



HealthPartners®

# Park Nicollet<sup>®</sup> Methodist Hospital

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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

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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 9<sup>th</sup> 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 5<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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 8<sup>th</sup> graders, 20% of 9<sup>th</sup> graders and 20.5% of 11<sup>th</sup> 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 9<sup>th</sup> and 12<sup>th</sup> 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 9<sup>th</sup> 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

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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

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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

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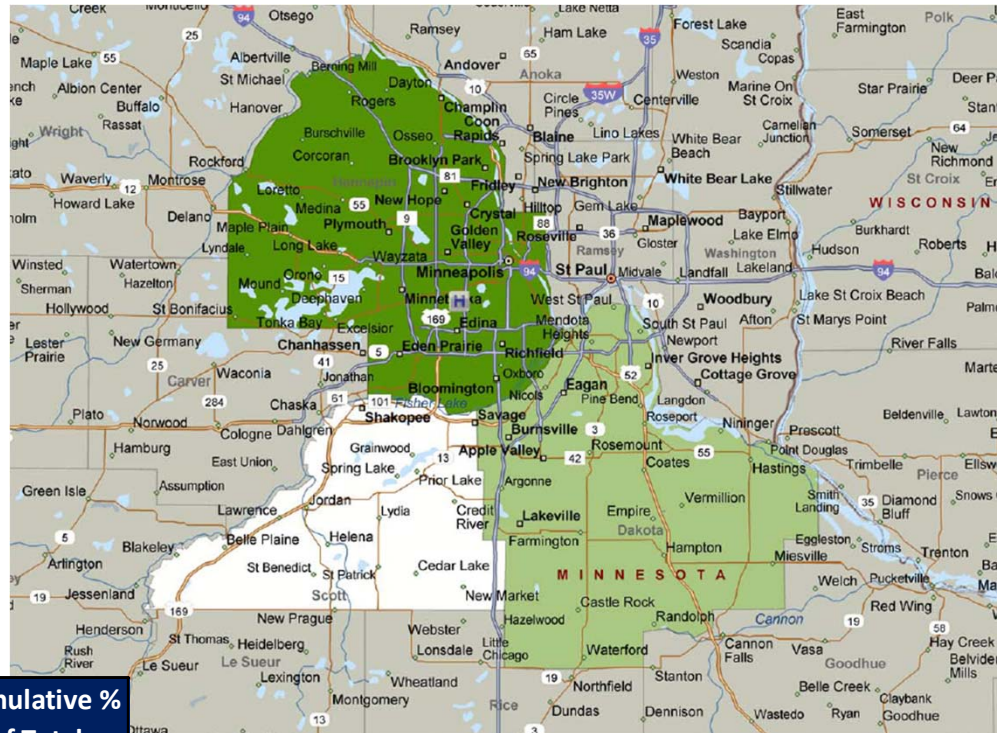
Park Nicollet Methodist Hospital's  
defined study area



# 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%                |
| <b>Total</b>    |       | <b>22,024</b>      | <b>100.0%</b> |                       |

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



# Demographic Overview

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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](http://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](http://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](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp); data accessed June 9, 2015

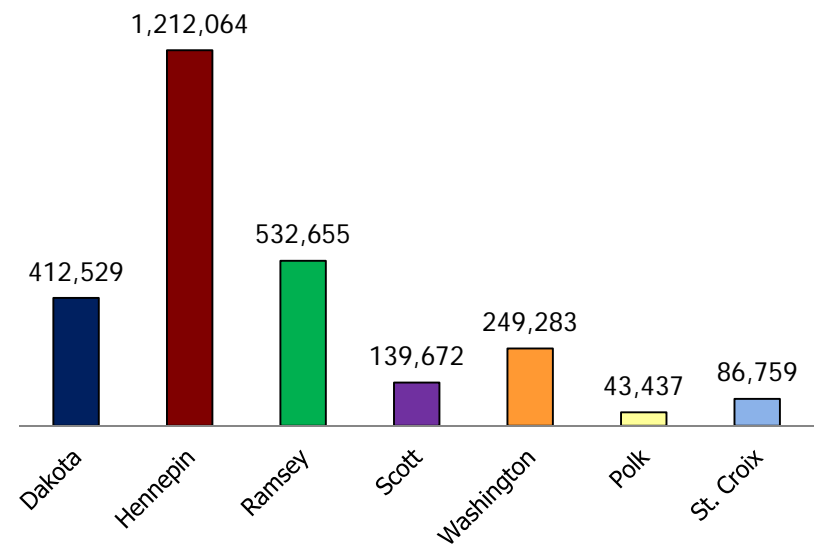
Food insecurity refers to USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food insecure children are those children living in households experiencing food insecurity.



# 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

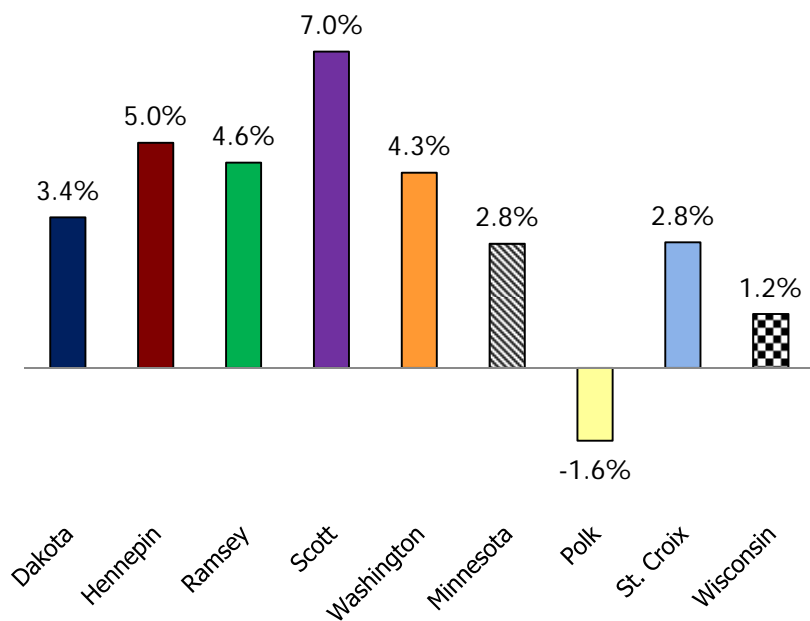


Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

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**

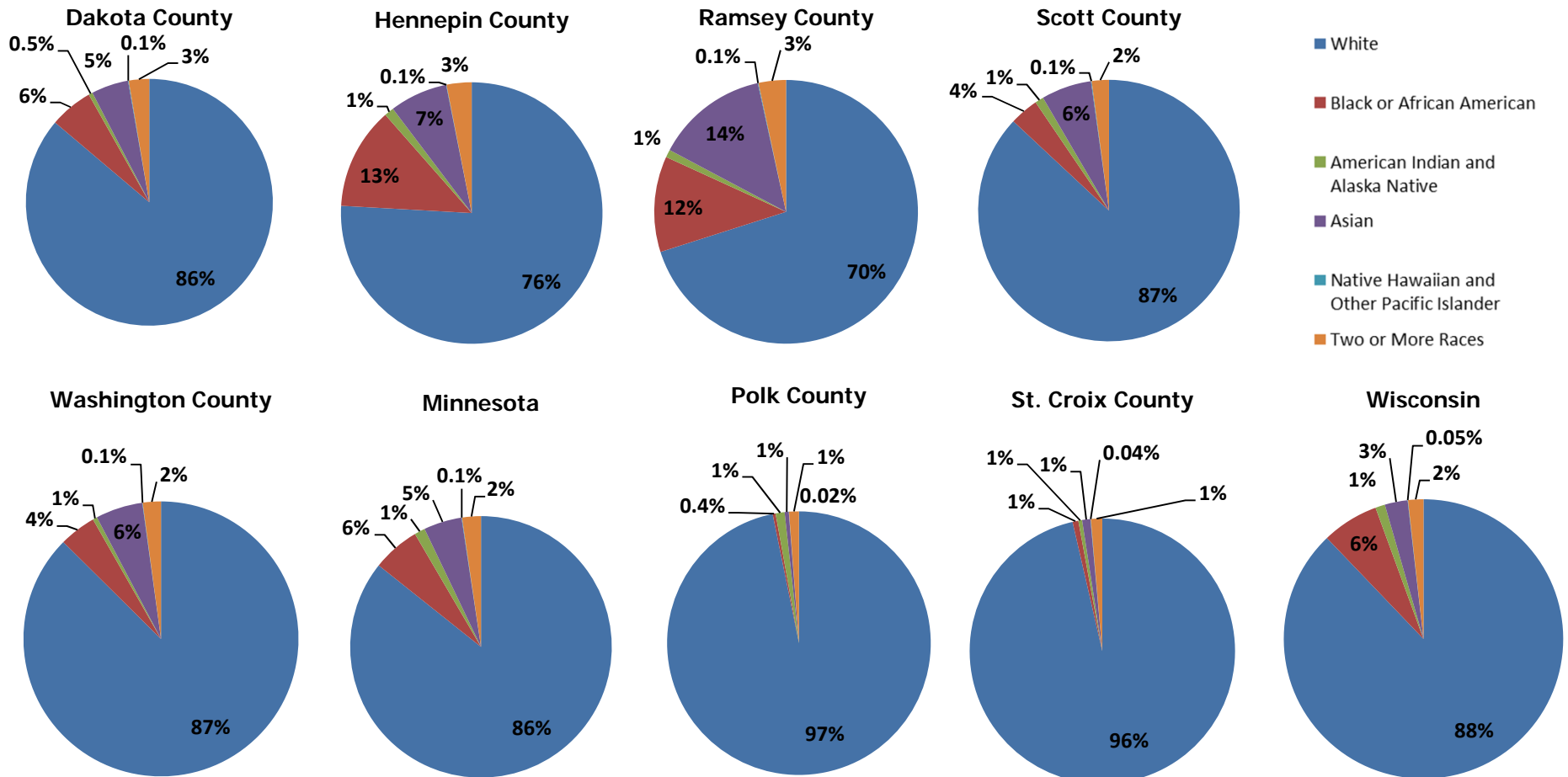


| Location         | 2010             | 2014             | 2010-2014 Change | 2010-2014 % Change |
|------------------|------------------|------------------|------------------|--------------------|
| Dakota           | 399,146          | 412,529          | 13,383           | 3.4%               |
| Hennepin         | 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%               |
| <b>Minnesota</b> | <b>5,310,418</b> | <b>5,457,173</b> | <b>146,755</b>   | <b>2.8%</b>        |
| Polk             | 44,154           | 43,437           | -717             | -1.6%              |
| St. Croix        | 84,398           | 86,759           | 2,361            | 2.8%               |
| <b>Wisconsin</b> | <b>5,689,268</b> | <b>5,757,564</b> | <b>68,296</b>    | <b>1.2%</b>        |





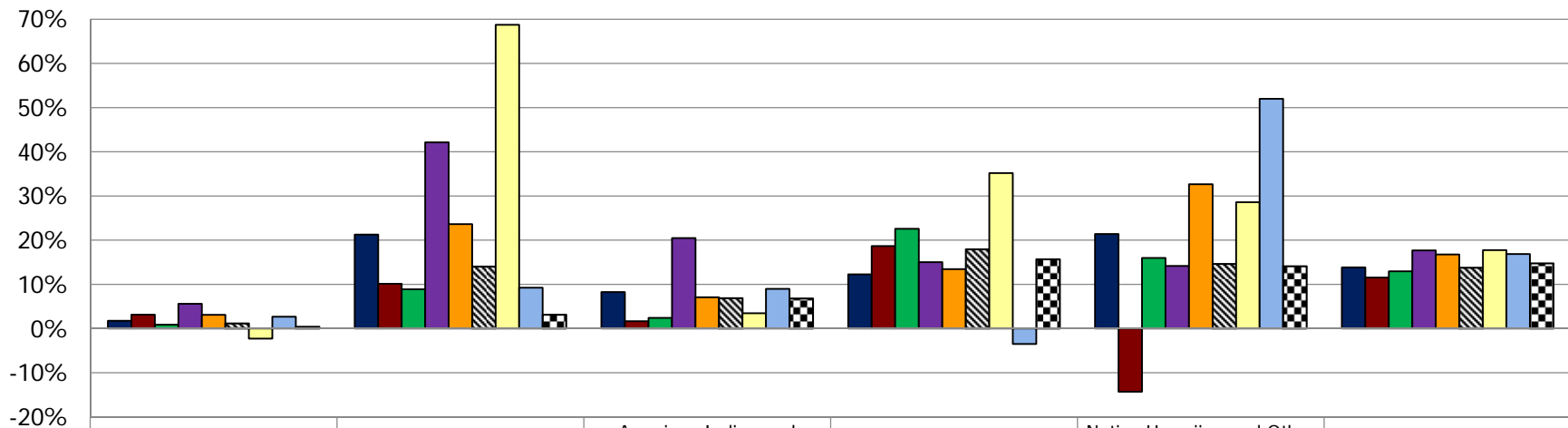
# Racial Composition (2014)



Source: U.S. Census Bureau, Population Division; [www.census.gov/popest/data/index.html](http://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

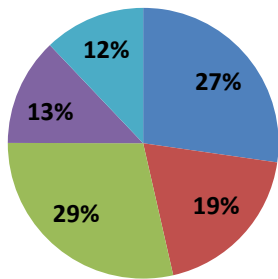


|              | White | Black or African American | American Indian and Alaska Native | Asian | Native Hawaiian and Other Pacific Islander | Two or More Races |
|--------------|-------|---------------------------|-----------------------------------|-------|--|-------------------|
| ■ Dakota     | 1.8%  | 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%             |

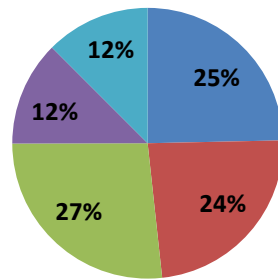


# Age Composition (2014)

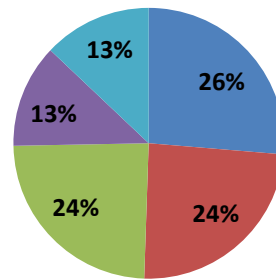
Dakota County



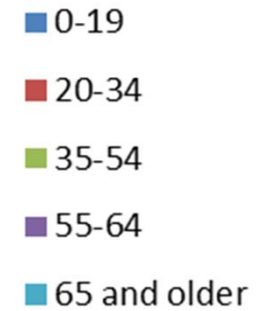
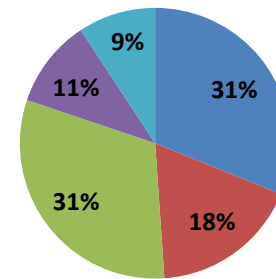
Hennepin County



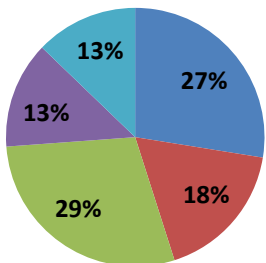
Ramsey County



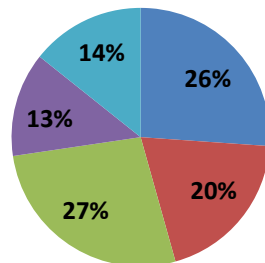
Scott County



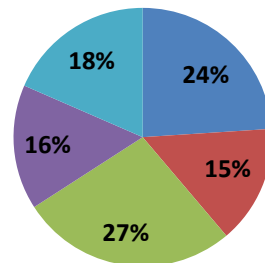
Washington County



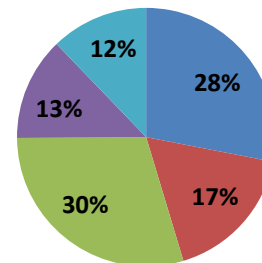
Minnesota



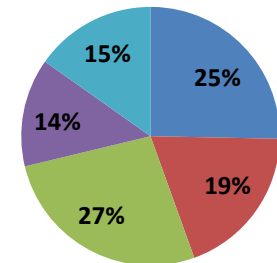
Polk County



St. Croix County

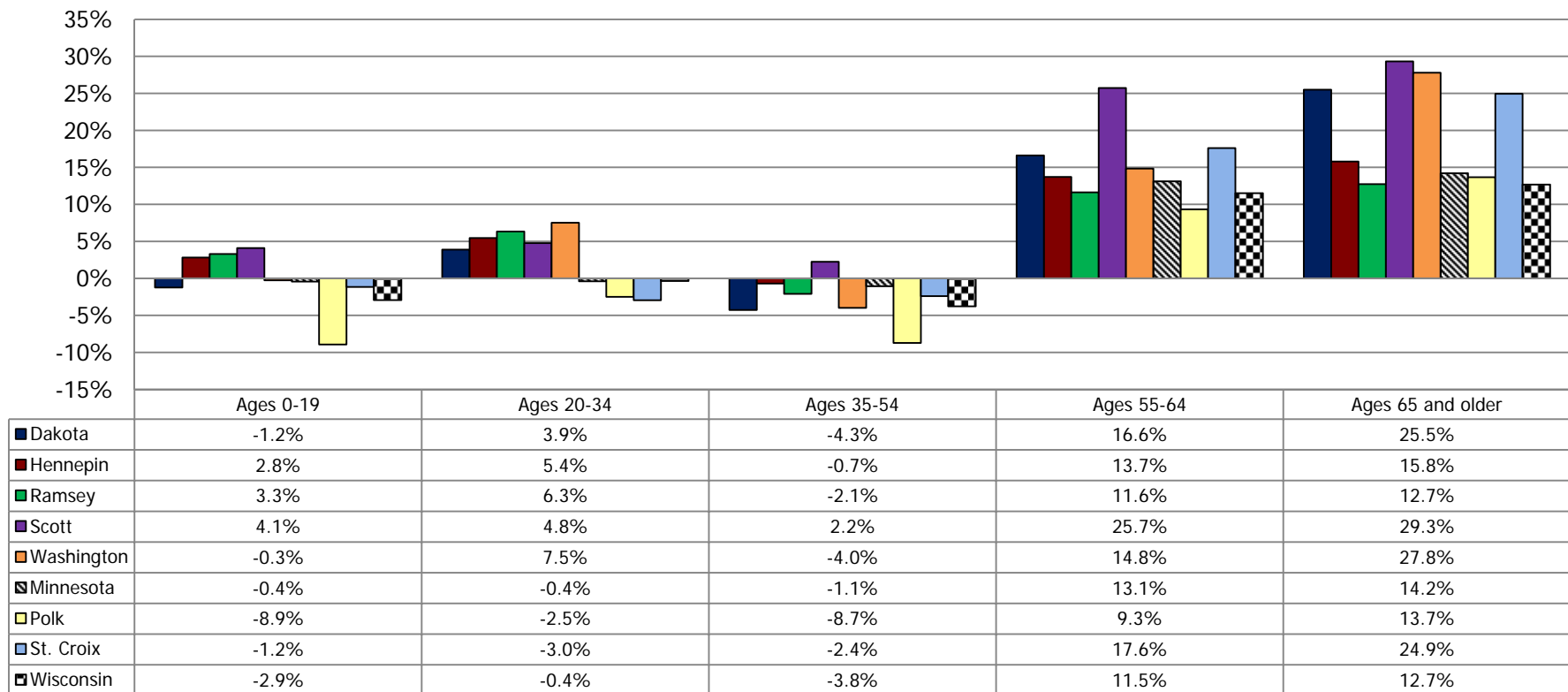


Wisconsin



# Population Change by Age (2010-2014)

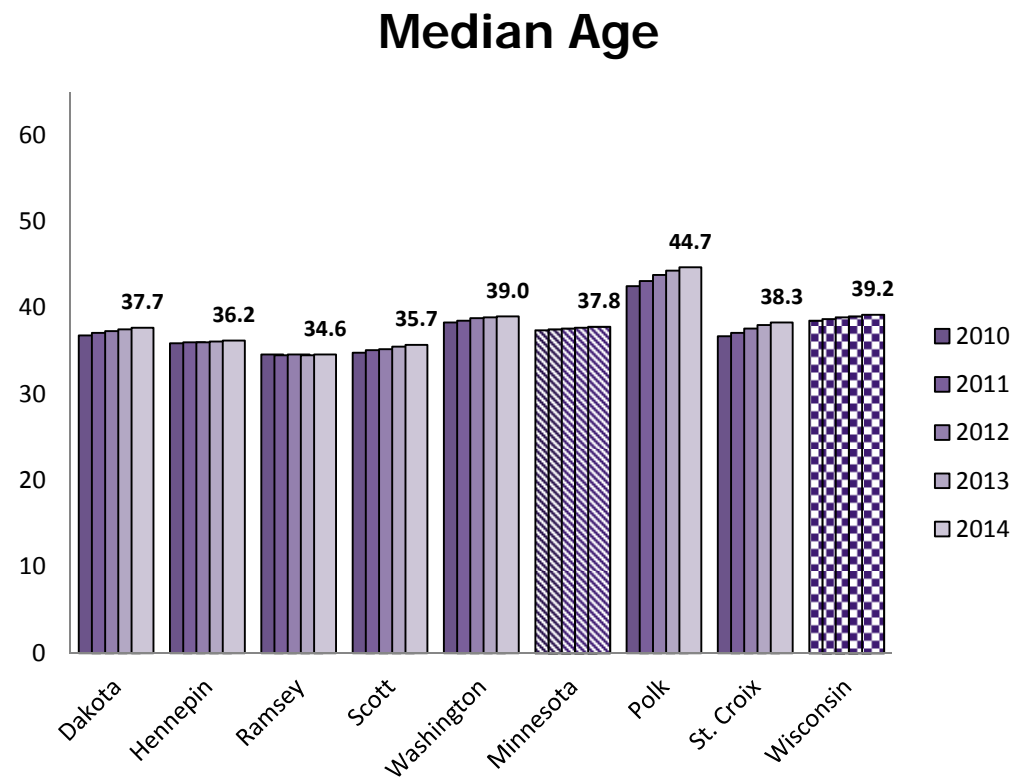
**Population Change by Age**  
Change from 2010 - 2014



Source: U.S. Census Bureau, Population Estimates; [www.census.gov/popest/data/index.html](http://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.

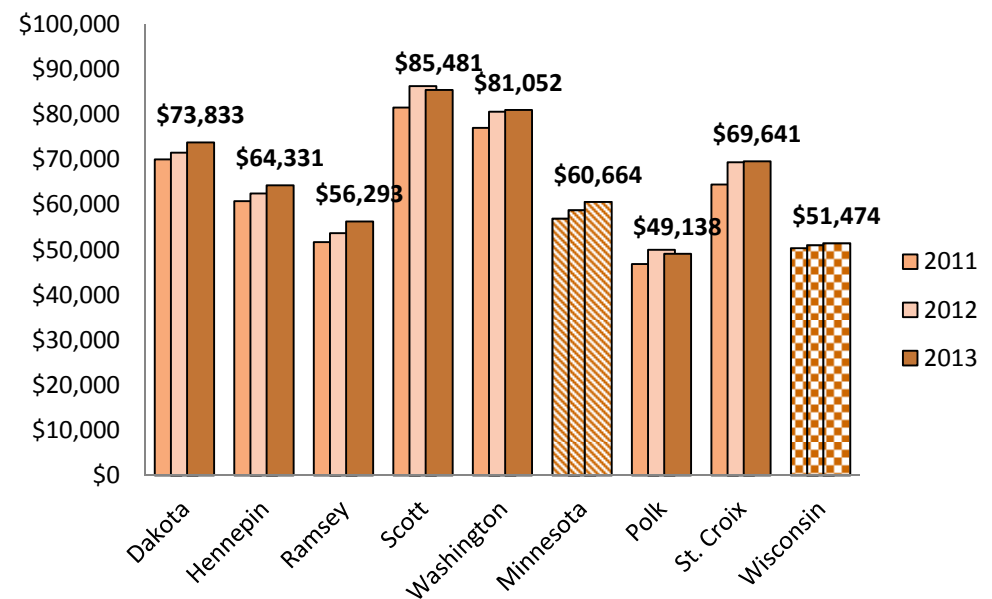


Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

# Median Household Income

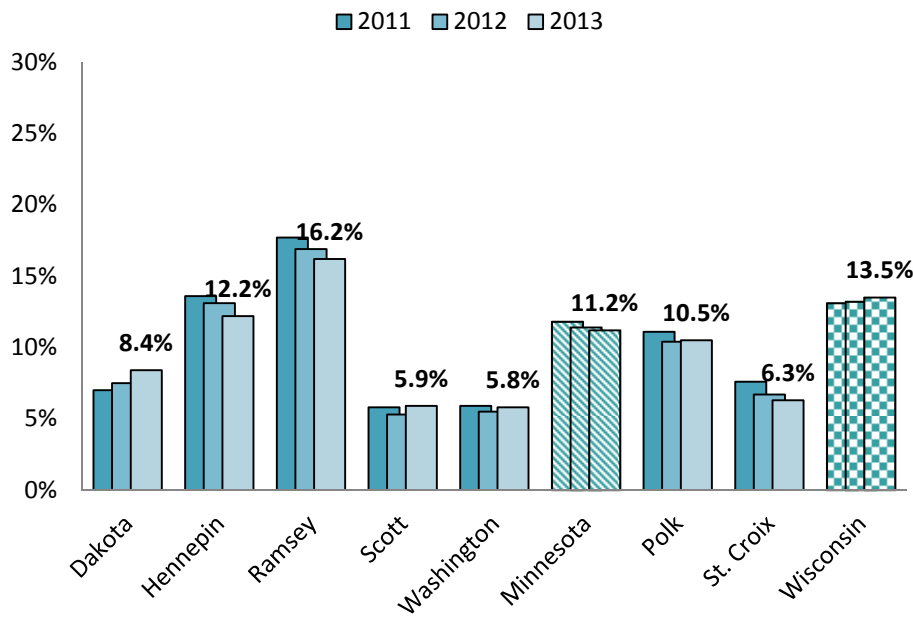
- According to the Small Area Income and Poverty Estimates (SHAPE) Program, the median household income in Minnesota is \$60,664, compared to \$51,474 in Wisconsin.
- There is considerable variability in median household income levels among the 7 counties served by HealthPartners' hospitals. Scott County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

**Median Household Income  
2011-2013**

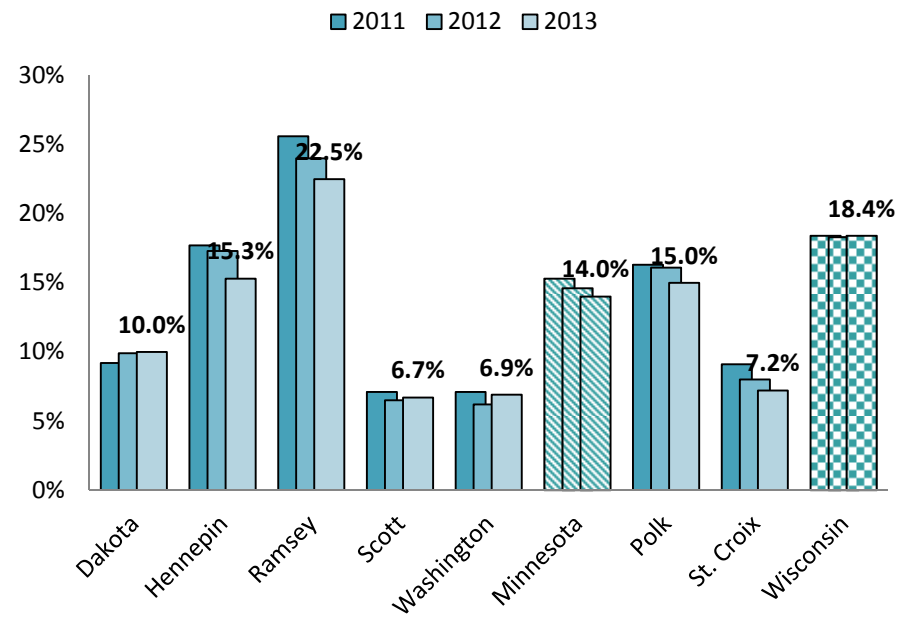


# Overall and Child Poverty

## Poverty, All Ages 2011-2013 Rates



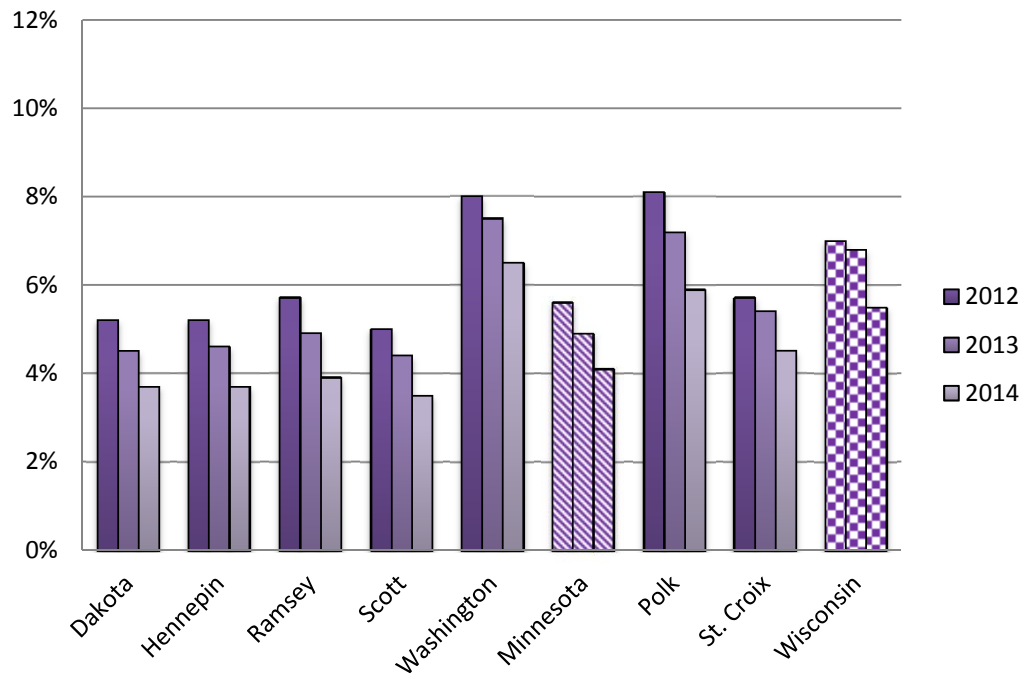
## Child Poverty, Under Age 18 2011-2013 Rates



Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saie/data/statecounty/data/2013.html](http://www.census.gov/did/www/saie/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%        |
| <b>Minnesota</b>       | <b>5.6%</b> | <b>4.9%</b> | <b>4.1%</b> |
| Polk County (WI)       | 8.1%        | 7.2%        | 5.9%        |
| St. Croix County (WI)  | 5.7%        | 5.4%        | 4.5%        |
| <b>Wisconsin</b>       | <b>7.0%</b> | <b>6.8%</b> | <b>5.5%</b> |



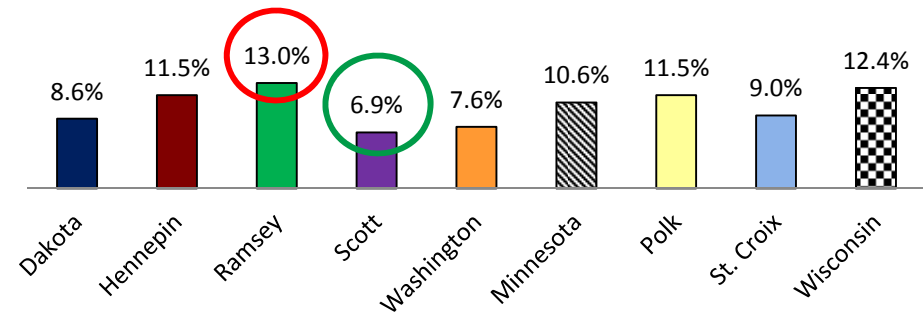
Source: Bureau of Labor Statistics, Local Area Unemployment Statistics; [www.bls.gov/lau/#tables](http://www.bls.gov/lau/#tables); data accessed May 20, 2015



# 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.

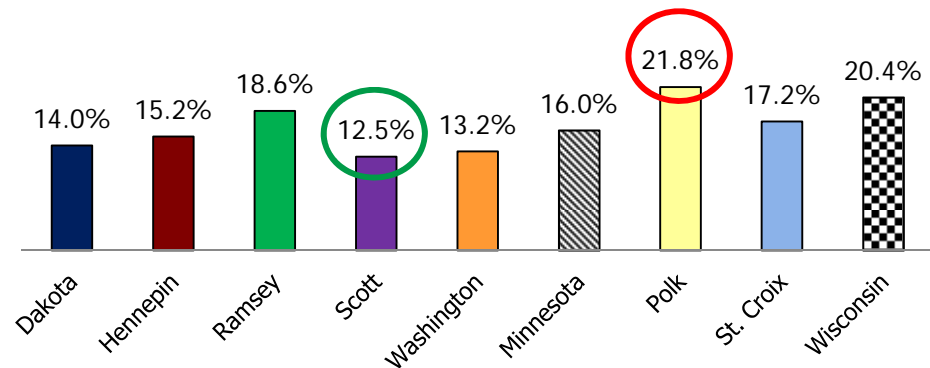
Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=2&id=282>; data accessed August 28, 2015.



# 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



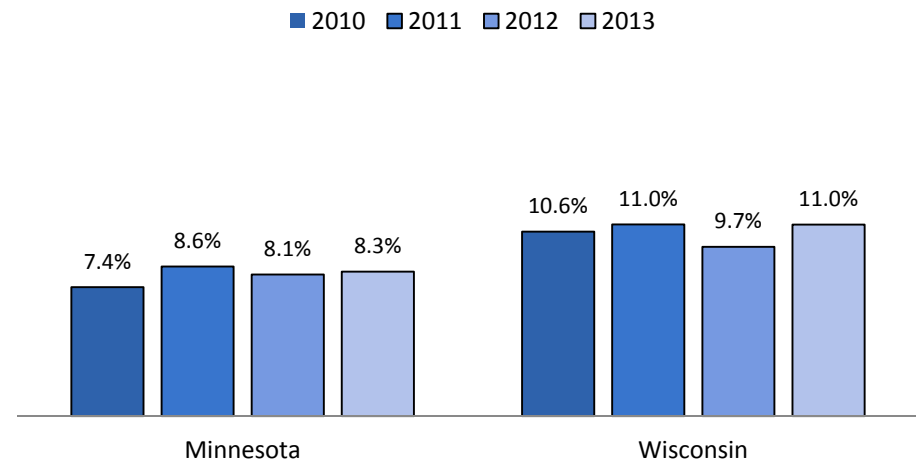
Source: Feeding America, Map the Meal Gap: 2013 Executive Summary, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

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**



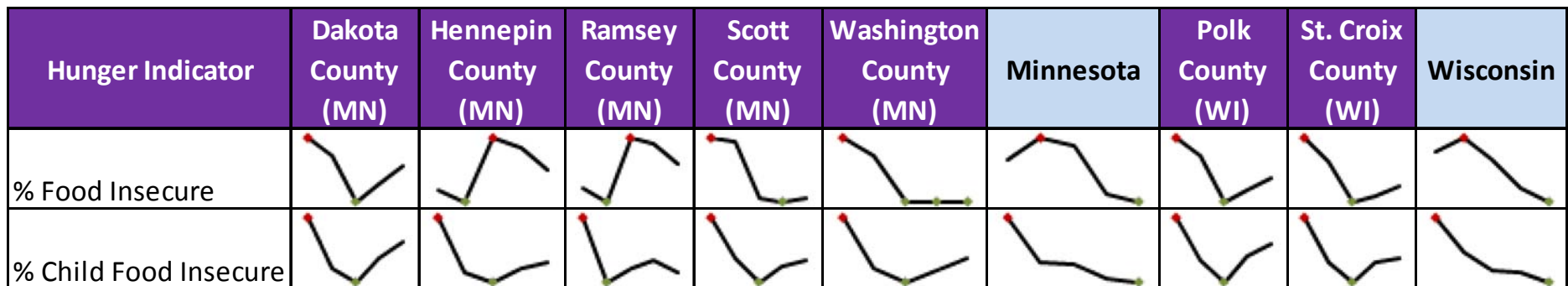
Source National Foundation to End Senior Hunger, 2010, 2011, 2012, 2013 Annual Reports, <http://www.nfesh.org/>; data accessed August 31, 2015

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.*

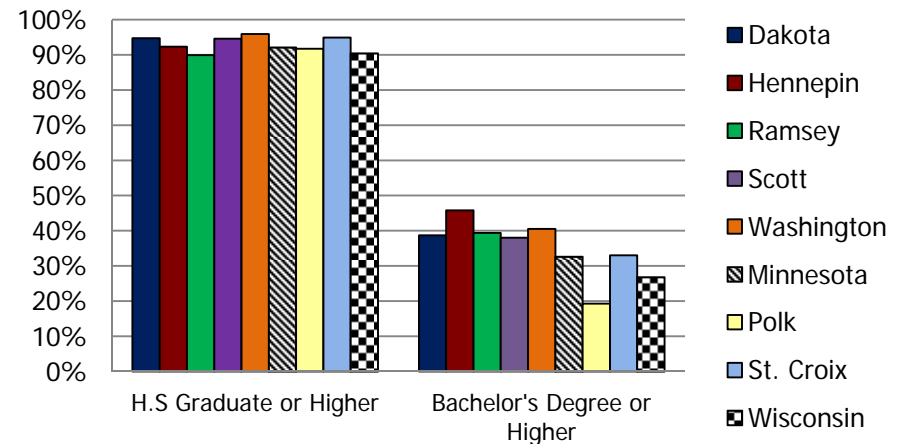


# Educational Attainment

## 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%                       |
| <b>Minnesota</b>       | <b>92.1%</b>           | <b>32.6%</b>                |
| Polk County (WI)       | 91.7%                  | 19.3%                       |
| St. Croix County (WI)  | 94.9%                  | 33.0%                       |
| <b>Wisconsin</b>       | <b>90.4%</b>           | <b>26.8%</b>                |

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

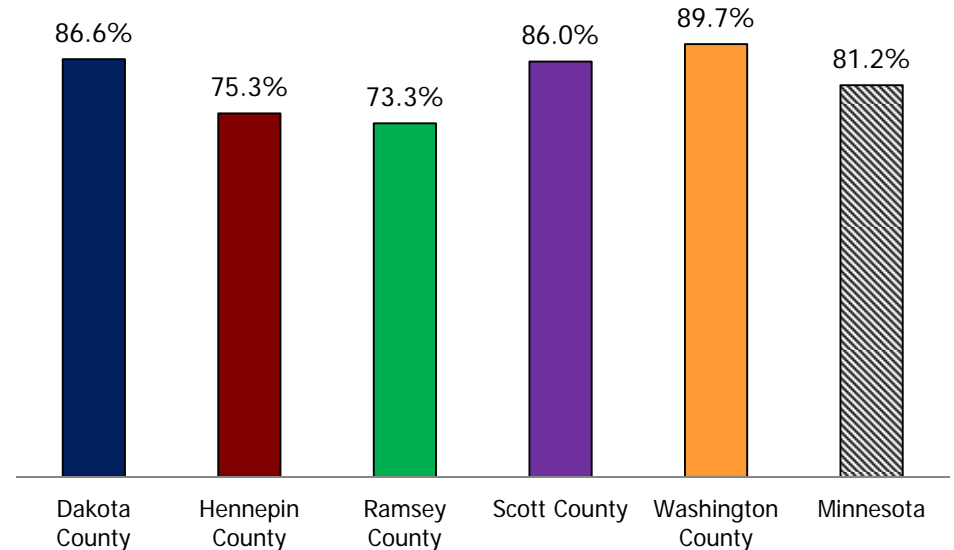
Source: Minnesota Office of Higher Education, Educational Attainment Data, <http://www.ohe.state.mn.us/fc/1873/pg.cfm>; data accessed September 1, 2015

# Educational Attainment

## Graduation Rates (Minnesota)

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

### Four Year Graduation Rates 2013 - 2014



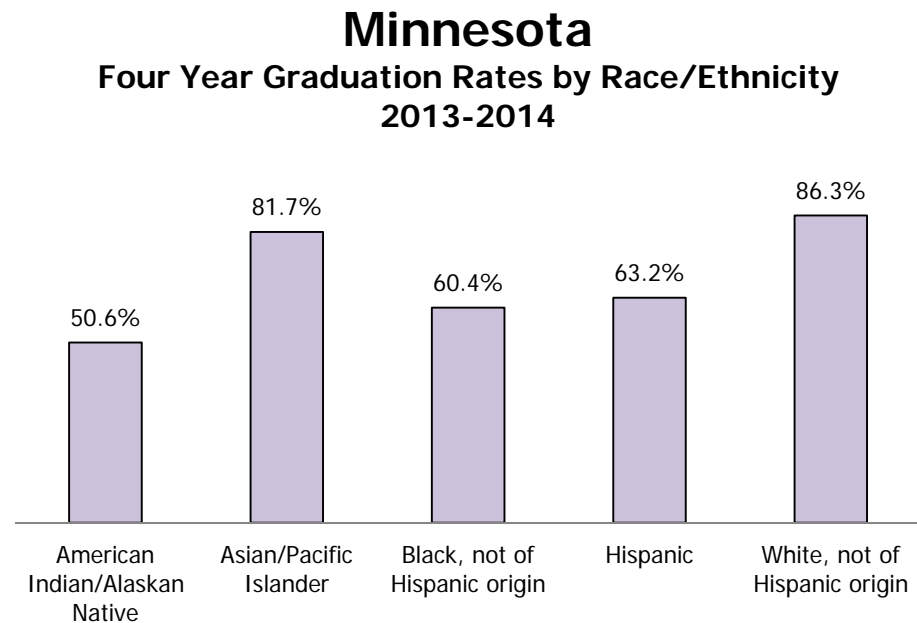
Definition: The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four year period minus transfers out of the cohort within the four year period. This rate is similar to, but not the same as, 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](http://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%



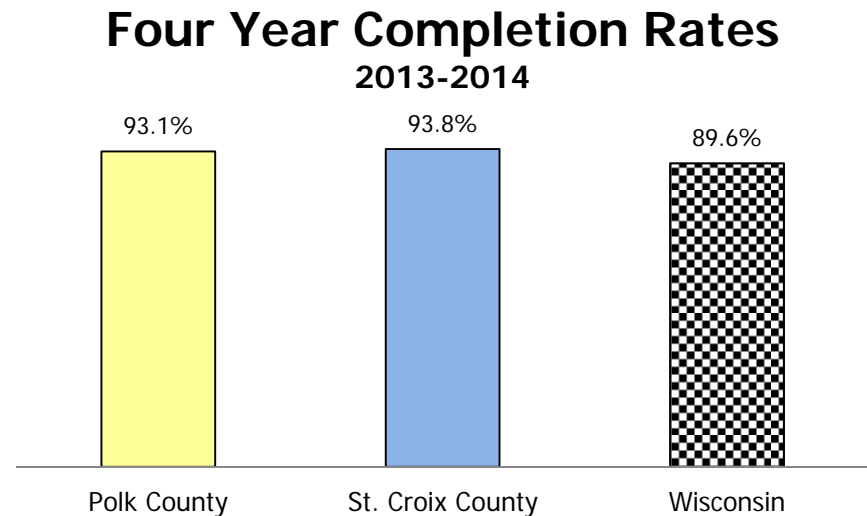
Definition: The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four year period minus transfers out of the cohort within the four year period. This rate is similar to, but not the same as, 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](http://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 |
|---------------------------|--------------|---------------|------------------------|
| <b>Polk County</b>        |              |               | <b>93.1%</b>           |
| 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%                  |
| <b>St. Croix County</b>   |              |               | <b>93.8%</b>           |
| 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%                  |
| <b>Wisconsin</b>          |              |               | <b>89.6%</b>           |



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.

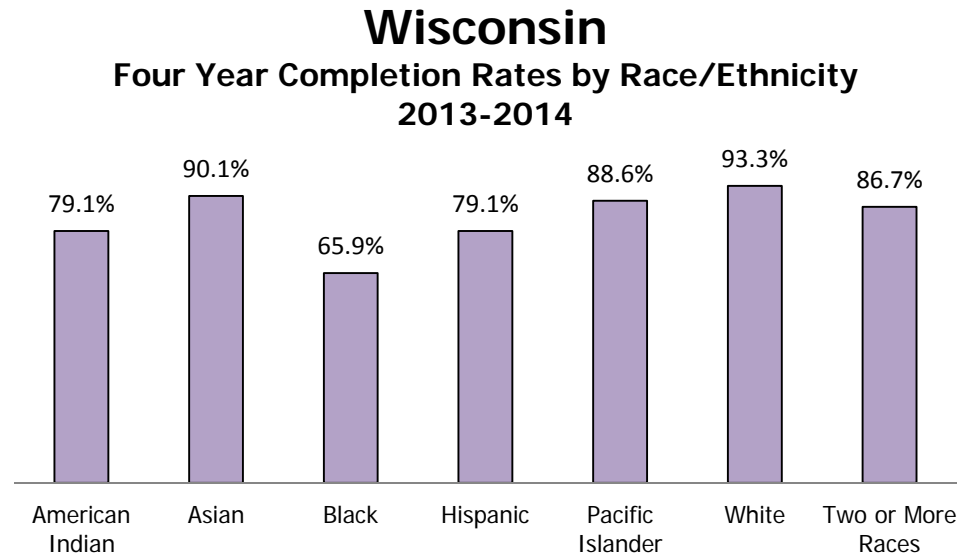
Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, [wisedash.dpi.wi.gov/Dashboard/portalHome.jsp](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp); data accessed June 9, 2015





# 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](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp); data accessed June 9, 2015



# Health Status Overview

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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/](http://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         |
| <b>All Causes</b>                 | ● <b>599.3</b>     | ● <b>635.2</b>       | ● <b>689.8</b>     | ● <b>568.6</b>    | ● <b>612.5</b>         | <b>650.8</b> |

### 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        |
| <b>All Causes</b>                           | ● <b>676.3</b>        | <b>712.9</b> |

- 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/](http://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](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

# Mortality

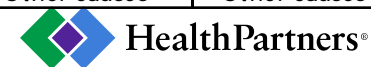
## Leading Causes of Death

### 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

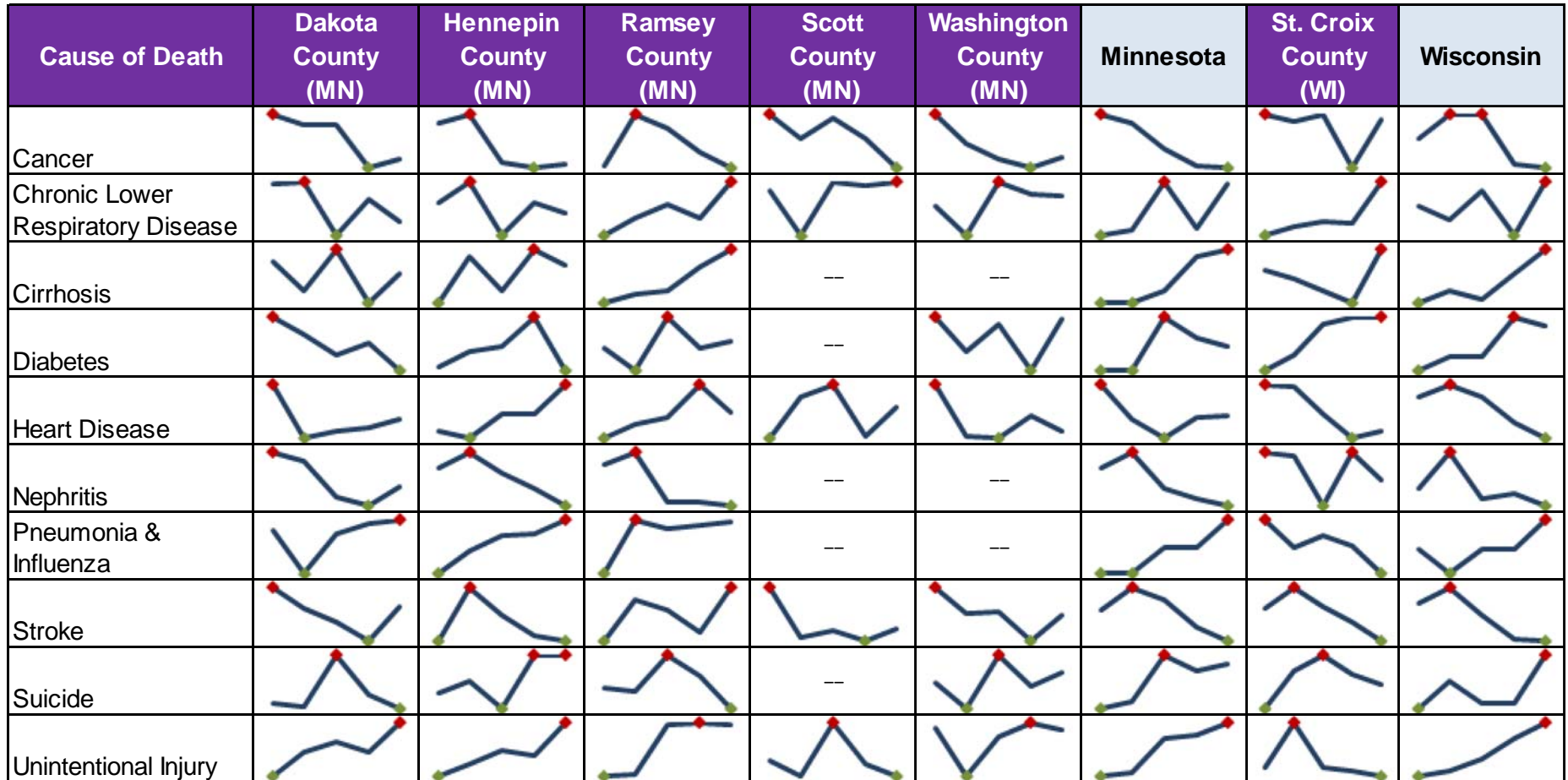


Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://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.



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

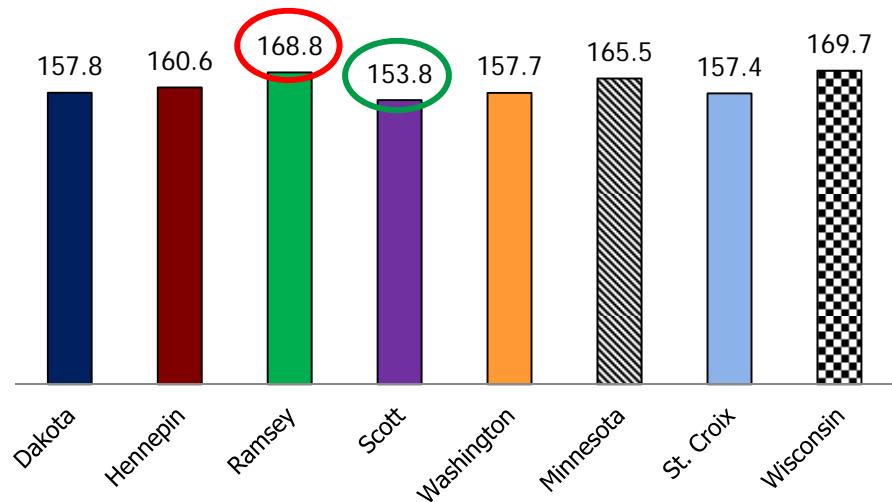
Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed September 2, 2015



# 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."



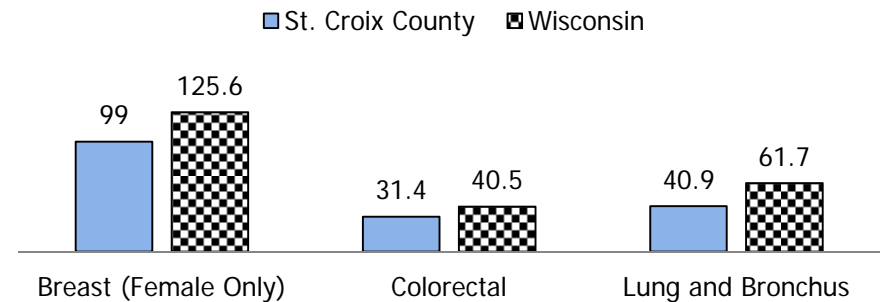
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

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

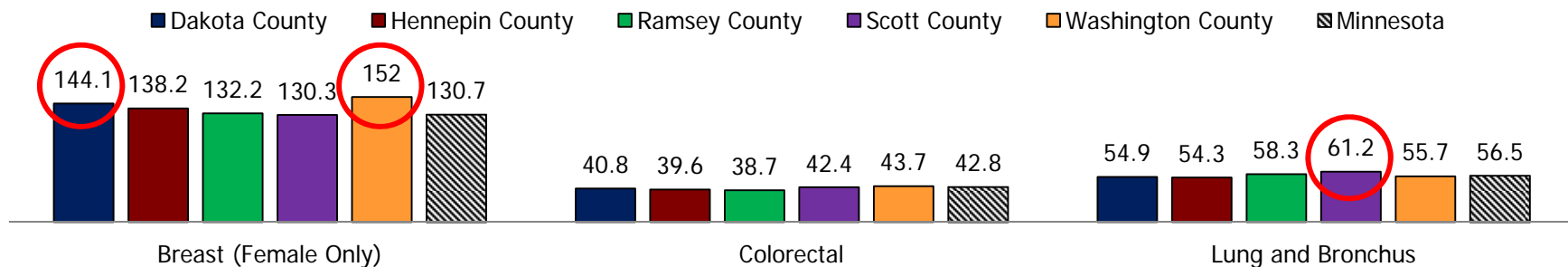
# Cancer Incidence

- 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.

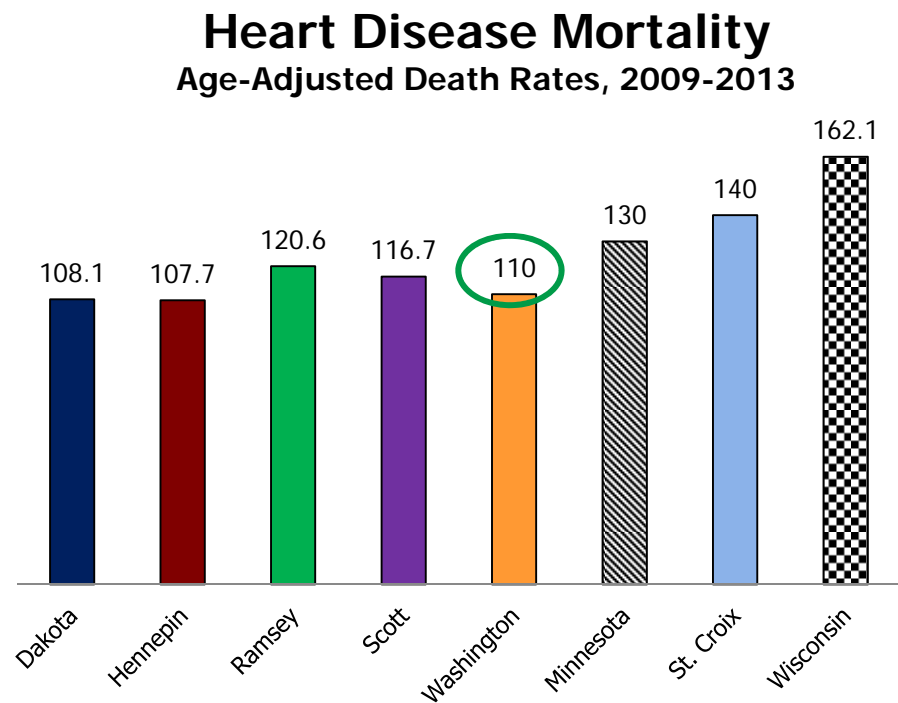
Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

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.



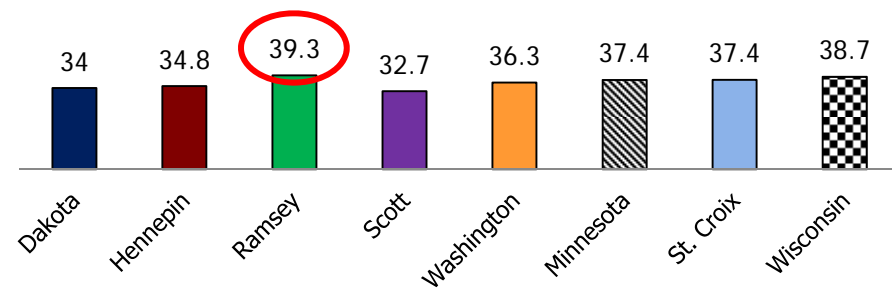
*Note: Wisconsin Department of Health Services uses the term "Diseases of the Heart," while Minnesota Department of Health uses the term "Heart Disease."*



# 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



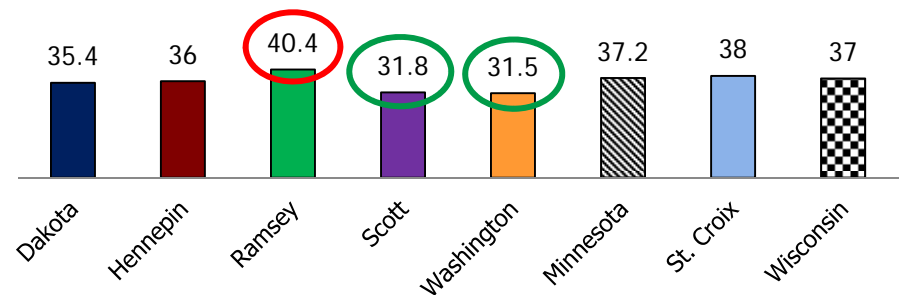
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://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

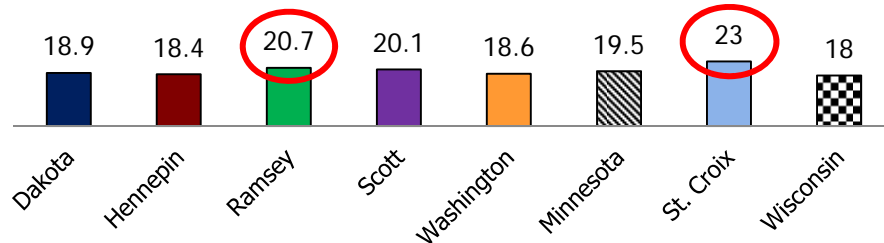


*Note: Wisconsin Department of Health Services uses the term "Cerebrovascular Disease," while Minnesota Department of Health uses the term "Stroke."*



# Additional Causes of Death

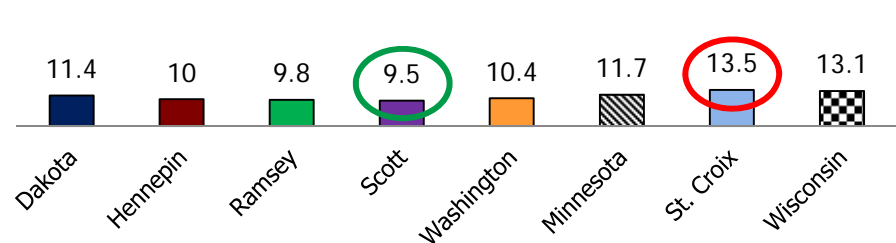
**Diabetes Mortality**  
Age-Adjusted Death Rates, 2009-2013



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



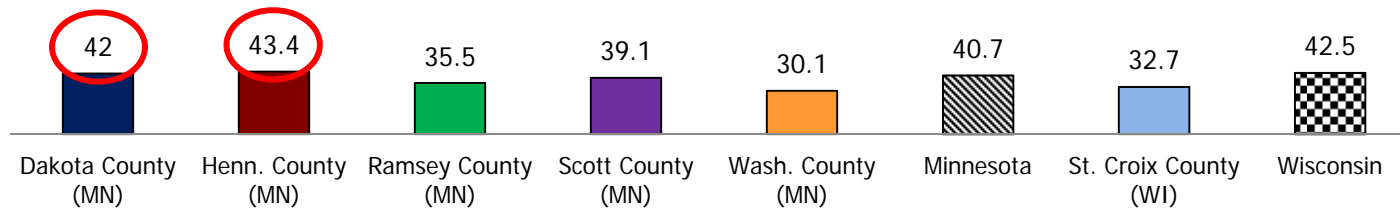
Note: Wisconsin Department of Health Services uses the term "Intentional Self-Harm (Suicide)," while Minnesota Department of Health uses the term "Suicide."

- 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.

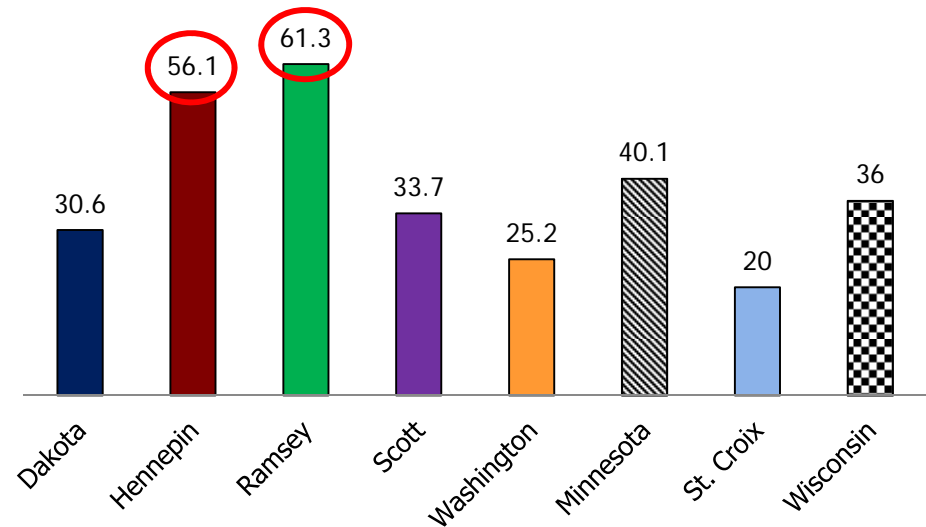


# Chronic Conditions

## 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.

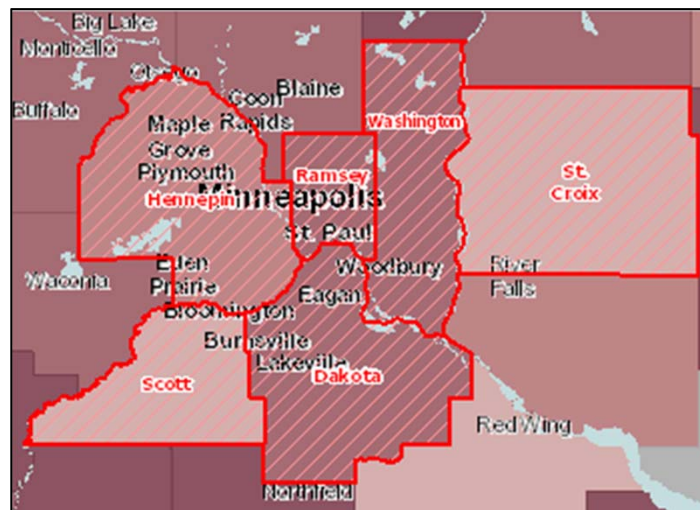
Source: 2011-2013 Wisconsin Emergency Department Visit Files, Office of Health Informatics, <https://www.dhs.wisconsin.gov/asthma/asthmaedvisits.pdf>; data accessed September 2, 2015



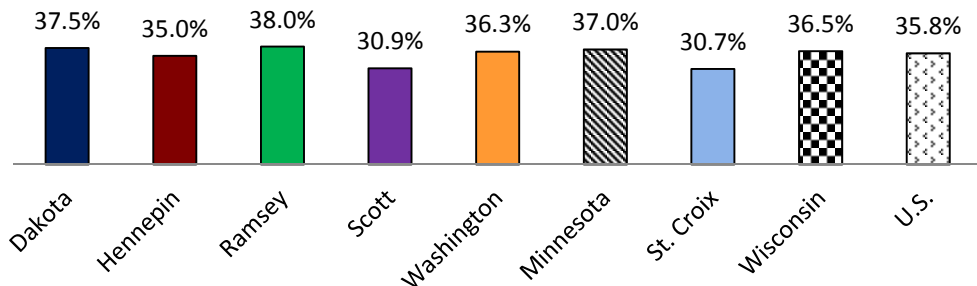
# Chronic Conditions: Adult

## Adult Overweight

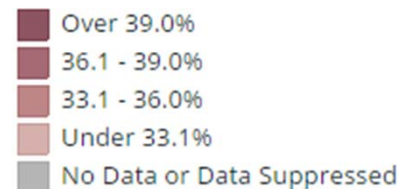
- In 2011 – 2012, both Minnesota and Wisconsin had higher percentages of overweight adults than the United States.
- Dakota, Ramsey, and Washington counties also had percentages higher than 2011-2012 national rates.
- Scott County (MN) and St. Croix (WI) have the lowest percentages of overweight adults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

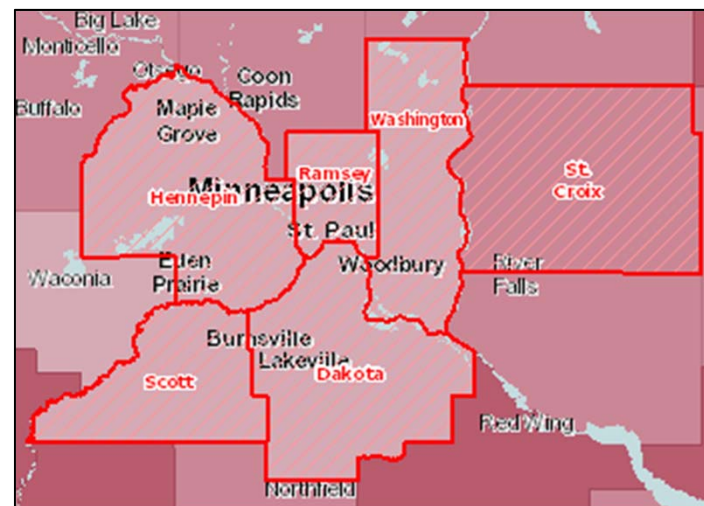
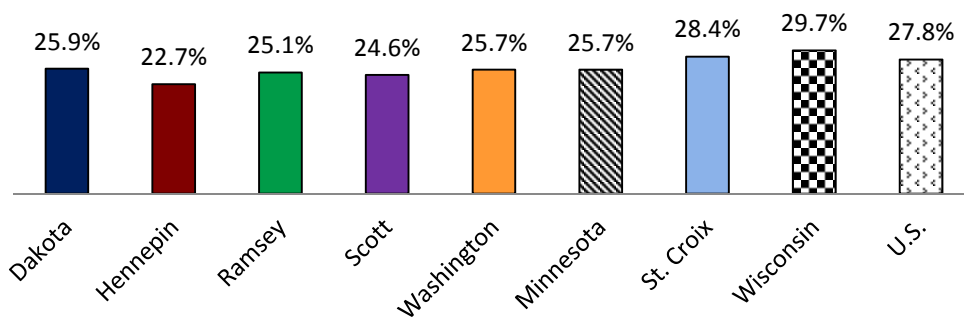
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# Chronic Conditions: Adult

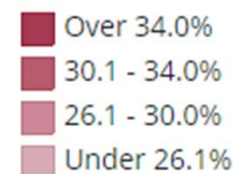
## Adult Obesity

- 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](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.

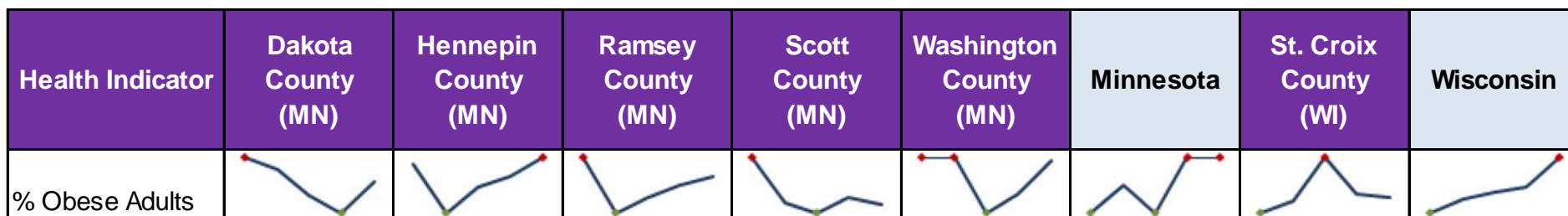
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# Chronic Conditions: Adult

## 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](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 9<sup>th</sup> grade males than overweight 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).
- Hennepin, Ramsey, and Scott counties have the highest rates of overweight 9<sup>th</sup> grade males, while Dakota County has the lowest percentage (Minnesota Student Survey, 2013).
- Ramsey County has the highest rate of overweight 9<sup>th</sup> grade females, and is also higher than the state percentage (Minnesota Student Survey, 2013).
- Dakota and Hennepin Counties have the lowest percentage of overweight 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).
- In 2013, 21.5% of White 9<sup>th</sup> 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 9<sup>th</sup> grade males than obese 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).
- Ramsey County has the highest rate of obese 9<sup>th</sup> grade males, and is also higher than the state percentage (Minnesota Student Survey, 2013).
- Nineteen percent of Dakota County 8<sup>th</sup> graders, 20% of 9<sup>th</sup> graders and 20.5% of 11<sup>th</sup> graders were overweight or obese in 2013.
- Scott and Washington counties have the lowest rates of obese 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).
- One in five 9<sup>th</sup> and 12<sup>th</sup> 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 11<sup>th</sup> grade students compared to female 11<sup>th</sup> 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 11<sup>th</sup> grade male students drank at least 1 soda during the prior day, compared to 35% of females.
- More than half of male 11<sup>th</sup> grade students in Minnesota, compared to less than 40% of female 11<sup>th</sup> 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 9<sup>th</sup> 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 9<sup>th</sup> grade students (between 10% and 14%), compared to male 9<sup>th</sup> 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 11<sup>th</sup> grade **males reported using any tobacco products** during the past 30 days, as compared to 9% of female 11<sup>th</sup> grade students in Hennepin County.
- 33% of Scott County 11<sup>th</sup> grade females believe that most students in their school **use tobacco** (cigarettes, chew) daily, as compared to 20% of 11<sup>th</sup> 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

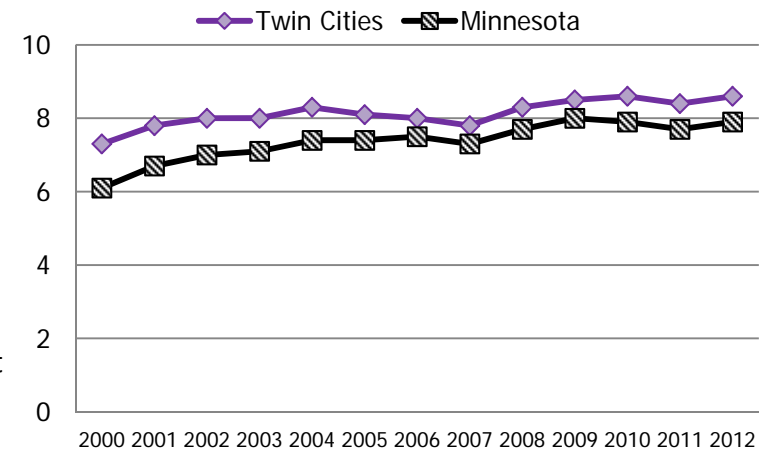
- Across all Minnesota counties and the state, 9<sup>th</sup> grade females reported higher rates of being **harassed or bullied** once or twice for their weight or physical appearance as compared to males.
- In Minnesota, a higher percentage of female 9<sup>th</sup> graders, compared to male 9<sup>th</sup> 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 9<sup>th</sup> 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            |
| <b>Alcohol-Related</b>      | <b>128</b>         | <b>3</b>       | <b>613</b>           | <b>5</b>       | <b>261</b>         | <b>0</b>       | <b>50</b>         | <b>1</b>       | <b>76</b>              | <b>5</b>       | <b>2,644</b>    | <b>104</b>     | <b>36</b>             | <b>2</b>       | <b>2,907</b>    | <b>223</b>     |
| % Alcohol-Related           | 6.8%               | 15.8%          | 7.5%                 | 15.2%          | 7.8%               | 0.0%           | <b>9.0%</b>       | 25.0%          | 7.2%                   | <b>62.5%</b>   | 9.0%            | 26.3%          | <b>8.4%</b>           | 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.



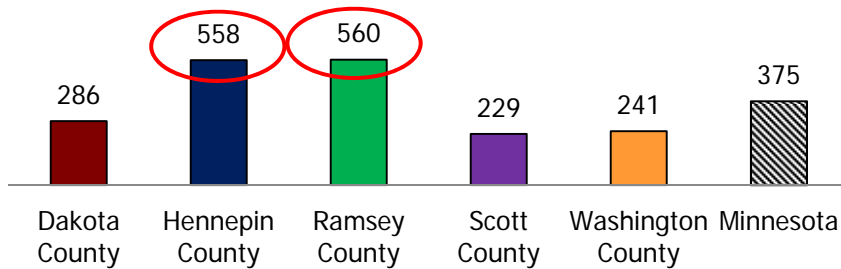
Source: Minnesota Department of Public Safety, Minnesota Impaired Driving Facts 2012, <https://dps.mn.gov/divisions/ots/educational-materials/Documents/IMPAIRED-DRIVING-FACTS-2012.pdf>; data accessed September 2, 2015

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

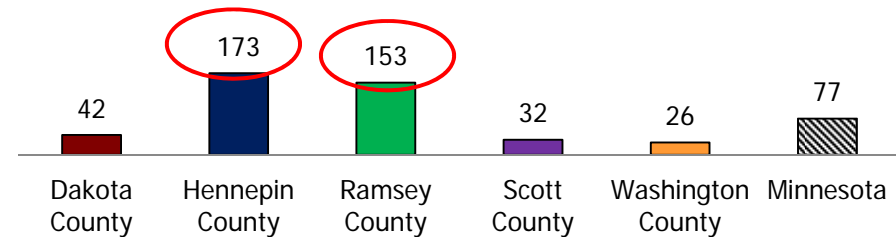
# Communicable Diseases

- 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](http://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

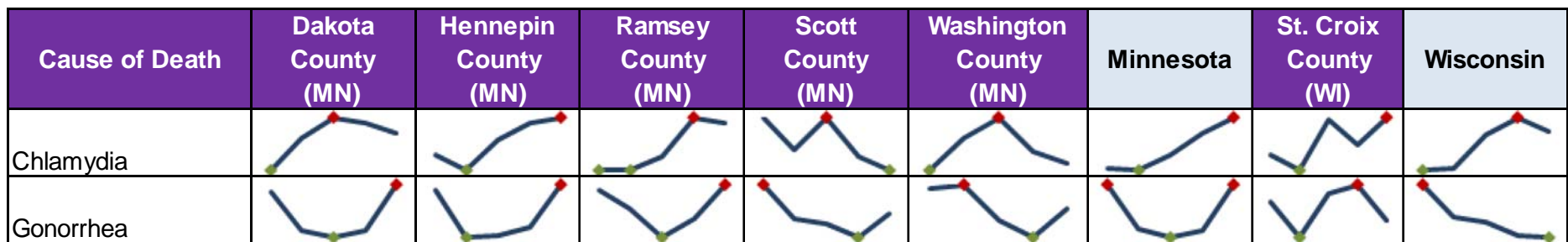
Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases (due to missing residence).

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](http://www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html); data accessed August 18, 2015

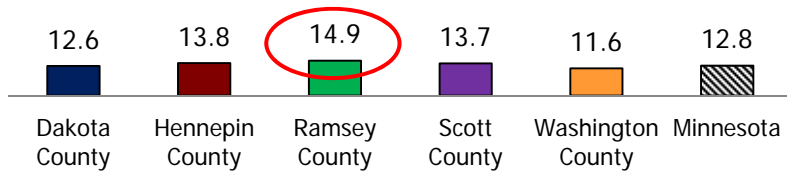
Source: Wisconsin Department of Health Services, Sexually Transmitted Diseases (STDs) – Wisconsin County 2012 Profiles, <https://www.dhs.wisconsin.gov/std/2012datamap.htm>; data accessed September 2, 2015

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).

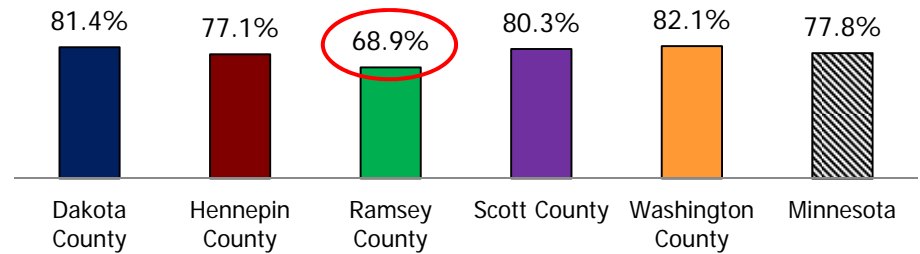
# Nativity (Minnesota)

## Birth Rates / Preterm and Low Birth Weight Births

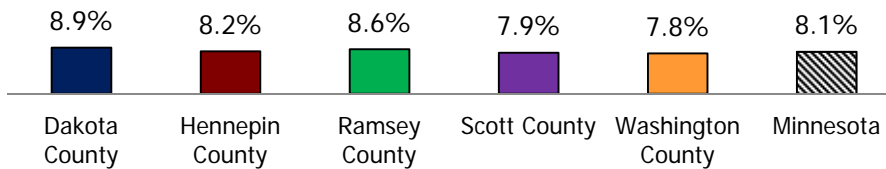
**Birth Rates**  
Per 1,000 Population, 2013



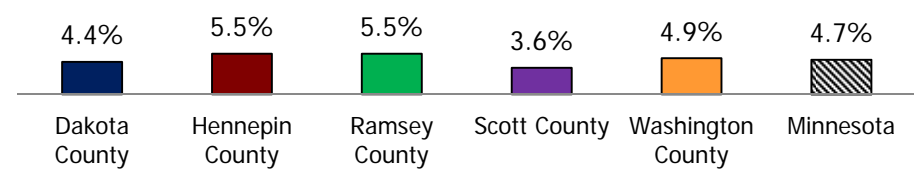
**% Received Adequate or Better Prenatal Care**  
Care Began in 1st Trimester, with Adequate Number of Visits, 2013



**% 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.

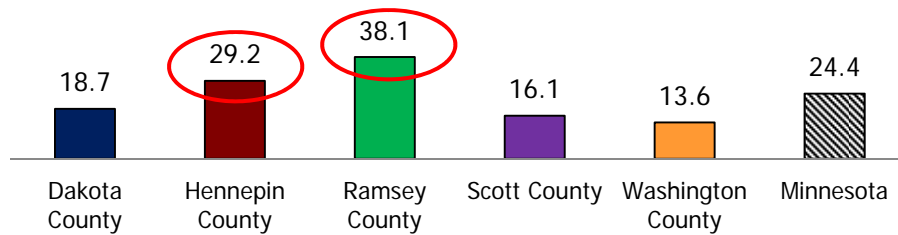
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed June 1, 2015

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

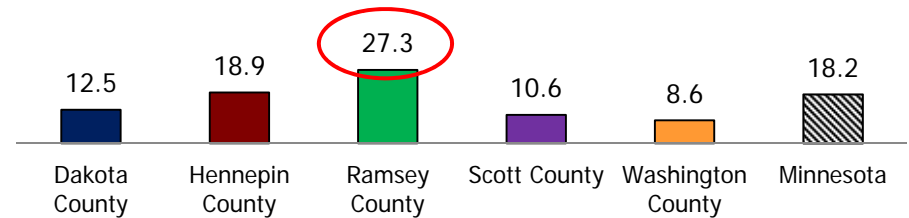
# Natality (Minnesota)

## Teen Births and Pregnancies

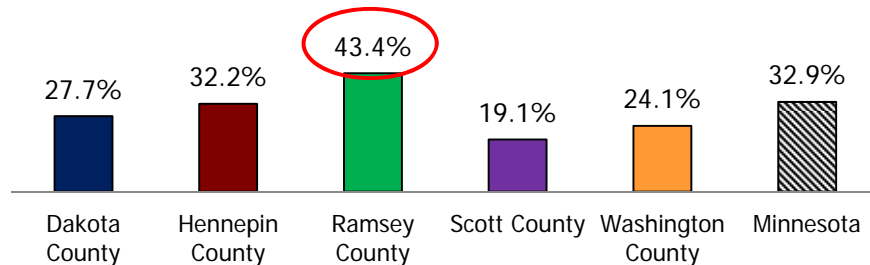
**Teen Pregnancy Rates**  
Ages 15-19, 2011-2013, Per 1,000 Female Pop.



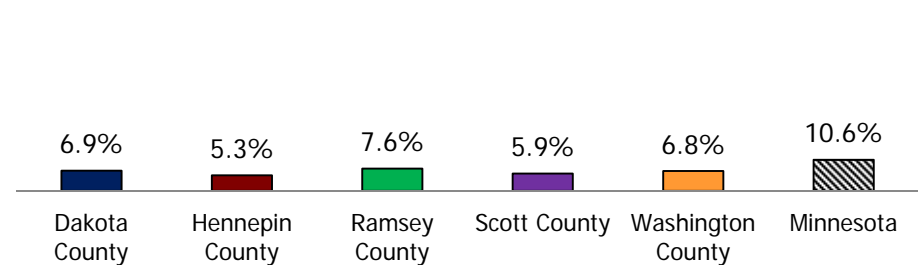
**Teen Birth Rates**  
Ages 15-19, 2011-2013, Per 1,000 Female Pop.



**% Births to Unmarried Mothers**  
2013



**% Smoked During Pregnancy**  
2013



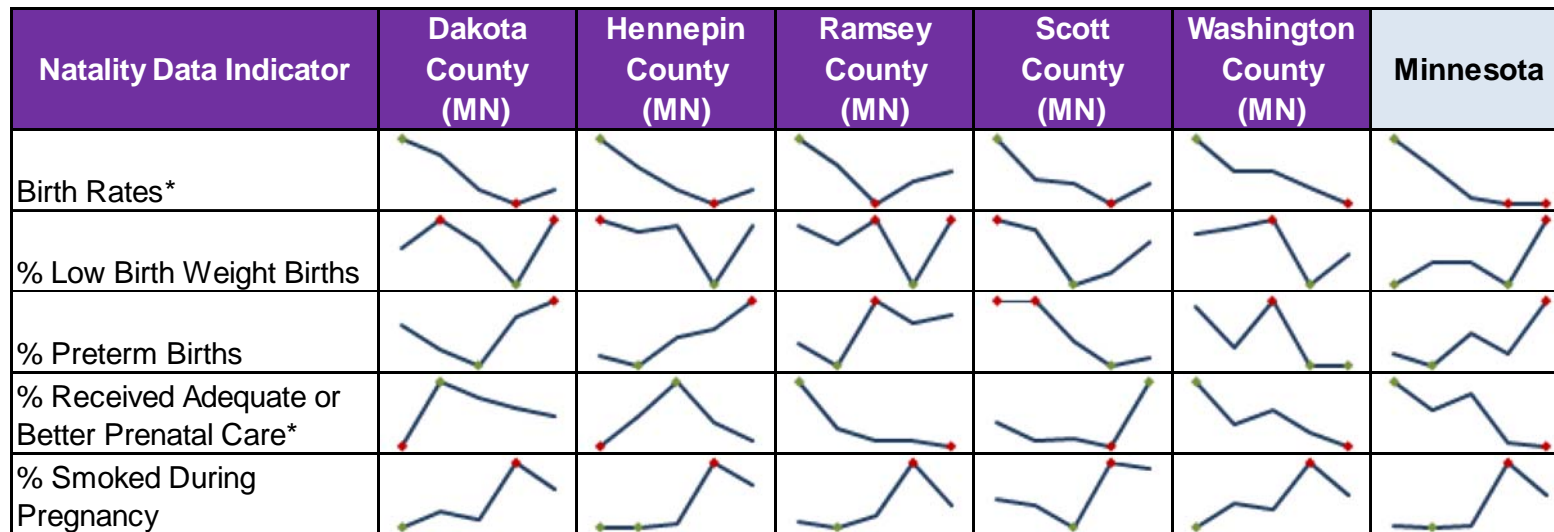
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed June 1, 2015

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)

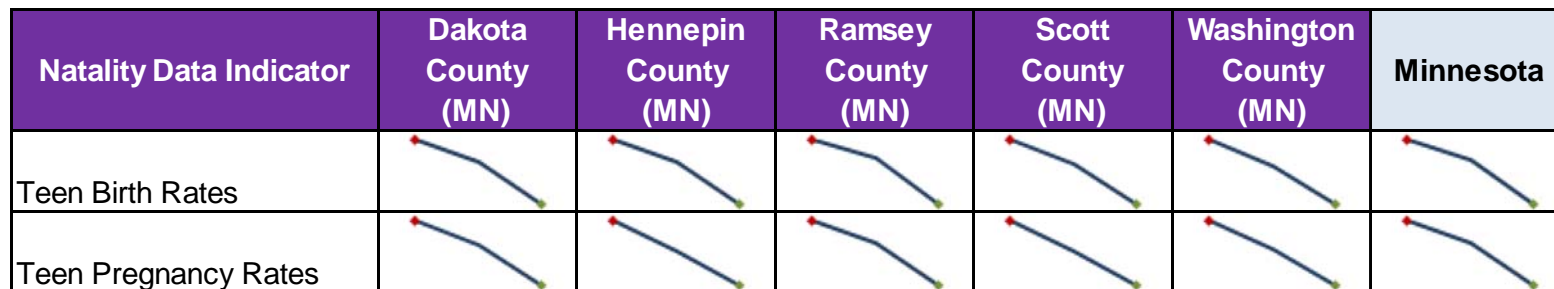


Note: Directional trends to show general increases or decreases from 2008 – 2012. Red dot is highest rate, green dot is lowest rate.

\* % 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



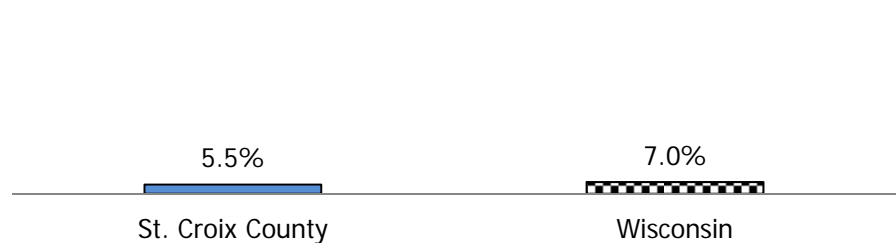
**Teen Birth Rates**  
Ages 15-19, 2011-2013, per 1,000 Females

■ 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)

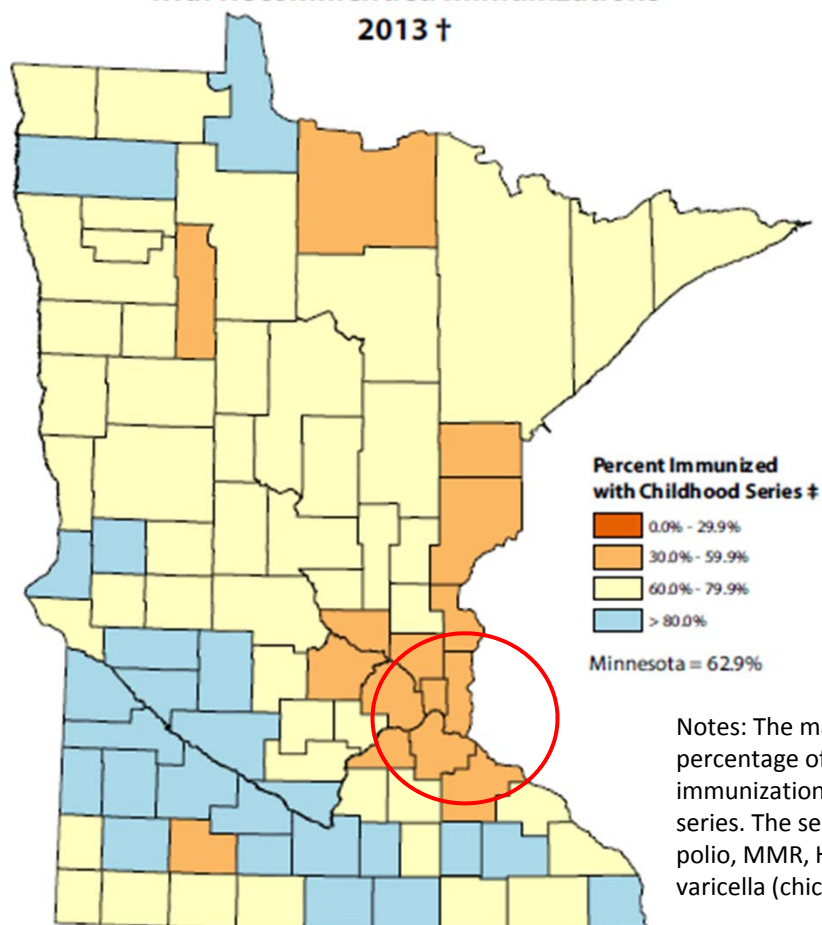
Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

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.

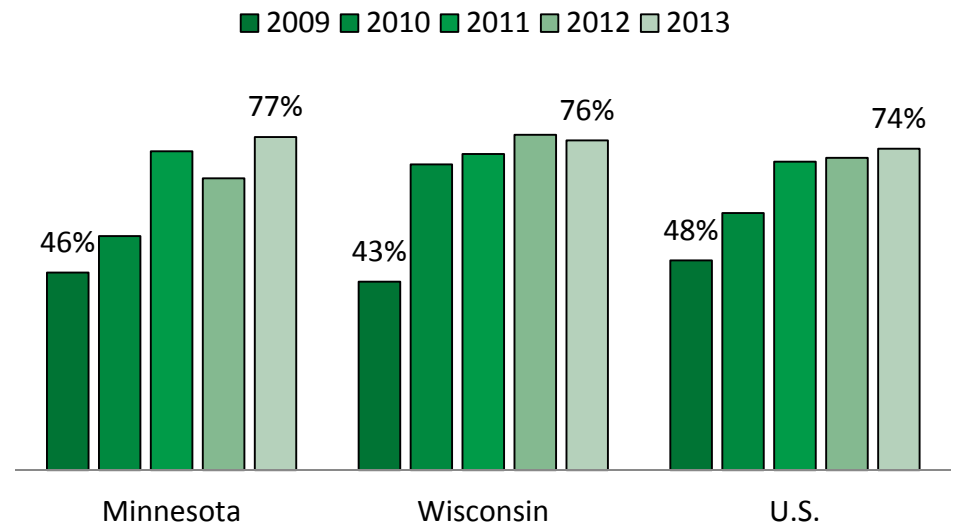


# Prevention

## 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

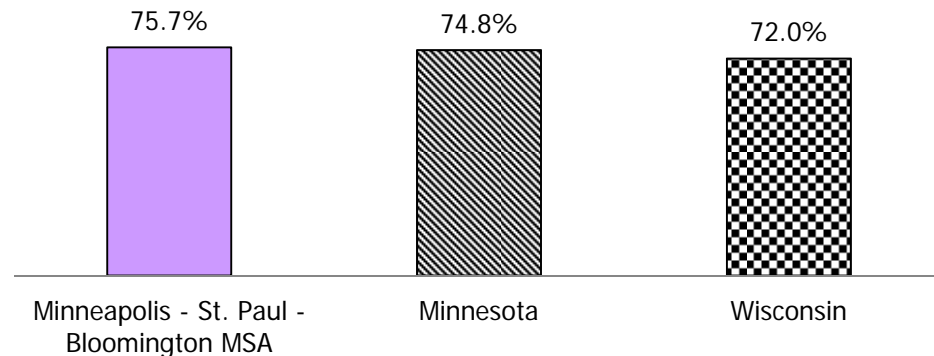
Definitions: 4:3:1:3:3:1 immunization coverage. Depending on the brand of vaccine used, a child would either get 3 doses of Hib plus a booster, or 2 doses of Hib plus a booster; at the state-level, the CDC no longer reports Hib simply as 3 or more doses but instead specifies that the “full series” was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

| Health Care Coverage Indicator        | Minnesota | Wisconsin | United States |
|---------------------------------------|-----------|-----------|---------------|
| % of Uninsured Residents Under Age 65 |           |           |               |

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%         |
| <b>Minnesota</b>     | <b>9.5%</b>  |
| St. Croix            | 7.0%         |
| <b>Wisconsin</b>     | <b>10.6%</b> |
| <b>United States</b> | <b>16.6%</b> |

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 |
|-----------------------------|---------------|--------------|---------------|--------------|--------------|
| <b>Health Outcomes</b>      | <b>19</b>     | <b>46</b>    | <b>63</b>     | <b>8</b>     | <b>7</b>     |
| Length of Life              | 8             | 32           | 52            | 3            | 4            |
| Quality of Life             | 47            | 65           | 78            | 44           | 27           |
| <b>Health Factors</b>       | <b>6</b>      | <b>28</b>    | <b>58</b>     | <b>5</b>     | <b>3</b>     |
| 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 |
|-----------------------------|------------------|
| <b>Health Outcomes</b>      | <b>9</b>         |
| Length of Life              | 11               |
| Quality of Life             | 10               |
| <b>Health Factors</b>       | <b>6</b>         |
| 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

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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"> <li>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).</li> </ul>   | <ul style="list-style-type: none"> <li>Two members of the Steering Committee were from the Dakota County Human Services Advisory Committee</li> <li>The Community Health Opinion Survey</li> <li>Follow-up version of the Community Health Opinion Survey</li> </ul> |
| Hennepin County | 2012 - 2015 Community Health Improvement Plan for Hennepin County Residents          | <ul style="list-style-type: none"> <li>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.</li> </ul> | <ul style="list-style-type: none"> <li>CHIP Survey</li> <li>Three CHIP Forums</li> </ul>   |
| Scott County    | Scott County Community Health Improvement Plan 2015-2019                             | <ul style="list-style-type: none"> <li>The Scott County Community Health Improvement Plan was conducted and produced by the Scott County Public Health Department.</li> </ul>   | <ul style="list-style-type: none"> <li>Public Forums</li> <li>Discussions within the Scott County Health Care Systems Collaborative</li> <li>Survey on Mental Health Issues</li> </ul>   |



# 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](http://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](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](http://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.



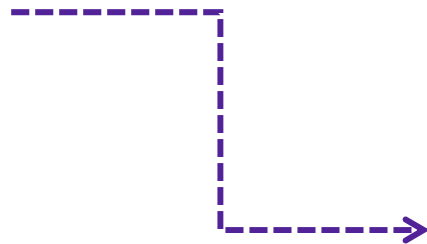
# Dakota County

## 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](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](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"><li>• The Scott County Community Health Improvement Plan was conducted and produced by the Scott County Public Health Department.</li></ul>            |
| 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"><li>• Public Forums</li><li>• Discussions within the Scott County Health Care Systems Collaborative</li><li>• Survey on Mental Health Issues</li></ul> |

### 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.

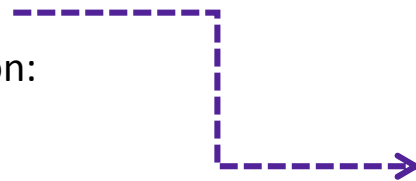


# Scott County

## 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

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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

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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.

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



# 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

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





# 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

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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

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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

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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><b>Priority: Mental health</b></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><b>2014</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Partnered with Maple Grove Hospital, Fairview, Allina, Prairie Care and North Memorial to broaden the impact of two Mental Health First Aid workshops.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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).</li> <li>• 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.</li> <li>• Implemented the NOW! (No Obstacles to Well-being) program to provide mental health services to middle school students in St. Louis Park.</li> <li>• Sponsored the fourth annual Mental Health Summit of the Dakota County Healthy Community Collaborative, attended by nearly 400 mental health professionals.</li> <li>• Granted over \$241,000 to organizations providing mental health services to the communities served by PNHS.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• Granted over \$210,000 to community organizations providing direct mental health services, particularly for youth.</li> </ul> |
|--|---|

|   |   |
|---|---|
|   | <ul style="list-style-type: none"> <li>Granted an additional \$90,000+ to fund programs within PHNS addressing mental health needs of patients and staff.</li> <li>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.</li> <li>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.</li> </ul>   |
| <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><b>2014</b></p> <ul style="list-style-type: none"> <li>Continued support of the embedded psychologist at the Eagan Clinic.</li> <li>Increased psychologist capacity at the Bloomington Clinic.</li> <li>Embedded a psychologist in the Women's Center.</li> <li>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.</li> <li>Hired an additional psychiatrist and three additional therapists for the St. Louis Park location.</li> <li>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.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>Successfully embedded a full-time PhD psychologist at the Eagan Clinic and a child psychiatrist in the developmental pediatrics clinic in Eden Prairie.</li> <li>Began planning to embed psychologists at the Bloomington and, possibly, Burnsville clinics.</li> <li>Arranged for dedicated mental health space to be included in the to-be-built Maple Grove site;</li> </ul> |

|   |   |
|---|---|
|   | the goal is to have multiple psychologists and psychiatrists at the site to provide a hub of service to PNHS's northern region.   |
| <b>Priority: Obesity</b>  | <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><b>2014</b></p> <ul style="list-style-type: none"> <li>Granted \$12,000 to One Heartland/Camp 5210 to support a camp for youth focused on diabetes education and obesity prevention.</li> <li>Provided grants to support the yumPower healthy eating initiative in two St. Louis Park Schools.</li> <li>Partnered with PNHS Primary Care and Cub Foods to subsidize a Fruit &amp; Vegie Rx program to encourage healthy food choices by youth at risk for obesity. 48% of prescriptions were redeemed.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>Granted a total of \$10,000 to Camp Heartland/Camp 5210 and Youth Determined to Succeed to support childhood obesity prevention programs.</li> </ul> |
| <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><b>2014</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>  |

|   |   |
|---|---|
|   | <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• A cross-disciplinary pediatric obesity task force meets quarterly.</li> <li>• The Pediatric Obesity Toolkit assists primary care providers in dealing with patients struggling with obesity.</li> <li>• President of Foundation is a member of the Optimal Lifestyle Management Committee, which guides health priorities of the enterprise.</li> </ul> |
| <b>Priority: Seniors</b>                                | <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>   |

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| <p>Explore and develop relationships with key community partners in the area of seniors for collective impact.</p> | <p><b>2014</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Worked collectively with numerous organizations to expand the Successful Aging concept in the western Minneapolis suburbs. Began meetings of the Western Suburbs 55+ Collaborative</li> <li>• 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.</li> <li>• 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.</li> <li>• Granted nearly \$150,000 to community organizations providing food, transportation, household chore and other services to low-income seniors.</li> <li>• Sponsored the Dakota County Healthy Communities Collaborative's Living Longer Summit for providers of services for seniors.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Worked with the Dakota County Healthy Community Collaborative to develop plans for a Living Longer Summit targeting providers of services for seniors.</li> <li>• Began community discussion of expanding the Successful Aging program to Wayzata.</li> <li>• 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.</li> </ul> |
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|  | <ul style="list-style-type: none"> <li>• 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.</li> <li>• Added a community advisor with expertise in senior issues to the Foundation Grant Committee.</li> </ul>  |
| <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><b>2014</b></p> <ul style="list-style-type: none"> <li>• Continued the focus on the Senior Services RN Care Consultant program, after-hours call program and advance care planning.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>• 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"> <li>- 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.</li> </ul> </li> <li>• 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.</li> </ul> |
| <b>Priority: Connecting Community Resources</b>  | <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><b>2014</b></p> <ul style="list-style-type: none"> <li>• Continued staff and financial support for the Dakota, Scott and Northwest Hennepin Healthy Community Collaboratives.</li> <li>• Provided staff and financial support for the new Western Suburbs 55+ Collaborative.</li> <li>• Worked actively with the Center for Community Health to enhance coordination and communication around the conduct of CHNAs and the development of collective impact</li> </ul>   |

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|   | <p>projects.</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Began discussion with city, faith and business groups in Wayzata to convene a Successful Aging Initiative in that community.</li> <li>• 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.</li> <li>• Began conversations with IBM regarding a system for connecting community resources that is being used in Olmsted County.</li> </ul> |
| <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><b>2014</b></p> <ul style="list-style-type: none"> <li>• Opened the Women's Center to provide centralized, coordinated care and guided access to community resources for women.</li> <li>• 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.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Given the 2013 combination with HealthPartners, it no longer makes sense to focus on developing additional systems to centralize resources and</li> </ul>   |

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|   | <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>  |
| <b>Priority: Access &amp; Affordability of Healthcare</b>   | <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><b>2014</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Continued to provide support to bring Mammo-a-go-go to community sites to provide free mammograms to un- and under-insured women.</li> <li>• 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.</li> <li>• Began work to develop a new school-based health center at the Richfield High School.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• Granted over \$200,000 to support four community clinics and other community organizations addressing access and</li> </ul> |

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|  | <p>affordability. The community clinics had nearly 3000 visits from un- and underinsured youth.</p> <ul style="list-style-type: none"> <li>• Granted over \$120,000 to fund programs within PNHS that provide medications, medical supplies and supportive services that patients cannot afford.</li> <li>• 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.</li> <li>• Convened a community-based task force and began data gathering to assess potential relocation of the Wayzata Community Clinic to serve even greater numbers.</li> </ul>  |
| <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><b>2014</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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"> <li>○ Assessment and discharge planning done by the Care Integration team</li> <li>○ High risk banner visible in Epic for the ambulatory teams.</li> <li>○ High risk symbol visible in Epic for the Urgent Care teams.</li> <li>○ Automatic notification of admission to the Primary Care Physician in Epic.</li> <li>○ Automatic routing of the discharge summary to the Primary Care physician upon discharge in Epic.</li> <li>○ 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</li> </ul> </li> </ul> |

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|                                      | <p>visit and follow up.</p> <ul style="list-style-type: none"> <li>• Strengthening Community Partnerships- <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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.</li> </ul> </li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul> |
| <b>Priority: Wellness/Well-being</b> | Need: The community wants to receive health   |

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|  | <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><b>2014</b></p> <ul style="list-style-type: none"> <li>Continued staff and financial support for the Dakota, Scott and Northwest Hennepin Healthy Community Collaboratives.</li> <li>Provided staff and financial support for Successful Aging and the new Western Suburbs 55+ Collaborative.</li> <li>Granted over \$325,000 to community organizations focused on well-being, including Children First, Meadowbrook Collaborative, WellShare and Pillsbury United Communities.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>Provided financial support for and continued facilitating the Dakota County Healthy Community Collaborative.</li> <li>Provided financial support for and continued active participation in the activities of the Northwest Hennepin Healthy Community Partnership.</li> <li>Continued active participation with the Scott County Healthy Community Collaborative.</li> <li>Participated with both the Scott County and Dakota County Public Health Departments in developing plans to implement their community health needs assessment initiatives.</li> <li>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 &amp; Community Partners in Plymouth, and the Minnetonka Heights Housing Complex.</li> <li>Partnered with the city of St. Louis Park to begin a Health in the Park (HIP) community initiative.</li> </ul> |
| <i>PHNS Implementation Activity: 2013-14 Goal</i>                                      | <i>PHNS Implementation Activity</i>  |

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| Continue to provide PNHS team members a confidential, personalized health promotion program to help make healthy lifestyle changes. | <p><b>2014</b></p> <ul style="list-style-type: none"> <li>Continued all the activities noted for 2013 and added: <ul style="list-style-type: none"> <li>Changed the name of employee wellness efforts to Be Well</li> <li>Provided opportunities for certification in Healing Touch to employees</li> <li>Added yumPower healthy food choices in the cafeteria</li> <li>Reduced the availability of added-sugar beverages at Park Nicollet facilities by 80%</li> <li>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).</li> </ul> </li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>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"> <li>Personal health assessments with tips tailored to the individual on how to enhance personal wellness</li> <li>Farmers' markets (also frequented by patients) and pre-purchased produce box deliveries (CSA shares)</li> <li>Frequent fitness subsidies</li> <li>Mindfulness Based Stress Reduction classes</li> <li>Yoga, Pilates and massage therapy classes</li> <li>YumPower nutrition education</li> <li>Fitness center</li> <li>Well-attended, targeted 4 – 12 week Wellness campaigns focusing on weight management, physical activity, individual meetings with dieticians, etc.</li> <li>Tour de Park Nicollet &amp; HealthPartners bike event</li> </ul> </li> <li>Supported team member participation in a</li> </ul> |
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|  | Habitat for Humanity build.   |
| <b>Priority: Culturally-friendly Care</b>  | 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.<br><br>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><b>2014</b></p> <ul style="list-style-type: none"> <li>• Provided \$75,000 in grants to organizations supporting culturally appropriate care and services to members of underserved ethnic populations.</li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• Provided a grant to The Family Partnership to support mental health outreach efforts with the West African immigrant community.</li> <li>• Provided a grant to the Brooklyn Center school district to offer mental health services in different languages.</li> <li>• Foundation president is a member of the PNHS Diversity and Inclusion Committee on Community Involvement and Planning.</li> <li>• 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.</li> </ul> |
| <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.<br><br>Continue to provide interpreter | <p><b>2014</b></p> <ul style="list-style-type: none"> <li>• Transitioned from a culture of “appreciating” diversity to a culture of “embracing” diversity.</li> <li>• Released an updated suite of activities that support individual, team and leadership development of behaviors that embrace diversity.</li> <li>• Maintained close collaboration between the Diversity and Inclusion team and Human Resources to share best practices and</li> </ul>   |

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| services. | <p>implement new tools and training to support an inclusive culture. Collaborations included:</p> <ul style="list-style-type: none"> <li>- Sponsored a Leadership Promoting Diversity and Inclusion workshop for senior leadership.</li> <li>- Participated in It's Time to Talk, an experiential activity in which attendees engage in discussion about diversity in the workplace.</li> </ul> <ul style="list-style-type: none"> <li>• Leadership participated in Honoring Women Worldwide, a mentoring program focusing on leadership development of first generation immigrant women of color.</li> <li>• Increased the volume of interpreter service visits by 15.5%.</li> <li>• Focused on health equity through various activities, including: <ul style="list-style-type: none"> <li>- Leadership participation on the HealthPartners Equitable Care Steering Group.</li> <li>- Addressing disparities in care through a multi-disciplinary Equitable Care Committee.</li> </ul> </li> </ul> <p><b>2013</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Appreciating diversity is also one of the Head + Heart, Together organizational competencies that is assessed in the interview process and woven into staff orientations.</li> <li>• 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.</li> </ul> |
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# Resources in the Community

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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 145<sup>th</sup> St. W.  
Rosemount, MN 55068  
[www.capagency.org](http://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](http://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](http://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](http://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/](http://www.extension.umn.edu/Family/)

## CHILD INFORMATION

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

[WWW.ECFE.INFO](http://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 145<sup>th</sup> St. W.  
Rosemount, MN 55068  
[www.capagency.org/programs-2/education/head-start/](http://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](http://www.mnchildcare.org) 651-290-9704

THINKSMALL 651-641-0305  
[www.thinksmall.org](http://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](http://www.co.dakota.mn.us/HealthFamily/PublicAssistance/Childcare/Pages/default.aspx)

### FINANCIAL COUNSELING

LSS FINANCIAL COUNSELING SERVICE 1-800-582-5260  
[www.lssmn.org](http://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](http://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](http://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](http://www.mnwfc.org)

- West St. Paul 651-554-5955
  - [Dakotacowest.wfc@state.mn.us](mailto:Dakotacowest.wfc@state.mn.us)
- Burnsville 952-703-3100
  - [Dakotacowest.wfc@state.mn.us](mailto: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](http://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](http://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](http://www.hungersolutions.org)

360 COMMUNITIES - FOOD PANTRY 952-985-5300

[www.communityactioncouncil.org](http://www.communityactioncouncil.org)

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

NEIGHBORS, INC. 651-455-5000

[www.neighborsmn.org](http://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 2<sup>nd</sup> Street East

Hastings, MN 55033

[www.hastingsfamilyservice.org](http://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](http://www.fareforall.org)

EMERGENCY FOOD SHELF NETWORK 763-450-3860  
Visit: [www.emergencyfoodshelf.org](http://www.emergencyfoodshelf.org)

### TRANSPORTATION

D.A.R.T.S. 651-455-1560  
1645 Marthaler Lane  
West St. Paul, MN 55118  
[www.darts1.org](http://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](http://www.housinglink.org)

DAKOTA COUNTY CDA 651-675-4400  
Contact the CDA for a copy of a vacancy listing or visit [www.dakotacda.org](http://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 2<sup>nd</sup> 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 145<sup>th</sup> 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](http://WWW.HOUSINGLINK.ORG) OR CONTACT:

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

For a complete list of Minnesota Housing Authorities, Payment standards and Portability information, visit: [www.housinglink.org](http://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](http://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](http://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.**

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

**PSYCHIATRIC CARE**

|  |              |
|--|--------------|
| <b>Benita Dieperink, MD</b><br>Private practice: 889 Grand Ave. S, St. Paul, MN 55104  | 651-769-7998 |
| <b>Dwenda Gjerdingen, MD, MS</b><br>Bethesda Clinic, 580 Rice St., St. Paul, MN 55103  | 651-227-6551 |
| <b>Hennepin Women's Mental Health Program</b><br>Benita Dieperink, MD<br>Helen Kim, MD<br>Michelle Wiersgalla, MD<br>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.**

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

**TWIN CITIES METRO AREA — SUPPORT SERVICES**

**Breastfeeding Support**

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

**Education/Support/Therapy Groups**

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

Check online for more resources including Greater MN & info about PPSM:  
[www.pregnancypostpartumsupportmn.org](http://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                  | <a href="http://www.parknicollet.com/bios/thomson-brent">www.parknicollet.com/bios/thomson-brent</a> | Accepts most HP's and MA                         | Yes        | No                  | Ages 9-6   |
| ACP -Associated Clinic of Psychology                     | Apple Valley<br>W. St. Paul<br>Multiple locations                        | 612-925-6033<br>(Main Number) | <a href="http://www.asp-mn.com">www.asp-mn.com</a>   | Yes  | Yes        | Yes                 | All ages<br>In-home and school therapy<br>Diagnostic Assessments   |
| Behavioral Health Service                                | Eagan<br>Shakopee<br>Fridley<br>Golden Valley<br>N. St. Paul<br>Woodbury | 651-662-0800                  | <a href="http://www.bhsiclinics.com">www.bhsiclinics.com</a>   | Yes  | Yes        | Yes                 | All ages<br>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                  | <a href="http://www.edinacomfortcare.com">www.edinacomfortcare.com</a>                               | sliding scale<br>some HP's accepted including MA | Adol only  | No                  | Adult and Adolescent only<br>Walk in Clinic (\$50 cash/1hr session; Mon/Wed; noon – 6 pm)                  |
| FACTS- Family, Adolescents and Children Therapy Services | Mendota Heights  | 651-379-9800                  | <a href="http://www.facts-mn.org">www.facts-mn.org</a>   | MA, Private pay and plans<br>Sliding Scale       | Yes        | No                  | All ages<br>Early Childhood MH (ages 0-6)<br>In-home and school therapy<br>Play Therapy                    |
| Foundations Family Therapy                               | Burnsville   | 612-382-8651                  | <a href="http://www.foundationsmn.com">http://www.foundationsmn.com</a>                              | Some insurance plans and MA                      | Yes        | No                  | All ages<br>Focus-special needs including Asperger's ASD, ADHD, Mood disorders, and impulse control issues |
| Headway Emotional Health Services                        | Richfield<br>Golden Valley<br>Hopkins                                    | 763-746-2411                  | <a href="http://www.headway.org">www.headway.org</a>   | Yes  | Yes        | Yes (Golden Valley) | All ages<br>In-School Therapy<br>Adol day treatment program (Hopkins)<br>Children's MHCM (Hennepin)        |
| Healing Connections Therapy Center                       | Burnsville   | 952-479-5976                  | <a href="http://www.healingconnectionsonline.com">www.healingconnectionsonline.com</a>               | 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<br>(Central Appt desk) | <a href="http://www.healthpartners.com">www.healthpartners.com</a>                       | Accepts most insurance<br>HPMA, BCMA,<br>and MNMA;<br>PMAP programs<br>are limited | Yes         | Yes  | All ages<br>Child/Adolescent Psych: SLP<br>Clinic (0 – 18); Apple Valley (15<br>and >)   |
| InnerLight Healing Center                        | Lakeville                              | 952-435-4144                        | <a href="http://www.counselingandhealing.com">http://www.counselingandhealing.com</a>    | Most HP's and<br>MA  | Yes         | No   | All ages (6 and >)<br>Some Alternative Therapies<br>available such as Biofeedback  |
| Justin Kukowski Center for Integrative Therapies | Burnsville<br>Chaska                   | 952-224-8990                        | <a href="http://www.justinkukowskicenter.com">www.justinkukowskicenter.com</a>           | Accepts most<br>major insurance  | Yes         | Yes – Certified<br>Nurse<br>Specialist<br>(18 and >) | All ages (5 and >)<br>Traditional therapy,<br>Support Groups<br>Specialize in Holistic Integrative<br>Therapies (Alternative and<br>Complimentary therapies) |
| Katy Wait, MA, LMFT                              | Burnsville                             | 612-499-2050                        | <a href="http://www.empoweringtheyself.com">www.empoweringtheyself.com</a>               | Reduced fees<br>for cash<br>payment,<br>accepts some<br>insurance                  | Adoles only | No   | Individual (adult/adol), couple,<br>family   |
| Lakeville Behavioral Health, LLC                 | Lakeville                              | 952-435-0022                        | <a href="http://www.lakevillebehavioralhealth.com">www.lakevillebehavioralhealth.com</a> | Yes (works with<br>private pay)  | Yes         | No   | All ages<br>Psychological testing and<br>evaluation  |
| Life Development Resources                       | Lakeville                              | 952-898-1133                        | <a href="http://www.LifeDrs.com">www.LifeDrs.com</a>                                     | Financial<br>considerations<br>as needed   | Yes         | Yes  | All ages<br>Psychiatry (16 – 18 and older)   |
| Life Counseling LLC                              | Burnsville<br>Prior Lake<br>New Prague | 952-314-2530                        | <a href="http://www.lifecounselingmn.com">www.lifecounselingmn.com</a>                   | Preferred one<br>and Sliding Fee   | Yes         | No   | All ages   |
| Lifespan MN Youth Transition Program             | Burnsville                             | 952-562-8500                        | <a href="http://www.lifespanmn.com">www.lifespanmn.com</a>                               | Yes  | Yes         | No   | Day treatment for children ages<br>5-18 with a wide spectrum of<br>mental/emotional disturbances<br>with academic support.                                   |
| Midwest Center for Personal and Family Develop.  | Burnsville<br>Lakeville                | 952-435-8814<br>651-647-1900        | <a href="http://www.midwestcenter4u.com">www.midwestcenter4u.com</a>                     | No   | Yes         | No- Refers for<br>adults                             | All ages (3 and >)   |
| MN Mental Health Clinics                         | Eagan<br>Lakeville                     | 651-454-0114                        | <a href="http://www.MNmentalhealthclinics.com">www.MNmentalhealthclinics.com</a>         | Yes  | Yes         | Yes (no new<br>pts as of 2/4)                        | Must establish w/therapist who<br>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                 | <a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a>                   | Yes  | Yes         | Yes                 | All ages<br>In-home and school therapy<br>Psychological testing<br>Nutrition counseling  |
| Oak Ridge Center                           | Apple Valley  | 952-431-6033                 | <a href="http://www.oakridgecenter.org">www.oakridgecenter.org</a>                         | Accepts most major insurance   | Yes         | Yes (> 18)          | All ages (One therapist who sees age 2 and >)<br>Play Therapy<br>Robert Peterson offers biofeedback therapy  |
| Options Family and Behavioral Services     | Burnsville<br>Roseville                                 | 952-564-3000                 |  | Private pay and plans  | Adol only   | No                  | Adolescents and adults (11 and >)<br>Chem Dep and BH<br>Adol day treatment program<br>ARHMS  |
| PrairieCare (hospital & clinics)           | Edina<br>Chaska<br>Maple Grove<br>Rochester<br>Woodbury | 888-9-prairie                | <a href="http://www.prairie-care.com">www.prairie-care.com</a>                             | Yes  | Yes         | yes                 | All ages<br>Free "needs assessment" (meet w/counselor to determine level of care) assess done ~ 48 hrs;<br>Inpt and partial inpt programs<br>Peds integrative medicine |
| Pinnacle Behavioral Health                 | Edina   | 952-303-6832                 | <a href="http://www.pinnaclebhc.com">http://www.pinnaclebhc.com</a>                        | Most HP and MA   | No          | Yes                 | Adults (21 and >)  |
| River Valley Behavioral Health             | Savage  | 952-746-7664                 | <a href="http://www.rivervalleybhwc.com/">http://www.rivervalleybhwc.com/</a>              | Accepts most HP's, MA, Tricare   | Yes         | Yes (NP's)          | Peds psychiatry available  |
| Water's Edge Counseling and Healing Center | Burnsville  | 952-898-5020                 | <a href="http://www.watersedgechc.com">www.watersedgechc.com</a>                           | Yes  | Adolescents | Yes, MD & CNS       | Intensive outpatient tx for both MH and Eating disorders<br>In-school therapy<br>Depression/anxiety support grp  |
| The Family Partnership                     | Richfield (multiple Mpls clinics)                       | 612-728-2061                 | <a href="http://www.thefamilypartnership.org">www.thefamilypartnership.org</a>             | MA, Sliding scale fees, most commercial insurance plans & MA, Medicare | Yes         | No (but will refer) | All ages<br>Multicultural Therapists<br>Early Childhood Education<br>Advocacy  |
| Depression Support Coalition               | Burnsville<br>Eagan                                     | 651-788-0275<br>612-845-9481 | <a href="http://www.depressionsupportcoalition.org">www.depressionsupportcoalition.org</a> | Free depression support groups   | No          | No                  | Faith based depression support<br>Support Groups, Seminars etc<br>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   |
|--|---|---|--|
| <b>Apple Tree Dental</b><br>8960 Springbrook Dr. NW,<br>#150<br>Coon Rapids, MN 55433<br>(763) 784-7570<br>www.appletreedental.org                 | Adults and children<br><u>English</u> , or must bring<br>interpreter<br><i>X-rays, cleanings, fillings,<br/>crowns, bridges, implants,<br/>bleaching, root canals,<br/>dentures, extractions</i>  | Call for an appointment.<br>Mon: 7 am – 6 pm<br>Tue, Wed, Thurs:<br>7 am – 5 pm<br>Fri: 7 am – 3 pm   | Up to 40% discount<br>based on family<br>size/income<br>Cash, Check,<br>Visa, MasterCard,<br>Discover,<br>MA, MnCare,<br>Insurance |
| <b>Argosy University Dental<br/>Clinic</b><br>1515 Central Parkway<br>Eagan, MN 55121<br>(888) 844-2004  | Adults and children<br><u>English, Spanish</u><br><i>Only preventive care: X-<br/>rays, cleanings, fluoride<br/>treatments</i>  | Call for an appointment.<br>Hours vary.   | No Sliding Fee,<br>Low-cost,<br>Cash or check only   |
| <b>Century College Dental<br/>Clinic</b><br>3300 Century Avenue North<br>St. Paul, MN 55110<br>(651) 779-5787                                      | Adults and children<br><u>English, Hmong</u><br><i>X-rays, deep cleanings,<br/>fluoride treatments</i>  | Call for an appointment.<br>Afternoon hours (Fall)<br>Evening hours (Spring)<br>September – May   | No Sliding Fee<br>Cash or check only<br>\$50.00 per visit (ages 18-<br>62)<br>\$25.00 per visit (others)                           |
| <b>Children's Dental Services</b><br>636 Broadway Street NE<br>Minneapolis, MN 55413<br>(612) 746-1530<br>www.childrensdentalservices.<br>org      | Children (ages 0-18),<br>Pregnant women<br><u>English, Spanish, Somali,<br/>Hmong, French, Portuguese</u><br><i>X-rays, routine dental<br/>treatments</i>   | Call for an appointment<br>and to confirm hours.<br>30 clinics in Metro area,<br>Faribault, St. Cloud,<br>Iron Range & Duluth   | Sliding Fee,<br>MA, MnCare,<br>Assured Access,<br>Insurance  |
| <b>Community Dental Care</b><br>828 Hawthorne Ave. E.<br>St. Paul, MN 55106<br>(651) 774-2959<br>(952) 955-8994 (After-hour<br>emergencies)        | Adults and children<br><u>English, Hmong, Lao, Thai,<br/>Farsi, Vietnamese, French,<br/>Spanish</u> ,<br>interpreters for other<br>languages available with<br>prior notice<br><i>X-rays, cleaning, fluoride<br/>treatment, fillings, whitening,<br/>root canal, extractions,<br/>crowns, bridges, dentures</i> | Call for an appointment.<br>Mon-Thurs: 8:15 am –<br>7 pm<br>Fri-Sat: 8:15 am – 1 pm   | Sliding Fee,<br>Most forms of payment,<br>MA, MNCare,<br>Insurance   |
| 1670 Beam Ave, Suite 204<br>Maplewood, MN 55109<br>(651) 925-8400<br>(952) 955-8994 (After-hour<br>emergencies)<br>www.communitydentalcare.org     |   | Call for an appointment.<br>Mon-Fri:<br>7:30 am – 9:30 pm   |  |
| <b>Community University<br/>Health Care Center</b><br>2001 Bloomington Aves S.<br>Minneapolis, MN 55404<br>(612) 638-0700<br>www.ahc.umn.edu/cuhcc | Adults and children<br><u>English, Somali, Hmong,<br/>Vietnamese, Cambodian,<br/>Lao, Spanish</u><br><i>X-rays, sealants, cleanings,<br/>root canals, fluoride<br/>treatment, crowns,<br/>varnishes, fillings, bridges,<br/>dentures, implants,<br/>extractions</i>   | Call for an appointment.<br>Mon-Fri: 8 am – 5 pm<br>Sat- Sun: Closed  | Sliding Fee<br>based on family<br>size/income,<br>Cash, Check, Visa,<br>Amex, MasterCard,<br>Discover,<br>MA, MnCare               |
| <b>Helping Hand Health<br/>Center</b><br>506 West 7 <sup>th</sup> Street<br>St. Paul, MN 55102<br>(651) 224-7561<br>www.westsidetchs.org           | Adults and children<br><u>English, Spanish, Hmong,<br/>Cambodian, Vietnamese,<br/>French</u><br><i>X-rays, fillings, extractions,<br/>root canals, crowns,<br/>bridges, dentures</i>  | Call for an appointment.<br>Walk-ins are welcomed.<br>Mon, Tues, Weds: 7:30<br>am- 5:30 pm<br>Thurs-Fri: 8:30 am – 5<br>pm<br>Call at 1:00 pm for<br>urgent care the next<br>day. | Sliding Fee,<br>Cash, Check,<br>Visa, MasterCard,<br>Discover,<br>MA, MnCare<br>Insurance  |

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## Low-Cost Dental Resources

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

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## Low-Cost Dental Resources

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

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**Low-Cost Medical Clinics & Resources – East Metro**

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

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**Low-Cost Medical Clinics & Resources – East Metro**

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

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

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**Low-Cost Medical Clinics & Resources - West Metro**

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

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**Low-Cost Medical Clinics & Resources - West Metro**

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

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### Low-Cost Medical Clinics & Resources - West Metro

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

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| <b>Prescription Medication Resources:</b>  |  |  |   |
| <b>Target and Wal-Mart \$4 Generics</b><br>Over 300 different generic medications at \$4 for a 30-day supply. Check your local Target or Wal-Mart pharmacy.<br>www.walmart.com<br>www.target.com/pharmacy/generics | <b>RxAssist</b><br>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.<br>www.rxassist.org | <b>RxConnect</b><br>Helps people determine for which patient assistance programs they may qualify.<br>1-800-333-2433 | <b>NeedyMeds</b><br>Search for patient assistance programs to get affordable medication at reduced cost.<br>www.needymeds.org |
| <b>Walgreens Rx Savings Club</b><br>Discounts on over 5,000 medications, including over 400 generics<br>www.walgreens.com/RxSavingsClub<br>Call 1-866-WCARD-12   | <b>Partnership for Prescription Assistance</b><br>Get affordable medication at reduced cost.<br>www.pparx.org  |  |   |

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# Pediatric Mental Health



## Search Tool

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

## Consultation

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

## Crisis/Urgent Care for Mental Health

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

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| <b>Hennepin County Mobile Crisis Teams</b> | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |
| <b>Walk-In Counseling Center</b>           | 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<br><a href="http://www.walkin.org">http://www.walkin.org</a><br>Minneapolis  |

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

| <b>Organization Name</b>                       | <b>Description of Services</b>   | <b>Contact Information</b>  |
|--|--|---|
| <b>Family Innovations</b>                      | 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<br>Maplewood: (651) 748-5019<br><a href="http://familyinnovations.com/">http://familyinnovations.com/</a>  |
| <b>The Family Partnership</b>                  | 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<br><a href="http://www.thefamilypartnership.org/">http://www.thefamilypartnership.org/</a><br>Minneapolis, Brooklyn Park, Richfield   |
| <b>HCMC Child/Adolescent Psychiatry Clinic</b> | 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<br><a href="http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429">http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429</a><br>Minneapolis |
| <b>Heartland Girls Ranch</b>                   | 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<br><a href="http://heartlandgirlsranh.org">http://heartlandgirlsranh.org</a><br>Benson, MN  |

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| officer  |  |  |
|--|--|--|
| <b>Kenwood Therapy Center, LLC</b>   | 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<br><a href="http://www.kenwoodcenter.org">http://www.kenwoodcenter.org</a><br>Minneapolis  |
| <b>Midwest Children's Resource Center<br/>Children's Hospitals and Clinics</b> | Specializes in child abuse, neglect and witness to violence. Medical evaluations, case management, psychological services and supportive programming   | Phone: (651) 220-6750<br><a href="http://www.childrensmn.org/services/midwest-childrens-resource-center">http://www.childrensmn.org/services/midwest-childrens-resource-center</a><br>St. Paul |
| <b>Washburn Center for Children</b>  | 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<br><a href="http://washburn.org/">http://washburn.org/</a><br>Brooklyn Park, Minnetonka, Minneapolis   |
| <b>Wilder Center</b>   | 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<br><a href="http://www.wilder.org">http://www.wilder.org</a><br>St. Paul   |

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

### Consultation

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

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## County/State Resources

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

## Eating Disorders

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

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| St. Louis Park                                      |   |  |
|---|---|--|
| <b>The Emily Program</b>                            | Inpatient and residential treatment programs for eating disorders   | Phone: (612) 645-5323<br><a href="http://www.emilyprogram.com/">http://www.emilyprogram.com/</a><br>Minneapolis-St. Paul   |
| <b>Treehouse</b>                                    | 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<br><a href="http://www.treehouseyouth.org">http://www.treehouseyouth.org</a><br>Bloomington, Brooklyn Park, Chaska, Eagan, Mahtomedi, Minnetonka, New Hope, Plymouth, St. Louis Park |
| <b>Water's Edge Counseling &amp; Healing Center</b> | Psychiatry, individual, family and group psychotherapy, intensive outpatient programs, eating disorder treatment, Christian-based therapy.  | Phone: (952) 898-5020<br><a href="http://www.watersedgechc.com">http://www.watersedgechc.com</a><br>Burnsville   |

## Infant Mental Health

| Organization Name                   | Description of Services   | Contact Information   |
|-------------------------------------|---|---|
| <b>Family Innovations</b>           | 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<br>Maplewood: (651) 748-5019<br><a href="http://familyinnovations.com/">http://familyinnovations.com/</a>                |
| <b>Fraser</b>                       | 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<br>Minneapolis: (612) 767-7222<br><a href="http://www.fraser.org">http://www.fraser.org</a><br>Eden Prairie, Minneapolis |
| <b>St. David's</b>                  | Specialize in early childhood mental health, serve children and families with developmental disabilities, physical challenges, ADD and emotional/behavioral disturbances                                  | Phone: (952) 548-8700<br><a href="http://www.stdavidscenter.org/mental-health">http://www.stdavidscenter.org/mental-health</a><br>Minnetonka          |
| <b>Washburn Center for Children</b> | 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  |
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| <b>Choices Psychotherapy</b>             | 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<br><a href="http://choicespsychotherapy.net/">http://choicespsychotherapy.net/</a><br>St. Louis Park             |
| <b>David Hoy and Associates</b>          | 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<br><a href="http://davidhoy.com/">http://davidhoy.com/</a><br>Golden Valley                                      |
| <b>Empower Therapeutic Services, LLC</b> | 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<br><a href="http://www.empowerfam.com/">http://www.empowerfam.com/</a><br>Minneapolis                            |
| <b>Family Innovations</b>                | 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<br>Maplewood: (651) 748-5019<br><a href="http://familyinnovations.com/">http://familyinnovations.com/</a> |
| <b>Family Networks</b>                   | In-home therapy for children and youth with severe mental health issues.   | Phone: (763) 331-3033<br><a href="http://www.chsfs.org/familynetworks/outpatient">http://www.chsfs.org/familynetworks/outpatient</a>   |

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|                               |   | Golden Valley  |
| <b>POR Emotional Wellness</b> | In-home psychotherapy, skills, case management for children and adolescents   | Phone: (952) 835-6540<br><a href="http://poremotionalwellness.com/contact-us/">http://poremotionalwellness.com/contact-us/</a><br>Golden Valley  |
| <b>Nystrom and Associates</b> | 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<br><a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a><br>Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury |
| <b>St. David's</b>            | 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<br><a href="http://www.stdavidscenter.org/mental-health">http://www.stdavidscenter.org/mental-health</a><br>Minnetonka   |
| <b>Volunteers of America</b>  | Case management for emotionally disturbed or severe emotionally disturbed children, adolescents and their families.   | Golden Valley: 763-225-4052<br>Anoka: 763-753-7310<br><a href="http://www.voamn.org">http://www.voamn.org</a>  |

### Inpatient/Partial Hospitalization/Day Treatment

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

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|  | grade with emotional and behavioral problems. 6-12 months, full day, M-F. Academic curriculum incorporated   | <a href="https://www.headway.org">https://www.headway.org</a><br>Hopkins  |
| <b>Heartland Girls Ranch</b>   | 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<br><a href="http://heartlandgirlsranh.org">http://heartlandgirlsranh.org</a><br>Benson, MN  |
| <b>Lifespan</b>  | Day treatment for children ages 5-18 from 8-2 M-F. Transportation available.   | Phone: (952) 562-8500<br><a href="http://lifespanmn.com/">http://lifespanmn.com/</a><br>Shoreview, Burnsville   |
| <b>People Inc. (Previously Children's Home Society/Family Net)</b>     | Day treatment for children grades K-12. Three hours of programming five days a week.   | Phone: (763) 331-3033 ext. 11<br><a href="http://www.peopleincorporated.org/">http://www.peopleincorporated.org/</a><br>Golden Valley   |
| <b>Prairie Care Inpatient Hospitalization<br/>Maple Grove Hospital</b> | 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<br><a href="http://www.prairie-care.com">http://www.prairie-care.com</a>  |
| <b>St. David's Child and Family Development</b>                        | Morning or afternoon day treatment classrooms for children ages 2- kindergarten. Transportation may be available   | Phone: (952) 939-0396<br><a href="http://www.stdavidscntr.org/">http://www.stdavidscntr.org/</a><br>Minnetonka  |
| <b>St. Joseph's Home for Children</b>                                  | Comprehensive mental health and education services for children in grades K-8. Full day programming.   | Phone: (612) 204-8252<br><a href="http://www.cctwincities.org/">http://www.cctwincities.org/</a>  |
| <b>U of MN Children's Hospital</b>                                     | Day treatment for children ages 5-12. 8:30-3pm.  | Phone: (612) 672-2736<br><a href="http://www.uofmchildrenshospital.org/Specialties/Behavioral/Programs/S_017878">http://www.uofmchildrenshospital.org/Specialties/Behavioral/Programs/S_017878</a><br>Minneapolis |
| <b>Washburn Center for Children</b>                                    | 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<br><a href="http://washburn.org/">http://washburn.org/</a>  |
| <b>Wilder</b>  | 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<br><a href="http://www.wilder.org/">http://www.wilder.org/</a><br>St. Paul  |

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## Neuropsychological Testing

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

## Psychiatry

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

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|  | psychological testing. Children, adolescents and adults.  | www.bhsiclinics.com<br>Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury  |
| <b>Canvas Health</b>                           | 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<br><a href="http://www.canvashealth.org">http://www.canvashealth.org</a><br>Many locations  |
| <b>HCMC Child/Adolescent Psychiatry Clinic</b> | 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<br><a href="http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429">http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429</a><br>Minneapolis |
| <b>Innovative Psychological Consultants</b>    | Psychotherapy and psychiatry for children, adolescents and adults. ADHD and learning disorder evaluations. Serves clients ages 5 and older.   | Phone: (763) 416-4167<br><a href="http://www.ipc-mn.com">http://www.ipc-mn.com</a><br>Maple Grove   |
| <b>Kim Holtmeier, M.D.</b>                     | Private practice psychiatrist. Children, adolescents and adults. Specializes in developmental disorders.  | Phone: (651) 769-6300<br><a href="http://www.kimholtmeier.com/">http://www.kimholtmeier.com/</a><br>Golden Valley   |
| <b>Lakes Consultation Group</b>                | Adult, adolescent and child psychiatry, ADHD, PTSD, substance abuse, and chronic pain.  | Phone: (952) 378-1800<br><a href="http://lakesconsultationgroup.com/">http://lakesconsultationgroup.com/</a><br>St. Louis Park  |
| <b>Minnesota Center for Psychology</b>         | DBT groups, prolonged exposure therapy, medication management, individual and family therapy. Children, adolescents, adults.  | Phone: (651) 644-4100<br><a href="http://www.minnesotacenterforpsychology.com/">http://www.minnesotacenterforpsychology.com/</a><br>St. Paul  |
| <b>Minnesota Mental Health Clinics</b>         | Psychiatry, therapy, group therapy, urgent care, family therapy. Children, adolescents, adults.   | Phone: (651) 454-0114<br><a href="http://mnmentalhealthclinics.com/">http://mnmentalhealthclinics.com/</a><br>Eagan, Edina, Lakeville, Minneapolis, Woodbury  |
| <b>Minnesota Psychological Resources</b>       | Psychiatry, psychotherapy for individuals, couples and families, play therapy, ADHD evaluations.  | Phone: (763) 550-9005<br><a href="http://www.mnpr.com">http://www.mnpr.com</a><br>Plymouth  |
| <b>Nystrom and Associates</b>                  | Psychiatry, psychotherapy, DBT groups, in-home therapy, drug and alcohol outpatient treatment, psychological testing, day   | New Patient Line: (651) 628-9566<br><a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a><br>Apple Valley, Eden Prairie, Elk River, Maple  |

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|                               | treatment, group therapy. Children, adolescents, adults.  | Grove, New Brighton, Woodbury  |
| <b>Plymouth Psych Group</b>   | Private practice clinic. Psychiatric evaluations and management for children and adults.  | Phone: (763) 559-1640<br><a href="http://plymouthpsychgroup.com/Plymouth">http://plymouthpsychgroup.com/Plymouth</a>                   |
| <b>Prairie Care</b>           | 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<br><a href="http://www.prairie-care.com">http://www.prairie-care.com</a><br>Chaska, Edina, Maple Grove, Woodbury |
| <b>Psych Recovery</b>         | Psychiatry and psychotherapy for children, adolescents and adults. ADHD, learning disability and mental health assessments.   | Phone: (651) 645-3115<br><a href="http://www.psychrecoveryinc.com">http://www.psychrecoveryinc.com</a><br>St. Paul                     |
| <b>Stone Creek Psychiatry</b> | Private practice psychiatry clinic. Children, adolescents, adults.  | Phone: (952) 241-4050<br><a href="http://stonecreekpsychiatry.com/">http://stonecreekpsychiatry.com/</a><br>Chanhassen                 |
| <b>Wilder Center</b>          | 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<br><a href="http://www.wilder.org">http://www.wilder.org</a><br>St. Paul   |

## Psychotherapy

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

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|   | counseling.   |   |
| <b>Associated Clinic of Psychology</b>                            | Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.  | Phone: (612) 925-6033<br><a href="http://acp-mn.com/">http://acp-mn.com/</a><br>Apple Valley, Brooklyn Center, Minneapolis, St. Paul  |
| <b>Beacon Therapy Associates</b>                                  | Individual, family and group psychotherapy for children, adolescents adults. Serves clients ages 6 and up   | Champlin: (763) 951-3091<br>Edina: (651) 433-6276<br>White Bear Lake: (651) 653-0387<br><a href="http://beacontherapyassociates.com/">http://beacontherapyassociates.com/</a><br>Champlin, Edina, White Bear Lake |
| <b>Behavioral Health Services, Inc. (BHSI)</b>                    | Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.   | Registration Line: (651) 662-0800<br><a href="http://www.bhsiclinics.com">www.bhsiclinics.com</a><br>Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury  |
| <b>Canvas Health</b>  | 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<br><a href="http://www.canvashealth.org">http://www.canvashealth.org</a><br>Many locations  |
| <b>DBT Associates</b>   | Individual DBT, group skills training, telephone consultation for adults and adolescents.   | Phone: (763) 503-3981<br><a href="http://dbtassociates.com">http://dbtassociates.com</a><br>Fridley   |
| <b>FACTS<br/>Family, Adolescents and Children Family Services</b> | Therapy for children, adolescents and family. Early childhood, preschool day treatment, home-based therapy, school-linked services, parent skills training.   | Phone: (612) 379-9800<br><a href="http://facts-mn.org">http://facts-mn.org</a><br>Mendota Heights   |
| <b>Family Innovations</b>   | 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<br>Maplewood: (651) 748-5019<br><a href="http://familyinnovations.com/">http://familyinnovations.com/</a>  |
| <b>Fraser</b>   | 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<br>Minneapolis: (612) 767-7222<br><a href="http://www.fraser.org">http://www.fraser.org</a><br>Eden Prairie, Minneapolis   |
| <b>HCMC Child/Adolescent Psychiatry Clinic</b>                    | 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.                                       | <a href="http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429">http://www.hcmc.org/clinics/Child_Adolescent_Psychiatry_Clinic/HCMC_CLINICS_429</a><br>Minneapolis |
| <b>Headway</b>   | Psychotherapy for children and adults, DBT groups, parenting seminars, men's anger management, medication management. Day treatment program for teens in 7 <sup>th</sup> -12 <sup>th</sup> grade | Phone: (763) 746-2411<br><a href="https://www.headway.org/">https://www.headway.org/</a><br>Richfield, Golden Valley, Minneapolis, Plymouth  |
| <b>Innovative Psychological Consultants</b>                        | Psychotherapy and psychiatry for children, adolescents and adults. ADHD and learning disorder evaluations. Serves clients ages 5 and older.  | Phone: (763) 416-4167<br><a href="http://www.ipc-mn.com">http://www.ipc-mn.com</a><br>Maple Grove  |
| <b>Kathleen Jacobsen, PhD, LP</b>                                  | Specializes in behavioral therapy for adolescents and adults. Depression, anxiety, eating disorders, weight loss, developmental disorders.   | Phone: (763) 595-7294<br><a href="http://kathleenjacobson.com">http://kathleenjacobson.com</a><br>Golden Valley  |
| <b>Lakewood Counseling</b>   | Mental health services for individuals and families. Several practitioners specialize in adolescents, play therapy or counseling for parents   | Phone: (612) 798-7373<br><a href="http://www.lakewoodcounseling.com">http://www.lakewoodcounseling.com</a><br>Richfield  |
| <b>Mental Health Systems, PC</b>                                   | Individual and group DBT for adults and adolescents  | Phone: (952) 835-2002<br><a href="http://www.mhs-pc.com/">http://www.mhs-pc.com/</a><br>Edina, Woodbury, Maple Grove   |
| <b>Minnesota Counseling and Couples Center</b>                     | Individual, couples and family therapy for children and adults. Serves ages 3 years and older.   | Phone: (763) 400-7475<br><a href="http://mncounselingandcouplescenter.com">http://mncounselingandcouplescenter.com</a><br>Maple Grove  |
| <b>Minnesota Center for Psychology</b>                             | DBT for adults and adolescents, individual and group therapy. DBT for substance abuse disorders.   | Phone: (651) 644-4100<br><a href="http://www.minnesotacenterforpsychology.com">http://www.minnesotacenterforpsychology.com</a><br>St. Paul   |
| <b>Minnesota Psychological Resources<br/>Kari Nelson, PsyD, LP</b> | Psychiatry, psychotherapy for children, adolescents, adults, families. Play therapy, ADHD evaluations.   | Phone: (763) 550-9005<br><a href="http://www.mnpr.com">http://www.mnpr.com</a><br>Plymouth   |
| <b>Mound Psychological Services</b>                                | Mental health services for children, adolescents and adults. Specialize in depression, ADHD, autism spectrum, eating disorders, PTSD.  | Phone: (612) 223-7992<br><a href="http://moundpsychological.net">http://moundpsychological.net</a><br>Mound  |

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| <b>Nystrom and Associates</b>    | 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<br>www.nystromcounseling.com<br>Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury |
| <b>Psych Recovery</b>            | Psychiatry and psychotherapy for children, adolescents and adults. ADHD, learning disability and mental health assessments.   | Phone: (651) 645-3115<br>http://www.psychrecoveryinc.com<br>St. Paul  |
| <b>Prairie Care</b>              | 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<br>http://www.prairie-care.com<br>Chaska, Edina, Maple Grove, Woodbury  |
| <b>Reclaim</b>                   | 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<br>http://www.reclaim-lgbyouth.org<br>Minneapolis   |
| <b>Reimann Counseling Clinic</b> | Individual therapy for children and adults.<br>Serves ages 6 and older  | Phone: (763) 424-9591<br>http://reimanncounselingclinic.com<br>Maple Grove  |
| <b>Relate Counseling Center</b>  | 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<br>http://www.relatemn.org<br>Minnetonka  |
| <b>Roger Olsen, PsyD</b>         | Individual psychotherapy for children, adolescents and young adults (3-25 years). Assessment for ADHD, learning disorders, autism spectrum.   | Phone: (651) 882-6299<br>http://roger-olsen.com<br>Eagan  |
| <b>Rosenberg Center</b>          | 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<br>http://www.rosenbergcenter.com<br>Roseville  |
| <b>St. David's</b>               | Specialize in early childhood mental health, serve children and families with developmental disabilities, physical  | Phone: (952) 548-8700<br>http://www.stdavidscenter.org/mental-health  |

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|                                      | challenges, ADD and emotional/behavioral disturbances  | Minnetonka   |
| <b>Soul Work Therapy</b>             | Individual, family and group therapy for children, adolescents and adults. Serves clients ages 6 and older   | Phone: (763) 746-0842<br><a href="http://www.soulworktherapy.com">http://www.soulworktherapy.com</a><br>Champlin           |
| <b>Thad Wilderson and Associates</b> | 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<br><a href="http://thadwilderson.com">http://thadwilderson.com</a><br>St. Paul                       |
| <b>Walk-In Counseling Center</b>     | Free mental health counseling for individuals with urgent needs. No appointment needed, serves all ages. Open limited hours, check website.  | Phone: (612) 870-0565<br><a href="http://www.walkin.org">http://www.walkin.org</a>   |
| <b>Washburn Center for Children</b>  | 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<br><a href="http://washburn.org/">http://washburn.org/</a><br>Brooklyn Park, Minnetonka, Minneapolis |
| <b>Wilder Center</b>                 | 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<br><a href="http://www.wilder.org">http://www.wilder.org</a><br>St. Paul                             |

## Recreation, Social Activities

| Organization Name           | Description of Services   | Contact Information   |
|-----------------------------|---|---|
| <b>Half Pint Horses</b>     | Therapeutic horseback riding for children and adolescents with special needs. Ages 7-12 | Phone: (612) 802-6209<br><a href="http://www.halfpinthorses.com">www.halfpinthorses.com</a><br>Chaska |
| <b>Majestic Hills Ranch</b> | Therapeutic horseback riding for children and   | Phone: (952) 703-3719   |

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|   | adolescents with special needs. Ages 2-18.  | <a href="http://www.majestichillsranch.org/Lakeville">http://www.majestichillsranch.org/<br/>Lakeville</a>   |
| <b>Mentoring Partnership of Minnesota</b> | 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<br><a href="http://www.mpmn.org">http://www.mpmn.org</a>   |
| <b>Treehouse</b>                          | 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<br><a href="http://www.treehouseyouth.org">http://www.treehouseyouth.org</a><br>Bloomington, Brooklyn Park, Chaska, Eagan, Mahtomedi, Minnetonka, New Hope, Plymouth, St. Louis Park |
| <b>We Can Ride</b>                        | Therapeutic horseback riding for children and adults with physical, cognitive, emotional and behavioral disabilities.   | Phone: (952) 934-0057<br><a href="http://wecanride.org/">http://wecanride.org/</a><br>Minnetonka   |

## Sleep Therapy, CBT for Insomnia

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

## Support

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

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|   | children with emotional and behavioral challenges. Coaching, mentoring, school program design.  |  |
| <b>Depression Support Coalition</b>                               | Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.   | Phone: (952) 432-6351<br><a href="http://www.depressionsupportcoalition.org">http://www.depressionsupportcoalition.org</a>   |
| <b>Mental Health Association of Minnesota</b>                     | Mental health advocacy and education organization. Individual advocates for individuals and families to help navigate treatment, referrals and community resources.   | Phone: (651) 493-6634<br><a href="http://www.mentalhealthmn.org">http://www.mentalhealthmn.org</a>   |
| <b>Mentoring Partnership of Minnesota</b>                         | 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<br><a href="http://www.mpmn.org">http://www.mpmn.org</a>   |
| <b>Minnesota Association for Children's Mental Health (MACMH)</b> | Support and information for families and professionals regarding mental health for infants, children and adolescents  | Phone: (651) 644-7333<br><a href="http://www.macmh.org">http://www.macmh.org</a>   |
| <b>NAMI Minnesota</b>   | Support groups, family support groups, advocacy, educational programs, classes related to mental health. See website for local support groups   | Phone: (651) 645-2948<br><a href="http://www.namihelps.org/">http://www.namihelps.org/</a>   |
| <b>Suicide Awareness Voices of Education (SAVE)</b>               | Suicide prevention and education resources.   | <u>National Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br>Phone: (952) 946-7998<br><a href="http://www.save.org">http://www.save.org</a>  |
| <b>Treehouse</b>  | 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<br><a href="http://www.treehouseyouth.org">http://www.treehouseyouth.org</a><br>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   |
|---------------------|--|---|
| <b>Fast Tracker</b> | Online search tool for mental health providers and resources in Minnesota that includes real-time updates on availability, specialties and coverage. | <a href="http://www.fast-trackermn.org">http://www.fast-trackermn.org</a> |

### Crisis/Urgent Care for Mental Health

| Organization Name  | Description of Services  | Contact Information  |
|--|--|--|
| <b>Crisis Connection</b>   | Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.  | Crisis line: (612) 379-6363<br><a href="http://www.crisis.org">http://www.crisis.org</a>   |
| <b>Hennepin County Medical Center Acute Psychiatric Services</b> | 24-hour walk-in crisis intervention and treatment of behavioral emergencies  | Phone: (612) 873-3161<br><u>Suicide hotline: (612) 873-2222</u><br><a href="http://www.hcmc.org/clinics/AdultPsychiatryClinicMedication/psychiatricservices">http://www.hcmc.org/clinics/AdultPsychiatryClinicMedication/psychiatricservices</a><br>Minneapolis  |
| <b>Hennepin County Mobile Crisis Teams (COPE)</b>                | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |
| <b>National Suicide Prevention Lifeline</b>                      | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or   | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u>   |

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|                                  | others.   | <a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>                              |
| <b>Veterans Crisis Line</b>      | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a> |
| <b>Walk-In Counseling Center</b> | 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<br><a href="http://www.walkin.org">http://www.walkin.org</a><br>Minneapolis                              |

## Chronic Pain Clinics

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

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

### Chronic Pain Psychotherapy

| Organization Name   | Description of Services  | Contact Information   |
|---|--|---|
| <b>Susan Broadwell, MA, PsyD<br/>Mind-Body Psychotherapy and Energy Healing</b> | Psychotherapy for chronic pain and a variety of other services for adults, adolescents and children.   | Phone: (952) 922-1848<br><a href="http://mindbodytherapymn.com/">http://mindbodytherapymn.com/</a><br>St. Louis Park    |
| <b>Suzanne Candell, PhD, LP</b>   | 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<br><a href="http://drsuzannecandell.com/">http://drsuzannecandell.com/</a><br>Minneapolis         |
| <b>Peg Maude-Griffin, PhD<br/>Twin Cities Pain Clinic</b>                       | Psychotherapy for chronic pain.  | Phone: (952) 841-2345<br><a href="http://www.twincitiespainclinic.com">http://www.twincitiespainclinic.com</a><br>Edina |
| <b>Amber Pone, LICSW</b>  | Psychotherapy for chronic pain and a variety of other services   | Phone: (512) 363-6365<br><a href="http://amberpone.com/">http://amberpone.com/</a><br>Minneapolis                       |



## Clinical Hypnosis

| Organization Name                     | Description of Services  | Contact Information   |
|---------------------------------------|--|---|
| <b>Veronica (Roni) Ahern, MA, LP</b>  | Approved consultant in clinical hypnosis. Individual, couples, marriage and family therapy.  | Phone: (612) 872-8227<br><a href="http://roniahern.com/">http://roniahern.com/</a><br>Minneapolis               |
| <b>Suzanne Candell, PhD, LP</b>       | 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<br><a href="http://drsuzannecandell.com/">http://drsuzannecandell.com/</a><br>Minneapolis |
| <b>Beverly Caruso, LICSW</b>          | Adult and family therapy, PTSD, clinical hypnosis. Private practice  | Phone: (612) 374-2618<br>Minneapolis  |
| <b>Denise D'Aurora, Med, LP, LMFT</b> | Clinical hypnosis, private practice.   | Phone: (952) 897-0393<br>Edina  |
| <b>Evelyn Nerenberg, MA, LICSW</b>    | Hypnosis for weight loss and smoking cessation. Variety of other counseling services.  | Phone: (952) 831-9111<br><a href="http://www.evelynnerenberg.com/">http://www.evelynnerenberg.com/</a><br>Edina |
| <b>Helen Paul, PhD</b>                | Clinical hypnosis, private practice.   | Phone: (952) 945-0401<br>St. Louis Park   |

## County Resources

| Organization Name  | Description of Services   | Contact Information  |
|--|---|--|
| <b>Adult Rehabilitative Mental Health Services (ARMHS)</b> | 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:<br><a href="http://www.dhs.state.mn.us">http://www.dhs.state.mn.us</a> |
| <b>Assertive Community Treatment</b>                       | Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county   | Access through county of residence<br>Hennepin: (612) 348-4111                               |

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| <b>Hennepin County Mobile Crisis Teams</b> | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |
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## Community Support Resources

| Organization Name                          | Description of Services   | Contact Information   |
|--|---|---|
| <b>Northside Community Support Program</b> | Resource center for Hennepin County adults with mental illness. Housing assistance, referral to community resources, Target case management services.   | Phone: (612) 521-2116<br><a href="http://www.peopleincorporated.org/program/northside-community-support-program/">http://www.peopleincorporated.org/program/northside-community-support-program/</a><br>Minneapolis   |
| <b>Spectrum – Minneapolis Lighthouse</b>   | Drop-in center with multiple services, supports and connection to community resources.  | Phone: (612) 752-8200<br><a href="http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/">http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/</a><br>Minneapolis |
| <b>Vail Place – Hopkins Clubhouse</b>      | 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<br><a href="http://www.vailplace.org/services/hopkinsclubhouse/">http://www.vailplace.org/services/hopkinsclubhouse/</a><br>Hopkins   |
| <b>Vail Place – Minneapolis Clubhouse</b>  | 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<br><a href="http://www.vailplace.org/services/minneapolis-clubhouse/">http://www.vailplace.org/services/minneapolis-clubhouse/</a><br>Minneapolis   |
| <b>Veterans Bridge to Recovery</b>         | 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<br><a href="http://www.minneapolis.va.gov/services/VBR.asp">http://www.minneapolis.va.gov/services/VBR.asp</a><br>Minneapolis   |

## Eating Disorders

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

## Geriatric Mental Health: Inpatient

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

## 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  |
|--|---|--|
| <b>Associated Clinic of Psychology (ACP)</b> | Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. | Phone: (612) 925-6033<br><a href="http://acp-mn.com/">http://acp-mn.com/</a> |

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

## Inpatient Mental Health

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

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## Neuropsychological Testing

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

## Psychiatry

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

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## Psychotherapy and Dialectical Behavioral Therapy (DBT)

| Organization Name                                      | Description of Services   | Contact Information  |
|--|---|--|
| <b>Park Nicollet Mental Health</b>                     | Counseling and psychiatry services. New patients must call on Mondays for intake and scheduling.  | Phone: (952) 993-3307<br><a href="http://www.parknicollet.com">http://www.parknicollet.com</a><br>St. Louis Park   |
| <b>Associated Clinic of Psychology</b>                 | Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.                                      | Phone: (612) 925-6033<br><a href="http://acp-mn.com/">http://acp-mn.com/</a><br>Apple Valley, Brooklyn Center, Minneapolis, St. Paul                             |
| <b>Behavioral Health Services, Inc. (BHSI)</b>         | Psychiatry, psychotherapy, DBT group, psychological testing. Children, adolescents, adults.   | Registration Line: (651) 662-0800<br><a href="http://www.bhsiclinics.com">www.bhsiclinics.com</a><br>Golden Valley, Eagan, Fridley, Shakopee, St. Paul, Woodbury |
| <b>Choices Psychotherapy</b>                           | DBT for adults, individual and group therapy.   | Phone: (952) 544-6806<br><a href="http://www.choicespsychotherapy.net">http://www.choicespsychotherapy.net</a><br>St. Louis Park                                 |
| <b>Headway</b>   | Psychotherapy for children and adults, DBT groups, parenting seminars, men's anger management, medication management.                                 | Phone: (763) 746-2411<br><a href="https://www.headway.org/">https://www.headway.org/</a><br>Richfield, Golden Valley, Minneapolis, Plymouth                      |
| <b>Mental Health Systems, PC</b>                       | Individual and group DBT for adults and adolescents   | Phone: (952) 835-2002<br><a href="http://www.mhs-pc.com/">http://www.mhs-pc.com/</a><br>Edina, Woodbury, Maple Grove   |
| <b>Stark Mental Health Clinic, People Incorporated</b> | Psychiatric medication management and psychotherapy for adults, group and family therapy, couples counseling.   | Phone: (612) 872-2000<br><a href="http://www.peopleincorporated.org">http://www.peopleincorporated.org</a><br>Minneapolis  |
| <b>Walk-In Counseling Center</b>                       | 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<br><a href="http://www.walkin.org">http://www.walkin.org</a>   |

## Sleep Therapy, CBT for Insomnia

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

## Support

| Organization Name  | Description of Services  | Contact Information  |
|--|--|--|
| <b>Behavioral Institute for Children and Adolescents</b> | 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<br><a href="http://www.behavioralinstitute.org">http://www.behavioralinstitute.org</a>               |
| <b>Depression Support Coalition</b>                      | Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.  | Phone: (952) 432-6351<br><a href="http://www.depressionsupportcoalition.org">http://www.depressionsupportcoalition.org</a> |
| <b>Minnesota Depression and Bipolar Support</b>          | A division of MHAM. Support groups for   | <a href="http://www.mentalhealthmn.org/mental-">http://www.mentalhealthmn.org/mental-</a>                                  |

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|   |  |   |
|---|--|---|
| <b>Alliance</b>   | individuals with depression or bipolar.  | health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups   |
| <b>Mental Health Association of Minnesota (MHAM)</b>                        | 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<br><a href="http://www.mentalhealthmn.org">http://www.mentalhealthmn.org</a>  |
| <b>Minnesota Association for Children's Mental Health (MACMH)</b>           | Support and information for families and professionals regarding mental health for infants, children and adolescents   | Phone: (651) 644-7333<br><a href="http://www.macmh.org">http://www.macmh.org</a>  |
| <b>Minnesota Ombudsman for Mental Health and Developmental Disabilities</b> | Reviews complaints against government, answers questions about rights and grievances and assists with access to appropriate services.  | Phone: (651) 757-1800<br><a href="http://mn.gov/omhdd/">http://mn.gov/omhdd/</a>  |
| <b>NAMI Minnesota</b>   | Support groups, family support groups, advocacy, educational programs, classes related to mental health.   | Phone: (651) 645-2948<br><a href="http://www.namihelps.org/">http://www.namihelps.org/</a>  |
| <b>National Suicide Prevention Lifeline</b>                                 | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.   | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a> |
| <b>Suicide Awareness Voices of Education (SAVE)</b>                         | Suicide prevention and education resources.  | Phone: (952) 946-7998<br><a href="http://www.save.org">http://www.save.org</a>  |
| <b>Veterans Crisis Line</b>   | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>                                    |

## East Metro Area and St. Paul

### Search Tool

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

### Crisis/Urgent Care for Mental Health

| Organization Name                           | Description of Services   | Contact Information   |
|---|---|---|
| <b>Crisis Connection</b>                    | Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.   | Crisis line: (612) 379-6363<br><a href="http://www.crisis.org">http://www.crisis.org</a>  |
| <b>National Suicide Prevention Lifeline</b> | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.  | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>                     |
| <b>Urgent Care for Adult Mental Health</b>  | 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<br><a href="http://mentalhealthcrisisalliance.org/">http://mentalhealthcrisisalliance.org/</a><br>Ramsey, Dakota and Washington Counties<br>Located in St. Paul |
| <b>Veterans Crisis Line</b>                 | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>  |

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

## Chronic Pain Clinics

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

## Chronic Pain Psychotherapy

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

## Clinical Hypnosis

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

## County Resources

| Organization Name   | Description of Services   | Contact Information   |
|---|---|---|
| <b>Adult Rehabilitative Mental Health Services (ARMHS)</b>                          | 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:<br><a href="http://www.dhs.state.mn.us">http://www.dhs.state.mn.us</a>  |
| <b>Assertive Community Treatment</b>  | Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county   | Access through county of residence<br>Hennepin: (612) 348-4111<br>Ramsey: (651) 266-7890  |
| <b>Ramsey County Mental Health Intake</b>   | 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<br>Children 17 and younger: (651) 774-7000  |
| <b>Urgent Care for Adult Mental Health - Ramsey, Dakota and Washington Counties</b> | 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<br><a href="http://mentalhealthcrisisalliance.org/">http://mentalhealthcrisisalliance.org/</a><br>Ramsey, Dakota and Washington Counties<br>Located in St. Paul |
| <b>Washington County Mental Health Crisis</b>                                       | Mobile crisis unit through Canvas Health  | Phone: (651) 777-5222   |
| <b>Washington County Mental Health Intake</b>                                       | Washington county intake for mental health services for adults and children.  | Phone: (651) 430-6484<br><a href="http://www.co.washington.mn.us/index.aspx?NID=798">http://www.co.washington.mn.us/index.aspx?NID=798</a>  |

## Community Support Resources

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

## Eating Disorders

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

## Geriatric Mental Health: Inpatient

| Organization Name        | Description of Services   | Contact Information  |
|--------------------------|---------------------------|--|
| <b>Bethesda Hospital</b> | Geriatric psychiatry unit | Phone: (651) 326-2191<br><a href="http://www.healtheast.org/bethesda">http://www.healtheast.org/bethesda</a> |
| <b>United Hospital</b>   | Geriatric psychiatry unit | Phone: (651) 241-8860<br><a href="http://www.allinahealth.org">http://www.allinahealth.org</a><br>St. Paul   |
| <b>Unity Hospital</b>    | Geriatric psychiatry unit | Phone: (763) 236-4464<br><a href="http://www.allinahealth.org">http://www.allinahealth.org</a><br>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   |
|--|---|---|
| <b>Associated Clinic of Psychology (ACP)</b> | Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy.<br>Children, adolescents, adults. | Phone: (612) 925-6033<br><a href="http://acp-mn.com/">http://acp-mn.com/</a><br>Apple Valley, Brooklyn Center, Minneapolis,<br>St. Paul |
| <b>Dr. Nels Langston</b>                     | Integrated mental health treatment, trauma-oriented.  | Phone: (646) 752-2078<br><a href="http://www.nklangsten.com/">http://www.nklangsten.com/</a><br>St. Paul                                |

## Inpatient Mental Health

| Organization Name  | Description of Services  | Contact Information   |
|--|--|---|
| <b>Regions DayBridge Partial Hospitalization Program</b> | 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<br><a href="http://www.regionshospital.com/rh/specialties/mental-health/daybridge.html">http://www.regionshospital.com/rh/specialties/mental-health/daybridge.html</a>  |
| <b>United Hospital</b>                                   | Adult and adolescent inpatient mental health as well as adult partial hospitalization program  | <a href="http://www.allinahealth.org/United-Hospital/Services/Mental-health-services/Adult-assessment-and-treatment/">http://www.allinahealth.org/United-Hospital/Services/Mental-health-services/Adult-assessment-and-treatment/</a><br>St. Paul |

## Psychiatry

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

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|   | care, family therapy. Children, adolescents, adults.   | <a href="http://mnmentalhealthclinics.com/">http://mnmentalhealthclinics.com/</a><br>Eagan, Edina, Lakeville, Minneapolis, Woodbury  |
| <b>Nystrom and Associates</b>                     | 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<br><a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a><br>Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury |
| <b>Orr Memory and Geriatric Behavioral Clinic</b> | Psychiatrist specializing in working with seniors and memory loss. Cognitive evaluations, behavioral assessments, competency assessments.  | Phone: (651) 528-8183<br><a href="http://www.orrmemoryclinic.com/">http://www.orrmemoryclinic.com/</a><br>Mendota Heights  |

## Psychotherapy and Dialectical Behavioral Therapy (DBT)

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

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|-----------------------------------|---|---|
|                                   |   | St. Paul  |
| <b>Nystrom and Associates</b>     | 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<br>www.nystromcounseling.com<br>Apple Valley, Eden Prairie, Elk River, Maple Grove, New Brighton, Woodbury |
| <b>Pathways Counseling Center</b> | Outpatient psychotherapy for adults and families, mental illness/chemical dependency day treatment program, gambling addiction, refugee mental health services  | Phone: (651) 641-1555<br>http://www.pathwayscounselingcenter.org<br>St. Paul  |
| <b>Psychiatric Recovery, PA</b>   | 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<br>http://www.psychrecoveryinc.com<br>St. Paul  |
| <b>Roger Olsen, PsyD</b>          | Individual psychotherapy for children, adolescents and young adults (3-25 years). Assessment for ADHD, learning disorders, autism spectrum.   | Phone: (651) 882-6299<br>http://roger-olsen.com<br>Eagan  |
| <b>Walk-In Counseling Center</b>  | 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<br>http://www.walkin.org<br>Minneapolis, St. Paul   |

## Sleep Therapy, CBT for Insomnia

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

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## Support

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

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|                             |  |  |
|-----------------------------|--|--|
| <b>Veterans Crisis Line</b> | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a> |
|-----------------------------|--|--|

## North Metro Area

### Search Tool

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

### Crisis/Urgent Care for Mental Health

| Organization Name                           | Description of Services  | Contact Information  |
|---|--|--|
| <b>Crisis Connection</b>                    | Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention.  | Crisis line: (612) 379-6363<br><a href="http://www.crisis.org">http://www.crisis.org</a>   |
| <b>Hennepin County Mobile Crisis Teams</b>  | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |
| <b>National Suicide Prevention Lifeline</b> | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.   | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>  |
| <b>Veterans Crisis Line</b>                 | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>   |

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

### Chronic Pain Clinics

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

### County Resources

| Organization Name  | Description of Services   | Contact Information  |
|--|---|--|
| <b>Adult Rehabilitative Mental Health Services (ARMHS)</b> | 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:<br><a href="http://www.dhs.state.mn.us">http://www.dhs.state.mn.us</a>   |
| <b>Anoka County Mental Health Intake</b>                   | Anoka County mental health intake for assessment and services.  | Phone: (763) 422-3283<br><a href="http://www.anokacounty.us/614/Adult-Mental-Health">http://www.anokacounty.us/614/Adult-Mental-Health</a> |
| <b>Assertive Community Treatment</b>                       | Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by  | Access through county of residence<br>Hennepin: (612) 348-4111<br>Ramsey: (651) 266-7890   |

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| county                                     |  |  |
|--|--|--|
| <b>Hennepin County Mobile Crisis Teams</b> | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |

## Community Support Resources

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

## Eating Disorders

| Organization Name                   | Description of Services   | Contact Information   |
|-------------------------------------|---|---|
| <b>Park Nicollet Melrose Center</b> | Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs. | Phone: (952) 993-6200<br><a href="http://www.parknicollet.com/specialtycenters/melrose-center">http://www.parknicollet.com/specialtycenters/melrose-center</a><br>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   |
|---|--|---|
| <b>Associated Clinic of Psychology (ACP)</b>            | Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults.                               | Phone: (612) 925-6033<br><a href="http://acp-mn.com/">http://acp-mn.com/</a><br>Apple Valley, Brooklyn Center, Minneapolis, St. Paul            |
| <b>Volunteers of America, MN – Senior Mental Health</b> | Age-specific mental health therapy services for individuals 55 and older. Outpatient and in-home therapy. Geriatric psychiatry also available. | Phone: (763) 225-4054<br><a href="http://www.voamnwi.org/senior-mental-health">http://www.voamnwi.org/senior-mental-health</a><br>Golden Valley |

## Integrative Therapy

| Organization Name             | Description of Services   | Contact Information  |
|-------------------------------|---|--|
| <b>Justin Kukowski Center</b> | 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<br><a href="http://www.justinkukowskicenter.com">http://www.justinkukowskicenter.com</a><br>Burnsville, Chaska |

## Inpatient Mental Health

| Organization Name  | Description of Services  | Contact Information  |
|--|--|--|
| <b>Prairie Care Inpatient Hospitalization<br/>Maple Grove Hospital</b> | 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<br><a href="http://www.prairie-care.com">http://www.prairie-care.com</a><br>Maple Grove, Edina, Chaska |

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## Neuropsychological Testing

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

## Psychiatry

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

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## Psychotherapy and Dialectical Behavioral Therapy (DBT)

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



## Sleep Therapy, CBT for Insomnia

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

## Support

| Organization Name   | Description of Services  | Contact Information   |
|---|--|---|
| <b>Behavioral Institute for Children and Adolescents</b>                    | 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<br><a href="http://www.behavioralinstitute.org">http://www.behavioralinstitute.org</a>  |
| <b>Depression Support Coalition</b>   | Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.  | Phone: (952) 432-6351<br><a href="http://www.depressionsupportcoalition.org">http://www.depressionsupportcoalition.org</a>  |
| <b>Minnesota Depression and Bipolar Support Alliance</b>                    | A division of MHAM. Support groups for individuals with depression or bipolar.   | <a href="http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups">http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups</a> |
| <b>Mental Health Association of Minnesota (MHAM)</b>                        | 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<br><a href="http://www.mentalhealthmn.org">http://www.mentalhealthmn.org</a>  |
| <b>Minnesota Association for Children's Mental Health (MACMH)</b>           | Support and information for families and professionals regarding mental health for infants, children and adolescents   | Phone: (651) 644-7333<br><a href="http://www.macmh.org">http://www.macmh.org</a>  |
| <b>Minnesota Ombudsman for Mental Health and Developmental Disabilities</b> | Reviews complaints against government, answers questions about rights and grievances and assists with access to  | Phone: (651) 757-1800<br><a href="http://mn.gov/omhdd/">http://mn.gov/omhdd/</a>  |

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|   |  |   |
|---|--|---|
|   | appropriate services.  |   |
| <b>NAMI Minnesota</b>                               | Support groups, family support groups, advocacy, educational programs, classes related to mental health.                           | Phone: (651) 645-2948<br><a href="http://www.namihelps.org/">http://www.namihelps.org/</a>  |
| <b>National Suicide Prevention Lifeline</b>         | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.                               | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a> |
| <b>Suicide Awareness Voices of Education (SAVE)</b> | Suicide prevention and education resources.  | Phone: (952) 946-7998<br><a href="http://www.save.org">http://www.save.org</a>  |
| <b>Veterans Crisis Line</b>                         | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>                                    |

## South Metro Area

### Search Tool

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

### Crisis/Urgent Care for Mental Health

| Organization Name                          | Description of Services   | Contact Information  |
|--|---|--|
| <b>Crisis Connection</b>                   | Mental health counseling service providing 24-hour telephone counseling, crisis counseling, mental health referral, suicide prevention. | Crisis line: (612) 379-6363<br><a href="http://www.crisis.org">http://www.crisis.org</a> |
| <b>Hennepin County Mobile Crisis Teams</b> | Community Outreach for Psychiatric Emergencies. Adults in Hennepin County.  | Adults 18 and older: (612) 596-1223<br>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   | <a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County        |
| <b>National Suicide Prevention Lifeline</b> | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.  | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>                     |
| <b>Urgent Care for Adult Mental Health</b>  | 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<br><a href="http://mentalhealthcrisisalliance.org/">http://mentalhealthcrisisalliance.org/</a><br>Ramsey, Dakota and Washington Counties<br>Located in St. Paul |
| <b>Veterans Crisis Line</b>                 | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>  |

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

### Chronic Pain Clinics

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

## County Resources

| Organization Name  | Description of Services   | Contact Information  |
|--|---|--|
| <b>Adult Rehabilitative Mental Health Services (ARMHS)</b> | 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:<br><a href="http://www.dhs.state.mn.us">http://www.dhs.state.mn.us</a>   |
| <b>Assertive Community Treatment</b>                       | Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county   | Access through county of residence<br>Hennepin: (612) 348-4111<br>Ramsey: (651) 266-7890   |
| <b>Carver/Scott County Mental Health Crisis</b>            | 24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services.  | Phone: (952) 442-7601<br><a href="http://www.co.carver.mn.us/departments/CSS/mh/crisis.asp">http://www.co.carver.mn.us/departments/CSS/mh/crisis.asp</a>   |
| <b>Dakota County Mental Health Crisis</b>                  | 24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services   | Phone: (952) 891-7171  |
| <b>Dakota County Mental Health Intake</b>                  | Dakota County intake for adult and children's mental health services and programs.  | Adults: (651) 554-6424<br>Children: (952) 891-7459   |
| <b>Hennepin County Mobile Crisis Teams</b>                 | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |

## Community Support Resources

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

## Eating Disorders

| Organization Name                                   | Description of Services   | Contact Information  |
|---|---|--|
| <b>Justin Kukowski Center</b>                       | 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<br><a href="http://www.justinkukowskicenter.com">http://www.justinkukowskicenter.com</a><br>Burnsville, Chaska |
| <b>Water's Edge Counseling &amp; Healing Center</b> | Psychiatry, individual, family and group psychotherapy, intensive outpatient programs, eating disorder treatment, Christian-based therapy.  | Phone: (952) 898-5020<br><a href="http://www.watersedgechc.com">http://www.watersedgechc.com</a><br>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  |
|--|--|--|
| <b>Associated Clinic of Psychology (ACP)</b> | Psychiatry, psychotherapy, psychological testing, group therapy, in home therapy. Children, adolescents, adults. | Phone: (612) 925-6033<br><a href="http://acp-mn.com/">http://acp-mn.com/</a><br>Apple Valley, Brooklyn Center, Minneapolis, St. Paul |

## Integrative Therapy

| Organization Name             | Description of Services   | Contact Information  |
|-------------------------------|---|--|
| <b>Justin Kukowski Center</b> | 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<br><a href="http://www.justinkukowskicenter.com">http://www.justinkukowskicenter.com</a><br>Burnsville, Chaska |

## Inpatient Mental Health

| Organization Name  | Description of Services  | Contact Information  |
|--|--|--|
| <b>Prairie Care Inpatient Hospitalization<br/>Maple Grove Hospital</b> | 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<br><a href="http://www.prairie-care.com">http://www.prairie-care.com</a><br>Maple Grove, Edina, Chaska |

## Psychiatry

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

## Psychotherapy and Dialectical Behavioral Therapy (DBT)

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



## Sleep Therapy, CBT for Insomnia

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

## Support

| Organization Name   | Description of Services  | Contact Information   |
|---|--|---|
| <b>Behavioral Institute for Children and Adolescents</b>                    | 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<br><a href="http://www.behavioralinstitute.org">http://www.behavioralinstitute.org</a>  |
| <b>Depression Support Coalition</b>   | Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.  | Phone: (952) 432-6351<br><a href="http://www.depressionsupportcoalition.org">http://www.depressionsupportcoalition.org</a>  |
| <b>Minnesota Depression and Bipolar Support Alliance</b>                    | A division of MHAM. Support groups for individuals with depression or bipolar.   | <a href="http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups">http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups</a> |
| <b>Mental Health Association of Minnesota (MHAM)</b>                        | 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<br><a href="http://www.mentalhealthmn.org">http://www.mentalhealthmn.org</a>  |
| <b>Minnesota Association for Children's Mental Health (MACMH)</b>           | Support and information for families and professionals regarding mental health for infants, children and adolescents   | Phone: (651) 644-7333<br><a href="http://www.macmh.org">http://www.macmh.org</a>  |
| <b>Minnesota Ombudsman for Mental Health and Developmental Disabilities</b> | Reviews complaints against government, answers questions about rights and  | Phone: (651) 757-1800<br><a href="http://mn.gov/omhdd/">http://mn.gov/omhdd/</a>  |

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|   | grievances and assists with access to appropriate services.  |   |
| <b>NAMI Minnesota</b>                               | Support groups, family support groups, advocacy, educational programs, classes related to mental health.                           | Phone: (651) 645-2948<br><a href="http://www.namihelps.org/">http://www.namihelps.org/</a>  |
| <b>National Suicide Prevention Lifeline</b>         | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.                               | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a> |
| <b>Suicide Awareness Voices of Education (SAVE)</b> | Suicide prevention and education resources.  | Phone: (952) 946-7998<br><a href="http://www.save.org">http://www.save.org</a>  |
| <b>Veterans Crisis Line</b>                         | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>                                    |

## West Metro Area

### Search Tool

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

### Crisis/Urgent Care for Mental Health

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

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| <b>Hennepin County Medical Center Acute Psychiatric Services</b> | 24-hour walk-in crisis intervention and treatment of behavioral emergencies  | Phone: (612) 873-3161<br>Suicide hotline: (612) 873-2222<br><a href="http://www.hcmc.org/clinics/AdultPsychiatryClinicMedication/psychiatricservices">http://www.hcmc.org/clinics/AdultPsychiatryClinicMedication/psychiatricservices</a><br>Minneapolis         |
| <b>Hennepin County Mobile Crisis Teams (COPE)</b>                | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |
| <b>National Suicide Prevention Lifeline</b>                      | Lifeline connects caller to a trained counselor 24/7. Links to resources for helping self or others.   | <u>Suicide Prevention Lifeline:</u><br><u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>  |
| <b>Veterans Crisis Line</b>                                      | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a>   |

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

### Chronic Pain Clinics

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

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

## Clinical Hypnosis

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

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## County Resources

| Organization Name  | Description of Services   | Contact Information  |
|--|---|--|
| <b>Adult Rehabilitative Mental Health Services (ARMHS)</b> | 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:<br><a href="http://www.dhs.state.mn.us">http://www.dhs.state.mn.us</a>   |
| <b>Assertive Community Treatment</b>                       | Multidisciplinary, non-residential rehabilitative mental health treatment. For individuals who require intensive treatment. Team-based approach. Administered by county   | Access through county of residence<br>Hennepin: (612) 348-4111<br>Ramsey: (651) 266-7890   |
| <b>Carver/Scott County Mental Health Crisis</b>            | 24/7 crisis line for assessment and intervention. Mobile response and short-term stabilization services.  | Phone: (952) 442-7601<br><a href="http://www.co.carver.mn.us/departments/CSS/mh/crisis.asp">http://www.co.carver.mn.us/departments/CSS/mh/crisis.asp</a>   |
| <b>Hennepin County Mobile Crisis Teams</b>                 | 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<br>Children 17 and younger: (612) 348-2233<br><a href="http://www.hennepin.us/residents/emergencies/mental-health-emergencies">http://www.hennepin.us/residents/emergencies/mental-health-emergencies</a><br>Hennepin County |

## Community Support Resources

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

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|                                       | supports and connection to community resources.   | <a href="http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/Crystal">http://www.resource-mn.org/spectrum-pages/spectrum-services/spectrum-community-support-programs-csps/Crystal</a> |
| <b>Vail Place – Hopkins Clubhouse</b> | 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<br><a href="http://www.vailplace.org/services/hopkinsclubhouse/Hopkins">http://www.vailplace.org/services/hopkinsclubhouse/Hopkins</a>  |

## Eating Disorders

| Organization Name                   | Description of Services   | Contact Information   |
|-------------------------------------|---|---|
| <b>Park Nicollet Melrose Center</b> | Comprehensive, multi-disciplinary approach to eating disorder treatment. Inpatient and outpatient programs.   | Phone: (952) 993-6200<br><a href="http://www.parknicollet.com/specialtycenters/melrose-center">http://www.parknicollet.com/specialtycenters/melrose-center</a><br>St. Louis Park, St. Paul, Maple Grove |
| <b>Justin Kukowski Center</b>       | 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<br><a href="http://www.justinkukowskicenter.com">http://www.justinkukowskicenter.com</a><br>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   |
|-------------------------|--|---|
| <b>Domak Psychiatry</b> | Private practice specializing in adult psychiatry. Accepts most insurances | Phone: (952) 303-4372<br><a href="http://www.dokmakpsychiatry.com/">http://www.dokmakpsychiatry.com/</a><br>Edina |

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

## Integrative Therapy

| Organization Name             | Description of Services   | Contact Information  |
|-------------------------------|---|--|
| <b>Justin Kukowski Center</b> | 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<br><a href="http://www.justinkukowskicenter.com">http://www.justinkukowskicenter.com</a><br>Burnsville, Chaska |

## Inpatient Mental Health

| Organization Name  | Description of Services  | Contact Information  |
|--|--|--|
| <b>Prairie Care Inpatient Hospitalization<br/>Maple Grove Hospital</b> | 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<br><a href="http://www.prairie-care.com">http://www.prairie-care.com</a><br>Maple Grove, Edina, Chaska |

## Neuropsychological Testing

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

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## Psychiatry

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

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|-------------------------------|--|--|
| <b>Stone Creek Psychiatry</b> | Private practice psychiatry clinic. Children, adolescents, adults. | Phone: (952) 241-4050<br><a href="http://stonecreekpsychiatry.com/">http://stonecreekpsychiatry.com/</a><br>Chanhassen |
|-------------------------------|--|--|

## Psychotherapy and Dialectical Behavioral Therapy (DBT)

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

## Sleep Therapy, CBT for Insomnia

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

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| <b>Minnesota Sleep Institute</b> | insomnia for adults and children. | <a href="http://minnsleep.com">http://minnsleep.com</a><br>Edina, Woodbury, Burnsville |
|----------------------------------|-----------------------------------|--|

## Support

| Organization Name   | Description of Services  | Contact Information   |
|---|--|---|
| <b>Behavioral Institute for Children and Adolescents</b>                    | 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<br><a href="http://www.behavioralinstitute.org">http://www.behavioralinstitute.org</a>  |
| <b>Depression Support Coalition</b>   | Free faith-based support group meetings at twin cities churches. See website for locations and meeting dates.  | Phone: (952) 432-6351<br><a href="http://www.depressionsupportcoalition.org">http://www.depressionsupportcoalition.org</a>  |
| <b>Minnesota Depression and Bipolar Support Alliance</b>                    | A division of MHAM. Support groups for individuals with depression or bipolar.   | <a href="http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups">http://www.mentalhealthmn.org/mental-health-advocacy/individual-advocacy/access-to-health-care-and-community-services/support-groups/dbsa-support-groups</a> |
| <b>Mental Health Association of Minnesota (MHAM)</b>                        | 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<br><a href="http://www.mentalhealthmn.org">http://www.mentalhealthmn.org</a>  |
| <b>Minnesota Association for Children's Mental Health (MACMH)</b>           | Support and information for families and professionals regarding mental health for infants, children and adolescents   | Phone: (651) 644-7333<br><a href="http://www.macmh.org">http://www.macmh.org</a>  |
| <b>Minnesota Ombudsman for Mental Health and Developmental Disabilities</b> | Reviews complaints against government, answers questions about rights and grievances and assists with access to appropriate services.  | Phone: (651) 757-1800<br><a href="http://mn.gov/omhdd/">http://mn.gov/omhdd/</a>  |
| <b>NAMI Minnesota</b>   | Support groups, family support groups, advocacy, educational programs, classes related to mental health.   | Phone: (651) 645-2948<br><a href="http://www.namihelps.org/">http://www.namihelps.org/</a>  |
| <b>National Suicide Prevention Lifeline</b>                                 | Lifeline connects caller to a trained counselor  | <u><a href="http://www.suicideline.com">Suicide Prevention Lifeline:</a></u>  |

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|   |  |  |
|---|--|--|
|   | 24/7. Links to resources for helping self or others.   | <u>1-800-273-8255</u><br><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>     |
| <b>Suicide Awareness Voices of Education (SAVE)</b> | Suicide prevention and education resources.  | Phone: (952) 946-7998<br><a href="http://www.save.org">http://www.save.org</a>   |
| <b>Veterans Crisis Line</b>                         | 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<br>Text: 838255<br><a href="http://www.veteranscrisisline.net/">http://www.veteranscrisisline.net/</a> |

| <b>HEALTH CARE RESOURCES</b>       |                        |             |              |            |
|------------------------------------|------------------------|-------------|--------------|------------|
| <b>Facility</b>                    | <b>Address</b>         | <b>City</b> | <b>State</b> | <b>Zip</b> |
| 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

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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

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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](http://www.communityhospitalcorp.com).





# Appendix

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- 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](http://w20.education.state.mn.us/MDEAnalytics/Data.jsp)
  - Wisconsin: [wisedash.dpi.wi.gov/Dashboard/portalHome.jsp](http://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/](http://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 [m<sup>2</sup>]).

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 [m<sup>2</sup>]).

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/](http://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/](http://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](http://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](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

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### 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%               |
| <b>Minnesota</b> | <b>5,310,418</b> | <b>5,457,173</b> | <b>146,755</b>   | <b>2.8%</b>        |
| Polk             | 44,154           | 43,437           | -717             | -1.6%              |
| St. Croix        | 84,398           | 86,759           | 2,361            | 2.8%               |
| <b>Wisconsin</b> | <b>5,689,268</b> | <b>5,757,564</b> | <b>68,296</b>    | <b>1.2%</b>        |

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                                  |
| <b>Minnesota</b>     | <b>79,605</b>                  | <b>67</b>                            |
| <b>Wisconsin</b>     | <b>54,143</b>                  | <b>105</b>                           |
| <b>United States</b> | <b>3,530,998</b>               | <b>88</b>                            |

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           |  |
| <b>Total</b>                               | <b>398,552</b> | <b>1,152,425</b> | <b>508,640</b> | <b>129,928</b> | <b>238,136</b> | <b>5,303,925</b> | <b>44,205</b> | <b>84,345</b> | <b>5,686,986</b> |  |

| 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          |  |
| <b>Total</b>                               | <b>412,529</b> | <b>1,212,064</b> | <b>532,655</b> | <b>139,672</b> | <b>249,283</b> | <b>5,457,173</b> | <b>43,437</b> | <b>86,759</b> | <b>5,757,564</b> |  |

Source: U.S. Census Bureau, Population Division; [www.census.gov/popest/data/index.html](http://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        |
| <b>Minnesota</b> | <b>\$56,944</b> | <b>\$58,828</b> | <b>\$60,664</b> |
| Polk             | \$46,872        | \$50,026        | \$49,138        |
| St. Croix        | \$64,490        | \$69,436        | \$69,641        |
| <b>Wisconsin</b> | <b>\$50,401</b> | <b>\$51,063</b> | <b>\$51,474</b> |

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://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%                       |
| <b>Minnesota</b> | <b>92.1%</b>           | <b>32.6%</b>                |
| Polk             | 91.7%                  | 19.3%                       |
| St. Croix        | 94.9%                  | 33.0%                       |
| <b>Wisconsin</b> | <b>90.4%</b>           | <b>26.8%</b>                |

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; [factfinder.census.gov](http://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%        |
| <b>Minnesota</b> | <b>5.6%</b> | <b>4.9%</b> | <b>4.1%</b> |
| Polk             | 8.1%        | 7.2%        | 5.9%        |
| St. Croix        | 5.7%        | 5.4%        | 4.5%        |
| <b>Wisconsin</b> | <b>7.0%</b> | <b>6.8%</b> | <b>5.5%</b> |

Source: Bureau of Labor Statistics, Local Area Unemployment Statistics; [www.bls.gov/lau/#tables](http://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                                       |
| <b>Minnesota</b>        | <b>10.6%</b>         | <b>572760</b>                              |
| <b>Wisconsin</b>        | <b>12.4%</b>         | <b>714000</b>                              |

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%        |
| <b>Minnesota</b> | <b>16.0%</b> |
| Polk             | 21.8%        |
| St. Croix        | 17.2%        |
| <b>Wisconsin</b> | <b>20.4%</b> |

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%         |
| <b>Minnesota</b> | <b>11.8%</b> | <b>11.4%</b> | <b>11.2%</b> |
| Polk             | 11.1%        | 10.4%        | 10.5%        |
| St. Croix        | 7.6%         | 6.7%         | 6.3%         |
| <b>Wisconsin</b> | <b>13.1%</b> | <b>13.2%</b> | <b>13.5%</b> |

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://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%         |
| <b>Minnesota</b> | <b>15.3%</b> | <b>14.6%</b> | <b>14.0%</b> |
| Polk             | 16.3%        | 16.1%        | 15.0%        |
| St. Croix        | 9.1%         | 8.0%         | 7.2%         |
| <b>Wisconsin</b> | <b>18.4%</b> | <b>18.3%</b> | <b>18.4%</b> |

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

# Health Data Findings

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**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)           |
| <b>Minnesota</b>        | <b>62,411</b> | <b>16,144,380</b>               | <b>40.1</b>                   | <b>(39.7 - 40.4)</b>    |

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)           |
| <b>Wisconsin</b>        | -                            | <b>36</b>                            | <b>(35.6 - 36.4)</b>    |

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 |
|-------------------|-----------------------|-----------------------------|----------------------------|----------------------------|
| <b>Minnesota</b>  | <b>19,485</b>         | <b>130.7</b>                | <b>128.9</b>               | <b>132.6</b>               |
| 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 |
|-------------------|-----------------------|-----------------------------|----------------------------|----------------------------|
| <b>Minnesota</b>  | <b>12,096</b>         | <b>42.8</b>                 | <b>42.1</b>                | <b>43.6</b>                |
| 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 |
|-------------------|-----------------------|-----------------------------|----------------------------|----------------------------|
| <b>Minnesota</b>  | <b>15,698</b>         | <b>56.5</b>                 | <b>55.6</b>                | <b>57.4</b>                |
| 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/countytalbes/](http://www.health.state.mn.us/divs/chs/countytalbes/); 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](http://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                   |
| <b>All Causes</b>                  | <b>48,101</b>    | <b>717.2</b>            | <b>48,225</b>    | <b>706.5</b>            | <b>49,917</b>    | <b>719.7</b>            | <b>239,053</b>   | <b>712.9</b>            |

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://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 |
|--------------------------|--------|-----------------------------------|-----------|----------|---------------|-----------|-----------------------|--------|---------|----------------------|
| <b>DAKOTA COUNTY</b>     |        |                                   |           |          |               |           |                       |        |         |                      |
| 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                 |
| <b>HENNEPIN COUNTY</b>   |        |                                   |           |          |               |           |                       |        |         |                      |
| 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                 |
| <b>RAMSEY COUNTY</b>     |        |                                   |           |          |               |           |                       |        |         |                      |
| 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                 |
| <b>SCOTT COUNTY</b>      |        |                                   |           |          |               |           |                       |        |         |                      |
| 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                 |
| <b>WASHINGTON COUNTY</b> |        |                                   |           |          |               |           |                       |        |         |                      |
| 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                   |
| <b>MINNESOTA</b>         |        |                                   |           |          |               |           |                       |        |         |                      |
| 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 |
|-------------------------|------------------------------------|--------------------------|------------------------------------|-----------|-------------------|-------------------|-----------|---------------------------------|---------------------|-----------|
| <b>ST. CROIX COUNTY</b> |                                    |                          |                                    |           |                   |                   |           |                                 |                     |           |
| 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      |
| <b>WISCONSIN</b>        |                                    |                          |                                    |           |                   |                   |           |                                 |                     |           |
| 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](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](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%        |
| <b>Minnesota</b>  | <b>73.0%</b>   | <b>81.0%</b> | <b>15.0%</b> | <b>12.0%</b> | <b>12.0%</b> | <b>6.0%</b> |

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://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 [m<sup>2</sup>]).

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 [m<sup>2</sup>]).

**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 [m<sup>2</sup>]).

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 [m<sup>2</sup>]).

**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%       |
| <b>Minnesota</b>  | <b>10.0%</b> | <b>14.0%</b> | <b>7.0%</b> | <b>12.0%</b> | <b>9.0%</b> | <b>15.0%</b> | <b>11.0%</b> | <b>15.0%</b> | <b>10.0%</b> | <b>11.0%</b> | <b>16.0%</b> | <b>14.0%</b> | <b>12.0%</b> | <b>9.0%</b> | <b>24.0%</b> | <b>9.0%</b> |

**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%        |
| <b>Minnesota</b>  | <b>37.0%</b> | <b>56.0%</b> | <b>62.0%</b> | <b>43.0%</b> |

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://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/](http://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/](http://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%        |
| <b>Minnesota</b>  | <b>10.0%</b> | <b>12.0%</b> | <b>90.0%</b> | <b>88.0%</b> |

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://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/](http://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/](http://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/](http://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                      |
| <b>Minnesota</b>  | <b>69,183</b>    | <b>65.9</b>    | <b>12.8</b> | <b>40,981</b>    | <b>7.6</b> | <b>5.2</b>               |

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                               |
| <b>Minnesota</b>  | <b>5,156</b>          | <b>8.1%</b>            | <b>3,147</b>            | <b>4.7%</b>              | <b>1.1</b>                              | <b>4.0</b>                        |

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, GINDEK |              |                    |
|-------------------|--|---|--------------|--------------------|
|                   |  | 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%               |
| <b>Minnesota</b>  | <b>83.0%</b>                                       | <b>77.8%</b>                              | <b>18.2%</b> | <b>4.0%</b>        |

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

GINDEK: 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 GINDEK 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            |
| <b>Minnesota</b>  | <b>8.2</b>             | <b>32.6</b>     | <b>18.2</b>     | <b>11.3</b>                | <b>43.3</b>     | <b>24.4</b>     |

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                                       |
| <b>Minnesota</b>  | <b>32.9</b>                           | <b>12.2</b>                              | <b>10.6</b>                               |

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, [www.health.state.mn.us/divs/chs/countytables/](http://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%                      |
| <b>HENNEPIN COUNTY</b>   |               |                           |                  |   |                           |
| 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%                      |
| <b>RAMSEY COUNTY</b>     |               |                           |                  |   |                           |
| 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%                     |
| <b>SCOTT COUNTY</b>      |               |                           |                  |   |                           |
| 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%                      |
| <b>WASHINGTON COUNTY</b> |               |                           |                  |   |                           |
| 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%                      |
| <b>MINNESOTA</b>         |               |                           |                  |   |                           |
| 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/](http://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/](http://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        |
| <b>Minnesota</b>  | <b>19,897</b> | <b>375</b> |

## 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        |
| <b>Minnesota</b>  | <b>4,073</b> | <b>77</b> |

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](http://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%        |
| <b>Minnesota</b>  | <b>14%</b> | <b>17%</b> | <b>86%</b> | <b>83%</b> |

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://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      |
|--------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>Twin Cities</b> |           |           |           |           |           |           |           |           |           |           |           |           |           |
| 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 |
| <b>Minnesota</b>   |           |           |           |           |           |           |           |           |           |           |           |           |           |
| 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%        |
| <b>2</b> | <b>Washington</b>   | <b>6.3%</b> |
| 3        | Sherburne           | 7.1%        |
| 4        | Nicollet            | 7.2%        |
| 5        | Steele              | 7.4%        |
| 6        | Wright              | 7.4%        |
| 7        | Dodge               | 7.6%        |
| <b>8</b> | <b>Dakota</b>       | <b>7.7%</b> |
| <b>9</b> | <b>Scott</b>        | <b>7.7%</b> |
| 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%        |
| <b>51</b> | <b>Hennepin</b>     | <b>10.2%</b> |
| 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%        |
| <b>72</b> | <b>Ramsey</b>       | <b>11.8%</b> |
| 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"> <li>• Launch a capital campaign to raise additional funds to support and expand mental health services for youth</li> </ul>   | Foundation            | x              |         |         |          |                              |
|  | <ul style="list-style-type: none"> <li>• Reduce conditions negatively affecting the mental health of seniors by providing grant support to community organizations addressing isolation and lack of community connectedness</li> </ul> | Foundation            | x              | x       | x       |          |                              |
|  | <ul style="list-style-type: none"> <li>• Continue to offer services to promote the mental wellbeing of Park Nicollet team members, including the Be Well and Your Life Support programs</li> </ul>                                     | 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;<br>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;<br>Reduce barriers to access | <ul style="list-style-type: none"> <li>Expand annual free skin cancer screening services to provide access to greater numbers of community members</li> </ul>   | Frauenshuh Cancer Center | x              | Ongoing | Ongoing |          |                              |
|  | <ul style="list-style-type: none"> <li>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</li> </ul>   | Foundation               | Ongoing        | Ongoing | Ongoing |          |                              |
|  | <ul style="list-style-type: none"> <li>Improve access to health care for seniors by:               <ol style="list-style-type: none"> <li>Convening a work group of seniors, non-profit organizations and other stakeholders to address the need for increased transportation options, and</li> <li>Providing grant support to community organizations providing transportation services</li> </ol> </li> </ul> | 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 /<br>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"> <li>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</li> </ul> | Primary Care          | x              | Ongoing | Ongoing |          |                              |
|  | <ul style="list-style-type: none"> <li>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</li> </ul>                                     | Primary Care          | x              | Ongoing | Ongoing |          |                              |
| Prevent / reduce the prevalence of Infectious Diseases     | <ul style="list-style-type: none"> <li>Continue routine screening for STIs in the target age group during Primary Care visits</li> </ul>  | Primary Care          | Ongoing        |         |         |          |                              |
|  | <ul style="list-style-type: none"> <li>Coordinate with the HealthPartners Children’s Health Initiative team to identify and implement best practices in working with adolescents on sexual health issues</li> </ul>   | Primary Care          | x              | Ongoing | Ongoing |          |                              |
|  | <ul style="list-style-type: none"> <li>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</li> </ul>                         | Foundation            | Ongoing        | Ongoing | Ongoing |          |                              |
|  | <ul style="list-style-type: none"> <li>Expand free immunizations, primary care and sexual health services to a new, school-based health center in Richfield</li> </ul>  | 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;<br>Cultivate a culture that embraces diversity | <ul style="list-style-type: none"> <li>Monitor the effectiveness of the community health worker (CHW) at the Minneapolis clinic; hire CHWs for other clinics, as indicated</li> </ul>   | Primary Care                            | x              | Ongoing | Ongoing |          |                              |
|   | <ul style="list-style-type: none"> <li>Continue to offer It's Time to Talk, Team Dialogues and other diversity and inclusion-focused trainings for leaders and employees throughout the organization</li> </ul>   | Human Resources                         | Ongoing        | Ongoing | Ongoing |          |                              |
|   | <ul style="list-style-type: none"> <li>Increase employee recruitment and retention strategies to create a more diverse workforce</li> </ul>   | Human Resources                         | x              | Ongoing | Ongoing |          |                              |
|   | <ul style="list-style-type: none"> <li>Implement an Equitable Care Champion program to increase awareness of organizational priorities and resources around health equity</li> </ul>  | Equitable Care Champion Team            | x              | Ongoing | Ongoing |          |                              |
|   | <ul style="list-style-type: none"> <li>Improve data collection regarding race and primary language of patients</li> </ul>   | 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"> <li>Provide for Primary Care to directly schedule mammograms to remove the barrier of the patient having to make a separate call to schedule</li> </ul>  | Primary Care                            | x              | Ongoing | Ongoing |          |                              |
|   | <ul style="list-style-type: none"> <li>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</li> </ul> | 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:

**Libby Lincoln**

**Email:** [elizabeth.lincoln@parknicollet.com](mailto:elizabeth.lincoln@parknicollet.com)

**Phone:** 952-993-7130

Please find the most up to date contact information on Park Nicollet's website under "Community and Volunteerism."

[www.parknicollet.com](http://www.parknicollet.com)



# Thank you!

Community Hospital Consulting  
7800 North Dallas Parkway, Suite 200  
Plano, TX 75024  
972-943-6400  
[www.communityhospitalcorp.com](http://www.communityhospitalcorp.com)

Cindy Matthews - [cmatthews@communityhospitalcorp.com](mailto:cmatthews@communityhospitalcorp.com)

Lisette Hudson - [lhudson@communityhospitalcorp.com](mailto:lhudson@communityhospitalcorp.com)

Jessica Noel - [jnoel@communityhospitalcorp.com](mailto:jnoel@communityhospitalcorp.com)

Valerie Hayes - [vhayes@communityhospitalcorp.com](mailto:vhayes@communityhospitalcorp.com)

