

A user-friendly GUIDE TO

Mental Health

FOR FAMILIES in Macomb County



About This Book

This *Small Book* is designed to assist families in locating free or low-cost community services in Macomb County and is designed to be user-friendly.

The book first lists a "SITUATION" followed by a short descriptive phrase about each of the known services listed for that situation, an explanation of the services and eligibility requirements (if applicable), and finally, the telephone number for the service.

This book lists services by a service category, not by agency. This helps to speed the finding of needed services. For the most part, only Macomb County resources are listed. Exceptions to this are out-of-county resources included if a Macomb County facility is filled or county or state services that may be accessed in Macomb County.

To aid you in your use of this book, you will notice the following format: Each "*Situation*" is enclosed in a black box to differentiate it from other situations.

The symbol (~) is placed in front of each new service under that category. All known services for a situation are grouped under it regardless of what agency offers those services.

As names of agencies and programs frequently change, please note that the former name is indicated in brackets { }.

Every effort has been made to assure that the information is up-to-date and accurate. Due to the dynamic nature of organizations, information changes often.

We hope that you enjoy this resource and that you are able to locate help more quickly. For your information, *Small Books* are available on the following topics:

Adoption	Literacy
Child Abuse	Mental Health
Child Care	Parenting
Dementia	Recreation/Leisure
Dental	Runaway Services
Domestic Violence	Senior Citizen Services
Employment & Training Services	Sexual Assault
Fetal Alcohol Spectrum Disorder	Special Needs
Financial Assistance	Substance Abuse
Food	Suicide Prevention
Gambling Addiction/Problems	Support Groups
Resources	Teen Pregnancy Service
Health	Transportation
Homeless Services	Utility Assistance
Housing	Vision and Hearing Services
Legal Issues	Glossary

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MENTAL HEALTH SERVICES

SITUATION: A CHILD IS EXPERIENCING A MENTAL HEALTH EMERGENCY. *(A situation is considered a mental health emergency when an individual is at direct and immediate risk of seriously harming him/herself or someone else; if a person's symptoms of mental illness are active and s/he is unable to care for her/himself; or is unable to understand the need for treatment and these conditions can be reasonably expected to result in harm).*

- ❖ In this situation, children should be taken directly to:

Harbor Oaks Hospital*, New Baltimore	(800) 537-7924
Havenwyck Hospital*, Auburn Hills	(248) 373-9200

At the hospital, Emergency Psychiatric Service staff will assess the immediate need and obtain authorization for the appropriate level of care. Treatment may be provided in an inpatient unit or in an alternative community setting, according to best practice guidelines, Macomb County Community Mental Health* policy, and the situation.

For other emergency situations, or after regular business hours, contact:

Macomb County Crisis Center*	(586) 307-9100 Collect calls accepted
TDD*: Tap space bar after dialing number	

SITUATION: AN ADULT IS EXPERIENCING A MENTAL HEALTH EMERGENCY. *(A situation is considered a mental health emergency when an individual is at direct and immediate risk of seriously harming him/herself or someone else; if a person's symptoms of mental illness are active and s/he is unable to care for her/himself; or is unable to understand the need for treatment and these conditions can be reasonably expected to result in harm).*

In a mental health emergency, adults should be taken to the emergency room of the nearest hospital with an inpatient **psychiatric unit, or directly to Emergency Psychiatric Services (EPS) - Henry Ford Macomb Hospital, Mt. Clemens, (586) 466-9895.**

At the hospital, Emergency Psychiatric Service staff will assess the immediate need and obtain authorization for the appropriate level of care. Treatment may be provided in an inpatient unit or in an alternative community setting, according to best practices guidelines, Macomb County Community Mental Health* policy, and the situation.

For other emergency situations, or after regular business hours, contact the Macomb County Crisis Center*, (586) 307-9100. TDD*: Tap the space bar after dialing the number. Collect calls accepted.

SITUATION: A person needs an assessment for non-emergency mental health services.

❖ **Mental Health Assessment Services** are available for persons through Macomb County Community Mental Health* - outpatient sites. Services include: assessment of the problem, insurance, and referrals to an appropriate agency, based on needed level of care, type of insurance and location of service. Macomb County Community Mental Health* receives referrals through its Access Center*:

CMH* Access Center*	(586) 948-0222 8:30 A.M. - 4:45 P.M. M - F
FAX:	(586) 948-0213

Agencies are asked to **contact the CMH* Access Center* to discuss service responsibilities prior to referring the consumer.** Provider line to the Access Center*: (586) 948-0206.

SITUATION: A person needs mental health services and has Healthy Kids* or MIChild*.

If a youth has Healthy Kids* or MIChild* health insurance, Healthy Kids* or MIChild will pay for the cost of the authorized treatment. CMH* will monitor and mandate the length of treatment.

SITUATION: A person needs mental health services and has insurance other than Healthy Kids.

If a person has health insurance other than Healthy Kids* (e.g., Select Care, Blue Cross/Blue Shield, etc.), the health insurance carrier will be billed for CMH services. Privately insured consumers need to utilize their insurance first. Medicaid is the payer of last resort.

SITUATION: A person needs mental health services and has no insurance.

If a person has limited or no insurance, fees will be set on a sliding scale.

SITUATION: A youth needs a residential placement due to a severe emotional disturbance or mental illness.

- ❖ **Residential placement of a severely emotionally disturbed child in a therapeutic facility** is provided as an alternative to inpatient hospitalization, if the safety of the child can be secured. An authorization from Community Mental Health is required and CMH must be the referral agent to any residential facility. Children must display signs of having a severe emotional disturbance or mental illness as defined in the DSM IV* and the residential treatment is deemed as the appropriate level of intervention. Parents must agree to be actively involved through the entire course of treatment. Assessment for residential treatment services are made through:

CMH* Access Center Consumer Line	(586) 948-0222 Monday-Friday 8:30 A.M. - 4:45 P.M. Collect calls accepted
CMH* Access Center Agency Line	(586) 948-0206

SITUATION: A youth with no insurance or limited income needs outpatient mental health services *and has parental consent.*

- ❖ **Assessment and counseling services for youth under age 18 with permission from a parent or guardian.** The parent or legal guardian must call for an appointment, unless the youth is aged 14 or older and wants to receive services without parental consent. Sliding fee scale (0 - \$107). Agencies may call the CMH* Access Center* at (586) 948-0222.
- ❖ **Assessment and counseling services for children ages 5 - 18 who reside north of M-59 in Macomb County or adjacent counties.** Sliding fee scale based on family size and income. Clients must provide proof of residence. Available from Macomb Family Services*, Romeo, (586) 752-9696.
- ❖ **Assessment, psychiatric evaluation, medication reviews and outpatient counseling services on a sliding fee scale/ability to pay for youth under 18.** Custodial parent/guardian must grant permission for treatment and bring the child for the appointment. Available from Macomb Child Guidance Clinic*, Sterling Heights, (586) 978-2476 or Clinton Twp., (586) 463-5844.
- ❖ **Assessment and counseling services for youth age 5 - 18 who are residents of Armada, Bruce Township, Richmond, Romeo, and Washington Township and who have permission from a parent or guardian.** Sliding fee scale (\$25 - \$60). Available from Macomb Family Services* - Romeo, Richmond and Shelby Township sites. Youth or parents need to make the initial phone call to supply health insurance information and household income. Call (586) 752-9696 for services and ask for the Admission Specialist.

❖ **Counseling for youth ages 4 years and older.** All children need parental permission and the custodial parent needs to bring the child in for the appointment. Available from Macomb Family Services*, Romeo (586) 752-9696; Richmond (586) 727-5529; Shelby, (586) 254-5660 and Clinton Township, (586) 226-3440.

SITUATION: A youth with no insurance or limited income needs outpatient mental health services but *does not want to ask for parental/guardian permission.*

❖ **Assessment and determination of the need for 12 treatment sessions or four months of treatment without parental consent (if there are extenuating circumstances).** Available from CMH*. Call the CMH* Access Center*, (586) 948-0222.

❖ **Mental Health Counseling Services provides one session only without parental permission for youth aged 18 and older.** The child, parent, or anyone else concerned, may call for an appointment for the child(ren). Parental permission needed for ongoing treatment. Sliding scale* fee (\$5 - \$60) for Macomb County residents. Available from Catholic Services of Macomb* in Warren and Roseville; call the Warren office for an appointment at either site: (586) 558-7551.

OTHER RESOURCES

❖ **Support and information for loved ones of persons with mental illness** provides an opportunity to talk with other individuals and families managing mental illness, an overview of various forms of mental illness, signs, symptoms and coping strategies, information about medications and treatment options and an opportunity to meet and ask questions of a child and adult therapist. Available from Macomb County Community Mental Health* - FIRST SW* Facts for Families Program, (586) 274-0200 (Warren).

ACKNOWLEDGEMENTS

This booklet has been developed from "*Making the Right Connection*", a project of the Macomb County Inter Agency Council and its Youth Council Subcommittee.

For the complete Resource Directory, please go to www.misd.net/connection





GREAT PARENTS MACOMB*
Serving families with children birth to age 5

For information on other resources for families of children
age birth to 5 years, please call:

1.866.4MACOMB

1.866.464.2662

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Agencies throughout Macomb County are program partners.