

**All inquiries and services are held in confidence.**

Recipients of behavioral health services, including substance use disorders (SUD) have rights protected by state & federal law & promulgated rules. For recipient rights information, contact Lynn McLaughlin at (517) 887-5234 of CMHA-CEI; or the Regional Recipient Rights Consultant of Mid-State Health Network at (517) 657-3011.

If you are seeking behavioral health services and you are not currently an inmate in the Ingham County Jail, please call the CMHA-CEI Access Department at (517) 346-8318. For emergency mental health needs, please call CMHA-CEI Crisis Services, 24 hours per day at (517) 346-8460.



All programs are smoke free environments.

**Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)**

## **Caring & Capable Staff**

The CATS Program therapists and case manager are licensed Master Social Workers, Professional Counselors and Certified Advanced Alcohol and Drug Counselors.



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## **Community Mental Health**

CATS Program

630 N. Cedar Street, Suite 2222

Mason, Michigan 48854

Correctional Assessment & Treatment Services

# CATS Program

inside the  
Ingham County Jail



**Community**

MENTAL HEALTH

CLINTON • EATON • INGHAM



*Partnering with you  
toward recovery.*

## Behavioral Health Services

Correctional Assessment and Treatment Services (CATS) is a program of Community Mental Health Authority Clinton-Eaton-Ingham (CMHA-CEI) that provides outpatient treatment services for behavioral health disorders, including substance use disorders (SUD). All services are provided exclusively to inmates at the Ingham County Jail, at no cost to the inmate. CATS strives to provide a safe, respectful and trusting atmosphere which allows individuals to develop new coping skills and behaviors that will help them reach their recovery goals. CATS works to create a co-occurring capable system that is welcoming, person-centered, recovery oriented, culturally competent and trauma-informed. CATS encourages, supports & guides individuals to explore all methods of treatment identified as beneficial toward their wellness, including Medication Assisted Treatment (MAT).

## Referral Sources

- Self-referred by sending an Inmate Request form ("kite").
- Recommended by family or friends.
- Ordered by the Court, Judge or Parole / Probation Agent.
- Referred by Mental Health therapists, Medical staff or other community partners.

## Treatment Modalities and Aims

- ❖ Biopsychosocial Assessment: To identify client strengths and needs for treatment.
- ❖ Individualized Treatment Planning: To collaborate in identifying and setting individualized treatment goals for how the client would like to pursue change in his or her life.
- ❖ Individual & Group Therapy:
  - To provide clients with information & resources about their behavioral health needs (substance use/mental health) as well as how to recover (psychoeducation).
  - To consider the role one's behavioral health (substance use/mental health) has played in one's life & incarceration; & determine one's readiness to make a change (Motivational Interviewing).
  - To develop an individualized relapse prevention plan & implement behavioral changes to achieve one's goals (Cognitive Behavioral interventions).
- ❖ Case Management: To link clients with ongoing supports and services to help them maintain these changes after release from jail.

## Admission Criteria

- Currently an inmate at the Ingham County Jail on a local charge.
- May need to meet residency criteria of a permanent address within the Coordinating Agency region.
- A pattern of substance use/mental health concerns prior to incarceration.
- Meet patient placement criteria for outpatient treatment as determined by the assessment therapist.

## Corrections Mental Health Services

CATS licensed Master-level Mental Health Therapists are experts in crisis intervention and provide empathetic, supportive care on-site to inmates experiencing mental health crisis. The program's goal is to prevent suicide or other self-harm by providing prompt screening/risk assessment, safe jail-housing recommendations and, when necessary, hospitalization; jail diversion. CATS provides ongoing support to individuals in the Ingham County Jail with moderate to severe mental health concerns, which may include helping the individual identify and improve coping skills, linking them to medical care/medications, and facilitating a referral to continued mental health services upon release from jail. The CATS Program is only able to provide mental health services to individuals during their incarceration.

