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Zumbro Valley Mental Health Center Adds Treatment Program for Opioid Dependence

Rochester, Minn. – Zumbro Valley Mental Health Center today launched a comprehensive program designed to help people with opioid dependence manage their disease. The innovative program treats participants using a combination of Suboxone® to mitigate the drug effects and counseling services to help people work out their steps to recovery.

“It’s the first program of its kind in Southeastern Minnesota,” said Judy Eichman, chemical health services director. “We offer the only program in this area that provides the Suboxone medication with the support of personalized chemical dependency outpatient treatment.”

Zumbro Valley Mental Health Center added the program in response to the rising incidence of opioid use. Over the past few years, the use of opioids such as prescription painkillers and heroin, has grown significantly across the United States, especially among younger people.

Stopping the use of heroin or painkillers is only the first step in the treatment process according to Eichman. Zumbro Valley Mental Health Center staff will utilize a comprehensive process to identify, treat and provide long-term support to program participants.

The registration process is straightforward:

- Upon contacting the Connections & Referral Unit (CRU), a staff person will conduct an initial intake to determine if the person demonstrates a need and sufficient motivation
- If approved, the program participant will complete an evaluation with a staff person
- The participant will then enter the CRU for a two-day stay, during which time s/he receives the Suboxone from a licensed psychiatrist
- After discharge from the CRU, the program participant will begin outpatient treatment

(more)

- The program participant will receive regular medical checks with a licensed psychiatrist, along with random urinalysis testing, to determine appropriate usage of Suboxone

Eichman said the follow-up treatment is a critical element in helping people remain free of their opioid dependence.

“The two-day stay and Suboxone is important in treating the opioid dependent person,” said Eichman. “However, the long-term treatment available through our recovery programs is what really differentiates this program.”

People may contact Zumbro Valley Mental Health Center at 507-281-6248 to learn more about the Suboxone program.

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 substance use disorders. The organization collaborates with government agencies, schools, non-profit groups and others to provide programs dedicated to improving the mental health of adults, adolescents and children. Zumbro Valley Mental Health Center is a private, non-profit organization serving Olmsted, Fillmore and surrounding counties. For more information, visit our Web site at www.zumbromhc.org or call 507-289-2089.

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