

Restoring Hope...One Life at a Time

ZUMBRO VALLEY
HEALTH CENTER

2016
ANNUAL REPORT

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OUR VISION

To be a national leader of person-centered, integrated, and collaborative health and wellness services.

OUR MISSION

Promoting healthy minds, bodies, and communities with a person-centered, integrated approach.

OUR VALUES



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

**1 in 5 adults in
US experience
mental illness**

Dear Friends,

Less than half of people who experience a mental illness each year receive treatment for the condition. Those that do seek treatment often wait years between the onset of symptoms and actually getting help. The numbers for people in need of help for a substance use disorder are even more troubling, with just more than 10% annually receiving care for the condition.

The good news? Awareness of mental illness and substance use disorders continues to grow and these conditions are on the right track to being recognized as just as critical as physical illnesses. The next step is helping people get treatment for their mental illness, substance use or combination of these conditions.

In 2016, the Zumbro Valley Health Center board and staff continued to focus on developing new programs that address the spectrum of needs for the people we serve, including:

- Becoming certified as a Behavioral Health Home to improve health outcomes, enhance the quality of life and make the experience of care better for clients with chronic conditions
- Expanding access to school-linked mental health services by placing a therapist within Pine Island Public Schools
- Piloting an integrated team model of care that better addresses the complex, overlapping needs of clients with co-occurring and/or co-morbid conditions
- Adding nurse practitioners to the primary care clinic to increase access to wellness and basic medical services

We would like to express our sincere gratitude to the people, groups and organizations whose support sustains many of the services Zumbro Valley Health Center provides. This assistance is crucial to helping our organization be a core provider of care for the under-served populations in SE Minnesota.

On behalf of the board and staff at Zumbro Valley Health Center, and the 1 person in 4 in our community living with a mental illness or substance use disorder, thank you for your continued commitment and support.



Dave Cook
Chief Executive Officer

A handwritten signature in black ink that reads "Dave Cook".



Steve Kerchberger
Chair, Board of Directors

A handwritten signature in black ink that reads "Steve W. Kerchberger".

2016 HIGHLIGHTS

We recognize that being a health care provider of choice depends on our offering outstanding services and exceeding the expectations of clients and community partners alike. For more than five decades, the dedicated staff at Zumbro Valley Health Center have worked to improve the health and lives of the under-served populations in SE Minnesota. This focus was especially evident in 2016 as the organization expanded its continuum of care to better support the men, women and children in need within our communities.

Key highlights included:

- ***Celebrated 50th Anniversary.*** In 2016, Zumbro Valley Health Center celebrated 50 years of service to SE Minnesota. Board members and staff commemorated the anniversary at numerous community events throughout the year, and staff celebrated at a 1960s-themed dinner and dance. Although much has changed during the organization's five decades, our commitment to improving the health and well-being of our clients has remained constant.
- ***Received Certification as Behavioral Health Home.*** Zumbro Valley Health Center became one of the state's first providers to deliver behavioral health home services. Through this new model of care, clients have access to a comprehensive set of services including care management, health promotion and wellness, care coordination, patient and family support, transitional care and referral to community and social support services. Zumbro Valley Health Center is the only entity in SE Minnesota to receive this certification.
- ***Hosted Senator Al Franken.*** The senator toured Zumbro Valley Health Center and then participated in a round-table discussion about the benefits of integrating mental, chemical, medical and other key services for under-served populations. Representatives from Mayo Clinic, Olmsted County, Wilder Research, Apple Tree Dental and Genoa Pharmacy joined Zumbro Valley Health Center staff in the discussion. Through this dialogue, Sen. Franken learned more about our organization's 360-degree approach to clients' complex, overlapping needs and the community-based system needed to coordinate services.



- **Presented at National Council for Behavioral Health and Open Minds conferences.** As the organization is increasingly being recognized for its innovative model of care, Zumbro Valley Health Center has been asked to share its approach on integrating services. This resulted in our presenting at national conferences in Las Vegas and New Orleans. During these presentations, staff described the organization's innovative approach to caring for people with co-morbid conditions along with the results of the Wilder Research project. Overall, the organization participated in 23 local, regional and national events throughout the year to educate people about the work being performed by staff.



- **DHS/DOH State Community Task Force.** Representatives from Zumbro Valley Health Center participated in multiple committees as part of the Dept. of Human Services' efforts to improve the state's mental health care system. This included serving on the state oversight, advisory and data analytics committees for the planning and implementation of behavioral health homes. Staff also played a key role in the state's efforts to have Minnesota selected by the U.S. Department of Health and Human Services to pilot an integrated model of care for people with co-occurring and co-morbid conditions.
- **Selected to Participate in CCBHC Care Model.** Zumbro Valley Health Center was one of six clinics chosen to pilot the state's Certified Community Behavioral Health Clinic (CCBHC) model of care. This innovative design brings together behavioral, chemical and physical health care for people with mental and substance use disorders, and serves as a one-stop shop for people who have trouble getting the services they need. Our organization received provisional certification in late 2016 and will implement the new care model in mid-2017.



MEETING THE NEEDS OF THE COMMUNITIES WE SERVE

MENTAL
ILLNESS

ADDICTION

**Approximately 10.2
million adults have
co-occurring mental
health and addiction**

Chemical Health Services

- **Connections and Referral Unit** – the Connections and Referral Unit provides detoxification services for people experiencing sub-acute intoxication due to substance abuse. Other services include the 24-hour crisis hotline; monitored sobriety and monitored Antabuse services; urinalysis; and dispatch of after-hours social workers and assertive community treatment team (evenings, weekends and holidays).
- **Footsteps 4 Recovery** – program that provides housing and treatment services to socio-economically depressed individuals with substance use disorders. Program staff work with individuals and families – many of whom are from ethnic populations – struggling with chronic substance abuse through services designed to help reduce the harmful effects of their substance abuse and provide long-term meaningful activity.
- **Recovery Programs** – the Zumbro Valley Health Center recovery programs provide outpatient substance use disorder services including assessment, treatment, DUI classes and educational groups, sober living skills training and assistance with housing. Additional services include: a harm reduction program for people with a long history of substance use disorders; counseling for those with cognitive disorders and in need of substance use services; programming for persons with dual diagnoses of mental illness and substance use disorder; and rehabilitative and independent living skills to help people learn important social and community survival skills.
- **Somali Recovery and Support Services** – collaboration with the Minnesota Department of Human Services – Alcohol and Drug Abuse Division begun in 2012 that provides culturally specific early intervention for individuals from Olmsted County’s Somali community with addictive behavior, support and referral resources to those with addiction and education to families and individuals.
- **Women’s Way to Recovery** – program designed for women that addresses mental health and/or substance use disorder issues related to trauma, co-dependency, relationships and other female-specific issues.

Children’s Programs

- **Child Guidance Clinic** – therapy-based program that features experts from multiple areas - psychiatry, therapy, counseling - to work with children and their families to assess strengths and needs, identify and develop goals, provide testing, refer to psychiatry as necessary and evaluate progress.
- **School-Linked Mental Health Services** – program that provides on-site mental health services to students who would otherwise be unlikely to access these services in the community. Through this grant, Zumbro Valley Health Center therapists work at local area schools to help students diagnosed with a mental illness better understand their symptoms and provide convenient access to counseling and therapy.
- **Youth Behavioral Health** – a collaboration of Zumbro Valley Health Center, Family Service Rochester and Olmsted County Community Services, this innovative program provides case management and in-home services for families with children experiencing severe emotional disturbances. The program also provides an Early Intervention service working with Head Start children and families at risk for developing emotional disturbances. Early Intervention includes culturally sensitive services for Somali families.

Community Support Programs

- **Case Management Services** – program that assists people with serious and persistent mental illness to function independently in the community. Case managers assist participants with finding existing community resources, obtaining referrals to medical, social and educational services and providing advocacy services when needed. In addition, our bilingual case management staff offer culturally sensitive programs for people of Somali and Southeast Asian descent.
- **CD Navigator** – this unique program is designed to provide intensive case management to individuals over a 10-county region who have been unable to achieve their recovery goals through traditional treatment methods. Its range of intensive services provide the level of contact necessary for them to address their substance abuse and other corresponding issues.

- **Fillmore County Community Support and Psychological Services** – located in Harmony, this program includes assessment services, individual psychotherapy, Adult Rehabilitation Mental Health Services (ARMHS), individual placement and support as well as case management services for Fillmore County residents.
- **Independent Living Support Services** – provides a range of integrated services to help people secure housing, build a support network and develop the self-confidence to achieve their personal goals. Key programs include housing support, ARMHS and case management.
- **Individual Placement and Support** – collaborative program between Goodwill Easter Seals, Vocational Rehabilitation Services and Zumbro Valley Health Center that assists individuals in obtaining and maintaining competitive employment in the community.

Housing

- **Group Residential Housing** – program that provides housing and support services for people diagnosed with a mental illness or addictive disorder that limits their ability for self-sufficiency.
- **Housing Options and Shelter Plus Care** – Zumbro Valley Health Center offers individuals with serious mental disorders help with finding and maintaining safe, affordable housing in the community. This program offers clients housing support services as well as subsidies.
- **Homeless Services** – this team provides intensive case management to 38 single adults who meet the definition of long-term homelessness. Services focus on securing safe, stable housing, basic needs, benefits assistance and employment.

Intensive Residential Treatment

- **Residential** – on-site program that provides 90 days of residential care for up to 12 adults requiring a treatment-oriented environment to manage their mental illness. Services include crisis stabilization, nursing, family education, illness management and recovery, independent living skills training, integrated dual diagnosis treatment and discharge/aftercare planning.
- **Crisis Stabilization** – on-site program available for up to four adults requiring immediate support with their behavioral health symptoms. The program provides crisis care for up to 10 days at our facility.

Outpatient Therapy Services

- **Counseling and Therapy** – range of psychological services designed to help children, adolescents and adults to identify mental health issues and to develop strategies to manage them. The multi-specialty team of behavioral health specialists utilize a client-centered approach that includes testing, evaluation and therapy in both individual and group settings.
- **Psychiatry** – a multi-disciplinary team of psychiatrists, nurse practitioners and registered nurses that offers comprehensive testing and medication management services.

Other Health Services

- **Behavioral Health Home** – program that provides comprehensive care, health and wellness, care coordination and other support services to address clients' health care needs as well as the social determinants that impact their ability to manage their mental and physical health.
- **Crisis Response** – service that provides 24/7 phone-based and in-person services to people experiencing a mental health crisis in Dodge, Fillmore, Goodhue, Houston, Mower, Olmsted, Steele, Wabasha, Waseca and Winona counties.
- **Dental Clinic** – partnership with Apple Tree Dental that offers convenient on-site access to dental services for hundreds of clients who would otherwise not have access to these services.
- **Pharmacy** – partnership with Genoa that provides clients with seamless on-site access to prescriptions for conditions that require medication management.
- **Primary Care** – clinic that provides basic medical services and lab testing to clients and individuals in other underserved populations who do not access it elsewhere in the community. Clinic staff stabilize people's medical condition(s) and coordinate their medical and behavioral health needs to help improve their overall quality of life.

WORKING TOGETHER TO BUILD STRONG COMMUNITIES

Zumbro Valley Health Center partners with local and regional organizations, providing leadership on cooperative efforts to identify and address behavioral health problems and reduce stigma in the region.

Key initiatives include:

- ***Chemical Dependency Navigator Services.*** In this 7-county program, our navigators provide intensive case management services to individuals who have been unable to achieve their recovery through traditional treatment methods. Staff employs a variety of evidence-based practices, including integrated dual disorder treatment, motivational interviewing and illness management and recovery to assist people in their recovery efforts.
- ***Crisis Response for SE Minnesota.*** Collaboration of regional mental health providers spearheaded by Zumbro Valley Health Center that provides 24/7 phone-based and in-person services to people experiencing a mental health crisis. Launched in July 2015, the program serves residents in Dodge, Fillmore, Goodhue, Houston, Mower, Olmsted, Steele, Wabasha, Waseca and Winona counties.
- ***Footsteps 4 Recovery.*** The Homeless Services Team utilizes outreach and advocacy to help homeless people with chemical dependency issues find housing and receive treatment. Funded by a grant from the Minnesota Dept. of Human Services, the focus of this initiative is to help end homelessness in Minnesota.
- ***Housing Consortium.*** Collaboration of key service providers in Olmsted County that serve the area's homeless population. Created in July 2012 by Zumbro Valley Health Center, this group includes housing facilities, service providers and Olmsted County Behavioral Health who meet monthly to discuss individual cases and update one another on current openings within their facilities.
- ***School-linked mental health services.*** Collaboration developed to help students diagnosed with a mental illness to better understand their symptoms and provide access to counseling and therapy. Zumbro Valley Health Center therapists serve at Pine Island Public Schools and the Alternative Learning Center to work with students and their caregivers before their illness leads to serious problems.
- ***Youth Behavioral Health.*** Together with Olmsted County and Family Service Rochester, Zumbro Valley Health Center provides families in our community with case management and early intervention services to families of children with severe emotional disturbances.



BOARD OF DIRECTORS AND LEADERSHIP TEAM

Board of Directors

Steve Kerchberger, *Chair – Olmsted County*
Samantha Grabau, *Vice Chair – Fillmore County*
Sister Linda Wieser, *Treasurer/Secretary – Olmsted County*
Dr. Margaret Lloyd, *Past Chair – Olmsted County*

Matt Flynn – *Olmsted County*
Greg Griffiths – *Olmsted County*
Rep. Tina Liebling – *Olmsted County*
Penny Ness – *Olmsted County*
Craig Oslund – *Olmsted County*
Marc Prestby – *Fillmore County*
Anne Pronschinski – *Olmsted County*
Dr. Jennifer Rho – *Olmsted County*
Brian Rich – *At Large*
Cathy Shea – *At Large*

Leadership Team

Dave Cook, *Chief Executive Officer*
Judy Eichman, *Chemical Health Services*
Heather Geerts, *Director of Clinical Services*
Scott Gerdes, *Chief Financial Officer*
Dr. Bernadette Huard, *Medical Director*
Corey Kanz, *Connections and Referral Unit*
Ashley Kothenbeutel, *Residential Services*
Tracy Lee, *Chief Operating Officer*
Sean Rice, *Marketing and Development*
Tina Nunemacher-Tews, *Community Support Programs*

Approximately 26% of
homeless adults staying
in shelters live with
serious mental illness



Depression is the leading
cause of disability worldwide,
and is a major contributor to
the global burden of disease

FINANCIAL STATEMENT

The past year represented the eighth consecutive positive financial year for Zumbro Valley Health Center. In 2016, the organization exceeded its financial goals and continued to improve its overall financial position. For the year, Zumbro Valley earned revenue above expenses in the amount of \$411,280.

Key financial highlights include:

- Cash reserves increased to \$1,988,446, a growth of \$355,065 from the previous year, and brings the days cash reserve to 91
- Accounts receivable decreased to \$508,254, a decline of \$28,652 from 2015
- Development net assets increased to \$301,803, the eighth straight year these funds have increased
- The organization paid down \$245,999 of the debt on its campus building

Zumbro Valley Health Center Zumbro Valley Health Foundation Combined Statements of Financial Position December 31, 2016 and 2015

ASSETS	2016	2015
Current Assets		
<i>Cash and cash equivalents</i>	\$2,895,797	\$2,537,554
<i>Accounts receivable, net of allowance</i>	\$508,254	\$536,818
<i>Prepaid expenses and other</i>	\$114,206	\$14,331
TOTAL CURRENT ASSETS	\$3,518,257	\$3,088,703
Property and Equipment, net of depreciation	\$6,452,498	\$6,626,074
Other Assets	\$405,988	\$409,049
TOTAL ASSETS	\$10,376,743	\$10,123,826
LIABILITIES AND NET ASSETS	2016	2015
Current Liabilities	\$1,361,583	\$1,327,908
Long-Term Debt	\$4,531,099	\$4,778,348
Net Assets	\$4,484,061	\$4,017,570
TOTAL LIABILITIES AND NET ASSETS	\$10,376,743	\$10,123,826



**Zumbro Valley Health Center
Zumbro Valley Health Foundation
Combined Statements of Activity and Changes in Net Assets
For the Years Ended December 31, 2016 and 2015**

PUBLIC SUPPORT AND REVENUES	2016	2015
Patient revenues:		
<i>Private pay</i>	\$33,786	\$38,637
<i>Counties</i>	\$4,034,803	\$3,671,193
<i>State health plans</i>	\$5,518,842	\$5,637,958
<i>Federal health plans</i>	\$429,460	\$266,360
<i>Private insurance</i>	\$1,168,404	\$734,698
<i>Housing</i>	\$468,533	\$549,636
Grants	\$162,931	\$247,370
Investment	\$11,066	\$7,664
Administrative and other income	\$121,823	\$72,226
TOTAL PUBLIC SUPPORT AND REVENUES	\$11,949,648	\$11,225,742
NET ASSETS RELEASED FROM RESTRICTIONS	2016	
	\$1,700	
EXPENSES	2016	2015
Program services:		
<i>Fillmore Community Support</i>	\$208,611	\$173,337
<i>Case Management</i>	\$907,483	\$913,850
<i>ARMHS</i>	\$242,811	\$254,011
<i>Psychotherapy</i>	\$1,001,005	\$855,083
<i>Youth Behavioral Health</i>	\$502,527	\$496,195
<i>Recovery Programs</i>	\$389,219	\$366,440
<i>TCM/ARMHS</i>	\$257,140	\$347,236
<i>On Call Crisis Services</i>	\$433,525	\$206,529
<i>Psychiatry</i>	\$985,639	\$717,215
<i>Connections and Referral Unit</i>	\$1,347,571	\$1,311,757
<i>IRTS Program</i>	\$1,469,643	\$1,433,519
<i>Homeless Program</i>	\$673,081	\$714,727
<i>Housing Program</i>	\$507,688	\$383,977
<i>CD Pilot</i>	\$335,321	\$332,824
<i>Somali Grant</i>	\$144,331	\$155,929
<i>Primary Care</i>	\$316,094	\$168,251
<i>Behavioral Health Home</i>	\$36,054	
TOTAL PROGRAM SERVICES	\$9,757,745	\$8,830,880
Supporting services	\$1,726,701	\$1,679,439
TOTAL EXPENSES	\$11,484,446	\$10,510,319
INCREASE (DECREASE) IN NET ASSETS	\$466,902	\$715,423



DONORS

(January 1 through December 31, 2016)

Partners

Disabled Veterans of America
Genoa, QoL healthcare company
Bernadette Huard, MD
Margaret Lloyd, MD
Mathy Construction
Mayo Clinic Officers & Councilors
Merchants Bank
People's Energy Cooperative
Veteran's Memorial
VFW Post 1215

Builders

American Legion Post 333
David Bahr
Tom & Margie Bellinger
Dave & Debbie Cook
Country Financial
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Tina Liebling
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Olmsted Medical Center
Pine Island United Fund
Quarry Hill Animal Hospital
Sean & Darci Rice
Michael & Janice Rock
Rochester Area Family Y
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David & Susan Ahlquist
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Byron Pet Clinic
Eastman Auto
Tom Kadlec Honda
Sharon Hostetter

David & Elizabeth Katzelnick
Leashes & Leads
Mayo Clinic Facilities
Operations Care Group
Daniel & Sheila McNallan
Steve Thornton

Friends

Braden Aakre
American Legion Post 333
Shirley Anderson
Jeanne Andre
Andy's Liquor
Anonymous
Janet Archer
Scott Ariagno
Gidon Ariel
Thiago de Assuncao
Dave and Bonnie Bailey
Ashley Barber
Amy Benike
Nancy Berry
Jared Bird
Terry & Margaret Blackmon
Dennis Blang
Shelley Boettcher
Haley Boltjes
Sharon Boltjes
Isabelle Bond
Bone Appetit Canine Bakery
Jax Bos
Katy Bos
Michael Bowman
Fran & Mary Bradley

Thomas & Ingrid Brandy
Ana Braun
Tom Brindley
Terry Butler
Bhavna Campbell
Jane & Mary Campion
Paula Carlsen
Rubin Carroll
Renee Chambard
Alisha Chaudhry
Indrani Chaudhry
Jeff Chaurin
Margaret Clark
Russell & Katherine Cook
Coyote Creek Outdoors LLC
Aleisha Crouch
Culligan Water Experts
Jeff & Candy Czernicki
Ricky & Marcie Dabelstein
Claire Dalle-Molle
Rich & Vicki Dalle-Molle
Lynne Davis
Rob & Heidi DeVaun
John & Suzanne Dinusson
Gay Eastman
Donald & Karen Edin
Judith Eichman
Vanessa Eichman
Loren Else
Nicole Erdmann
Michael & Dawn Erickson

Thank you for restoring hope...one life at a time



Friends

Martin Fahje	Karen Kruger	Cathy Shea
Joann Fiss	Wayne & Mary Kuehn	Sisters of St. Francis
Elizabeth Fleck	Kelly & Tracy Lee	Lyle Solem
Katrina Fleischman	Stephen Lehmkuhle	Rebecca Sonka
Eileen Foegen	Lloyd & Margie Lowrie	Kim Sonnabend
Alex Forrest	Mac's Café & Restaurant	Sue Stanek
Carrie Forsyth	Susan Majerus	Megan Stewart
Trudie Freymiller	Amy Mauer	Jason Stini
Alan & Barbara Frische	Elaine McGonagle	TerraLoco
Scott Gerdes	Tracy Medes	Tina Nunemacher-Tews
David & Janice Glinski	Mary Menefee	The Doo Crew
Good Dog Camp	Kelsey Metzger	The Ruff Break
Amanda Grivette	Justin Morris	Ginny Therrien
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Tess Groth	Donna Norrie	Joseph & Mary Torres
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Sarah Hallstrom	Mary Pattridge	Kim Vering
Kathleen Hannan	Matt Payne	Nancy Weatherly
Makena Hellendrung	Lowell Penz	Stacey Weimer
Susan Hemmesch	Lara Peterson	Linda Wieser
Angela Hendershot	Nolan & Stacy Peterson	Joseph Wiggs
Mitch & Anita Henderson	Pi Pizza	Julie Wobbrock
Maria Himmer	Jerry Porter	Kylie Wobbrock
Petra Hirsova	Katie Pope	Al Yanes
William & Sandra Horlitz	Preston Village Community Chest	Ye Olde Butcher Shop
Arne Hoven	Anne Pronsinske	Michael & Elizabeth Zimmerman
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Megan Ince	Lynn Randall	
Katie Isenberg	Gene Rasmussen	
Kayla Johnson	Elizabeth Rice	
Corey Kanz	Rochester Community	
Kasson VFW	& Technical College	
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Shirley Klampe	Carroll Rubin	
Bev Klein	Jan Sanders	
Lucas Koerner	Teresa Sanders	
Ashley Kothenbeutel	Kathy Scheppmann	
Diane Graf Kremer	Helen Schleich	
Ann Krudwig	Jeff & Shelby Schlichter	

Grants

Hearth Connection
Home Depot Foundation
Mayo Foundation
Medica Foundation
Minnesota Dept. of Health
Minnesota Dept. of Human Services
Olmsted, Steele, Dodge, Fillmore,
Goodhue, Houston, Mower, Winona,
Wabasha & Waseca counties
Otto Bremer Trust
Rochester Area Foundation
State of Minnesota
United Way of Olmsted County

Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

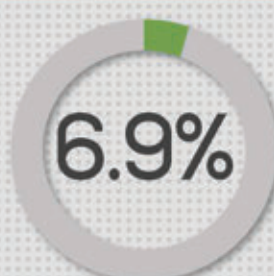
Prevalence of Mental Illness by Diagnosis



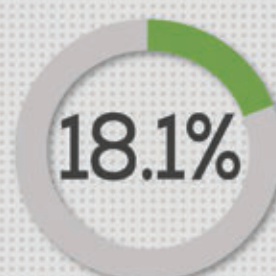
1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Treatment in America



Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴



Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.¹

1. This document cites statistics provided by the National Institute of Mental Health, www.nimh.nih.gov.

2. Statistics provided by Department of Justice.

3. American Journal of Psychiatry and U.S. Surgeon General's Report, 1999.

4. Substance Abuse and Mental Health Services Administration.



Sandra

“Sandra” is a middle-age woman who had suffered from periods of anxiety, depression and suicidal ideation over many years. She entered the Intensive Residential Treatment Services program following a hospitalization for her depression. During her stay at IRTS, Sandra learned several coping skills to stabilize her mental health and help her deal with her anxiety and depression. At the same time, she began visiting a therapist and psychiatrist at Zumbro Valley Health Center to help her work through these conditions. The therapist recommended Sandra for case management services to assist her with obtaining key medical, social and job training services to maintain her independence. Her therapist

also referred Sandra to group therapy options such as Dialectical Behavior Therapy, which has helped her develop a social network and increase her self-sufficiency. Sandra continues to visit her therapist and is now employed on a part-time basis.

Phillip

After several years of alcohol and drug use to medicate his mental illness symptoms, “Phillip” entered the Recovery Partners program after a counselor spoke with him during a stay at the detox center. This program focuses on people with dual disorders, and after the first month his counselor referred Phillip to therapy and psychiatry to address his bipolar disorder, anxiety and depression. His care team met with Phillip shortly afterward and recommended he enter the Intensive Residential Treatment Services program to provide an environment more conducive for his treatment. Throughout his stay, the care team continued to meet with Phillip to work with him on his treatment plan and IRTS staff provided techniques he could use to better manage his mental illness. Phillip continues to visit a therapist on a regular basis and has been drug-free for more than two years. He also is now working full-time and volunteers to help people living with mental illness better understand their condition.



Restoring hope...one life at a time

Restoring Hope... One Life at a Time

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www.zvhc.org