KITTSON COUNTY:

County Administration:

Agency Name: Kittson County Social Services

Director’s Name: Kathleen Johnson

Address:  410 S 5th St, Suite 100
           Hallock MN  56728

Telephone Number: 218-843-2689

FAX Number: 218-843-2607

County Agency Contacts:

<table>
<thead>
<tr>
<th>Area of Responsibility</th>
<th>Name</th>
<th>Title</th>
<th>Telephone Number</th>
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<tbody>
<tr>
<td>Social Services</td>
<td>Kathleen Johnson</td>
<td>Director</td>
<td>218-843-2689</td>
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<tr>
<td>Financial Assistance</td>
<td>Kathleen Johnson</td>
<td>Director</td>
<td>218-843-2689</td>
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<tr>
<td>Public Health</td>
<td>Cindy Urbaniak</td>
<td>Director</td>
<td>218-843-3662</td>
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<tr>
<td>Mental Health - Adults</td>
<td>Kathleen Johnson</td>
<td>Director</td>
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<td>Mental Health - Children</td>
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<td>Chemical Dependency</td>
<td>Kathleen Johnson</td>
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<td>Transportation</td>
<td>Kathleen Johnson</td>
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<td>218-843-2689</td>
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County Demographics:

Kittson County is the upper Northwest corner of Minnesota. It is bordered to the north by Manitoba, Canada; to the west by Pembina County, North Dakota; to the east by Roseau County, Minnesota; and to the south by Marshall County Minnesota. The 2010 US Census Bureau lists the population of Kittson County at 4,552 residents. Kittson County covers an area of 1,123 square miles, making its population density 4.1 persons per square mile. This figure gives Kittson County the federal government definition of a “frontier” county (less than seven [7] people per square mile). Our geographical location, our relatively large county by area, and our small number of residents can at some times make it difficult to provide all necessary services.
The following table gives you the 2010 per age range for Kittson County:

<table>
<thead>
<tr>
<th>AGE</th>
<th>#</th>
<th>%</th>
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<tbody>
<tr>
<td>0-17</td>
<td>1,211</td>
<td>26.6</td>
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<tr>
<td>18-64</td>
<td>2,317</td>
<td>50.9</td>
</tr>
<tr>
<td>65+</td>
<td>1,024</td>
<td>22.5</td>
</tr>
<tr>
<td>TOTAL</td>
<td>4,552</td>
<td>100.0</td>
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Other 2010 Census Data:
- Median Age: 48.2 years
- Median HH Income: $50,049
- Unemployment: 1.8%
- Poverty Level: 8.0%
- Child Poverty Level: 9.4%
- Ethnicity: White 98.6%

General County Service Delivery and Access Issues:

Kittson County has within its borders one hospital (Hallock); two clinics (Hallock and Karlstad); two nursing homes (Hallock, 70 beds and Karlstad, 48 beds); two Assisted Living facilities (Hallock, 8 apartments and Karlstad, 24 apartments); two 4-bed SLS homes (Karlstad); and two volunteer ambulance crews (Hallock and Karlstad).

The rural nature and size of our county presents many transportation challenges. There are no public forms of transportation available in Kittson County which includes no providers of specialized medical transportation. Kittson County Social Services has facilitated a volunteer driver program for its citizens 60 years old and over. Because the medical doctors at our clinics are general practitioners, many of our residents often find themselves traveling over 80 miles (one way) to attain their required level of medical care.

The workforce of Kittson County (ages 18-65) is near full capacity; meaning that everyone who wants to work is working. There are times when our nursing facilities have to deny access to their facility not because of bed availability, but because they do not have the staff to cover the additional workload.

Some of the concerns that will need to be addressed in by the MCO(s) include:

- Lack of public transportation
- Lack of providers in many areas of health service delivery
- Client choice of providers
- Timely non-emergency access to providers
- Access to specialized medical services
- Access to specialized medical transportation services
Dental:

Kittson County has two privately owned dental clinics (Hallock, 1 dentist and Karlstad, two dentists) Currently the Karlstad providers are no longer accepting any new public assistance clients. The Hallock dentist is working on contracting with the MCOs. Having a dentist who would take PMAP/MA clients would greatly relieve our dental access issues. Currently our clients are required to drive 3 to 6 hours to attain their dental needs.

Chemical Dependency:

Kittson County Social Services offers Rule 25 Assessments for our residents. There are no CD counselors located in Kittson County. There one regional provider with three satellite offices who serve the residents of our region. For Kittson County residents, this means round-trip travel mileage from between 60 to 200 miles, depending on which provider is chosen.

Region 1 has one non-medical detox provider located in Crookston, MN, seventy-five miles from Hallock.

Mental Health – Adults:

Kittson County Social Services contracts with the Northwestern Mental Health Center (NWMHC) for the majority of our outpatient and in-home mental health services. These services include: psychiatric services, in- home therapy, CSP, ARMHS, outpatient counseling, mental health assessments, apartments with ARMHS services, and high needs adult foster care. The NWMHC does provide two psychologists in Kittson County (Hallock) four days per month.

Kittson County also uses Sanford Medical Center- Thief River Falls, for in-atient hospitalization and 72-hour holds, 24-hour crisis-line services, IRTS, and board and lodge services.

Kittson County is a member of the NW8 Mental Health Initiative which seeks to coordinate services in our region. The NW8 Initiative has been able to expand services through hiring additional workers to provide in-county services to its 8-county partners; the development of 24-hour crisis services; flex fund dollars to meet clients’ needs; and to support other necessary services.

Some issues for adult mental health are:

- The ability to access services when needed
- Distance from providers
- Ability to maintain “inpatient” services in our region
- Mental Health Stigma

Providers:

Northwestern Mental Health Center, Crookston
Northwest Apartments, Crookston
Sanford Medical Center, Thief River Falls
Sanford 24 Hour Crisis Hotline, Thief River Falls
Northern Lights IRTS and Board & Lodge, Thief River Falls
Mental Health – Children:

Kittson County’s main provider of Children’s Mental Health services is the Northwestern Mental Health Center (NWMHC), Crookston. The NWMHC provides in-home therapy, assessments, outpatient therapy and children psychiatric care.

Kittson County is a member of the Kittson County Children’s Mental Health Collaborative organized to provide early intervention and support services for children and families through school based mental health services. Although recent federal changes have severely curtailed the ability of our collaborative to earn federal dollars for service provision, the collaborative continues as a discussion table and problem solving mechanism for our county. We are also a member of the Northwest Council of Collaboratives which has secured several federal Substance Abuse and Mental Health Services Administration (SAMHSA) grant for the provision and redesigning of children’s mental health services in our region.

Kittson County Social Services and local law enforcement entities work to investigate all reports of child maltreatment. Foster homes and shelters are used for emergency out-of-home placements when necessary.

Children’s probation services are contracted from the Minnesota Department of Correction. Historically, we have not had close working relationships with our probation officers. Kittson County is a participating member of the Roseau-Kittson have CJi team.

Children’s mental health targeted case management (CMHTCM) services are available upon request to all eligible children.

Some issues for children’s mental health are:

- Remote rural area
- Lack of Child Psychiatric Practitioners
- Lack of crisis services skilled in children’s mental health issues
- Mental Health Stigma
- Lack of in-patient services
- Child Protection issues
- Availability of Mental Health Services while involved with Corrections

Providers:

- Psychological Services:
  Northwestern Mental Health Center, Crookston (outpatient)
  Sanford Medical Center, Thief River Falls (inpatient, outpatient)

- Residential Services:
  Pathfinders, Thief River Falls
  PATH Therapeutic Foster Homes, Bemidji

- Correctional/Assessment:
  The Juvenile Training Center, Bemidji

- Emergency Services:
Transportation:

There is no public transportation available in Kittson County. A volunteer driver program is maintained by Kittson County Social Services for residents over 60 years old. Emergency transportation is run by two volunteer ambulance programs, one serving the west side of the county and the other one serving the east side of the county.

Some issues for transportation:

- No public transportation available
- Limited number of volunteer drivers
- Limited funding to provide and develop volunteer driver program
- No Special Transportation providers or common carriers

Special Programs:

- Kittson County Children’s Mental Health Collaborative
- The Northwest 7 Council of Collaboratives
- The NW8 Mental Health Initiative
- Regional LAC

Public Health:

Kittson County contracts with Kittson Memorial Healthcare Center for its Public Health Services. Services are provided in client homes, KMHC offices, community sites, businesses, schools and special community events.

Services Provided:

1. Assuring Quality and Accessibility of Health Services:
   a. Supporting the disabled and elderly through:
      Long Term Care Consultations
      Case Management
   b. Child and Teen Check-Up Outreach
   c. Jail Health Services:
      Mantoux Screenings
      Jail Inspections
      Medication Administration, First Aid, CPR and Infectious Disease Education
   d. WIC Nutrition Program:
      vouchers for formula, milk, cheese and cereal
      breastfeeding support

2. Promotion of Healthy Communities and Healthy Behaviors:
   a. Supporting Children, pregnant women and families:
Prenatal Education
Infant Care Education
Infant and child growth and development education and evaluation
Communities Caring for Children Newsletters
Parenting Education
Home Safety evaluations and Education
Child Passenger Safety Training and Education
Family Home Visiting Support Programs

b. Promoting Healthy Communities and Wellness:
   Health and Wellness Education
   Participation in Child Protection Team
   Community Partnerships for Health and Wellness
   Health Screenings (Blood Pressure, Cholesterol, Blood Sugar)

c. School Health:
   School Nurse Services
   School Health Screenings:
      Early Childhood Screening
      Hearing and Vision Screening
      Scoliosis Screening
      Immunizations

3. Prevention of the Spread of Infectious Diseases:
   a. Immunizations
      Public Immunization Clinics (childhood immunizations and flu shots)
      Immunization Registry
      Clinic Immunization Practice Improvement Assessments
   b. Communicable Disease Follow Up with Epidemiologist
   c. Tuberculosis Control Medication Monitoring
   d. Lice Screening and Follow Up
   e. Bloodborne Pathogens and Infection Control Education

4. Protect Against Environmental Health Hazards:
   a. Public Health Nuisance Education and Follow up
   b. Lyme Disease Education and Follow up
   c. Mold Mediation Education and Follow up
   d. Childhood High Lead level Education and Follow up
   e. Radon Education and Follow up
   f. Water and Foodborne Illness Education and Follow up
   g. Clandestine Drug Lab Education and Follow up

5. Prepare for and Respond to Disasters and Assist Communities in Recovery:
   a. Public Health Preparedness and Pandemic Flu Preparedness Planning and Community Partnerships
   b. Disaster response participation

6. Assure an Adequate Local Public Health Infrastructure:
   a. Community Health Board Administration
   b. Community Assessment and Planning based on community needs and available resources
c. Support of policies to protect the public’s health  
d. Community Education regarding population health  
e. Community Committee Participation  
   Children’s Collaborative  
   Child Protection Team  
   Interagency Early Intervention Committee

Some issues for public health are:

The county role of coordinating services, monitoring quality, and assuring appropriate use of publicly funded health care must be maintained and funded. There is clearly an ongoing need for local government to be involved in quality assurance so that the public receives appropriate health care. There is a lack of funding for this role. The most complicated and expensive clients are often labeled “vulnerable adults” and the responsibility for their care is shifted back to the counties, who must now serve them without reimbursement.

It is mandatory that public health address emergency preparedness. There is an ongoing need for stable funding in order to protect the public in the event of a large scale disease outbreak, bioterrorism or pandemic event. With expanding responsibilities and declining federal funding local public health is feeling the additional pressure to be prepared and stay prepared.

Providers:  
Home Health Care: Kittson County contracts with Kittson Memorial Healthcare Center. They are the sole provider in the county as the limited caseload size makes it difficult for additional providers to succeed in providing services.

PCA:  
Independence Plus, Crookston, MN