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**December 11, 2018 – For Immediate Release**

**Donation to Aid Treatment of Adolescents with Mental Illness**

**Rochester, Minn.** – Zumbro Valley Health Center today announced Rochester Area Foundation awarded the organization \$13,500 to support the treatment of mental illness in children and adolescents. This funding will be used for educational resources and supplies key to their treatment.

“Social determinants such as unstable family dynamics, poor school conditions, fragile social supports and limited interpersonal skills all have a substantial impact on the treatment of mental illness within children,” said Chief Executive Officer Beth Krehbiel, RN, FACHE. “This is especially true for children from low-income families that often don’t have the means to purchase resources that support treatment.”

Studies have found the prevalence of teens reporting a major depressive episode had increased 37% over the past decade. Anxiety disorders in teens also have risen sharply, with nearly one-third of adolescents meeting the criteria, making it the most common mental health disorder of children and adolescents.

“Timely treatment is especially important for children diagnosed with a mental illness,” said Krehbiel. “Unfortunately, the average delay between onset of symptoms and intervention is 8-10 years.”

These issues are reflected within the child and teen population within Olmsted County according to Rochester Area Foundation President Jennifer Woodford.

“It is important we recognize the increase in prevalence of mental illness within children and adolescents in our region,” said Woodford. “Local studies show that rates of anxiety and depression are even higher in adolescents from families that are financially stressed, have members in poor health or are Black or Hispanic.”

**About Zumbro Valley Health Center**

Restoring hope...one life at a time. For the past 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 more than 4,000 people, the overwhelming majority of whom are from under-served

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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 the SE Minnesota region. For more information, visit our Web site at [www.zvhc.org](http://www.zvhc.org) or call 507-289-2089.

#### **About Rochester Area Foundation**

For over 70 years, the Rochester Area Foundation has partnered with donors to build and improve the quality of life in the greater Rochester area through philanthropic leadership and community partnerships. To find out how the Foundation can connect you with the causes you care about most; call 507-282-0203 or visit online at [www.rochesterarea.org](http://www.rochesterarea.org).

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