

Wellness Resource Guide

CMHPSM - Community Mental Health Partnership of Southeast Michigan

705 N. Zeeb Road, Ann Arbor, MI 48103
Prevention: Jane Goerge, (734)222-3842

- Funding for prevention programs in Monroe, Washtenaw, Livingston, Lenawee Counties.

Monroe Community Mental Health Authority

1001 S. Raisinville Rd., Monroe, MI 48161

Phone: (734)243-7340

- CMHPSM provides funding locally for substance use disorder and mental health access for Monroe County residents with Medicaid/HMP and no insurance.

Catholic Charities of Southeast Michigan

25 S. Monroe St., Ste. 205, Monroe, MI 48161

CCSEM Front Desk: (734)240-3850

- CMHPSM funding for Medicaid and uninsured.
- CCSEM accepts BC/BS, Aetna, Cigna, HAP, Tricare, Blue Care network, Humana, United Healthcare, Medicare, and EAP plans.
- Adult Substance Use Treatment
- Adolescent Substance Use Treatment
- Recovery Peer Support Services
- Case Management Services
- Recovery Planning Groups
- Women's Specialty Outreach Services specific to women addressing addiction and who are pregnant or have children.
- Early Intervention Services focused on individuals who are pre-contemplative of change.
- CCSEM facilitates the Student Prevention Leadership Teams (SPLT) in all 12 Monroe County high schools.
- **CCSEM St. Joseph Center of Hope** located at 222 Colonial Drive is a 24-hour crisis intervention center for individuals struggling with active addiction. Phone: (734) 357-8880

ProMedica Monroe Regional Outpatient Behavioral Health Services

730 N. Macomb St., Ste. 200, Monroe, MI 48162

(734)240-1760

- Individual Counseling
- Group Counseling
- Family and Couples Counseling
- Services to children, adolescents, adults, and older adults to address behavioral health and substance use disorder issues
- Medication management
- Driver's license evaluations
- Most insurances are accepted including Medicaid and Medicare

Primacare

14930 LaPlaisance Rd., Ste. 138, Monroe, MI 48161

Questions to our support staff, call (734)241-9574.
Or e-mail: primacarementalhealth.com

- Mental health and substance abuse — youth, family and individual therapy
- Most insurances are accepted. A sliding fee schedule is available.

River Raisin Counseling

2262 N. Monroe St., Monroe, MI 48162

(in the Poggemeyer Design Building)

Lennie Alcorn, LLPC, CSOTS, MPC, MSAC

(734)430-9394 (734)931-6151

- Substance abuse assessments and individual counseling. Cash only.
- Supervised parenting
- Domestic violence prevention
- Trauma counseling for victims of human trafficking and domestic violence
- Family counseling
- Individual mental health counseling
- SMILES (referred through Friend of the Court)
- Sex offender treatment (adult and juvenile)
- Drivers license restoration

Paula's House

P.O. Box 2002, Monroe, MI 48161

Paula Whitman, Executive Director, or Lisa Young, Operations Manager

Phone: (734)242-6650 Fax: (734)242-6630

- Paula's House is a long-term transition home for women in recovery from substance abuse and their minor children. The primary focus is relapse prevention and permanent housing. The home is funded by various grants.

Passion of Mind Healing Center

14930 LaPlaisance Rd., Ste. 127, Monroe, MI 48161

Call Diana Monday or Melinda Breeding:

(734)344-5269

- Medication assisted treatment (Suboxone, Vivitrol, Methadone), individual, group, and family counseling related to substance abuse treatment, peer recovery services, family center
- Self-pay and contracted with CMHPSM (Community Mental Health Partnership of Southeast Michigan)

Center for Healing Connection, LLC

111 E. First St., Ste. 200, Monroe, MI 48161

Mary Beth Wright: (734)755-9983

E-mail: healingconnectionsmbw@gmail.com

- Center for Healing Connections offers trauma-informed therapy to support on-going abstinence and help resolve the underlying factors which contribute to substance abuse. These factors may involve a history of trauma (neglect, abuse, loss) as well as interpersonal conflict, low self-worth, and inadequate coping skills. We help our clients build the internal and external resources and skills needed for on-going recovery.
- We contract with several insurance companies and also accept private pay clients. Accepted insurances include: BC/BS, BCN, Paramount, Aetna, Meridian, Medicare, and Value Options.

Straight N Arrow Counseling Service, LLC

111 E. Front St., Ste. 300, Monroe, MI 48161

Rebecca Lewis, MA, LPC, CAADC, SST

Phone: (734)770-0845 Fax: (844)272-7476

Rebecca.lewis@snacounseling.com

- Outpatient substance abuse treatment, dual diagnosis treatment, substance abuse assessments, drug/alcohol education groups
- Mental health services for clients ages 14-17 are available for 12 sessions or 3 months without parental consent.
- Clients are welcome to self-pay for services. A sliding scale is available. We accept cash, credit card, check, and money order. We also accept Aetna, Blue Care Network, Blue Cross/Blue Shield, Magellan, Meridian Health Plan, Molina Healthcare, Value Options

Family Medical Center of Michigan, Inc.

8765 Lewis Ave., Temperance, MI 48182

(734)847-3802

This is the main administrative office with services provided from this location as well as locations in Carleton, Monroe, and Adrian.

1200 N. Main St., Adrian, MI 49221

(517)263-1800

130 Medical Center, Carleton, MI 48117

(734)654-2169

1085 N. Macomb St., Monroe, MI 48162

(734)240-4851

Jessica Parsil, MA, LLP, for all behavioral health matters:

(734)847-3802

Terrie Ball for all other Family Medical Center matters:

(734)847-3802

- Substance Use Screening and Intervention: annual substance abuse screening for all patients, including medical. If needed, medical providers will refer to behavioral health providers for full assessment. Determination is made for level of care, and Family Medical Center provides services for mild to moderate cases and refers out for more intensive services.
- Behavioral health services include individual therapy, group therapy, screening and diagnostic services for depression, anxiety, PTSD, Bipolar Disorder, ADHD, etc.
- Many insurances are accepted, including sliding scale fee for the uninsured. It is recommended to call the location from which you will be seeking services to determine whether they accept your insurance.





Link to information in the **Monroe County Mental Health Resources Guide** by visiting:
promedica.org/monroementalhealth



Humanistic Wellness Center

750 S. Monroe St., Monroe, MI 48161
Dr. John Brooks Phone: (734)639-2262
humanisticwellnesscenter@gmail.com
Offices of the following licensed professionals:

John A. Brooks II, Psy.D., LPC; Christine A. Feick, MSW, Psy.D., LP; Lauren White, M.A., LPC; Nicholas D. Capaul, Psy.S., TLLP; Kathy Grosh, Psy.S., LLP; Kristi Wandrie-Biundo, M.A., LLPC; Kelly Anderson, M.A., LLPC; Conrad Mahr, M.A., TLLP

- Specialized treatment for all addictions: substance abuse, behavioral addictions, and co-dependency. Individuals, couples, family, and group therapy.
- Please call the office to see if your insurance is accepted.

Family Counseling and Shelter Services

14930 LaPlaisance Rd., Ste. 106; Monroe, MI 48161
Crystal Martin, Executive Director
Phone: (734)241-0180
Appointment: Call Stacey Taylor or Christy Low at (734)241-0180

- Individual Counseling
- Group Counseling (Anger Management, Parenting, SMILE, Batterer Intervention Program)
- Family and Couples Counseling
- Therapeutic Visitation
- Most insurances accepted: Blue Cross/Blue Shield, Meridian, Molina, United Healthcare, Aetna, Farmers, MI Child, Cofinity, Tricare. Sliding fee scale also available — based on income.

Touchstone Recovery Homes

57 Navarre St., Monroe, MI 48161
Ty Guthrie Phone: (734)585-4104
www.touchstonerecoveryhomes.com

- There are 4 homes in Monroe with 42 beds.
- Transitional housing for homeless men who are struggling with a substance abuse disorder. This housing provides accountability, structure, outpatient programming, and job opportunities.
- The first 60 days are funded by Community Mental Health Partnership of Southeast Michigan. In this 60 days, men are assigned to a peer recovery coach to work towards self-sustainment. Clients receive assistance in applying for insurance and obtaining food and clothing. The expectation is \$420 per month in self-pay after the first 60 days.

Life Challenge

Phone: (567)312-0672
or (313)531-0111 [Detroit Campus]

- Life Challenge offers up to 12-month residential treatment for men and women. (A 90-day commitment is requested from those entering into treatment.)
- Faith-based, works with court system and probation officers, testing such as physical, TB, HIV, Hepatitis B & C, STD, and pregnancy.
- \$700 one-time fee, and Monroe County residents have the opportunity to apply for this fee through *Ryan's Hope Foundation*.

Monroe Area Recovery Meetings

• Alcoholics Anonymous

69 meetings offered each week
Hotline: (734)240-4844
www.monroeea.org

Or visit www.thursdayaspeakers.com for a list of Monroe County meetings

• Narcotics Anonymous

15 meetings offered each week
Hotline: (248)543-7200

Or visit www.michigan-na.org/meetings for a list of Monroe County meetings

• Heroin Anonymous

2 meetings offered each week

Tuesdays - 8 p.m. "Breaking the Habit" at Touchstone Recovery/Ty's House, 517 Smith Street, Monroe

Fridays - 8 p.m. at First Presbyterian Church, 108 Washington Street, Monroe

12-Step Anonymous Recovery Meetings are a fellowship of men and women who share their experience, strength and hope with each other, so that they may solve their common problem and help others to recover from their drug and/or alcohol addictions. The only requirement for membership is a desire to stop using drugs and/or alcohol.

The 12 Steps are a guide, spiritual in their nature, which — if practiced as a way of life — can expel the obsession to use and enable the sufferer to become happily and usefully whole.

The Salvation Army Harbor Light Center

3250 N. Monroe St., Monroe, MI 48162

Phone: (734)384-3402 — The receptionist will triage calls to the correct department.

- Core programs include: screening-assessment-referral and follow-up, detoxification, residential treatment, day treatment, outpatient services.
- Specialty programs: residential aftercare program (RAP), deaf and hard of hearing program, probation residential center (PRC), Monroe County Jail intensive outpatient program (IOP), driver's license evaluation, veterans transitional housing.
- Medication-assisted treatment—Suboxone and Vivitrol
- Each program is funded differently, so please call to determine if your insurance or sliding scale is accepted. In some cases, the program may be free.

Grace Centers of Hope

35 E. Huron Street; Pontiac, MI 48342-0725
Phone: (855)435-7424

- Christian organization committed to positively changing the lives of the unwanted, addicted, and homeless through personal accountability, life skills education, and work-related programs.
- One-year rehabilitation program helps men, women and families transition to stable housing, sobriety and employment.
- Eligible to enter *The Aftercare Program* with transitional housing once graduation takes place from the *One Year Life Skills Program*.

Monroe County Health Department

2353 S. Custer Rd., Monroe, MI 48161
Phone: (734)240-7800
Communicable Disease Coordinator: (734)240-7832
Health Educator: (734)240-7867

- Screening, testing, treatment, prevention education: HIV, STD, and Hepatitis C
- Presentations to school age (youth): HIV/Immune System; Introduction to Substance Abuse; Stress, Emotions, and Coping; Introduction to Sexually Transmitted Diseases/Infections
- The fees vary depending on the service. Please inquire as some services are free or on a sliding scale.

Family Planning Program: (734)240-7840

- Education, counseling, physical exams, STD screening/treatment, and birth control supplies

Other program services may be appropriate such as **Immunizations, Maternal Infant Health Program, WIC and Helping Baby Grow**. Please call the main line at (734)240-7800 for more information.

Gabby's Grief Center

431 E. Elm Avenue, Monroe, MI 48162
Mailing Address: P.O. Box 2107; Monroe, MI 48161
Phone: (734) 242-8773
E-mail: gabbys2001@sbcglobal.net
Website: www.gabbysgriefcenter.org

- Gabby's Grief Center provides grief supportive services, which includes counseling, support groups and children's workshops.
- Services are offered to grieving children, teens, adults and families who have experienced the loss of a loved one.
- We encourage those who grieve to seek compassionate support and guidance while on their journey of healing.
- Provides education on the grieving process and healthy ways of coping; fosters mutual respect, confidentiality and understanding; creates opportunities to share memories and feelings with others; and guides the bereaved towards healing.
- Gabby's also extends grief education and support services to the schools and the community.

Creative Counseling Choices

2092 S. Custer Rd., Monroe, MI 48161
Phone: (734)457-2161 Fax: (734)457-4146

- Provides mental health and substance abuse services to children, adolescents, adults and families: Individual and family treatment, substance abuse counseling, diagnostic evaluation and consultation, psychiatric evaluation, medication and management services provided by a board-certified psychiatrist. Focus is to build clients' individual strengths and resources, recognizing the biological, social, psychological and spiritual components of each person.
- Accepts most insurance programs. Call to determine whether services are covered by your insurance.
- Please call to speak with a trained intake worker. Therapy is provided by master-level clinicians or psychologists. Psychiatrist is board-certified, on-staff, and provides psychiatric services for children and adults.