



An association of resources and advocacy for children, youth and families
www.aspiremn.org

Minnesota's Children's Mental Health Services are Reporting Closures and Shrinkage Statewide

January 2025

AspireMN is a statewide association of children and family serving organizations, including providers who serve across the full continuum of children's mental health services. Field leaders have been elevating the crisis in access to children's mental health care – and identifying the harm being caused for children whose unaddressed mental illness result in high acuity needs for care and impact family, school and wider community. Association leaders have grown increasingly concerned about sustaining any level of children's mental health services after no substantive action on reimbursement rates and a planned 11% rate cut to sunset the critical access rate beginning January 1, 2025.

To better understand the impact of rate pressures on the field in this unique timeframe of 2024-2025¹, AspireMN conducted a provider survey that was distributed on Thursday December 12, 2024, and closed on Thursday January 16, 2025. The survey was distributed via email to AspireMN members and partner provider organizations with encouragement to share the survey with wider provider networks. This summary report includes data from twenty-seven service providers who deliver care in 76 Minnesota counties.

Thirty-two responses were collected and twenty-seven responses contributed to the data analysis provided in the following summary. Responses were excluded if they did not contribute sufficient data to be counted, or in cases where the data was specific to adult services. This report is exclusively focused on children's community-based mental health services.

Universal Data Reported– Closures and Shrinkage of Children's Mental Health Care:

- **Losing Capacity to Serve** – all respondents reported that service closure or shrinkage has occurred or is planned
- **Staffing as the Primary Barrier** – all respondents reported the inability to hire and retain staff within reimbursement and wage constraints as a primary barrier to delivering children's mental health services

During 2024 providers reported closure of:

Listed based on greatest number of reported closures

Outpatient services	Elementary-Aged Day Treatment
Early childhood services	Respite services
CTSS – including In-Home and Skills Services	Psychological testing and assessment
School-based mental health services	Systemic Family Therapy

During 2024, service providers reported diminished capacity in these services:

Listed based on greatest number of reported service shrinkage

In-Home Services - including CTSS and	Outpatient Services
Collaborative Intensive Bridging Services (CIBS)	School-Based Mental Health
CTSS – including Early Childhood & Day Treatment	Systemic Family Therapy

¹ 2022-2024 nine children's mental health providers have reported full service closures – this data is not included in these survey results

Over 80% of children's mental health providers surveyed anticipate diminished capacity and/or closures in the next 6-12 months which will result in losing capacity in a range of early-intervention and intensive community-based options, CTSS, and In-Home Services.

These qualitative provider observations are reflective of provider commentary that was provided as part of survey data collection:

- *I anticipate the need for our service to continue to grow and we won't be able to adequately serve our clients. We need to do something before more youth complete suicide or are gravely injured from their attempts.*
- *We have been unable to hire additional staff due to budget constraints yet the demand for services for children and families continues to trend upward and with more intense mental health related issues. Things such as suicide attempts, self-harm, aggression/assaults towards others, etc. At the same time resources to address these needs continue to diminish.*

These service providers serving 76 counties across MN report closures and/or reductions in 2024 or anticipation of closures and/or reductions in 2025.

Adult, Child and Family Services, LLC
Aspire Counseling
Children's Mental Health Services/REACH
CLUES
Crow Wing County
Dakota County Social Services
Family & Children's Center
Fernbrook Family Center
Greater Minnesota Family Services
Guild
Journeys Toward Healing Counseling Center
Leo A Hoffmann Center
Life Development Resources
Lighthouse Child and Family Services

Mosaic Family Services, LTD.
Nexus Family Healing
North Homes Children and Family Services
Nystrom & Associates, LTD.
Roots Wellness Center
Solutions Behavioral Healthcare Professionals, P.C.
St. Louis County, PHHS
Stellher Human Services
The Village Family Service Center
Therapeutic Services Agency
Touchstone Mental Health
Washburn Center for Children
Youable Emotional Health

Appendix A:

AspireMN Survey of Shrinkage and Closure in Minnesota in 2024

1. In the past year, has your organization needed to diminish capacity for any services? If so, please describe how you diminished capacity.
2. In the past year, has your organization needed to close any services? If so, please describe which services.
3. Do you anticipate any diminished capacity or closures of services in the next 6-12 months? If so, please describe which services and why.
4. Do you know of other organizations who have needed to diminish capacity in any services in the past year? If so, please describe which services and why. **AspireMN receive no response to this question.
5. Please explain why you needed to diminish capacity.
6. Please explain why you closed the service.

AspireMN improves the lives of children, youth and families served by member organizations through support for quality service delivery, leadership development and policy advocacy.