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Direct Care and Treatment is a state agency that provides services to people with complex needs. This publication briefly describes those services, who they serve, and how they are funded.

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## What is Direct Care and Treatment?

Direct Care and Treatment is a state agency (formerly within the Department of Human Services) that delivers publicly funded, state-operated residential and nonresidential treatment services to persons with complex needs associated with mental illness, substance use disorder, developmental disabilities, traumatic brain injury, and neurocognitive disorders. It also serves people who are civilly committed as mentally ill and dangerous and those who are committed as sexually dangerous persons or as having a sexual psychopathic personality.

Direct Care and Treatment provides services for clients at the Minnesota Sex Offender Program (MSOP), hospitals, treatment programs, and residential locations throughout the state, and through partial hospitalization, outpatient services, and mobile crisis teams.

## What services are available?

Direct Care and Treatment services include inpatient and community-based services for adults with mental illness, specialized treatment services for people who are civilly committed, and services to people with disabilities, including the following programs.

### Services for Adults with Mental Illness

Direct Care and Treatment provides inpatient psychiatric services to adults at six community behavioral health hospitals (16 beds) located throughout the state and at the Anoka Metro Regional Treatment Center (AMRTC). Residential, partial hospitalization, and outpatient services are also provided to adult mental health clients.

### Services for Persons Committed as Mentally Ill and Dangerous

Direct Care and Treatment operates the **Forensic Mental Health Program** (formerly the Minnesota Security Hospital) in St. Peter, a secure treatment facility that provides treatment for adults and adolescents admitted under court orders for assessment and treatment of major mental disorders. Many clients in Forensic Mental Health have been charged with crimes and civilly committed, or have been found not guilty of a crime by reason of mental illness or cognitive impairment. Forensic Mental Health also operates transition services for clients provisionally discharged to live in less restrictive community settings, and a forensic nursing home.

## Residential Services for Adults with Complex Needs

Direct Care and Treatment operates **Minnesota Specialty Health Systems** in residential community settings, in Brainerd, Wadena, and Willmar. The program provides intensive residential treatment services (IRTS) to adults with complex needs (typically serious mental illness) and co-occurring conditions who no longer require hospitalization; the program also identifies support services to help clients transition to a less structured setting.

## Community Support Services

Mobile teams throughout the state provide individualized, community-based clinical consultation and assistance to people with complex conditions, in order to assist with community living.

- Mobile crisis support teams provide crisis stabilization services to people experiencing behavioral health crises.
- The Minnesota Life Bridge program provides short-term residential treatment and transition planning for people with developmental disabilities, and often co-occurring diagnoses, whose behaviors present a risk to public safety. The program provides services in three community residential settings throughout the state.

## Competency Attainment Services

Competency Attainment Services provides treatment and evaluation for people found not competent to proceed in a criminal case. These individuals are referred for competency attainment to restore their capacity to participate in their criminal case or trial. An individual does not need to be civilly committed for admission for competency attainment services, but must have a court order for treatment at a state-operated, secure program. When necessary, an individual's treating team may petition the court for civil commitment. The Minnesota Competency Attainment Board has certified AMRTC to provide these services.

## Minnesota Sex Offender Program

MSOP provides inpatient services and treatment for individuals who are committed by a court as having a sexual psychopathic personality or as sexually dangerous persons, or both. Secure facilities are located in Moose Lake and St. Peter. The St. Peter campus also houses Community Preparation Services, a less restrictive residential setting outside the secure perimeter. A court must grant a person's transfer to Community Preparation Services.

## Chemical Addiction Recovery Enterprise (CARE)

CARE provides inpatient treatment to persons with substance use disorders. CARE operates these programs in secure facilities in Anoka, Carlton, and Fergus Falls, with some locations providing specialized care for certain populations.

## Dental Clinics

Five dental clinics provide dental services to people with developmental or intellectual disabilities, severe and persistent mental illness, or traumatic brain injury who would otherwise be unable to receive care from community providers. Clinics are located in Brainerd, Cambridge, Faribault, Fergus Falls, and Willmar.

## Child and Adolescent Behavioral Health Hospital (CABHH)

CABHH provides acute inpatient psychiatric hospital services in Willmar for children and adolescents who need stabilization, psychological testing and assessments, and intensive treatment for complex mental illness and behavior disorders.

## Minnesota Intensive Therapeutic Homes (MITH)

MITH provides services in family foster settings, with trained and licensed foster providers, for children and adolescents who have severe impairments in psychosocial functioning due to a mental illness or intellectual disability. MITH is often a transitional service for youth who are discharged from more restrictive residential settings.

## Residential Supports and Vocational Services

Direct Care and Treatment provides a range of residential support services and vocational services for people with disabilities and complex behavioral health needs.

- **Minnesota State-Operated Community Services (MSOCS)** provides residential support services to people with disabilities in state-owned or state-leased homes, licensed foster care settings, or in the person's own home.
- Vocational services include **day training and habilitation** for people with developmental disabilities or acquired brain injury living in intermediate care facilities, **day support services** to build skills and independence, **vocational rehabilitation services, prevocational services**, and other employment development and support programs.

## How are services funded?

To ensure the availability of services for clients in need, some services are funded prospectively through a general fund appropriation. Direct Care and Treatment also seeks reimbursement for these "appropriated" services from Medicare, Medical Assistance, private insurance, clients' personal funds, and other revenue sources, if available. Other services are funded through revenues collected from a variety of third-party payment sources, including private health insurance, Medical Assistance, counties, and other revenue sources available to clients.



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