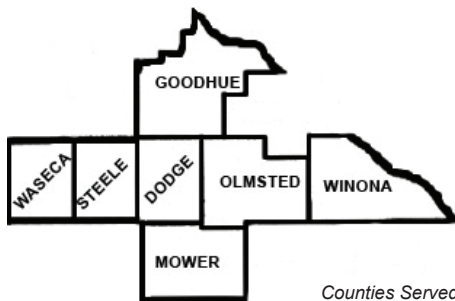




Eligibility Criteria

Clients must meet at least one of the following criteria:

1. Have at least one severity rating of three or above in dimension four, five or six of their current Rule 25 Assessment.
2. Have at least one severity rating of two or above in dimension four, five or six of their current Rule 25 Assessment and be currently participating in a Rule 31 treatment program or be within 60 days following discharge after participation in a Rule 31 treatment program.
3. Have had at least two treatment episodes in the past two years, not limited to episodes reimbursed by the consolidated chemical dependency treatment funds. An admission to an emergency room, a detoxification program, or a hospital may be substituted for one treatment episode if it resulted from the individual's substance use disorder.



Counties Served

Other Programs

Chemical Health Services

- **Connections and Referral Unit** – secure, 24-hour detoxification program that provides short-term (up to 72 hours) help to adults and adolescents under the influence of alcohol or other substances
- **Recovery programs** – series of outpatient treatment programs designed to help adults overcome their dependence on alcohol and/or other chemicals

Community Support Programs

- **ARMHS programs** – educational programs for adults with a severe mental disorder that help participants learn basic activities of daily living
- **Case management services** – program that assists people with serious and persistent mental disorders to function independently in the community
- **Intensive Community Rehabilitation Services** – program designed for people diagnosed with a serious and persistent mental illness providing a range of clinical and rehab services to prevent hospitalizations, civil commitments, incarcerations and other adverse outcomes

Housing

- **Housing options** – program that offers housing subsidies and assistance to locate safe, affordable housing to adults with a mental illness
- **Homeless services** – permanent housing program that provides case management and supportive services to single adults who are long-term homeless or chronic long-term homeless

Intensive Residential Treatment

- **Residential and crisis stabilization** – on-site program that provides mental health services for up to 12 adults
- **Crisis stabilization** – on-site program available for up to four adults requiring immediate support with their behavioral health symptoms

Medical Services

- **Primary care clinic** – basic medical services that help stabilize patients' medical conditions and coordinate treatment for mental, chemical and medical needs

Outpatient Therapy Services

- **Psychiatric and psychological services** – therapy available to adults and children in individual and group settings to help participants heal emotionally and regain normal functioning

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Restoring Hope...
 One Life at a Time

CHEMICAL
 DEPENDENCY
 NAVIGATOR
 PROGRAM



Project Overview

The Southeast Minnesota Chemical Dependency Navigator Program is designed to provide intensive case management to individuals who have been unable to achieve their recovery goals through traditional treatment methods.

Techniques include:

- Coordination of support services
- Harm-reduction techniques
- Individual treatment plans
- Self-advocacy

Zumbro Valley Health Center “navigators” visit clients in their homes or in local public places, whichever is more convenient for the client. Through this intensive case management model, clients receive the high level of contact necessary for them to address their substance abuse and other corresponding issues.

Services

Navigators utilize a range of evidence-based practices to help individuals address the various issues that have hindered their recovery efforts. This includes integrated treatment for co-occurring disorders, motivational interviewing/stages of change techniques, crisis prevention training and illness management and recovery interventions.

These practices are complemented with a variety of other services found to be highly successful when working with people requiring intensive case management, including:

- **Primary health care** – includes outreach and case management to provide access to a range of health care services
- **Mental health and substance abuse treatment** – provides access to outpatient services such as counseling, peer support, etc.
- **Psychosocial rehabilitation** – helps individuals recover functioning and integrate into community
- **Crisis services** – navigators respond quickly to services needed to help individuals avoid hospitalization
- **Criminal justice system initiatives** – features diversion, treatment and re-entry strategies to help people remain in or re-enter the community



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One Life at a Time*