

Service Guide

for the Community and the Individuals We Serve



Administrative Offices

227 E. Sanilac Avenue

Sandusky, MI 48471

Main Phone: 810.648.0330

Fax: 810.648.0319

Access/Crisis (Toll Free): 888.225.4447

E-mail: info@sanilacmh.org



By Local Artist: Karen Green

Contact List:

ACCESS to Services (toll free)888.225.4447

Crisis Line (24 hours/toll free)888.225.4447

Administration810.648.0330
227 E. Sanilac Avenue

Assertive Community Treatment (ACT).....810.648.0330
227 E. Sanilac Avenue

Children’s Services810.648.0330
227 E. Sanilac Avenue

Journey to Independence (JTI).....810.648.0330
227 E. Sanilac Avenue

Community Based/SanCo810.648.0330
400 Green Acres Drive

Customer Services810.648.0330
227 E. Sanilac Avenue

Care Management Services810.648.0330
227 E. Sanilac Avenue

January 3, 2022

Contact List Continued:

Adult Outpatient/Clinic Services810.648.0330
217 E. Sanilac Avenue

Recipient Rights810-583-0377
227 E. Sanilac Avenue

Residential Services810-648-0330
227 E. Sanilac Avenue

Corporate Compliance810-648-0330
227 E. Sanilac Avenue



Artwork by: Katie Patterson

Index

Mission/Vision Statement	1
Language Assistance & Accommodations	3
Tag Lines	8
About Us.....	11
Accessing Emergency/Non-Emergency Services.....	13
Resolving Your Concerns.....	19
Services Available.....	21
Who We Serve	22
Adult Outpatient/Clinic Services	25
Assertive Community Treatment (ACT)	30
OBRA Services.....	32
Respite Services.....	32
Children’s Services.....	33
Wraparound Services	41

Index - Continued

Community Based Training & Supports.....	43
Skill Building Assistance – Journey to Independence.....	44
Skill Building Assistance – SanCo Industries	45
Skill Building Assistance – Creative Enterprises	46
Family Support Services	47
Specialized Residential Services	48
Care Management	50
Community Agency Directory	51

Sanilac County Community Mental Health

A CARF Accredited Organization

Our Mission:

Enhancing Lives, Promoting Independence, Embracing Recovery.

The Vision Behind the Mission:

Sanilac County Community Mental Health values its place as a respected leader among behavioral health organizations recognized for:

- Compassionate personalized supports and services for the people we serve and our partners in the community.
- Innovative and cost-effective treatment options designed to produce positive outcomes.
- Recipient rights, advocacy and implementation of mental health treatment that promotes human dignity, respects choice, and recognizes the potential in everyone we serve.
- Services that promote healthy individuals, families and communities.
- Maintaining a quality work environment that fosters professional growth and mutual support.
- Continuous efforts to reduce the stigma associated with mental illness and intellectual/developmental disabilities and to promote community integration.

- Providing active outreach and support as an integral part of Sanilac County's community-wide system of care.
- Integrated Care in which we treat the whole person, including both their behavioral health and physical health care needs.



Artwork by: Ashley Brinker

Language Assistance and Accommodations

Language Assistance

If you are a person who does not speak English as your primary language and/or has a limited ability to read, speak or understand English, you may be eligible to receive language assistance.

If you are a person who is deaf or hard of hearing, you can utilize the Michigan Relay Center (MRC) to reach Sanilac County Community Mental Health or another service provider. Please call 7-1-1 and ask MRC to connect you to the number you are trying to reach.

If you need a sign language interpreter, or if you do not speak English, you may contact Customer Service between the hours of 8:00 am and 5:00 pm Monday through Friday so that arrangements can be made for an interpreter for you. Interpreters are available at no cost to you.

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227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

Accessibility and Accommodations

In accordance with federal and state laws, all buildings and programs of Sanilac County Community Mental Health are required to be physically accessible to individuals with all qualifying disabilities. Any individual who receives emotional, visual or mobility support from a qualified/trained and identified service animal such as a dog will be given access, along with the service animal, to all buildings and programs of Sanilac County Community Mental Health.

If you need more information or if you have questions about accessibility or service/support animals; or, if you need to request an accommodation on behalf of yourself, a family member or a friend, you can contact Customer Service between the hours of 8:00 am and 5:00 pm Monday through Friday.

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You will be told how to request an accommodation (this can be done over the phone, in person and/or in writing) and you will be told who at the Agency is responsible for handling accommodation requests.

Non-Discrimination and Access

In providing behavioral healthcare services, Sanilac County Community Mental Health complies with all applicable federal civil rights laws and prohibits discrimination on any matter directly or indirectly related to services based on race, color, national origin, religion, sex, ancestry, age, height, weight, marital status, or physical or mental disability.

Sanilac County Community Mental Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats such as large print, audio or accessible electronic formats.

Sanilac County Community Mental Health provides free language services to people whose primary language is not English or have limited English skills, such as qualified interpreters or documentation in other languages of high prevalence as applicable.

If you need these services, you may contact Customer Service between the hours of 8:00 am and 5:00 pm Monday through Friday.

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If you believe that Sanilac County Community Mental Health has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance by contacting Customer Service between the hours of 8:00 am and 5:00 pm Monday through Friday.

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810.648.0330**

If you are a person who is deaf or hard of hearing, you may contact Sanilac County Community Mental Health Customer Service or Michigan Relay Service at 7-1-1 to request their assistance. You may also file a grievance in person, by mail, fax or e-mail. We are here to assist you in filing a grievance at your request. The Sanilac County Community Mental Health Grievance and Appeal Manager is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. Complaint forms are available at: <http://www.hhs.gov/ocr/office/file/index.html>.

You may also file a grievance electronically through the Office for Civil Rights Complaint Portal, available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

Or by mail or phone at:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201
Toll Free: 1.800.368.1019



Artwork by: Katie Patterson

Tag Lines

In order to establish a methodology for identifying the prevalent non-English languages spoken by enrollees and potential enrollees throughout the State, Sanilac County Community Mental Health provides the list below. Sanilac County Community Mental Health must provide tag lines in the prevalent non-English languages in its particular service area included in the list below.

You have the right to get this information in a different format, such as audio or large font due to special needs or in your language at no additional cost.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-888-225-4447.

Albanian: KUJDES: Nëse flisni shqip, shërbimet e ndihmës gjuhësore, falas, janë në dispozicion për ju. Thirrni 1-888-225-4447.

Arabic: انتباه: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية، مجاناً، متاحة لك. اتصل على 1-888-225-4447.

Bengali: দৃষ্টি আকর্ষণ: আপনি কি কথা বলতে বাংলা ভাষা সহায়তা সেবা, বিনামূল্যে, আপনার জন্য উপলব্ধ করা হয়. কল 1-888-225-4447.

Chinese: 注意：如果您会讲中文，您可以免费提供语言协助服务。致电 1-888-225-4447。

German: Hinweis: Wenn Sie Deutsch sprechen, können Sie kostenlose Sprachunterstützung anbieten. Rufen Sie 1-888-225-4447 an.

Italian: AVVISO: Se parli italiano, avrai servizi gratuiti di supporto linguistico. Chiama il numero 1-888-225-4447.

Japanese: 警告:日本語を話す場合は、無料で言語サポートサービスを利用できます。1-888-225-4447に電話してください。

Korean: 주의: 한국어를 구사하는 경우, 언어 지원 서비스를 무료로 이용할 수 있습니다. 1-888-225-4447로 전화하십시오.

Polish: UWAGA: Jeśli mówisz po polsku, usługi pomocy językowej są dostępne bezpłatnie. Zadzwoń pod numer 1-888-225-4447.

Russian: ВНИМАНИЕ: Если вы говорите по-русски, услуги по оказанию помощи на языке предоставляются бесплатно. Звоните по телефону 1-888-225-4447.

Serbo Croatian: PAŽNJA: Ako govorite srpski hrvatski, dostupne su vam besplatne usluge pomoći u jeziku. Nazovite 1-888-225-4447.

Spanish: ATENCION: Si habla español, los servicios de asistencia de idiomas, de forma gratuita, están disponibles para usted. Llame al 1-888-225-4447.

Tagalog: PANSIN: Kung kayo magsalita ng Tagalog, mga serbisyo ng tulong sa wika, walang bayad, ay magagamit sa iyo. Tumawag 1-888-225-4447.

Vietnamese: CHÚ ý: nếu bạn nói tiếng Việt, Dịch vụ hỗ trợ ngôn ngữ, miễn phí, có sẵn cho bạn. Gọi 1-888-225-4447.

About Us

Sanilac County Community Mental Authority (Sanilac CMH) is a CARF accredited public provider of managed mental health and intellectual/developmental disability services. With Genesee, Lapeer and St. Clair counties, Sanilac CMH is a member of the Region 10 PIHP, a four-county public mental health alliance which provides mental health services to persons eligible for Medicaid benefits under a capitated funding agreement.

Services are available to Sanilac County residents with symptoms of mental illness or intellectual/developmental disability who are defined as eligible under the Michigan Mental Health Code, including those who receive Medicaid, or those who are uninsured or underinsured for mental health services. Services are designed individually using a person-centered approach, based on Region 10 PIHP clinical protocols, Michigan Department of Health and Human Services (MDHHS) and Medicaid guidelines, and the individual situation. Services are provided by professionally trained and licensed personnel from a variety of human services fields.

Sanilac CMH is a non-discriminatory organization. Services are available without regard to race, color, nationality, religious or political belief, gender, age, disability, or ability to pay. Reasonable accommodations necessary to make services accessible to residents with a disability are arranged as part of the person-centered service plan.

Sanilac CMH programs and services are supported and funded primarily by Medicaid and Michigan Department of Health and Human Services, and to a much lesser extent by funds received from the Sanilac County Board of Commissioners, private insurances and private payments.



Artwork by: Steven Keel

Accessing Emergency & Non-Emergency Services

Sanilac CMH Access Center-Toll Free 888.225.4447

To begin receiving services through Sanilac County Community Mental Health, you must call the Access Center.

During your call, a telephone screener will ask for some basic information about you, where you live and the problem you are having. You will not be refused services based on financial circumstances and all calls are confidential. If the situation is an emergency, you will be directed to immediate help.

If the situation is not an emergency, but is one that Sanilac CMH can help address, the screener will set up a face-to-face interview at the appropriate service site, usually within two weeks of your call. If Sanilac CMH cannot help in your situation, we will help you to locate other community resources.

At your first appointment, a clinician will gather more detailed information about the nature of the problem. He or she will work with you to determine the level of care that will meet your needs. Your services will be planned with you using the person-centered planning model, based on Region 10 PIHP clinical protocols, Michigan Department of Health and Human Services and Medicaid guidelines and your preferences.

If you have Healthy Michigan or Medicaid coverage, your benefit will cover the cost of your authorized treatment. If you have other insurance, your carrier will be billed for covered services. If you have limited insurance, or none, your fees will be set on a sliding scale. You may be billed for co-payments, deductibles, etc., up to your determined ability to pay level. If you do not have insurance, we will also help you apply for Healthy Michigan, Medicaid, or MI Child.

To Get Emergency Services

A situation is considered a mental health emergency when an individual is at direct and immediate risk of seriously harming her/himself or someone else. If a person's symptoms of mental illness are active and she/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, the individual may be experiencing a mental health emergency. For emergency situations and when calling after regular business hours, contact:

Sanilac CMH Access Center-Toll Free 888.225.4447

What about Confidentiality?

Information about you is kept strictly confidential, as protected under federal law. Our programs will give you a written statement that describes the federal confidentiality law and our commitment to that protection.

What can I expect at my First Appointment?

At your first appointment, you will be meeting face to face with a professional clinician at a site of Sanilac CMH. We will ask you questions that help us determine your needs. Your first appointment is your first opportunity to tell us what problems you are having, and what supports you believe you need from Sanilac CMH.

What should I bring to my First Appointment?

You should bring your current Medicaid or other health insurance card. To set your fees, if you do not have Medicaid or Healthy Michigan, we will need financial information, including proof of your income (pay stubs, W2, or tax records), and a list of all your monthly expenses. Also, bring your health information, such as a list of all the medicines you take (or bring the medicine bottles themselves) and a list of all the doctors you see.

Planning your Services/Person-Centered Planning

The process by which your individual plan of service will be designed is referred to as Person-Centered Planning (PCP). Your right to PCP is outlined and protected by the Michigan Mental Health Code. The purpose of person-centered planning is to enhance your ability to live in the community, to build on your strengths and to allow you to control the choices surrounding the services you receive. PCP involves you and your support system in your service planning process. It respects your preferences, choices and abilities. Your participation is critical to the development of your services. In the process, you are entitled to bring people you choose to your planning meeting; to have accommodations that help you participate in and understand the meeting; and to have your choices respected and considered in designing your services.

The service options that Sanilac CMH can offer will be determined by an assessment of your needs and preferences, by best practice guidelines, by the Region 10 PIHP clinical protocols for service, and by Michigan Department of Health and Human Services guidelines and Medicaid guidelines (for Medicaid recipients). If Sanilac CMH cannot meet your request for a specific service or support, we will talk with you to find out what is important to you about your request and will work with you to find an acceptable alternative.

During person-centered planning, you will be told about psychiatric advance directives, a crisis plan, and self-determination (see the descriptions below). You have the right to choose to develop any, all or none of these.

Psychiatric Advance Directive

Adults have the right, under Michigan law, to a “**psychiatric advance directive.**” A psychiatric advance directive is a tool for making decisions before a crisis in which you may become unable to make a decision about the kind of treatment you want and the kind of treatment you do not want. This lets other people, including family, friends, and service providers, know what you want when you cannot speak for yourself. If you would like to learn more about advance directives, call your primary care manager. If you do not believe you have received appropriate information regarding Psychiatric Advance Directives from your local CMH, please contact your Customer Service office to file a grievance.

Crisis Plan

You also have the right to develop a “**crisis plan.**” A crisis plan is intended to give direct care if you begin to have problems in managing your life or become unable to make decisions and care for yourself. The crisis plan would give information and direction to others about what you would like done in the time of crisis. Examples are friends or relatives to be called, preferred medicines, or care of children, pets, or bills.

Self-Determination

Self-determination is an option for payment of medically necessary services you might request if you are an adult beneficiary receiving mental health services in Michigan. It is a process that would help you to design and exercise control over your own life by directing a fixed amount of dollars that will be spent on your authorized supports and services, often referred to as an "individual budget." You would also be supported in your management of providers if you choose such control.

Resolving Your Concerns

You can call either Customer Services or the Recipient Rights Officer if you have concerns regarding mental health, including concerns about your services or the mental health planning or authorization process.



Office of Recipient Rights (ORR)

810.583.0377

Collect calls are accepted

Office of Customer Services

810.648.0330

When might I call the office of Recipient Rights?

The Office of Recipient Rights (ORR) is the place to call when you believe that your Mental Health Code protected rights have been violated.

When might I call Customer Services?

When you want to file a grievance or appeal, Customer Services will help you grieve or appeal decisions by Sanilac CMH to reduce, suspend or terminate your services. Customer Services will help you through the appeal process and assist you at all levels.

Mediation

Mediation is available to all Sanilac CMH recipients in addition to customer services. Any recipient or their representative can request mediation to resolve a dispute between the recipient or his/her

representative and Sanilac CMH, or one of our contract providers related to planning and providing services or supports to the recipient.

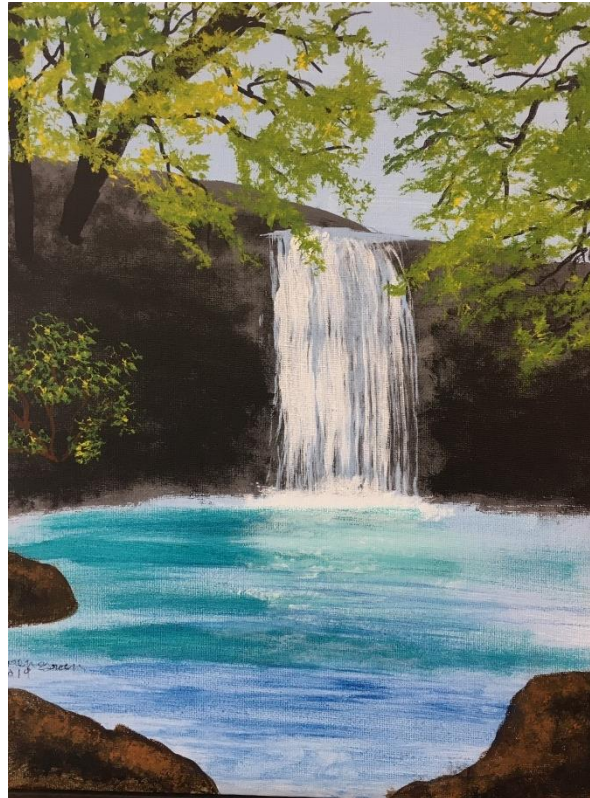
1-844-363-3428 or behavioralhealth@mediation-omc.org.

Will I be denied services if I call these offices?

No. Access to the ORR, Customer Service or Mediation is part of your right as a mental health individual in Michigan. You cannot be denied services because you call these offices.

Which office should I call?

If you are not sure whether to call the ORR or Customer Service, call Customer Service and they will help you sort it out.



By Local Artist: Karen Green

Services Available

Services are available with prior approval based on your needs and desires as part of an Individual Plan of Service (IPOS). Services include the following:

- Crisis Services
- Assessments and Evaluations
- Mental Health Therapy and Counseling
- Home Based Services
- Care Management and Supports Coordination
- Wraparound
- ACT Services
- Psychiatric Services and Medication Monitoring
- Health Services (related to mental health needs)
- Psychology and Behavioral Services
- Occupational, Physical & Speech Therapist Services (related to mental health needs)
- Comprehensive Community Support Services
- Skill Building Services
- Crisis Residential Services
- Personal Care and Comprehensive Community Supports Services in licensed foster care settings
- Family Support Services
- Respite Services
- OBRA Evaluation and Nursing Home Monitoring
- Transportation to enrolled site-based programs
- Hospitalization
- Vocational Services
- Applied Behavioral Analysis (ABA)

Services Available Continued:

- Peer Supports
- Youth Peer Supports
- Parent Supports

Services That Are Not Covered or Provided

- Services provided or covered by another insurance program, such as a Qualified Health Plan, or by your school system
- Services for which you are determined to be ineligible by Access or Sanilac CMH assessment
- Psychological evaluation by court order (except guardianship)
- Prescription medications

Educational Programs for the Community

Sanilac CMH provides numerous educational presentations on a variety of mental health topics. If your group is interested in a presentation on these or other mental health topics, contact 810.648.0330 for information about scheduling a presentation.

Who We Serve

The programs of Sanilac CMH are designed to serve individuals who need assistance related to symptoms of serious mental illness or serious emotional disturbance who meet the medical necessity criteria, and persons diagnosed with intellectual/developmental disabilities, or impairments related to these disabilities. Descriptions of the criteria for these categories are described below. These definitions are condensed from the Michigan Mental Health Code and the Department of Health and Human Services contract standards.

Persons with Serious Mental Illness (MI or SMI)

“Serious mental illness” means a diagnosable mental, behavioral or emotional disorder affecting an adult that existed within the past year for a period of time sufficient to meet diagnostic criteria specified in the most recent Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association; and approved by the Michigan Department of Health and Human Services; and that has resulted in functional impairment that substantially interferes with or limits one or more major life activities.

Children with Serious Emotional Disturbance (SED)

“Serious emotional disturbance” means a diagnosable mental, behavioral or emotional disorder affecting a minor that exists or has existed within the past year for a period of time sufficient to meet diagnostic criteria specified in the most recent Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association; and approved by the Michigan Department of Health and Human Services; and that has resulted in functional impairment that substantially interferes with or limits the minor’s role or functioning in family, school or community activities.

Medical Necessity Criteria for SMI & SED Services

“Medically necessary” mental health services are services:

- Necessary for screening and assessing the presence of a mental illness; and/or
- Required to identify and evaluate a mental illness that is inferred or suspected; and/or
- Intended to treat, ameliorate, diminish or stabilize the symptoms of mental illness including impairment in functioning; and/or

- Expected to arrest or delay the progression of a mental illness disorder and to forestall or delay relapse; and/or
- Designed to provide rehabilitation for the individual to attain or maintain an adequate level of functioning.

Individuals with Intellectual/Developmental Disabilities (IDD):

Intellectual/developmental disabilities are defined by the Michigan Mental Health Code as either one of the following: (a) if applied to a person older than five years, a severe chronic condition that is attributable to mental or physical impairment or both, and is manifested before the age of 22 years; is likely to continue indefinitely; and results in substantial functional imitations in three or more areas of the following major life activities: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living and economic self-sufficiency; and reflects the need for a combination and sequence of special, interdisciplinary, or generic care, treatment or other services that are of lifelong or extended duration; (b) If applied to a minor from birth to age five, a substantial developmental delay or a specific congenital or acquired condition with a high probability of resulting in an intellectual/developmental disability.

Adult Outpatient/Clinic Services

Clinic services are generally available 8:00 am to 5:00 pm, Monday through Friday and Tuesday evenings until 6:00 pm, at:

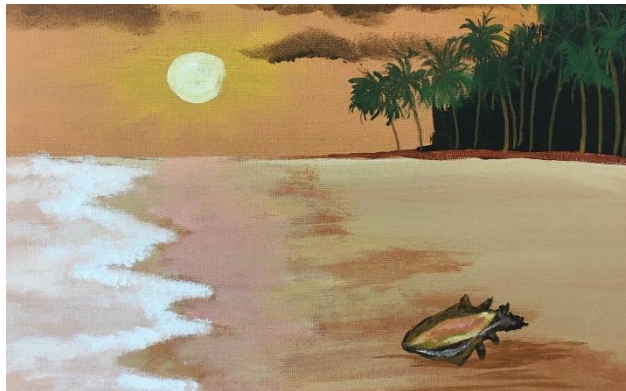
**David Ehardt Center
217 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

Additional Clinic services are available at

**Croswell Office
110 N. Howard Street
Croswell, MI
810.648.0330**

Monday through Friday 8:00 am to 4:00 pm

These services are usually provided in a clinic setting on a short-term basis. Clinic services are aimed at helping people manage their illness and achieve their daily-life goals. The goal is to provide caring, personalized treatment and services that promote healthy families and individuals.



Artwork by: Jareth L.

Services include the following:

Crisis Intervention: Crisis intervention is provided by a licensed clinician for individuals who are in acute psychiatric distressful situations and they will intervene for the purpose of working toward psychiatric stabilization. The purpose of crisis intervention is to prevent an individual from self-harm, harm to others, to assist the individual with linking with/establishing further treatment if necessary and with meeting their own needs. Crisis intervention is provided in the community, at Sanilac CMH, in the hospital, in Adult Foster Care (AFC) homes and at the Sanilac County Jail.

Assessment and Service Planning: Initial and periodic assessment which may include a range of professional and psychological evaluations to determine appropriate diagnoses and eligibility for services, to recommend a course of treatment, and to develop a plan of service using the person-centered planning approach.

Care Management: Assessment, planning, linkage, advocacy, coordination and monitoring to assist individuals in gaining access to needed health and dental services, financial assistance, housing, employment, education, social services and other services and natural supports developed through the person-centered planning process.

Crisis Residential Services: A short term alternative to inpatient psychiatric services for individuals experiencing an acute psychiatric crisis. The goal is to avert hospital admission or to shorten the length of an inpatient stay.

Hospitalization Services: Screening of, and admission to, community based inpatient psychiatric units for individuals experiencing an acute psychiatric crisis.

Individual Therapy for Adults: Therapy services are provided for individuals in the least restrictive outpatient environment. Best practice is to utilize sensitivity to the person's needs and implement a fluid approach to allow for transition during treatment.

The purpose of therapy and its processes is to follow the clinical procedure outlined by each of the following therapeutic interventions, to assist individuals with managing symptoms of illness, increase the individual's ability to cope with their illness and assist with reintegration to their community. The use of Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Substance Abuse (SA)/Integrated Dual Disorder Treatment (IDDT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI), Problem Solving, Reality and Family Therapy are the approaches that a Sanilac CMH Licensed Master Level therapist would utilize.

Peer Support Services: Peer support specialist services provide individuals with opportunities to support, mentor and assist beneficiaries to achieve community inclusion, participation, independence, recovery, resiliency and/or productivity. Peers are individuals who have a unique background and skill level from their experience in utilizing services and supports to gain trust and respect of other beneficiaries based on shared experience and perspectives with disabilities, and with planning and negotiating human services systems. Peer support specialists work with individuals who have been diagnosed with a Severe Mental Illness.

They provide opportunities to learn and share coping skills and strategies, move into more active assistance and away from passive roles and to build and/or enhance self-esteem and self-confidence.



Artwork by: Caleb G. Hargis

Jail/Court Liaison: The Jail/Court Liaison provides intensive therapy and care management support to individuals within the jail system and court diversion programs within the adult outpatient services program. The liaison supports the diverting of individuals with mental illness and/or intellectual/developmental disabilities, who have committed non-violent offenses from inappropriate incarceration. They serve as the Agency liaison for the law enforcement community. They provide community outreach to individuals within the jail system who have a history of hospital recidivism in order to be proactive in preventing crisis situations. The Jail/Court Liaison provides advocacy for individuals during their court related processes to ensure they are not being inappropriately incarcerated and also to ensure that they are receiving appropriate mental health treatment. The Liaison monitors Sanilac County individuals who are currently in placement within state psychiatric hospital settings to ensure that they are being transitioned to the least restrictive community placements, when appropriate. Coordination with community partners including primary care physicians, hospitals, jail systems, court officials, community mental health providers, etc. is also provided to ensure individuals have access to care that meets their needs across all treatment areas.

Assertive Community Treatment (ACT)

Assertive Community Treatment (ACT) services are generally available 8:00 am to 4:30 pm, Monday through Friday, and 24 hours per day, 7 days per week, utilizing the Crisis number which is 810-404-7449. Offices are located at:

**Administrative Building
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

ACT is an inclusive array of community-based rehabilitative mental health services that support individuals in their recovery journey. It is provided to adults with serious and persistent mental illnesses who have a history of high use of psychiatric hospitalization and who require a well-coordinated and integrated package of services to avoid hospitalization over an extended period of time.

Services provided:

- Medication Management: ACT staff provide management and monitoring of medication.
- Education regarding mental illness and symptom management.
- Care Management for linking and coordination with community services including DHHS, Social Security and local housing assistance.
- Individual/Family Therapy
- Training in daily living skills to enhance independence.
- Integrated Health Services which include linking with primary care and assistance in follow up with recommendations.
- After hours crisis line.

ACT Staff strive to help support individuals in recovery by achieving the following outcomes:

- To live independently in a place called home.
- To gain an education, whether for finding a job or personal growth.
- To have a job that enhances income, provides a means to make a contribution, enables recognition.
- To have meaningful relationships.
- To avoid the spirit-breaking experiences of hospitalization, incarceration or substance use.



Artwork by: Ruth Herrick

OBRA Services

OBRA services are generally available 8:00 am to 4:30 pm, Monday through Friday at the following location:

**David Ehardt Center
217 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

OBRA Services are mental health and psychiatric assessments for persons with symptoms/diagnosis of Serious Mental Illness or Intellectual/Developmental Disability being considered for or currently placed in nursing homes. Nursing home monitoring to assess response to mental health treatment and consultation with nursing facility staff to determine whether mental health recommendations are carried out.

Respite Services

Respite services are pre-arranged during regular business hours 8:00 am to 4:30 pm, Monday through Friday. Offices are at:

**David Ehardt Center
217 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

Respite is short-term care provided to a child/adult with an intellectual/developmental disability or mental illness, who is living in a family home with a caregiver or parent. It is a planned and coordinated service to families providing them with temporary relief from the 24-hour responsibility of care and supervision for an

individual with an intellectual/developmental disability or mental illness. The primary goal of this service is to assist in providing temporary relief for unpaid caregivers.

Children's Services

Children's services are generally available 8:00 am to 5:00 pm, Monday through Friday, and Tuesday evenings until 7:00 pm, at the following locations:

**Administrative Building
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

**Croswell Office
110 N. Howard Street
Croswell, MI
810.648.0330**

Monday through Friday 8:00 am to 4:00 pm

Who is Eligible for Services?

Children who are Sanilac County residents, between 0 – 17 years of age, and have symptoms of Serious Emotional Disturbance and/or Intellectual/Developmental Disability.

Serious Emotional Disturbance

A diagnosable mental, behavioral or emotional disorder affecting a minor, resulting in functional impairment that significantly interferes with, or limits the minor's role or functioning in family, school or community activities.

Intellectual/Developmental Disability (IDD)

Intellectual/developmental disabilities are defined by the Michigan Mental Health Code as either one of the following: (a) if applied to a person older than five years, a severe chronic condition that is attributable to mental or physical impairment or both, and is manifested before the age of 22 years; is likely to continue indefinitely; and results in substantial functional limitations in three or more areas of the following major life activities: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living and economic self-sufficiency; and reflects the need for a combination and sequence of special, interdisciplinary, or generic care, treatment or other services that are of lifelong or extended duration; (b) If applied to a minor from birth to age five, a substantial developmental delay or a specific congenital or acquired condition with a high probability of resulting in an intellectual/developmental disability.

These services are usually provided in a clinic setting on a short-term basis and are aimed at helping people manage their illness and achieve their daily life goals. The goal is to provide caring, personalized treatment and services that promote healthy individuals and families.

Services include the following:

Crisis Services: Crisis services are focused on resolving a crisis situation requiring immediate attention and are available during office hours, Monday through Friday 8:00 am to 5:00 pm at 810.648.0330 and 24 hours per day, 7 days per week, utilizing the toll-free Access/Crisis number, which is 888.225.4447.

Assessment and Service Planning: Initial and periodic assessment which may include a range of professional and psychological evaluations to determine appropriate diagnoses and eligibility for services, to recommend a course of treatment and to develop a plan of service using the person-centered planning approach.

Psychiatric, Medication and related Health Services: Evaluation of mental status/diagnosis and of the need for the treatment of mental health disorders with the use of medications. The primary goal of this service is to monitor the effectiveness of treatment and the need for continuing or changing the medication regimen. Services are provided at:

**Administrative Building
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**



Artwork by: N.K.B.

Care Management: Available for children who have been diagnosed with an intellectual/developmental disability. Services include giving assurance of person-centered planning, linking to, coordination with, and follow up of, advocacy with and/or monitoring of mental health and community services and supports. The primary goal is to maintain the child in the family home with the least restrictive services.

Family Support Subsidy: Assist in linking eligible families to subsidies and maintaining enrollment. The goal of the program is to link families who are caring for their children with severe disabilities in their home to financial help and help maintain it.

Individual/Family Therapy: Sanilac CMH offers individual, group and family therapy. The primary goal of this service is to help reduce problem behaviors, improve self-control, increase motivation, improve emotional adjustment and improve day to day functioning.

Home-Based Services for Children and Families: Provides intensive services to Seriously Emotionally Disturbed children and their families. Services are provided in the home and/or in the community, minimum of two hours weekly. The primary goal of the program is to promote normal development, healthy family functioning, support and preserve families, supports coordination and reduce or shorten length of stay in psychiatric hospital settings.

Healthy Beginnings: Sanilac CMH's Healthy Beginnings Program is for families who are pregnant or have a child 0-3 years of age and/or a parent or child is experiencing mental health issues. The primary goal of the program is for the therapist to work with families, in their homes, to provide emotional support as parents learn ways to help their child cope with their difficult behaviors, provide therapy to work through emotional issues and link to community resources.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT): TF-CBT is a structured therapy model that is used across the country and has been shown to significantly decrease the short- and long-term negative effects of trauma. The primary goal is to help children and families manage feelings, talk about trauma and develop a plan for feeling safe in the future by desensitizing them to the trauma through a trauma narrative.

State of Michigan Medicaid Autism Spectrum Disorder (ASD)

Benefit: The population that qualifies for the benefit are children between the ages of 18 months through 21 years of age who have Medicaid and are believed to have symptoms of ASD. The primary goal of this program is to provide assistance with screening, diagnosing and Applied Behavioral Analysis (ABA) treatment for the ASD population. Provided at:

**David Ehardt Center
217 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

Youth Peer Support: Youth Peer Support is a new service available to support youth who are receiving mental health services. Youth Peer Support Specialists (YPSS) offer support and resources for youth with serious emotional disturbances (SED) who are receiving services in the community mental health system. The YPSS acts as a key member of the treatment team by working with youth one on one or in a group, supporting them in achieving goals through shared activities and interventions. The YPSS supports youth empowerment by sharing their personal story of resiliency and recovery, assisting youth in developing skills to improve their functioning and quality of life and working collaboratively with others involved in delivering the youth's services.

Parent Support Partner: Working with Parents/Caregivers to have hope, as well as feel confident and empowered to use their own voice to create a positive outcome for their child and family. Collaboration to thoughtfully and strategically build effective and fair communication with parents and others involved in the family's care.

Children's Waiver Program (CWP): The CWP provides additional services that are enhancements to the typical service array for children up to 18 years of age with an intellectual/developmental disability without Medicaid. If the individual has private insurance and meets the CWP guidelines, then they would be eligible for Medicaid to cover services. The child should reside with their birth or legal parents or with a relative that has been named their guardian. The child would receive Care Management services to help coordinate natural supports and other treatment providers to identify medically necessary service needs and develop a treatment plan that is clinically appropriate. Some covered services through CWP include Enhanced Transportation, Environmental Accessibility Adaptations, Family Training, Overnight Health and Safety Supports, Respite Care, Specialized Medical Equipment and Supplies, and Specialty Services. If you feel that you might qualify for this service, please contact your primary staff or our Access Center.

Children's Serious Emotional Disturbance (SED) Waiver Program: The Children's SED Waiver program provides services that are enhancements to the typical service array for children up to 21 years of age with a serious emotional disturbance.

If the individual has private insurance and meets the SED Waiver guidelines, then they would be eligible for Medicaid to cover services. The child would receive Wraparound Services to help coordinate natural supports and other treatment providers to identify medically necessary service needs and develop a treatment plan that is clinically appropriate. Some covered services through the SED Waiver include Community Living Supports, Family Home Care Training, Family Support and Training, Respite Care, Child Therapeutic Foster Care and Overnight Therapeutic Camp. If you feel that you might qualify for this service, please contact your primary staff or our Access Center.

Maternity Outpatient Medical Services (MOMS): MOMS is a health insurance coverage program administered by the Michigan Department of Health and Human Services. The MOMS program provides health insurance coverage for pregnant or recently pregnant women who are eligible for Emergency Services Only Medicaid (ESO). MOMS provides coverage for outpatient prenatal services and pregnancy-related postpartum services for two months after the pregnancy ends. Medicaid ESO covers labor and delivery services. If you need assistance accessing this service, please contact your primary staff or your MDHHS case worker.

Wraparound Services

Wraparound services are generally available 8:00 am to 5:00 pm, Monday through Friday at:

**Administrative Building
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

The Wraparound Program is a community and strength-based planning process that promotes family preservation and independence. This is accomplished through a high level of coordination which is individualized, and family driven. A Wraparound Coordinator facilitates the development of a Child and Family Team to design a treatment plan that is responsive to the needs of the family. The team includes service providers and people close to the family.

Wraparound services provide a seamless interagency approach to unconditionally meet the needs of clients and their families. Children ages 0-17, and their families, who are currently involved with multiple child-servicing agencies may be eligible for services.

Oversight of this process is governed by the Wraparound Committee. The Wraparound Committee includes supervisory or administrative staff from community agencies that are responsible for developing, implementing, improving, and delivering cost-effective community services.

Children must be diagnosed with a Serious Emotional Disturbance, have Medicaid insurance, and meet two or more of the following criteria in order to be eligible for Wraparound Services:

- Multiple system involvement.
- Risk of out-of-home placement or currently in an out-of-home placement.
- Severe functional impairment as measured by the Child and Adolescent Functional Assessment (CAFAS) or the Preschool and Early Childhood Functional Assessment (PECFAS). Total score must be 90 or above.
- Traditional community-based treatment options have not been effective.
- Numerous providers are serving multiple children in the home without meeting the desired outcomes.

Services include:

Care Management: Assessment, planning, linkage, advocacy, coordination and monitoring to assist individuals in gaining access to needed health and dental services, financial assistance, housing, employment, education, social services, and other services and natural supports developed through the person-centered planning process.



Artwork by: Penny Bower

Community Based Training and Supports

Comprehensive Community Support Services are generally available 8:00 am to 4:00 pm, and some evenings and weekends. Community Based program offices are located at:

**Creative Enterprises
400 Green Acres Drive
Sandusky, MI
810.648.0330**

Community Based Support Services are focused on increasing or maintaining personal self-sufficiency and to facilitate an individual's goal of community inclusion and participation, independence or productivity. Services include assistance, reminding, guiding and/or training in areas such as: meal preparation, laundry, household care and maintenance, activities of daily living, shopping for food and other necessities. Staff can also provide support and training with money management, non-medical care, socialization, relationship building, participation in community activities, transportation to and from the individual's residence to community activities, attendance at medical appointments and reminding, observing and/or monitoring of medication administration.

Skill Building Assistance

Skill Building Services are generally available 8:30 am to 2:30 pm Monday through Friday at the following listed sites. Transportation to and from skill building sites is covered by Medicaid.

**Journey Skill Center
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

The Journey Skill Center Program offers skill building, physical and occupational therapy and pre-vocational training for individuals diagnosed with intellectual/developmental disabilities and mental illness and who require a moderate to high level of assistance and oversight. Services at this site are presented in an environment that emphasizes sensory awareness and responsiveness, motor skill development, interpersonal skills, communication, personal care, basic daily living skills and health and safety. The goal is to improve or maintain health, mobility, basic skills, social interaction and self-control.

Small classroom settings offer a variety of classes that focus on increasing an individual's knowledge of and capacity for community integration, independence, productivity and vocational training, together with socialization and adaptive and self-help skills. Physical and/or Occupational Therapy is available for those participants who have a specific, person-centered goal to maintain or increase mobility, independence, motor skills and sensory awareness.

SanCo Industries
400 Green Acres Drive
Sandusky, MI
810.648.0330

This vocational program, at Sanilac CMH, encompasses a group of employment skill training options. SanCo Industries, since 1974, has been providing vocational training for individuals with disabilities. The focus is placed upon developing workplace skills which enhance independence, productivity and greater employment opportunities.

Over the years SanCo Industries has performed various manufacturing functions for area businesses. Some of those contracts have included wire harness assembly, literature folding, parts sorting and bagging, as well as parts assembly.

At SanCo Industries we continue to search for opportunities to provide area businesses with high-quality, cost-effective manufacturing support. The very high standards exhibited in the pride and workmanship of our trainees, make us confident in fulfilling the needs of our customers.

Creative Enterprises
400 Green Acres Drive
Sandusky, MI
810.648.0330

Creative Enterprises is a Skill Building Program whose goal is to increase skills, knowledge and self-reliance in people with disabilities, with focuses on community integration, independence, productivity and employment.

Services at this site are geared toward individuals who require minimal assistance or training to refine employment skills. The goal is to move into community employment within a period of six months to one year.

Assistance with acquisition, retention or improvement in self-help, socialization and adaptive skills are some of the services that are included. Work preparatory services are aimed at preparing the individual for paid or unpaid employment including training in concepts such as attendance, task completion, problem solving and safety.



Artwork by: Ashley Brinker

Family Support Services

Family Support services are available for children and adults who have been diagnosed with an intellectual/developmental disability and who reside with their families in community settings. Family Support Services offices are generally open 8:00 am to 4:00 pm, Monday through Friday and are located at:

**Administrative Building
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

The goal of Family Support services is to maintain the individual in the family home and to avert more restrictive services or settings such as hospitalization. Services include the following:

Care Management: Assessment of the need for Care Management; assurance of person-centered planning; linking to, coordinating with, follow up of, advocacy with, and/or monitoring of mental health and community services and supports; brokering of providers of service/supports; assistance with access to entitlements and/or legal representation; coordination with Medicaid health services and other health care providers.

Respite Services: Services to assist in maintaining a goal of living in a family home by temporarily relieving unpaid primary caregivers of a person with intellectual/developmental disabilities. Respite may be offered in the family home, other settings, or the community depending on the individual's needs.

Family Support Subsidy: Assistance in linking eligible families with the family support subsidy for minors, and in maintaining enrollment.

Specialized Residential Services

Specialized residential services are provided in licensed Adult Foster Care (AFC) homes throughout the community. Residential services offices are generally open 8:00 am to 4:00 pm, Monday through Friday and are located at:

**Administrative Building
227 E. Sanilac Avenue
Sandusky, MI
810.648.0330**

Specialized residential services are provided for individuals who require intensive services and supports to maintain their placement in a community home, with a goal of averting more restrictive services or settings such as hospitalization or institutionalization. Services include:

Personal Care in Licensed Specialized Residential Settings:

Services to assist an individual in performing daily activities including food preparation, laundry, housekeeping, eating, toileting, bathing, grooming, dressing, transferring, ambulation and taking medications.

Comprehensive Community Support Services:

Assistance, reminding, guiding and/or training in meal preparation, laundry, household care and maintenance, activities of daily living, shopping for food and necessities. Assistance, support and/or training in activities such as money management, non-medical care, socialization and relationship building, transportation to community activities, participation in community activities and recreation opportunities, attendance at medical appointments, acquiring and procuring goods, reminding/observing/monitoring medication administration, preserving the health and safety of the individual in order that he/she may reside in the most integrated, independent community setting.

Care Management

The goal of Care Management is to assist an individual diagnosed with an intellectual/developmental disability to achieve empowerment, community inclusion, health and safety assurances and natural supports. Care Management services are generally available from 8:00 am to 5:00 pm, Monday through Friday. Offices are at:

**David Ehardt Center
217 E. Sanilac Avenue
Sandusky MI
810.648.0330**

**Croswell Office
110 N. Howard Street
Croswell, MI
810.648.0330**

Monday through Friday 8:00 am to 4:00 pm

Care Managers assist individuals as needed and desired to assure their ongoing satisfaction with the process and outcomes of their supports, services and available resources. Services include assessment of the need for Care Management; assurance of person-centered planning; linking to, coordinating with, follow up of, advocacy with, and/or monitoring of mental health and community services and supports; brokering of providers of service/supports; assistance with access to entitlements and/or legal representation; coordination with Medicaid health services and other health care providers.

Community Agency Directory

Advantage Counseling & Educational Services (A.C.E.S.)	810.679.0200
Area Agency on Aging-Region VII	800.858.1637
Children's & Adult Protective Services (24/7 hotline)	855.444.3911
Eva's Place Shelter.....	866.366.7283
Family Resource & Learning Center	989.635.2400
Human Development Commission.....	810.648.4497
I.M.P.A.C.T.....	866.985.5168
Library for the Blind & Physically Handicapped	800.272.8570
Michigan Department of Health & Human Services	810.648.4420
Michigan Rehabilitation Services	877.620.7929
Michigan Works (Genesee, Shiawassee, Thumb)	810.648.5800

Community Agency Directory - Continued

MSU Extension Office.....810.648.2515

Professional Counseling Services.....810.648.3248

Project Blessing (food, clothing & emergency help)

 Brown City810.346.3681

 Carsonville.....810.657.8831

 Croswell/Lexington Area810.359.2045

 Deckerville810.376.3020

 Marlette: Heaven Sent Ministries ...989.635.0077

 Sandusky: HELP, Inc810.648.1988

 Snover Heritage Thrift Shop810.672.9101

Sanilac County Health Department.....810.648.4098

Sanilac Intermediate School District.....810.648.4700

Thumb Area Counseling Center.....810.648.4303

CARF International.....520.325.1044

Community Mental Health Association of Michigan

.....517.374.6848

Al-Anon Family Groups888.425.2666

Community Agency Directory - Continued

Alcoholics Anonymous	877.337.0611
Narcotics Anonymous	800.230.4085
Sacred Heart Rehabilitation Center	888.802.7472
Substance Abuse & Mental Health Services Administration	800.322.4512
Turning Point Recovery Program	248.334.7760
Agoraphobics in Motion	248.547.0400
Alzheimer’s Association	800.223.6722
The Arc – St. Clair County	810.989.9144
American Cancer Society	800.227.2345
Autism Society of Michigan	800.223.6722
Epilepsy Foundation – Michigan	248.351.7979
Family Resource & Learning Center.....	989.635.2400

Community Agency Directory - Continued

Michigan Protection & Advocacy Service, Inc.	800.288.5923
National Alliance on Mental Illness (NAMI)	800.950.6264
73rd District Court (Sandusky)	810.648.3250
24th Circuit Court (Sandusky)	810.648.2120
Lakeshore Legal Aid, Counseling & Advocacy	800.783.8190
Legal Hotline for Michigan Seniors	800.347.5297
Legal Services of Eastern Michigan	800.322.4512
Michigan State Police	810.648.2233
Sandusky City Police	810.648.4016
Sanilac County Friend of the Court	810.648.4866
Sanilac County Prosecuting Attorney	810.648.3402
Sanilac County Probate Court	810.648.3221
Sanilac County Sheriff's Department	810.648.2000

Community Agency Directory - Continued

Sanilac County Victims Services Coordinator

.....810.648.5463

For links to websites, if available, go to
www.sanilacmh.org/partner-resources



Enhancing Lives, Promoting Independence,
Embracing Recovery