



**Contact Information:**

Sean Rice  
507-535-5750 (days)  
507-279-0967 (evenings)  
[seanr@zumbromhc.org](mailto:seanr@zumbromhc.org)  
[www.zumbromhc.org](http://www.zumbromhc.org)

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Medica Foundation Funds New Treatment Model

**Rochester, Minn.** – Zumbro Valley Health Center has been selected to receive \$50,000 from the Medica Foundation to help support Zumbro Valley's new primary care clinic. The funding will be used to expand the provision of medical and care coordination services to the region's underserved populations.

"Over the past year, our integrated care team has worked with more than 100 people with significant co-morbid conditions," said chief executive officer Dave Cook, LICSW, MSW. "The generous grant from Medica Foundation allows us to add staff and expand the facilities so we can provide treatment to more of these individuals within our community."

Cook said funds will be used to add a second nurse practitioner and a new examination room.

"The focus on integrating medical and behavioral health services for the region's under-served populations was a key reason for the funding," said JoAnn Birkholz, director of the Medica Foundation. "A key focal point for the foundation was funding innovative behavioral health programs that encompass physical, mental and chemical health services. Zumbro Valley Health Center's integrated care model was a perfect fit."

Cook added that a significant number of people have co-morbid conditions such as diabetes, obesity and heart disease along with their mental illness or addiction diagnoses. In order to help these individuals enhance their behavioral health, it's necessary to provide an integrated approach that incorporates other key factors in their lives.

The concept for an integrated model of care began in late 2011 when Zumbro Valley Health Center collaborated with Mayo Clinic, Olmsted Medical Center and Olmsted County to determine if a need existed at the local level. This workgroup was expanded to include representatives from Rochester Area Foundation, the Minnesota Dept. of Human Services,

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the Minnesota Dept. of Human Services, United Way of Olmsted County, the Minnesota Dept. of Health and Olmsted County Public Health. Zumbro Valley received funding to establish the clinic through an appropriation by the Minnesota legislature in mid-2013.

The primary care clinic is designed to treat and help coordinate care for Zumbro Valley Health Center's clients diagnosed with co-morbid conditions. While at the clinic, individuals receive a comprehensive examination and basic primary care services. Clients whose conditions require intensive medical care are referred to specialists at Mayo Clinic or Olmsted Medical Center.

The clinic is open currently Mondays from 1 pm to 5 pm, Tuesdays from 8 am to 4 pm and Thursdays from 8 am to 4 pm. New hours for the clinic have yet to be determined.

#### **About Zumbro Valley Health Center**

Zumbro Valley Health Center, a leading provider of integrated health care services, delivers systematic coordination of general and behavioral health care to people with mental health, medical and addiction disorders. The organization collaborates with government agencies, schools, non-profit groups and others to provide programs dedicated to improving the health of adults, adolescents and children. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at [www.zvhc.org](http://www.zvhc.org) or call 507-289-2089.

#### **About the Medica Foundation**

The Medica Foundation is a nonprofit, charitable grant-making foundation. It is an affiliate of Medica Health Plans, a Minnesota-based nonprofit HMO. The Medica Foundation generally seeks to fund community-based programs and initiatives that can provide sustainable, measurable improvements in the availability, access and quality of healthcare. More information is available on the Medica Foundation [website](#).

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