ZUMBRO VALLEY
MENTAL HEALTH CENTER

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Carl & Verna Schmidt Foundation Funds New Clinic

Rochester, Minn. – Zumbro Valley Mental Health Center recently received $25,000 from the Carl & Verna Schmidt Foundation to help support Zumbro Valley's new primary care clinic. The funding will be used to provide medical and care coordination services to the region's underserved populations.

"In the nine months the primary care clinic has been open, we have worked with dozens of individuals with significant co-morbid conditions," said Dave Cook, chief executive officer. "We're not only seeing more new patients access the clinic but also current Zumbro Valley patients are regularly coming back for their follow-up appointments."

Patient compliance with appointment times is a long-standing issue for health care providers. Cook said offering convenient, seamless access to primary care services is one of the key strategies to help improve the health of Zumbro Valley Mental Health Center's patients.

"This funding will allow our primary care team to diagnose and treat common illnesses and conditions which will enhance the overall care these patients receive," said Cook.

The focus on integrating medical and behavioral health services for the region's under-served populations was a key reason for the funding.

The concept for an integrated model of care began in late 2011 when Zumbro Valley Mental Health Center collaborated with Mayo Clinic, Olmsted Medical Center and Olmsted County to determine if a need existed at the local level. This workgroup was expanded to include representatives from Rochester Area Foundation, the Minnesota Dept. of Human Services, United Way of Olmsted County, the Minnesota Dept. of Health and Olmsted County Public

Health. Zumbro Valley received funding to establish the clinic through an appropriation by the Minnesota legislature in mid-2013.

A diagnosis of a serious mental illness often complicates care for people with chronic medical conditions, said Cook. For instance, Medicaid costs for individuals with a chronic physical disease and a mental illness are 75% higher than for people without a mental illness. Integration of these services has proven to both improve health outcomes and reduce costs for these patients.

The primary care clinic is designed to treat and help coordinate care for Zumbro Valley's clients diagnosed with co-morbid conditions. While at the clinic, individuals receive a comprehensive examination and basic primary care services. Clients whose conditions require intensive medical care are referred to specialists at Mayo Clinic or Olmsted Medical Center.

The clinic is open Mondays from 1 pm to 5 pm, Tuesdays from 8 am to 4 pm and Thursdays from 8 am to 4 pm.

About Zumbro Valley Mental Health Center
Zumbro Valley Mental Health Center enhances the quality of life for residents in southeastern Minnesota by serving as a community resource for the understanding and treatment of behavioral health and addiction disorders. The organization collaborates with government agencies, schools, non-profit groups and others to provide programs dedicated to improving the health of adults, adolescents and children. Zumbro Valley Mental Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zumbromhc.org or call 507-289-2089.

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