



Mille Lacs Health System



Community Health Needs Assessment Report

**Mille Lacs Health System
Onamia, Minnesota**

Published September 28, 2022

Introduction

Mille Lacs Health System is a not-for-profit, community owned organization. Based in Onamia on the southern edge of Mille Lacs Lake in central Minnesota, Mille Lacs Health System serves many of the individuals living around the lake and in communities to the south. Mille Lacs Health System includes a 18-bed critical access hospital that has a level IV Trauma Center, a 57-bed long-term care facility, a 10-bed senior care facility, home care, hospice, Basic Life Support (BLS) and Advanced Life Support (ALS) ambulance service, as well as an attached medical clinic. Mille Lacs Health System also operates clinics in the towns of Isle, Hillman and Garrison and our medical staff provides coverage to the Ne-la-Shing Clinic on the nearby Mille Lacs Reservation. Mille Lacs Health System is in the process of opening a clinic in the town of Milaca. We recently purchased a retail pharmacy in Isle, Minnesota and will open a new retail pharmacy in Onamia in October 2022.

Our mission is “to assist those residing and visiting the Mille Lacs area in achieving and maintaining optimal health.”

Our organizational values are:

- We hold a reverence for life.
- We strive to ensure access for all.
- We strive to serve all with compassion and hospitality.
- We believe in open, honest and direct communication at all levels.
- We believe collegiality, teamwork, and participation are necessary for excellence.

Our services include:

- Addiction recovery
- Audiology
- Behavioral health
- Cardiac rehabilitation
- Cardiology
- Chiropractic care
- Colon cancer screening
- Dermatology services
- Diabetes education
- Diagnostic imaging/radiology
- Ear, Nose and Throat
- Emergency Services
- Eye care
- Family medicine
- Home care
- Hospice
- Infusion therapy
- Kidney health /nephrology
- Laboratory testing
- Men's health
- Neurology
- Nutrition services
- Orthopedics
- Pain management
- Podiatry
- Rehabilitation services
- Respiratory care
- Senior care unit
- Sleep medicine
- Surgery
- Transitional care
- Urgent Care
- Urology

Surgical services at Mille Lacs Health System include abdominal procedures, breast surgery, elbow surgery, endoscopic examinations (colonoscopy, upper endoscopy and hemorrhoid treatment), Ear, Nose and Throat/plastics, hand surgery, knee surgery, ophthalmology, podiatry, shoulder surgery and urology.

The hospital also provides swing bed services for patients who have recovered from an illness or injury but are not yet able to care for themselves at home. It's designed to meet each patient's need for continued rehabilitation and recovery in a hospital setting. Services include skilled nursing for IV or extended antibiotic infusions, wound care, post-surgery care, physical therapy, speech therapy, occupational therapy, respiratory therapy, nutritional support, counseling, insulin monitoring, and enteral feeding.

Despite rapid technological change and the economic stresses of today's healthcare environment, Mille Lacs Health System remains strong. Numerous medical and surgical specialists have joined our healthcare team, providing diagnostic and support services that allow for a sophisticated level of diagnoses and treatment in a local setting.

Our mission and values also compel us to take a holistic approach to our patients' healthcare needs, addressing their emotional, mental, and spiritual concerns as well as their physical needs. In

addition to traditional services, we now provide access to a variety of counseling services as well as health education, wellness and rehabilitation.

As with everything we do at Mille Lacs Health System, you and your individual needs are at the center of the care you will receive at our hospital. The plan we develop together will include education about your illness, treatments, medications, and discharge planning. Educational materials for you and your loved ones are available to supplement the teaching you receive by members of the healthcare team, which may include the following: physicians, advanced practice providers, nurses, nurses' aides, discharge planner, pharmacist, respiratory therapy, speech therapy, physical therapy, occupational therapy, nutritional services, radiology technicians, laboratory technicians, social services, and counselors.

Thanks to the hard work of many dedicated employees, directors and trustees—and strong support from area communities—healthcare in the Mille Lacs region has changed greatly since those first patients were admitted to the Onamia Hospital in 1956. We are proud to play such a significant role in improving the quality of life of the people and communities we serve. We are proud to be part of a community-driven, community-supported healthcare system. We look to the future with confidence.

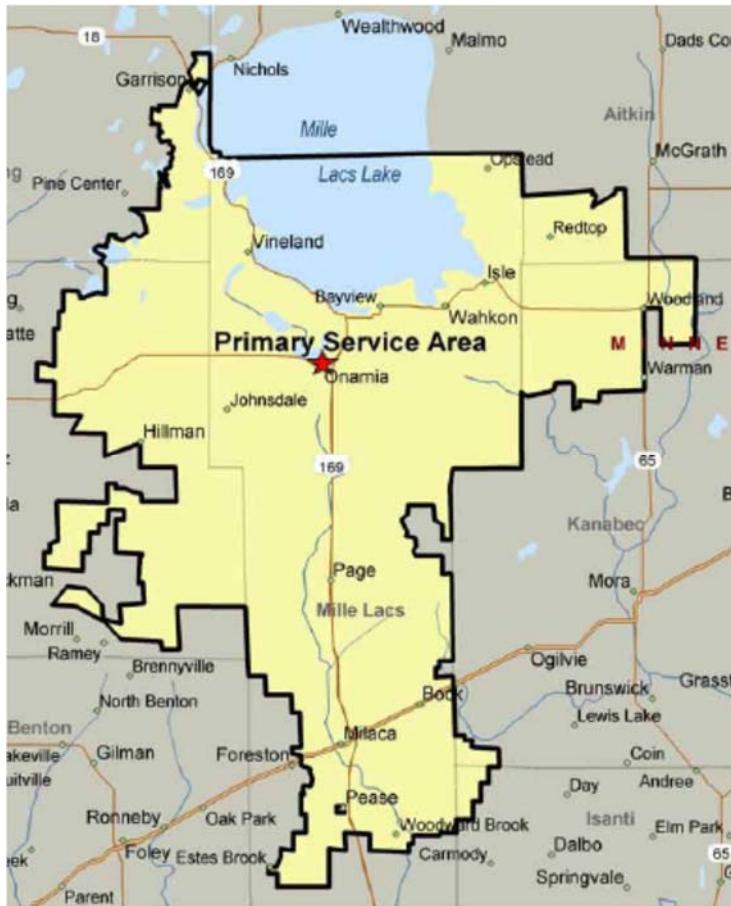
Mille Lacs Health System is nearing completion of a \$30+ million multi-year expansion project called Next Chapter: Building Our Healthy Future. This two-story expansion includes updated inpatient hospital rooms, an updated and expanded emergency department, improved kitchen and cafeteria, improved privacy in the registration area, a covered port for patient drop-offs, expansion of the surgery waiting room, additional parking, separate enclosed entrance for patients arriving to the E.R. or urgent care, and additional storage space for medical equipment. In the remodeling phase, the following new space was added: Cardiac rehab, occupational therapy, lymph and wound care, women's health and a chapel. Departments which were remodeled included the Onamia Clinic, laboratory, surgery waiting room, materials management and maintenance.

Mille Lacs Health System is pleased to submit this Community Health Needs Assessment. We do so both as a matter of compliance with Section 501(r)(3) of the Internal Revenue Code, as mandated in the Patient Protection and Affordable Care Act, and as an obligation to those we serve. As an organization, we have taken this change in law as an opportunity to improve our community service and continuously focus on meeting the changing health care needs of our community.

Consistent with the requirements of Section 501(r)(3) the Community Health Needs Assessment Report is organized as follows:

- Our Community
- Review of Previous Community Health Needs Assessments
- Community Health Needs Assessment Methodology
- Prioritized Significant Community Health Needs
- Health Resources

Our Community



Mille Lacs Health System is located in the city of Onamia in Mille Lacs County, Minnesota. However, we have historically defined our “community” as a broader area, including the communities around the southern half of Mille Lacs Lake and the towns south of the lake down to Milaca. Based on inpatient and outpatient usage in recent years, our primary service area includes the following zip codes and towns:

- 56359 – Onamia
- 56342 – Isle
- 56386 – Wahkon
- 56338 – Hillman
- 56450 – Garrison
- 56353 – Milaca

Over 80% of our inpatient and outpatient usage is from individuals living within this primary service area. The remaining usage is attributable to individuals living in the broader community as well as individuals

vacating near Mille Lacs Lake. Throughout this document, all references to our community refer to these six towns and their surrounding countryside.

Although our defined community does not exactly align with the borders of Mille Lacs County, we use Mille Lacs County as a proxy for our community for purposes of quantitative demographic data. We believe any differences between the demographics of our actual community and Mille Lacs County are minimal.

One special aspect of our community is Mille Lacs Lake itself. According to the Mille Lacs Area Tourism Council,

“Minnesota's beautiful Lake Mille Lacs area is where you'll find the memories you've been looking forward to creating. We are the premier walleye factory in central Minnesota, just 30 minutes from Brainerd and 90 miles north of Minneapolis and St. Paul. We offer something for everyone in the family. Whether you're making a trip to Onamia, Isle, Wahkon, Malmo or Garrison to see the huge walleyes or the fall colors, picnicking in the two State Parks, hiking or biking our multi-use trails, cross-country skiing or just relaxing in a cozy resort, it's a trip worth taking. The visitor to Mille Lacs is presented with an array of recreational options. Each and every season reveals a different dimension of Mille Lacs. Fishing for Walleye, Muskie, Bass and more. Snowmobiling, Swimming, Bird & Wildlife

watching, Shopping, Museums, Golfing, Hunting, Casino Gaming, Community Festivals.”

Our community also includes the Grand Casino Mille Lacs Hotel. With 494 rooms, the Grand Casino Mille Lacs is one of the largest casino hotels in the state of Minnesota. Such attractions mean that temporary visitors are extremely common, and we are a popular retirement location.

In 2020, the U.S. Census Bureau conducted the nation’s most recent census and published that data by county. Similarly, the Population Health Institute collects and reports health data and demographic data by county on an annual basis. U.S. census data is primarily from the 2020 census, with some figures being estimated based on that census and others being actual data from subsequent years. Population Health Institute data is as of July 2022.

Comparison of Demographic Changes – Minnesota and Mille Lacs County

	MN 2018	MN 2021	MN Change	Mille Lacs 2018	Mille Lacs 2021	Mille Lacs Change
Population	5,611,179	5,707,390	1.71%	26,139	26,867	2.79%
Age < 18	23.2%	23.1%	-0.43%	24.1%	23.5%	-2.49%
Age 65+	15.9%	16.7%	5.03%	18.3%	18.2%	-0.55%
Female	50.2%	49.9%	-0.6%	49.7%	49.2%	-1.01%
Caucasian	84.1%	83.0%	-1.31%	90.4%	90.1%	-0.33%
African American	6.8%	7.4%	8.82%	0.6%	0.7%	16.67%
American Indian	1.4%	1.4%	0.00%	6.4%	6.3%	-1.56%
Asian	5.1%	5.4%	5.88%	0.6%	0.7%	16.67%
Hispanic	5.5%	5.8%	5.45%	2.5%	2.8%	12.00%
Per Capita Income	\$34,712	\$38,881	12.01%	\$25,732	\$29,149	13.28%
Uninsured	5.0%	5.9%	18.00%	7.0%	8.1%	15.71%
Rural	26.7%	26.7%	0.00%	70.8%	70.8%	0.00%

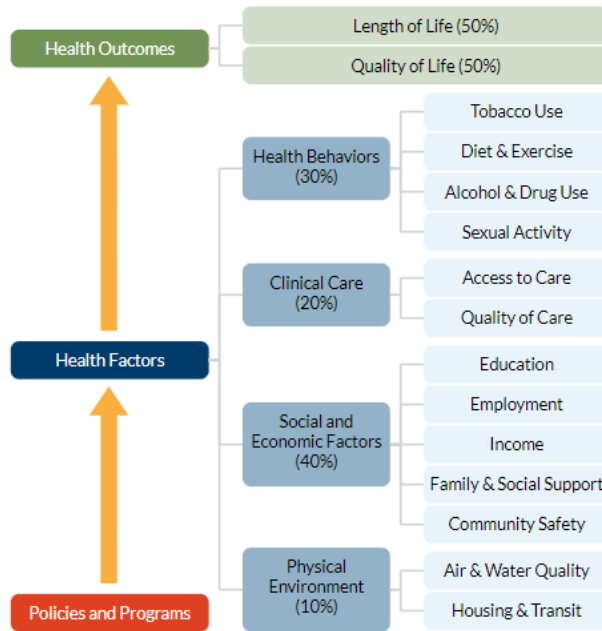
Mille Lacs County is primarily Caucasian, although we are becoming more racially diverse. We have a large Native American population living in and around the reservation of the Mille Lacs Band of the Ojibwe, although Native Americans are the one minority demographic that decreased in Mille Lacs County between 2018 and 2021. Throughout the community health needs assessment process, we carefully considered the special health needs of the Native American population.

Both Minnesota and Mille Lacs County have experienced similar trends in our aging populations. In 2018, Mille Lacs County had a larger percentage of youth and elderly individuals than Minnesota as a whole. Between 2018 and 2021, both the state and our community experienced a decrease in the percentage of youth. Although Minnesota experienced an increase in the percentage of elderly individuals while Mille Lacs County saw a slight decrease, Mille Lacs County still has higher percentage of elderly individuals in our community than does Minnesota.

Although the percentage of uninsured individuals in our community increased between 2018 and 2021, the rate of increase was lower than in Minnesota overall. Similarly, per capita income increased more in our community between 2018 and 2021 than it did in Minnesota overall. Unfortunately, Mille Lacs County still has a higher uninsured rate and a lower per capita income than in Minnesota overall, but the rates of change show that the gaps are closing between our community and the state.

Our community is largely rural, with small towns surrounding Mille Lacs Lake and spread out south of the lake.

The Population Health Institute (“PHI”) publishes annual health data for every county in the United States. The data is aggregated into health outcomes and health factors. The PHI separates health outcomes into mortality (length of life) and morbidity (quality of life). Health factors are separated into four factors that largely influence the health outcomes: physical environment, society and economics, clinical care, and health behaviors.



Source: University of Wisconsin Population Health Institute

Demographic Comparison – Minnesota and Mille Lacs County

	Minnesota	Mille Lacs County
Life expectancy	80.4	75.6
Frequent physical distress	9%	12%
Frequent mental distress	12%	15%
Adult smoking	15%	22%
Adult obesity	30%	33%

2022 County Health Rankings for the 87 Ranked Counties in Minnesota

County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors
Aitkin	65	80	Fillmore	19	34	Martin	33	52	Rock	67	16
Anoka	15	20	Freeborn	55	72	McLeod	25	43	Roseau	59	31
Becker	73	62	Goodhue	45	45	Meeker	14	53	Scott	2	5
Beltrami	86	81	Grant	80	30	Mille Lacs	84	83	Sherburne	10	17
Benton	50	59	Hennepin	23	11	Morrison	52	68	Sibley	26	63
Big Stone	66	40	Houston	7	10	Mower	64	69	St. Louis	72	61
Blue Earth	42	29	Hubbard	60	70	Murray	35	23	Stearns	41	51
Brown	34	13	Isanti	47	57	Nicollet	8	6	Steele	22	39
Carlton	49	66	Itasca	77	74	Nobles	71	82	Stevens	9	9
Carver	1	1	Jackson	20	19	Norman	83	71	Swift	78	73
Cass	85	84	Kanabec	69	79	Olmsted	5	2	Todd	56	77
Chippewa	63	44	Kandiyohi	37	47	Otter Tail	40	33	Traverse	36	65
Chisago	24	25	Kittson	30	26	Pennington	39	32	Wabasha	11	21
Clay	43	14	Koochiching	81	76	Pine	76	85	Wadena	82	78
Clearwater	79	86	Lac qui Parle	21	42	Pipestone	57	56	Waseca	27	58
Cook	53	38	Lake	13	27	Polk	44	54	Washington	4	3
Cottonwood	62	41	Lake of the Woods	31	50	Pope	58	15	Watonwan	70	75
Crow Wing	48	46	Le Sueur	16	36	Ramsey	54	55	Wilkin	38	18
Dakota	6	7	Lincoln	51	22	Red Lake	68	49	Winona	32	28
Dodge	12	12	Lyon	28	24	Redwood	61	37	Wright	3	4
Douglas	29	8	Mahnomen	87	87	Renville	74	67	Yellow Medicine	18	60
Faribault	75	64	Marshall	46	35	Rice	17	48			

Source: University of Wisconsin Population Health Institute

The county health rankings paint a sobering picture of our community’s health. Compared to the state, our community has a significantly lower life expectancy, higher rates of individuals dealing with frequent physical distress and frequent mental distress, greater rates of adult obesity and greater rates of adult smoking.

Mille Lacs County Health Rankings out of 87 Minnesota Counties

	2013	2016	2019	2022
Health Behaviors	50	84	82	75
Clinical Care	75	70	74	84
Social & Economic Factors	80	76	79	84
Physical Environment	10	61	60	51
Overall Health Factors	81	82	82	83
Length of Life	85	76	77	84
Quality of Life	54	72	77	81
Overall Health Outcomes	85	77	78	84

Out of 87 Minnesota counties, Mille Lacs County ranks 83rd in health factors and 84th in health outcomes, close to last in each measure.

Over the last decade, Mille Lacs County’s overall health factors have progressively worsened. Our community’s physical environment is close to the middle of the ranked counties, but every other measure ranks in the bottom four to thirteen of the 87 counties. Because today’s health factors lead to tomorrow’s health outcomes, these rankings indicate that Mille Lacs County is currently experiencing a relatively shorter length of life and relatively worse quality of life because of negative health choices and conditions in the past and that this trend is likely to continue because of today’s relatively poor health choices and conditions.

Review of Previous Community Health Needs Assessments

Mille Lacs Health System conducted community health needs assessments in 2013, 2016 and 2019, publishing the related Community Health Needs Assessment Reports in September 2013, 2016, and 2019 respectively. In those assessments, the following needs were identified:

2013	2016	2019
Access to care	Behavioral health	Transportation & access
Obesity	Chronic diseases	Substance abuse
Chronic diseases	Obesity	Mental health

The final regulations related to Section 501(r), which became effective in December 2014, limited the scope of community health needs assessments to “significant” community health needs. Based on the new information, Mille Lacs Health System determined that access to health care, obesity, and chronic diseases were the significant health needs identified in the 2013 community health needs assessment. Therefore, only these significant community health needs from the 2013 community health needs assessment will be discussed and addressed going forward.

In September 2016, Mille Lacs Health System published its second CHNA Report. In conducting that assessment, Mille Lacs Health System collected information about community health needs through interviews and community forums in May 2016. The 2016 CHNA Report identifies the organizations that participated. Fifty-eight community members participated in community forums in five communities. These findings were supplemented with quantitative data obtained from various public sources.

In September 2019, Mille Lacs Health System published its third CHNA Report. In conducting that assessment, Mille Lacs Health System collected information about community health needs through interviews in July 2019. The 2019 CHNA Report identifies the organizations that participated. These findings were supplemented with quantitative data obtained from various public sources

Between October 2019 and September 2022, the following actions were taken to address the identified significant health needs. These included the “Medication Assisted Therapy” program; COAT Program (Chronic Opioid Analgesic Therapy); working with regional chemical dependency services; additional Psychiatry services. Mille Lacs Health System psychologist is based out of the Onamia Clinic and the Geriatric-Psychology Unit has continued to operate when other similar programs across the state closed down.

A copy of the 2019 Community Health Needs Assessment is available on Mille Lacs Health System’s website at <https://www.mlhealthorg/patients-visitors/patient-resources>.

Community Health Needs Assessment Methodology

Mille Lacs Health System's executives led the planning, conduct, and reporting of the community health needs assessment. We contracted with CliftonLarsonAllen LLP, a professional services firm, to assist with the community health needs assessment process.

Interviews

We gathered qualitative information and perspectives on community health needs through one-on-one interviews with key community stakeholders. These interviews were conducted in July 2022. The primary goal of these interviews was to ascertain a range of perspectives on the community's health needs. We gathered information from the following specified groups within our community:

- People with special knowledge or expertise in public health
- Government health departments and other government agencies
- Leaders, representatives or members of medically underserved populations
- Leaders, representatives or members of low-income populations
- Leaders, representatives or members of minority populations.

In addition to medical providers and department heads from Mille Lacs Health System, the following agencies, organizations and businesses participated in the community health needs assessment process by contributing their perspectives, opinions and observations. We thank them for their past and continued assistance.

- Mille Lacs County Department of Community & Veterans Services
- Mille Lacs Band of Ojibwe
- Mille Lacs County Sheriff's Department
- City of Onamia
- Onamia Police Department
- City of Milaca
- Milaca Police Department
- City of Isle
- Isle Police Department
- Crosier Fathers & Brothers

We believe each of these organizations is a qualified representative of the identified groups because the nature of their work brings them into contact with those groups on a regular basis. For many of the organizations listed, the nature of their mission and purpose requires them to consider the special needs of the groups identified.

Quantitative Data

The community health needs assessment included consideration and analysis of the following publicly available data:

- Centers for Disease Control and Prevention
 - <https://www.cdc.gov/stopoverdose/fentanyl/index.html#:~:text=Fentanyl%20is%20a%20synthetic%20opioid,nonfatal%20overdoses%20in%20the%20U.S.&text=There%20are%20two%20types%20of,Both%20are%20considered%20synthetic%20opioids>
 - <https://www.cdc.gov/childrensmentalhealth/data.html>

- Mille Lacs Area Tourism Council
 - <https://www.exploreminnesota.com/profile/mille-lacs-area-tourism-council/10015>
- Mille Lacs Band of Ojibwe Department of Health and Human Services
 - <https://millelacsband.com/government/resources1/departement-of-health-human-services>
- Mille Lacs County 2015-2020 Community Health Improvement Plan
 - <https://www.millelacs.mn.gov/1209/Community-Health>
- Mille Lacs County Department of Community & Veterans Services' Region 7E Mental Health Needs Assessment
 - <http://www.co.mille-lacs.mn.us/DocumentCenter/View/173/Region-7E-Mille-Lacs-County-Assessment-Report-Summary-PDF>
- Mille Lacs Health System
 - <https://www.mlhealth.org>
- Minnesota Department of Health
 - <https://www.health.state.mn.us/docs/communities/titlev/adolescentsuicide.pdf>
 - <https://www.health.state.mn.us/data/workforce/docs/2022workforcebrief.pdf>
- National Institutes of Health
 - <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>
 - <https://www.nih.gov/news-events/nih-research-matters/trends-us-methamphetamine-use-associated-deaths>
 - <https://nida.nih.gov/publications/research-reports/methamphetamine/what-are-long-term-effects-methamphetamine-misuse>
 - <https://nida.nih.gov/research-topics/commonly-used-drugs-charts#prescription-opioids>
- Population Health Institute's county health rankings
 - <https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model>
 - <https://www.countyhealthrankings.org/app/minnesota/2022/overview>
 - https://www.countyhealthrankings.org/sites/default/files/media/document/CHR2022_MN_0.pdf
 - <https://www.countyhealthrankings.org/app/minnesota/2022/rankings/mille-lacs/county/outcomes/overall/snapshot>
- U.S. Census Bureau
 - <https://www.census.gov/quickfacts/fact/table/MN.millelacscountyminnesota/PST045221>
- U.S. News & World Report, "Staffing Shortages Have U.S. Nursing Homes in Crisis"
 - <https://www.usnews.com/news/health-news/articles/2022-06-29/staffing-shortages-have-u-s-nursing-homes-in-crisis>
- World Health Organization ("WHO")
 - <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>

Information Gaps

Mille Lacs Health System did not receive input directly from all members of the low-income, minority and medically underserved populations in our community, instead obtaining input from

individuals and organizations that work with those individuals on a daily basis. Although we are unable to identify any specific information gaps, we recognize that members of those populations may have provided different information if they directly participated. Additionally, we recognize that other individuals who weren't invited to participate may have provided different input.

Request for Feedback

Mille Lacs Health System was willing to consider written comments related to its prior Community Health Needs Assessment Reports and Implementation Strategies but received no such input. If any reader would like to provide input on this community health needs assessment, they can submit their comment(s), in writing, to the following address:

Attention: Chief Executive Officer
RE: Community Health Needs Assessment
Mille Lacs Health System
200 North Elm Street, P.O. Box A
Onamia, MN 56359

Determination of Significance

While many needs were identified during the community health needs assessment process, this report focuses on those needs that were deemed significant by Mille Lacs Health System. A health need's significance was evaluated based on many factors. The factor given the most weight was the relative importance placed on the health need by the community participants as a whole. Other factors included potential preventative impact, the likely quantity of change, and impact on quality of life. The decision was made by Mille Lacs Health System's executives.

Prioritization of Significant Community Health Needs

The significant community health needs were then prioritized by Mille Lacs Health System based on various factors including potential preventative impact, the likely quantity of change, impact on quality of life, proximity with other health needs, our mission, cost, and community satisfaction. The decision was also made by Mille Lacs Health System's executives.

Prioritized Significant Community Health Needs

Through the community health needs assessment, Mille Lacs Health System identified the following significant community health needs and prioritized them in the given order:

1. Primary Health Needs
 - a. Mental Health
 - b. Elder Health
2. Secondary Health Needs
 - a. Substance Abuse
 - b. Obesity
 - c. Access to Health Care

The following is a discussion of these significant community health needs.

Mental Health

A common concern among community members was mental health among both adults and children. Depression and anxiety were frequently identified for children and young adults while depression, loneliness, dementia and Alzheimer's disease were identified for older adults. Although each of these issues have been a concern in our community for a long time, community participants agreed that each issue worsened during the COVID-19 pandemic, including the following factors:

- Economic/financial struggles among adults and the resulting impact on their children
- General isolation and loneliness across all demographics during the COVID-19 pandemic
- Increased time on social media and playing video games, primarily among children but also among adults, with more exposure to bullying and similar negative influences through those apps and games
- Lack of emotional development by adolescents during the COVID-19 pandemic leading to disproportionately strong responses to seemingly minor issues, lack of social skills, panic attacks and similar issues

According to Centers for Disease Control and Prevention, in 2017, one in six U.S. children were diagnosed with a mental, behavioral or developmental disorder. According to the U.S. Department of Health & Human Services, the prevalence is even higher among low-income youth (21%), youth in the child welfare system (50%) and youth in the juvenile justice system (70%). Additionally, an estimated 49.5% of adolescents have had a mental health disorder at some point in their lives. Among children ages 3-17, 9.8% were diagnosed with ADHD, 9.4% were diagnosed with anxiety, 4.4% were diagnosed with depression, 2.9% were diagnosed with eating disorders, and 8.9% were diagnosed with various behavior problems.

Based on publicly available data, our community members suffered from mental distress slightly more than the average Minnesotan in 2018 (approximately 10%), but the percentage in our community increased to 15% by 2021 while only increasing to 12% across Minnesota. This means the ratio of adults suffering from frequent mental distress increased from one in ten to one in six in recent years. While community participants expressed concern for the mental health condition of adults, they expressed far more concern for the condition of youth in our area. Several participants mentioned an abnormally high suicide rate in the area and that it seems to have worsened within the last year. Although publicly available data is not up to date enough to evaluate changes in the last year, between 2016 and 2020 Mille Lacs County averaged 25 suicide deaths per 100,000 individuals which is almost double the national average of 13 suicide deaths. According to the Minnesota Department of Health, the suicide rate for American Indian youths between 2012 and 2016 was 28 per 100,000 with the next highest rate among any race being 8.8 per 100,000 among Caucasian youth. From the Minnesota Department of Health:

“Historical trauma, living in poverty, childhood adversity, lack of access to culturally relevant mental health services, and experiencing interpersonal violence are all experienced in higher rates among American Indian populations and are all associated with an increased risk of suicidal behavior. The contagion effect, also referred to as suicide clusters, refers to the increase in suicidal behavior among those who have lost a friend or family member to suicide.”

These facts all appear to support participants' concerns about the long-term mental health condition of youth in our community.

Although cognitive decline among elderly individuals is a major concern across the country, our community is fortunate to have some effective resources including the geriatric psychiatric unit at Mille Lacs Health System. However, community participants expressed a desire for even more access in the form of additional beds and health care providers, especially for low-income individuals. Community participants were also concerned about the severely limited resources available to children. Effective care for children is impacted by multiple factors. First, the more affordable facilities in every community tend to operate at or near maximum capacity. Although there may be available space at some facilities, they tend to be more costly locations that low-income individuals cannot access. The limited access to facilities means that many children have to wait days, weeks or months to obtain the care they need. Second, our nation tends to view mental health problems more harshly than other health problems, and fear of judgment can drive a person to try to hide or ignore their problem. This fear of public judgment can be even more severe in rural communities such as ours. The fear of judgment can also be more severe when it's a parent evaluating the health of their child or an adult evaluating the mental health of their elderly parent. Finally, related to the last issue, it can be extremely difficult for a parent to admit that their child may have a mental health problem. Community participants overwhelmingly expressed concern about the stigma surrounding mental health issues and how the stigma impacts access to health care in our community.

In a 2013 survey by the Mille Lacs County Department of Community & Veterans Services, transportation was identified as the top concern related to mental health. In our assessment, community participants echoed that this is still a very real issue. Our community has always had extremely limited mental health care services, partially because several larger communities have such services within a reasonable distance (approximately 100 miles or less) from Mille Lacs County.

Effective care for mental health issues tends to require multiple appointments over an extended period of time, which means the distance to those appointments can be a significant barrier for individuals with limited finances and/or time. This tends to be of most concern for low-income and rural individuals, the elderly and youth. For low-income individuals who have vehicles, the cost of gasoline and wear-and-tear on a vehicle can be a concern. Other low-income individuals may not have a vehicle. Our community doesn't have a public transportation system and other transportation methods are either extremely limited or expensive. Finally, some individuals, especially lower-income individuals, may not be able to repeatedly take time off work to attend the mental health appointments, primarily because the individual is concerned that they could be fired or replaced if absent too often from work. Young and elderly community members tend to struggle more in obtaining effective care because they naturally rely on others for transportation to the care.

Elder Health

As mentioned in the "Our Community" section above, over 18% of our community is age 65 or older. This is slightly higher than the national average of 16.8% and Minnesota's average of 16.7%. We feel it important to consider the special health needs of the significant number of elderly individuals in our community. These health needs can be broken down into three general issues of chronic health conditions, transportation, and appropriate housing.

First, community participants expressed concern regarding the general deterioration of health as community members age. According to the World Health Organization,

“At the biological level, aging results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. This leads to a gradual decrease in physical and mental capacity, a growing risk of disease and ultimately death. These changes are neither linear nor consistent, and they are only loosely associated with a person’s age in years. The diversity seen in older age is not random. Beyond biological changes, aging is often associated with other life transitions such as retirement, relocation to more appropriate housing and the death of friends and partners.

“Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time. Older age is also characterized by the emergence of several complex health states commonly called geriatric syndromes. They are often the consequence of multiple underlying factors and include frailty, urinary incontinence, falls, delirium and pressure ulcers.”

While Mille Lacs Health System can directly treat some of these health conditions through our cardiology, diabetes, kidney health, orthopedics, respiratory care, urology, rehabilitation and senior care services, many specialty services require traveling to larger hospitals in cities like Minneapolis (90 miles from Onamia), St. Paul (94 miles) and St. Cloud (55 miles). Community members expressed concern that elderly individuals who are able to drive may not be comfortable dealing with busier traffic conditions in the larger cities and that others in our community don’t have consistent, reliable, affordable transportation in the first place. As mentioned above, degrading visual acuity and mental capacity are two common conditions that afflict older individuals, making driving more stressful and dangerous as a person ages. Additionally, because many older individuals live on a fixed income, community members worry that the cost of maintaining a vehicle (repairs, insurance, etc.) and the recent surge in the price of gasoline lead to a larger financial burden on elderly individuals than many other adults.

Finally, participants expressed concern that elderly individuals in our community may live on their own, including after a spouse has passed away, longer than may be healthy for them. The negative impact of living independently can include difficulties with maintaining and cleaning the home, meal preparation, administering medications, taking care of wounds/injuries, and response time when a significant health condition like a heart attack or fall occurs. The World Health Organization indicates that an elderly individual’s living conditions and social circumstances can significantly impact their physical and mental health.

“Although some of the variations in older people’s health are genetic, most is due to people’s physical and social environments—including their homes, neighborhoods, and communities, as well as their personal characteristics....

“Physical and social environments can affect health directly or through barriers or incentives that affect opportunities, decisions, and health behavior. Maintaining healthy behaviors throughout life, particularly eating a balanced diet, engaging in regular physical activity and refraining from tobacco use, all contribute to reducing

the risk of non-communicable diseases, improving physical and mental capacity and delaying care dependency.

“Supportive physical and social environments also enable people to do what is important to them, despite losses in capacity.... In developing a public-health response to aging, it is important not just to consider individual and environmental approaches that ameliorate the losses associated with older age, but also those that may reinforce recovery, adaptation and psychosocial growth.”

Health providers and medical professionals in our community indicated that there are enough nursing home beds in our area—including independent living, assisted living and skilled nursing—but that not all of these beds can be utilized due to staffing shortages. The shortage of nursing home staff is a national crisis that also impacts our community. A June 29, 2022 article by *U.S. News & World Report* indicates that 61% of nursing homes across the country are limiting their admissions due to staffing shortages, that 87% of nursing home providers are facing moderate to high staffing shortages, and that 98% of providers are having trouble hiring staff. These staffing shortages indicate that our community may need to identify alternative ways to care for and protect elderly individuals, especially those living on their own without a strong family or social network.

Substance Abuse

Substance abuse covers a broad range of health issues, including tobacco, alcohol, prescription drugs and illicit drugs. Participants—including law enforcement officials, social service workers, and medical professionals—indicated that the most prevalent substances abused in our service area are tobacco, methamphetamines (“meth”), opioids, heroin, cocaine, and alcohol. Of particular concern to participants is the number of drug overdose deaths related to Fentanyl-laced substances. Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It was originally developed as a painkiller for extreme post-surgery pain and late-stage cancer patients. Powdered fentanyl looks just like many other drugs. It’s commonly mixed with drugs like heroin, cocaine and meth and made into pills that are made to resemble other prescription opioids. In its liquid form, fentanyl can be found in nasal sprays, eye drops, or coated on paper or small candies. Aside from its extreme potency, fentanyl is dangerous because of its difficulty to detect. Drugs may contain deadly levels of fentanyl that you wouldn’t be able to see, taste or smell. It’s nearly impossible to tell whether something has been laced with fentanyl except by directly testing for fentanyl. The overdose concern appears warranted in our community. Between 2018 and 2020, Mille Lacs County averaged 28 overdose deaths per 100,000 people, approximately 150% higher than Minnesota’s average of 11 drug overdose deaths per 100,000 people.

According to the National Institutes of Health, alcohol is the most commonly abused substance in the United States. In a 2019 survey, 85.6% of adults reported drinking alcohol at some point in their lifetime and 54.9% reported that they drank alcohol in the last month. In the same survey, 39.7% of youth ages 12-20 reported drinking alcohol at some point in their lifetime and 18.5% reported drinking alcohol in the last month. 25.8% of adults reported that they engaged in binge drinking within the last month. The same study found that 1.7% of youth between the ages of twelve and seventeen had alcohol use disorder (AUD), a chronic brain disorder marked by compulsive drinking, loss of control over alcohol use, and negative emotions when not drinking. AUD in this age-group was more common among girls than boys. Unfortunately, only 7% of people who had AUD reported receiving any kind of treatment within the last year.

According to the Population Health Institute, 22% of adults in Mille Lacs County indicate that they drink excessively compared to 15% of Minnesotans. Additionally, 38% of Mille Lacs County driving deaths involve alcohol impairment, which is almost four times higher than the rate of 10% across Minnesota. Alcohol abuse is a significant concern because of its commonality and the major impact it has on our community.

- In the United States, the rate of alcohol-related emergency department visits increased 47% between 2006 and 2014, which translates into approximately 210,000 additional visits per year.
- In 2017, approximately 10.5% of U.S. children lived with a parent who has AUD.
- Overall, alcohol contributes to about 18.5% of all emergency department visits.
- An estimated 95,000 people die from alcohol-related causes annually, making it the third-leading cause of preventable death in the United States.
- In 2019, alcohol-impaired driving accounted for 28% of all driving deaths.
- In 2010, alcohol misuse cost the United States approximately \$249 billion, with three-quarters of that being attributable to binge drinking.
- Research indicates that alcohol use during the teenage years can interfere with normal adolescent brain development and increase the risk of developing AUD.

According to the National Institutes of Health, meth use in the United States increased by 43% between 2015 and 2019, but the rates of overdose deaths attributable to meth close to tripled in the same time period, implying a much greater risk of overdosing if you use meth. The data further suggested that people who use methamphetamine have become more diverse. Historically, methamphetamine use has been prevalent among middle-aged white people. But the researchers found a tenfold increase in methamphetamine-use disorder (MUD) without injection among Black people. This was much larger than among other racial and ethnic groups. MUD without injection also quadrupled among people aged 18-23 years, much larger than the growth among older age groups. At the national level, several socioeconomic factors are also associated with methamphetamine use and MUD. These include low educational attainment, low household income, lack of insurance, housing instability, and involvement with the criminal justice system, generally indicating that it has a great impact on lower-income individuals. There were also stronger relationships between meth use and other illnesses, such as hepatitis, HIV/AIDS, sexually transmitted diseases, and/or depression.

Community participants expressed concerns about meth primarily because of the major consequences of its use. According to the National Institutes of Health, people who use meth long-term may exhibit symptoms that can include significant anxiety, confusion, insomnia, mood disturbances and violent behavior. They may also display psychotic features including paranoia, visual and auditory hallucinations, and delusions. Psychotic symptoms may last for months or years after a person quits using meth, and stress has been shown to precipitate spontaneous recurrence of meth psychosis. These and other problems reflect significant changes to the brain caused by meth use. Neuroimaging studies have demonstrated alterations in the activity of the dopamine system that are associated with motor speed and impaired verbal learning, as well as severe structural and functional changes in areas of the brain associated with emotion and memory. In addition to the neurological and behavioral consequences of meth abuse, long-term users also suffer physical effects such as weight loss, severe tooth decay, tooth loss and skin sores.

Heroin abuse made a resurgence in the late 1990s and early 2000s when a nationwide effort was made to crack down on meth production in the United States by limiting access to the necessary ingredients for its production. While those efforts were effective in reducing the manufacture of meth in the U.S., the long-term results were (a) that meth production moved to other countries who could then import it to the U.S. and (b) the decline of meth was accompanied by an increase in heroin abuse. Heroin can cause damage to various organs, including the heart, lungs, liver and kidneys. It can also cause breathing problems, collapsed veins, and poses special problems related to the transmission of HIV, Hepatitis C, and other diseases that can occur with sharing needles. The resurgence of opiate-related problems in the United States has increased emergency room visits, crime, homicides, high school dropouts, and loss of employment across the nation.

Obesity

As indicated above in the “Our Community” Section, one out of every three adults in Mille Lacs County is obese. Community participants indicated a multitude of factors that impact obesity, such as:

- Excessive use of electronics like video games, social media and television
- Too much time spent working leaves little time or energy for physical activity
- Limited availability of healthful foods through local stores and restaurants
- The cost of healthful foods such as lean meats, fruits and vegetables
- A shortage of affordable, convenient exercise options for adults and youth
- A culture of preparing and sharing unhealthful foods at social gatherings

The concerns above can be summarized as two overall factors that are likely to impact obesity in our area: healthful eating and active living. These issues were also identified as priority areas in the 2017 Community Health Improvement Plan published by the Mille Lacs County Department of Community & Veterans Services.

Outside of Milaca, access to affordable, healthful foods such as fresh fruits, vegetables and meats is a significant concern in our community. There are currently no grocery stores located in the area. Residents are able to purchase food at stores in Onamia, Isle, Garrison and Milaca, although selections are generally limited to basic foodstuffs (e.g., bread, milk, eggs), processed foods, boxed foods, and canned goods. Additionally, a food pantry is available in Onamia but it only delivers food to participating individuals once per month. Otherwise, residents can only access the limited foods that are available at gas stations and similar businesses throughout the county. Similarly, while residents enjoy some restaurants and fast-food chains throughout the county, the foods offered by those restaurants and fast food chains tends to be relatively unhealthful. Two interview participants indicated that a Subway® restaurant, if one were opened in the area, would instantly become the most healthful eating option in the area.

If healthful foods were to become more easily accessible in the area, community participants expressed concern that healthful eating would still not be instantly achieved for a couple of reasons. First, community members may not have sufficient cooking experience and knowledge to be able to turn healthful foods into meals that they and their families would happily eat. Improvement in this area would likely require significant education on meal preparation and recipes. Second, as adults in our community work very hard to support themselves and their families, they may not have sufficient time to prepare a healthful meal. One reason for the popularity of fast food and packaged meals is that they tend to be prepared quickly. Improvement in this area would likely

require either education on efficient meal preparation or occupational/living changes that provide community members with more time to prepare healthful meals.

As discussed above in the “Our Community” Section, Mille Lacs County has a wealth of outdoor activities. Unfortunately, many of these activities such as boating, fishing and hunting may not be easily accessible to low-income individuals, community members who need to work long hours or multiple jobs, youth and elderly individuals. While 81% of Minnesotans live within a half mile of a park or three miles of a recreational facility, only 46% of our community members meet this criterion. Furthermore, the 46% of our community that lives relatively close to a park or recreation center are the individuals living in or around the city of Milaca. Individuals living throughout the rest of the county do not have such access. After Milaca, the next largest town in our community is Isle; the third largest is Onamia. Both Isle and Onamia have a fitness center operated by the respective school districts, although the location, cost and hours of operation can each limit accessibility to individuals throughout our community. Additionally, the Mille Lacs Band of Ojibwe has an aquatic and fitness center in the southwestern corner of Mille Lacs Lake but it is only open to Band members and Band employees.

Access to Health Care

Throughout the interview process, access to health care was frequently identified as one of the most significant health needs in our community.

The first aspect of access is an individual’s ability to physically get to a medical provider. As discussed above, the high cost of maintaining a vehicle and the recent spike in the price of gasoline impacts the ability of lower-income individuals to rely on personal vehicles to the extent they previously could. The local area does not support Lyft, Uber, taxi services, or regular bus services. There was a bus that provided once a week transportation for local residents to and from the nearest Wal-Mart, but that service was terminated during COVID-19 due to an inability to socially distance. One side-effect of these transportation issues is a tendency among residents to use ambulance services for non-emergent medical issues just to gain transport to the hospital for treatment.

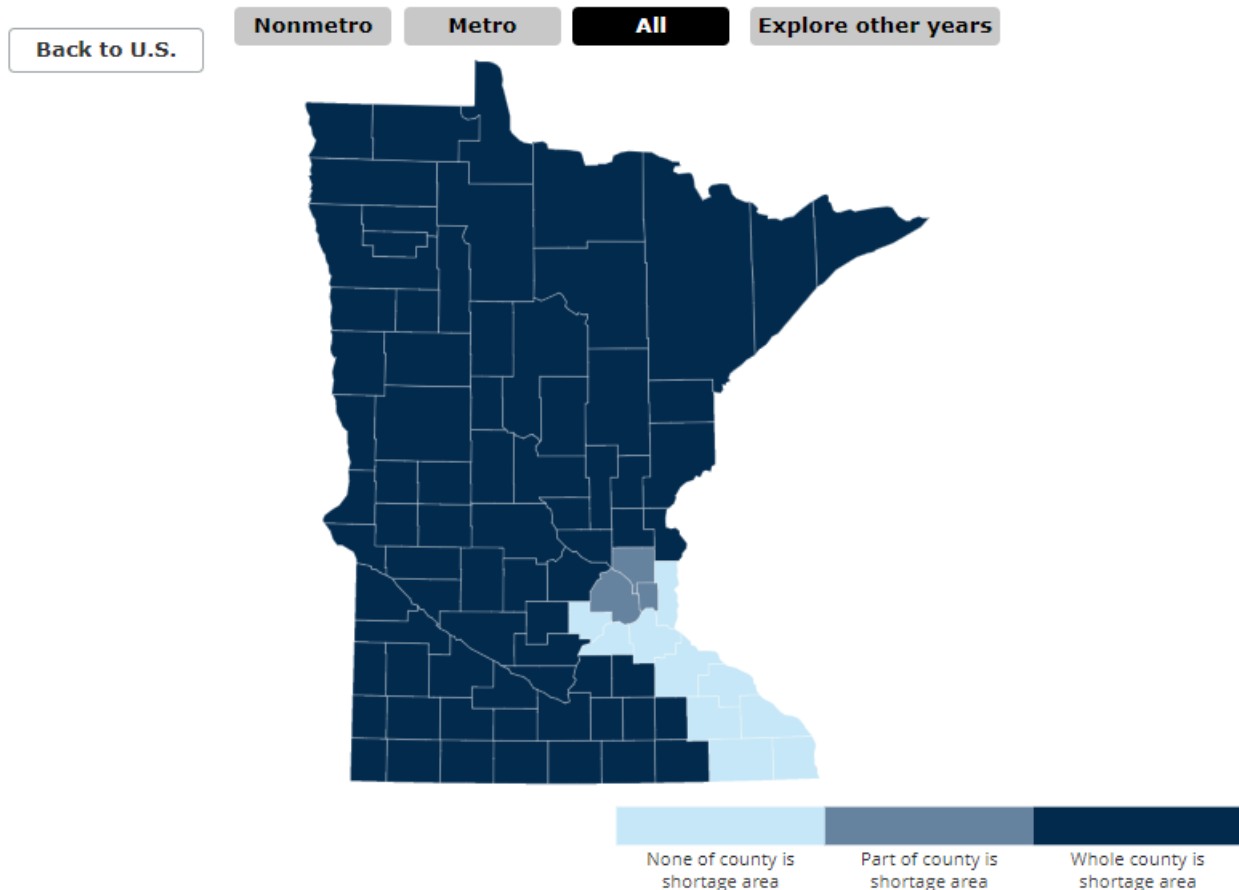
In the last decade, telemedicine has been increasingly utilized by health care providers across the nation to continue to see patients. In recent years, Mille Lacs Health System has increased its use of telemedical services in response to the COVID-19 pandemic to manage the costs of care and to provide access to services that wouldn’t otherwise be available in the community. While community participants express appreciation for these services, they also indicated the concern that it can be difficult to establish strong doctor-patient relationships through telemedical appointments. This is especially a concern for mental health services that tend to require a strong, trusting relationship.

In general, healthcare options in Mille Lacs County are and always have been limited. Mille Lacs Health System has done much to improve the availability and quality of care but faces challenges to attract physicians and clinical care providers to the local area. Community participants noted that Mille Lacs Health System does a great job partnering with those who live outside their service area to bring varying specialty services to patients on a regular basis but pointed out that if emergent services are needed, residents had to be sent elsewhere for care. Many participants also lamented the fact that maternity labor and delivery services are no longer provided in our community. Additionally, community participants mentioned access to mental health and

substance abuse programs being a challenge, even though Mille Lacs Health System and other organizations have worked to increase staffing to meet these needs.

In 2019, Mille Lacs County had one medical provider for every 1,380 residents, which is approximately 40% worse than Minnesota’s average of one medical provider for every 1,010 residents. Similarly, Mille Lacs County had one mental health provider for every 410 residents, compared to Minnesota’s average of one mental health provider for every 250 residents.

Health Professional Shortage Areas: Mental Health, by County, 2022 - Minnesota



Mille Lacs County’s shortage of mental health professionals is not a problem specific to our community or even to Minnesota. It is a nationwide problem and one that does not have an easy fix. Prior to the COVID-19 pandemic the shortage of mental health providers across the country was already well-documented. However, the shortage became much more acute during the COVID-19 pandemic. In April 2022, the Minnesota Department of Health published “Minnesota’s Health care workforce: pandemic-provoked workforce exits, burnout, and shortages”, a first-of-its kind analysis of the impact of COVID-19 on the shortage of medical providers. According to their study:

- “Job vacancies have increased in nearly all health professions since their pre-pandemic levels, in some cases dramatically. The largest increases are in mental health and substance abuse counseling occupations, where one in four jobs is currently vacant and open-for-hire.

- “Projected workforce losses in Minnesota’s small towns and rural areas are even more alarming than they were before COVID-19: nearly one in five rural-based health care providers say they plan to leave their profession within the next five years. The largest projected losses are among physicians: one out of every three rural physicians reports planning to leave their profession within the next five years, exacerbating existing shortages.
- “These data provide a broad scale quantitative picture that supports the growing number of industry-specific anecdotes: health care employers are struggling to find the workers they need, and COVID-19 has exacerbated the situation. Perhaps most alarming is the sharp rise in vacancies for mental health and substance abuse counselors: for every 100 jobs in this profession, 26 are currently open. This increase is perhaps reflective of the so-called “second wave” or “second pandemic”—the mental health pandemic resulting from anxiety, stress, depression, and other disorders brought about by the COVID-19 pandemic.

Special Consideration for the Health Needs of Native Americans in Our Community

Our community includes the reservation of the Mille Lacs Band of Ojibwe. We recognize that Native Americans in general, and those who live within our community, face special circumstances across all aspects of their lives, including health. The special health concerns include:

- Above-average rates of most diseases, including diabetes, heart disease and strokes
- A higher percentage of substance abuse including alcohol, tobacco, heroin and meth
- A high incidence of depression and environmental stress
- A greater incidence of child neglect
- High incidence of obesity, coinciding with limited nutrition and physical activity

Some of the problems described above may be attributed to genetic differences between Native Americans and other races. Other causes include what one Tribal participant described as “historical trauma and intergenerational grief” related to the treatment of their people over hundreds of years. The high incidence of low-income individuals in the Tribe also increases their health needs.

Native American community members recognize their health needs and attempt to be self-sufficient in this area. From its website:

“The [Mille Lacs Band’s] Department of Health and Human Services strives to make high-quality health and social programs and services more accessible to everyone in the community. The department is overseen by the Commissioner of Health and Human Services who is appointed by the Chief Executive and ratified by the Band Assembly.... Health and Human Services operates three medical clinics, behavioral health services, community support services, public health services, family services, and an officer of quality and compliance.”

While Mille Lacs Health System continues to work with Native American partners in treating their health needs, it also recognizes and applauds their efforts to treat their own needs.

Conclusion

Mille Lacs Health System conducted this community health needs assessment to better understand the community and the individuals served. The hospital will develop a strategy to respond to the significant community health needs and will create an Implementation Strategy to formalize those responses. That Implementation Strategy will be approved by Mille Lacs Health System's Board of Directors no later than February 15, 2023 and will be used by the organization as a guide for thoughtful, impactful decisions and actions in the coming years.

The following pages include a list of resources currently available in the community to address the significant community health needs discussed in this report. Despite efforts by Mille Lacs Health System, it is recognized that this list may not be all-inclusive. We welcome any information to add available resources and increase its usefulness. Such information can be sent to the address provided on page 11 of this report.

Health Resources

The Mille Lacs County Department of Community & Veterans Services provides support to community members in numerous ways, including community health, adult developmental disabilities, child and adult mental health, child and adult protection, chemical dependency, child support, child welfare, elderly services, financial assistance, foster care, special needs, and veterans' services. For a complete list of their activities, one can contact them at:

- 525 2nd Street SE, Milaca
- (320) 983-8208
- <http://www.co.mille-lacs.mn.us/1177/Community-Veterans-Services>

Members of the Mille Lacs Band of Ojibwe can also contact the Band's Department of Health and Human Services which provides support to its Tribal community members in various ways, including dental care, health care, behavioral health, community support, public health, and family services. For a complete list of their activities contact them at the Ne-la-Shing Clinic.

- 43500 Migizi Drive, Onamia
- (320) 532-4163
- <https://mlbo.dev/government/department-of-health-human-services>

In addition to governmental support, the following health care facilities and related organizations are currently available within the community.

Hospitals

Mille Lacs Health System, located at 200 North Elm Street in Onamia, is the only hospital in the community. However, community members may also choose to use the following hospitals that are relatively close:

- M Health Fairview Northland Medical Center – 911 Northland Boulevard, Princeton
- Welia Health – 301 MN-65, Mora
- St. Cloud Hospital – 1406 6th Avenue N, St. Cloud
- CentraCare Clinic – St. Cloud Hospital – 35 1st Avenue N, St. Cloud
- Cambridge Medical Center – 701 Dellwood Street S, Cambridge
- CHI St. Gabriel's Hospital – 815 2nd Street SE, Little Falls
- Essentia Health St. Joseph's Medical Center – 523 N 3rd Street, Brainerd
- Riverwood Healthcare Center Hospital – 200 Bunker Hill Drive, Aitkin

Clinics and Specialty Practices

- Mille Lacs Health System Urgent Care – 200 N Elm Street, Onamia
- Mille Lacs Health System Onamia Clinic – 200 N Elm Street, Onamia
- Mille Lacs Health System Isle Clinic – 375 W Isle Street, Isle
- Mille Lacs Health System Garrison Clinic – 27378 State Highway 18, Garrison
- Mille Lacs Health System Hillman Clinic – 26362 370th Avenue, Hillman
- Mille Lacs Health System Milaca Clinic – 150 10th Street NW, Milaca
 - Planned opening December 2022
- MLHS Chiropractic and Physical Therapy of Milaca – 1000 5th Street SE, Milaca
- Ne-la-Shing Clinic – 18562 Minobimaazidi Loop, Onamia
- Riverwood Garrison Clinic – 27278 State Highway 18, Garrison

- Select Urgent Care – 190 Central Avenue S, Milaca
- Drs. Elizabeth Wheatley and Ross Chambers – 150 10th Street NW, Milaca
- Rum River Life Choices – 1006 5th Street SE, Milaca
- St. Raphael’s Chiropractic Care Center – 115 1st Street W, #3, Milaca
- Milaca Chiropractic Center – 105 Central Avenue S, Milaca
- Natural Elements Health Center – 14094 9th Avenue SE, Milaca
- Natural Elements Health Center – 900 MN-23, #3, Milaca
- Molacek Family Eyecare – 132 2nd Avenue SW, Milaca
- Eagle Eye Design – 15204 190th Street, Milaca
- Milaca Family Dental – 1015 5th Street SE, Milaca
- NorthBound Dental – 140 2nd Street SE, Milaca
- Attain Home Care & Supports – 210 2nd Avenue SE, Suite 102, Milaca
- Minnesota Doulas – 512 2nd Street NE, #1, Milaca
- A New Story Birth Center – 16802 145th Avenue, Milaca
- Central Minnesota Diagnostic – 525 10th Street NE, Milaca
- Pearl Crisis Center – 235 2nd Street SW, Milaca

Mental Health Services

- HomeGrown Counseling – 225 2nd Street SW, Milaca
- Mille Lacs Health System – 200 North Elm Street, Onamia
- Lighthouse Child and Family Services – 160 3rd Avenue NW, Milaca
- Nexus-Mille Lacs Family Healing – 407 130th Avenue S, Onamia

Substance Abuse Treatment Services

- Freedom Center – Crosier Drive N, Onamia
- Clear Horizons – 155 2nd Avenue SW, Milaca
- Freedom Center – 140 2nd Avenue NE, Milaca
- Sobriety First – 210 Central Avenue N, #1, Milaca
- Angel’s Recovery – 13296 T76, Milaca

Senior Living Facilities

- Onamia Area Assisted Living – 206 Elm Street, #300, Onamia
- Mille Lacs Assisted Living Unit – 43475 Oodena Drive, Onamia
- Scandia Senior Care of Isle – 540 E Isle Street, Isle
- Scandia Senior Care – 15622 13th Street, Foreston
- Milaca Elim Meadows Health Care Center – 730 2nd Street SE, Milaca
- Stepping Stones Group Home – 560 3rd Avenue S, Milaca
- Sunrise Village – 115 9th Street NW, Milaca
- Care Force Homes – 250 4th Avenue SE, Milaca
- Centennial Manor – 210 1st Street E, Milaca
- Centennial Terrace – 380 1st Street E, Milaca

Transportation Resources

- North Central Transportation – 265 10th Street NE, Milaca
- Timber Trails Public Transit – 535 8th Street NE, Milaca
- Mille Lacs County Transportation Department – 605 8th Street NE, Milaca
- Mille Lacs County Transportation Department – 1100 State Hwy 47, Isle

The Mille Lacs County Department of Community & Veterans Services maintains a list of behavioral health resources, although most of the facilities are outside of our community. That list is available online by clicking the “Mental Health Resource Flyer” link at the bottom of the Department’s adult mental health website, <https://www.millelacs.mn.gov/1195/adult-mental-health>.