

Center for Rural Behavioral Health at Minnesota State University, Mankato

Minnesota's Rural Behavioral Health Workforce

- 80% of all Minnesota counties qualify as Mental Health Professional Shortage Areas by the federal Health Resources and Services Administration.
- According to the Minnesota Department of Health (2022), of the over 25,000 licensed behavioral health professionals, 90% practice in metropolitan or large town areas.
- Rural behavioral health professionals are, on average, older and closer to retirement (MDH 2022), which will further exacerbate the shortage over the next 5-10 years.

Mental Health Challenges in Rural Minnesota

- 2022 Minnesota Student Survey data from the Minnesota Department of Education report that 29% of students report “long-term mental health problems.” However, when broken down geographically, you find that regions outside the metro have a higher percentage of students who report long-term mental health problems, 34% average (outstate) to 28% average (metro).
- Rural residents face higher rates of mental health symptoms (Centers for Disease Control, 2017 & National Advisory Committee on Rural Health, 2017).
- Farmers are nearly two times more likely to die by suicide when compared to all other occupations in the US (Centers for Disease Control, 2020).

How SF1747 Will Help Greater Minnesota

- The **one-time funding request** will allow the Center for Rural Behavioral Health to establish a community facing academic health center (mental health training clinic) at Minnesota State University, Mankato (MSUM). Operations will be sustained through third party reimbursement and existing external grant opportunities through the state and federal government.
- The training clinic will provide an incredible workforce development opportunity and allow the students of the five academic programs that lead to behavioral health licensure at MSUM to train on campus while increasing the capacity of enrollments within those programs that are often restricted due to lack of external training sites.
- Through providing care to the uninsured, underinsured, and participants of the Medical Assistance program, the training clinic will provide a much-needed resource for the Mankato region. Projections indicate 2,500 patient contact hours in the first year of operations and growing to 5,000 patient contact hours by year three.