

Other Zumbro Valley Mental Health Center Programs

Chemical Health Services

- **Connections and Referral Unit** – secure, 24-hour detoxification program that provides short-term (up to 72 hours) help to adults and adolescents under the influence of alcohol or other substances
- **Recovery programs** – series of outpatient treatment programs designed to help adults overcome their dependence on alcohol and/or other chemicals

Children's Programs

- **Children's Mental Health Resource Center** – provides a series of support services to families of children with severe emotional disturbances
- **Root River Day Treatment** – program that offers mental health treatment to middle and high school students in a school-based setting

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 to single adults who are long-term homeless or chronic long-term homeless

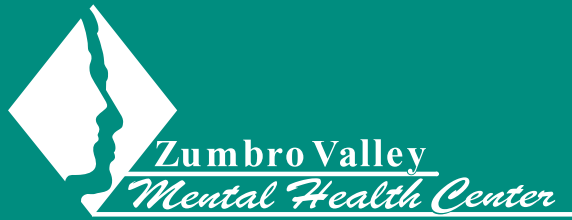
Intensive Residential Treatment

- **Residential and crisis stabilization** – 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

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

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester, MN 55904
www.zumbromhc.org
507-289-2089



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

**COMMUNITY
SUPPORT
PROGRAMS**



Building Partnerships, Strengthening Communities

Are you ready to live and work independently? We can help you to learn the skills necessary to better handle your every-day needs. An **independent** lifestyle. An **independent** you.

Through our range of rehab and support programs, Zumbro Valley Mental Health Center provides instruction on basic activities for daily living, job skills training, referrals to medical and educational services and help finding community resources for people with mental health and substance use disorders.

Our highly skilled and experienced staff use evidence-based practices to focus on helping you secure the resources necessary to live on your own. And, many of our staff members speak multiple languages, including Somali, Vietnamese and Cambodian.

Case Management

Dedicated case managers will provide support and the basic resources to help you live independently. Your case manager will work with you to:

- Find existing community resources
- Create a support plan based upon your specific needs
- Get referrals to medical, social and educational services
- Provide advocacy services when needed

All services are tailored to your unique needs. This includes a complete assessment, coordination of care, crisis assistance, monitoring and follow up. And, many of our case managers are bilingual, allowing us to provide culturally sensitive programs.



Operating under Rule 79 of the Minnesota Statute, our case managers work with hundreds of individuals – including Somali, Vietnamese and Cambodian – each year.

*Eligibility Criteria **

- Diagnosis of serious and persistent mental illness
- Referral from Olmsted County Social Services, Adult Behavioral Health Unit
- Olmsted County resident or financial responsibility of the county
- Age 18 or older

** Eligibility is determined by the Olmsted County Department of Social Services – Adult Behavioral Health Unit.*

Supported Employment Program

The Supported Employment Program provides a variety of job options, ranging from entry-level to skilled professional, to people with a serious mental illness. Our focus is to help you find and maintain a job in your community.



Zumbro Valley Mental Health Center works with numerous businesses to help people with a mental illness gain employment.

Staff will teach you important job skills and provide ongoing support to help you become self-sufficient. This includes:

- **Job development** – resume assistance, interviewing skills and job-seeking advice
- **Job coaching** – on-the-job training and support
- **Support services** – job retention tips such as negotiation, consultation and interpersonal skills training
- **Advocacy** – resources to help promote successful employment, including information on the Americans with Disabilities Act
- **Community resources** – information and access to other community services

“The Supported Employment Program has made the difference between keeping and losing my job. Staff has helped me set relevant goals for job-related activities as well as recognize some often overlooked factors involved in employment, such as personal organization and social interaction. At every meeting, staff has been positive and inspiring. I now feel I can do this thanks to help from Zumbro Valley.”



Fillmore County Programs

Zumbro Valley Mental Health Center works with Fillmore County to offer a variety of community support services to county residents.

Programs include:

- **Adult Rehabilitation Mental Health Services** – focus on teaching independent living skills
- **Case management** – assists people with serious and persistent mental illnesses to function independently through education about available community resources; referrals to medical, social and educational services; and advocacy assistance
- **Intensive Community Rehabilitation Services** – offers individuals diagnosed with a serious and persistent mental illness a range of clinical and rehabilitation services to prevent hospitalizations, civil commitments, incarcerations and other adverse outcomes
- **Outpatient therapy services** – psychiatry and counseling services for all stages of life, including specialized therapy for adults
- **Supported Employment Program** – a CARF-accredited community employment initiative that teaches people with a serious mental illness important job skills and provides ongoing support to help participants maintain employment

Contact Information

65 Main Avenue North
Harmony, MN 55939
Phone: 800-422-0161
Fax: 507-886-1490



Intensive Community Rehabilitation Services

The Intensive Community Rehabilitation Services (ICRS) program provides a range of integrated services – psychiatry, case management, Adult Rehabilitation Mental Health Services, medication education and others – to help you build your own support network and develop the self-confidence to achieve your personal goals. Your team of skilled professionals will work with you to create a treatment plan based upon your needs. Together we can build the foundation for an independent lifestyle.

Eligibility criteria

- You must be 18 years of age or older
- You must have a diagnosis of a serious and persistent mental illness
- You must be a resident of Olmsted, Fillmore or Mower county
- The services must be deemed medically necessary
- You must be willing to work with a multi-disciplinary (psychiatrist, case manager, therapist and nurse) team

Referrals are accepted from hospitals, clinics, community providers and the social service departments of Olmsted, Fillmore and Mower counties. Self-referrals and referrals from family members also can be received.

Contact Information

Olmsted County 343 Wood Lake Drive SE Rochester, MN 55904 Phone: 507-289-2089 Fax: 507-289-2327	Fillmore County 65 Main Avenue North Harmony, MN 55939 Phone: 800-422-0161 Fax: 507-886-1490
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Mower County
Bald Eagle Plaza
105 11th Avenue NE, Ste. A
Austin, MN 55912
Phone: 507-440-9491
Fax: 507-434-4795



Day Programs

The Zumbro Valley day programs are designed to help you learn the day-to-day skills to live independently. Staff will teach you basic activities of daily living, techniques to better structure your day, managing medications, how to improve socialization and interpersonal skills with others and tips on setting daily goals.

Programs include:

- **Adult Rehabilitation Mental Health Services** – focus on teaching rehab skills to eligible adults in a group or independent setting. This includes independent living skills like budgeting, nutrition education, illness management and recovery, interpersonal skills and education about medications. Sessions are currently offered in English, Somali, and Cambodian.
- **Day Treatment** – offers adults educational information on a variety of topics, such as improving symptom management, stress management, goal planning, relapse prevention strategies, medication education, dialectical behavior therapy and illness management and recovery, based upon evidence-based practices. Available four days a week, the program focuses on teaching skills that assist in maintaining optimal mental health and reducing relapses.