Name	Description of Services	Contact Information
Prairie Care Inpatient Hospitalization Maple Grove Hospital	Inpatient care program at Maple Grove hospital and partial hospitalization programs at Maple Grove, Edina and Chaska. For adolescents and children	Phone: (763) 383-5800 http://www.prairie-care.com Maple Grove, Edina, Chaska

Psychiatry

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Associated Clinic of Psychology (ACP)	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Berger Psychiatric Services	Private practice psychiatrist, affiliated with Allina and ANW hospital. Adult psychiatry.	Phone: (952) 657-5452 http://wellness.allinahealth.org Eden Prairie
Minnesota Mental Health Clinics	Psychiatry, therapy, group therapy, urgent care, family therapy. Children, adolescents, adults.	Phone: (651) 454-0114 http://mnmentalhealthclinics.com/ Eagan, Edina, Lakeville, Minneapolis, Woodbury
Nystrom and Associates	Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Ruth Myers, M.D.	Private practice psychiatrist	Phone: (952) 898-7578 Burnsville
Stone Creek Psychiatry	Private practice psychiatry clinic. Children, adolescents, adults.	Phone: (952) 241-4050 http://stonecreekpsychiatry.com/ Chanhassen

Psychotherapy and Dialectical Behavioral Therapy (DBT)

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Associated Clinic of Psychology	Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.	Phone: (612) 925-6033 http://acp-mn.com/ Apple Valley, Brooklyn Center, Minneapolis, St. Paul
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Midwest Center for Personal and Family Development	Individual and group therapy. Groups for chronic pain, anger management, positive parenting, installing resiliency.	Phone: (651) 647-1900 http://mentalhealthinc.com Anoka, Burnsville, St. Paul
Nystrom and Associates	Psychiatry, psychotherapy, adult and adolescent DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury
Roger Olsen, PsyD	Individual psychotherapy for children, adolescents and young adults (3-25 years). Assessment for ADHD, learning disorders, autism spectrum.	Phone: (651) 882-6299 http://roger-olsen.com Eagan
Water's Edge Counseling & Healing Center	Psychiatry, individual, family and group psychotherapy, intensive outpatient programs, eating disorder treatment, Christian-based therapy.	Phone: (952) 898-5020 http://www.watersedgechc.com Burnsville

Sleep Therapy, CBT for Insomnia

Organization Name	Description of Services	Contact Information
Mark Rosenblum, PsyD, LP Minnesota Sleep Institute	Sleep psychologist specializing in CBT for insomnia for adults and children.	Phone: (952) 567-7412 http://minnsleep.com Edina, Woodbury, Burnsville

Support

Organization Name	Description of Services	Contact Information
Behavioral Institute for Children and Adolescents	Provides a wide variety of supportive services to professionals and parents who work with children with emotional and behavioral challenges. Coaching, mentoring, school program design.	Phone: (651) 484-5510 http://www.behavioralinstitute.org
Depression Support Coalition	Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.	Phone: (952) 432-6351 http://www.depressionsupportcoalition.org
Minnesota Depression and Bipolar Support Alliance	A division of MHAM. Support groups for individuals with depression or bipolar.	http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups
Mental Health Association of Minnesota (MHAM)	Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources. Support groups in several cities	Phone: (651) 493-6634 http://www.mentalhealthmn.org
Minnesota Association for Children's Mental Health (MACMH)	Support and information for families and professionals regarding mental health for infants, children and adolescents	Phone: (651) 644-7333 http://www.macmh.org
Minnesota Ombudsman for Mental Health and Developmental Disabilities	Reviews complaints against government, answers questions about rights and	Phone: (651) 757-1800 http://mn.gov/omhdd/

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	grievances and assists with access to appropriate services.	
NAMI Minnesota	Support groups, family support groups, advocacy, educational programs, classes related to mental health.	Phone: (651) 645-2948 http://www.namihelps.org/
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Suicide Awareness Voices of Education (SAVE)	Suicide prevention and education resources.	Phone: (952) 946-7998 http://www.save.org
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

West Metro Area

Search Tool

Organization Name	Description of Services	Contact Information
Fast Tracker	Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage.	http://www.fast-trackermn.org

Crisis/Urgent Care for Mental Health

Organization Name	Description of Services	Contact Information
Crisis Connection	Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.	Crisis line: (612) 379-6363 http://www.crisis.org

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Hennepin County Medical Center Acute Psychiatric Services	24-hour walk-in crisis intervention and treatment of behavioral emergencies	Phone: (612) 873-3161 Suicide hotline: (612) 873-2222 http://www.hcmc.org/clinics/AdultPsychiatryClinicMedication/psychiatricservices Minneapolis
Hennepin County Mobile Crisis Teams (COPE)	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.	<u>Suicide Prevention Lifeline:</u> <u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

Chemical Health: See [Chemical Health Resources](#)

Chronic Pain Clinics

Organization Name	Description of Services	Contact Information
MAPS	Multidisciplinary approach including intervention treatments, behavioral health and physical therapy.	Phone: (763) 537-6000 http://www.painphysicians.com/ Multiple locations
Medical Pain Management Dr. Alfred Anderson	Specializes in pain management and physical medicine and rehab.	Phone: (952) 835-9777 St. Louis Park
Northern Integrated Health	Pharmaceutical medical management of acute and chronic pain.	Phone: (952) 548-9340 http://northernintegratedhealth.com/ St. Louis Park
Northstar Pain Clinic Dr. Steven Trobiani	Medication management, trigger point injections, myofascial release therapy, botox treatment.	Phone: (763) 416-1400 http://www.northstarpaincare.com/ Maple Grove
Twin Cities Pain Clinic Dr. Will	Medication management, physical therapy, psychology, injections, intrathecal pumps,	Phone: (952) 841-2345 http://www.twincitiespainclinic.com/

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spinal cord stimulator. Non-surgical treatment of spinal and musculoskeletal pain management

Edina

Chronic Pain Psychotherapy

Organization Name	Description of Services	Contact Information
Dr. David Alter, PhD, LP Stepping Into Health	Psychotherapy for chronic pain, migraine, depression, anxiety. Hypnosis and Neuropsychological evaluations.	Phone: (763) 546-5797 http://drdavidalter.com/ Minnetonka
Susan Broadwell, MA, PsyD Mind-Body Psychotherapy and Energy Healing	Psychotherapy for chronic pain and a variety of other services for adults, adolescents and children.	Phone: (952) 922-1848 http://mindbodytherapymn.com/ St. Louis Park
Peg Maude-Griffin, PhD Twin Cities Pain Clinic	Psychotherapy for chronic pain.	Phone: (952) 841-2345 http://www.twincitiespainclinic.com Edina

Clinical Hypnosis

Organization Name	Description of Services	Contact Information
Dr. David Alter, PhD, LP Stepping Into Health	Psychotherapy for chronic pain, migraine, depression, anxiety. Hypnosis and Neuropsychological evaluations.	Phone: (763) 546-5797 http://drdavidalter.com/ Minnetonka
Beverly Caruso, LICSW	Adult and family therapy, PTSD, clinical hypnosis. Private practice	Phone: (612) 374-2618 Minneapolis
Denise D'Aurora, Med, LP, LMFT	Clinical hypnosis, private practice.	Phone: (952) 897-0393 Edina
Evelyn Nerenberg, MA, LICSW	Hypnosis for weight loss and smoking cessation. Variety of other counseling services.	Phone: (952) 831-9111 http://www.evelynnerenberg.com/ Edina
Helen Paul, PhD	Clinical hypnosis, private practice.	Phone: (952) 945-0401 St. Louis Park

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County Resources

Organization Name	Description of Services	Contact Information
Adult Rehabilitative Mental Health Services (ARMHS)	In-home services for adults in need of rehabilitative mental health services. Assists with developing independent living skills, relapse prevention, medication education, etc. Variety of service providers. Evaluation through county of residence.	For more information: http://www.dhs.state.mn.us
Assertive Community Treatment	Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county	Access through county of residence Hennepin: (612) 348-4111 Ramsey: (651) 266-7890
Carver/Scott County Mental Health Crisis	24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services.	Phone: (952) 442-7601 http://www.co.carver.mn.us/departments/CS/mh/crisis.asp
Hennepin County Mobile Crisis Teams	Community Outreach for Psychiatric Emergencies. Adults in Hennepin County. COPE team will go to the crisis, provide a clinical assessment, and determine appropriate plan of action. Phone answered 24-7	Adults 18 and older: (612) 596-1223 Children 17 and younger: (612) 348-2233 http://www.hennepin.us/residents/emergencies/mental-health-emergencies Hennepin County

Community Support Resources

Organization Name	Description of Services	Contact Information
First Street Center	Comprehensive mental health care for Carver county residents. Appointment necessary.	Phone: (952) 442-4437 http://www.co.carver.mn.us/departments/CS/mh/Waconia
Spectrum – Northwest Hennepin	Drop-in center with multiple services,	Phone: (612) 752-8300

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	supports and connection to community resources.	http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/Crystal
Vail Place – Hopkins Clubhouse	Community of members with peer support as well as programs for employment, education, housing and wellness. Requires intake appointment for membership.	Phone: (952) 945-4235 http://www.vailplace.org/services/hopkinsclubhouse/Hopkins

Eating Disorders

Organization Name	Description of Services	Contact Information
Park Nicollet Melrose Center	Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs.	Phone: (952) 993-6200 http://www.parknicollet.com/specialtycenters/melrose-center St. Louis Park, St. Paul, Maple Grove
Justin Kukowski Center	Individual and group psychotherapy as well as holistic integrative therapies for depression, anxiety, PTSD, eating disorders, stress. Homeopathy, acupuncture, massage, nutrition, yoga, healing touch.	Phone: (952) 224-8990 http://www.justinkukowskicenter.com Burnsville, Chaska

Geriatric Mental Health: Outpatient

**The following providers are not all specialists in geriatric psychiatry, however have a reputation for providing mental health care to seniors

Organization Name	Description of Services	Contact Information
Domak Psychiatry	Private practice specializing in adult psychiatry. Accepts most insurances	Phone: (952) 303-4372 http://www.dokmakpsychiatry.com/ Edina

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Lakes Consultation Group	Adult, adolescent and child psychiatry, ADHD, PTSD, substance abuse, and chronic pain.	Phone: (952) 378-1800 http://lakesconsultationgroup.com/ St. Louis Park
West End Psychiatry Dr. Zvi Frankfurt	Private practice psychiatry and counseling services.	Phone: (952) 929-2276 http://www.westendpsychiatry.com/ St. Louis Park

Integrative Therapy

Organization Name	Description of Services	Contact Information
Justin Kukowski Center	Individual and group psychotherapy as well as holistic integrative therapies for depression, anxiety, PTSD, eating disorders, stress. Homeopathy, acupuncture, massage, nutrition, yoga, healing touch.	Phone: (952) 224-8990 http://www.justinkukowskicenter.com Burnsville, Chaska

Inpatient Mental Health

Organization Name	Description of Services	Contact Information
Prairie Care Inpatient Hospitalization Maple Grove Hospital	Inpatient care program at Maple Grove hospital and partial hospitalization programs at Maple Grove, Edina and Chaska. For adolescents and children	Phone: (763) 383-5800 http://www.prairie-care.com Maple Grove, Edina, Chaska

Neuropsychological Testing

Organization Name	Description of Services	Contact Information
Dr. David Alter, PhD, LP Stepping Into Health	Psychotherapy for chronic pain, migraine, depression, anxiety. Hypnosis and Neuropsychological evaluations.	Phone: (763) 546-5797 http://drdavidalter.com/ Minnetonka
Dr. Michael Fuhrman	Neuropsychological evaluations. Call with	Phone: (952) 928-9003

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Psychiatry

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Berger Psychiatric Services	Private practice psychiatrist, affiliated with Allina and ANW hospital. Adult psychiatry.	Phone: (952) 657-5452 http://wellness.allinahealth.org Eden Prairie
Domak Psychiatry	Private practice specializing in adult psychiatry. Accepts most insurances	Phone: (952) 303-4372 http://www.dokmakpsychiatry.com/ Edina
Deborah Coen, MD	Private practice. Accepts most insurances. Does NOT accept Medicare	Phone: (952) 746-3330 http://deborahcoenmd.com Minnetonka
Lakes Consultation Group	Adult, adolescent and child psychiatry, ADHD, PTSD, substance abuse, and chronic pain.	Phone: (952) 378-1800 http://lakesconsultationgroup.com/ St. Louis Park
Minnesota Mental Health Clinics	Psychiatry, therapy, group therapy, urgent care, family therapy. Children, adolescents, adults.	Phone: (651) 454-0114 http://mnmentalhealthclinics.com/ Eagan, Edina, Lakeville, Minneapolis, Woodbury
Northern Integrated Health	Psychiatry and pain management clinic specializing in addiction medicine. Also offers counseling services.	Phone: (952) 548-9340 http://northernintegratedhealth.com/ St. Louis Park
Nystrom and Associates	Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury

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Stone Creek Psychiatry	Private practice psychiatry clinic. Children, adolescents, adults.	Phone: (952) 241-4050 http://stonecreekpsychiatry.com/ Chanhassen
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Psychotherapy and Dialectical Behavioral Therapy (DBT)

Organization Name	Description of Services	Contact Information
Park Nicollet Mental Health	Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.	Phone: (952) 993-3307 http://www.parknicollet.com St. Louis Park
Behavioral Health Services, Inc. (BHSI)	Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.	Registration Line: (651) 662-0800 www.bhsiclinics.com Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury
Choices Psychotherapy	DBT for adults, individual and group therapy.	Phone: (952) 544-6806 http://www.choicespsychotherapy.net St. Louis Park
Mental Health Systems, PC	Individual and group DBT for adults and adolescents	Phone: (952) 835-2002 http://www.mhs-pc.com/ Edina, Woodbury, Maple Grove
Nystrom and Associates	Psychiatry, psychotherapy, adult and adolescent DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day treatment, group therapy. Children, adolescents, adults.	New Patient Line: (651) 628-9566 www.nystromcounseling.com Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury

Sleep Therapy, CBT for Insomnia

Organization Name	Description of Services	Contact Information
Park Nicollet Pulmonary and Sleep Clinic Mary Rymanowski, LICSW	Behavioral sleep therapy for insomnia and its underlying causes.	Phone: (952) 993-6083 http://www.parknicollet.com St. Louis Park
Mark Rosenblum, PsyD, LP	Sleep psychologist specializing in CBT for	Phone: (952) 567-7412

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Minnesota Sleep Institute	insomnia for adults and children.	http://minnsleep.com Edina, Woodbury, Burnsville
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Support

Organization Name	Description of Services	Contact Information
Behavioral Institute for Children and Adolescents	Provides a wide variety of supportive services to professionals and parents who work with children with emotional and behavioral challenges. Coaching, mentoring, school program design.	Phone: (651) 484-5510 http://www.behavioralinstitute.org
Depression Support Coalition	Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.	Phone: (952) 432-6351 http://www.depressionsupportcoalition.org
Minnesota Depression and Bipolar Support Alliance	A division of MHAM. Support groups for individuals with depression or bipolar.	http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups
Mental Health Association of Minnesota (MHAM)	Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources. Support groups in several cities	Phone: (651) 493-6634 http://www.mentalhealthmn.org
Minnesota Association for Children's Mental Health (MACMH)	Support and information for families and professionals regarding mental health for infants, children and adolescents	Phone: (651) 644-7333 http://www.macmh.org
Minnesota Ombudsman for Mental Health and Developmental Disabilities	Reviews complaints against government, answers questions about rights and grievances and assists with access to appropriate services.	Phone: (651) 757-1800 http://mn.gov/omhdd/
NAMI Minnesota	Support groups, family support groups, advocacy, educational programs, classes related to mental health.	Phone: (651) 645-2948 http://www.namihelps.org/
National Suicide Prevention Lifeline	Lifeline connects caller to a trained counselor	<u>Suicide Prevention Lifeline:</u>

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	24/7. Links to resources for helping self or others.	<u>1-800-273-8255</u> http://www.suicidepreventionlifeline.org/
Suicide Awareness Voices of Education (SAVE)	Suicide prevention and education resources.	Phone: (952) 946-7998 http://www.save.org
Veterans Crisis Line	Connects veterans in crisis and their families and friends with VA responders through a confidential hotline, online chat or text.	Hotline: 1-800-273-8255 Text: 838255 http://www.veteranscrisisline.net/

HEALTH CARE RESOURCES				
Facility	Address	City	State	Zip
Allina HealthCare	2750 Park Ave	Minneapolis	MN	55407
Fairview Health Services	2313 S 6th St	Minneapolis	MN	55454
Health Partners	8170 33rd Ave S	Minneapolis	MN	55425
Healtheast Care System	1000 Lovell Avenue W.	Roseville	MN	55113
Hennepin County Medical Center	701 Park Avenue	Minneapolis	MN	55415
North Memorial Center and Clinics	3300 Oakdale Avenue N	Minneapolis	MN	55422
Ridgeview Medical Center	500 South Maple Street	Waconia	MN	55387
University of Minnesota Physicians	720 Washington SE #200	Minneapolis	MN	55414

Information Gaps

A description of any information gaps in the demographic or health data collected for this study



Information Gaps

- While the following information gaps exist in the health data section of this report, please note that every effort was made to compensate for these gaps in the community conversations and review of current research.
- This assessment seeks to address the community's health needs by evaluating the most current data available. However, published data inevitably lags behind due to publication and analysis logistics. For example, 2009-2013 averages were used for mortality rates to give the most recent and accurate data.
- A variety of data sources was used to collect and analyze health behavior data. Due to these differences, direct comparisons between counties and across states should be made with caution. For example:
 - The most recent local overweight and obesity data by county is provided within the 2010 Metro Adult Health Survey for Dakota, Ramsey, Scott, and Washington Counties and within the 2010 SHAPE Survey for Hennepin County. The recently conducted Metro Shape 2014 Survey results will provide overweight and obesity data for all counties mentioned above in October 2015.
 - Senior Food Insecurity is a growing topic and is currently available at the state and national levels through the National Foundation to End Senior Hunger (NFESH) Annual Reports.
 - The 2010 SHAPE Survey for Hennepin County does not contain information on sugar-sweetened beverage consumption, and therefore could not be used to compare to the counties within the 2010 Metro Adult Health Survey.
- Timeframes for select data elements for the United States do not align with the timeframes for the study area, but are reflective of the most recent year due to the fact that many data elements for the study area required a multi-year average due to low response volume. These occasions are noted in the “source” section of each data element.

About Community Hospital Consulting

A description Community Hospital Consulting, which is the organization that collaborated with the hospital to conduct this assessment



About Community Hospital Consulting

- Based in Plano, Texas, CHC provides the resources and experience community hospitals need to improve quality outcomes, patient satisfaction and financial performance.
- For more information about CHC, please visit the website at www.communityhospitalcorp.com.



Appendix

- Summary of data sources
- Demographic data findings
 - Health data findings

Summary of Data Sources

Demographics

- This study utilizes demographic data from the United States Census Bureau, as well as the American Community Survey. This data can be accessed at <http://www.census.gov/popest/>.
- Feeding America, Map the Meal Gap is used to evaluate overall and child food insecurity. Data can be accessed at <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2013>.
- The National Foundation to End Senior Hunger (NFESH) commissions research from national authorities in fields of aging, healthcare, and senior hunger, and additionally conducts their own in-house research and analysis that have or will have an impact on the aging population and prevalence of senior hunger. Data can be accessed at <http://www.nfesh.org/research/>.
- Graduation data was collected from the Minnesota Department of Education, Data Reports and Analytics and the Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard.
 - Minnesota: w20.education.state.mn.us/MDEAnalytics/Data.jsp
 - Wisconsin: wisedash.dpi.wi.gov/Dashboard/portalHome.jsp
- The United States Bureau of Labor Statistics, Local Area Unemployment Statistics provides unemployment statistics by county and state. This data can be accessed at <http://www.bls.gov/lau/#tables>.
- This study also used demographic data collected by Community Commons, a site which is managed by the Institute for People Place and Possibility, the Center for Applied Research and Environmental Systems, and Community Initiatives. Data can be accessed at <http://www.communitycommons.org/>.



Summary of Data Sources

Health Data

- The County Health Rankings are made available by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The Rankings measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights. This data can be accessed at <http://www.countyhealthrankings.org/>.
- The Minnesota Department of Health, Minnesota Public Health Data Access was used to collect various statistics, including asthma, childhood immunizations, etc. Data can be found at <https://apps.health.state.mn.us/mndata/>.
- The Minnesota Student Survey was used to provide information on student health behaviors and student perceptions on a variety of indicators. Information about the survey and data can be found at <http://www.health.state.mn.us/divs/chs/mss/>.
- The 2010 Metro Adult Health Survey data was used to collect and analyze adult health behaviors such as physical activity, fruit and vegetable consumption, sugar-sweetened beverage intake, binge drinking, and tobacco use in Dakota, Ramsey, Scott, and Washington Counties in Minnesota. Information about the survey and data can be found at <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>.
- The 2010 Survey of the Health of All the Population and the Environment (SHAPE) data was used to provide information on adult health behaviors such as physical activity, fruit and vegetable consumption, sugar-sweetened beverage intake, binge drinking, and tobacco use in Hennepin County in Minnesota. Information about the survey and data can be found at <http://www.hennepin.us/your-government/research-data/shape-surveys>.
- The Wisconsin Department of Health Services, WISH Query was used to collect and analyze a variety of health data statistics for St. Croix County and Wisconsin, including mortality data, birth data, cancer incidence, etc. Data can be accessed at <https://www.dhs.wisconsin.gov/wish/index.htm>.
- The Minnesota Department of Health, 2014 Advancing Health Equity Report to the Legislature was used to collect various statistics surrounding health disparities across populations. The report can be accessed at: <http://www.health.state.mn.us/divs/chs/healthequity/legreport.htm>.
- The Dakota County Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment was used to collect data regarding the Body Mass Index (BMI) status of high school students. The report can be accessed at: <https://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/profiles.aspx>.
- The Hennepin County 2012-2015 Community Health Improvement Plan for Hennepin County Residents was used to collect data regarding the BMI status of high school students. The report can be accessed at: <http://www.hennepin.us/your-government/projects-initiatives/community-health-initiatives>.

Summary of Data Sources

Health Behaviors Detailed Sourcing

Overweight and Obesity

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed June 10, 2015

Source: Centers for Disease Control and Prevention, Data, Maps and Trends, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8, 2015

Source Definition: Overweight is defined as body mass index (BMI)-for-age and sex \geq 85th percentile but $<$ 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Source Definition: Obese is defined as body mass index (BMI)-for-age and sex \geq 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Source: Minnesota Department of Health, 2014 Advancing Health Equity in Minnesota Report to the Legislature, <http://www.health.state.mn.us/divs/chs/healthequity/legreport.htm>; data accessed November 9, 2015.

Source: Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment, <https://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/profiles.aspx>; data accessed November 12, 2015

Source: 2012-2015 Community Health Improvement Plan for Hennepin County Residents, <http://www.hennepin.us/your-government/projects-initiatives/community-health-initiatives/>; data accessed November 9, 2015.

Exercise and Physical Activity

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>; data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed June 10, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: Centers for Disease Control and Prevention, Data, Maps and Trends, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016; <http://www.healthiertogetherstcroix.org/resources/>; data accessed August 31, 2015



Summary of Data Sources

Health Behaviors Detailed Sourcing

Binge Drinking and Smoking

Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Metro Adult Health 2010 Survey: Among those who have smoked at least 100 cigarettes in their entire lives: do you now smoke cigarettes everyday, some days, or not at all?

SHAPE Survey: Current Smoking Status

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>; data accessed August 28, 2015

Source: Minnesota Adult Tobacco Survey, 2010 Update, <http://www.health.state.mn.us/divs/chs/tobacco/mats2010finalfeport.pdf>; data accessed September 2, 2015

Source: Minnesota Student Survey 2013, <http://www.health.state.mn.us/divs/chs/mss/statewidetables/statetablesbygrade13.pdf>; data accessed September 3, 2015

Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Definition: Proportion of the population who currently smokes everyday

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan, <http://www.healthiertogetherstcroix.org/resources/attachment/complete-ht-chna-chip-2014-2016/#>; data accessed September 2, 2015

Nutrition

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Definition: Total servings of fruit and vegetables eaten yesterday

Definition: How many glasses of each of the following did you drink yesterday? Think of a "glass" as a 12-oz serving. (Pop or soda [regular])

Source: Scott County Community Health Improvement Plan 2015-2019, <http://www.co.scott.mn.us/HelpingPeopleHealth/PublicHealth/Pages/Community-Health-Improvement-Plan-2015-2019.aspx>; data accessed November 9, 2015

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>; data accessed August 28, 2015

Definition: Total servings of fruits and vegetables consumed yesterday

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed August 28, 2015

Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Definition: Proportion of the population who currently smokes everyday

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan, <http://www.healthiertogetherstcroix.org/resources/attachment/complete-ht-chna-chip-2014-2016/#>; data accessed September 2, 2015



Summary of Data Sources

Health Behaviors Detailed Sourcing

Mental Health

Source: Minnesota Student Survey 2013,
<http://www.health.state.mn.us/divs/chs/mss/statewidetables/statetablesbygrade13.pdf>; data accessed September 3, 2015

Source: Minnesota Department of Health, 2014 Advancing Health Equity in Minnesota Report to the Legislature,
<http://www.health.state.mn.us/divs/chs/healthequity/legreport.htm>; data accessed November 9, 2015.

Source: Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment,
<https://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/profiles.aspx>; data accessed November 12, 2015

Source: 2014 – 2018 Dakota County Community Health Improvement Plan,
<https://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/community-health-improvement-plan.aspx>; data accessed November 12, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan, <http://www.healthiertogetherstcroix.org/resources/attachment/complete-ht-chna-chip-2014-2016/#>; data accessed September 2, 2015

Source: MN Compass, Minnesota Hospital Association, Center for Disease Control National Center for Health Statistics, www.mncompass.org/health/mental-health-admissions#7-4471-d; data accessed June 12, 2015

Source: County Health Rankings, Minnesota and Wisconsin 2015,
http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2015_MN_0.pdf; data accessed September 3, 2015

Mental Health Continued

Notes: Psychiatric hospital admissions includes all instances in which the primary diagnosis/reason for treatment is mental illness. Admissions refers to the number of admittances and not individual patients. It is possible that some individuals were admitted for psychiatric illness more than once within a given year. Counties refer to the home address of the patient, not the location of the hospital where the patient was admitted. Chemical dependency, which can also affect a person's mental state, is tracked separately. The Twin Cities includes the following counties: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington

Note: Mental health providers is the ratio of the county population to the number of mental health providers including psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists and advanced practice nurses specializing in mental health care.



Summary of Data Sources

Previous and Current Research

- The following reports were summarized and incorporated into this report.
 - Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment
 - Dakota County Community Health Improvement Plan 2014 - 2018
 - 2012 - 2015 Community Health Improvement Plan for Hennepin County Residents
 - Ramsey County Community Health Improvement Plan 2014-2018
 - Scott County Community Health Improvement Plan 2015-2019
 - 2014 Washington County Community Health Improvement Plan
 - Polk County 2020 Community Health Improvement Plan Version 2014-2016
 - St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016
 - PowerUp Family Community Survey (St. Croix and Washington Counties)
 - Minnesota Department of Health Advancing Health Equity in Minnesota, Report to the Legislature
 - Minnesota Community Measurement 2014 Health Equity of Care Report



Demographic Data Findings

Total Population

Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2014

Location	2010	2014	2010-2014 Change	2010-2014 % Change
Dakota	399,146	412,529	13,383	3.4%
Hennepin	1,154,184	1,212,064	57,880	5.0%
Ramsey	509,372	532,655	23,283	4.6%
Scott	130,480	139,672	9,192	7.0%
Washington	238,897	249,283	10,386	4.3%
Minnesota	5,310,418	5,457,173	146,755	2.8%
Polk	44,154	43,437	-717	-1.6%
St. Croix	84,398	86,759	2,361	2.8%
Wisconsin	5,689,268	5,757,564	68,296	1.2%

Source: U.S. Census Bureau, Population Division; factfinder.census.gov; data accessed May 15, 2015

Total Population

Community Commons

Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Report Area	3,644	711
Dakota	562	716
Hennepin	553	2,115
Ramsey	152	3,389
Scott	356	373
Washington	384	628
Polk	914	48
St. Croix	722	118
Minnesota	79,605	67
Wisconsin	54,143	105
United States	3,530,998	88

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report>; data accessed August 28, 2015

Population Change by Race

Annual Population Estimates

Race	2010									
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
White	349,371	891,799	370,074	115,035	211,394	4,623,461	43,032	81,448	5,036,923	
Black or African American	19,301	139,229	57,465	3,507	8,728	280,949	96	562	367,021	
American Indian and Alaska Native	2,032	13,898	4,960	1,232	1,201	67,325	463	368	60,100	
Asian	17,857	73,213	59,888	7,535	12,190	217,792	162	916	131,828	
Native Hawaiian and Other Pacific Islander	257	812	376	120	98	2,958	7	25	2,505	
Two or More Races	9,734	33,474	15,877	2,499	4,525	111,440	445	1,026	88,609	
Total	398,552	1,152,425	508,640	129,928	238,136	5,303,925	44,205	84,345	5,686,986	

Race	2014									
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
White	355,488	919,703	373,242	121,458	217,966	4,677,716	42,044	83,623	5,057,797	
Black or African American	23,403	153,314	62,566	4,985	10,790	320,423	162	614	378,526	
American Indian and Alaska Native	2,200	14,129	5,079	1,484	1,286	71,960	479	401	64,192	
Asian	20,046	86,888	73,400	8,667	13,827	256,896	219	884	152,512	
Native Hawaiian and Other Pacific Islander	312	696	436	137	130	3,391	9	38	2,858	
Two or More Races	11,080	37,334	17,932	2,941	5,284	126,787	524	1,199	101,679	
Total	412,529	1,212,064	532,655	139,672	249,283	5,457,173	43,437	86,759	5,757,564	

Source: U.S. Census Bureau, Population Division; www.census.gov/popest/data/index.html; data accessed August 29, 2015

Population by Ethnicity

2009-2013 American Community Survey 5-Year Estimates

Ethnicity	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
Hispanic or Latino (of any race)	24,825	78,843	37,150	5,987	8,527	257,144	688	1,745	345,866
Not Hispanic or Latino	377,481	1,091,780	478,582	126,787	232,788	5,090,596	43,217	83,167	5,361,005
Total	402,306	1,170,623	515,732	132,774	241,315	5,347,740	43,905	84,912	5,706,871

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

Population by Ethnicity (%)

2009-2013 American Community Survey 5-Year Estimates

Ethnicity	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
Hispanic or Latino (of any race)	6.2%	6.7%	7.2%	4.5%	3.5%	4.8%	1.6%	2.1%	6.1%
Not Hispanic or Latino	93.8%	93.3%	92.8%	95.5%	96.5%	95.2%	98.4%	97.9%	93.9%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

Population Change by Age

Annual Population Estimates

Age	2010								
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
0-19	113,912	290,665	135,728	41,768	68,825	1,431,211	11,438	24,628	1,502,196
20-34	76,118	271,754	121,313	23,704	40,684	1,071,237	6,607	15,466	1,108,246
35-54	123,246	325,434	131,503	42,718	74,655	1,488,992	12,888	26,256	1,599,419
55-64	45,460	133,758	58,915	11,722	28,988	629,364	6,208	9,527	699,811
65 and older	39,816	130,814	61,181	10,016	24,984	683,121	7,064	8,468	777,314
Total	398,552	1,152,425	508,640	129,928	238,136	5,303,925	44,205	84,345	5,686,986

Age	2014								
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
0-19	112,502	298,816	140,183	43,476	68,650	1,424,995	10,416	24,341	1,457,969
20-34	79,078	286,545	128,987	24,834	43,740	1,067,065	6,442	15,008	1,104,272
35-54	117,970	323,145	128,748	43,672	71,675	1,473,135	11,762	25,626	1,539,084
55-64	53,013	152,082	65,763	14,738	33,290	711,836	6,787	11,204	780,371
65 and older	49,966	151,476	68,974	12,952	31,928	780,142	8,030	10,580	875,868
Total	412,529	1,212,064	532,655	139,672	249,283	5,457,173	43,437	86,759	5,757,564

Source: U.S. Census Bureau, Population Division; www.census.gov/popest/data/index.html; data accessed August 29, 2015

Median Age

Annual Estimates

Location	2010	2011	2012	2013	2014
Dakota	36.8	37.1	37.3	37.5	37.7
Hennepin	35.9	36.0	36.0	36.1	36.2
Ramsey	34.6	34.5	34.6	34.5	34.6
Scott	34.8	35.1	35.2	35.5	35.7
Washington	38.3	38.5	38.8	38.9	39.0
Minnesota	37.4	37.5	37.6	37.7	37.8
Polk	42.5	43.1	43.8	44.3	44.7
St. Croix	36.7	37.1	37.6	38.0	38.3
Wisconsin	38.5	38.7	38.9	39.0	39.2

Source: U.S. Census Bureau, Population Division; www.census.gov/popest/data/index.html; data accessed August 29, 2015

Median Household Income

2011-2013 Annual Estimates

Location	2011	2012	2013
Dakota	\$70,064	\$71,574	\$73,833
Hennepin	\$60,811	\$62,500	\$64,331
Ramsey	\$51,719	\$53,707	\$56,293
Scott	\$81,586	\$86,324	\$85,481
Washington	\$77,069	\$80,647	\$81,052
Minnesota	\$56,944	\$58,828	\$60,664
Polk	\$46,872	\$50,026	\$49,138
St. Croix	\$64,490	\$69,436	\$69,641
Wisconsin	\$50,401	\$51,063	\$51,474

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, www.census.gov/did/www/saipe/data/statecounty/data/2013.html; data accessed August 29, 2015

Educational Attainment

2009-2013 American Community Survey 5-Year Estimates

Location	H.S Graduate or Higher	Bachelor's Degree or Higher
Dakota	94.7%	38.7%
Hennepin	92.3%	45.8%
Ramsey	89.9%	39.4%
Scott	94.6%	38.0%
Washington	95.9%	40.5%
Minnesota	92.1%	32.6%
Polk	91.7%	19.3%
St. Croix	94.9%	33.0%
Wisconsin	90.4%	26.8%

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 20, 2015

Unemployment Rates

2012-2014 Rates

Location	2012	2013	2014
Dakota	5.2%	4.5%	3.7%
Hennepin	5.2%	4.6%	3.7%
Ramsey	5.7%	4.9%	3.9%
Scott	5.0%	4.4%	3.5%
Washington	8.0%	7.5%	6.5%
Minnesota	5.6%	4.9%	4.1%
Polk	8.1%	7.2%	5.9%
St. Croix	5.7%	5.4%	4.5%
Wisconsin	7.0%	6.8%	5.5%

Source: Bureau of Labor Statistics, Local Area Unemployment Statistics; www.bls.gov/lau/#tables; data accessed May 20, 2015

Overall Food Insecurity

Feeding America and Community Commons, 2013

Overall Food Insecurity	Food Insecurity Rate	Est. # Food Insecure Individuals (Rounded)
Report Area	10.8%	276290
Dakota	8.6%	34400
Hennepin	11.5%	135020
Ramsey	13.0%	66950
Scott	6.9%	9170
Washington	7.6%	18390
Polk	11.5%	5030
St. Croix	9.0%	7640
Minnesota	10.6%	572760
Wisconsin	12.4%	714000

Source: Feeding America, Data by County in Each State, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=2&id=282>; data accessed August 28, 2015.

Child Food Insecurity

Child Food Insecurity Rate in 2013

Location	2013
Dakota	14.0%
Hennepin	15.2%
Ramsey	18.6%
Scott	12.5%
Washington	13.2%
Minnesota	16.0%
Polk	21.8%
St. Croix	17.2%
Wisconsin	20.4%

Source: Feeding America, Map the Meal Gap: 2015, Child Food Insecurity by County; <http://map.feedingamerica.org/county/2013/child>; data accessed May 21, 2015

Senior Food Insecurity

National Foundation to End Senior Hunger, 2010 - 2013

	Minnesota	Wisconsin	U.S.
2010	7.4%	10.6%	14.9%
2011	8.6%	11.0%	15.2%
2012	8.1%	9.7%	15.3%
2013	8.3%	11.0%	15.5%

Source National Foundation to End Senior Hunger, 2010, 2011, 2012, 2013 Annual Reports, <http://www.nfesh.org/>; data accessed August 31, 2015

Note: Seniors are defined as individuals aged 60 years or older.

Note: Threat of hunger is the broadest category of food insecurity because it encompasses all three of the characterizations of food insecurity. NFESH and the researchers believe that threat of hunger is the most appropriate measurement to use with regard to the 60+ age cohort.

Hunger Trends Data

CHILD FOOD INSECURITY										
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
2009	15.2%	17.1%	20.3%	15.0%	15.2%	18.3%	23.3%	20.3%	22.6%	
2010	12.8%	14.8%	18.3%	12.6%	12.7%	16.7%	20.8%	16.9%	21.4%	
2011	12.1%	14.4%	18.7%	11.2%	12.0%	16.6%	19.5%	15.3%	20.8%	
2012	13.2%	15.0%	19.0%	12.1%	12.6%	16.1%	21.0%	16.8%	20.7%	
2013	14.0%	15.2%	18.6%	12.5%	13.2%	16.0%	21.8%	17.2%	20.4%	
OVERALL FOOD INSECURITY										
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
2009	8.9%	11.3%	12.6%	8.3%	8.7%	11.2%	13.2%	10.6%	13.1%	
2010	8.7%	11.2%	12.4%	8.2%	8.4%	11.5%	12.4%	9.8%	13.3%	
2011	8.2%	11.8%	13.4%	6.9%	7.6%	11.4%	10.5%	8.5%	13.0%	
2012	8.4%	11.7%	13.3%	6.8%	7.6%	10.7%	11.0%	8.7%	12.6%	
2013	8.6%	11.5%	13.0%	6.9%	7.6%	10.6%	11.5%	9.0%	12.4%	

Source: Feeding America, Data by County in Each State, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

**Overall Poverty
Poverty Rates, 2011-2013**

Location	2011	2012	2013
Dakota	7.0%	7.5%	8.4%
Hennepin	13.6%	13.1%	12.2%
Ramsey	17.7%	16.9%	16.2%
Scott	5.8%	5.3%	5.9%
Washington	5.9%	5.5%	5.8%
Minnesota	11.8%	11.4%	11.2%
Polk	11.1%	10.4%	10.5%
St. Croix	7.6%	6.7%	6.3%
Wisconsin	13.1%	13.2%	13.5%

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, www.census.gov/did/www/saipe/data/statecounty/data/2013.html; data accessed August 29, 2015

**Child Poverty (Under Age 18)
Poverty Rates, 2011-2013**

Location	2011	2012	2013
Dakota	9.2%	9.9%	10.0%
Hennepin	17.7%	17.3%	15.3%
Ramsey	25.6%	24.0%	22.5%
Scott	7.1%	6.5%	6.7%
Washington	7.1%	6.2%	6.9%
Minnesota	15.3%	14.6%	14.0%
Polk	16.3%	16.1%	15.0%
St. Croix	9.1%	8.0%	7.2%
Wisconsin	18.4%	18.3%	18.4%

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, www.census.gov/did/www/saipe/data/statecounty/data/2013.html; data accessed August 29, 2015

Health Data Findings



Asthma Emergency Department Visits (Minnesota)

Age-adjusted, 2011-2013				
Location	Count	Total Population (person-years)	Age-Adjusted Rate (per 10000)	95% Confidence Interval
Dakota	3,629	1,215,603	30.6	(29.6 - 31.6)
Hennepin	19,128	3,551,785	56.1	(55.3 - 56.9)
Ramsey	9,283	1,561,562	61.3	(60.0 - 62.5)
Scott	1,365	404,940	33.7	(31.9 - 35.6)
Washington	1,768	731,971	25.2	(24.0 - 26.4)
Minnesota	62,411	16,144,380	40.1	(39.7 - 40.4)

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/asthma>; data accessed June 10, 2015
 Notes: Emergency department data do not include data from federal and sovereign hospitals (e.g. Veteran's Administration; Indian Health Service) or data on Minnesota residents seen in facilities outside of Minnesota and North Dakota.

Asthma Emergency Department Visits (Wisconsin)

Age-adjusted, 2011-2013			
Location	Number of Visits (2011-2013)	ED Visit Rate per 10,000 (2011-2013)	95% Confidence Interval
St. Croix County	486	20	(17.9 - 21.4)
Wisconsin	-	36	(35.6 - 36.4)

Source: 2011-2013 Wisconsin Emergency Department Visit Files, Office of Health Informatics, <https://www.dhs.wisconsin.gov/asthma/asthmaedvisits.pdf>; data accessed September 2, 2015

Oral Health

Oral Health: Visited the dentist or dental clinic within the past year for any reason

Location	% Yes	CI	n
Minneapolis - St. Paul - Bloomington MSA	75.7%	74.3-77.2	6,168
Minnesota	74.8%	73.7-75.9	9,403
Wisconsin	72.0%	70.1-73.8	3,871

Source: Centers for Disease Control and Prevention, SMART Behavioral Risk Factor Surveillance System Survey Data, apps.nccd.cdc.gov/BRFSS-SMART/; data accessed June 10, 2015
 Note: % = Percentage, CI = Confidence Interval, n = Cell Size; Percentages are weighted to population characteristics.

Note: The following counties are represented in the Minneapolis - St. Paul - Bloomington, MN - WI Metropolitan Statistical Area: Anoka County, MN; Carver County, MN; Chisago County, MN; Dakota County, MN; Hennepin County, MN; Isanti County, MN; Le Sueur County, MN; Mille Lacs County, MN; Pierce County, WI; Ramsey County, MN; Scott County, MN; Sherburne County, MN; Sibley County, MN; Saint Croix County, WI; Washington County, MN; Wright County, MN

Breast Cancer Incidence (Minnesota)

Breast Cancer (Female only) 2007-2011, All Ages

Location	Number of new cancers	Incidence rate (per 100000)	Lower 95% confidence bound	Upper 95% confidence bound
Minnesota	19,485	130.7	128.9	132.6
Dakota County	1,516	144.1	136.8	151.8
Hennepin County	4,306	138.2	134	142.4
Ramsey County	1,861	132.2	126.1	138.5
Scott County	374	130.3	117	144.8
Washington County	968	152	142.3	162.1

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015
 Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

Colorectal Cancer Incidence (Minnesota)

Colorectal Cancer 2007-2011, All Ages

Location	Number of new cancers	Incidence rate (per 100000)	Lower 95% confidence bound	Upper 95% confidence bound
Minnesota	12,096	42.8	42.1	43.6
Dakota County	733	40.8	37.8	43.9
Hennepin County	2,272	39.6	38	41.3
Ramsey County	1,012	38.7	36.3	41.2
Scott County	201	42.4	36.5	49.1
Washington County	486	43.7	39.8	47.9

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015
 Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

Lung and Bronchus Cancer Incidence (Minnesota)

Lung and Bronchus Cancer 2007-2011, All Ages

Location	Number of new cancers	Incidence rate (per 100000)	Lower 95% confidence bound	Upper 95% confidence bound
Minnesota	15,698	56.5	55.6	57.4
Dakota County	951	54.9	51.3	58.6
Hennepin County	2,971	54.3	52.4	56.4
Ramsey County	1,465	58.3	55.3	61.4
Scott County	265	61.2	53.7	69.3
Washington County	587	55.7	51.1	60.5

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015
 Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

Breast Cancer Incidence (Wisconsin)

Breast Cancer (Female only) 2008-2012, All Ages

Location	Cancer Incidence	Population	Cancer Incidence Rate (Age-Adjusted per 100,000)	95% Confidence Interval
Wisconsin	21,047	14,322,728	125.6	123.9 - 127.4
St. Croix County	212	210,508	99	85.8 - 113.5

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

Colorectal Cancer Incidence (Wisconsin)

Colorectal Cancer 2008-2012, All Ages

Location	Cancer Incidence	Population	Cancer Incidence Rate (Age-Adjusted per 100,000)	95% Confidence Interval
Wisconsin	13,077	28,436,092	40.5	39.8 - 41.2
St. Croix County	115	421,815	31.4	25.8 - 37.8

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

Lung and Bronchus Cancer Incidence (Wisconsin)

Lung and Bronchus Cancer 2008-2012, All Ages

Location	Cancer Incidence	Population	Cancer Incidence Rate (Age-Adjusted per 100,000)	95% Confidence Interval
Wisconsin	19,886	28,436,092	61.7	60.8 - 62.6
St. Croix County	155	421,815	40.9	34.5 - 48.0

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

Mortality Data (Minnesota)

All Deaths by Number and Age Adjusted Death Rates, 2009-2013

Cause of Death	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)	
	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate
Cancer	2,853	157.8	9,258	160.6	4,502	168.8	742	153.8	1,747	157.7
Cirrhosis	129	6.3	510	8.1	238	8.7	29	4.8	70	5.4
Chronic Lower Respiratory Disease	548	34	1,931	34.8	1,032	39.3	135	32.7	358	36.3
Diabetes	326	18.9	1,056	18.4	550	20.7	84	20.1	188	18.6
Heart Disease	1,777	108.1	6,064	107.7	3,209	120.6	476	116.7	1,109	110
Nephritis	201	12.6	774	14	410	15.5	48	12.3	110	11.2
Pneumonia and Influenza	129	8.1	529	9.6	303	11.4	35	9.3	68	7
Stroke	568	35.4	2,001	36	1,070	40.4	126	31.8	309	31.5
Suicide	235	11.4	616	10	261	9.8	61	9.5	128	10.4
Unintentional Injury	732	42	2,507	43.4	943	35.5	193	39.1	331	30.1

Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytbls/; data accessed May 21, 2015

Mortality Data (St. Croix County)

Age-adjusted Rate (deaths per 100,000 population)

Ranked Broad Causes of Death	2011		2012		2013		2009-2013	
	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate
Malignant neoplasms	130	163.79	111	138.41	128	160.87	612	157.4
Diseases of heart	108	137.54	92	107.24	95	115.86	549	140.0
Cerebrovascular diseases	35	41.2	29	33.58	20	24.59	148	38.0
Chronic lower respiratory diseases	27	36.06	27	35.41	37	51.17	134	37.4
Accidents (unintentional injuries)	27	31.73	26	31.07	26	30.32	134	32.7
Diabetes mellitus	20	24.8	22	25.75	22	25.91	91	23.0
Alzheimer's disease	17	22.65	17	19.35	10	12.89	66	17.2
Intentional self-harm (suicide)	16	19.02	12	14.46	11	12.38	57	13.5
Nephritis, nephrotic syndrome and nephrosis	8	10.2	11	12.6	9	11.8	47	12.5
Other causes	80	101.05	121	145.5	108	136.17	500	128.4
All Causes	525	657.4	530	640.3	520	652.1	2,635	676.3

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015

Mortality Data (Wisconsin)

Age-adjusted Rate (deaths per 100,000 population)

Ranked Broad Causes of Death	2011		2012		2013		2009-2013	
	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate
Malignant neoplasms	11516	174.3	11185	165.6	11396	165	56,210	169.7
Diseases of heart	11233	163.4	11249	160.6	11310	158.9	55,672	162.1
Accidents (unintentional injuries)	2615	41.8	2789	44.3	2927	46.2	13,259	42.5
Chronic lower respiratory diseases	2628	39.7	2505	36.9	2785	40.3	12,847	38.7
Cerebrovascular diseases	2546	37.1	2506	35.9	2523	35.8	12,672	37.0
Alzheimer's disease	1806	25.3	1642	22.6	1663	22.7	8,483	23.9
Diabetes mellitus	1179	17.6	1275	18.8	1278	18.5	5,993	18.0
Influenza and pneumonia	981	14.2	1000	14.2	1112	15.4	4,942	14.3
Intentional self-harm (suicide)	737	12.6	734	12.6	853	14.4	3,840	13.1
Other causes	7825	114.2	8235	118.3	8686	122.8	39,551	115.7
All Causes	48,101	717.2	48,225	706.5	49,917	719.7	239,053	712.9

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, www.dhs.wisconsin.gov/wish/mortality/broad-form.htm; data accessed August 29, 2015

Minnesota Mortality Trends

Minnesota Department of Health

Mortality Trends	Cancer	Chronic Lower Respiratory Disease	Cirrhosis	Diabetes	Heart Disease	Nephritis	Pneumonia & Influenza	Stroke	Suicide	Unintentional Injury
DAKOTA COUNTY										
2009	167.6	35.3	6.8	22	119.7	17.2	7.3	37	10.4	34.9
2010	162.8	35.6	5.9	19.7	93.9	15.7	*	33.9	10.1	39.4
2011	162.9	30.7	7.2	17.2	96.9	9.6	6.9	32	15.5	41.2
2012	143.6	33.9	5.5	18.8	99.3	8.1	8.5	29.1	11.2	39.3
2013	147.4	31.9	6.4	15.3	103.4	11.2	9.3	34.1	9.8	44.7
HENNEPIN COUNTY										
2009	166.1	33.2	7.4	16.5	94.4	13.9	6.2	30.4	9.8	37
2010	169.5	34.9	8.5	17.6	93.1	16	7.7	36.2	10	39
2011	150.7	30.7	7.7	17.9	97.4	13.3	8.7	33.2	9.5	41.1
2012	148.6	33.2	8.7	20.1	97.5	11.1	8.8	30.9	10.5	40.2
2013	150.2	32.4	8.3	16.2	102.7	8.9	9.7	30.4	10.5	45.4
RAMSEY COUNTY										
2009	158.8	33.2	6.9	19.3	104.2	16.6	6.2	34	9.9	30.9
2010	173.4	36.7	7.6	15.5	107.1	18	11.5	38.3	9.8	31.1
2011	169.3	39.3	7.9	24.7	108.6	12.4	10.6	37.3	11	35.9
2012	162.3	36.7	9.9	19.4	115.2	12.5	10.9	35	10.3	36.1
2013	158	43.6	11.4	20.5	109.6	12	11.3	39.6	9.2	35.9
SCOTT COUNTY										
2009	175	29.3	*	*	100.1	*	*	40.7	*	37.5
2010	152.4	*	*	*	115.3	*	*	27.2	*	32.9
2011	171.4	35.4	*	*	119.7	*	*	29	*	48.6
2012	150.9	32.9	*	*	100.8	*	*	26.3	*	36.3
2013	123.9	35.7	*	*	111.2	*	*	29.6	*	32.7
WASHINGTON COUNTY										
2009	187.1	34.6	*	21.7	114.3	16.5	*	37.2	10.2	31.5
2010	160.7	27.2	*	15.7	100.5	15.5	*	29.7	8.9	21.3
2011	147.5	40.6	*	20.5	99.8	*	*	30.3	11.7	29.8
2012	139.6	37.5	*	12.3	105.7	10.6	*	21.8	10.1	32.7
2013	149.3	37	*	21.2	101.5	*	*	29.3	10.8	31
MINNESOTA										
2009	169.1	34.9	7	17.7	121.8	13.6	9.7	34.1	10.9	36
2010	166.9	35.1	7	17.7	118.7	15	9.7	35.8	11.1	36.4
2011	160.4	37.2	7.3	20	116.9	11.6	10.6	34.8	12.5	39.7
2012	156.1	35.2	8.1	19.1	118.8	10.8	10.6	32.7	12	40
2013	155.4	37.1	8.3	18.7	118.9	10.1	11.6	31.7	12.2	41.3

*Rates based on 20 or less deaths are not produced.

Source: Minnesota Department of Health, Center for Health Statistics, <https://pqc.health.state.mn.us/mhsq/index.jsp/>; data accessed August 19, 2015

St. Croix and Wisconsin Mortality Trends

Wisconsin Department of Health Services, 2009 - 2013

Mortality Trends	Accidents (Unintentional Injuries)	Cerebrovascular Diseases	Chronic Lower Respiratory Diseases	Cirrhosis	Diabetes Mellitus	Diseases of Heart	Influenza	Intentional Self-Harm (Suicide)	Malignant Neoplasms	Nephritis
ST. CROIX COUNTY										
2009	31.7	40.3	30.5	6.5	17.7	174.8	18.6	6.7	164.1	13.6
2010	38.8	51.1	33.8	5.4	20	171.2	11.5	15.5	160.8	13.3
2011	31.7	41.2	36.1	3.7	24.8	137.5	14.8	19	163.8	10.2
2012	31.1	33.6	35.4	1.9	25.8	107.2	12.1	14.5	138.4	13.6
2013	30.3	24.6	51.2	9.7	25.9	115.9	5.3	12.4	160.9	11.8
WISCONSIN										
2009	39.7	14.2	37.8	38.7	17.2	163.3	12.4	169.9	7.8	15.1
2010	40.3	13.2	38.6	37.9	17.6	164.7	13.4	174.3	8.1	17.4
2011	41.8	14.2	37.1	39.7	17.6	163.4	12.6	174.3	7.9	14.4
2012	44.3	14.2	35.9	36.9	18.8	160.6	12.6	165.6	8.5	14.8
2013	46.2	15.4	35.8	40.3	18.5	158.9	14.4	165	9.1	14

Source: Wisconsin Department of Health Services, Wisconsin Interactive Statistics on Health Data Query System, <http://dhs.wisconsin.gov/wish/>; data accessed August 31, 2015

Adult Overweight

Community Commons, 2011 - 2012

% Overweight Adults	Dakota (MN)	Hennepin (MN)	Ramsey (MN)	Scott (MN)	Washington (MN)	Minnesota	St. Croix (WI)	Wisconsin	United States
2011-2012	37.5%	35.0%	38.0%	30.9%	36.3%	37.0%	30.7%	36.5%	35.8%

Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed August 31, 2015

Adult Obesity

% Obese Adults	Dakota (MN)	Hennepin (MN)	Ramsey (MN)	Scott (MN)	Washington (MN)	Minnesota	St. Croix (WI)	Wisconsin	United States
2012	25.9%	22.7%	25.1%	24.6%	25.7%	25.7%	28.4%	29.7%	27.8%

Source: Trust for America's Health and Robert Wood Johnson Foundation, <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: United Health Foundation, America's Health Rankings, <http://www.americashealthrankings.org/ALL/Obesity>; data accessed September 3, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html; data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

Adult Obesity Trends

% Obese Adults	Dakota (MN)	Hennepin (MN)	Ramsey (MN)	Scott (MN)	Washington (MN)	Minnesota	St. Croix (WI)	Wisconsin
2008	26.9%	22.5%	25.6%	28.2%	25.8%	25.3%	27.6%	26.0%
2009	26.4%	21.2%	24.2%	24.7%	25.8%	25.5%	28.2%	26.9%
2010	25.4%	21.9%	24.6%	24.0%	24.3%	25.3%	30.5%	27.4%
2011	24.7%	22.2%	24.9%	25.1%	24.8%	25.7%	28.6%	27.7%
2012	25.9%	22.7%	25.1%	24.6%	25.7%	25.7%	28.4%	29.7%

Source: Trust for America's Health and Robert Wood Johnson Foundation, <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: United Health Foundation, America's Health Rankings, <http://www.americashealthrankings.org/ALL/Obesity>; data accessed September 3, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html; data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

Minnesota Weight Status According to Body Mass Index (BMI)

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Not Overweight		Overweight		Obese	
	Male	Female	Male	Female	Male	Female
Dakota County	77.0%	84.0%	13.0%	10.0%	10.0%	6.0%
Hennepin County	75.0%	85.0%	15.0%	10.0%	10.0%	6.0%
Ramsey County	70.0%	78.0%	15.0%	14.0%	14.0%	7.0%
Scott County	75.0%	83.0%	15.0%	12.0%	10.0%	5.0%
Washington County	77.0%	84.0%	14.0%	12.0%	10.0%	5.0%
Minnesota	73.0%	81.0%	15.0%	12.0%	12.0%	6.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed June 10, 2015

Source Definition: Overweight is defined as body mass index (BMI)-for-age and sex \geq 85th percentile but $<$ 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Source Definition: Obese is defined as body mass index (BMI)-for-age and sex \geq 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Percent of Students in Grades 9 - 12 who are Overweight or Obese

Centers for Disease Control and Prevention, 2009, 2011, 2013

Year	Wisconsin		United States	
	Overweight	Obese	Overweight	Obese
2009	13.9%	9.3%	15.6%	11.8%
2011	15.0%	10.4%	15.2%	13.0%
2013	13.0%	11.6%	16.6%	13.7%

Source: Centers for Disease Control and Prevention, Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8, 2015

Source Definition: Overweight is defined as body mass index (BMI)-for-age and sex \geq 85th percentile but $<$ 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Source Definition: Obese is defined as body mass index (BMI)-for-age and sex \geq 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Minnesota Adult Physical Activity (Metro Adult Health Survey 2010 & SHAPE Survey)

% Participated in Physical Activity Outside of Work within the past 30 days, 2010

% Participated in Physical Activity	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
2010	90.9%	85.7%	89.2%	87.2%	88.7%	87.0%	88.3%	87.3%	90.0%	89.0%

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>, data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

During the past month, did you participate in any physical activities?

BRFSS, 2013

% Participated in Physical Activity	Minnesota	Wisconsin	United States
2013	76.5%	76.2%	74.7%

Source: Centers for Disease Control and Prevention, Chronic Disease and Health Promotion Data & Indicators, <https://chronicdata.cdc.gov/Behavioral-Risk-Factors/BRFSS-Table-of-Physical-Activity/urh8-82n7>, data accessed August 28, 2015

During the last 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

2013 Minnesota Student Survey, 11th Grade, 2013

Location	0 Days		1 Day		2 Days		3 Days		4 Days		5 Days		6 Days		7 Days	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Dakota County	9.0%	14.0%	6.0%	12.0%	9.0%	14.0%	12.0%	15.0%	10.0%	10.0%	16.0%	14.0%	13.0%	11.0%	25.0%	11.0%
Hennepin County	11.0%	17.0%	7.0%	12.0%	10.0%	14.0%	12.0%	15.0%	11.0%	11.0%	15.0%	13.0%	12.0%	9.0%	20.0%	9.0%
Ramsey County	13.0%	19.0%	8.0%	13.0%	10.0%	15.0%	13.0%	15.0%	11.0%	9.0%	15.0%	13.0%	10.0%	7.0%	21.0%	9.0%
Scott County	9.0%	13.0%	9.0%	13.0%	11.0%	15.0%	12.0%	17.0%	9.0%	12.0%	16.0%	12.0%	12.0%	10.0%	21.0%	9.0%
Washington County	10.0%	13.0%	8.0%	13.0%	11.0%	15.0%	11.0%	16.0%	10.0%	13.0%	18.0%	12.0%	11.0%	9.0%	21.0%	10.0%
Minnesota	10.0%	14.0%	7.0%	12.0%	9.0%	15.0%	11.0%	15.0%	10.0%	11.0%	16.0%	14.0%	12.0%	9.0%	24.0%	9.0%

GROUPED DATA

Location	0-3 days		4-7 days	
	Male	Female	Male	Female
Dakota County	36.0%	55.0%	64.0%	46.0%
Hennepin County	40.0%	58.0%	58.0%	42.0%
Ramsey County	44.0%	62.0%	57.0%	38.0%
Scott County	41.0%	58.0%	58.0%	43.0%
Washington County	40.0%	57.0%	60.0%	44.0%
Minnesota	37.0%	56.0%	62.0%	43.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/, data accessed June 10, 2015

% of Wisconsin Adults who usually Biked or Walked to Work in the last week

Centers for Disease Control and Prevention, 2009 - 2011

% Biked / Walked to Work in past 7 days	Minnesota	Wisconsin	United States
2009 - 2011	3.5%	4.0%	3.4%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>, data accessed September 8th, 2015

% of 9 - 12th Grade Students Who Watched 3+ Hours of Television Each School Day

Centers for Disease Control and Prevention, 2013

% Watched 3+ Hours of T.V. Each School Day	Wisconsin	United States
2013	22.5%	32.5%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>, data accessed September 8th, 2015

% of 9 - 12th Grade Students Who Achieved 1 Hour or More of Moderate-and/or Vigorous-Intensity Physical Activity Daily

Centers for Disease Control and Prevention, 2013

% Physically Active at least 1 hr. Daily	Wisconsin	United States
2009 - 2011	24.0%	27.1%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>, data accessed September 8th, 2015

Total Servings of Fruits and Vegetables Eaten Yesterday

2010 Metro Adult Health Survey and 2010 SHAPE Survey

	Dakota County (MN)	Ramsey County (MN)	Scott County (MN)	Washington County (MN)
0 Servings	4.2%	4.5%	4.5%	3.4%
1-2 Servings	21.2%	20.5%	17.7%	26.4%
3-4 Servings	33.8%	36.5%	40.2%	33.1%
5 or More Servings	40.8%	38.5%	37.6%	37.0%

Source Definition: Total servings of fruit and vegetables eaten yesterday.

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Source Definition: Total servings of fruit and vegetables consumed yesterday.

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>, data accessed August 28, 2015

Sugar Sweetened Beverage Consumption

2010 Metro Adult Health Survey

	Dakota County (MN)	Ramsey County (MN)	Scott County (MN)	Washington County (MN)
0 Glasses	78.0%	74.0%	72.0%	75.0%
1-2 Glasses	17.0%	23.0%	23.0%	21.0%
3-4 Glasses	3.0%	2.0%	3.0%	4.0%
5-6 Glasses	2.0%	1.0%	1.0%	0.0%
7+ Glasses	1.0%	0.0%	2.0%	0.0%

Source Definition: How many glasses of each of the following did you drink yesterday? Think of a "glass" as a 12-oz serving. (Pop or Soda [regular])

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

% Adults with Inadequate Fruit / Vegetable Consumption

Community Commons, 2005 - 2009

Report Area	Total Population (Age 18+)	Total Adults with Inadequate Fruit / Vegetable Consumption	Percent Adults with Inadequate Fruit / Vegetable Consumption
Report Area	1856357	1419224	76.5%
Dakota	286043	227690	79.6%
Hennepin	875378	660910	75.5%
Ramsey	382558	288831	75.5%
Scott	88647	69765	78.7%
Washington	164308	125203	76.2%
St. Croix	59423	46825	78.8%
Minnesota	3926248	3066400	78.1%
Wisconsin	4279113	3290638	76.9%
United States	227279010	171972118	75.7%

Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report>, data accessed September 3, 2015

During the last 7 days, how many times did you eat fruit?

2013 Minnesota Student Survey, 9th Grade, 2013

Location	None		1 to 3		4 to 6	
	Male	Female	Male	Female	Male	Female
Dakota County	7.0%	6.0%	25.0%	26.0%	20.0%	19.0%
Hennepin County	8.0%	5.0%	23.0%	23.0%	21.0%	18.0%
Ramsey County	9.0%	7.0%	30.0%	29.0%	19.0%	19.0%
Scott County	9.0%	6.0%	27.0%	28.0%	20.0%	23.0%
Washington County	10.0%	7.0%	26.0%	27.0%	20.0%	22.0%
Minnesota	9.0%	6.0%	28.0%	28.0%	20.0%	21.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/, data accessed June 10, 2015

How many cans, bottles or glasses of each of the following did you drink yesterday? - Soda

2013 Minnesota Student Survey, 11th Grade, 2013

Location	0		1 to 2		3 to 4		5 to 6		7 or more	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Dakota County	49.0%	65.0%	39.0%	30.0%	7.0%	4.0%	2.0%	1.0%	2.0%	0.0%
Hennepin County	55.0%	70.0%	36.0%	25.0%	6.0%	3.0%	2.0%	1.0%	1.0%	1.0%
Ramsey County	51.0%	60.0%	37.0%	32.0%	8.0%	5.0%	2.0%	1.0%	3.0%	1.0%
Scott County	55.0%	66.0%	34.0%	28.0%	7.0%	4.0%	3.0%	1.0%	1.0%	1.0%
Washington County	53.0%	69.0%	36.0%	27.0%	7.0%	3.0%	3.0%	1.0%	2.0%	0.0%
Minnesota	47.0%	63.0%	38.0%	31.0%	9.0%	5.0%	3.0%	1.0%	2.0%	1.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/, data accessed June 10, 2015

GROUPED DATA: at least 1 soda/pop during the day		
	Male	Female
Dakota	50.0%	35.0%
Hennepin	45.0%	30.0%
Ramsey	50.0%	39.0%
Scott	45.0%	34.0%
Washington	48.0%	31.0%
Minnesota	52.0%	38.0%

Estimated Expenditures for Carbonated Beverages as a % of Total Household Expenditures

Community Commons, 2014

Report Area	State Rank	Z-Score (US)	Z-Score (State)	Average Expenditures (USD)	Percentage of Food-At-Home Expenditures
Report Area	no data	0.41	-0.75	\$255.19	4.3%
Dakota	80	0.39	-0.33	suppressed	suppressed
Hennepin	79	0.39	-0.33	suppressed	suppressed
Ramsey	53	0.52	-0.09	suppressed	suppressed
Scott	85	0.29	-0.52	suppressed	suppressed
Washington	86	0.29	-0.52	suppressed	suppressed
St. Croix	59	0.64	-0.34	suppressed	suppressed
Minnesota	no data	0.55	0	\$259.72	4.4%
Wisconsin	no data	0.8	0	\$256.84	4.5%
United States	no data	no data	no data	\$236.04	4.0%

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=5&id=301>, data accessed September 3, 2015

Median Intake of Fruits and Vegetables (times per day) for Wisconsin Youth

Centers for Disease Control and Prevention, 2013

Median Intake per Day	(Times)	Wisconsin		United States	
		Fruits	Vegetables	Fruits	Vegetables
2013		1	1.3	1	1.3

Source: Centers for Disease Control and Prevention, State Indicator Report 2013, <http://www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf>; data accessed September 8, 2015

% of 9 - 12th Grade Students Who Drank Regular Soda/Pop at least 1 time per day

Centers for Disease Control and Prevention, 2013

% Drank Regular Soda/Pop at least 1x per day	Wisconsin	United States
2007	25.0%	33.8%
2009	23.1%	29.2%
2011	23.1%	27.8%
2013	19.6%	27.0%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8th, 2015

Prevalence of Binge Drinking by County

2010 Metro Adult Health Survey & SHAPE Survey

	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)		Minnesota	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
2012	30.0%	18.0%	29.0%	17.0%	28.0%	16.0%	32.0%	18.0%	30.0%	17.0%	29.0%	16.0%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Minnesota Prevalence of Binge Drinking

Centers for Disease Control and Prevention, 2012

	Minnesota
2012	29.0%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

National Prevalence of Binge Drinking

Institute for Health Metrics and Evaluation, 2012

	United States	
	Male	Female
2012	24.5%	12.4%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Do you live with anyone who drinks too much alcohol?

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Yes		No	
	Male	Female	Male	Female
Dakota County	9.0%	11.0%	91.0%	89.0%
Hennepin County	8.0%	10.0%	92.0%	90.0%
Ramsey County	11.0%	12.0%	89.0%	88.0%
Scott County	9.0%	14.0%	91.0%	86.0%
Washington County	9.0%	11.0%	91.0%	89.0%
Minnesota	10.0%	12.0%	90.0%	88.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed June 10, 2015

% of Current Smokers

Minnesota Adult Tobacco Survey, 2010

	Minnesota	
	Male	Female
2010	17.7%	14.5%

Source Definition: Proportion of the population who currently smokes everyday.

Source: Minnesota Adult Tobacco Survey, 2010 Update, <http://www.health.state.mn.us/divs/chs/tobacco/mats2010finalreport.pdf>; data accessed September 2, 2015

Current Smoker Rates

2010 Metro Adult Health Survey

	Dakota County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)	
	Male	Female	Male	Female	Male	Female	Male	Female
2012	18.7%	27.0%	17.8%	26.1%	12.4%	24.1%	21.4%	24.5%

Source Definition: Among those who have smoked at least 100 cigarettes in their entire lives: do you now smoke cigarettes everyday, some days, or not at all?

Source Definition: Current Smoking Status

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Use of Any Tobacco Products During the Past 30 Days

2013 Minnesota Student Survey, 11th Grade, 2013

Location	Yes		No	
	Male	Female	Male	Female
Dakota County	21.0%	11.0%	79.0%	89.0%
Hennepin County	21.0%	9.0%	79.0%	91.0%
Ramsey County	18.0%	11.0%	82.0%	89.0%
Scott County	25.0%	11.0%	75.0%	89.0%
Washington County	29.0%	14.0%	71.0%	86.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed August 28, 2015

% of 11th Grade Students Who Believe that Most Students in their School Use Tobacco (cigarettes, chew) Daily

2013 Minnesota Student Survey, 11th Grade, 2013

Location	Daily	
	Male	Female
Dakota County	25.0%	29.0%
Hennepin County	20.0%	23.0%
Ramsey County	30.0%	32.0%
Scott County	26.0%	33.0%
Washington County	33.0%	32.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed August 28, 2015

During the last 30 days, how often have other students harassed or bullied you for any of the following reasons? - Your weight or physical appearance

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Never		Once or Twice		About Once a Week		Several Times a Week		Every Day	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Dakota County	82.0%	76.0%	11.0%	16.0%	3.0%	4.0%	2.0%	2.0%	2.0%	2.0%
Hennepin County	83.0%	77.0%	11.0%	15.0%	3.0%	3.0%	2.0%	2.0%	2.0%	2.0%
Ramsey County	82.0%	76.0%	12.0%	16.0%	3.0%	3.0%	2.0%	2.0%	2.0%	2.0%
Scott County	82.0%	76.0%	10.0%	17.0%	3.0%	4.0%	3.0%	2.0%	2.0%	1.0%
Washington County	83.0%	75.0%	11.0%	17.0%	3.0%	4.0%	2.0%	2.0%	1.0%	2.0%
Minnesota	81.0%	74.0%	12.0%	18.0%	3.0%	4.0%	2.0%	2.0%	2.0%	2.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed June 10, 2015

Current Smokers in St. Croix County (WI)

Institute for Health Metrics and Evaluation, 2010

	St. Croix County	Wisconsin
2010	21.0%	21.0%

Source Definition: Proportion of the population who currently smokes everyday

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

National Average of Smoking Prevalence

Centers for Disease Control and Prevention, 2012

	United States		
	Male	Female	Both
2012	22.2%	17.9%	20.0%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Health Insurance Access: Uninsured Trends (<65 years of age)

University of Minnesota State Health Access Data Assistance Center, 2009 - 2013

% of Population Under Age 65 Without Health Insurance	Minnesota	Wisconsin	United States
2009	10.2%	10.5%	17.2%
2010	10.1%	10.9%	17.6%
2011	9.9%	10.6%	17.2%
2012	9.4%	10.6%	16.8%
2013	9.5%	10.4%	16.6%

Source: University of Minnesota, State Health Access Data Assistance Center, <http://datacenter.shadac.org/map/236/coverage-type-total#1/3/458>; data accessed September 1, 2015

Selected Minnesota Natality Statistics (Minnesota)

2013

State/County	Number of Births	Fertility Rate	Birth Rate	Number of Deaths	Death Rate	Natural Rate of Increase
Dakota County	5,148	64.4	12.6	2,320	5.7	6.9
Hennepin County	16,584	65.2	13.8	8,130	6.8	7.1
Ramsey County	7,833	69.3	14.9	3,981	7.6	7.3
Scott County	1,880	67.1	13.7	566	4.1	9.6
Washington County	2,857	62.1	11.6	1,471	6.0	5.6
Minnesota	69,183	65.9	12.8	40,981	7.6	5.2

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Fertility Rate: The number of live births per 1,000 women in the population of age 15 - 44 years.

Birth Rate: The number of live births per 1,000 population.

Death Rate: The number of deaths per 1,000 population.

Natural Rate of Increase: The difference in the birth rate and death rate.

Prematurity and Low Birth Weight of Singleton Births in Minnesota

By State and County, 2013

State/County	Number Preterm Births	Percent Preterm Births	Number Low Birth Weight	Percent Low Birth Weight	Percent Very Low Birth Weight 2011-2013	Percent Small for Gestational Age
Dakota County	428	8.9%	219	4.4%	1.3	4.0
Hennepin County	1,269	8.2%	864	5.5%	1.2	4.7
Ramsey County	607	8.6%	417	5.5%	1.3	5.2
Scott County	138	7.9%	64	3.6%	1.0	2.8
Washington County	204	7.8%	135	4.9%	0.6	3.6
Minnesota	5,156	8.1%	3,147	4.7%	1.1	4.0

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Preterm Births: Live births of babies who are less than 37 weeks gestation at birth.

Low Birth Weight Births: Live births who are less than 2500 grams at birth.

Very Low Birth Weight Births: Live births who are born weighing less than 1500 grams.

Prenatal Care (Minnesota)

By State and County, 2013

State/County	Percent of Prenatal Care Received in 1st Trimester	Percent Adequacy of Prenatal Care, GINDEX		
		Adequate or Better	Intermediate	Inadequate or None
Dakota County	84.2%	81.4%	15.4%	3.2%
Hennepin County	81.2%	77.1%	18.3%	4.6%
Ramsey County	74.8%	68.9%	24.8%	6.3%
Scott County	84.0%	80.3%	16.8%	2.9%
Washington County	87.9%	82.1%	15.5%	2.4%
Minnesota	83.0%	77.8%	18.2%	4.0%

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

GINDEX: A prenatal care index determined by combining measures of the month or trimester prenatal care began, the number of prenatal visits, and the gestational age of the infant/fetus at the time of birth. The GINDEX includes gestational age over 36 weeks, and number of prenatal visits greater than nine to impute adequacy of prenatal care.

Adequate or Better: Prenatal care started in the 1st trimester and the woman had an adequate number of visits.

Intermediate: Prenatal care started in the 1st or 2nd trimester and the woman had an intermediate range of visits.

Inadequate or None: No prenatal care or the prenatal care started in the 3rd trimester

or the woman had an inadequate range of visits, regardless of when prenatal care began.

Teen Birth and Pregnancy Rates (Minnesota)

By State and County, 2011-2013

State/County	Teen Birth Rates (TBR)			Teen Pregnancy Rates (TPR)		
	TBR 15-17 Years	TBR 18-19 Years	TBR 15-19 Years	TPR 15-17 Years	TPR 18-19 Years	TPR 15-19 Years
Dakota County	4.8	27.7	12.5	7.8	40.0	18.7
Hennepin County	9.3	32.7	18.9	14.4	50.6	29.2
Ramsey County	14.5	42.0	27.3	19.9	59.1	38.1
Scott County	4.5	23.2	10.6	6.6	35.9	16.1
Washington County	4.1	17.7	8.6	6.7	27.3	13.6
Minnesota	8.2	32.6	18.2	11.3	43.3	24.4

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Teen Birth Rate: The number of live births to a specific age group per 1,000 female population of the specific age group.

Teen Pregnancy Rate: The number of pregnancies to a specific age group per 1,000 female population of the specific age group.

**Socio-Demographic Factors Related to Birth Outcomes (Minnesota)
By State and County, 2013**

State/County	Percent - Births to Unmarried Mothers	Percent - No Father on Birth Certificate	Percent - Mothers Smoked during Pregnancy
Dakota County	27.7	12.0	6.9
Hennepin County	32.2	13.8	5.3
Ramsey County	43.4	15.5	7.6
Scott County	19.1	7.2	5.9
Washington County	24.1	7.9	6.8
Minnesota	32.9	12.2	10.6

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

**Minnesota Natality Trend Data
Minnesota Department of Health Services, 2008 - 2012**

Location	DAKOTA COUNTY				
	Birth Rates	% Low Birth Weight Births	% Preterm Births	% Received Adequate or Better Prenatal Care	% Smoked During Pregnancy
2009	14.2	4.3%	7.5%	79.3%	6.1%
2010	13.8	4.8%	7.2%	81.2%	6.7%
2011	13	4.4%	7.0%	80.7%	6.4%
2012	12.7	3.7%	7.6%	80.4%	8.7%
2013	13	4.8%	7.8%	80.2%	7.6%
HENNEPIN COUNTY					
2009	14.5	5.5%	8.0%	78.4%	4.9%
2010	14.1	5.3%	7.9%	79.8%	4.9%
2011	13.8	5.4%	8.2%	81.4%	5.1%
2012	13.6	4.5%	8.3%	79.5%	8.6%
2013	13.8	5.4%	8.6%	78.7%	7.3%
RAMSEY COUNTY					
2009	15.5	5.7%	8.3%	78.8%	9.3%
2010	15	5.4%	8.0%	71.2%	9.1%
2011	14.3	5.8%	8.9%	69.2%	9.6%
2012	14.7	4.7%	8.6%	69.1%	11.8%
2013	14.9	5.8%	8.7%	68.3%	10.0%
SCOTT COUNTY					
2009	16	4.3%	7.5%	77.1%	5.6%
2010	14.9	4.2%	7.5%	74.3%	5.2%
2011	14.8	3.7%	7.0%	74.6%	4.1%
2012	14.3	3.8%	6.7%	73.4%	7.5%
2013	14.8	4.1%	6.8%	83.7%	7.2%
WASHINGTON COUNTY					
2009	12.6	4.2%	7.9%	89.6%	6.2%
2010	12	4.4%	7.2%	85.1%	7.8%
2011	12	4.6%	8.0%	86.7%	7.4%
2012	11.7	2.9%	6.9%	84.3%	10.4%
2013	11.4	3.7%	6.9%	82.9%	8.3%
MINNESOTA					
2009	13.9	4.7%	7.9%	80.4%	10.0%
2010	13.4	4.8%	7.8%	79.4%	9.9%
2011	12.9	4.8%	8.1%	80.0%	10.0%
2012	12.8	4.7%	7.9%	78.3%	14.2%
2013	12.8	5.0%	8.4%	78.2%	12.0%

Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed August 20, 2015

Minnesota Teen Natality Trend Data

Minnesota Department of Health Services, 2005 - 2007; 2008 - 2010; 2011- 2013

Location	DAKOTA COUNTY	
	Teen Pregnancy Rates	Teen Birth Rates
2005 - 2007	30.7	20.2
2008 - 2010	26.1	17.5
2011 - 2013	18.7	12.5
HENNEPIN COUNTY		
2005 - 2007	49.2	31.3
2008 - 2010	41.5	26.9
2011 - 2013	32.4	18.9
RAMSEY COUNTY		
2005 - 2007	55.2	38.8
2008 - 2010	49	35.5
2011 - 2013	38.1	27.3
SCOTT COUNTY		
2005 - 2007	29.2	18.8
2008 - 2010	22.8	15.8
2011 - 2013	16.1	10.6
WASHINGTON COUNTY		
2005 - 2007	26.1	15.9
2008 - 2010	20.4	12.8
2011 - 2013	13.6	8.6
MINNESOTA		
2005 - 2007	37.9	27.5
2008 - 2010	33.2	24.6
2011 - 2013	24.4	18.2

Source: Minnesota Department of Health, Center for Health Statistics, www.health.state.mn.us/divs/chs/countytables/; data accessed August 20, 2015

Births to Mothers Who Received First-Trimester Prenatal Care - 2013 (Wisconsin)

Location	Number of Births With First-Trimester Prenatal Care	Total Number of Births	Percent of Births With First-Trimester Prenatal Care	95% Confidence Interval
St. Croix County	824	1,031	79.9%	77.3 - 82.3
Wisconsin	50,309	66,566	75.6%	75.2 - 75.9

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Low Birthweight (less than 2,500 grams) - 2013 (Wisconsin)

Location	Number of Low Birthweight Births	Total Number of Births	Percent Low Birthweight	95% Confidence Interval
St. Croix County	57	1,031	5.5%	4.3 - 7.2
Wisconsin	4,665	66,566	7.0%	6.8 - 7.2

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015

Very Low Birthweight (less than 1,500 grams) - 2013 (Wisconsin)

Location	Number of Very Low Birthweight Births	Total Number of Births	Percent Very Low Birthweight	95% Confidence Interval
St. Croix County	16	1,031	1.6%	0.9 - 2.6
Wisconsin	854	66,566	1.3%	1.2 - 1.4

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015

Birth Rate (Births per 1,000 Population) - 2013 (Wisconsin)

Location	Number of Births	Total Population	Birth Rate	95% Confidence Interval
St. Croix County	1,031	85,645	12.0	11.3 - 12.8
Wisconsin	66,566	5,730,937	11.6	11.5 - 11.7

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

Teen Birth Rate (Births per 1,000 Females Ages 15-19) - 2011-2013 (Wisconsin)

Location	Number of Births to Females Age <20	Number of Females Ages 15-19	Teen Birth Rate	95% Confidence Interval
St. Croix County	88	8,095	10.9	8.6 - 13.1
Wisconsin	12,483	571,352	21.8	21.5 - 22.2

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

Wisconsin Natality Trend Data

Wisconsin Department of Health Services, 2008 - 2013

Location	St. Croix County				Wisconsin			
	Birth Rates	Teen Birth Rate	% Births Prenatal Care	% Low Birthweight	Birth Rates	Teen Birth Rate	% Births Prenatal Care	% Low Birthweight
2009	14	10	86.7%	5.4%	13	30	83.4%	7.1%
2010	13	16	86.8%	6.1%	12	27	84.2%	7.0%
2011	13	11	81.9%	6.9%	12	24	75.6%	7.2%
2012	12	13	81.3%	5.2%	12	22	76.5%	7.2%
2013	12	9	79.9%	5.5%	12	20	75.6%	7.0%

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015 (note: defined as less than 2,500 grams)

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

Percent of 2 Year Olds (24 Months) Who were Immunized by State

National KIDS COUNT, 2009 - 2013

% 24 Month Olds Immunized	Minnesota	Wisconsin	United States
2009	45.5%	43.4%	48.3%
2010	53.9%	70.4%	59.2%
2011	73.4%	72.8%	71.0%
2012	67.2%	77.2%	71.9%
2013	76.7%	75.9%	74.0%

Source: Kids Count Data Center, 2 Year Olds Who Were Immunized 2009 - 2013, <http://datacenter.kidscount.org/data/Tables/8001-2-year-olds-who-were-immunized?loc=1&oct=2#detailed/2/2-52/false/36,868,867,133,38/any/15387>; data accessed September 3, 2015

Definitions: 4:3:1:3:3:1 immunization coverage. Depending on the brand of vaccine used, a child would either get 3 doses of Hib plus a booster, or 2 doses of Hib plus a booster; at the state-level, the CDC no longer reports Hib simply as 3 or more doses but instead specifies that the "full series" was received. Between December 2007 and September 2009 there was a shortage of the Hib vaccination which led to a temporary suspension of the booster shot for most children in the U.S. This explains the dip in full-coverage in 2009 and 2010, which rebounded by 2011.

Chlamydia, Number of Cases and Rates (per 100,000 persons) (Minnesota)

Data by County of Residence, 2014

Location	Cases	Rate
Dakota County	1,138	286
Hennepin County	6,426	558
Ramsey County	2,847	560
Scott County	298	229
Washington County	574	241
Minnesota	19,897	375

Gonorrhea, Number of Cases and Rates (per 100,000 persons) (Minnesota)

Data by County of Residence, 2014

Location	Cases	Rate
Dakota County	168	42
Hennepin County	1,997	173
Ramsey County	777	153
Scott County	42	32
Washington County	66	26
Minnesota	4,073	77

Source: Minnesota Department of Health, STD Surveillance Statistics, Minnesota, Annual Summary of Reportable STDs in Minnesota - 2014, www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html; data accessed June 10, 2015

Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases.

Wisconsin Communicable Disease Trends

Wisconsin Department of Health Services, 2008 - 2013

Location	St. Croix County		Wisconsin	
	Chlamydia	Gonorrhea	Chlamydia	Gonorrhea
2008	98	9	368	107
2009	88	5	370	92
2010	119	10	407	90
2011	104	11	426	84
2012	121	7	411	83
2013	167	12	412	81

Source: Wisconsin Department of Health Services, Sexually Transmitted Diseases (STDs) - Wisconsin County 2012 Profiles, <https://www.dhs.wisconsin.gov/std/2012datamap.htm>; data accessed September 2, 2015

Source: Wisconsin Department of Health Services, Wisconsin County 2013 Profiles - Summary Data, <https://www.dhs.wisconsin.gov/std/2013datamap.htm>; data accessed September 1, 2015

Do you have any long-term mental health, behavioral or emotional problems? Long-term means lasting 6 months or more.

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Yes		No	
	Male	Female	Male	Female
Dakota County	9%	17%	91%	83%
Hennepin County	11%	15%	89%	85%
Ramsey County	10%	15%	90%	85%
Scott County	13%	15%	87%	85%
Washington County	15%	17%	85%	83%
Minnesota	14%	17%	86%	83%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, www.health.state.mn.us/divs/chs/mss/; data accessed June 10, 2015

Rate of psychiatric hospital admissions per 1,000 residents age 14+
Twin Cities 7-county region and Minnesota, 2000-2012

Category	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Twin Cities													
Rate of psy	7.3	7.8	8	8	8.3	8.1	8	7.8	8.3	8.5	8.6	8.4	8.6
Number of	15,345	16,532	17,109	17,410	18,129	17,813	17,819	17,588	18,767	19,580	19,950	19,703	20,482
Total popu	2,104,897	2,132,878	2,150,435	2,166,568	2,183,662	2,200,362	2,223,234	2,247,210	2,270,245	2,293,709	2,312,877	2,341,808	2,370,893
Minnesota													
Rate of psy	6.1	6.7	7	7.1	7.4	7.4	7.5	7.3	7.7	8	7.9	7.7	7.9
Number of	24,254	26,948	28,241	29,009	30,477	30,700	31,206	30,794	32,703	34,132	33,947	33,464	34,598
Total popu	3,947,736	3,996,151	4,036,775	4,075,348	4,112,822	4,147,030	4,188,549	4,226,608	4,261,567	4,291,289	4,318,605	4,355,333	4,387,465

Source: MN Compass, Minnesota Hospital Association, Center for Disease Control National Center for Health Statistics, www.mncompass.org/health/mental-health-admissions#7-4471-d; data accessed June 12, 2015

Notes: Psychiatric hospital admissions includes all instances in which the primary diagnosis/reason for treatment is mental illness.

Admissions refers to the number of admittances and not individual patients. It is possible that some individuals were admitted for psychiatric illness more than once within a given year.

Counties refer to the home address of the patient, not the location of the hospital where the patient was admitted.

Chemical dependency, which can also affect a person's mental state, is tracked separately.

The Twin Cities includes the following counties: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington

Rate of Psychiatric Hospital Admissions per 1,000 Residents Age 14+

Rank of counties, Minnesota, 2012

Rank	Counties (1=best)	2012
1	Hubbard	2.2
2	Houston	2.3
3	Lake of the Woods	2.9
4	Becker	3.1
5	Morrison	3.2
6	Clearwater	3.3
7	Norman	3.3
8	Benton	3.4
9	Pope	3.4
10	Todd	3.4
11	Kittson	3.7
12	Le Sueur	3.7
13	Clay	3.8
14	Douglas	3.8
15	Otter Tail	3.8
16	Sibley	3.8
17	Swift	4.0
18	Jackson	4.1
19	Watonwan	4.2
20	Cook	4.4
21	Polk	4.5
22	Carver	4.7
23	Chippewa	4.7

Rank	Counties (1=best)	2012
24	Stevens	4.7
25	Big Stone	4.8
26	Cass	4.9
27	Marshall	4.9
28	Yellow Medicine	4.9
29	Wilkin	5.0
30	Beltrami	5.2
31	Fillmore	5.2
32	Nicollet	5.2
33	Murray	5.3
34	Stearns	5.4
35	Aitkin	5.5
36	Scott	5.5
37	Martin	5.6
38	Freeborn	5.7
39	Itasca	5.7
40	Lac qui Parle	5.7
41	Meeker	5.7
42	Wright	5.7
43	Wadena	5.8
44	Crow Wing	5.9
45	Roseau	6.0
46	Goodhue	6.1

Rank	Counties (1=best)	2012
47	Waseca	6.1
48	Blue Earth	6.3
49	Grant	6.3
50	Washington	6.3
51	Cottonwood	6.6
52	Kandiyohi	6.7
53	Mahnomen	6.7
54	Rice	6.8
55	Wabasha	7.0
56	Faribault	7.1
57	Pipestone	7.1
58	Renville	7.1
59	Koochiching	7.2
60	Winona	7.3
61	Dakota	7.4
62	Rock	7.4
63	Sherburne	7.4
64	Red Lake	7.6
65	Chisago	7.7
66	Lincoln	7.7
67	Carlton	7.8
68	Nobles	7.8
69	Lake	8.1

Rank	Counties (1=best)	2012
70	Dodge	8.2
71	Traverse	8.2
72	Brown	8.4
73	McLeod	8.8
74	Redwood	8.8
75	Hennepin	8.9
76	Anoka	9.1
77	Pine	9.1
78	Mower	9.3
79	Isanti	9.6
80	Kanabec	9.7
81	Mille Lacs	10.0
82	Olmsted	10.0
83	Steele	10.3
84	Lyon	10.4
85	Ramsey	11.2
86	Pennington	11.5
87	St. Louis	13.9

Source: MN Compass, Minnesota Hospital Association, Center for Disease Control National Center for Health Statistics, www.mncompass.org/health/mental-health-admissions#7-4471-d; data accessed June 12, 2015

Notes: Psychiatric hospital admissions includes all instances in which the primary diagnosis/reason for treatment is mental illness.

Admissions refers to the number of admittances and not individual patients. It is possible that some individuals were admitted for psychiatric illness more than once within a given year.

Counties refer to the home address of the patient, not the location of the hospital where the patient was admitted.

Chemical dependency, which can also affect a person's mental state, is tracked separately.

Residents under age 65 without health insurance

Rank of counties, Minnesota, 2013

Rank	Counties (1=lowest)	2013
1	Carver	6.3%
2	Washington	6.3%
3	Sherburne	7.1%
4	Nicollet	7.2%
5	Steele	7.4%
6	Wright	7.4%
7	Dodge	7.6%
8	Dakota	7.7%
9	Scott	7.7%
10	Douglas	7.8%
11	McLeod	7.9%
12	Olmsted	7.9%
13	Pennington	7.9%
14	Chisago	8.0%
15	Brown	8.3%
16	Wilkin	8.4%
17	Jackson	8.5%
18	Wabasha	8.5%
19	Clay	8.7%
20	Houston	8.7%
21	Anoka	8.8%
22	Goodhue	8.8%
23	Isanti	8.8%

Rank	Counties (1=lowest)	2013
24	Kittson	8.8%
25	Swift	8.8%
26	Lake	8.9%
27	Le Sueur	8.9%
28	Waseca	8.9%
29	Lac qui Parle	9.1%
30	Stearns	9.1%
31	Benton	9.3%
32	Martin	9.3%
33	Pope	9.3%
34	Roseau	9.3%
35	Blue Earth	9.4%
36	Stevens	9.4%
37	St. Louis	9.5%
38	Lyon	9.6%
39	Murray	9.6%
40	Rock	9.6%
41	Meeker	9.7%
42	Otter Tail	9.7%
43	Winona	9.8%
44	Cottonwood	9.9%
45	Grant	9.9%
46	Carlton	10.0%

Rank	Counties (1=lowest)	2013
47	Polk	10.0%
48	Yellow Medicine	10.0%
49	Crow Wing	10.1%
50	Rice	10.1%
51	Hennepin	10.2%
52	Renville	10.2%
53	Big Stone	10.3%
54	Faribault	10.3%
55	Kandiyohi	10.3%
56	Lincoln	10.4%
57	Marshall	10.5%
58	Norman	10.5%
59	Chippewa	10.6%
60	Kanabec	10.6%
61	Morrison	10.7%
62	Freeborn	10.9%
63	Redwood	11.0%
64	Sibley	11.1%
65	Wadena	11.1%
66	Itasca	11.3%
67	Fillmore	11.4%
68	Mille Lacs	11.4%
69	Pipestone	11.4%

Rank	Counties (1=lowest)	2013
70	Red Lake	11.5%
71	Becker	11.8%
72	Ramsey	11.8%
73	Koochiching	12.0%
74	Traverse	12.0%
75	Lake of the Woods	12.1%
76	Hubbard	12.3%
77	Pine	12.3%
78	Aitkin	12.6%
79	Mower	12.7%
80	Clearwater	13.0%
81	Cass	13.7%
82	Cook	13.9%
83	Mahnomen	14.2%
84	Todd	14.2%
85	Beltrami	14.3%
86	Watonwan	15.3%
87	Nobles	15.9%

Notes:

The SAHIE program models health insurance coverage by combining survey data with population estimates and administrative records. The estimates are based on data from the following sources: the Annual Social and Economic Supplement (ASEC) of the Current Population Survey (CPS); demographic population estimates; aggregated federal tax returns; participation records for the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp program; County Business Patterns; Medicaid and Children's Health Insurance Program (CHIP) participation records; and Census 2000.

□

In November 2012, the U.S. Census Bureau revised and re-released the 2009 health insurance figures due to a processing error present in the October 2011 release. The data above reflect those revisions, and so may differ from the 2009 figures previously presented on Compass. For more information see <http://www.census.gov/did/www/sahie/about/faq.html#13>.

Sources:

U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE) program.
<http://www.census.gov/did/www/sahie/>
 Data downloaded from <http://www.mncompass.org> on 06/12/2015

Section 2

Implementation Plan

Park Nicollet Methodist Hospital 2016-2018 Implementation Plan

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for HealthPartners and its hospitals (Regions Hospital, Lakeview Hospital, Hudson Hospital & Clinic, Westfields Hospital, Amery Hospital & Clinic and Park Nicollet Methodist Hospital) by Community Hospital Consulting. This individual CHNA report utilizes relevant health data and stakeholder input to identify significant community health needs in Dakota, Hennepin and Scott Counties, the defined study area for Park Nicollet Methodist Hospital. Data from the study areas of the other hospitals (Washington County in Minnesota and Polk and St. Croix Counties in Wisconsin) are included in some sections for comparison purposes.

The CHNA Team, consisting of leadership from HealthPartners and its hospitals, met with staff from Community Hospital Consulting on August 24, 2015 to review the research findings and prioritize the community health needs common to each hospital’s study area. Four significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input. The CHNA Team participated in a roundtable discussion to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospitals’ capacity to address the need. Once this prioritization process was complete, the health system and hospital leadership discussed the results and decided to address all of the prioritized needs in various capacities through hospital-specific implementation plans.

The prioritized needs are listed below:

1. **Mental and Behavioral Health**
2. **Access and Affordability of Healthcare**
3. **Chronic Disease and Illness Prevention**
4. **Equitable Care**

HealthPartners and hospital leadership developed the following principle to guide this work: **Through collaboration, engagement and partnership with our communities, we will address these priorities with a specific focus on health equity in special populations.** With the growing population of people over age 65, Park Nicollet Health Services identified seniors as one of these special populations for increased focus through Park Nicollet Foundation, its philanthropic arm.

Park Nicollet Methodist Hospital 2016-2018 Implementation Plan

Priority #1:

Mental and Behavioral Health

Rationale:

- Health data findings suggest that the Twin Cities have higher rates of psychiatric hospital admissions than Minnesota. Furthermore, data indicate that counties in Park Nicollet Methodist Hospital's study area have varying ratios of mental health providers to residents.
 - Dakota County – 807:1
 - Hennepin County – 332:1
 - Scott County – 1,345:1
 - Minnesota – 529:1
- According to the *Minnesota Student Survey* (2013), a higher percentage of female 9th graders, compared to male 9th graders, report having a long-term mental health, behavioral health or emotional problem. Dakota County has the highest percent in the study area.
- CHIP Survey and CHIP Forum findings from the *2012-2015 Community Health Improvement Plan for Hennepin County Residents* indicate that social and community connectedness, as well as engagement, are critical characteristics of a healthy community. Hennepin County's CHIP also identified social and emotional wellbeing as a top health priority, with a goal to increase community and social connectedness.
- Scott County identified mental health as one of its three final health priorities in the *Scott County Community Health Improvement Plan 2015-2019*.
- Dakota County identified mental illness and promoting mental health as two of its top health priorities in the *Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment*. According to the report, the rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care in Dakota County increased by 20 percent from 2008 - 2012. The rate is highest for 15-24 year olds, and females have a higher rate than males.
- According to the *2014-2018 Dakota County Community Health Improvement Plan*, more than one-quarter of Dakota County students said they had significant problems with feeling very trapped, lonely, sad, blue, depressed or hopeless about the future. Suicide was the leading cause of death among 15 – 24 year-olds in 2012.
- In its *2014 Advancing Health Equity in Minnesota Report to the Legislature*, the Minnesota Department of Health reported that 11.9% of White 9th graders in Minnesota thought about killing themselves during 2013. That figure increased to 15.2% for Black or African American, 17.3% for Hispanic and 20.4% for American Indian students.

Special Population of Park Nicollet Foundation Focus: Seniors

- The 65 and older population experienced the greatest percentage increase of all age groups in every county in the study area and in Minnesota (2010-2014). In Dakota, Hennepin and Scott counties, the median age is steadily increasing.

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Improve education about mental illness	• Provide education and increase awareness of eating disorders among community clinicians	Behavioral Health	x	Ongoing	Ongoing		
	• Support community organizations offering Mental Health First Aid, Youth Mental Health First Aid and other educational programs about mental health through annual grants and ongoing partnerships	Foundation	x	x	x		
Reduce the stigma surrounding mental illness	• Support community organizations offering programs focused on reducing the stigma surrounding mental illness through annual grants and ongoing partnerships	Foundation	x	x	x		
	• Partner with HealthPartners to train Make it OK ambassadors and offer Make it OK sessions to team members within Park Nicollet	Foundation	x				
Improve access to mental health services	• Complete plan to have 25 mental health practitioners on staff in 2016	Behavioral Health	x				
	• Expand access to mental health services through integration with Primary Care: e.g., the use of depression protocols, group therapy and embedding of therapists at primary and subspecialty care clinics	Behavioral Health; Primary Care	x	Ongoing	Ongoing		

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Improve access to mental health services	• Complete the launch at the Maple Grove clinic of a new model of mental health care - using a team of providers located at the same location to co-manage patient care	Behavioral Health	x	Ongoing	Ongoing		
	• Develop a survivorship program to support cancer survivors in dealing with the emotional and psychological after-effects of cancer	Frauenshuh Cancer Center	x	Ongoing	Ongoing		
	• Maintain a capital campaign to raise philanthropic support for the cancer survivorship program	Foundation	x				
	• Continue to embed mental health professionals in the cancer center to improve access to mental health services and support crisis management needs of cancer patients	Frauenshuh Cancer Center	Ongoing	Ongoing	Ongoing		
	• Expand NOW! (No Obstacles to Well Being!), a telemedicine based, Park Nicollet-driven program to provide youth mental health services, to the Richfield community	Foundation	x				
	• Support schools and community programs providing mental health services to youth through annual grants and partnerships	Foundation	x	x	x		

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Improve access to mental health services	<ul style="list-style-type: none"> • Launch a capital campaign to raise additional funds to support and expand mental health services for youth 	Foundation	x				
	<ul style="list-style-type: none"> • Reduce conditions negatively affecting the mental health of seniors by providing grant support to community organizations addressing isolation and lack of community connectedness 	Foundation	x	x	x		
	<ul style="list-style-type: none"> • Continue to offer services to promote the mental wellbeing of Park Nicollet team members, including the Be Well and Your Life Support programs 	Employee Health	Ongoing	Ongoing	Ongoing		

Park Nicollet Methodist Hospital 2016-2018 Implementation Plan

Priority #2: Access and Affordability of Healthcare

Rationale:

- While Scott County has the highest median household income in the study area (approximately \$85,000), Hennepin County’s median household income is more than \$20,000 less (approximately \$64,000). In addition, 12.2% of overall residents and 15.3% of children in Hennepin County are living in poverty (2013).
- While 9.5% of residents under age 65 do not have health insurance in Minnesota (2013), 10.2% of residents under age 65 do not have health insurance in Hennepin County. This compares to 7.7% in Dakota County and 7.7% in Scott County.
- Access to affordable quality health care was identified as a high priority in CHIP Survey findings from the *2012-2015 Community Health Improvement Plan for Hennepin County Residents* .
- Dakota County identified access to healthcare as a top health priority in the *Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment* .

Special Population of Park Nicollet Foundation Focus: Seniors

- The 65 and older population experienced the greatest percentage increase of all age groups in every county in the study area and in Minnesota (2010-2014). In Dakota, Hennepin and Scott counties, the median age is steadily increasing.

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Make health care easier to use; Reduce barriers to access	• Implement a “Call, Click, Come In” campaign to offer patients expanded options for accessing care	Primary Care	x	Ongoing	Ongoing		
	• Convene a telemedicine steering committee to guide the expansion of telemedicine efforts to improve access to services	IS&T; Care Delivery	x				
	• Continue to support existing Park Nicollet school-based health centers providing free or low-cost medical, dental and vision services to youth in need (financial support, personnel and other resources)	Foundation	Ongoing	Ongoing	Ongoing		
	• Expand access to free and low-cost health care services for youth in need by opening a new, school-based health center in Richfield	Foundation	x				

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Make health care easier to use; Reduce barriers to access	<ul style="list-style-type: none"> Expand annual free skin cancer screening services to provide access to greater numbers of community members 	Frauenshuh Cancer Center	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> Continue to support, through annual grants, Park Nicollet and community programs that provide patients in need with free medications, transportation and other resources to remove financial and other barriers to accessing care 	Foundation	Ongoing	Ongoing	Ongoing		
	<ul style="list-style-type: none"> Improve access to health care for seniors by: <ol style="list-style-type: none"> Convening a work group of seniors, non-profit organizations and other stakeholders to address the need for increased transportation options, and Providing grant support to community organizations providing transportation services 	Foundation	x				
			x	x	x		

Park Nicollet Methodist Hospital 2016-2018 Implementation Plan

Priority #3: Chronic Disease and Illness Prevention

Rationale:

- Cancer and heart disease are the first and second leading causes of death in Dakota, Hennepin, and Scott Counties, as well as Minnesota (2009-2013). Scott County also has a higher incidence rate of lung and bronchus cancer, while Dakota County has a higher incidence rate of female breast cancer than Minnesota (2007-2011).
- Obesity and diabetes are also concerns in the study area counties and across the state. Scott County has a slightly higher diabetes mortality rate than Minnesota (2009-2013). Hennepin County has increasing adult obesity trends, and Dakota County has a slightly higher percentage of overweight adults than 2011-2012 national rates.
- Scott County identified chronic disease prevention through healthy eating and physical activity as one of its three final health priorities in the *Scott County Community Health Improvement Plan 2015-2019* . Less than 35% of Scott County 5th, 9th, and 11th grade students are getting the recommended number of servings of vegetables per day; less than 40% are getting the recommended number of servings of fruit per day.
- Dakota County identified preventing and managing chronic conditions as one of its top health priorities in the *Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment* . The assessment also identified physical activity and eating habits and obesity as overall health priorities in Dakota County. Nineteen percent of Dakota county 8th graders, 20% of 9th graders and 20.5% of 11th graders were overweight or obese in 2013.
- Hennepin County identified nutrition, obesity and physical activity as top priorities in the *2012-2015 Community Health Improvement Plan for Hennepin County Residents* . Only one in five children aged 3 to 17 in Hennepin County is meeting the recommended guidelines for servings of vegetables each day. One in five 9th and 12th graders reported a weight and height that would place them in either the overweight or obese weight status group.
- The Minnesota Department of Health *2014 Advancing Health Equity in Minnesota Report to the Legislature* indicated that in 2013 21.5% of White 9th grade students in Minnesota were overweight or obese by self-reported height and weight. By the same measures, 30.7% of Black or African American and 31.3% of Hispanic students were overweight or obese.
- Overall, in each county in the study area and Minnesota, a slightly higher percentage of male 11th grade students, compared to female 11th grade students, drank at least one pop or soda during the day prior to taking the 2013 Minnesota Student Survey.
- Access to affordable healthy foods was identified as a top priority in the *2012 – 2015 Community Health Improvement Plan for Hennepin County Residents* . Overall, 15.2% of children in Hennepin County are food insecure (2013) and 8.3% of seniors in Minnesota are threatened by hunger (2013).
- Only between 30% and 59.9% of children ages 24-35 months in Dakota, Hennepin, and Scott Counties have their recommended immunizations, compared to approximately 63% of children in the state (2013).

- Hennepin County has much higher rates of chlamydia and gonorrhea (558 per 100,000 and 173 per 100,000 in 2014) than Minnesota (375 per 100,000 and 77 per 100,000 in 2014). Furthermore, chlamydia rates in Hennepin County and gonorrhea rates in Dakota and Hennepin Counties are increasing.

Special Population of Park Nicollet Foundation Focus: Seniors

- The 65 and older population experienced the greatest percentage increase of all age groups in every county in the study area and in Minnesota (2010-2014). In Dakota, Hennepin and Scott counties, the median age is steadily increasing.

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Improve healthy behaviors / Reduce obesity	• Expand the use of technology (emails, text messages, MyChart messages, etc.) to engage patients between visits and promote healthy behaviors	Primary Care	Ongoing	Ongoing	Ongoing		
	• Continue to partner with the Brookdale YMCA on the pre-diabetes prevention program; solicit funding to expand to additional locations	Primary Care	x				
	• Continue partnering with the yumPower program to teach youth about healthy eating	Primary Care	x	Ongoing	Ongoing		
	• Expand the Fruit and Veggie prescription program to more Park Nicollet clinics to give youth an incentive to learn how to shop for and prepare healthy foods	Primary Care	x				
	• Make further refinements to the Flash FWD program, an intensive multi-disciplinary approach to obesity for elementary and middle school children and their families	Primary Care	x				
	• Reduce food insecurity among seniors by providing grant support to community organizations addressing the issue	Foundation	x	x	x		
	• End the sale of all sugar-sweetened beverages at Methodist Hospital and Park Nicollet clinics	PN Institute - Better Eating Collaborative	x				
	• Continue to offer the Be Well program to support Park Nicollet team members in maintaining healthy behaviors	Employee Health	Ongoing	Ongoing	Ongoing		

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Develop innovative methods for addressing chronic diseases	<ul style="list-style-type: none"> Employ risk stratification methods to help identify patients who are not managing their chronic conditions well, allowing for earlier intervention to prevent the need for hospitalization or other high-cost treatment options 	Primary Care	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> Expand the team management model of care, with physicians, nurses, pharmacists, dietitians, care coordinators and other providers collaborating to work with patients with chronic diseases 	Primary Care	x	Ongoing	Ongoing		
Prevent / reduce the prevalence of Infectious Diseases	<ul style="list-style-type: none"> Continue routine screening for STIs in the target age group during Primary Care visits 	Primary Care	Ongoing				
	<ul style="list-style-type: none"> Coordinate with the HealthPartners Children’s Health Initiative team to identify and implement best practices in working with adolescents on sexual health issues 	Primary Care	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> Continue to provide grant and other resource support to the Park Nicollet school-based health centers and community organizations offering free immunizations and sexual health services to adolescents 	Foundation	Ongoing	Ongoing	Ongoing		
	<ul style="list-style-type: none"> Expand free immunizations, primary care and sexual health services to a new, school-based health center in Richfield 	Foundation	x	Ongoing	Ongoing		

Park Nicollet Methodist Hospital 2016-2018 Implementation Plan

Priority #4:

Rationale:

Equitable Care

- There are approximately 412,529 residents in Dakota County, 1,212,064 residents in Hennepin County, and 139,672 residents in Scott County (2014). Each county in the study area had a higher overall population percent growth than Minnesota (2010-2014).
- Hennepin County is the most populated county in HealthPartners' study area, and it is also one of the most racially diverse.
- Approximately 13% of Hennepin County residents are Black or African American, compared to 6% in Minnesota (2014). Black and Asian populations in Hennepin County increased between 2010 and 2014, as well as Black and Native Hawaiian and Other Pacific Islander populations in Dakota and Scott Counties.
- Data indicate that there is inequity among diverse populations. For example, in Minnesota, there are significant disparities in graduation rates across racial groups (2013-2014).
 - American Indian/Alaska Native: 50.6%
 - Black: 60.4%
 - Hispanic: 63.2%
 - White: 86.3%
- The *2014 Minnesota Department of Health Advancing Health Equity in Minnesota Report to the Legislature* indicated that, in Minnesota:
 - American Indians and African Americans experience substantially higher mortality rates at earlier ages.
 - African American and Hispanic/Latino women are more likely to be diagnosed with later-stage breast cancer than women of European heritage. African American women are at the greatest risk of dying from the disease; breast cancer mortality among African American women is 24% higher than white women, despite the incidence of breast cancer among African American women being 18% lower.
 - There are great disparities in chlamydia rates among diverse populations. In 2012, the rate among Black persons were 11 times higher than the rate among Whites. The rates among American Indians and Asian/Pacific Islanders were five and two times higher respectively.
- According to the *Minnesota Community Measurement 2014 Health Equity of Care Report*, Black, African American and American Indian racial groups had rates of optimal care significantly below the state average with colorectal screening, diabetes, vascular disease and asthma.

Special Population of Park Nicollet Foundation Focus: Seniors

- The 65 and older population experienced the greatest percentage increase of all age groups in every county in the study area and in Minnesota (2010-2014). In Dakota, Hennepin and Scott counties, the median age is steadily increasing.

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Increase cultural competency and humility throughout the organization; Cultivate a culture that embraces diversity	<ul style="list-style-type: none"> • Monitor the effectiveness of the community health worker (CHW) at the Minneapolis clinic; hire CHWs for other clinics, as indicated 	Primary Care	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> • Continue to offer It's Time to Talk, Team Dialogues and other diversity and inclusion-focused trainings for leaders and employees throughout the organization 	Human Resources	Ongoing	Ongoing	Ongoing		
	<ul style="list-style-type: none"> • Increase employee recruitment and retention strategies to create a more diverse workforce 	Human Resources	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> • Implement an Equitable Care Champion program to increase awareness of organizational priorities and resources around health equity 	Equitable Care Champion Team	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> • Improve data collection regarding race and primary language of patients 	All Service Lines	x	Ongoing	Ongoing		
Reduce disparities in breast cancer screening rates for patients of color (11.2% in 2015)	<ul style="list-style-type: none"> • Provide for Primary Care to directly schedule mammograms to remove the barrier of the patient having to make a separate call to schedule 	Primary Care	x	Ongoing	Ongoing		
	<ul style="list-style-type: none"> • Partner with nonprofits serving diverse communities and women in need to provide free breast cancer screening events (mobile mammography and diagnostic services); Seek funding to sustain and expand the program 	Jane Brattain Breast Center; Foundation	x	Ongoing	Ongoing		

Objective	Action Steps	Responsible Leader(s)	Estimated Year			Progress	Key Results (As Appropriate)
			CY 2016	CY 2017	CY 2018		
Reduce disparities in breast cancer screening rates for patients of color (11.2% in 2015)	• Maintain a community outreach coordinator to build relationships and trust in diverse communities and facilitate screening events	Jane Brattain Breast Center; Foundation	x	Ongoing	Ongoing		
	• Develop culturally sensitive and translated educational materials about breast cancer screening	Jane Brattain Breast Center; Foundation	x				
	• Conduct a pilot study of potential cultural reasons why patients of color aren't getting screening mammograms	Primary Care; Specialty Care	x	Ongoing	Ongoing		
Reduce disparities in colorectal cancer screening rates for patients of color (11.5% in 2015)	• Offer Fecal Immunochemical Testing (FIT) for colorectal cancer to increase the likelihood of patients of color following through on screening	Primary Care	x	Ongoing	Ongoing		
Encourage and support diversity and health equity in community-based organizations and services	• In making grant decisions, consider how community grant applicants incorporate diversity and health equity into their culture, focus and manner of providing services	Foundation	x	x	x		
	• Focus grant making in locations that have been shown to have high levels of health inequities	Foundation	x	x	x		

Section 3

Comments and Paper Copies

Questions or Comments?

Please address written comments on the CHNA and Implementation Plan and requests for a copy of the CHNA and Implementation Plan to:

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Please find the most up to date contact information on Park Nicollet's website under "Community and Volunteerism."

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Thank you!

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