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## Fact Sheet

### Profile

Restoring hope...one life at a time. Zumbro Valley Mental Health Center enhances the quality of life for individuals in Southeastern Minnesota by serving as a community resource for the understanding and treatment of mental health and substance use disorders. Last year we served more than 5,000 people, and the need for our services continues to grow.

Ranging from telephone hotlines to inpatient treatment facilities, Zumbro Valley Mental Health Center offers people a continuum of care options for their mental and chemical health needs. Programs focus on a client-centered approach, and our multidisciplinary teams work closely together to tailor treatment plans around each client's personal strengths and abilities. And, our integrated campus allows clients to conveniently access multiple services during a single visit.

Improving clients' lives is a core value for our organization and staff. The programs and services we provide all have the same goal – helping those with behavioral health issues lead more healthy, productive and self-sufficient lives.

### Vision

Zumbro Valley Mental Health Center will be the preferred provider of a unique and diverse spectrum of mental and chemical health services. We help people live and grow in their home communities.

### Mission

Zumbro Valley Mental Health Center is your community partner for responsive, effective and affordable care.

### Programs and Services

#### *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 – collaboration of Zumbro Valley Mental Health Center, Olmsted County Community Services and Family Service Rochester that 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 so they can complete their academic requirements and transition back to a traditional school. The program is a collaboration of Zumbro Valley Mental Health Center, the Root River Education District and Fillmore County Family Services Collaborative.

### *Community Support Programs*

- Case management services – program that assists people with serious and persistent mental disorders to function independently in the community through education on available community resources; referrals to medical, social, educational services; and advocacy assistance.
- Adult Rehabilitation Mental Health Services (ARMHS) – focus on teaching eligible adults independent living skills and advice about medications in both group and individual settings. Sessions are currently offered in English, Somali, Vietnamese and Cambodian.

### *Housing*

- Housing options – program that offers housing subsidies and assistance to locate safe, affordable housing to adults with a mental illness. Zumbro Valley Mental Health Center currently provides short- and long-term housing units in Olmsted County.
- 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 Case Management*

- CD Pilot Project – 10-county project designed to provide intensive case management to individuals who have been unable to achieve their recovery goals through traditional treatment methods. Techniques include coordination of support services, harm-reduction techniques and individual treatment plans. Through this model, clients receive the high level of contact necessary for them to address their substance abuse and other corresponding issues.

### *Intensive Residential Treatment*

- Residential and crisis stabilization – on-site program that provides mental health services for up to 12 adults. Counseling focuses on enhancing psychiatric stability, personal and emotional adjustment, self-sufficiency and independent living skills.
- 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.

## **History**

The roots of Zumbro Valley Mental Health Center can be traced back to 1957 when the state legislature passed the Minnesota Mental Health Center Act. Later that year, the Rochester-Olmsted County Mental Health Clinic opened, providing outpatient clinic-based mental health services to residents of Olmsted County. In 1966, the clinic was officially named Zumbro Valley Mental Health Center, Inc.

Today, Zumbro Valley Mental Health Center is a private, 501(c)(3) organization employing 140 people that annually provides mental health and substance use disorder services to more than 5,000 residents of Olmsted, Fillmore and surrounding counties.

## **Management Team**

Dave Cook, L.I.C.S.W. – Chief Executive Officer

Mark Bronson, L.I.C.S.W. – Clinical Director

Gary Chaikin, M.D. – Medical Director

Judith Eichman, L.S.W., L.A.D.C. – Chemical Health Services

Heather Geerts, L.I.C.S.W. – Residential Treatment

Scott Gerdes – Chief Financial Officer

Tracy Lee, MBA – Human Resources and Facilities

Tina Nunemacher-Tews, L.S.W. – Community Support Programs

Sean Rice, MBA – Marketing, Development and Customer Service