



Behavioral Health Plan Update

Community Services Committee of the Whole (CSCW)

July 7, 2020

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Behavioral Health Response



- County mental health services
- COVID-19 Hotline
- System collaboration, monitoring trends
- Sharing resources, promoting mental health awareness
- Data tracking and analysis
- Developing scalable plans to respond as need grows
- Equity and community engagement focus

Social Services Trends



- Majority of services being delivered by telehealth, phone or video-conferencing
- Reduced treatment capacity in some areas: Substance Use Disorder (SUD)
- High demand for civil commitment screening
- Increasing calls for crisis response
- Lower than normal demand for some voluntary services
- Increasing requests for culturally specific services

- Supported by Dakota County public health nurses and social workers
- Help with mental and physical health, housing, financial support, and other issues related to COVID-19
- Language interpreters are available
- Link to community and County mental health and SUD services

- Rising MH/SUD Emergency Department use and MH hospital admissions
- High levels of acute alcohol and drug use; overdoses
- For SUD, shortage of withdrawal management options
- Increasing emergency calls – 911, police, fire, EMS
- Increase in unsheltered population
- Community mental health and SUD providers have capacity; demand not back to pre-COVID levels
- Warm lines experiencing increased call volumes

Disparities

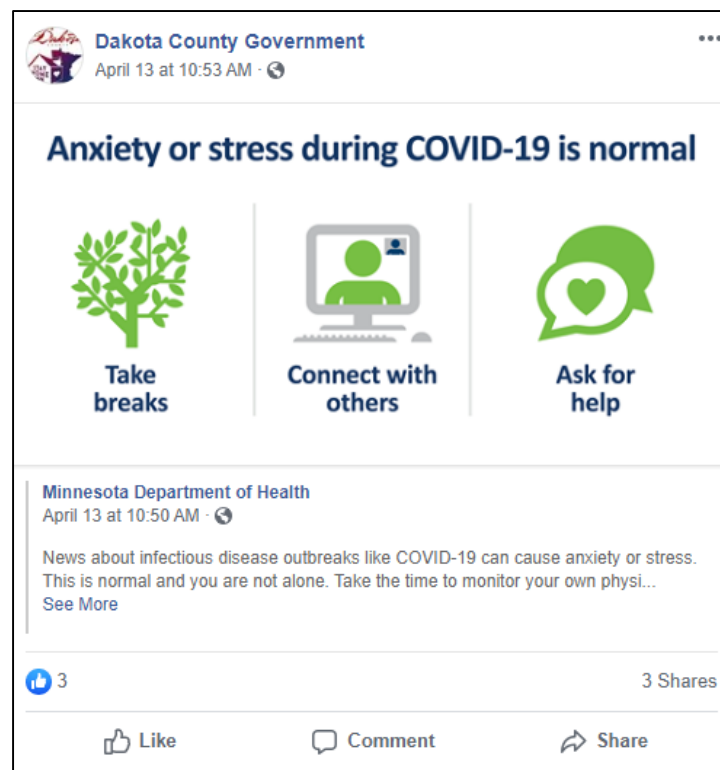


- Residents of long-term care make up 11% of cases, but 76% of deaths.
- Latino community makes up 7% of population, but 25% of positive cases.
- Black community makes up 7% of population, but 21% of positive cases.
- 33% of people of color employed prior to pandemic filed unemployment claims; 19% of non-Hispanic white workers

Outreach/Communications



- Sharing county and state resources



Outreach/Communications



- 16 tips to reduce anxiety
- Facebook, Twitter and Next Door
- Spanish version

COPING WITH COVID-19
16 TIPS TO REDUCE ANXIETY



-  Focus on what you can control – including your thoughts, behaviors.
-  Use reputable sources of news, avoid speculation and rumors.
-  Maintain a healthy diet and exercise routines to help your mental health.
-  Remember that you are resilient, and so is humankind. We will get through this.
-  Model peaceful behavior for those around you.
-  Spend time in nature while adhering to social distancing guidelines.
-  Do what you can to reduce your risk; take comfort that you are caring for yourself and others.
-  Don't let fear influence your decisions, such as hoarding supplies.
-  Reflect on your reactions. Avoid triggers that increase your anxiety.
-  Be gentle with yourself and others.
-  Practice meditation, yoga, or other mind-body techniques. Find apps or online videos.
-  Use technology to connect with others frequently.
-  Create a regular routine, especially for children and work from home.
-  Reach out if you need to talk. There are hotlines and warmlines that can help!
-  Write down three things you are grateful for today.
-  Limit exposure to news or social media updates.

Help stop the spread of COVID-19



For more information, visit mn.health.gov
Dakota County Hotline: 952-891-7834



COVID-19 **STAY AT HOME**



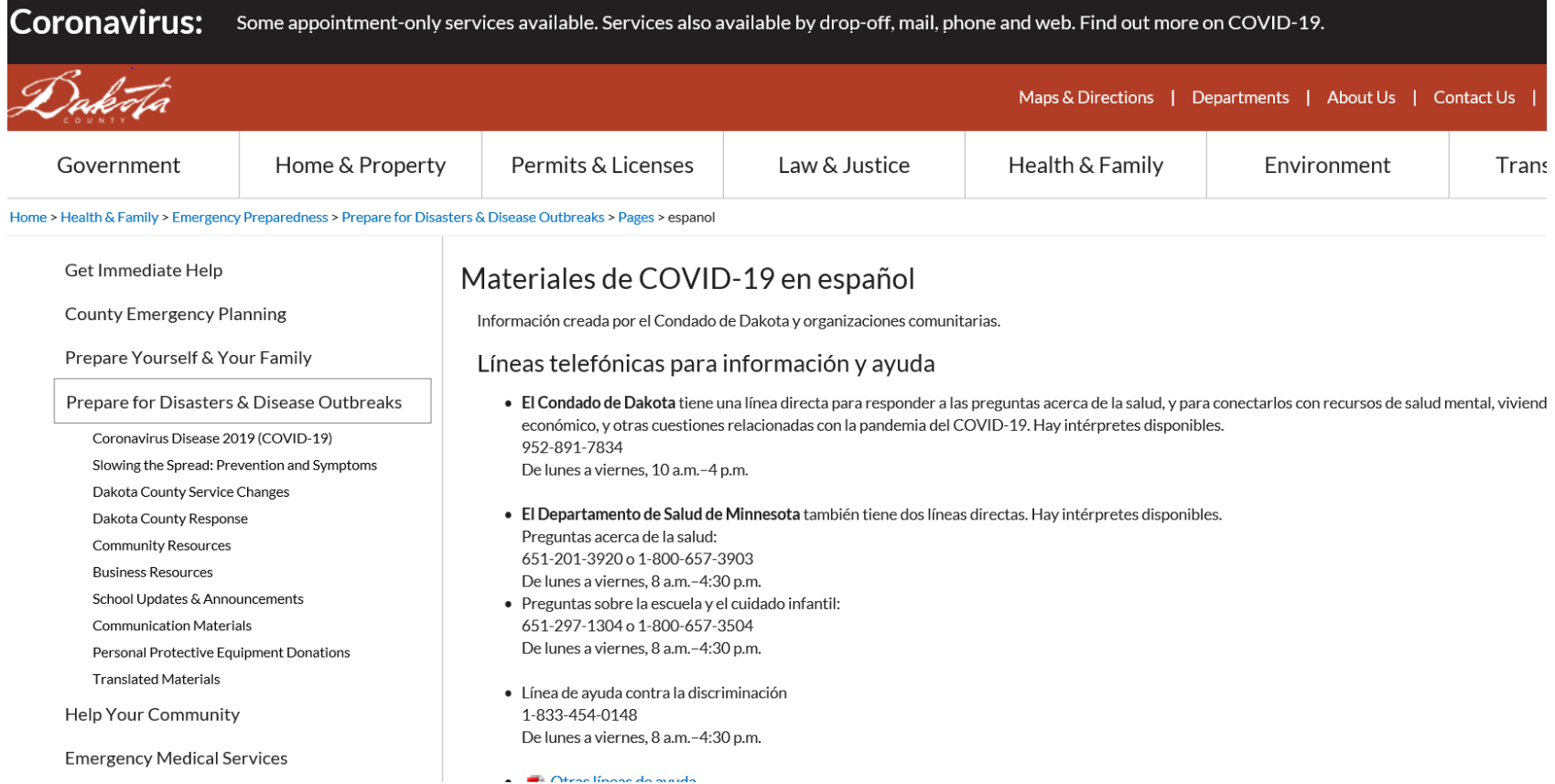
Focus on what you can control – including your thoughts, behaviors.

TIPS TO REDUCE ANXIETY



- Website, multiple language options

Coronavirus: Some appointment-only services available. Services also available by drop-off, mail, phone and web. Find out more on COVID-19.



The screenshot shows the Dakota County website's navigation menu with categories: Government, Home & Property, Permits & Licenses, Law & Justice, Health & Family, Environment, and Trans. The breadcrumb trail is: Home > Health & Family > Emergency Preparedness > Prepare for Disasters & Disease Outbreaks > Pages > español. The main content area is titled "Materiales de COVID-19 en español" and includes a sub-header "Líneas telefónicas para información y ayuda". A list of phone numbers and services is provided, including the Dakota County direct line (952-891-7834) and the Minnesota Department of Health (651-201-3920 or 1-800-657-3903).

Get Immediate Help

County Emergency Planning

Prepare Yourself & Your Family

Prepare for Disasters & Disease Outbreaks

- Coronavirus Disease 2019 (COVID-19)
- Slowing the Spread: Prevention and Symptoms
- Dakota County Service Changes
- Dakota County Response
- Community Resources
- Business Resources
- School Updates & Announcements
- Communication Materials
- Personal Protective Equipment Donations
- Translated Materials


Help Your Community

Emergency Medical Services

Materiales de COVID-19 en español

Información creada por el Condado de Dakota y organizaciones comunitarias.

Líneas telefónicas para información y ayuda

- **El Condado de Dakota** tiene una línea directa para responder a las preguntas acerca de la salud, y para conectarlos con recursos de salud mental, viviend económico, y otras cuestiones relacionadas con la pandemia del COVID-19. Hay intérpretes disponibles.
952-891-7834
De lunes a viernes, 10 a.m.–4 p.m.
- **El Departamento de Salud de Minnesota** también tiene dos líneas directas. Hay intérpretes disponibles.
Preguntas acerca de la salud:
651-201-3920 o 1-800-657-3903
De lunes a viernes, 8 a.m.–4:30 p.m.
- Preguntas sobre la escuela y el cuidado infantil:
651-297-1304 o 1-800-657-3504
De lunes a viernes, 8 a.m.–4:30 p.m.
- Línea de ayuda contra la discriminación
1-833-454-0148
De lunes a viernes, 8 a.m.–4:30 p.m.
-  [Otras líneas de ayuda](#)

Other Examples:

- Mental health and wellness messaging—*Mindful Minute*
- Chamber of Commerce
- Radio interviews (KDWA)
- Community resource updates to partners



Research supports that doing good for others, not only feels good, but also does you good. The well-being-boosting benefits of helping others include improving your mood, lowering stress levels, decreasing your blood pressure and more.

Consider supporting an organization that's serving others in need.

1. Support a local food shelf. With unemployment on the rise, food shelves can't keep up with the current demand. Seek out organizations that provide basic needs like food and clothing. Connect with [The Open Door](#), [360 Communities](#), [Hastings Family Service](#) and [Neighbors](#).
2. Consider donating blood. Even though we cancelled our onsite blood drive, organizations like American Red Cross are still experiencing dangerously low levels. Visit the [American Red Cross website](#) for available date and locations.
3. Make homemade cloth face coverings and donate to your friends, family or a local PPE drive.

If you've supported a nonprofit in the past or they've provided a service to you or a loved one, consider reaching out to offer your help — most have ways you can help from the safety of your home.

Looking to volunteer?

As part of our response to COVID-19, staff members have opportunities to help in other parts of the county. One opportunity is helping to control invasive species, such as garlic mustard in our parks. Check with your supervisor to see if this is a fit with your current job duties. For more information or to sign up, contact Garrett Zaffke at garrett.zaffke@co.dakota.mn.us.

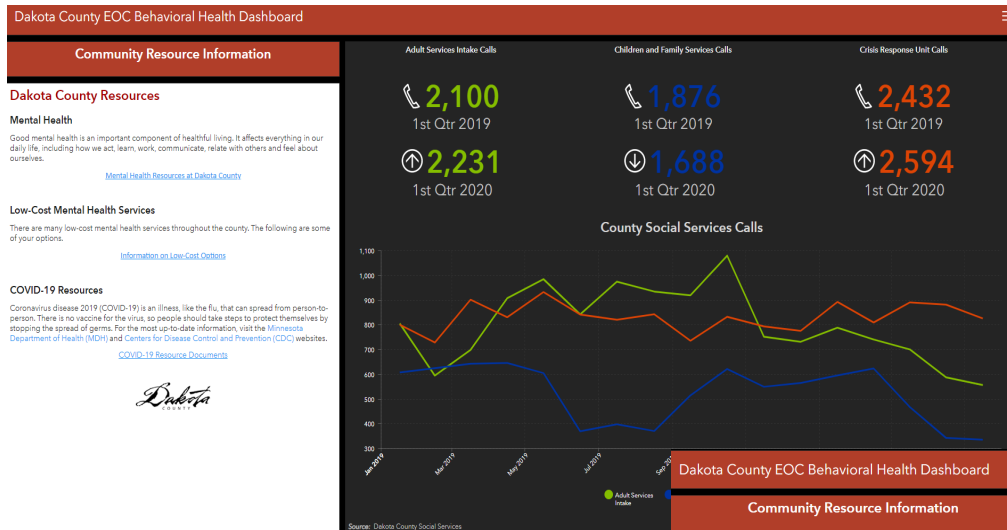
COVID-19 Wellness Resources

Go to the [COVID-19 Wellness Resources page](#) to access more well-being resources and articles, including the [Manager Toolkit](#). Leaders can access information and resources specific to managing teams during the COVID-19 pandemic. Check this page often as more information will be available.

Behavioral Health Dashboard



<https://smarturl.it/BHDashboard>



Dakota County EOC Behavioral Health Dashboard

Community Resource Information



Linking people to services with real time availability

COVID Cares Support Services

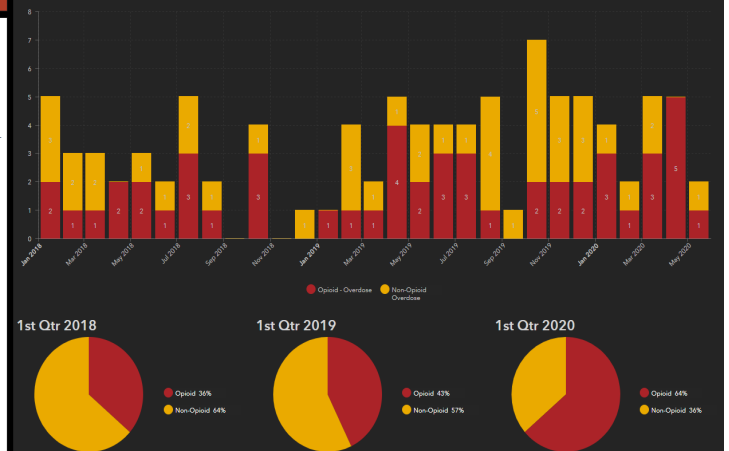
Licensed mental health and substance use disorder personnel are available to talk for free with individuals on the front line and provide them with support over the telephone. These special 20-minute support calls are offered to serve Minnesota health care workers, first responders and essential personnel.

Your link to [Mental Health Resources](#)

Your link to [Substance Use Disorder Resources](#)

Fast Tracker is a virtual community and health care connection resource. We connect individuals, families, mental health and substance use disorder providers, physicians, care coordinators, and others with a real-time, searchable directory of mental health and substance use disorder resources and their availability within Minnesota.

Overdose Deaths



Response Plans



- Meet needs through direct County service delivery
- Continue system collaboration
- Share resources
- Mental health promotion
- Focus on disparities
- Proposal to use CARES Act funds to address community mental health and SUD needs
- Community engagement
- Monitor data trends, over time

Behavioral Health Team



EOC Behavioral Health Team:

- Social Services
- Public Health
- Communications
- Parks
- County Attorney's Office
- City/Community Liaisons
- Employee Relations
- Veterans Services
- Libraries



In closing...



- Mental health impact significant for many, anticipating long-term needs
- Supporting mental health a priority for Dakota County
- Opportunity to connect people with support and each other
- Partnering to develop scalable plans
- Intentional engagement with residents and communities disproportionately impacted



Questions?