

Zumbro Valley Mental Health Center

INDEPENDENT LIVING SKILLS

OVERVIEW

Zumbro Valley Mental Health Center offers adult rehabilitative mental health services (ARMHS) in an individual or class setting. Services are designed for adults that have a mental health diagnosis and could benefit from rehabilitative services to regain skills related to independent living, involvement in the community and managing their mental health symptoms.

CLASSES OR INDIVIDUAL SESSIONS

- **Dialectical Behavior Therapy Skills (DBT)**—designed to help refine skills a person already has so changes can be made in behavioral, emotional and thinking patterns associated with daily living issues. Sessions focus on decreasing interpersonal chaos, emotions and mood, impulsiveness and confusion about self. Classes available Mondays and Wednesdays from 1:30pm to 3:00pm.
- **Symptom Management**—focuses on acquiring the skills and knowledge needed to identify and manage symptoms of mental illness. Classes available Mondays from 3:00pm to 4:00pm.
- **Interpersonal Skills**—teaches participants how to positively interact with others. Each class includes an educational presentation and discussion of related topics. Classes available Tuesdays from 2:00pm to 3:00pm.
- **Pre-Employment Skills**—instructs participants on how to enhance personal presentation, communication and conflict resolution skills. Classes available Tuesdays from 3:00pm to 4:30pm.
- **Mind Over Mood**—instructs participants on methods to manage mood disorders such as depression, anxiety and panic. Each session includes a presentation and discussion of related topics. Classes available Wednesdays from 11:00am to 12:30pm.
- **Solutions for Wellness**—focuses on healthy living, including how to read food labels, nutrition, fitness and exercise. Available Wednesdays from 12:30pm to 1:30pm.
- **Stress Management**—techniques that educate participants about stress-reducing skills and problem-solving methods. Each session provides information as well as discussion of key topics and hands-on implementation of ideas. Classes available Thursdays from 1:00pm to 2:00pm.
- **Illness Management and Recovery (IMR)**—utilizes an evidence-based practice curriculum that to focus on relapse prevention, coping skills and goal setting. Classes available upon request.
- **Survivor**—specifically designed for the needs of people living with schizophrenia. Each session includes personal check-in, an educational presentation, discussion and support. Classes available Thursdays from 3:00pm to 4:30pm.

Contact Information

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