



### ***Building Partnerships, Strengthening Communities***

Are you ready to live and work independently? We can help you to learn the skills necessary to better handle your every-day needs. An *independent* lifestyle. An *independent* you.

Through our range of rehab and support programs, Zumbro Valley Health Center provides instruction on basic activities for daily living, referrals to medical and educational services and help finding community resources for people with mental health and substance use disorders.

Our highly skilled and experienced staff use evidence-based practices to focus on helping you secure the resources necessary to live on your own. And, many of our staff members speak multiple languages, including Somali and Cambodian.

### ***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

#### **Children's Programs**

- ***Youth Behavioral Health*** – provides a series of support services to families of children with severe emotional disturbances

#### **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

#### **Housing**

- ***Housing options*** – program that offers housing subsidies and assistance to locate safe, affordable housing to adults with a mental illness
- ***Homeless services*** – permanent housing program that provides case management and supportive services to single adults who are long-term homeless or chronic long-term homeless

#### **Intensive Residential Treatment**

- ***Residential services*** – on-site program that provides mental health services for up to 12 adults
- ***Crisis stabilization*** – on-site program available for up to four adults requiring immediate support with their behavioral health symptoms

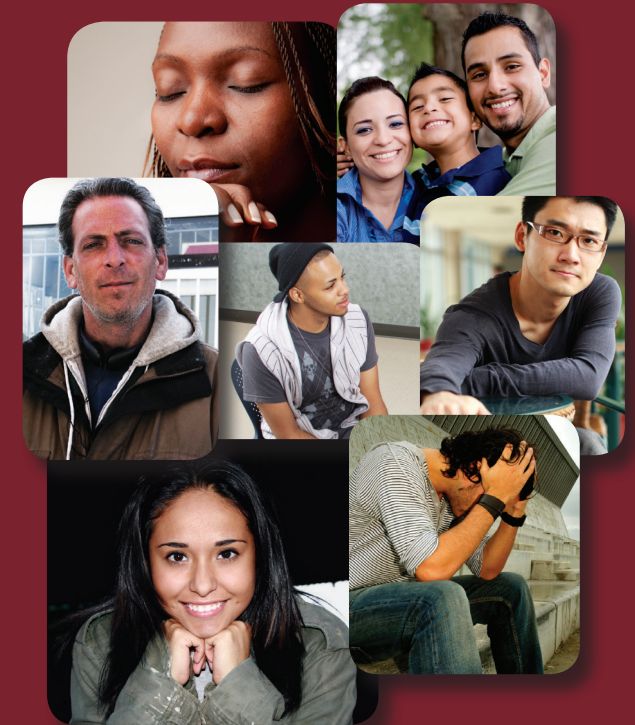
#### **Medical Services**

- ***Primary care clinic*** – basic medical services that help stabilize patients' medical conditions and coordinate treatment for mental, chemical and medical needs

#### **Outpatient Therapy Services**

- ***Psychiatric and psychological services*** – therapy available to adults and children in individual and group settings to help participants heal emotionally and regain normal functioning

Zumbro Valley Health Center  
343 Wood Lake Drive SE  
Rochester, MN 55904  
www.zvhc.org  
507-289-2089



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

**COMMUNITY  
SUPPORT  
PROGRAMS**

## Case Management

Dedicated case managers will provide support and the basic resources to help you live independently. Your case manager will work with you to:

- Find existing community resources
- Create a support plan based upon your specific needs
- Get referrals to medical, social and educational services
- Provide advocacy services when needed

All services are tailored to your unique needs. This includes a complete assessment, coordination of care, crisis assistance, monitoring and follow up. And, many of our case managers are bilingual, allowing us to provide culturally specific services.



*Operating under Rule 79 of the Minnesota Statute, our case managers work with hundreds of individuals – including Somali and Cambodian – each year.*

## Eligibility Criteria \*

- Diagnosis of serious and persistent mental illness
- Referral from Olmsted County Social Services, Adult Behavioral Health Unit
- Olmsted County resident
- Age 18 or older

\* Eligibility is determined by the Olmsted County Department of Social Services – Adult Behavioral Health Unit.

## Independent Living Support Services

The Independent Living Support Services program provides a range of integrated services to help you secure housing, build a support network and develop the self-confidence to achieve your personal recovery goals.

Key services include:

- **Adult Rehabilitation Mental Health Services** - utilizes individual visits and class settings to build rehabilitative skills, including coping skills, household management, employment, interpersonal communication, nutrition, using public transportation, etc.
- **Housing support** - assists clients in finding and maintaining affordable housing in their community through the use of subsidies and support services
- **ARMHS/case management** - integrates services to help clients develop and practice social and independent living skills. Staff meet with clients weekly to help them identify and access key resources

## Eligibility criteria

- You must be 18 years of age or older
- You must have a diagnosis of a severe and persistent mental illness or serious mental illness
- You must be a resident of Olmsted county

Referrals are accepted from hospitals, clinics, community providers and Olmsted County social services. Self-referrals and referrals from family members also can be received.

## Contact Information

343 Wood Lake Drive SE  
Rochester, MN 55904  
Phone: 507-289-2089  
Fax: 507-535-5799

## Fillmore County Programs

Zumbro Valley Health Center works with Fillmore County to offer a variety of community support services to county residents.

Programs include:

- **Adult Rehabilitation Mental Health Services** – utilizes individual visits and class settings to build rehabilitative skills, including coping skills, household management, employment, interpersonal communication, nutrition, using public transportation, etc.
- **Case management** – assists people with serious and persistent mental illnesses to function independently through education about available community resources; referrals to medical, social and educational services; and advocacy assistance
- **Outpatient therapy services** – counseling services for all stages of life, including specialized therapy for adults

## Contact Information

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