

Here for Your Needs

Restoring hope...one life at a time. For the past 50 years, Zumbro Valley Health Center has worked to improve the health and well-being of children, adolescents and adults in SE Minnesota regardless of their ability to pay. The services we provide all have the same goal – helping people with a mental illness, an addiction disorder or a medical condition lead more healthy, productive and self-sufficient lives.



We value each person and believe everyone has the ability to learn and grow. Clients are not defined by their illness, rather by their unique strengths and experiences. Staff collaborate with clients to develop treatment plans for their specific needs, using evidence-based models like cognitive behavioral therapy, motivational interviewing and dialectical behavioral therapy.

Chemical Health Services

- Connections and Referral Unit/Detoxification
- Footsteps 4 Recovery
- Recovery Programs

Children's Programs

- Child Guidance Clinic
- School-linked Mental Health Services
- Youth Behavioral Health

Community Support Programs

- Adult Rehabilitation Mental Health Services
- Case Management
- CD Navigator
- Individual Placement and Support

Homeless Services

- Homeless Services
- Housing Options

Intensive Residential Treatment Services

- Crisis Stabilization
- Residential Treatment

Outpatient Therapy Services

- Psychiatry
- Psychological Services

Other Health Services

- Crisis Response
- Dental Clinic
- Pharmacy
- Primary Care

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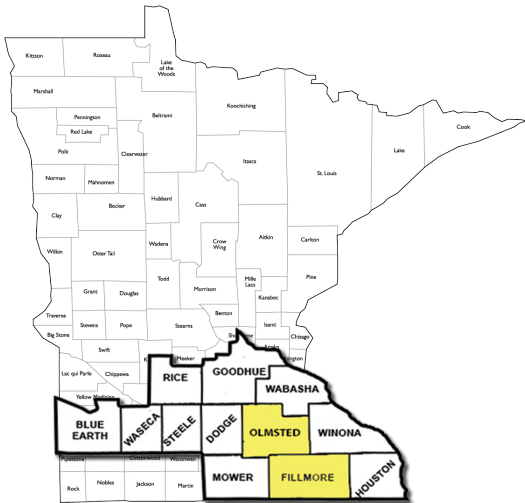
*Restoring Hope...
One Life at a Time*

**AN INTEGRATED
APPROACH TO
HEALTH CARE**

You Are Not Alone

About 1 in 5 people experience a mental illness during their lifetimes. Unfortunately, this is often accompanied by increased use of alcohol and/or drugs and chronic medical issues. At Zumbro Valley Health Center, we treat the whole person, providing seamless access to a wide range of services, including:

- Outpatient psychiatry and therapy
- Chemical health counseling
- Primary care
- Community support programs
- Employment placement and support
- Homeless services and housing
- Dental care
- Residential and crisis treatment
- Pharmacy

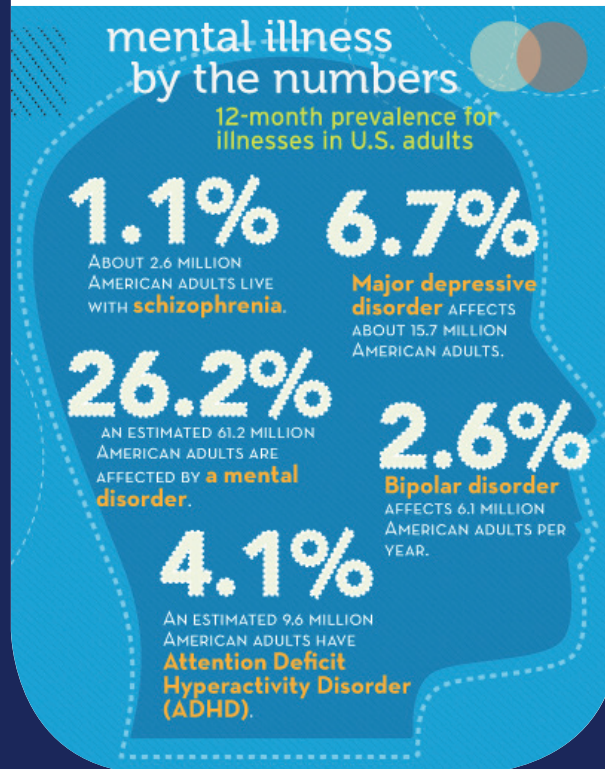


Services are integrated for people identified with co-morbid or co-occurring conditions, with multi-disciplinary care teams available to help those clients with higher-level needs as well as the social determinants impacting their lives. This approach, which focuses on providing the right care at the right time, helps clients better manage their symptoms, relationships and overall well-being.

An Integrated Approach

Integration of mental health and other services improves care for clients, especially for people diagnosed with a serious mental illness (SMI) or severe and persistent mental illness (SPMI) who frequently have multiple concerns. This approach provides clients timely access to our full continuum of services in a way that is appropriate to the acuity of their symptoms, yet flexible enough to meet their individual needs.

Using an integrated model of care, Zumbro Valley Health Center staff ensure that clients with chronic conditions have ready access to our full continuum of care, with close coordination between services. Staff work in teams to monitor the ongoing care needs of clients, meet to review key cases, coordinate clients' care with community providers and integrate diagnoses into a comprehensive treatment plan that addresses and coordinates all aspects of clients' care.



From Our Clients



“Zumbro Valley Health Center has the best staff. Every time I come for my appointment, I feel welcomed. My therapist takes time to listen to me and we work as a team to come up with plans for my treatment.”

“My chemical health counselor is professional, caring and has a sincere interest in helping me. He went beyond all of my expectations and gave me hope and moral support like no one else.”



“Everyone here makes me feel like a normal person, not a homeless drug addict and that helps me in my efforts to get my life back to normal. The staff always make time for me. I don't know where I'd be without Zumbro Valley Health Center.”

“The integration of psychiatry, chemical counseling and primary care is the best thing that's ever happened for me. I am now well enough to hold a job and pay my bills.”

