ZUMBRO VALLEY
HEALTH CENTER

Contact Information:
Sean Rice
507-535-5750 (days)
sean.rice@zvhc.org
www.zvhc.org

March 26, 2019 – For Immediate Release

Zumbro Valley Health Center and RCTC Partner to Ease Access to Mental Health Services

Rochester, Minn. – Zumbro Valley Health Center and Rochester Community and Technical College today announced a partnership to offer treatment to students in need of mental health services. Through this collaboration, all students attending RCTC will have convenient, on-site access to a mental health professional.

"College students today are dealing with higher levels of stress, anxiety and depression than ever before," said Chief Executive Officer Beth Krehbiel, RN, FACHE. "This partnership is designed to make it easier for students to access care for their mental health issues on the RCTC campus."

The mental health professional will provide therapy services within the Student Health Services area and, as necessary, will work closely with the college's health care staff to help integrate mental and physical health issues.

"RCTC is overjoyed at the opportunity to provide access to this critical resource for our students," said Vice President of Student Affairs and Enrollment Management Michael Anthony, PhD. "We recognize the growing need to support our students' basic needs, including mental health care and treatment. This partnership is designed to help our students be their best selves, so that they can succeed in class, and meet their academic goals. We are thankful for our passionate student leaders for advocating for these increased services and look forward to what will come."

Krehbiel added that Zumbro Valley Health Center has significantly expanded its services to children, teens and young adults over the past year, nearly doubling the number treated in 2017.

"Our organization is working diligently to improve access to treatment options for area youth," said Krehbiel. "This includes placing therapists in area schools, developing a new program that teaches youth skills to better function with a mental illness and even creating a treatment group specifically designed for teens with drug or alcohol issues."

(more)

About Zumbro Valley Health Center

Restoring hope…one life at a time. For the past 50 years, Zumbro Valley Health Center has worked to improve the health of people in SE Minnesota regardless of their ability to pay. Our organization enhances the quality of life for individuals through an integrated model of care providing behavioral health, medical, dental and community support services. Last year, staff served more than 4,000 people, the overwhelming majority of whom are from under-served populations. The services we provide all have the same goal – helping people with an addiction disorder, a mental illness or a co-occurring condition lead more healthy, productive and self-sufficient lives. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zvhc.org or call 507-289-2089.

About Rochester Community and Technical College

Established in 1915, RCTC is the largest higher education provider in the fastest-growing city in Minnesota, serving more than 7,500 students a year in credit courses and nearly 4,000 in non-credit continuing and workforce education programs. RCTC combines the best in liberal arts, technical, and life-long learning with more than 70 credit-based programs and over 100 credential options. RCTC's expansive 518-acre campus includes university partnerships, a diverse student body, and a vibrant student life program. RCTC provides a unique learning environment that offers the feel of a four-year university campus with the commitment to access and opportunity of a two-year college.

RCTC is a member of Minnesota State—a higher education system that includes 30 two-year community and technical colleges and seven state universities serving more than 430,000 students. It is the fifth-largest higher education system of its kind in the United States.

###