



"You can't make me clean my room. I'll leave my stuff where I want."

"Nobody likes me anymore – I hate my life!"

"I'm afraid to go to school because kids are picking on me."

"I hate both you and dad since the divorce."

Defiance, low self-esteem and feelings of anxiety are some of the common symptoms facing children and adolescents with mental health problems. For parents, this can result in frustration at being called away from work to speak with teachers, feeling ineffective as a parent or continually being distracted. Children and adolescents have unique mental health problems that require treatment focused on their individual needs. Symptoms vary from individual to individual, ranging from social withdrawal to extreme aggressiveness. When left untreated, these problems can lead to serious issues at school, family conflicts, violence, drug abuse or self-harm.

Understanding child and teen mental health symptoms is complex. Our licensed mental health professionals are specially trained to screen and evaluate problems to determine which level of treatment is appropriate.

Zumbro Valley Health Center provides a variety of programs to help children and adolescents – along with their families – get the help they need to thrive at home, school and throughout life.

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
- **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

Crisis

- **Crisis Response** – program that provides access to phone-based counseling 24/7 and mobile team support for people experiencing a mental health crisis or emergency. Call toll-free at 1-844-274-7472

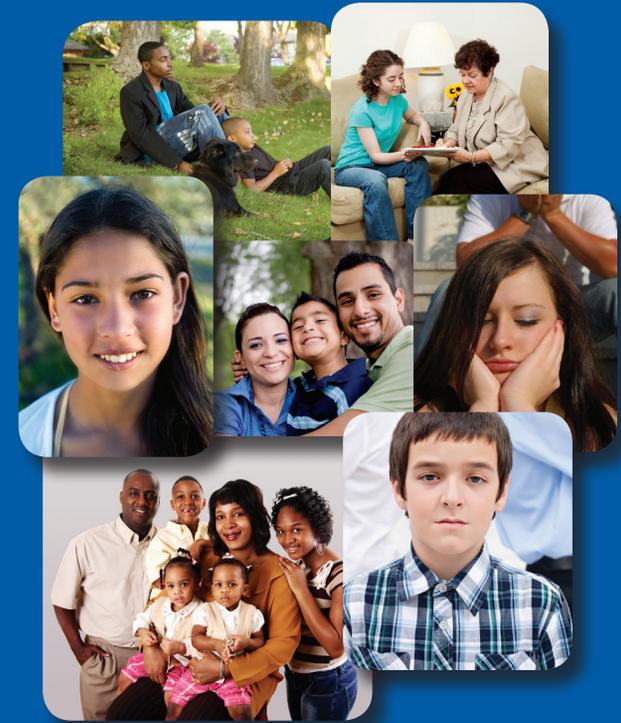
Outpatient Therapy Services

- **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

- **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
- **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

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

**CHILD AND
ADOLESCENT
SERVICES**

When to Get Help

Children and adolescents with mental health disorders need to get help as soon as possible. Parents and other caregivers should seek help if their child displays any of the following warning signs:

- Feelings of hopelessness
- Extreme irritability
- Alcohol or drug abuse
- Acts of bullying or being bullied
- Negative feelings about themselves
- Extreme fearfulness or excessive worrying
- Uncontrollable anger or outbursts
- Obsessive dieting and exercising or overeating

Services

Zumbro Valley Health Center offers a comprehensive range of services designed to help address the unique needs of children and adolescents with emotional and behavioral disorders. This includes:

- **Case management** – program that assists children and adolescents with serious emotional disturbances to plan, access and coordinate mental health and other supportive services. Case managers work closely with children and their families to help them obtain health-related services, provide links to school- and community-based resources and develop a care plan based around the child’s unique needs.
- **Children’s Therapeutic Services and Supports (CTSS)** – in-home mental health services designed to teach children with emotional disturbances the necessary skills to properly function at home, school and the community. Through this program, our staff work with children and their family to help restore children to a level of functioning they had either achieved before or would have achieved if normal development had not been impaired.
- **Psychiatry** – trained clinicians provide a range of services – diagnostic evaluations, treatment and medication management – for children with behavioral health issues and early onset psychiatric disorders.
- **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.
- **Therapy** – caring and compassionate counselors 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.



“Randy” is a 10-year-old with attention deficit disorder who is having several issues – impulsive behavior, forgetting homework, disorganization – at school. These issues require that his parents regularly meet with teachers to discuss his performance in class, causing them to miss work. Due to his behavior, Randy also is being singled out by other children as different. This continuous negative feedback results in Randy creating a negative self-image that can have life-long consequences.