

Mental Health and Substance Use

in Bloomington, Edina and Richfield

What is a mental health crisis?

An individual experiences a mental health crisis when their emotional and mental state becomes too overwhelming, resulting in distress and impaired functioning.

A crisis can show up in a variety of ways, such as fear, panic, and thoughts of self-harm.

Number of mental health crisis calls local police responded to in 2024:

- **Bloomington: 904**
- **Edina: 377**
- **Richfield: 342**

More than
20%
of Bloomington,
Edina, and Richfield
high schoolers have
seriously considered
suicide.

Minnesota Student
Survey, 2022

Marijuana Use

Cannabis is a species of plant grown naturally and in labs that contains a chemical used to create a “high” feeling. THC is the chemical that produces the “high” feeling. Marijuana is a cannabis product known for its high THC levels.

Substance Use and Misuse

Substance use and misuse occur when individuals use alcohol, drugs, or other substances in a way that they are not meant to be used leading to harm, dependency, or adverse effects on their health.

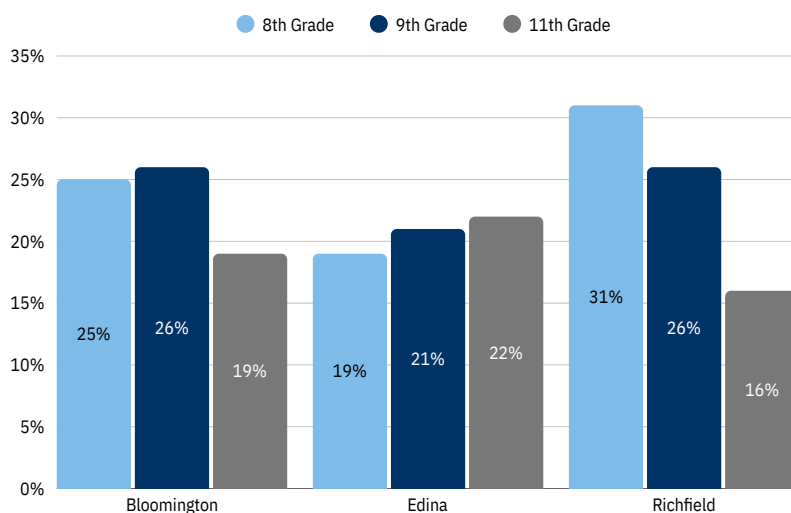
This issue can impact one’s physical, emotional, and social functioning.

21.5 million

adults in the United States have
a co-occurring mental health
and substance use disorder.

SAMHSA’s 2022 National Survey
on Drug Use and Health

Students reporting they purposely hurt or injured themselves
in last 12 months (Minnesota Student Survey, 2022).



The brain is still developing until **age 25**, so youth are at an increased risk of developing chronic mental health disorders and experiencing social and academic difficulties from using cannabis.

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Alcohol Use

Binge drinking =



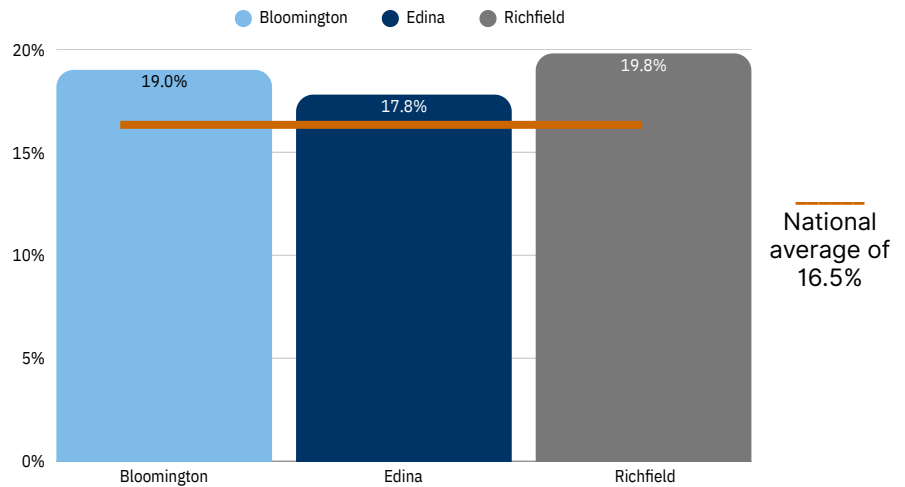
consuming **more than 4** drinks

or

consuming **more than 5** drinks

on a **single** occasion
on **1 day**
in the past **30 days**.

Binge drinking rate in local adults exceeds the national average (CDC Places, 2022).



Opioid Use and Opioid-Related Deaths

The opioid crisis is rising in the United States. Opioids, also known as narcotics, are a type of drug that includes heroin and strong prescription pain relievers such as oxycodone, hydrocodone or fentanyl.

Misuse of opioids can lead to dependency, addiction, overdose and death.

Nonfatal and fatal opioid overdoses in Bloomington, Edina and Richfield (ODMAP, 2023-2024)

	Bloomington	Edina	Richfield
Nonfatal opioid overdoses (2023-2024)	121	75	25
Fatal opioid overdoses (2023-2024)	20	11	*

*suppressed due to small numbers

Prescription pain medication misuse by youth in past 12 months (8th, 9th, & 11th graders), (MSS, 2022).

