



Hope is an important part of the recovery process. The hope to break the cycle of drug addiction. The hope for a lasting recovery from alcoholism. Zumbro Valley Health Center's outpatient-based Recovery Programs help restore your hope.

Zumbro Valley Health Center staff recognize that addiction is a disease that affects the whole person. Addiction to alcohol, illicit substances or prescription medications develops over time, and a successful recovery takes time, a strong commitment and a comprehensive treatment program. Programs address your individual goals and are tailored to your readiness for change. Throughout the program, a licensed counselor works with you to address the underlying issues of addiction, develops a treatment plan based around your needs and teaches you short- and long-term recovery skills.

Other Programs

Community Support Programs

- **Case management services** – program that supports people with serious and persistent mental disorders to function independently in the community
- **Independent living support services** – program provides a range of integrated services – case management, housing support and ARMHS – to help you secure housing, build a support network and develop the self-confidence to achieve your personal recovery goals

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 for 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

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

**SUBSTANCE
USE SERVICES**

Zumbro Valley Health Center offers you a wide range of outpatient treatment programs designed to help overcome your dependence on alcohol and/or other chemicals. Our model of care provides the level of treatment for your needs. For some, this may involve one-on-one sessions with a licensed counselor while others may include group therapy and ongoing support. Either way, you also have access to specialty services such as therapy, psychiatry and medical care.

Traditional Programs

- **Choices** – education and intervention program for people who have experienced harmful effects from alcohol or drug use but are not dependent on these substances. Classes are held every other month to review the physical, mental and social impact of substance use.
- **DWI Class** – monthly program involved with traffic court or the Minnesota Department of Public Safety. The class, which provides 8 hours of education on the effects of drinking, drug use and driving, is held the first Saturday of each month.
- **Recovery Basics** – outpatient-based, introductory treatment program focused on the consequences of alcohol and/or drug use and how these substances impact people's lives. Participants learn coping skills and relapse prevention techniques.
- **Right to Recovery** – intensive, harm-reduction program designed for people who have reached the chronic stages of substance use. Participants meet in group or individual settings to identify relapse triggers, develop new patterns of thinking and build social networks with others.

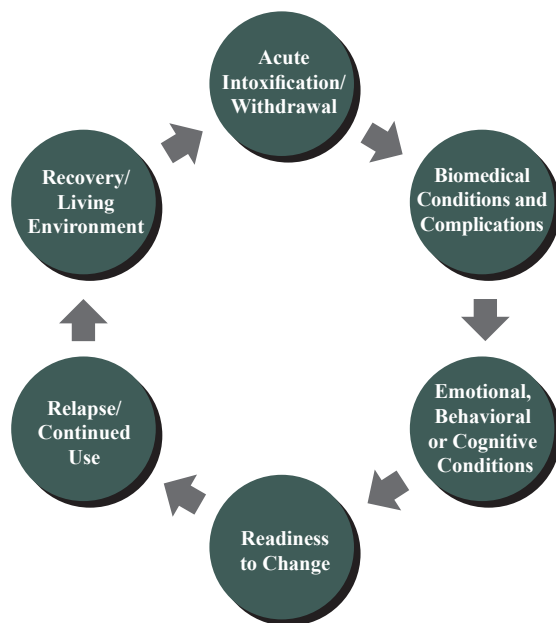
DID YOU KNOW?

- Over 50% of relapses happen within the first 7 days out of treatment
- A study of 10,000 patients showed that 90% of people who attended aftercare programs were able to abstain from any use of alcohol during that year
- Research shows that women in treatment relapse less frequently than men, due to their being more likely to engage in group counseling

Source: National Institute on Drug Abuse

Custom Programs

- **Pacing Recovery Effectively Program** – treatment program designed to meet the unique needs of people with an alcohol or drug problem and a cognitive impairment such as traumatic brain injury, developmental disability, mild head trauma or the residual effects of chronic substance use.
- **Recovery Partners** – intensive treatment program designed for people diagnosed with a co-occurring (mental and substance) disorder. An integrated team of chemical health counselors, therapists and psychiatric providers works closely with each participant to create a treatment plan based around their needs.
- **Women's Way to Recovery** – gender-specific program designed to help women with alcohol/drug use issues and mental health concerns. Program participants discuss strategies around relationships, enhance their mental health, learn about boundaries and understand self-care.



The American Society of Addiction Medicine's
Six Dimensions to Substance Abuse Treatment



Client Story – Rob

"Rob" is a middle-aged man with a history of alcohol and drug abuse. He joined the Right to Recovery program in October 2015 following 40 years of alcoholism. During that time, Rob had sought treatment from dozens of inpatient- and outpatient-based programs, where he frequently felt demeaned and a need to apologize for past actions.

"I find the harm reduction model used at Zumbro Valley Health Center very helpful," says Rob. "Whether I'm working one-on-one with a counselor or am in a group with my peers, nobody judges me or other members of the group. I have a strong connection with the counselor and feel that he cares about my overall well-being."