MINNESOTA
MEDICAL
ASSOCIATION

Mental Health Resource Guide for Physicians

Connecting your patients to mental health and substance use
disorder services in Minnesota.

Reviewed by:

**Minnesota
Psychiatric
Society**

MINNESOTA ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR MINNESOTA

nami
National Alliance on Mental Illness
MINNESOTA

MN ACEP
Minnesota Chapter, American College of Emergency Physicians

Last Updated: November 2023

Introduction & Table of Contents

The Minnesota Medical Association (MMA) has created this guide to empower physicians with tools to better connect patients with mental health services.

Please note that these resources apply to all forms of mental health services, including services for substance use disorders.

Free Search Tool for Mental Health Services

FastTrackerMN

A project of:

MINNESOTA MENTAL HEALTH COMMUNITY FOUNDATION   the foundation arm of   Minnesota Psychiatric Society

Scan for the search tool.
https://fasttrackermn.org/search/

Scan for search tool tutorial one.
https://vimeo.com/814698333/6021abf69c

Scan for search tool tutorial two.
https://vimeo.com/796721675/e43c6dd0e3

Scan to draft an email.
(Ask for literature for patients / provide constructive criticism on the search tool)
mailto:MHAdmin@fasttrackerMN.org

FastTrackerMN.org is a free, searchable service locator with more than 600 mental health services and nearly 400 substance use disorder services across Minnesota, complete with real-time availability estimates for each. Information found on FastTrackerMN.org comes directly from Minnesota providers partnering in this unique collaborative partnership solution.

Today's FastTrackerMN.org is new and improved. Between 2019 and 2023, the Minnesota Mental Health Community Foundation (MMHCF), which manages FastTrackerMN.org:

- conducted focus groups; reviewed research; and contracted with vendors to improve user experience, data management, and reporting assets;

- secured recurring state funds that allow FastTrackerMN.org to employ two full-time employees to facilitate the validity of search results; and

- implemented processes to improve the frequency with which provider community partners update service availability estimates, including temporary removal from the directory upon failure to update availability.

FastTrackerMN.org includes several useful fields for physicians, and Minnesotans at large, to search for mental health services, including:

- zip code/location
- type of service
- insurance plan accepted
- availability time range
- provider characteristic specifics

If you aren't sure what to place in these search fields, there is no need to worry. **FastTrackerMN.org is designed so everyday people can place general terms in the "search" and "keywords" fields for optimal results.**

If you're interested in learning how to improve the efficiency of your FastTrackerMN.org searches, please refer to the tutorial video QR codes on

page three. The best way to learn, however, is by doing—**the more you use FastTrackerMN.org, the better you'll become at searching.**

Please consider these notes as you use FastTrackerMN.org:

- Directory members offering substance use disorder (SUD) services are expected to update availability daily.

- Directory members offering other mental health services are expected to update availability biweekly.

- If a service you were searching for does not populate in results, there is a likely chance that those services do not exist or are not available at this time (e.g., psychological assessment for ADHD, autism, etc. are extremely limited in Minnesota). Please note that these searches are not made in vain – FastTrackerMN.org collects data on search activity to identify which types of services face the greatest shortages.

Finally, if you're interested in **receiving literature on FastTrackerMN.org to post and/or distribute at your clinic**, **or** if you're interested in **providing constructive feedback** on how to improve FastTrackerMN.org, please send an email to <MHAdmin@fasttrackerMN.org> (QR code on page three).

Free Psychiatric Assistance Hotline

Scan to call the line.
(855) 431-6468

Scan to schedule a psychiatric consultation.
https://www.mnpsychconsult.com/schedule-a-consultaton.html

Scan to submit a question or comment.
https://www.mnpsychconsult.com/schedule-a-consultaton.html

Scan to learn how to get paid to use PAL.
https://www.mnpsychconsult.com/reimbursement.html

The Psychiatric Assistance Line (PAL) is a free service through which Minnesota healthcare professionals can speak with clinical mental health triage staff and/or receive psychiatry consults.

PAL is available Monday through Friday from 8am-6pm.

To access PAL services, healthcare professionals can:

- Call (855) 431-6468
- Schedule a psychiatric consultation online.
- Submit a question or comment online.

See the QR codes on page six for quick access to these options.

Please note that **your time consulting with PAL is reimbursable by Minnesota Healthcare Programs and most commercial plans**. To learn more, see the QR code on page six.

Free Training & CME Resources to Build Confidence

Scan for live CME course offerings from PAL.
https://www.mnpsychconsult.com/register-for-a-training.html

Scan for asynchronous CME course offerings.
https://www.pri-med.com/topic/psychiatry-cme?refurl=www.google.com

Scan for PAL's treatment protocol library.
https://www.mnpsychconsult.com/resources.html

The Psychiatric Assistance Line (PAL) provides free, monthly CME-approved training to non-psychiatrist prescribers to build their confidence in psychopharmacology and other topics in mental health. To read course offerings and register for courses, scan the first QR code above. If these courses conflict with your schedule, you may consider free, asynchronous CME courses from national organizations like PriMed (scan second QR code above).

PAL also offers a free library of fact sheets and treatment protocols for a variety of topics in mental health. To access this library, scan the third QR code above.

Integrate Mental Health Resources in Your Clinic

AMERICAN **PSYCHIATRIC** ASSOCIATION | COLLABORATIVE CARE MODEL (CoCM)

Scan to learn more about CoCM.
https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care/learn

Scan for free, CME-approved APA training on CoCM.
https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care/get-trained

Clinics can improve their ability to provide timely mental health services to their patients through the adoption and implementation of the Collaborative Care Model (CoCM). **The American Psychiatric Association (APA) has endorsed the CoCM as the most evidence-based means to integrate mental health and primary care.**

CoCM is a team-based model of care in which primary care providers (PCP) can call on an on-site behavioral health care manager (BHCM) to further assess and treat a patient who screens positive for depression or anxiety. The BHCM has remote access to a psychiatric consultant, who provides expertise and offers extra support if needed. An electronic registry, through which the BHCM and the psychiatric consultant monitor patient care, is central to CoCM.

In 2023, the Minnesota Legislature enacted a law that requires health plans in Minnesota to provide reimbursement for billing codes associated with CoCM services starting January 1, 2025 (MN Session Laws 2023, Chapter 57, pp. 42-

43). The law does not apply to Medical Assistance or MinnesotaCare managed care plans or county-based purchasing plans.

To learn more about CoCM, or to register for free, CME-approved APA training on CoCM for primary care providers, scan the QR codes on page nine.

Tools to Connect Boarding Patients to Appropriate Services

Mental Health Collaboration Hub **&** DEPARTMENT OF HUMAN SERVICES / Minnesota Hospital Association / MINNESOTA MENTAL HEALTH ACCESS

Scan to learn more about the Mental Health Collaboration Hub (MHCH).
https://mnpsychconsulthub.com/questions-and-answers/

Scan to register with the Mental Health Collaboration Hub (MHCH).
https://mnpsychconsulthub.com/registration/

Scan to learn more about Minnesota Mental Health Access (Bed-Tracker).
https://www.mnmhaccess.com/Home/About

Scan to request access to Minnesota Mental Health Access (Bed-Tracker).
https://www.mnmhaccess.com/Home/RequestAccess

Physicians in emergency departments, psychiatric departments in hospitals, and residential treatment facilities can use the following tools to connect patients who board in emergency departments to available, appropriate services.

Mental Health Collaboration Hub (Youths)

The Mental Health Collaboration Hub (MHCH) is a free, secure online portal through which physicians can input de-identified case information for boarding youths to match them to available, appropriate treatment settings across Minnesota. Users of the MHCH are invited to join weekly video calls to discuss cases, treatment options, and capacity.

To learn more about or register for MHCH scan the appropriate QR codes on page 11.

Minnesota Mental Health Access Website (i.e., Bed-Tracker) (Youths + Adults)

The Minnesota Mental Health Access Website (i.e., Bed-Tracker) is a free search tool that is restricted to mental healthcare workers and shows the availability of an array of inpatient mental healthcare services (e.g., hospital beds, residential treatment beds) across Minnesota.

Bed-Tracker is jointly run by the Minnesota Hospital Association and the Minnesota Department of Human Services.

To learn more about or register for Bed-Tracker, scan the appropriate QR codes on page 11.

Resources to Share with Your Patients

Scan to access a printable resource guide for your patients.

http://mnmed.org/MentalHealthResource