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Zumbro Valley Health Center Selected for Practice Transformation Grant

**Rochester, Minn.** – The Minnesota Department of Health recently awarded \$26,294 to Zumbro Valley Health Center to support its integration of primary care, behavioral health and social service programs. This project is part of a \$45 million State Innovation Model (SIM) cooperative agreement, awarded to the Minnesota Departments of Health and Human Services in 2013 by The Center for Medicare and Medicaid Innovation (CMMI) to help implement the Minnesota Accountable Health Model.

“The integration of medical and behavioral care services is an important strategy to improving health outcomes for patients, especially those populations who are underserved and diagnosed with a serious mental illness,” said chief executive officer Dave Cook, LICSW, MSW. “This model has been demonstrated to improve care and reduce costs by ensuring that people with chronic conditions have ready access to both primary care and behavioral health, with close coordination between them.”

Cook said funds are being used to build tools and enhance staff training in order to improve the organization’s delivery of care.

“Zumbro Valley Health Center has demonstrated a strong commitment to developing innovative health programs that integrate physical, mental and chemical health services,” said Janet Howard, practice transformation coordinator for the Minnesota Department of Health. “Their efforts align with the state’s focus to improve the health of the population, improve the patient experience and improve the affordability of care by decreasing per capita costs.”

Cook added that a large number of clients have significant medical conditions such as diabetes, obesity and heart disease along with their mental illness or addiction diagnoses. In order to help these individuals enhance their behavioral health, it's necessary to provide an integrated approach that incorporates other key factors in their lives.

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### **About Zumbro Valley Health Center**

Restoring hope...one life at a time. For nearly 50 years, Zumbro Valley Health Center has worked to improve the health of people in SE Minnesota regardless of their ability to pay. Our organization enhances the quality of life for individuals through an integrated model of care providing behavioral health, medical, dental and community support services. Last year, staff served nearly 4,500 people, the overwhelming majority of whom are from under-served populations. The services we provide all have the same goal – helping people with an addiction disorder, a mental illness or a co-occurring condition lead more healthy, productive and self-sufficient lives. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at [www.zvhc.org](http://www.zvhc.org) or call 507-289-2089.

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