

October 22, 2024

FOR IMMEDIATE RELEASE

Questions, please contact:

Chance Lasher, Program Associate
Chance.Lasher@wildernesshealthmn.org
<https://wildernesshealthmn.org/>



New Option for Quick Access to Mental Health Help Through Telehealth in Ely, MN

Two Harbors, Minn: People across the Northland are waiting several months for their first therapy appointment. Wilderness Health has worked with its member hospitals and software Adaptive Telehealth to cut wait times and meet the needs of patients. Now, Ely-Bloomenson Community Hospital has access to a new resource, the Ambulatory Therapy and Diagnostic Assessment program, to support the Ely community.

The program has an easy-to-use platform that allows you to select a trusted mental health provider who can provide telehealth visits in Minnesota. Adults and children are welcome! Patients can view the in-network health plans, available times, and special areas of interest for each provider.

Referral options are available for diagnostic assessments, short-term therapy, or long-term therapy. Short-term therapy can fill the gap until patients are able to get into another local practice, get a learning plan in place at school, or address short term goals they may have. As a virtual option, you don't have to travel to the hospital for therapy—all you need is internet connection and a device. Just ask your provider for help on the initial set up.

Our program has previously launched at other sites and is currently available at Duluth and Two Harbors locations. These include Aspirus St. Luke's Clinics - Duluth: Pediatrics, Woodland, and 26 E. Superior Street; and Aspirus Lake View Two Harbors Clinic.

Now at Ely-Bloomenson, health care staff in the Emergency Room and Rehab areas can connect patients with an option to get convenient telemental health support without long wait times.

Funding Acknowledgement - Care Navigation program activities and materials produced by WH are supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of

Health and Human Services (HHS) as part of an award totaling \$297,000 with 10% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

About Wilderness Health- a non-profit collaborative of independent providers working together to improve rural health care in Northeastern Minnesota and Wisconsin. Headquartered in Two Harbors since 2013, Wilderness Health aims to create a unified and supportive network for its members through its core values of collaboration, independence, networking, and quality.

Wilderness Health Members:

Bigfork Valley Hospital
Community Memorial Hospital
Cook Hospital
Ely-Bloomenson Community Hospital
Fairview Range / Range Regional Health Services
Grand Itasca Clinic & Hospital
Aspirus Lake View
North Shore Health
Aspirus St. Luke's

For more information visit www.wildernesshealthmn.org.