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New Therapists Join Zumbro Valley Mental Health Center

Rochester, Minn. – Zumbro Valley Mental Health Center added three therapists to its staff to help provide treatment for the increasing number of people requiring psychotherapy services in the community. All are currently taking psychotherapy appointments.

Mary Pattridge, licensed independent clinical social worker and licensed alcohol and drug counselor, has more than 20 years of experience working with people experiencing mental illness and chemical dependency issues. She worked for the State of Minnesota and Mayo Clinic prior to joining Zumbro Valley Mental Health Center. With her background in co-occurring disorders, Ms. Pattridge is uniquely qualified to provide the specialized services needed by the organization's increasing number of clients with mental and chemical disorders. She received her master's degree in social work from the University of Minnesota.

Keith Gascho is a licensed professional counselor who has experience providing therapy services to groups, individuals and families. He has extensive knowledge helping people with mood disorders, anxiety issues, substance abuse, co-occurring mental health and chemical dependency disorders, self-injuring, problems associated with grief/loss and sexually-reactive behaviors. Mr. Gascho received his master's degree in professional counseling from Olivet Nazarene University.

Julie Kidder joins Zumbro Valley from Fountain Centers in Albert Lea where she served as a counselor. Ms. Kidder has experience in a variety of mental health disciplines, including work with children, adolescents, crime victims and immigrants. She also is familiar with the unique needs of people with co-occurring disorders. Ms. Kidder received her master's degree in social work from the University of Minnesota.

(more)

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 and Fillmore counties. For more information, visit our Web site at www.zumbromhc.org or call 507-289-2089.

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