

Culturally Specific Mental Health and Substance Use Disorder Services

Health inequities — including mental health and substance use disorder (SUD) — continue to affect certain communities in Minnesota. It has been found that one solution to this is to offer services that acknowledge, support and meet the needs of people in a culturally-specific, trauma-informed way.

CEMIG Grants

The purpose of the Cultural and Ethnic Minority Infrastructure Grant (CEMIG) program is to:

- Provide culturally-specific, trauma-informed mental health and substance use disorder supports and services within targeted cultural and minority communities in Minnesota, and
- Expand these services by increasing the number of licensed mental health practitioners/professionals and licensed alcohol and drug counselors, as well as other behavioral health supports such as Peer/Family Specialists and Recovery Peer Specialists, from ethnic and cultural minority communities.

Current Communities of focus for CEMIG include:

- African
- African American
- American Indian
- Hispanic, Latino
- Asian
- Immigrants
- Refugees
- Lesbian Gay Bi-sexual Transgender Queer (LGBTQ+)

In addition to the cultural and ethnic population of focus, the Department of Human Services recognizes the importance of providing access to not only our urban areas, but greater Minnesota and rural areas which are rapidly growing with a diverse population of ethnic and cultural minorities. The goal is to ensure SUD and mental health services in the state are culturally responsive and meet the cultural needs of the target communities served.

“Interventions targeted to a specific cultural group were four times more effective than interventions provided to groups consisting of clients from a variety of cultural backgrounds. Interventions conducted in clients' native language (if other than English) were twice as effective as interventions conducted in English.”

— Culturally adapted mental health intervention: A meta-analytic review,
American Psychological Association

Areas of Focus

<p>Workforce development: recruiting, supporting, training and supervision activities for mental health and substance use disorder practitioners and professionals</p> <p>Support members of cultural and ethnic minorities communities qualify as behavioral health professionals, practitioners, clinical supervisors and recovery peer specialists and peer/family specialists.</p>	<p>Culturally specific outreach, early intervention, trauma-informed services and recovery support</p> <p>Provide trauma-informed culturally specific mental health and substance use/misuse supports and services for children and families, youth, and/or adults from cultural and ethnic minority backgrounds that are uninsured or underinsured.</p>	<p>Expansion/infrastructure improvement activities especially in Greater Minnesota</p> <p>Increase the availability of culturally specific mental health services for children, youth and families, and/or adults, and/or substance use/misuse services for individuals from cultural and ethnic minorities within the State.</p>
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CEMIG providers

The CEMIG grant program is a state and federally funded program since 2008. Most recent grants were awarded in 2018 to 22 providers totaling \$2.746 million per year for three years for both mental health and substance use disorder supports and services.

Mental Health Only

- Change, Inc.
- Center for Victims of Torture
- Counseling Services of Southern MN
- Kente Circle Training Institute
- Progressive Individual Resources, Inc.
- The Family Partnership
- Watercourse Counseling
- Wilder

SUD Only

- Hmong American Partnership
- Life House
- MIPRTC/Mash-Ka-Wisen
- Turning Point

Integrated Mental Health & SUD

- American Indian Family Center
- Avivo
- Brakins Consulting & Psychological Services, LLC
- CLUES
- JustUs Health
- Minnesota Indian Women's Resource Center
- Pact 4 Families Collaborative
- Vietnamese Social Services
- White Earth Tribal Nation
- Zumbro Valley

Current grants run through June 30, 2022.