



Contact Information:

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

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Zumbro Valley Health Center Receives Donation to Enhance Services

Rochester, Minn. – Zumbro Valley Health Center today announced Rochester Area Foundation awarded the organization \$13,500 to help provide peer support services to clients. This funding will be used on training and equipment for a new position.

“Peer support services are a rapidly growing part of the treatment process for people diagnosed with a mental illness and/or substance use disorder,” said Chief Executive Officer Dave Cook, LICSW, MSW. “Through the sharing of their own life experiences, peer support specialists are able to promote recovery and have demonstrated a unique ability to improve the well-being of clients.”

Cook said that peer support services are a key part of the organization’s integrated care model, and the addition of new specialists into this model will enhance clients’ treatment.

“Effective treatment for people experiencing mental illness has been identified as a pressing and growing need in the greater Rochester area,” said Jane Angelone, grants administrator for Rochester Area Foundation. “Zumbro Valley Health Center is an important provider for these services, and we are pleased to be able to support their organization’s efforts to deliver specialized, effective care to one of our most vulnerable populations.”

Integration of mental health, medical and other services is an important strategy to improving the health outcomes for patients, especially those populations who are underserved and diagnosed with a serious mental illness or severe and persistent mental illness. The use of certified peer specialists – people who have experienced a mental illness and are trained to be direct service staff – is effective in engaging people into care, reducing the use of emergency rooms/hospitalizations and forging therapeutic connections with people considered to be among the most alienated from the health care service system.

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

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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 Area Foundation

For over 70 years, the Rochester Area Foundation has partnered with donors to build and improve the quality of life in the greater Rochester area through philanthropic leadership and community partnerships. To find out how the Foundation can connect you with the causes you care about most; call (507) 282-0203 or visit online at www.rochesterarea.org.

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