



Safe, Caring Treatment

Do you need short-term support to help work through current mental health challenges in your life? We can team with you to re-establish your direction. A *better* life. A *better* you.

The residential treatment services unit at Zumbro Valley Mental Health Center offers therapy and social skills training designed to help you live independently. Using evidence-based practices, we can teach you a variety of techniques to better manage your behavioral health issues.

Our multi-disciplinary staff focuses on working with you to create a treatment plan specific to your unique needs. And, we provide a safe, confidential environment throughout your treatment experience.

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 Program** – 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
- **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 that provides 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

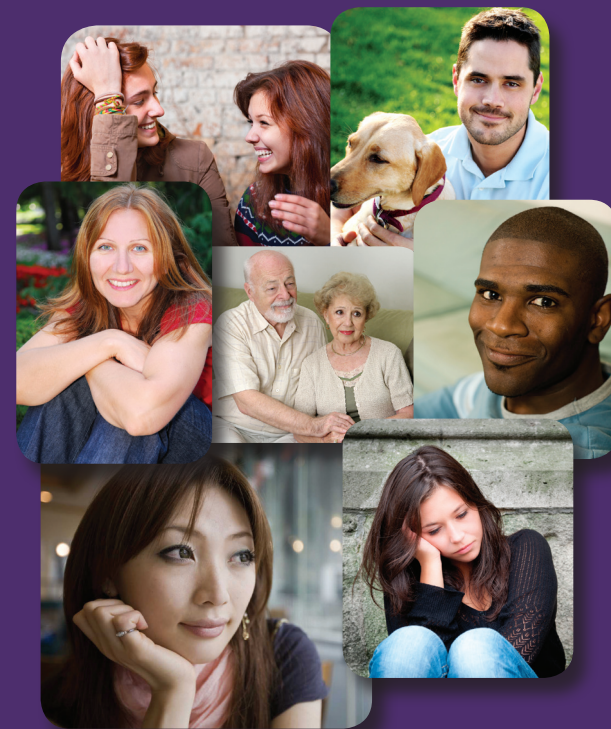
Medical Services

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



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

**RESIDENTIAL
 SERVICES**

Intensive Residential Treatment Services

Designed for adults diagnosed with a mental illness requiring a structured setting, the Intensive Residential Treatment Services (IRTS) program offers you a treatment-oriented environment for up to 90 days. During this time, you and your care team will work to develop a treatment plan focused on psychiatric stability, self-sufficiency and learning skills to help you live in an independent setting.

You and staff will utilize a variety of services to develop your plan:

- Group/individual counseling
- Cognitive therapy and motivational interviewing
- Illness management and recovery
- Medication monitoring
- Integrated dual diagnosis treatment

Zumbro Valley Mental Health Center currently offers 12 residential treatment beds.



Crisis Stabilization Services

The crisis stabilization program provides short-term services for up to 10 days if you need immediate help with your behavioral health symptoms. A total of four beds are available for adults requiring crisis services.

Admission Criteria

- Be 18 or older and have significant behavioral health symptoms
- Behavioral symptoms do not require inpatient services
- Adequate safety cannot be met in the community
- A crisis assessment has been completed and the admission approved by appropriate county personnel
- You are medically stable and able to care for your own medical and personal care needs.

Admission Criteria

The individual:

- Is age 18 or older and has a severe and persistent mental illness.
- Is assessed through a LOCUS as needing “medically monitored level of service” (level 5) which supports the need for an IRTS placement. If the individual is assessed to have needs that are not at this level, the clinical supervisor must evaluate and document how the individual’s admission to an IRTS program is medically necessary.
- Is in need of 24-hour supervision and monitoring in order to improve functioning and avoid relapse requiring a more restrictive environment.
- Is able to participate, at least at a minimal level, in the treatment program.
- Has one or more of the following: History of two or more inpatient hospitalization in the past year, Significant independent living instability, Homelessness, Increased abuse of alcohol and/or drug use, Frequent use of mental health and related services yielding a poor outcome in outpatient or community support services, or for a newly diagnosed individual or a youth transitioning to the adult service system, is considered to be “at significant risk” of experiencing the above characteristics.
- In the written opinion of a licensed mental health professional and in consultation with the case manager and family members/significant others, has the need for mental health services that cannot be met with other available community-based services.
- Is court ordered to treatment or is a potential danger to self may be appropriate if the program determines that adequate structure can be provided and the safety of others is considered.
- This program is not able to respond to the needs of those with criminal predatory histories.

