

## Contact Information

### *Olmsted County*

Zumbro Valley Mental Health Center – Main Campus

343 Wood Lake Drive SE

Rochester, MN 55904

Phone: 507-289-2089

Fax: 507-289-2327

### *Fillmore County*

Zumbro Valley Mental Health Center

301 St. Paul Street

Preston, MN 55965

Phone: 507-765-2788

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### *Mower County*

Zumbro Valley Mental Health Center –

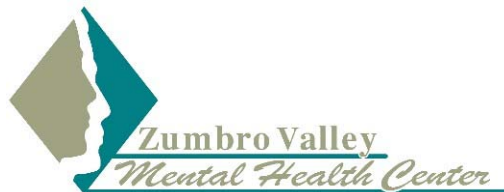
Bald Eagle Plaza

105 11<sup>th</sup> Avenue NE, Suite A

Austin, MN 55912

Phone: 507-440-9491

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## *Other Zumbro Valley Mental Health Center Programs and Services*

### *Chemical Health Services*

- *Connections and Referral Unit* – secure, 24-hour detoxification program
- *Recovery programs* –outpatient treatment designed to help adults overcome their dependence on chemicals

### *Children's Programs*

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

### *Community Support Programs*

- *Case management services* – assist people with serious and persistent mental illness 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 illness that help participants learn basic activities of daily living

### *Housing*

- *Housing options* – 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 Services*

- *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

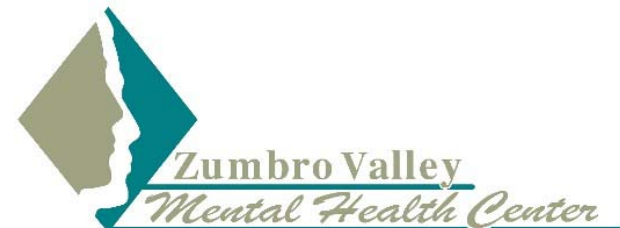
### *Outpatient Therapy Services*

- *Psychiatric and psychological services* – therapy available to adults and children in individual and group settings to help participants heal emotionally and regain normal functioning

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## *Intensive Community Rehabilitation Services*

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



## *Working Together to Build an Independent Lifestyle*

Are you ready to take more control over your recovery? your independence? your life?

Access to convenient, skilled resources can help those with a serious and persistent mental illness develop lifestyle goals and learn the skills necessary to accomplish day-to-day activities.

The Intensive Community Rehabilitation Services (ICRS) program provides a range of integrated services – psychiatry, case management, independent living skills, 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 experienced professionals will work *with* you to create a treatment plan based upon your needs. *Together* we can build the foundation for an independent lifestyle.

**Intensive Community Rehabilitation Services is a collaboration of Zumbro Valley Mental Health Center and Olmsted, Fillmore and Mower counties.**

### *You Can Achieve Your Goals*

By participating in the ICRS program, you become part of a team. Members of your team include:

**Psychiatry** – mental health assessments and evaluations; follow-up care; symptom management; education; and medication management.

**Case Management** – assessment and coordination of care; information about and access to community resources; access to medical, social, educational and other services; monitoring and follow-up support.

**Adult Rehabilitation Mental Health Services (ARMHS)** – goals focus on mental illness management; relapse prevention; healthy lifestyles; interpersonal communication; community resource utilization and integration; budgeting and financial management; household management; nutrition and cooking; employment-related skills; transportation training; shopping skills; and illness management.

**Education about Medications** – mental illness symptoms; role and effects of medications in treating symptoms; and side effects of medications.

**Other Services** – connection to medical and dental care; social and leisure skill development; and community services.

### *Independence Begins with the First Step*

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.

Eligibility criteria include:

- 18 years of age or older
- Diagnosis of a serious and persistent mental illness
- Resident of Olmsted, Fillmore or Mower county
- Services deemed medically necessary
- Participant's willingness to work with a multi-disciplinary team

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