

## Other Zumbro Valley Mental Health Center Programs

### Children's Programs

- **Children's Mental Health Resource Center** – provides a series of support services to families of children with severe emotional disturbances
- **Root River Day Treatment** – program that offers mental health treatment to middle and high school students in a school-based setting

### Community Support Programs

- **Case Management Services** – program that assists people with serious and persistent mental disorders to function independently in the community
- **Day Programs** – educational programs for adults with a severe mental disorder that help participants learn basic activities of daily living

### 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

### 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 Mental Health Center  
343 Wood Lake Drive SE  
Rochester, MN 55904  
www.zumbromhc.org  
507-289-2089



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

**CHEMICAL  
HEALTH  
SERVICES**



### Confidential, Client-Focused Care

Are you tired of feeling the embarrassment, guilt and shame involved with substance use disorders? We can work with you to restore your sense of direction. A *new* life. A *new* you.

Zumbro Valley Mental Health Center's Chemical Health Services offers a continuum of options ranging from residential detoxification to monthly classes on the effects of alcohol to ongoing programs for those experiencing chronic chemical dependency.

Our licensed staff focuses on treating substance use disorders as illnesses, utilizing multidisciplinary teams to create client-centered treatment plans designed to heal the whole person. And, we provide a safe, confidential environment throughout your treatment experience.

### Payer Information

Chemical Health Services accepts payment from the following sources:

- Health insurance
- Rule 25/Consolidated Treatment Fund
- MNCare (Blue Plus, UCare)
- Private pay – payment plans available



### Connections and Referral Unit

The Connections and Referral Unit is an inpatient detoxification program for adults and adolescents under the influence of alcohol or other substances who need short-term (up to 72 hours) care. The facility provides a safe, supportive environment for detoxification from alcohol and drug use.

Following an intake process, each client is screened for substance use disorders and provided individual recommendations and referrals based upon your unique needs. You also will be monitored for withdrawal symptoms under the supervision of licensed medical staff. Relapse prevention and education are offered as well.

Staff focus on helping you to:

- Understand the physical effects of alcohol and drugs
- Gain insight into personal use behaviors
- Enhance your self-confidence in making different choices
- Learn about useful community resources

### Service Available 24 Hours a Day

**24-Hour Hotline**  
507-281-6248  
800-422-0670  
507-288-3619 (TTY)

### Services

- Monitored Antabuse administration
- Drug screening
- Urinalysis testing
- Hair follicle testing
- Suboxone dosing

## DWI and Alcohol Education

The DWI and alcohol education class is a monthly educational program available if you have been involved with traffic court or the Minnesota Department of Public Safety. It provides eight hours of instruction on the effects of drinking and driving, with an emphasis on preventing the associated behavior. You will gain awareness and develop improved decision-making skills.

### Hours

First Saturday of every month  
507-281-6248

Note: dates may vary during January, July and September for holidays.

## Choices

Choices is an education and intervention program that addresses concerns about your use of alcohol and/or drugs. The program is designed for people who have experienced harmful effects from using alcohol and/or drugs, but have not been diagnosed as dependent on these substances.

Groups are held each month which utilize a combination of classroom and take-home learning techniques. Over the course of a month, you will:

- Complete a self-assessment to determine implications from chemical use
- Discover how stress, social anxiety, anger, etc. affect use of alcohol and other mood-altering substances
- Learn the effects that chemicals have on the different body systems

As an education and intervention program, Choices is not covered by health insurance or the Chemical Dependency Treatment Fund. For your convenience, fees may be paid in weekly installments.

### Group Hours

second, third and fourth Thursday evening of the month  
507-289-2089

Note: dates may vary during November and December for holidays.

## Recovery Basics

The Recovery Basics program offers outpatient treatment services if you are experiencing a substance use disorder. Common reasons for enrolling in the program include:

- Going through painful relationships with family and friends
- Experiencing legal consequences
- Having poor job performance and/or financial worries
- Feeling anxious and/or depressed
- Losing sleep and appetite

The 45-hour treatment program focuses on teaching the physical effects of chemicals, the effects these chemicals have on your mental health and how they can impact your relationships. You will explore the benefits of abstinence and how to build a positive, sober social network. In addition, you will have the opportunity for ongoing support through the continuing care portion of the program.

**Treatment Hours**  
Monday – Wednesday  
evenings

**Continuing  
Group Hours**  
Thursday evenings

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## Pacing Recovery Effectively Program

Pacing Recovery Effectively Program (PREP) is a 15-week treatment program specifically designed for adults with co-occurring chemical dependence and a cognitive impairment such as:

- Traumatic brain injury
- Developmental disabilities
- Mild head trauma (combat blasts, sports injuries, etc.)
- Residual effects of chronic chemical abuse

Treatment is individualized and offered to help aid your understanding of the impact that alcohol and other chemicals have in relation to your cognitive abilities.

### Treatment Hours

Monday, Tuesday and Thursday afternoons  
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## Recovery Partners

The Recovery Partners program is an integrated outpatient treatment option for adults with a dual diagnosis of mental illness and a substance use disorder. To promote extended periods of sobriety and increased mental health stability, you will receive information in the following mental and chemical health areas:

- Relapse prevention
- Crisis planning
- Problem solving skills
- Men's and women's specific life issues
- Social skills

Your treatment begins with a diagnostic assessment and continues with both individual and group counseling. A multidisciplinary team then works closely with you to create a treatment plan based on your specific needs. Together, you will work toward decreasing the abuse of substances, stabilizing the symptoms of your mental illness, improving your overall functioning and developing an ongoing support network.

### Treatment Hours

Monday – Friday afternoons  
507-289-2089

## Right to Recovery

The Right to Recovery program is a non-traditional harm reduction option designed to provide long-term support if you have experienced difficulty maintaining sobriety despite attempts at treatment and/or other programs. Your treatment begins with a comprehensive assessment, and a treatment plan is created around the following:

- Treatment groups
- One-on-one counseling
- Collaboration with a multidisciplinary team that may include a counselor, case manager, mental health professional, nursing staff, physician and probation officer
- Educational presentations
- Recreational/sober activities

Your goals for the program will focus on

increasing the lengths of abstinence from mood-altering substances, improving decision-making skills and enhancing your overall quality of life. The program is structured to provide long-term reinforcement and education, lasting up to one year or more.

Throughout the program, you will learn to recognize relapse triggers and develop new thinking patterns, address physical and mental health needs, network with sober people in social and recreational activities and learn lifestyle changes needed for recovery.

### Treatment Hours

Monday – Friday mornings  
507-289-2089

## Right to Recovery Plus

This program is specially designed for homeless adults with a chronic substance use disorder. Services include:

- Outreach to those who are homeless and chronically chemically dependent
- Assistance in locating housing
- Referrals to community resources
- Substance abuse support and education groups
- Life-skill building and vocational assistance
- Nursing observation and referrals
- Sober recreational activities

### Contact Information

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