



## Direct Care and Treatment

Direct Care and Treatment (DCT) is a highly specialized behavioral health care system that serves people with mental illness, chemical dependency, and developmental and intellectual disabilities. Most patients and clients have co-occurring conditions.

DCT is the only behavioral health care system of its kind, size and scope in Minnesota, so it occupies a unique place in the state's mental health continuum of care.

Each year, DCT serves more than 12,000 patients and clients whose conditions are so complex and behaviors so challenging that other health care providers cannot or will not serve them. Some providers do not have the capacity. Others do not have the expertise.

Nearly all of DCT's patients and clients have been civilly committed by a court as mentally ill, mentally ill and dangerous, chemically dependent, developmentally disabled or sexually dangerous. Many are under more than one civil commitment.

DCT operates psychiatric hospitals and other inpatient mental health treatment facilities; inpatient substance use disorder treatment facilities; outpatient primary care and psychiatric services; special care dental clinics; crisis response teams, residential and vocational services for people with developmental disabilities and co-occurring mental illness; and the nation's largest treatment program for civilly committed sex offenders.

Services are delivered at about 150 sites statewide.

### Budget and Staffing

DCT's annual operating budget is \$736 million for state fiscal year 2025. Nearly 5,000 full- and part-time employees care for our patients and clients.

### Organization

DCT has six major divisions:

- Mental Health and Substance Abuse Treatment Services
- Forensic Services
- Community Based Services
- Outpatient Services
- Operations Services
- The Minnesota Sex Offender Program

Each division has its own specialized area of focus, functions and operations. Each has an executive director who reports the Health System CEO.

## Mental Health and Substance Abuse Treatment Services

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Mental Health and Substance Abuse Treatment Services provides services in inpatient hospitals and other residential settings. The division operates eight psychiatric hospitals located throughout the state. The hospitals are regulated by the Centers for Medicare and Medicaid Services, the Minnesota Department of Health and by the Joint Commission, a national accrediting body.

### Budget and Staffing

MHSATS annual operating budget is \$186.5 million for state fiscal year 2025. About 1,300 full- and part-time employees work in the division.

### MHSATS Programs

#### Anoka-Metro Regional Treatment Center

The Anoka-Metro Regional Treatment Center (AMRTC) is the state's largest psychiatric hospital. The hospital is budgeted and staffed to operate 96 beds on a secure campus in Anoka, MN. The facility serves patients with the most clinically complex mental illnesses and behavior disorders who cannot be treated in community settings.

Nearly all patients have been civilly committed. Most are facing criminal proceedings and have been admitted to AMRTC from jails or other correctional facilities. Lacking the necessary clinical expertise, secure facilities and support staff, community hospitals cannot or will not treat these patients.

AMRTC is a secure facility, which means the building and treatment units are locked. On average, patients stay in the hospital about 100 days before discharge. Admission to AMRTC is by referral only. Patients can be admitted from anywhere in Minnesota.

#### Community Behavioral Health Hospitals

Six Community Behavioral Health Hospitals (CBHHs) provide short-term inpatient psychiatric care in Alexandria, Annandale, Baxter, Bemidji, Fergus Falls and Rochester. Each hospital has 16 beds, for a total treatment capacity of 96 patients. The CBHHs are locked facilities.

The goal of a CBHH is to provide care as close to a patient's home community as possible, making it more likely that they will have the support of family, friends and coworkers. Having that support can make a big difference in a patient's treatment and recovery.

The hospitals provide an array of acute, short-term hospitalization services. On average, patients stay in the hospital about 55 days before discharge.

Admission to a CBHH is by referral only. Patients can be admitted from anywhere in Minnesota.

## **Child and Adolescent Behavioral Health Hospital**

The Child and Adolescent Behavioral Health Hospital (CABHH) in Willmar is an inpatient psychiatric hospital for children ages 4 to 18. The hospital serves youth with complex mental illnesses and behavior disorders who cannot be treated in their home communities. In many cases, patients have multiple diagnoses that range from brain and behavior disorders to psychiatric and traumatic stress conditions. For most patients, other prior treatments have been ineffective.

Treatment at the 16-bed hospital focuses on managing illness and changing behaviors that get in the way of meaningful personal growth and development. It also recognizes and builds on the strengths of the child and family to help meet treatment goals, help nurture and maintain healthy family relationships, and help patients reach their highest potential. Clinical services are tailored to each patient's needs.

While the hospital admits children from anywhere in Minnesota, admission is by referral only to children who meet the medical criteria for hospitalization.

## **Community Addiction Recovery Enterprise (CARE) program**

The Community Addiction Recovery Enterprise (CARE) program provides inpatient chemical dependency and substance abuse treatment services to adults, most of whom have co-occurring mental illness. Specialized treatment services include:

- Inpatient services for people who are chemically dependent and have a co-occurring mental illness
- Relapse prevention services
- Aftercare planning

There are three CARE locations statewide. All facilities are locked. Clients can stay up to 90 days before discharge, depending on participation and responsiveness to treatment.

Admission to a CARE facility is by referral only. Patients can be admitted from anywhere in Minnesota.

## **Minnesota Specialty Health System**

The Minnesota Specialty Health System (MSHS) provides time-limited mental health treatment services in residential settings to adults who no longer require hospitalization or other inpatient treatment but who still need a period of structured care before returning home. Clients typically have serious mental illness and co-occurring conditions such as traumatic brain injuries, substance use disorders or behavior disorders.

MSHS facilities provide intensive residential treatment services around-the-clock with assistance from mental health professionals. The goal is to improve:

- Psychiatric stability
- Personal and emotional adjustment
- Self-sufficiency
- Independent living skills

The programs work with clients to achieve their individual goals and prepare them to transition to home or to another, less structured setting in the community.

## Forensic Services

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Forensic Services provides evaluation and specialized mental health treatment services to patients statewide who have been civilly committed by the courts as mentally ill and dangerous (MI&D). Many patients have been charged with serious crimes and civilly committed after a court found them not competent to stand trial or not guilty by reason of mental illness or cognitive impairment. Treatment takes place in secure and non-secure facilities on the campus in St. Peter.

### Budget and Staffing

Forensic Services' annual operating budget is \$152.5 million for state fiscal year 2025. About 1,000 full- and part-time employees work in the division.

### Forensic Services Programs

#### The Forensic Mental Health Program

Formerly called the Minnesota Security Hospital, the program provides secure and non-secure inpatient treatment of individuals with chronic, serious mental illness. Treatment focuses on long-term stabilization and prepares patients for eventual provisional discharge and re-entry into the community. The program also includes a 34-bed facility off the main campus in St. Peter which houses patients who have received permission to reside in a non-secure treatment facility.

#### The Forensic Nursing Home

Minnesota's only state-operated nursing home, the facility provides a secure, licensed nursing home setting for individuals who are civilly committed as mentally ill and dangerous or as a sexual psychopathic personality or a sexually dangerous person. The facility also cares for prison inmates on a medical release from the Department of Corrections. Care is the same as provided at other nursing homes: daily living care, rehabilitation services, and end of life care.

#### Community Integrated Services

Support services for patients who have been provisionally discharged to live in a variety of community settings. These services are designed to help patients live happy, stable, successful lives outside of the Forensic Mental Health Program facilities.

#### Forensic Examiner Network

A team of forensic examiners provides competency and pre-sentencing mental health evaluations. These can be done on either an inpatient basis within Forensic Services or in a community setting, including jails. The examiners also provide consultation to treatment teams throughout Forensic Services and to other programs within the Department of Human Services.

## Community-Based Services

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Community-Based Services provides residential, vocational and crisis services to individuals with developmental disabilities and co-occurring mental illness. Clients may also have other physical and mental health conditions.

### Budget and Staffing

Community Based Services' annual operating budget is \$195.4 million for state fiscal year 2025. About 1,514 full- and part-time employees work in the division.

### Community Based Services Programs

#### Residential Services

Provides services in about 100 residential group homes that operate one to four beds. Services include daily living skills, medical monitoring (if needed) and helping clients integrate more fully into the community.

#### Vocational Services

Helps clients with disabilities prepare for, find and keep a job. Services include evaluation, training and supportive employment.

#### Community Support Services

Mobile teams across the state provide individualized clinical services to people living with complex behavioral health challenges, including intellectual disabilities, mental illness, brain injury and substance abuse.

#### Minnesota Intensive Therapeutic Homes

Provides foster care and wrap around services for children and adolescents with severe emotional disturbances. Also provides family support services.

#### Minnesota Life Bridge

Provides person-centered planning, positive behavior supports, crisis stabilization and transition services to people with development disabilities who have posed a risk to public safety. The program provides both residential and outpatient services to help clients live successfully in their homes and communities.

## Outpatient Services

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Outpatient services include dentistry, psychiatry, and primary care services.

Five special care dental clinics provide a full range dental services for patients with mental illness and development disabilities who cannot be treated by community dentists. Our Faribault clinic also provides outpatient psychiatric services, home-based primary care and telehealth visits. Clinics are located in:

- Brainerd
- Cambridge
- Faribault
- Fergus Falls
- Willmar

### Budget and Staffing

Outpatient Services annual operating budget is \$7.6 million for state fiscal year 2025. About 116 full- and part-time employees work in the division.

## Minnesota Sex Offender Program

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Serves people who are court-ordered to receive sex offender treatment in a secure setting. The program, which operates campuses in Moose Lake and St. Peter, is the nation's largest treatment program for civilly committed sex offenders. In addition to two large secure facilities, MSOP also operates Community Preparation Services (CPS), which is a less restrictive treatment setting on the St. Peter campus.

### Budget and Staffing

MSOP's annual operating budget is \$126.6 million for state fiscal year 2025. About 865 full- and part-time employees work in the division.

## Operations Support

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Operations Support provides the professional services necessary to support the administrative functions of DCT, including human resources, finance, legal, facilities management, external relations, quality and safety management and medical services.

### Budget and Staffing

Operations Support's annual operating budget is \$67.3 million for state fiscal year 2025. About 270 full- and part-time employees work in the division.