



MENTAL HEALTH AND ADDICTION SERVICES

Raising funds to improve access and treatment for patients with mental health conditions and addictions



Mental Health and Addiction Services

Mental health conditions affect a person's thinking, feelings, mood, ability to relate to others and everyday life. These conditions, like many other medical conditions, are common and treatable. One in five adults and one in five children in America live with a mental health condition.

As common as these conditions are, finding the right help can be a discouraging and sometimes hopeless process. Government agencies, community organizations and care providers must work together to improve access for appropriate and effective mental health and addiction care. Abbott Northwestern Hospital and Allina Health are developing solutions so that patients receive the right care, in the right place, at the right time.

From Abbott Northwestern Hospital, best practices in mental health and addiction services are shared across Allina Health and with care providers around the region. Recent steps toward improving access include the expansion of mental health services at Abbott Northwestern – WestHealth in Plymouth for children, adults and adolescents, an increased number of group therapy options, and Allina Health's 24/7 Mental Health and Addiction Connection line.



"I've struggled with major depression since I was 14 years old, and have been hospitalized five times. This last time in the hospital was way more helpful. It's now been six months since I was discharged and I haven't been more hopeful and dedicated to my recovery in my life." – Grateful patient

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Allina Health 

ABBOTT NORTHWESTERN
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Advancing Excellence

Abbott Northwestern Hospital Foundation, with the generous support of the community, is raising funds for Mental Health and Addiction Services. Your gift will make treatment more accessible and successful, advancing excellence well into the future.

Opportunities to support Mental Health and Addiction Services

- **Emergency Department care:** Untreated mental health and addiction conditions often bring people to the emergency department. Through the new In-Reach Program, social workers develop long-term plans for patients facing mental health and addiction crises and connect them with key resources within Allina Health and the community. Philanthropy makes this service available at Abbott Northwestern's Burwell Emergency Department and the emergency department at WestHealth.
- **Allina-Washburn Child and Adolescent Crisis Intervention Partnership:** Allina Health developed a unique partnership with Minnesota's leading children's mental health center to serve children and teens with mental health needs who are seen in emergency departments at Allina Health hospitals. The program places a Washburn Center for Children social worker within the emergency department to provide immediate support for children, expedite care within the hospital's pediatric inpatient mental health unit or at the Washburn Center, and connects families with community resources. Philanthropic support ensures that children and their families have access to crisis mental health care.
- **Psychiatric assistance in primary care clinics:** Most mental health disorders and addictions can be identified in a primary care clinic. However, many primary care physicians do not have the psychiatric expertise to know the type of care needed or where to refer their patient. Mental Health telehealth consults allow primary care doctors to consult with a psychiatrist on the most appropriate next step. Support of this program ensures that these conditions are identified and addressed before they become a crisis.
- **Mother Baby Perinatal Mental Health Program:** While the time surrounding childbirth is often one of celebration, for some women it brings difficult emotional challenges. The Mother Baby Perinatal Mental Health Program helps pregnant and parenting mothers address these challenges. Recent initiatives include providing a post-partum support group, training mental health nurse champions in family and maternal health practices, and training nurses in the Burwell Emergency Department to help families through a miscarriage. Philanthropy will support the continuation and expansion of these programs, so that parents and children have a healthy environment in which to grow.

Philanthropic support advances the mission of Allina Health and Abbott Northwestern by providing exceptional care, preventing illness and providing comfort. By strengthening the ability of Mental Health Services to provide effective and compassionate treatment, you ensure that our community has access to a dynamic place of healing and innovation.

"I feel like I've been given a new life." – Grateful patient

To learn more about Mental Health and Addiction Services visit allinahealth.org/mentalhealth. To learn more about the Abbott Northwestern Hospital Foundation, how you can help or to make a gift, contact us at 612-863-4126.