

Mental Health Services

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Mental Health Services

1. **C.A.R.E of Southeastern Michigan** (586) 541-2273 31900 Utica Road, Fraser, MI 48026

C.A.R.E provides outpatient treatment to teens and youth for mental health services and substance use prevention. The following programs are offered at C.A.R.E.:

- Substance Use Prevention
- Critical Incident Stress Management
- Mental Health Counseling: Anxiety, Depression, etc.
- Suicide Ideations

Accepted Insurances: Contact to verify your insurance is accepted.

2. **Easterseals/MORC** (248) 475-6300 2399 E. Walton Blvd., Auburn Hills, MI 48326
(586) 501-3070 6900 E. Ten Mile Road, Center Line, 48015
(586) 412-7889 15600 19 Mile Road, Clinton Township, MI 48340

Easterseals/MORC have many different programs for children, adolescents, and adults. For children and adolescents, those services include the following:

- Autism Services
- Family Behavioral Health Services
- Certified Community Behavioral Health Clinic
- Children Development Therapies/Services
- Trauma Screening and Services
- NAVIGATE (15-30)

Accepted Insurances: They accept most insurances. Call 1-800-757-3257 to verify if your insurance is accepted.

3. **Grace Counseling** (586) 996-2273 34474 23 Mile Rd., Chesterfield, MI 48047
22600 Hall Rd., Suite 201, Clinton Township, MI 48036

Provides outpatient therapy for individuals, couples, families, and group therapy. They offer in-person and telehealth appointments for the following concerns:

- Grief and Loss
- Post-Traumatic Stress
- Women's Issues
- Anxiety
- Depression
- Anger Management

- Addictions

- LGBTQ

Accepted Insurances: Aetna, Beacon Health Options, Blue Care Network, Blue Cross Blue Shield (BCBS), McLaren Health Plan, Medicare, Meridian Health Plan, Medicare Plus Blue, Michigan Medicaid, Molina Healthcare of Michigan, Tricare East Region, and Value Options.

4. **Harbor Oaks**

(844) 714-6323

35031 23 Mile Road, New Baltimore, MI 48047

Harbor Oaks offers in-patient and out-patient services to children, adolescents, and adults. They have a proud, highly qualified staff that are able to assist children, adolescents, and adults who are faced with behavioral health challenges. The most common disorders they treat are the following:

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| <ul style="list-style-type: none"> • Anxiety • Addictions • Depression • PTSD • Aggression • Intermittent Explosive Disorder • Posttraumatic Stress Disorder (PTSD) | <ul style="list-style-type: none"> • Bipolar Disorder • Autism Spectrum Disorder • ADHD • Learning Disorders • Self-Harm • Suicidal Ideations |
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Some of the more specific components of our child and adolescent inpatient program may include:

- Daily groups that include various topics, such as medication education and health maintenance
- Onsite internist to attend to the medical needs of our young patients
- Individual therapy sessions on an as-needed basis
- Daily contact with family members
- Assessments which are completed with social workers
- Medication management, which includes seeing a psychiatrist on a daily basis
- Activity therapy including art therapy and gym time
- A teacher on staff to help children and adolescents address their educational needs throughout the treatment program

Accepted Insurances: Blue Cross Blue Shield (BCBS), Medicaid, Medicare, Tricare, and more. If your insurance is not listed, call the (844) 714-6323 for more information.

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| 5. Macomb Family Services | (586) 226-3440
(586) 727-5529
(586) 752-9696 | 36975 Utica Road, Suite 104, Clinton Township, MI 48036
35000 Division, Suite 2, Richmond, MI 48062
124 West Gates, Suite 103, Romeo, MI 48065 |
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Provides outpatient therapy for individuals as young as 3 years old and families. In addition to mental health services, they also offer substance use services to all ages. They offer appointments for the following concerns:

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| <ul style="list-style-type: none"> • Addiction • ADHD • Adjustment Disorder • Anxiety • Behavioral Issues • Bipolar Disorder • Co-dependency | <ul style="list-style-type: none"> • Divorce Recovery • Depression and Mood Disorders • Eating Disorders • Grief and Loss • PTSD and Trauma • Women’s Issues |
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Accepted Insurances: Blue Cross Blue Shield (BCBS), Blue Cross Network, Beacon Health, Blue Care Complete, Cofinity, HAP, Medicare, Meridian, and McClaren. If you’re not insured, they provide a sliding payment scale based on your income.

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| 6. New Horizons Counseling Center | (586) 716-7600 | 9844 Dixie Highway, Fair Haven, MI 48023 |
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Provides outpatient therapy for individuals, families, and groups. Therapists work with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, groups for all ages and beyond. Treatment specializations available for children/adolescents and adults in:

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| <ul style="list-style-type: none"> • Depression • Anxiety • ADD/ADHD • Self-Esteem • Anger • Adolescent Issues • Eating Disorders • Self-Harm • Grief/Loss | <ul style="list-style-type: none"> • Career Development • Stress Management • Post-Traumatic Stress • Addiction and Recovery • Conflict Resolution • Academic Struggles • Social Skill Building • Adjustment Issues • Suicide Survivor Guilt |
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- Relationship Building
- Strengthening Families
- Parenting Struggles

Insurances Accepted: Blue Cross Blue Shield (BCBS), Blue Care Network, Aetna, United Healthcares Care Choice Plus, Meritain, Varipro (HAP secondary payer), and McLaren

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| 7. New Oakland Child-Adolescent & Family | (248) 731-2330
(586) 759-4400
(248) 620-6400
(586) 412-5321
(248) 855-1540
(586) 825-9700 | 2520 S. Telegraph Rd., Bloomfield Hills, 48302
26522 Van Dyke Ave., Center Line, 48015
6549 Town Center Dr., Clarkston, 48346
42669 Garfield Rd., Clinton Township, 48038
32961 Middlebelt Rd., Farmington Hills, 48334
8150 Old 13 Mile Rd., Warren, 48093 |
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New Oakland offers inpatient and outpatient services to children, adolescents, and adults. They specialize in the following areas of concern:

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| <ul style="list-style-type: none"> • Individual Therapy • Family Therapy, support and education • Couples Therapy • Group therapy • Psychiatric evaluations • Medication Reviews | <ul style="list-style-type: none"> • Laboratory Services • Psychological testing • Trauma Evaluations • Crisis screenings/services • Assessment and Screening • Self-Harm/Suicide Evaluation |
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Accepted Insurances: Call any of the numbers listed above to inquire about your insurance.

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| 8. Oakland University Counseling Center (248) 370-2633 | Pawley Hall, Room 280A, 456 Pioneer Dr., Rochester, MI 48309 |
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Oakland University's graduate counseling program is always accepting referrals for children, adolescents, and adults for graduate students to work with. These services are offered during the university's semesters. Each semester, you will have to register. To register, please go to <https://oakland.edu/counseling/sehs-cc/> and scroll down to registration. They provide the following services and more:

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| <ul style="list-style-type: none"> • Anxiety • Assertiveness Training • Career Counseling | <ul style="list-style-type: none"> • Communication Skills • Grief and Loss • Life Transitions |
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- Relationship Problems
- Separation From Loved Ones
- Situational Depression
- Stress Management
- Test Anxiety
- Time Management

Accepted Insurances: There is NO COST for anyone who receives counseling through Oakland University's SEHS Counseling Center.

9. **Sollars and Associates** (586) 646-0667 32901 23 Mile Road, Suite 190, Chesterfield, MI 48021

Experienced clinical counselors, therapists and psychologists offer individual, family and couples therapy services to Chesterfield and the rest of the Detroit Metro region. The psychologists and therapists have significant training in the evaluation and treatment of children and adults who are working through a variety of issues including:

- ADD
- ADHD
- Addiction
- Depression
- School Difficulties
- Grief Counseling
- Childhood Struggles
- PTSD/Trauma
- Anxiety
- Parental Struggles
- Educational Concerns
- Mood Disorders
- Career and Work Issues
- Relationship Concerns
- Self-Harm
- Suicide Ideation

Accepted Insurances Includes: Straight Medicaid, Blue Cross Complete, United Community Health, McLaren Medicaid, Molina Medicaid, Meridian Medicaid, Cigna, Blue Cross Choice, Blue Cross Blue Shield (BCBS), Optum, United Behavioral Health, United Health Care, Tricare - Reserve Select, Tricare - Standard, etc.

10. **TC Counseling Transformations** (586) 604-9101 58089 Main St., New Haven, MI 48048

Provides outpatient therapy for individuals, families, couples, and groups. Therapists work with a wide range of emotional and behavioral issues providing services that span from therapy for children/adolescents as well as adults. Therapists specialize in the following concerned areas in-person and telehealth:

- Depression
- Anxiety/Fears
- PTSD and Trauma
- Borderline Personality Disorder
- Grief and Loss
- Autism

- Behavior Management
- Parenting
- Family Conflict
- Stress Management
- Attention Deficit (ADHD)
- Conflict Resolution
- Anger Management
- Domestic Violence
- Suicidal Ideation
- Self-Harm
- Relationship Difficulties
- Self-Esteem
- Substance Abuse/Addictions

Accepted Insurances: Auto Insurance Claims, Blue Care Network, Blue Cross Blue Shield (BCBS), Blue Cross Complete, Encompass EAP, ESI EAP, Humana, LifeServices EAP, Magellan (Commercial and EAP), McLaren Health Advantage and McLaren Medicaid, Medicaid, Meridian Health Plan, Molina, Optum EAP, Total Healthcare, Tricare, United Healthcare (Private and Community Plan), Value (Beacon) Options, and Out of Network Benefits.

11. **Tree of Life Counseling Services** (248) 608-4514 1460 Walton Blvd., Suite 60, Rochester Hills, MI 48309
36555 26 Mile Rd, Suite 3700, Lenox, MI 48048

Provides outpatient therapy for individuals, families, and couples at multiple locations. Tree of Life uses a variety of proven and effective therapies to help clients make the desired life change for overall life improvement. Some counselors have dual licensure in Clinical Mental Health and School Counseling as well as licensed counselors who are also certified Art Therapists. Types of concerns that the counselors specialize in are:

- Anxiety
- Depression
- Grief and Loss
- Divorce Issues
- Couples and Family Issues
- School Issues
- Substance Use
- Trauma
- Parenting
- Anger Management
- Coping Skills
- And More

Insurances Accepted: Blue Cross Blue Shield (BCBS), Blue Care Network, Straight Medicaid, Blue Cross Complete, Meridian Medicaid, McLaren Commercial and McLaren Medicaid, ASR, HAP PPO, Apostrophe and Magellan.

12. **The Right Connection** (<http://connection.misd.net/mental.html#collapse2-9>)

Situation: A youth 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).

If a youth is experiencing a psychiatric/behavioral health emergency, go immediately to the nearest hospital with a psychiatric care unit. Hospitals contracted with CMH to provide emergency services:

Harbor Oaks Hospital, New Baltimore	35031 23 Mile., New Baltimore, MI 48047	(586) 725-5777	Ascension St. John Hospital - Detroit:	22101 Moross Rd, Detroit, MI 48236	(313) 343-7000
Behavioral Center of Michigan, Warren	4050 East 12 Mile, Warren, MI 48092	(586) 261-2266	Ascension Providence Hospital - Southfield	16001 W Nine Mile, Southfield, MI 48075	(248) 849-3000
Ascension St. John Hospital - Warren	11800 Twelve Mile, Warren, MI 48093	(586) 573-5244	Havenwyck Hospital, Auburn Hills	1525 University, Auburn Hills, MI 48326	(248) 373-9200
Henry Ford Kingswood Hospital, Ferndale	10300 Eight Mile, Ferndale, MI 48220	(248) 398-3200	Stonecrest Center, Detroit	15000 Gratiot, Detroit, MI 48205	(313) 245-0649

If the youth is experiencing a mental health emergency and there is a question about whether to go to the hospital, call the Macomb County Crisis Center, (586) 307-9100.

In some situations, hospital care may be needed to stabilize a crisis. Hospital care may be needed if a person is at immediate risk of harming him/herself or someone else, or if the person's lack of understanding about the need for treatment places him/her at immediate risk of harm (e.g., a person makes a threat to hurt themselves or someone else, the person stops bathing or eating, if they stop taking medications to manage a psychiatric condition, or taking excessive risks).

If you think hospital care may be needed, or if you aren't sure, call CMH Access Center and speak to the Open Access Coordinator. They will help arrange hospital care if it is needed.

Situation: A youth with Medicaid or no insurance needs a same-day mental health appointment.

Same-day mental health services (assessment and coordination of services) for Macomb County residents who have Medicaid or no insurance, (medication, therapy, crisis response, family support, links to resources and help to access ongoing mental health and substance abuse treatment). Walk-in appointments are available Monday - Friday from 10:00 AM - 3:00 PM at two locations: FIRST Southeast, 25401 Harper, St. Clair Shores and FIRST North, 43740 Groesbeck, Clinton Township. For the option of being seen that day, call the CMH Access Center - Open Access, (586) 948-0222.

There are many other resources available at the website listed at the top of this referral. Please check out the site if you require other assistance for youths or for adults as well.

13. Crisis Hotlines

Resource	Contact Information
St. Clair County Crisis Line	Call (810) 985-5538
Macomb Country Crisis Line	Call (855) 927-4747/(586) 307-9100
Lifeline Chat for Suicide Prevention	www.suicidepreventionlifeline.org
Crisis Text Line for Self-Harm	Text CONNECT to 741741
Teen Line (Teens Helping Teens)	Call (800) 852-8336 or Text 839863 or visit www.teenline.org
Michigan Crisis and Access Line (Suicide Prevention Lifeline)	Call or Text 988