



### *Compassionate, Patient-Focused Care*

Are you currently experiencing issues at home? At work? In your relationships? Taking the time to honestly explore your thoughts and feelings can help you better handle life's tough trials. A *healthier* life. A *healthier* you.

The psychiatrists, psychologists and therapists at Zumbro Valley Mental Health Center offer a variety of treatment options, ranging from medications to group sessions to intensive individual therapy. Whatever the need, we can help identify your issues and offer guidance on how to manage them.

Our highly skilled and experienced therapists and clinicians work with you to build a trusting connection. We understand that each person is unique, and our focus is to help restore the whole – mental, emotional, spiritual – you.

## *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

### *Community Support Programs*

- **Case Management Services** – program that assists people with serious and persistent mental disorders to function independently in the community
- **Supported Employment Program** – accredited community employment program that teaches people with a serious mental illness important job skills
- **Day Programs** – educational programs for adults with a severe mental disorder that help participants learn basic activities of daily living

### *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

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*

**OUTPATIENT  
THERAPY**

## Psychiatric Services

The psychiatry department at Zumbro Valley Mental Health Center provides comprehensive counseling for all stages of life, including specialized therapy for adults, adolescents and children. Our team of compassionate professionals includes psychiatrists, psychiatric clinical nurse specialists, clinical social workers, nurses and a psychometrist.

The Zumbro Valley philosophy of care focuses on working with you to address the issues that are affecting your well-being, acting as a team to develop an effective treatment plan tailored your goals.

Services include:

- Comprehensive psychiatric evaluation
- Psychiatric therapy
- Ongoing medication management
- Medication education and compliance, including assistance to obtain prescription drugs at reduced prices or free of charge



## Mental Health Therapy Services

The Zumbro Valley psychology department offers a range of services to children, adolescents, adults, couples, families and special populations. Our staff of psychologists and licensed therapists is committed to helping you achieve the best outcome by working together to create a treatment plan based upon your needs.

Treatment services include:

- Comprehensive psychological evaluations
- Diagnostic assessment and psychological testing
- Individual psychological therapy
- Couples and family therapy
- Children's therapy and play therapy
- Domestic violence treatment

## Group Therapy Programs

- Anxiety
- Dialectic Behavioral Therapy
- Domestic Violence
- Empowering Women to Choose Healthier Relationships
- Partnership Approach for Coping with Emotions
- Women's Relationship Group

## What Our Clients are Saying

"The various therapies I've received and applied in my life have been amazingly beneficial and significantly improved all areas of my life." ❧

"(My provider) takes the time to understand my needs and concerns and has taken time for me when she didn't have the time. I have come a long way since I started the program." ❧

"A+ I am very well pleased with all the services through Zumbro Valley Mental Health Center." ❧

"Zumbro Valley is very organized. I really appreciated the options, like having my family receive information and advice on bi-polar disorder and how to cope with my issue. I am very satisfied with all aspects of the program." ❧

"Without Zumbro Valley Mental Health Center, I would be lost. Thank you." ❧

"The domestic violence program takes care of business. It's very useful for those who need it." ❧

