

Meeting Today's Mental Health Challenges

Care for Mental Health and Addiction is one of the most pressing demands on health care providers today. In Minnesota, Allina Health has led the way in providing an exceptional level of care for years, and we consider mental health care as an essential component of our commitment to whole person care. Good mental health and well-being is a universal aspiration for every person. Not surprisingly, demand for mental health support continues to accelerate, especially in the midst of the COVID-19 pandemic and as the trauma and ramifications from the tragic death of George Floyd reverberate through our community.

Allina Health is the largest provider of mental health services in the state, and United Hospital is the premier provider of care for mental health and addiction in the east metro. The unprecedented mental health crisis affecting our community calls for Allina and United to bolster our efforts to facilitate the health and healing that our patients and families need right now.

Allina Health is responding to this challenge by launching a multi-phase campaign of ***Compassion and Innovation*** that will: 1) provide innovative programs; 2) create healing environments; and 3) eliminate stigma. At United Hospital, we are elevating our commitment to exceptional care through a campaign to create distinctive ***Mental Health Healing Spaces*** that will strengthen our programs by expanding and enhancing the environments in which we provide care. Transitioning our outpatient programs to another location will create new spaces and opportunities to strengthen programming for both inpatient and outpatient mental health care, which now are critically important due to COVID-19. Outpatient services are being called upon as an essential need, and patients are requesting our services at unprecedented levels due to the extraordinary health and community issues we have all been grappling with in recent months and weeks.

Creating a Mental Health Healing Environment at United Hospital

Phase 1: Outpatient/Inpatient Enhancements: promoting community, safety, healing and comfort

- Relocate adolescent and adult full- and partial-day treatment programs to a new United campus location, enabling us to tailor the space to patient needs and serve more adolescents, especially during the pandemic.
 - a. Designed space to support community and healing, with natural light, restorative aesthetics
 - b. New accommodations will include exercise room, group room and quiet spaces
 - c. Adolescent program will be separated from the inpatient unit; larger space will facilitate more in-depth learning, independence and growth
- Remodel existing inpatient unit at United Hospital, utilizing the additional square footage from relocated adolescent program. Larger space will enable growth and enhancement of inpatient programming and make possible a more patient-centric environment conducive to healing and

recovery. It is critically important to free up additional space to treat more people facing mental health crises related to the evolving challenges we are all confronting today, especially COVID-19.

- d. More natural light, integrated patient- and staff-controlled music system, mood lighting
- e. More therapeutic spaces—group room, OT/multipurpose room, exercise room, sensory room, education and exam rooms
- f. Enlarged breakroom and resilience areas for staff and for research
- g. Environmental enhancements to support a system in which patients can earn opportunities for autonomy when accomplishing goals in their journey to better health

The pandemic, as well as the trauma, pain and uncertainty that have emerged since George Floyd’s senseless death, has amplified the crucial need for United Hospital to grow our capacity to serve the needs of our community.

Estimated project cost and timeline: \$2.6 million; year-end 2020

Phase 2: Remodel the entire 5th floor into a state-of-the-art Inpatient Mental Health Unit

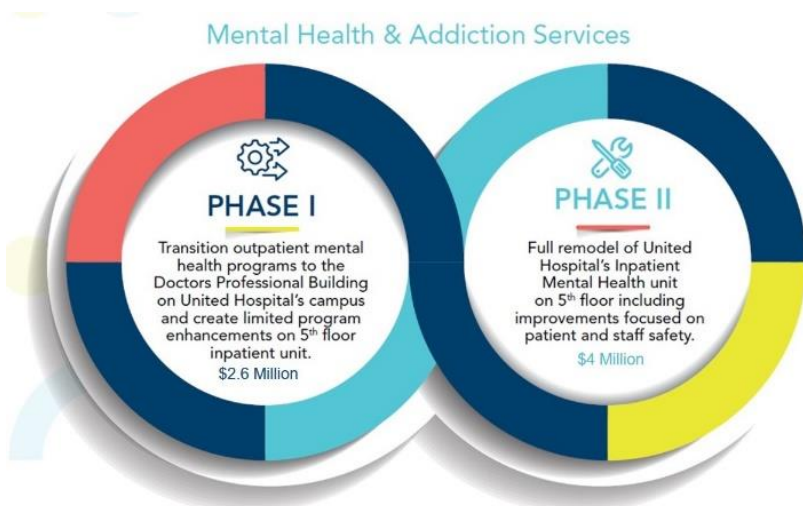
1. Reimagined patient experience:

- Further enhancements to promote mental health healing—natural lighting, restorative colors and aesthetics, sensory walls, new art work and furniture, chalkboard walls in patient rooms
- New flooring throughout
- New doors on patient rooms to allow for observation and also support privacy

2. Upgrades for patient safety:

- New entrance doors to the unit with maximum security features
- Update entire unit with fixtures and furniture that ensure maximum patient safety, reduce opportunities for injury, while creating a calming and welcoming environment
- Update bathrooms in each room, replacing tile, sinks, and toilets to ensure patient safety by using anti-ligature fixtures
- Upgrade staff work areas to be more conducive to organization and shared and safe work spaces

Estimated project cost and timeline: \$4.0 million; year-end 2021



"The problems of mental health and addiction are huge. We're poised to lead the way in making those problems smaller in the communities we serve. And at Allina Health, we have the expertise to do it. We know Minnesota can do better, and we can show the way for the rest of the country."

- Penny Wheeler, MD, Allina Health CEO

Vital, Innovative Care Across Allina Health

Enhancing the healing spaces at United Hospital is part of Allina Health’s vision to more effectively address the growing mental health needs of our community with compassion and innovation. As a health system, we have identified three key program areas of need that demand our attention now: Tele-Addiction services, Perinatal Mental Health support, and First Episode Psychosis intervention. These priority areas are where we see the biggest gaps in targeted services offered, and these conditions are exacerbated as the stress, anxiety and isolation of living in a pandemic takes its toll on our individual and collective mental health. Since the onset of COVID-19, we’ve seen significant growth in demand for care through the tele-addiction program, making this Allina’s Health’s most urgent mental health priority. Support for this program is critical now.

- **Tele-Addiction services:** Addiction is an enormous challenge facing our community and state, and COVID-19 has amplified what was already a mental health crisis. Tele-Addiction service provides real-time, remote, virtual care via smartphone or webcam, enabling face-to-face interaction with a psychologist, physician and nurse for patients across our health system. This virtual care ensures timely and accessible addiction care, which is even more important today as people are separated from friends, family, therapists, and others who typically support them through difficult times. A successful pilot program launched in 2019 (before COVID-19 made tele-health essential) provided safe, individualized care and alleviated transportation barriers—saving one patient over 4 hours of drive time for each 30-minute visit. To meet the urgent need accelerated by the pandemic, our plan calls for more providers, training and equipment to scale the program broadly to reach more people.

Goal: \$1.6M to execute a two-year program launch

- **Perinatal Mental Health support:** The mental health of women after childbirth can be fragile. Up to 50% of new mothers experience some form of postpartum depression. Additionally, suicide is the second leading cause of death among new mothers in the first year after delivery. We’ve developed a strategy to address these alarming statistics that impact the health of mothers **and** their children. Our plan incorporates group treatment during and after pregnancy, training providers to help identify those at risk early on and provide care, and implementing standardized screening, assessment, treatment and referral protocol. Because Allina Health delivers ¼ of our state’s new babies, we are heartened by the impact we can have on the health and well-being of young families. *Goal: TBD*

We see faces, but numbers also tell a story:

- 1 in 5 Minnesotans face mental illness each year, including children age 13-18
- 50% adults will experience at least one mental illness in their lifetime
- Childhood trauma has an effect on lifelong mental health
- Suicide rates increased 31% since 2001, making it the second leading cause of death for ages 10 – 34
- 8.4 million Americans provide care for an adult with a mental illness
- Half of new mothers are affected by postpartum depression or other mental health concerns

- **First Episode Psychosis intervention:** As Minnesota’s top provider of mental health care, we know that early intervention for mental health conditions can be life-changing for those experiencing a first bout of psychosis (serious mental illness). Timely diagnosis and treatment has been shown to significantly improve patient outcomes. Our program for early intervention includes increasing accuracy of diagnosis and treatment, expanding treatment options, and improving access to resiliency and vocational rehabilitation specialists. Our plan shows promise in mitigating psychological, social and economic consequences for some of our most vulnerable citizens. *Goal: TBD*

Allina's Mental Health program priorities and the remodeled innovative spaces and enhanced programs will enable United Hospital to more effectively care for the mental health and addiction needs of patients across our community. These priorities will expand access to life-saving care, and a central strategy with each provides care earlier in the course of the condition or illness. The right care, in the right way at the right time can change the course of a life. Greater 'upstream' interventions will help more people thrive, reduce negative impacts of conditions on patients and their families, and help reduce our state's suicide rate. And Allina Health will continue our legacy of innovative, compassionate care for everyone, especially for those who are most in need. Because of the pandemic and the recent community trauma related to deep and systemic racial inequities, time is of the essence to fully implement the tele-addiction program and complete both phases on United's campus to enable us to care for more patients and help heal our community.

The Need is Great - the Time is Now

People seek care from Allina Health and United Hospital because of our world-class physicians and exceptional care. We are dedicated to fulfilling our public service obligation to respond to the complex and evolving needs of our community. To do so effectively, we must adapt quickly to ensure that people can access the highest quality care they need for everything from mental well-being to depression and anxiety to psychiatric disorders and addiction. We know that the pandemic has had a tangible impact on the mental health of our community, and that the spike in mental health conditions will likely persist after the physical threat of the virus has subsided. Now more than ever, we need healing spaces to help people feel safe, as well as targeted, innovative programs to meet people where they are at with the care they desperately need. Our vision for compassionate and innovative care will not only enable us to serve more people more effectively, it will set a new standard of mental health care in our community.



Together, We Can Change People's Lives

Good mental health is vital for building and sustaining strong communities. Not only does poor mental health negatively affect a person's quality of life and physical health, it also accumulates to an adverse community and socioeconomic impact. It is one of the greatest challenges facing us today, and we need your help. We seek your partnership to create nourishing healing spaces that better serve the whole person care needs of our patients. Your support can also bring to life proactive, compassionate care for new mothers and their families, and vital, focused care and for those struggling with addiction and serious mental illness. By transforming our healing spaces and implementing strategies to serve some of our most vulnerable citizens, we will realize our vision to change the way we care for the 1 in 5 Minnesotans facing mental illness.

Together, we will save lives, improve quality of life, and build and enhance an essential resource in our community. With your help, we can better serve members of our families, neighborhoods and communities, delivering the gold standard of care for which United and Allina Health are known and respected.

"Mental health patients are everyone's patients and they deserve the best care possible."

- Mary Beth Lardizabal, DO, Medical Director, AMHS United Outpatient Clinic