

# ZUMBRO VALLEY HEALTH CENTER



*Restoring Hope...  
One Life at a Time*

**CONNECTIONS &  
REFERRAL UNIT AND  
TESTING SERVICES**

## *Connections & Referral Unit*

Zumbro Valley Health Center offers a safe, medically monitored detoxification process for people (12+) with substance abuse. Staff focus on assessment, intervention, education and referral. Symptoms of intoxication and/or withdrawal are closely monitored throughout the client's stay.

Clients can be admitted voluntarily or involuntarily for up to 72 hours, and are encouraged to evaluate their lifestyle choices and consider other options.

### **Hours**

24 hours per day,  
7 days per week

### **Crisis Hotline**

1-507-281-6248

## *Monitored Sobriety and Antabuse Program*

The monitored sobriety and Antabuse program is available to support individuals in remaining abstinent from alcohol. The sobriety program uses a monitored breath test given by a trained staff person. Antabuse is a medication that causes a person to feel ill if s/he drinks alcohol when taking the medication. This medication is self-administered and overseen by Connections and Referral Unit (CRU) and downtown office (29 7th Street NE) staff. There is a \$47.75 initial intake fee and \$12.75 charge for each additional visit.

### **Hours**

#### **Main Campus**

6:00 am to 12:00 pm,  
7 days per week

#### **7th Street Office**

7:30 am to 4:00 pm,  
Monday - Thursday

7:30 am to 3:00 pm,  
Friday

## *Urine Analysis Testing*

Urine analysis testing is monitored by CRU unit staff to test for the following:

- Amphetamines
- Cocaine
- Opiates
- Marijuana
- Methamphetamine
- Benzodiazepine
- Ecstasy
- Barbiturates
- Oxycodone
- Methadone

Testing is available for adults and adolescents. A picture ID and/or parental consent is required. Services are provided to MN DOT, DOT and HPSP participants. Results are available in ten minutes, and cost is \$41.00 per test.

### **Hours**

24 hours per day,  
7 days per week

## *Hair Follicle Testing*

Hair follicle analysis can detect chemicals used in the past 90 days, including:

- Amphetamines
- Opiates
- Cocaine
- Marijuana
- PCP

Samples are collected by CRU staff, and follicles are sent to a certified lab for comprehensive analysis. Results are available within 10 days, and the cost is \$69.00 per test.

### **Hours**

6:00 am to 12:00 pm,  
7 days per week

## *Other Programs*

### **Chemical Health Services**

- ***Recovery programs*** – series of outpatient treatment programs designed to help adults overcome their dependence on alcohol and/or other chemicals
- ***Opiates recovery program*** – specialized treatment program for opiate addiction that addresses the underlying conditions and issues of addiction through individualized treatment planning, evidence-based practices and a holistic approach to recovery

### **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 a serious and persistent mental illness to function independently in the community
- ***CD navigator*** – program designed to provide intensive case management to individuals who have been unable to achieve their substance abuse recovery goals through traditional treatment methods
- ***Intensive Community Rehabilitation Services*** – program designed for people diagnosed with a serious and persistent mental illness a range of clinical and rehab services to prevent hospitalizations, civil commitments, incarcerations and other adverse outcomes

### **Intensive Residential Treatment**

- ***Residential services*** – 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

Zumbro Valley Health Center  
343 Wood Lake Drive SE  
Rochester, MN 55904  
[www.zvhc.org](http://www.zvhc.org)  
507-289-2089