**Zone of Mental Health Stability: Minnesota Council of Health Plans**

Mental Health Services Covered by Insurance Plans

(Coverage varies by individual insurance plan)

**The model below depicts the “Zone of Mental Health Stability” (the Zone).** All people experience emotional ups and downs within the course of daily life, whether they have a mental health diagnosis or not. Many people maintain and function well within a “Zone of Stability” even when experiencing these ups and downs through the support of family, friends, colleagues, or other social connections. When someone peaks outside the Zone, the model illustrates where programs and trainings received *may fit or be applied* when responding to a friend, coworker or family member.

Specialized Treatment Centers

Intensive Residential Treatment services

Inpatient Mental Health

Crisis Stabilization

**Support infrastructure:** Develop and use of quality measures; use financial incentives to improve quality and patient outcomes; manage system-wide costs; fund research; credential providers; develop and use algorithms to identify people at potential risk; invest in community health initiatives; supporting social determinants of health

**Continuum of Covered Mental Health Services**

**Crisis Point**

**Pre-Crisis**

**Zone of Stability**

Residential Treatment

Intensive Outpatient Mental Health Services

Pain Management (medication and alternative therapies)

Screening Tools

Medication Management

Partial Hospitalization

Mental Health Medication

Traditional Outpatient Mental Health Services

Crisis Services

Wellness Visits

Personal Care Assistants

Care Coordination

Case Management

Disease Management