



About the Inpatient Psychiatric Services Unit

Mayo Clinic Health System has been a leading provider of inpatient and outpatient mental health care and addiction treatment in southern Minnesota for many years. Community Health Needs Assessments routinely show mental health is a top concern for members of the community.

- Transition of the Psychiatric Services Unit (PSU) from Austin to Albert Lea is a \$2.5 million investment by Mayo Clinic to support mental health care.
- The unit brings residential mental health and addiction services together, creating an integrated setting for many patients who need a full spectrum of services.
- Patients come from throughout the state. Almost 100 percent return to their home community where they have friends, family, support structure.
- Outpatient services continue to be available on both campuses of Mayo Clinic Health System in Albert Lea and Austin to serve adults, young adults and children with mental health needs.
- Mayo Clinic Health System continues to partner with service providers in the community to break stigmas associated with mental illness, raise awareness of signs and symptoms, and provide information and programming on how to access resources.

DID YOU KNOW?

- One in five Minnesotans face mental illness each year.
- Minnesota ranks 50 out of 50 states for number of inpatient mental health beds available.
- From 2007-2014, inpatient admissions from the Emergency Department (ED) increased 12.5 percent for all mental-health related conditions and nearly 25 percent for substance use (for comparison, all-cause inpatient admissions from the ED decreased by 17 percent).

NEW FACILITY HIGHLIGHTS

- Increased capacity from 14 to 16 beds, with single-occupancy, including private bathrooms and lakeside or courtyard views.
- Design maximizes natural light and includes artwork donated by Naeve Hospital Auxiliary enhancing the therapeutic environment for patients and staff.
- Common room doubles as dining room and activity/gathering space: new exercise room with scheduled wellness classes and equipment.
- Courtyard features secure, relaxing space for visiting, wellness activities and raised boxes for gardening.
- A separate, secure workspace for staff enhances privacy for staff and patients.
- Sophisticated security keeps patients safe 24/7 with controlled unit access.
- Skilled staff of 40+ includes 27 nursing (RN) positions, patient care assistants (PCAs), health unit coordinators, psychiatrists, psychologists, nurse practitioner, occupational therapist (also trained as wellness practitioner), licensed alcohol/drug counselor, dietitian, clergy and experts in reducing tobacco use.
- Additional social workers support discharges and families during and after their loved ones' treatment.