



Community

MENTAL HEALTH
CLINTON • EATON • INGHAM

Together we can.



OUR SERVICES

WHO WE ARE

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

(CMHA-CEI) is a public agency serving people in Clinton, Eaton, and Ingham counties. As a Certified Community Behavioral Health Clinic (CCBHC), CMHA-CEI provides a comprehensive set of services used to increase access to care, support people in crisis, and provide treatment for those with the most serious and complex behavioral health needs regardless of their insurance coverage. CCBHCs integrate additional services that focus on recovery, wellness, trauma-informed care, and physical-behavioral health care integration.



We treat adults and children with:

- Emotional/behavioral challenges
- Intellectual/developmental disabilities
- Substance use issues

Treatment, services, and supports may include:

- Screening and assessment
- Crisis intervention
- Withdrawal management
- Urgent care
- Case management
- Therapy
- Skill building/vocational support
- Peer mentoring
- Veteran navigation
- Healthcare integration
- Wellness coaching
- Prevention/outreach



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Access Center (24/7)

Toll Free: (888) 800-1559

Local: (517) 346-8318

For services, call the Access Center 24/7. You will be asked several questions regarding your needs and treatment history. If you appear to meet eligibility criteria, you will be scheduled for a face-to-face assessment to confirm your eligibility.

Insurance Eligibility for Services | (517) 346-8259

CMHA-CEI provides specialty behavioral health and substance use services for people who meet criteria and may benefit from our service array. We accept Medicaid, Healthy Michigan Plan, and other publicly funded health insurance. Most commercial insurances are accepted for payment. Assistance with an Ability to Pay evaluation is available. We provide help enrolling in Medicaid, Healthy Michigan Plan, or the Marketplace.

Customer Service | (517) 346-8244

Customer Service representatives assist consumers with concerns, grievances/appeals, and complaints. They also provide consumers with community resources and information about CMHA-CEI services.

CRISIS SERVICES

24-Hour Crisis Services

Adult Crisis Services

Toll Free: (800) 372-8460

Local: (517) 346-8460

Walk-in Available 24/7: 812 E. Jolly Rd, Lansing, MI

Provides hospitalization pre-screening, crisis intervention, and connection to services.

Children's Crisis Services

Local: (517) 346-8008

Walk-in Available 24/7

Monday-Friday | 8:00 am - 8:00 pm: 5303 S. Cedar St, Bldg 2, Lansing, MI

Weekends & after hours: 812 E. Jolly Rd, Lansing, MI

Provides hospitalization pre-screening, crisis intervention, and connection to services.

24-Hour Withdrawal Management Services

The Recovery Center

Toll Free: (855) 872-3869

Local: (517) 267-7623

Walk-in Available 24/7: 812 E. Jolly Rd, Lansing, MI

Provides services for people experiencing a substance use problem that will require assistance with managing withdrawal symptoms.



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Adult Intensive Crisis Stabilization Services

- **Mobile Crisis Intervention:** Community based at medical hospitals, homeless shelters, and in conjunction with other community partners.
- **Urgent Care Crisis Services:** Acute crisis intervention, referral, and support.

Children's Intensive Crisis Stabilization Services

- **Mobile Crisis Intervention:**
Provided in homes, hospitals, and other community locations.
Monday-Friday | 10:00am - 10:00pm
- **Urgent Care Services:**
Expedited access to therapy and case management in urgent situations.



ADULT MENTAL HEALTH SERVICES

Access Center (24/7) Toll Free: (888) 800-1559 Local: (517) 346-8318

Adult Mental Health Services (AMHS) provides a variety of services to adults recovering from various forms of mental illness. At AMHS, our vision is to promote recovery from mental illness and co-occurring disorders. AMHS staff seek to empower our consumers in all aspects of their daily lives by implementing a person-centered approach.

AMHS staff will provide a variety of evidence-based treatments and techniques as we strive to be the provider of choice for mental health services throughout the Tri-County area. The Psychiatric Services Clinic provides specialized psychiatric services including evaluation for possible medication management. Peer support is an invaluable component of the overall treatment approach at AMHS, and we actively seek out consumer input and suggestions regarding how to best meet the treatment needs of those we serve.

Evidence-Based Interventions

- Dialectical Behavioral Therapy (DBT)
- Family Psychoeducation (FPE)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Motivational Interviewing
- Integrated Dual Diagnosis Treatment
- Wellness Coaching

Veteran Navigation

CMHA-CEI Veteran Navigation assists Veterans and their families with connection to mental health services and the Veterans Administration. Veterans and family members of a veteran can contact the Veteran Navigator unit directly at vetnav@ceicmh.org.



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Programs

Targeted Case Management

Mental health treatment and assistance in accessing medical, social, vocational, and other services.

Outreach Case Management

Provides intensive case management to persons with severe/persistent mental illnesses who struggle to participate in an office-based setting.

Assertive Community Treatment (ACT)

Intensive community based services provided multiple times daily to persons with severe/persistent mental illness. Crisis services provided 24/7.

Bridges Crisis Unit (BCU)

BCU is a 16 bed, 24-hour voluntary intensive crisis residential program that addresses and stabilizes acute mental health crises through individual and group therapies, resources, connection, and support.

Older Adult Services (OAS)

Provides specialized services for older adults with severe/persistent mental illnesses.

Young Adult Services

Helps 18-21 year olds with severe/persistent mental illnesses transition to Adult Mental Health Services.

Charter House Clubhouse

A community-based psychosocial rehabilitation clubhouse designed to help members participate in society through education, employment, advocacy, and social activities.

Housing Services (internal referral only)

A variety of residential programs that provide a range of living arrangements and services.

Outpatient Counseling Services

Offers mental health therapy to adults dealing with anxiety, mood, trauma, and co-occurring substance use disorders.

FAMILIES FORWARD CHILDREN FIRST.



Access Center (24/7) Toll Free: (888) 800-1559 Local: (517) 346-8318

We believe families are powerful, with their own unique strengths. But all families have struggles from time to time, becoming overwhelmed, uncertain, or helpless.

If you're wrestling with school performance, facing behavioral difficulties, or just having trouble communicating without conflict, Families Forward meets you where you are to build upon your family's talents, strengths, resources, and abilities.

Evidence-Based Treatments

Individual and Group Treatment

- Dialectical Behavioral Therapy (DBT)
- Parent Management Training (PMTO)
- Trauma Informed Cognitive Behavior Treatment (TF-CBT)
- Child-Parent Psychotherapy (CPP)
- Wellness Coaching
- Treatment Foster Care Oregon Program

Additional Services that Support Therapy

- Wraparound Services
- Respite Care
- Community Living Supports
- Transitional Youth Services (ages 16-21)
- Psychiatric Medication Clinic
- Youth Peer Support
- Parent Support Partners
- Health Care Integration
- Nurse Care Management



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Programs

Therapy and Case Management

Early Intervention

- Birth - age 7
- Home or community based settings

Family Guidance Services

- Ages 7-17
- Home or community based settings

Outpatient Services

- Ages 3-17
- Office based setting

Intensive Crisis Stabilization Services

- Crisis Intervention & Psychiatric Hospitalization Screening (24/7 - on-site)
- Mobile Crisis Intervention (Monday-Friday | 10:00 am - 10:00 pm)
- Urgent Care Services: Expedited access to therapy and case management in urgent situations.

Integrated Community Youth Outreach Unit (ICYOU)

Youth Engagement Services

- Education, Training, and Early Identification of Youth Mental Health related issues
- Youth Groups that develop Social, Coping, and Anger Management skills
- Navigation services to help families access community resources and behavioral health services



COMMUNITY SERVICES FOR THE DEVELOPMENTALLY DISABLED

Access Center (24/7) Toll Free: (888) 800-1559 **Local:** (517) 346-8318

We believe that there is power in connection, which can be created in unique ways for each person. This value drives the service array provided to an individual. Additional supports are intended to help each person build the lives they envision for themselves.

We provide an array of services to children, their families, and adults who have been diagnosed with a disability before the age of 22 and who have substantial limitations. We individualize the person centered planning process to provide services specific to each area of need, as well as to build on skills and community resources.

** Younger ages can be served, based on medical necessity and services requested.*



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Programs

Life Consultation

- Case management & support coordination - *Ages 5+**
- Peer support
- Referrals to community supports
- Connection to Waivers and services based on need: Children's Waiver, Habilitation Supports Waiver, Community Living Supports, Respite Care, Skill Building, Supported/Integrated/Customized Employment, and Fiscal Intermediary (for self-determined arrangements).

Residential Services

An array of services based on a person's level of care/need areas. Focusing on meeting the needs of the person, facilitating connected lives in the person's community, and creating an atmosphere that is home.

Psychiatric Services Clinic

Specialized psychiatric services including evaluation for possible medication management for those with unique challenges.

Clinical Services

Comprehensive clinical support services that include: Registered dietitians, occupational therapists, psychologists, and speech/language pathologists.

Skill Building Assistance

Provide support that allows individuals to work toward developing skills to increase their economic self-sufficiency to engage in activities such as school/work/volunteering.

Supportive Employment

A combination of supports that enables an individual to work in the community.

Autism Services

Evidence-based Autism Spectrum Disorder (ASD) evaluation/treatment for eligible children up to the age of 21.

INTEGRATED TREATMENT & RECOVERY SERVICES

Access Center (24/7) **Toll Free:** (888) 800-1559 **Local:** (517) 346-8318

Integrated Treatment & Recovery Services (ITRS) programs provide withdrawal management (detoxification), residential, outpatient substance use disorder (SUD) services, case management, and peer recovery services involving individual and group therapy sessions. We also offer crisis intervention services in the three county jails and behavioral health therapy in the Ingham County Jail, as a part of the Ingham Justice Behavioral Health Millage.

We have been serving the Tri-County area for nearly four decades and continue to be a strong support for the recovery of individuals dealing with substance use disorders and co-occurring conditions. We focus on being accessible to those in need and our leadership continually works with governing bodies, funding sources, and other community providers to create continuity of care in our communities as well as collaborative partnerships in various primary care and school settings.

The program works to create a co-occurring capable system that is welcoming, person-centered, recovery oriented, culturally competent, and trauma informed. ITRS programs encourage, support, and guide individuals to explore all methods of treatment

Programs

The Recovery Center

Withdrawal Management Services

- 24 hour - 3 to 5 day - Sub-acute medically-managed detox
- 10 bed program
- Safe & caring environment

House of Commons

High Intensity Residential Services

- 40 bed residential Substance Use Disorder treatment
- Men's program
- Length of stay varies - based upon individual need



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Integrated Treatment and Recovery Outpatient

(Lansing and St. Johns Office)

- Outpatient Substance Use Disorder treatment for residents in Clinton and Ingham County and surrounding areas
- Includes screening, assessment, peer services, individual/group counseling, family intervention/psycho-education and MAT.
- SUD therapy in the Clinton County Jail

Health Care Integration (HCI)

- Promotes integrated behavioral and physical health
- Partners with primary care settings
- Behavioral health staff address common behavioral health issues and also respond to a variety of health behaviors

Correctional Assessment and Treatment Services

Substance Use Disorder outpatient treatment for individuals incarcerated in the Ingham County Jail -- includes screening, assessment, and individual/group therapy.

Corrections Mental Health

The Clinton, Eaton, and Ingham County Jails are staffed with mental health therapists to do crisis mental health screenings and provide referrals for individuals with mental health issues. Also, substance use services are provided within the Clinton and Ingham County Jails.

Re-Entry Clinton, Eaton, Ingham Priority Program (RECEIPT)

RECEIPT is a jail re-entry service that provides case management and peer recovery supports in the Clinton and Ingham County jails.

Ingham Community Health Centers:

Birch Health Center

The Birch Health Center offers a wide array of family health services along with Sparrow Laboratory Services.

Birch Health Center Hours:

8:00 am - 12:00; 1:00 pm - 5:00 pm | Monday - Friday

Sparrow Lab Hours:

9:00 am - 12:00 pm | Tuesdays and Thursdays

Contact: (517) 244-8030 | 812 E Jolly Rd, Suite 112



Ascension Pharmacy

CMHA-CEI has partnered with Ascension Pharmacy to offer a full-service pharmacy on-site.



Ascension

This includes over-the-counter medications and supplements for persons who receive mental health services and employees of CMHA-CEI and the community.

Hours: 8:30 am - 5:00 pm | Monday - Friday

Location: 812 E Jolly Rd, Suite 208, Lansing, MI

Contact: (517) 394-5019

Wellness Coaching

Wellness Coaching is a collaborative process where a trained coach helps you set, achieve, and maintain your own physical wellness goals.

Wellness Coaching is available to those who are receiving services at CMHA-CEI and are wanting to make a positive change to their physical wellness.

Questions?

Contact a Wellness Coach by speaking with your case manager to set up an appointment.

Veteran Navigation

CMHA-CEI Veteran Navigation assists veterans and their families with connection to mental health services and the Veterans Administration. Contact vetnav@ceicmh.org.

Support services include:

- Housing assistance
- Medicaid enrollment
- Employment assistance
- Mental health services
- Determining VA eligibility
- Substance use services
- Accessing VA benefits
- Coordination of care
- Military discharge support
- Community resource navigation

Mental Health First Aid

Mental Health First Aid (MHFA) is a 7-hour training for professionals, community members, caregivers and families to learn the skills needed to reach out and provide initial support to someone who may be developing a mental health, substance use disorder or experiencing a crisis.



Register on Eventbrite:

Go to [MHFATrainingCMHA-CEI.EventBrite.com](https://www.eventbrite.com/e/mhfa-training-cmha-cei)

Questions and Training Information:

Contact the Prevention & Wellness Specialist at (517) 346-5232 or prevention@ceicmh.org



Question. Persuade. Refer. (QPR)

QPR Training is a free one-hour training that teaches participants to recognize the signs of suicide and the steps to getting a person to help.



Questions and Training Information

Contact the Prevention & Wellness Specialist at (517) 346-5232 or prevention@ceicmh.org



Stand Against Stigma

Stand Against Stigma aims to reduce stigmatizing language, thoughts, and behaviors by promoting positivity, hope, and inclusion surrounding behavioral health issues in our community.



You can join the movement by:

- Connecting to our resources on our website: www.ceicmh.org/stand-against-stigma
- Sharing our posts on social media: www.facebook.com/ceicmh
- Wearing our CMHA-CEI merchandise and Stand Against Stigma! shop.spreadshirt.com/StandAgainstStigma

Online Behavioral Health Screening

This anonymous and free online screening platform helps to identify mental health and substance use disorder issues.



This screening is educational, not diagnostic.

How to access the screening:

Go to www.ceicmh.org and click on the online screening tool button!





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www.ceicmh.org



careers.ceicmh.org



facebook.com/ceicmh



812 E Jolly Road, Lansing, MI 48910



Non-Crisis: (517) 346-8318 | Mental Health Crisis: (517) 346-8460

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