

LIVINGSTON COUNTY

Substance Use Disorder and Mental Health Resource Guide



Welcome Letter

Life can sometimes throw us into some challenging times and we often struggle to seek help. Livingston County has resources available to help individuals and their families address substance use and mental health situations.

As part of the Human Services Collaborative Body, the Substance Use Disorder Prevention, Treatment and Recovery Workgroup and the Mental Health Awareness Workgroup are excited to offer our community this resource guide for mental health and substance use disorder, prevention, and recovery resources in our region. This guide was made possible through the support and collaboration with many Livingston County community agencies. We are honored to partner with our amazing community to help empower Livingston County residents with the information they need to improve their overall physical health, mental health and well-being.

WOMEN AND FAMILIES



Please see Priority Population information on page 7.

Specialty services are available to women and children.

These specialty services will be denoted by *WSS throughout this directory.

Thank You



**COMMUNITY MENTAL
HEALTH PARTNERSHIP**

of **Southeast Michigan**

for the funding to publish this resource guide.

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Navigating Systems & Therapeutic Supports

STEP 1

WHERE TO BEGIN?

You've thought about treatment. You've weighed out all the options. You still have many questions, but you're ready to move forward. Now... how do you begin the process?

Completing a service screening and insurance authorization is often-times the first step in accessing clinical supports: treatment for Substance Use (SUD), Co-Occurring Disorders (COD), or mental health. This step can look different for each individual, depending on insurance coverage (Insured vs. Uninsured Status) and insurance type (Private Healthcare Coverage, Medicaid Coverage or Medicare Coverage).

To navigate this process, consider the following:

Do I have active healthcare coverage (health insurance)?

Yes, I have Health Insurance. Great! You're already linked with healthcare coverage; this insurance provider will likely be paying for your treatment. Onto the next question to determine how best to proceed: What type of healthcare coverage do I have?

No, I don't have Health Insurance. Not to worry. Contacting Livingston ACCESS can help link you with treatment AND insurance coverage.

Onto the Step 2: **Contact Livingston ACCESS**
517-546-4126 or 800-615-1245

I'm not sure whether or not I have Health Insurance.

If you're unsure whether you're covered or if your policy is active, there are local resources that can help determine your insurance status AND link you with therapeutic supports.

Onto Step 2: **Contact Livingston ACCESS**
517-546-4126 or 800-615-1245

Disclaimer: This comprehensive mental health and substance use disorder resource guide is a resource to better assist community members through the recovery process. Addiction and mental health specialists and individuals who have gone through the recovery process have developed this guide. It is important to understand that the resources available are centered on individual client needs and should be discussed with the provider to ensure the most appropriate level of recommended care. The intention of this guide is to include as many local and regional supports for mental health and substance abuse treatment as possible.

Navigating Systems & Therapeutic Supports

What type of healthcare coverage (health insurance) do I have?

Medicaid Coverage: If you've determined that you have active Medicaid coverage, your next step will be to complete a Service Screening through Livingston ACCESS.

Onto Step 2: **Contact Livingston ACCESS
517-546-4126 or 800-615-1245**

Medicare Coverage: If you've determined that you have Medicare coverage, you can contact Medicare directly for a list of local treatment providers that accept your insurance.

**If you already know a local provider that accepts Medicare, contact that provider directly to schedule your service intake.*

Onto Step 3 OR Step 4: **Contacting Your Insurance Provider or Intake & Admissions: Contacting Your Preferred Service Provider**

Medicaid & Medicare Coverage: If you've determined that you have a combination of Medicaid AND Medicare coverage, REMEMBER that if you are seeking treatment to address Substance Use Disorder (SUD), your Medicare coverage will always be the billable party. This means that for SUD Services, your insurance coverage is Medicare. You can contact Medicare directly for a list of local treatment providers that accept your insurance.

**If you already know of a local provider that accepts Medicare, contact that provider directly to schedule your service intake.*

Onto Step 3 OR Step 4: **Contacting Your Insurance Provider or Intake & Admissions: Contacting Your Preferred Service Provider**

Private Coverage: If you've determined that you have private insurance (i.e. any employer-funded plan; self-funded plan; dependent coverage), you can contact your insurance provider directly for a list of local treatment providers that accept your coverage.

**If you already know a local provider that accepts your coverage, contact that provider directly to schedule your service intake.*

Onto Step 3 OR Step 4: **Contacting Your Insurance Provider or Intake & Admissions: Contacting Your Preferred Service Provider**

STEP 2

SERVICE SCREENING & AUTHORIZATION: CONTACTING LIVINGSTON ACCESS

FOR MEDICAID COVERAGE & THE UNINSURED

Livingston ACCESS

517-546-4126 or 800-615-1245

Livingston ACCESS represents a team of clinically-trained staff who conduct screenings for a variety of behavioral health services in Livingston County. The ACCESS Department is physically located at the Livingston County Mental Health Authority (2280 E. Grand River, Howell, MI 48843) and the team is designated to handle crisis matters as well as routine requests for services (SUD/COD and Mental Health). They are responsible for evaluation, assessment, service screening and insurance authorization, as well as crisis response.

Contacting Livingston ACCESS begins your initial “screening” process for SUD/COD services. This process is required by Medicaid to determine the following:

Whether or not a service is appropriate for you

(Do you qualify for the service that you’re seeking?)

What level of service is **most** appropriate for you

(Which type of service may be the best fit for you?)

The “screening” is generally completed by phone, but may also be facilitated in-person if you prefer speaking with a staff member face-to-face or do not otherwise have access to a working phone. Anticipate that your SUD/COD screening will last roughly 30 minutes and you will be asked questions about the services you’re seeking, your substance use and mental health history, your criminal history and community supervision status (probation/parole), as well as current substance use and any present mental health needs.

You may be asked to sign a “Release of Information” (ROI) if you prefer additional assistance from a friend, family member or other support person, in navigating this process. This is done to ensure your confidentiality, as any disclosure of information concerning you, your screening or the services you’re seeking, cannot be made without your consent.

Justice-Involved Consideration

If you are currently supervised on probation or parole, remember that information concerning your service screening can only be disclosed to your supervising agent, with your consent. If you require confirmation be sent to your agent, anticipate that you will be asked to complete a Release of Information (ROI) for that individual and/or the agency they represent (i.e. Michigan Department of Corrections).

Once you have completed your service screening with ACCESS, you will be informed of the outcome: whether or not you qualify for services and which level/type of service*, is being recommended.

*See **Quick Guide to Level of Services for SUD/COD**

Remember that you will always have the ability to decline a service if you do not wish to access it. You can always request a second opinion or re-screening if you disagree with the recommendation that's been made.

Once your service has been determined, ACCESS staff will discuss available/local service-providers and it will be your choice to determine where and with whom, you would like to access services. ACCESS staff will instruct you on next steps and will provide you with contact information for the agency/facility you are interested in seeking.

Remember that you can always contact ACCESS if you have any further questions or concerns, following your screening.

Onto Step 4: **Intake and Admissions: Contacting Your Preferred Service-Provider**

Quick Guide to Substance Use Disorder (SUD) Services

Level 0.5: Early intervention services

- Prevention/Education Services

Level I: Outpatient services

- Outpatient Therapy (Individual/Group) *<9 hours/week

Level II: Intensive outpatient/partial hospitalization services

- Intensive Outpatient (IOP) *9+ hours/week
- Partial Hospitalization *20+ hours/week

Level III: Residential/inpatient services

- Short-Term Residential *<30 days
- Long-Term Residential *30+ days

Level IV: Medically managed intensive inpatient services

- Acute Detox
- Sub-Acute Detox

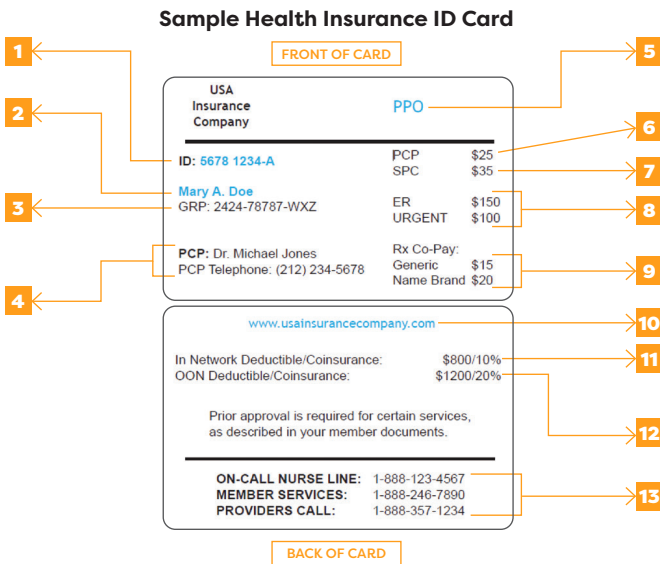
STEP 3

CONTACTING YOUR INSURANCE PROVIDER: FOR PRIVATE & MEDICARE COVERAGE

Once you've determined your insurance provider, you can contact them directly to help you identify local treatment providers. The phone number for your insurance provider can generally be found on the back your insurance card. ***See Quick Guide to Your Insurance Card**

If you do not have your card, you can utilize online means to access your insurance provider's information. Many companies have information regarding local treatment providers, accessible through online means. Visiting the company website and/or downloading the company application, can be useful tool in accessing provider information and determining which services are covered under your plan.

Quick Guide to Your Insurance Card



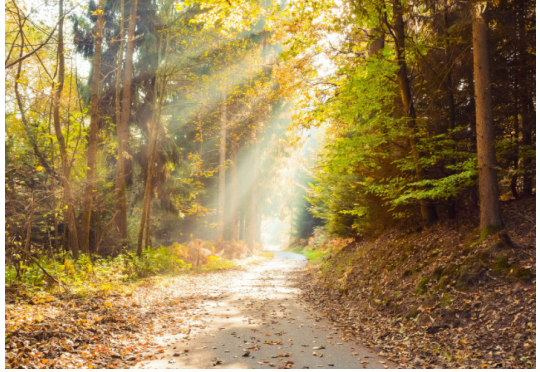
SAMPLE HEALTH INSURANCE ID CARD: KEY

1. Member ID Number
2. Member Name
3. Group Number
4. Primary Care Provider (PCP) Name and Phone Number
5. Plan Type
6. Co-Pay for Visits to Primary Care Provider
7. Co-Pay for Specialty Care
8. Co-Pays for Emergency and Urgent Care
9. Prescription Drug Plan Information
10. Health Plan Website Address
11. In-Network Deductible and Coinsurance
12. Out-of-Network (OON) Deductible and Coinsurance
13. Plan Contact Information

STEP 4

INTAKE AND ADMISSIONS: CONTACTING YOUR PREFERRED SERVICE PROVIDER

Once you've determined your preferred service provider, it's time to contact them to schedule your intake. The purpose of the intake is for a provider to get to know you better. This is also the time when you'll be formally enrolled in services.



During the intake, staff will gather information about you, your history, your desire for services, and even some of your treatment goals. Anticipate that most providers will ask you to provide an Emergency Contact Person at your time of intake and should have you complete a Release of Information or grant verbal consent, to speak with this individual in the event of an emergency.

Depending on the service you're seeking, your intake may be completed over the phone or it may include scheduling an appointment with the provider, where a more thorough intake/orientation session will be conducted.

It is important to remember that if someone is helping you with this process (friend, family member, support person, etc.), most providers will require that you provide verbal consent in order to speak with anyone other than yourself. This ensures your confidentiality and gives you the power to choose who you would like involved in your treatment process.

Once your intake is completed, the provider will schedule you with an initial appointment to begin services. Remember that you don't know...what you don't know, so this is a great time to **ask questions**.

The remainder of this resource guide will provide an overview of services and resources available in Livingston County.

PRIORITY POPULATIONS

Some populations are required to have rapid entry into treatment services to meet their urgent needs. These include:

- Pregnant women
- Pregnant women with IV drug use
- Men or women with IV drug use
- Men or women at risk of losing children (Child Protective Services involvement)
- Anyone referred through Michigan Department of Corrections

Women's Specialty Services (WSS) receive special funding through the State of Michigan and focus on women with substance use disorders and their families. Research has shown that women have different pathways to substance use, consequences of use, treatment needs and recovery support needs than men. Services are available at all levels of care (e.g., outpatient, intensive outpatient, residential and peer recovery supports) but also incorporate additional needs such as childcare and transportation services. Programs require a special designation to receive this funding and programming is designed to meet the unique needs of women. Trauma-focused treatment is often a component of care. All services are family centered; collaborate across systems (healthcare, legal, child welfare, mental health, substance use, etc.); ensure safety; and encourage self-sufficiency.

Local resources that provide these services will be designated with *WSS.

“

**Part of the process
in healing from trauma,
like recovering from addiction,
is developing connection
and support with others.**

- Stephanie S. Covington

*Beyond Trauma: A Healing Journey for Women
(Participant's Workbook)*

”

Crisis Intervention

Crisis intervention is designed to assist individuals addressing an immediate mental health crisis and/or related substance use crisis. Available resources assist individuals by providing steps towards longer term solutions.

CRISIS INTERVENTION SERVICE PROVIDERS

Ascension Brighton Center for Recovery

12851 Grand River Avenue | Brighton, MI 48116 | 810-220-5514
www.healthcare.ascension.org - Brighton Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)

Adult (18+)

We offer all levels of substance disorder treatment and family support services.

Livingston County Area Alano Club

5754 Whitmore Lake Road | Brighton, MI 48116 | 810-229-8110
livcoalano.org | www.facebook.com/AlanoClubLivingstonCounty

Payments: No cost to attend meetings

All ages

Programs include: Clean and sober environment for recovery meetings and social and recovery activities. Meeting space for AA meeting and other recovery programs and activities. At least 2 meetings per day every day of the week. Just show up.

Livingston County Community Mental Health

2280 E. Grand River | Howell, MI 48843 | 517-546-4126
cmhliv.org

Payments: Medicaid/MI Child, No Cost

All ages

As the core provider for Medicaid and uninsured care for Livingston County, Access Program assesses needs and authorizes all levels of care including outpatient, withdrawal management, residential treatment, medication-assisted treatment and recovery housing. We serve adult and youth with substance use disorders or with co-occurring mental health and substance abuse disorders. Free narcan training and kits available. 24 hour crisis line.

Crisis Intervention Service Providers

Michigan State Police Angel Program

517-897-2091 Call or Text | <https://www.michigan.gov/msp/divisions/grantscommunityservices/angel>

Provides a professional substance abuse assessment and intake process to ensure proper placement into treatment.

Stepping Stones Engagement Center

2020 E. Grand River, Suite 102 | Howell, MI 48843 | 517-376-6262
cmhliv.org

Payments: No Cost

Adult (18+)

Provides after hours and weekend support in person and by phone at no cost. No insurance is required. Staff members will guide and support individuals in developing recovery plans, conducting thorough assessments, linking to community referrals/resources and determining the appropriate level of care while taking into consideration the “whole person.” Peer recovery coaches and clinicians support individuals. Groups are provided daily and sober social activities are available onsite. Free narcan training and kits available. Referrals come from hospitals and healthcare facilities, police and first responders, courts, recovery communities, substance providers, local human service agencies and individuals.

988

988 Call or Text | 988lifeline.org/chat/

Additional Community Resources. 24/7 Toll-free Nationwide Hotline. Specialized LGBTQ and Veteran’s crisis lines.

Trevor Project

Call 1-866-488-7386 or text ‘start’ to 678-678. LGBTQ crisis support.

Veterans Crisis Line - 988

988 Call or Text - Select Veteran’s Line

Harm Reduction

Harm reduction is a practical approach to offer prevention, risk reduction and health promotion to people who are actively using substances. The approach respects the value of all people. It helps prevent overdose and infectious disease transmission; improve physical, mental and social well-being; and provide easy access to healthcare services.

NALOXONE LOCATIONS:

Livingston County CMH

Free Vending Machine
8a-5p M,W,Th,F
& 8a-7p Tuesday
2280 E Grand River Ave,
Howell 517.546.4126

Stepping Stones Engagement Center

Evenings & weekends
2020 East Grand River,
Howell 517.376.6262

RAIL RCO

5888 Sterling Drive,
Howell
517.586.4041

Key Development Center

2060 Grand River
Annex, Brighton
810.220.8192

Over the counter at most major pharmacies
- \$44.99

HARM REDUCTION SERVICE PROVIDERS

Livingston County Community Mental Health - Project Assert

622 E. Grand River | Howell, MI 48843
517-546-4126 | 517-861-1850 (Project Assert phone) | cmhliv.org

Payments: No Cost

Adult (18+)

Substance abuse peer recovery support services for patients at Trinity Hospital in Emergency Room or inpatient. After hours and weekend peer support, development of recovery plans, linkage to treatment or resources applicable to the person's insurance (any, Medicaid, commercial, no insurance). All services provided at no cost through grant funding by CMHPSM.

Livingston County Community Mental Health

2280 E. Grand River | Howell, MI 48843 | 517-546-4126 | cmhliv.org

Payments: Medicaid/MI Child, No Cost 12-18, Adult (18+)

Free Narcan vending machine in lobby, training and kits available. 24 hour crisis line.

Harm Reduction Service Providers

Livingston County Health Department

517- 546-9850 | www.LCHD.org

Free HIV testing, Wear One condom program, immunizations.

LCCA Big Red Barrel

www.drugfreelivingston.com/the-big-red-barrel/

Permanent prescription drug collection units available for community use that decreases the likelihood of prescription drug abuse, heroin use, and maintains a healthy environment. See website for list of locations.

Mitchell's Hope Inc

10133 Samantha Drive | Fowlerville, MI 48836 | 517-775-5600

www.mitchellshope.com

Payments: No Cost

12-18, Adult (18+)

Narcan Services, SUD referral, Peer Recovery & Harm-Reduction

Take Action | Overdoseaction.org

Free online trainings for community members and for first responders about recognizing overdose and administering naloxone. Provided through a collaboration of the University of Michigan School of Nursing, Washtenaw Sheriff, Home of New Vision and Community Mental Health Partnership of Southeast Michigan.

OpiRescue | opirescue.com

OpiRescue is a free app available for download through the Apple app store and Google Play. The app provides free training to recognize signs of overdose and administer naloxone. Provided by the Michigan Department of Health and Human Services.

Stepping Stones Engagement Center

2020 E. Grand River | Howell, MI 48843 | 517-546-4126

cmhliv.org

Payments: No Cost

Adult (18+)

Free training, narcan kits, and fentanyl test strips.

Treatment Options

DETOXIFICATION/WITHDRAWAL MANAGEMENT

Medically-monitored inpatient detoxification is a service delivered by medical and nursing professionals that provides 24-hour medically-supervised evaluation and withdrawal management through the use of medicine in a facility with inpatient beds. Services are delivered under a defined set of physician-approved policies and physician-monitored procedures.

INPATIENT TREATMENT

Residential substance abuse treatment provides a highly structured recovery environment, combined with professional clinical services, designed to address addiction and living skills problems. This is generally designed for those who can't stay sober in their current environment and require longer treatment stays to support and promote recovery. The following structured activities are required for at least seven (7) hours per day:

COUNSELING SERVICES

- **Individual:** 1 hour/week minimum
- **Group:** 10 hours/week minimum
- **Family:** To be included during course of treatment as clinically indicated

PSYCHO-EDUCATIONAL DIDACTIC SESSIONS:

8 hours/week minimum

- Vocational training
- Recovery Support Services/Support Groups
- Recreation

Detoxification Treatment/ Withdrawal Management

DETOXIFICATION TREATMENT/WITHDRAWAL MANAGEMENT SERVICE PROVIDERS

Ascension Brighton Center for Recovery

12851 Grand River Avenue | Brighton, MI 48116 | 810-220-5514

www.healthcare.ascension.org - Brighton Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)

Adult (18+)

Offers all levels of substance disorder treatment and family support services.

Bear River Health

2594 Springvale Road | Boyne Falls, MI 48713 | 231-535-2822

Offers a non-judgmental environment with a caring and compassionate team of administrative, medical and clinical staff to provide support 24/7 that includes on-site nursing services; medication administration, as needed to aid withdrawal symptoms and cravings.

Dawn Farm (Spera)

502 West Huron | Ann Arbor, MI 48104 | 734-669-8265

Payments: No cost

The Spera Recovery Center provides a safe, recovery-friendly environment for detoxification with an emphasis on developing a sustainable plan for ongoing recovery after detox.

Oakdale Treatment Center

43825 Michigan Avenue | Canton, MI 48188 | 734-397-3088

ASAM Level 3.7 Detoxification.

Revival Recovery Center

5797 Felske Drive | Brighton, MI 48116 | 248-949-7177

www.revivalrecoverycenter.com

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child 12-18, Adult (18+)

Medical services for substance abuse, depression, anxiety, insomnia, CPTSD/PTSD, social anxiety.

Detoxification Treatment/ Withdrawal Management

Salvation Army Harbor Light (SAHL)

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

Medication-assisted treatment including suboxone. Length: 3-5 days

Sacred Heart

400 Stoddard Road | Memphis, MI 43014 | 810-392-2167

Sacred Heart offers physician-directed, sub-acute detoxification units with nursing and laboratory support and specialized opiate detoxification.

Trinity Health Academic Family Medicine - Brighton

7575 Grand River, Suite 210 | Brighton, MI 48114 | 810-844-7950

www.ihacares.com/locations/mi/brighton/trinity-health-academic-family-medicine-brighton

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Medicare, Medicaid Molina and Blue Cross Complete
12-18, Adult (18+)

At Trinity Health IHA Medical Group, medical, care management and behavioral health services are offered to patients who have moderate to complex illnesses.

VA Ann Arbor Healthcare System

2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100

www.va.gov/ann-arbor-health-care/

Payments: Veteran With VA Eligibility
Adult (18+)

VA Ann Arbor Healthcare System offers a wide range of health, support, and facility services for Veterans at 7 locations in Michigan and Northwestern Ohio.



Residential Inpatient Treatment

RESIDENTIAL INPATIENT TREATMENT SERVICE PROVIDERS

Ascension Brighton Center for Recovery

12851 Grand River Avenue | Brighton, MI 48116 | 810-220-5514

www.healthcare.ascension.org - Brighton Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)

Adult (18+)

We offer all levels of substance disorder treatment and family support services.

Bear River Health

2594 Springvale Road | Boyne Falls, MI 48713

231-535-2822

Bear River Health provides residential programs for both male and female clients on separate campuses. The client lives day to day at the residential campus and completes a program of structured curriculums, group and individual counseling.

Dawn Farm Residential Services

Ypsilanti, MI and Ann Arbor MI | 734-485-8725

The long-term residential program offers individual treatment planning with a highly qualified clinical staff. Treatment plans combine evidence-based approaches including mutual aid programs, cognitive behavior therapy, dialectical behavior therapy, personal medicine for co-occurring disorders, and psychiatric services delivered by an experienced psychiatric nurse practitioner.

Foundations Recovery - Skywood Recovery

10499 48th St., Augusta, MI | 844-243-8198

Payments: Insurance, Out-of-pocket, Co-Pay

Offers integrated residential treatment. Services include individual, group and educational sessions as well as LGBTQ specific tracks

Henry Ford Maplegrove Center

6773 W Maple Rd | West Bloomfield Township, MI 48322

248-661-6100 | www.henryfordmaplegrove.com/

Payments: Insurance, Out-of-pocket, Co-Pay

Maplegrove provides the support and tools needed for long-term recovery from substance use disorder. The team includes board-certified addiction specialists who treat the whole person – body, mind and spirit. Services include residential rehabilitation, detoxification, medication-assisted treatment, outpatient and virtual rehab programs, specialized groups for women and professionals.

Home of New Vision Residential Treatment Services

Ann Arbor, MI | 734-369-3541

Residential Treatment is for men and women ages 18 and older who have been assessed as having a substance use disorder with or without a co-occurring mental health disorder, and who, based on recognized criteria, require this level of care and are ready to move into recovery. The program provides a supportive and welcoming environment that enables clients to gain a stable foundation for recovery, connect with the recovering community, and link with continuing aftercare services. *WSS

Oakdale Treatment Center

43825 Michigan Avenue | Canton, MI 48188 | 734-397-3088

45-bed, co-ed, 24/7 medically monitored residential program that provide 24-hour care to stabilize multidimensional medical, behavioral, and social impairments and barriers, to prepare individuals for outpatient treatment. Dietary specialty needs will be conducted, as needed.

Sacred Heart

400 Stoddard Road | Memphis, MI 43014 | 810-392-2167

The residential programs are individually tailored to each client to break the chemical dependency cycle, develop the awareness of the need for abstinence and initiate an individual into a program of recovery. These programs can include lectures, interactive educational groups, group therapy, individual therapy, self-help groups, didactics groups, specialty groups and recreational activities. Along with scheduled meals and snacks, an assessment of dietary specialty needs will be conducted, as needed.*WSS

Salvation Army Harbor Light (SAHL)

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

30-90 days with individual, group, and family therapy and peer support.

VA Ann Arbor Healthcare System

2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100

www.va.gov/ann-arbor-health-care/

Payments: Veteran With VA Eligibility

Adult (18+)

VA Ann Arbor Healthcare System offers a wide range of health, support, and facility services for Veterans at 7 locations in Michigan and Northwestern Ohio. Residential and inpatient programs including inpatient mental health, Psychosocial Rehabilitation & Recovery Treatment Program (PRRTP), Post Traumatic Stress Disorder Residential Rehabilitation Treatment Program (PSTD RRTTP), Substance Abuse Rehabilitation Treatment Program (SARRTP), & Transitional Residence with compensated work therapy (CWT/TR).

Treatment Options

INTENSIVE OUTPATIENT TREATMENT

Intensive Outpatient (IOP) substance abuse treatment provides a broad range of highly intensive clinical interventions between 9-19 hours a week in a variety of community settings. IOP programs can include opportunities for staff to involve family members in planning with the patient for their long-term recovery in the community. Experience shows that involving family members in a supportive capacity enhances the opportunity for a sustained recovery.

- **Individual:** 1 hour/week minimum
- **Group:** 1.5 hours per day minimum
- **Family:** To be included during course of treatment as clinically indicated
- **Didactic sessions:** 2 hours/week minimum

OUTPATIENT TREATMENT

Outpatient substance abuse treatment is provided in a licensed outpatient facility that provides regularly scheduled individual, group, and/or family counseling. Inpatient services can be one (1) hour per week up to nine (9) hours per week depending on the needs of the individual.



Intensive Outpatient Treatment

INTENSIVE OUTPATIENT TREATMENT SERVICE PROVIDERS

Ascension Brighton Center for Recovery

12851 Grand River Avenue | Brighton, MI 48116 | 810-220-5514

www.healthcare.ascension.org - Brighton Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)

Adult (18+)

Offers all levels of substance disorder treatment and family support services.

Key Development Center, Inc.

2060 Grand River Annex, Suite 600, Brighton, MI 48114

810-220-8192 | www.keycenters.org

Payments: Private Insurance reduced fee/no cost for eligible individuals

12-18, Adult (18+), Medicare

Full service mental health and substance abuse services which include individual therapy, group therapy (IOP, Long-Term Recovery, CBT, Women's Trauma, Women's Specialty, adolescent co-occurring group). Psychiatry/addiction medicine (MAT/MOUD), peer recovery support, case management. *WSS

Intensive Outpatient Treatment Service Providers

University of Michigan Addiction Treatment Services (UMATS)
4250 Plymouth (Rachel Upjohn Bldg.) | Ann Arbor, MI 48109
734-764-0231 | 800-525-5188

U-M Addiction Treatment Services is staffed by psychiatrists, social workers and nurses who work together as a multidisciplinary team. Services offered include intensive outpatient programs for adults and adolescents, psychiatric evaluations and treatment, individual, group, couples, and family therapy, medications to treat psychiatric symptoms as well as addiction, and outpatient detoxification for alcohol and other drugs, when medically safe. *WSS

VA Ann Arbor Healthcare System
2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100
www.va.gov/ann-arbor-health-care/

**Payments: Veteran With VA Eligibility
Adult (18+)**

VA Ann Arbor Healthcare System offers a wide range of health, support, and facility services for Veterans at 7 locations in Michigan and Northwestern Ohio.

GOOD SAMARITAN LAW:

Michigan's good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose. This law makes saving lives the priority during a drug overdose. (michigan.gov)

Outpatient Treatment

OUTPATIENT TREATMENT SERVICE PROVIDERS

Ascension Brighton Center for Recovery

12851 Grand River Avenue | Brighton, MI 48116 | 810-220-5514

www.healthcare.ascension.org - Brighton Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)
Adult (18+)

We offer all levels of substance disorder treatment and family support services.

Connected Health

4277 Okemos Road, Suite 100 | Okemos, MI 48864 | 517-816-8723

myconnectedhealth.com

Payments: Insurance, Co-Pay, Medicaid/MI Child
Adult (18+)

Addiction medicine and comprehensive gynecology services are available. Our goal is to create a respectful, compassionate environment in order to support you on your journey toward a healthier life. All treatment plans are created with the patient's unique needs in mind for the best success. Please note: We provide addiction services to pregnant individuals, but we do not perform deliveries or prenatal care.

Home of New Vision Outpatient Treatment Services

Ann Arbor, MI | 734-369-3541

The program provides a supportive and welcoming environment that enables clients to gain a stable foundation for recovery, connect with the recovering community, and link with continuing aftercare services.

Karen Bergbower & Associates

10299 Grand River Road, Suite P | Brighton, MI 48116

810-225-9550 | www.kbamichigan.com

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child
12-18, Adult (18+)

Karen Bergbower & Associates, PC (KBA) is a prevention, assessment, counseling, and consulting group based in Brighton, Michigan. KBA provides counseling for mental health, substance use, and other life issues. Specialty areas include trauma, anxiety disorders including OCD and Body-Focused Repetitive Behaviors like biting, picking, and pulling that can cause damage. KBA is licensed by the State of Michigan as a Substance Use Disorder program (License #SA0470092) to provide substance abuse assessment, prevention, and outpatient treatment.

Outpatient Treatment Service Providers

Key Development Center, Inc.

2060 Grand River Annex, Suite 600, Brighton, MI 48114

810-220-8192 | www.keycenters.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, No Cost, Medicare

12-18, Adult (18+)

Full service mental health and substance abuse services which include individual therapy, group therapy (IOP, Long-Term Recovery, CBT, Women's Trauma, Women's Specialty, adolescent co-occurring group). Psychiatry/addiction medicine (MAT/MOUD), peer recovery support, case management. *WSS

Livingston County Catholic Charities

2020 E. Grand River Avenue, Suite 104 | Howell, MI 48843

517-545-5944 | Livingstoncc.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Sliding Fee Scale

5-12, 12-18, Adult (18+)

Substance abuse treatment, mental health counseling, psychiatric services, case management and peer support services. Teen and adult programming through individual, family and group sessions.

Livingston Family Center

4736 E. M-36 | Pinckney, MI 48169 | 810-231-9591 | www.livfc.org/

Payments: Insurance, Out-of-pocket, Co-Pay

5-12, 12-18, Adult (18+)

Livingston Family Center is a community-focused nonprofit agency offering outpatient mental health treatment.

Stepping Stones Engagement Center

2020 E. Grand River | Howell, MI 48843 | 517-546-4126 | cmhliv.org

Payments: No Cost

Adult (18+)

The program provides after hours and weekend support in person and by phone at no cost. No insurance is required. Staff members will guide and support individuals in developing recovery plans, conducting thorough assessments, linking to community referrals/resources and determining the appropriate level of care while taking into consideration the "whole person." Peer recovery coaches and clinicians support individuals. Groups are provided daily and sober social activities are available onsite. Free narcan training and kits available. Referrals come from hospitals and healthcare facilities, police and first responders, courts, recovery communities, substance providers, local human service agencies and individuals.

Outpatient Treatment Service Providers

The Connection Youth Services

616 W. Grand River Avenue | Howell, MI 48843 | 866-440-7233
www.livfc.org/

Payments: No Cost

12-18

The Connection Youth Services provides safe shelter, crisis intervention, individual and family therapy, case management, and outreach services to homeless youth and their families.

Trinity Addiction Recovery

5401 McAuley Drive | Ypsilanti, MI 48197 | 734-786-2301
www.trinityhealthmichigan.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child Adult (18+)

Addiction Recovery is dedicated to providing comprehensive services to adults and their families who are experiencing alcohol and other drug-related problems and co-occurring disorders. Services include: Intensive Outpatient Group, Early Recovery Group, Individual, and Medication Assisted Treatment. At Trinity Health, medical, care management and behavioral health services are offered to patients who have moderate to complex illnesses.

Trinity Health Academic Family Medicine - Brighton

7575 Grand River, Suite 210 | Brighton, MI 48114 | 810-844-7950
www.ihacares.com/locations/mi/brighton/trinity-health-academic-family-medicine-brighton

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Medicare, Medicaid Molina and Blue Cross Complete

12-18, Adult (18+)

At Trinity Health IHA Medical Group, medical, care management and behavioral health services are offered to patients who have moderate to complex illnesses.

Trinity Health IHA Medical Group Psychiatry & Counseling

2300 Genoa Business Park Drive, Suite 180 | Brighton, MI 48114
734-786-2300 | www.trinityhealthmichigan.org/find-a-service-or-specialty/mental-and-behavioral-health/

Payments: Insurance, Out-of-pocket, Co-Pay

12-18, Adult (18+)

We offer evaluations and treatments from mental health professionals who care about you as an individual. We use research-based methods and a personalized approach to help patients achieve their goals. We offer a mix of mental and substance abuse services.

Trinity Health IHA Medical Group Academic Psychiatry & Counseling
37595 Seven Mile Road, Suite 230 | Livonia, MI 48152
734-455-1200

www.trinityhealthmichigan.org/iha-medical-group/iha-services-pages/iha-additional-healthcare-services/iha-behavioral-health/

Payments: Insurance, Out-of-pocket, Co-Pay
5-12, 12-18, Adult (18+)

The Trinity Health IHA Medical Group Collaborative Care Behavioral Health Program works with patients who may have anxiety, depression or both. This program is available at several of our locations. Our team consists of a behavioral health specialist, your primary care physician (PCP) and a psychiatrist who talks with your behavioral health specialist and PCP.

University of Michigan Addiction Treatment Services (UMATS)
4250 Plymouth (Rachel Upjohn Bldg.) | Ann Arbor, MI 48109
734-764-0231 | 800-525-5188

U-M Addiction Treatment Services is staffed by psychiatrists, social workers and nurses who work together as a multidisciplinary team. Services offered include intensive outpatient programs for adults and adolescents, psychiatric evaluations and treatment, individual, group, couples, and family therapy, medications to treat psychiatric symptoms as well as addiction, and outpatient detoxification for alcohol and other drugs, when medically safe. *WSS

VA Ann Arbor Healthcare System
2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100
www.va.gov/ann-arbor-health-care/

Payments: Veteran With VA Eligibility
Adult (18+)

VA Ann Arbor Healthcare System offers a wide range of health, support, and facility services for Veterans at 7 locations in Michigan and Northwestern Ohio.

MAT/MOUD Providers

MEDICATION- ASSISTED TREATMENT (MAT)/ FOR OPIOID USE DISORDER (MOUD) TREATMENT

A program for opiate addicts, usually conducted in an outpatient setting. These programs use a long-acting synthetic opiate medication, usually methadone, administered orally for a sustained period at a dosage sufficient to prevent opiate withdrawal, block the effects of illicit opiate use, and decrease opiate craving. The best, most effective programs include individual and/or group counseling, as well as provision of, or referral to, other needed medical, psychological, and social services.

Ann Arbor Comprehensive Treatment Center 522 Maple Rd | Ann Arbor, MI 48103
734-274-2036 | ctcprograms.com

Payments: Medicaid

Offers medication-assisted treatment, methadone maintenance, to adults who are struggling with opiate addiction.

The Brighton Center, Inc.
2512 Harte Dr, Brighton, MI 48114
810-229-9220

brightonctr.com

Payments: Insurance or Out-of Pocket

Offering Out-patient MAT/MOUD options (Methadone - Suboxone - Vivitrol) and counseling services in a confidential office setting to help you gain control over Opioid Dependence.

Connected Health
4277 Okemos Road, Suite 100
Okemos, MI 48864 | 517-816-8723
myconnectedhealth.com

Payments: Insurance, Co-Pay, Medicaid/
MI Child

Adult (18+)

Addiction medicine and comprehensive gynecology services are available. Our goal is to create a respectful, compassionate environment in order to support you on your journey toward a healthier life. All treatment plans are created with the patient's unique needs in mind for the best success. Please note: We provide addiction services to pregnant individuals, but we do not perform deliveries or prenatal care.

MAT/MOUD

Service Providers

Key Development Center, Inc.

2060 Grand River Annex, Suite 600, Brighton, MI 48114

810-220-8192 | www.keycenters.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, No Cost

12-18, Adult (18+), Medicare

Full service mental health and substance abuse services which include individual therapy, group therapy (IOP, Long-Term Recovery, CBT, Women's Trauma, Women's Specialty, adolescent co-occurring group). Psychiatry/addiction medicine (MAT/MOUD), peer recovery support, case management. *WSS

Revival Recovery Center

5797 Felske Drive | Brighton, MI 48116 | 248-949-7177

www.revivalrecoverycenter.com

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child

12-18, Adult (18+)

Medical services for substance abuse, depression, anxiety, insomnia, CPTSD/PTSD, social anxiety.

Therapeutics Medical Center

1010 E. Maple Road, Ste 200 | Walled Lake, MI 48390 | 248-525-6832
AND

4673 Washtenaw | Ann Arbor, MI 48108 | 734-547-5009

Payments: Medicaid

Services include medication-assisted treatment including methadone, vivitrol, suboxone. Full array of complimentary supports including individual therapy, group therapy, and peer support services.

Trinity Addiction Recovery

5401 McAuley Drive | Ypsilanti, MI 48197 | 734-786-2301

www.trinityhealthmichigan.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child
Adult (18+)

Addiction Recovery is dedicated to providing comprehensive services to adults and their families who are experiencing alcohol and other drug-related problems and co-occurring disorders. Services include: Intensive Outpatient Group, Early Recovery Group, Individual, and Medication Assisted Treatment. At Trinity Health, medical, care management and behavioral health services are offered to patients who have moderate to complex illnesses.

MAT/MOUD

Service Providers

Trinity Health Academic Family Medicine - Brighton

7575 Grand River, Suite 210 | Brighton, MI 48114 | 810-844-7950

www.ihacares.com/locations/mi/brighton/trinity-health-academic-family-medicine-brighton

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Medicare, Medicaid Molina and Blue Cross Complete
12-18, Adult (18+)

At Trinity Health IHA Medical Group, medical, care management and behavioral health services are offered to patients who have moderate to complex illnesses.

University of Michigan Addiction Treatment Services (UMATS)

4250 Plymouth (Rachel Upjohn Bldg.) | Ann Arbor, MI 48109

734-764-0231 | 800-525-5188

U-M Addiction Treatment Services is staffed by psychiatrists, social workers and nurses who work together as a multidisciplinary team. Services offered include intensive outpatient programs for adults and adolescents, psychiatric evaluations and treatment, individual, group, couples, and family therapy, medications to treat psychiatric symptoms as well as addiction, and outpatient detoxification for alcohol and other drugs, when medically safe. *WSS

VA Ann Arbor Healthcare System

2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100

www.va.gov/ann-arbor-health-care/

Payments: Veteran With VA Eligibility
Adult (18+)

VA Ann Arbor Healthcare System offers a wide range of health, support, and facility services for Veterans at 7 locations in Michigan and Northwestern Ohio.

Recovery Housing

Transitional Housing is a structured residential facility/ house that provides a safe and sober dwelling where a person can:

- Gain emotional stability
- Become connected with the recovering community through 12- step meetings or other support groups
- Learn accountability through peer support
- Reintegrate into work, education, family life, and society

RECOVERY HOUSING SUPPORT PROVIDERS IN LIVINGSTON COUNTY AND SURROUNDING AREAS

Ascension Brighton Center for Recovery
12851 Grand River Avenue | Brighton, MI
48116 | (810) 220-5514

www.healthcare.ascension.org - Brighton
Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)
Adult (18+)

We offer all levels of substance disorder treatment and family support services, including transitional housing.

Amber Reineck House

PO Box 510 | Hamburg, MI 48139
630-721-0959 | amberreineckhouse.org

Payments: Insurance, Out-of-pocket, Medicaid, Scholarship
Adult (18+)

The Amber Reineck House provides recovery housing for women in Livingston County while working to provide education and awareness surrounding SUD to the community to reduce SUD stigma.

Home of New Vision

3115 Professional Drive
Ann Arbor, MI 48104 | 734-975-1602

Payments: Medicaid, Scholarship, Out-of-pocket
Adult (18+)

Home of New Vision provides recovery housing for women and men who desire to live a life of recovery. Clients who are committed to recovery are provided with a safe, structured and supported living environment that fosters personal, spiritual and emotional growth. Clients must abstain from alcohol and illegal drug use while living in Home of New Vision's recovery residences.

Recovery Advocates in Livingston, Inc. (RAIL)

5888 Sterling Drive | Howell, MI 48116 | 517) 586-4041

recoveringallies.org

Payments: No Cost

Adult (18+)

Recovery Advocates in Livingston Inc. (RAIL) provides two peer driven recovery programs to residents in Livingston county; a sober living recovery house for women and recovery support services center for persons in recovery.

The house is structured to help women learn how to cope with the complications and stresses of the world in healthy ways instead of turning to substances for help. Relearning life skills, developing a daily routine, completing chores and finding a job or enrolling in school are also important parts of recovery. The house is located at 521 East Grand River Howell, Michigan 48843

RAIL-Recovery center is a peer-operated organization that serves as local resource of community-based substance use disorders services and provides recovery support services for persons seeking recovery. The recovery center is located at 5888 Sterling, Howell, Michigan 48843.

RECOVERY IS
GIVING UP **ONE THING**
FOR **EVERYTHING.**



Veteran Support

VETERAN SUPPORT SERVICE PROVIDERS

Livingston County Veteran Services

1420 Lawson Dr. | Howell, MI 48843 | Office: (517) 546-6338 | VA National Line: 1-800-827-1000

Compassionately helping veterans and dependents in Livingston County improve their quality of life through timely, efficient, and comprehensive services, increasing access to medical care, supportive services, and benefit awards.

VA Medical Center

2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100

This facility contains ambulatory care clinics, operating rooms, intensive care units, and more.

Veterans Crisis Line - 988, Press 1

Call 988, Press 1 (Select Veteran's Line) or Text 988

Recovery Support and Meetings

RECOVERY SUPPORT SERVICE PROVIDERS AND MEETINGS

AA Agnostica | aaagnostica.org

AA Agnostica is a source for agnostics, atheists, and freethinkers. AA Agnostica offers meetings for non believers and does not endorse or oppose any religions.

A.A. Alcoholics Anonymous | www.hvai.org | www.aa.org

AA is a fellowship of people that come together to overcome alcoholism. AA follows the 12 steps. Meetings can be found on their website.

Al-Anon / Alateen Meetings | al-anon.org/

Support group for family members and friends of people recovering from substance abuse.

Ascension Brighton Center for Recovery

12851 Grand River Avenue | Brighton, MI 48116 | 810-220-5514
www.healthcare.ascension.org - Brighton Location

Payments: Insurance, Out-of-pocket, Co-Pay, Charity (need to qualify)

Adult (18+)

We offer all levels of substance disorder treatment and family support services.

Celebrate Recovery @ The Naz

7669 Brighton Road | Brighton, MI 48116

810-227-6600 | www.thenaz.org

Payments: No Cost

Adult (18+)

Free childcare available. Celebrate Recovery is a 12-step program for all hurts, habits, and hang-ups. CR is a safe place to be who you are without judgment, to work on your struggles, and a place to find hope & healing from them. You are not alone! Come as you are! We meet on Monday nights, 7-9pm. Dinner is provided every week from 6-6:50.

Dual Recovery Anonymous | draonline.org/

12-step support for people in recovery from mental health and substance abuse.

In the Rooms | intherooms.com/livemeetings/list

Over 130 online meetings every week including specialty meetings.

Key Development Center, Inc.

2060 Grand River Annex, Suite 600, Brighton, MI 48114

810-220-8192 | www.keycenters.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, No Cost

12-18, Adult (18+), Medicare

Full service mental health and substance abuse services which include individual therapy, group therapy (IOP, Long-Term Recovery, CBT, Women's Trauma, Women's Specialty, adolescent co-occurring group). Psychiatry/addiction medicine (MAT/MOUD), peer recovery support, case management. *WSS

LifeRing Secular Recovery | lifering.org

LifeRing Secular provides an abstinence-based, secular, and self-empowered recovery pathway. In-person and online meetings are offered, including identity-specific meetings. All meetings can be found on the website.

Livingston County Area Alano Club

5754 Whitmore Lake Road | Brighton, MI 48116 | 810-229-8110

livcoalano.org | www.facebook.com/AlanoClubLivingstonCounty

Payments: No cost to attend meetings

All ages

Programs include: Clean and sober environment for recovery meetings and social and recovery activities. Meeting space for AA meeting and other recovery programs and activities. At least 2 meetings per day every day of the week. Just show up.

Livingston County Catholic Charities

2020 E. Grand River Avenue, Suite 104 | Howell, MI 48843

517-545-5944 | Livingstoncc.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Sliding Fee Scale

5-12, 12-18, Adult (18+)

Substance abuse treatment, mental health counseling, psychiatric services, case management and peer support services. Teen and adult programming through individual, family and group sessions.

MARA (Medication-Assisted Recovery Anonymous)

mara-international.org/michigan

MARA is a 12-step meeting source for people who use prescribed medicine to treat addiction. Meetings can be found on their website.

Recovery Support and Meetings

N.A. Narcotics Anonymous | michigan-na.org/washtenaw-area

NA is a nonprofit comprised of people suffering from addiction that follows 12 steps. NA allows people to start meetings in their area to help with addiction. Meetings can be found on their website.

Recovery Advocates in Livingston, Inc. (RAIL)

5888 Sterling Drive | Howell, MI 48116 | 517) 586-4041

recoveringallies.org

Payments: No Cost

5-12, 12-18, Adult (18+)

RAIL-Recovery center is a peer-operated organization that serves as local resource of community-based substance use disorders services and provides recovery support services for persons seeking recovery. Services include: recovery groups, recovery management, employment services and job training, case management, resource coordination, family support group, life skills, spiritual and faith-based support, community service, recreational/social activities and sober living skills, and training opportunities.

Recovery Dharma | recoverydharma.org/find-a-meeting

Recovery Dharma offers an approach to recovery that uses Buddhist principles. RD offers both in-person and online meetings. Also offers affinity meetings that provide identity-specific meetings. All meetings can be found on the website.

Secular AA | secularaa.org

Secular AA is a meeting source that does not endorse or oppose any religion.

SMART Recovery | smartrecoverytest.org/local

SMART Recovery focuses on self-management in the recovery process. During meetings, participants help one another resolve problems. Meetings can be found on the website.

Women for Sobriety | womenforsobriety.org

WFS is an organization with a purpose to help women find their individual path to recovery. For the Ann Arbor meeting contact 1029@womenforsobriety.org.

FAMILY SERVICES

Ascension Brighton Center for Recovery

- **Children’s Addiction Program | 810-220-1807**
Free addiction prevention program designed to break the multi-generational cycle of addiction. The Children’s Program is a day camp lasting three days, followed by ongoing support including a book-of-the-month club and alumni group. The program is beneficial for children ages 7-12 who have a family member with an alcohol or drug problem or who is in active recovery.
- **Teen Addiction Prevention Program | 810-220-1807**
Free program for teens ages 13-16. Program helps teens learn that they are not alone and nothing is their fault with addiction in the family. Teens learn positive life skills and how to resist peer pressure.

Families Against Narcotics

Familiesagainstnarcotics.org/Oakland | 833-202-HOPE

FAN is available in many counties and covers the Oakland/Livingston area. Their purpose is to educate families, school members, workforce representatives, public safety associates, court officials, and healthcare professionals about the misuse of drugs and prescription pain medication within their communities. They meet monthly to provide resources, education, and support to those affected by addiction. FAN also provides the Hope Not Handcuffs program, a collaboration with law enforcement to help people with substance use needs to access treatment. FAN also provides naloxone training and other supportive services.

Henry Ford Maplegrove Center

Contact Lisa Kaplan at 248-788-3005

- Free virtual education programs and support groups for families dealing with a loved one with a substance use disorder.

Livingston County Community Alliance (LCCA)

drugfreelivingston.com/

A county-wide, grassroots, anti-drug coalition which aims to unite the Livingston County community to reduce and prevent youth substance use and to live a healthy and drug free lifestyle. LCCA mobilizes community members to become partners in prevention for youth and adult alcohol, marijuana, tobacco/nicotine(vaping) and prescription drug misuse/abuse. Programs include: Safe Boating, Safe Homes, TalkSooner, Race for Recovery, Youth Summit, Big Red Barrel, and Reality Tour.

Also see Al-Anon and Alateen meetings in Recovery Support Meeting Section



Mental Health Resources

Substance use issues commonly “co-occur” with mental health issues. It is recommended to treat both substance use and mental health needs at the same time for the best results. This holistic care acknowledges how the problems influence each other and promotes a coordinated approach to recovery.

Advanced Behavioral Medicine

2901 E Grand River Ave, Howell, MI 48843

517-548-1537

www.advancedbehavioralmedicine.com/

Payments: Insurance

Services include psychotherapy with basic neuroscience, medical diagnosis, marital and family therapy, cognitive therapy and behavioral therapies.

Arrowhead Behavioral Health

7124 W. Grand River Avenue, Suite 1 | Fowlerville, MI 48836

517-715-6155 | [facebook.com/bryanblattert](https://www.facebook.com/bryanblattert)

Payments: Cost varies. Accepts insurance including Medicaid.

All Ages

Therapeutic interventions for children, adults and families. Specializes in childhood trauma. Therapy includes (but not limited to): Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy and Eye Movement Desensitization Reprocessing Therapy.

Brighton Center for Pediatric Neurodevelopment

2250 Genoa Business Park Drive, Suite 100 | Brighton, MI 48114
810-360-1110 | bcpn.org

Payments: Cost varies. Does not accept insurance.

Ages 14 months – 26 years

Services include: evaluation, testing, therapy, social skills group for ages 12-16, diagnostic evaluations for Autism/ADOS (Autism Diagnostic Observation Schedule), parent training/behavioral coaching for home challenges, and educational advocacy/consulting.

Cambium Therapy & Coaching – Jeri Lea Kroll, LMSW

128 W. Main Street | Brighton, MI 48116 | 810-623-5737
jerileakroll.com

Payments: Cost varies. Does not accept insurance, but will provide detailed invoice for reimbursement as an out of network provider. Small number of sliding scale fee spots available.

Adult 18+

Free workshops for parents and caregivers of young children. Coaching for parents and parents-to-be. Approach is attachment focused, trauma informed and sensory sensitive. Safe & Sound Protocol - a music-based intervention designed to reduce stress & auditory sensitivity while increasing feelings of calm, felt safety and social engagement.

Chelsea Hospital Behavioral Health

775 S. Main Street | Chelsea, MI 48118 | 734-593-5200
www.trinityhealthmichigan.org/location/chelsea-hospital-behavioral-health

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Medicare

12-18, Adult (18+)

Chelsea Hospital Behavioral Health offers a healing environment for individuals experiencing mental health related disorders, including depression, anxiety, bipolar disorder, and thought disorders, such as schizophrenia.

Changes Counseling of Hartland

12319 Hartland Road, Suite 401 | Hartland, MI 48353
810-475-2005 | changescounselingofhartland.com

Payments: Cost varies. Insurance accepted. Does not accept straight Medicaid. Limited number of sliding-scale-fees available.

All ages

Counseling/therapy for children (ages 5+), adults and families.

Counseling Services for Children and Families

820 Byron Road | Howell, MI 48843 | 248-410-0182

counselingservicesforchildrenandfamilies.com

Payments: Cost varies. Accepts Blue Cross Blue Shield, Blue Care Network, United Healthcare and All Medicaid Health Plans except Molina.

All ages

Outpatient behavioral health assessments and counseling for children, adults and families.

Early Connections Institute

711 E. Grand River Avenue, Suite A | Brighton, MI 48116

earlyconnectionsinstitute.com

Payments: Cost varies.

All ages.

Specialized mental health services for women, children and young families including perinatal mental health services and early childhood mental health services. ECI aims to promote strong relationships for individuals and families from birth through adulthood. Services include Infant Mental Health (ages Birth-3), Early Childhood Mental Health (ages 4-7), Maternal Mental Health and Maternal Support group.

Disability Network Washtenaw Monroe Livingston

3941 Research Park Drive | Ann Arbor, MI 48108 | 734-971-0277

www.dnwml.org

Payments: Out-of-pocket, No Cost

Adult (18+)

We offer resources and information to refer inquiries to the correct place needed for support services. We have a team of specialists who can help with supporting people with disabilities, which include substance use disease, and mental health disease.

Diversified Counseling & Consulting Services, PLLC

1004 S. Michigan Avenue, Suite 203 | Howell, MI 48843

517-292-6966 | www.dccspllc.com

Payments: Insurance, Out-of-pocket, Co-Pay

12-18, Adult (18+)

Ennis Center for Children, Inc.

1288 W. Grand River Avenue, Suite 100 | Williamston, MI 48895

517-881-0723 | 810-881-0723 | www.enniscenter.org

Payments: Insurance, Out-of-pocket, Medicaid/MI Child

Adult (18+)

Ennis Center started as a foster and adoption agency, though we recognized the need for counseling for our youth and families and found it difficult to always find serves. We accept most insurances and referrals from the community.

Eastern Michigan University

1075 North Huron | Ypsilanti, MI 48197 | 734-487-4987

emich.edu/cbhc

Payments: \$10/session.

All ages

Child and family therapy, primarily offered to Livingston County residents through telehealth (“Zoom”) services.

- Services are provided by Clinical Psychology doctoral students under the supervision of licensed faculty members.
- All ages including parent-directed interventions with toddler and young children.

Evolve Behavioral Health

333 E. Grand River Avenue | Brighton, MI 48116 | 810-599-9591

Ext. 711 | evolvebehavioral.com

Payments: Cost varies. Accepts insurance. Does not accept Medicaid.

Counseling/therapy for individuals, couples and families.

Karen Bergbower & Associates

10299 Grand River Road, Suite P | Brighton, MI 48116

810-225-9550 | www.kbamichigan.com

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child 12-18, Adult (18+)

Karen Bergbower & Associates, PC (KBA) is a prevention, assessment, counseling, and consulting group based in Brighton, Michigan. KBA provides counseling for mental health, substance use, and other life issues. Specialty areas include trauma, anxiety disorders including OCD and Body-Focused Repetitive Behaviors like biting, picking, and pulling that can cause damage. KBA is licensed by the State of Michigan as a Substance Use Disorder program (License #SA0470092) to provide substance abuse assessment, prevention, and outpatient treatment.

Key Development Center, Inc.

2060 Grand River Annex, Suite 600, Brighton, MI 48114

810-220-8192 | www.keycenters.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, No Cost

12-18, Adult (18+), Medicare

Full service mental health and substance abuse services which include individual therapy, group therapy (IOP, Long-Term Recovery, CBT, Women’s Trauma, Women’s Specialty, adolescent co-occurring group). Psychiatry/addiction medicine (MAT/MOUD), peer recovery support, case management.

LACASA

2895 W. Grand River Avenue | Howell, MI 48843 | 517-548-1350

www.lacasacenter.org

Payments: Co-Pay, No Cost

All ages

Shelter and supportive treatment services for people experiencing domestic violence and sexual trauma.

Lifestance Health

7600 Grand River, Suite 209 | Brighton, MI 48114

2200 Genoa Business Park Drive, Suite 100 | Brighton, MI 48114

517-882-3732 | Lifestance.com

Payments: Cost varies. Accepts most insurance.

Lifestance believes in providing treatments for the whole person is the only way to make a lasting impact. Specialized therapy such as DBT, CBT, EMDR, trauma/crisis-informed, family & couples, ABA, play & art therapy, ODD as well as other defiant disorders and substance abuse by highly-trained professionals. Psychiatric services and psychological testing for a wider range of behavioral health conditions.

Livingston County Catholic Charities

2020 E. Grand River Avenue, Suite 104 | Howell, MI 48843

517-545-5944 | Livingstoncc.org

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Sliding Fee Scale

5-12, 12-18, Adult (18+)

Substance abuse treatment, mental health counseling, psychiatric services, case management and peer support services. Teen and adult programming through individual, family and group sessions.

Livingston County Community Mental Health

2280 E. Grand River | Howell, MI 48843 | 517-546-4126

622 E. Grand River Avenue | Howell, MI 48843 | 517-546-4126
cmhliv.org

Payments: Medicaid/MI Child, No Cost

All ages

As the core provider for Medicaid and uninsured care for Livingston County, Access Program assesses needs and authorizes all levels of care including outpatient, withdrawal management, residential treatment, medication-assisted treatment and recovery housing. We serve adult and youth with substance use disorders or with co-occurring mental health and substance abuse disorders. Mental Health First Aid for youth and adults. Free Narcan vending machining in lobby, training and kits available. 24 hour crisis line.

Livingston County Department of Health and Human Services

2300 E. Grand River Avenue, Suite 1 | Howell, MI 48843

844-464-3447 | michigan.gov

Payments: No payment required. Financial Assistance and Child Welfare Services.

We refer those struggling with mental health disorders to contracted or community agencies. Financial assistance, emergency assistance child welfare services.

Livingston Educational Services Agency (LESA) - Mental Health Supports

1425 W. Grand River Avenue | Howell, MI 48843 | 248-568-1422

517-540-6804 | www.livingstonesa.org

Payments: No Cost

5-12, 12-18

31n Mental Health Providers are available to support students attending a Livingston County public school and who are students in general education needing mental health supports.

Livingston Educational Services Agency (LESA) - Early On

1425 W. Grand River Avenue | Howell, MI 48843 | 517-540-6800

www.livingstonesa.org

Payments: No Cost

Ages 0-3

Early On, or early intervention services provide free home and community-based services for children ages birth to three years who have established conditions, and/or are eligible for special education services.

Livingston Family Center

4736 E. M-36 | Pinckney, MI 48169 | 810-231-9591 |

www.livfc.org

Payments: Insurance, Out-of-pocket, Co-Pay

5-12, 12-18, Adult (18+)

Livingston Family Center is a community-focused nonprofit agency offering outpatient mental health treatment. The Connection Youth Services program provides assistance to youth and is located in Howell.

Man Therapy

www.mantherapy.org

Man Therapy provides men approaching crisis and the people who care about them information and resources at www.mantherapy.org. This website is designed to show working aged men that talking about their problems, getting help and using the suggested tools to fix themselves is a manly thing to do.

Michigan Medicine

Brighton: 8001 Challis Road | Brighton, MI 48116 | 810-227-9510

uofmhealth.org/our-locations/brighton-health

Howell: 3399 E. Grand River Avenue, Suite 202 | Howell, MI 48843

734-539-5080 | uofmhealth.org/our-locations/howell-health-center

Payments: Cost varies. Accepts insurance. Must be a U-M Medicine patient.

Social worker on staff for brief, short term therapy; bridges the gap for further support and services in the community.

Michigan Psychological Care

323 E Grand River Ave | Howell, MI 48843

989-510-7626 | michiganpsychologicalcare.com

Assessment and therapy for youth and adults.

Michigan State University Extension

2300 E. Grand River, Suite 111 | Howell, MI 48843

517-546-3950 | www.canr.msu.edu/mental-health-first-aid/

Payments: Out-of-pocket.

12-18, Adult (18+),

Teen Mental Health First Aid is for ages 15-18 (nothing for 12-14)

Mental Health First Aid, Youth Mental Health First Aid, Teen

Mental Health First Aid.

NAMI (National Alliance for Mental Illness)

namilivingston.org

NAMI is the largest grassroots mental health organization dedicated to improving the lives of people living with serious mental illness and their families. NAMI provides support groups for families and people experiencing mental illness. NAMI also provides community advocacy to reduce stigma and increase understanding.

Relationship Center of Michigan

5841 Whitmore Lake Road | Brighton, MI 48116 | 810-227-6218

[Relationship-center-mi.com](https://relationship-center-mi.com)

Payments: Cost varies. Accepts insurance.

Counseling is offered for children, teenagers, adults and families.

Social skills classes teach how to create and nurture peer relationships.

Revival Recovery Center

5797 Felske Drive, Brighton, MI 48116 | 248-949-7177

www.revivalrecoverycenter.com

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child Adult (18+)

Medical services for substance abuse, depression, anxiety, insomnia, CPTSD/PTSD, social anxiety.

The Connection Youth Services

616 W. Grand River Avenue | Howell, MI 48843 | 866-440-7233

www.livfc.org/

Payments: No Cost

12-18

The Connection Youth Services provides safe shelter, crisis intervention, individual and family therapy, case management, and outreach services to homeless youth and their families.

Trinity Health Academic Family Medicine - Brighton

7575 Grand River, Suite 210 | Brighton, MI 48114 | 810-844-7950

www.ihacares.com/locations/mi/brighton/trinity-health-academic-family-medicine-brighton

Payments: Insurance, Out-of-pocket, Co-Pay, Medicaid/MI Child, Medicare, Medicaid Molina and Blue Cross Complete

12-18, Adult (18+)

At Trinity Health IHA Medical Group, medical, care management and behavioral health services are offered to patients who have moderate to complex illnesses.

Trinity Health IHA Medical Group Psychiatry & Counseling

2300 Genoa Business Park Drive, Suite 180 | Brighton, MI 48114

734-786-2300

www.trinityhealthmichigan.org/find-a-service-or-specialty/mental-and-behavioral-health/

Payments: Insurance, Out-of-pocket, Co-Pay

12-18, Adult (18+)

We offer evaluations and treatments from mental health professionals who care about you as an individual. We use research-based methods and a personalized approach to help patients achieve their goals. We offer a mix of mental and substance abuse services.

Trinity Health IHA Medical Group Academic Psychiatry & Counseling

37595 Seven Mile Road, Suite 230 | Livonia, MI 48152

734-455-1200

www.trinityhealthmichigan.org/iha-medical-group/iha-services-pages/iha-additional-healthcare-services/iha-behavioral-health/

Payments: Insurance, Out-of-pocket, Co-Pay

Adult (18+)

The Trinity Health IHA Medical Group Collaborative Care Behavioral Health Program works with patients who may have anxiety, depression or both. This program is available at several of our locations. Our team consists of a behavioral health specialist, your primary care physician (PCP) and a psychiatrist who talks with your behavioral health specialist and PCP.

Unwritten Endings

10075 Bergin Road, Suite C | Howell, MI 48843 | 810-444-2484
youthandfamilytherapy.com | facebook.com/UnwrittenEndings

Payments: Cost varies. Accepts insurance.

Ages 3 and up.

Counseling for children (ages 3 and up), adolescents and adults.
Specializes in anxiety, stress and depression.

VA Ann Arbor Healthcare System

2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100

www.va.gov/ann-arbor-health-care/

Payments: Veteran With VA Eligibility
Adult (18+)

VA Ann Arbor Healthcare System offers a wide range of health, support, and facility services for Veterans at 7 locations in Michigan and Northwestern Ohio.

988

988 Call or Text | 988lifeline.org/chat/

Additional Community Resources. 24/7 Toll-free Nationwide Hotline. Specialized LGBTQ and Veteran's crisis lines.

ACRONYMS:

- SUD** - Substance Use Disorder
- COD** - Co-Occurring Disorder
- CPTSD** - Child Post-Traumatic Stress Disorder
- PTSD** - Post Traumatic Stress Disorder
- CBT** - Cognitive Behavior Treatment
- MAT** - Medication-Assisted Treatment (Same As Moud)
- MOUD** - Medication For Opioid Use Disorder (Same As Mat)
- WSS** - Women's Specialty Service
- OCD** - Obsessive Compulsive Disorder
- IOP** - Intensive Outpatient Program
- DBT** - Dialectical Behavior Treatment
- EMDR** - Eye Movement Desensitization and Reprocessing
- ABA** - Applied Behavioral Analysis (Evidence-Based Treatment For Autism Spectrum Disorder)
- ODD** - Oppositional Defiant Disorder
- OUD** - Opioid Use Disorder

Livingston County
Government Courts

Human Services Collaborative Body

Home | Human Services Collaborative Body

- Committees & Workgroups
- Local Resources
- Fact Sheets
- Publications & Forms

The Livingston County Human Services Collaborative (HSCB) started in 1989 and was officially recognized as the county Multi-Purpose Collaborative Body by the state and county Board of Commissioners in 1995. The HSCB is comprised of 26 appointed members that work together to coordinate health and human services across systems.

The HSCB does its work through established committees and workgroups which have specific goals and objectives to complete. The HSCB and most workgroups meet monthly and consist of representatives from public and non-profit organizations, business, and interested residents of the community. The HSCB also:

- Develops strategies and programs to meet current and future needs.
- Fiscally manages state-funded collaborative initiatives.

Additional community resources including food, clothing, housing, and others can be found on the Human Services Collaborative Body website under Local Resources.

<https://milivcounty.gov/hscb/>



Human Services Collaborative Body
Livingston County, Michigan

As part of the Human Services Collaborative Body, the Substance Use Disorder Prevention, Treatment and Recovery Workgroup and the Mental Health Awareness Workgroup are excited to offer our community this resource guide for substance use disorder, prevention, and recovery and mental health resources in our region. This guide was made possible through the support and collaboration with many Livingston County community agencies.

We are honored to partner with our amazing community to help empower Livingston County residents with the information they need to improve their overall physical health, mental health and well-being.



Scan for Resources