Contact Information

Olmsted County

Zumbro Valley Mental Health Center – Main Campus 343 Wood Lake Drive SE Rochester, MN 55904 Phone: 507-289-2089 Fax: 507-289-2327

Fillmore County

Zumbro Valley Mental Health Center 65 Main Avenue North Harmony, MN 55939 Phone: 800-422-0161 Fax: 507-886-1490

Other Zumbro Valley Mental Health Center Programs and Services

Chemical Health Services

- *Connections and Referral Unit* secure, 24-hour detoxification program
- *Recovery programs* –outpatient treatment designed to help adults overcome their dependence on chemicals

Children's Programs

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

Community Support Programs

- *Case management services* assist people with serious and persistent mental illness to function independently in the community
- *Day programs* educational programs for adults with a severe mental illness that help participants learn basic activities of daily living **Housing**
- *Housing options* 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 Services

- 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

Intensive Community Rehabilitation Services

Restoring Hope... One Life at a Time



ZV016/0910

Are you ready to take more control over your recovery? your independence? your life?

Access to convenient, skilled resources can help those with a serious and persistent mental illness develop lifestyle goals and learn the skills necessary to accomplish day-to-day activities.

The Intensive Community Rehabilitation Services (ICRS) program provides a range of integrated services – psychiatry, case management, independent living skills, medication education and others – to help you build your own support network and develop the self-confidence to achieve your personal goals. Your team of experienced professionals will work *with* you to create a treatment plan based upon your needs. *Together* we can build the foundation for an independent lifestyle.

Intensive Community Rehabilitation Services is a collaboration of Zumbro Valley Mental Health Center and Olmsted and Fillmore counties.

YOU CAN ACHIEVE YOUR GOALS

By participating in the ICRS program, you become part of a team. Members of your team include:

Psychiatry – mental health assessments and evaluations; follow-up care; symptom management; education; and medication management.

Case Management – assessment and coordination of care; information about and access to community resources; access to medical, social, educational and other services; monitoring and follow-up support.

Adult Rehabilitation Mental Health Services (ARMHS) – goals focus on mental illness management; relapse prevention; healthy lifestyles; interpersonal communication; community resource utilization and integration; budgeting and financial management; household management; nutrition and cooking; employment-related skills; transportation training; shopping skills; and illness management.

Education about Medications – mental illness symptoms; role and effects of medications in treating symptoms; and side effects of medications.

Other Services – connection to medical and dental care; social and leisure skill development; and community services.

INDEPENDENCE BEGINS WITH THE FIRST STEP

Referrals are accepted from hospitals, clinics, community providers and the social service departments of Olmsted and Fillmore counties. Self-referrals and referrals from family members also can be received.

Eligibility criteria include:

- 18 years of age or older
- Diagnosis of a serious and persistent mental illness
- Resident of Olmsted or Fillmore county
- Services deemed medically necessary
- Participant's willingness to work with a multi-disciplinary team

Zumbro Valley Mental Health Center

343 Wood Lake Drive SE Rochester, MN 55904

Phone: 507-289-2089 Fax: 507-289-2327 Web: www.zumbromhc.org