

# Struggling with Substance Use?

## We can help.



### Supporting Your Path to Healing & Long-Term Recovery

**Recovery is a journey of rebuilding your health, your stability, your relationships, and your sense of purpose.**

Because no two journeys are alike, we tailor treatment for both **adolescents** and **adults** to meet your individual goals and needs. Our counselors work closely with you to develop the essential skills and foundation for lifelong recovery.

#### Available Services

- Individual & Group Counseling
- Same Day Assessments
- Detoxification/Withdrawal Management
- Drug Testing
- One-on-One Counseling
- Morning & Evening Outpatient Groups
- Community Recovery Housing Collaboration
- Relapse Prevention to Intensive Outpatient
- 8 & 12-hour DWI Education
- Medication for Opioid Use Disorder (MOUD/MAT)

#### Whole-Person Recovery Support

As a Certified Community Behavioral Health Clinic (CCBHC), Zumbro Valley Health Center supports the whole person with comprehensive, integrated care that may include:

- Mental Health Counseling
- Psychiatric Services
- Medication Management
- Peer Recovery Support
- Case Management & Care Coordination
- Crisis Stabilization Services
- Family Education & Support
- Telehealth

## Restoring hope one life at a time.

Start your recovery journey today.



### Take the First Step

Call **507-289-2089** and Dial 1  
to talk to our Intake Team or visit  
[www.ZVHC.org/SubstanceUseAndRecovery](http://www.ZVHC.org/SubstanceUseAndRecovery)