

## We are Open for Patients

*Joe Clubb, Vice President, Mental Health & Addiction Operations, Brian Palmer, MD & Mary Beth Lardizabal, DO, Interim Vice Presidents, Mental Health & Addiction Services*

During this time our community needs us more than ever. While some individuals may have fear and apprehension about seeking the mental health and addiction care they need, we want them to know we have safe and convenient options available right now.

We are sending this message so you may share information about available Allina Health resources with potential patients that are in need of care during this time.

Additionally, we wanted to share that after many years of commitment to the organization, Paul Goering, MD, Vice President Mental Health & Addiction Services retired on June 1. We are grateful for his contribution to the mental health and addiction service line.

If you have any questions, please feel free to reach out.

## Outpatient Mental Health - Open for New Patient Referrals



We have access in outpatient psychiatry and therapy. Nearly all our mental health services are done virtually and we are able to accommodate an appointment with seven days. The outpatient services patients can be referred for include:

- **Individual therapy** (age 5+)
- **Psychiatric care** including medication management (age 4+)
- **Psychological evaluation** (age 5+) for ADHD, pre-surgical bariatric assessment and personality concerns

Patients can schedule directly without a referral for the following services by calling The Mental Health & Addiction Connection Line at **866-603-0016**.

## Mental Health Consultants

**Outpatient Mental Health Consultants (MHCs) have immediate access (all ages)** for short-term solution focused therapy, crisis intervention, assessment of mental health needs, and acute concerns (MHCs do not prescribe medication).

Patients can schedule directly without a referral for MHC services by calling The Mental Health & Addiction Connection Line at **866-603-0016**.

## Partial Hospitalization & Day Treatment Programs

Partial Hospitalization & Day Treatment Programs deliver the **same components of care** (psychotherapy groups, skills and education groups, and prescriber visits) as in person visits yet all programs operate via video visit.

- Patients may arrive to their **virtual groups** early and visit with other group members
- Patients can **view** shared content like education materials, forms, or movement and activity groups

### In-Person Option

- The Adolescent Acute Stabilization Program (AASP) at Abbott Northwestern Hospital is the **only program offering face-to-face care at this time**
- Program participants in AASP are graduated into virtual care at WestHealth or United Adolescent Partial Hospital Programs **as soon as it is safe to do so, typically within 1-4 days**

Patients can schedule directly without a referral for the following services by calling The Mental Health & Addiction Connection Line at **866-603-0016**.

## Addiction Services

Services include outpatient, service coordination, residential and inpatient programming. Comprehensive assessments are offered at the three locations with walk-ins welcome. If a patient has had an assessment completed within the previous 45 days, it can be faxed to the facility. To schedule an appointment or get more information please call the site directly.

### Mercy Hospital-Unity Campus

Phone: 866-603-0016  
 Fax for inpatient: 763-236-4520  
 Fax for outpatient: 763-236-4370

### Cambridge Medical Center

Phone: 866-603-0016  
 Fax: 763-688-8409

### New Ulm Medical Center

Phone: 507-217-5199  
 Fax: 507-217-5311