

Zumbro Valley Mental Health Center

CO-OCCURRING DISORDER FAMILY GROUP

PURPOSE

The Co-Occurring Disorder Family Group is a new program offered to the families of Zumbro Valley Mental Health Center clients experiencing a co-occurring disorder (mental illness and substance use disorder). The program focuses on providing education about co-occurring disorders and their impact on clients and their families. Both families and clients are invited to attend (family is defined as a relative or someone else who has a caring relationship with the client).

Goals for the program include:

- To recognize and build on the strengths of each family member and the family as a unit
- To teach family members about co-occurring substance use and psychiatric disorders and the principles of their treatment
- To reduce relapses, re-hospitalizations and detoxification visits of the family member with the co-occurring disorder
- To reduce stress in the family and improve communication and problem-solving skills
- To help all family members make progress toward personally meaningful goals

Participants must be a client of Zumbro Valley Mental Health Center or family member of a client at Zumbro Valley and be referred to the program. Families are required to attend a screening session prior to joining the program.

DIRECTIONS

FROM NORTH

- Take 40th Street South exit, (approximately 1/2 mile south of US52/US63 interchange)
- Turn left over US63
- Turn left onto Wood Lake Drive frontage road
- Turn right onto 35th Street SE
- Drive to the end of 35th Street SE

FROM SOUTH

- Take 40th Street South exit, (approximately 1/8 mile north of 48th Street SE exit)
- Go straight onto Wood Lake Drive frontage road
- Turn right onto 35th Street SE
- Drive to the end of 35th Street SE

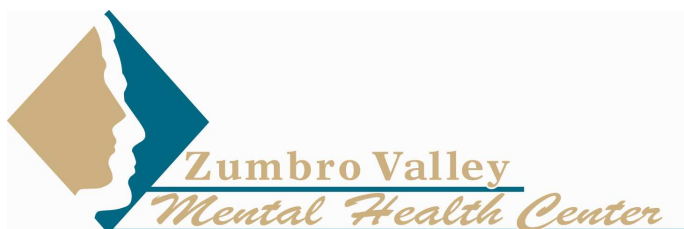
Format

Eight weekly sessions beginning Sept. 30. Meetings held on Thursdays, 6:00 p.m.—8:00 p.m. Cost is \$160 per family. Scholarships may be available.

Contact Information

Zumbro Valley Mental Health Center
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