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Report Shows Zumbro Valley Mental Health Center Excels in Treatment for Depression

Rochester, Minn. – An independent researcher recently reported that Zumbro Valley Mental Health Center significantly exceeded state averages in the treatment of depression. The report was released by *Minnesota HealthScores*, an independent, non-profit organization dedicated to sharing fair, useful and trusted information about health care quality with all Minnesotans.

According to the report, Zumbro Valley Mental Health Center patients' likelihood for remission from depression and its symptoms was 43 percent higher than the state average six months after starting treatment. The report included patient data from 2012.

"It is gratifying to see these positive results," said Dave Cook, chief executive officer. "Depression can affect all aspects of our patients' lives but we believe, and now this objective data shows, that our comprehensive, integrated approach to recovery is making a positive impact for these individuals."

A key tool used to measure these results is the Personal Health Questionnaire (PHQ-9), a multipurpose tool for screening, diagnosing, monitoring and measuring the severity of depression.

The report showed the organization also consistently ranked above the state average for utilization of the PHQ-9 instrument.

"This tool is a critical part of providers' ability to track the progress being made by patients," said Cook. "It not only allows us to identify if a person is feeling depressed, but also helps determine the depth and length of time the person has had symptoms related to depression."

Cook added that Zumbro Valley Mental Health Center has been using the PHQ-9 tool for several years.

(more)

About Zumbro Valley Mental Health Center

Zumbro Valley Mental Health Center enhances the quality of life for residents in southeastern Minnesota by serving as a community resource for the understanding and treatment of behavioral health and substance use disorders. The organization collaborates with government agencies, schools, non-profit groups and others to provide programs dedicated to improving the mental health of adults, adolescents and children. Zumbro Valley Mental Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zumbromhc.org or call 507-289-2089.

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