

RECOVERY IS POSSIBLE WE CAN HELP

The Recovery Model is a way of thinking about mental health conditions and substance use disorders that emphasizes a **person's potential to improve and live well**. Recovery is seen as a personal journey rather than a set outcome. It involves developing a sense of hope, a secure sense of self, supportive relationships, social inclusion, coping skills, and purpose.

At St. Clair County Community Mental Health, **we believe that recovery is not only possible, but expected**. We operate with the belief that recovery is more than just surviving an illness. Recovery is an active movement that brings real change in lifestyle and habits. Recovery means living the life a person chooses to lead; not a life solely defined by their illness. **People are so much more than their diagnosis!**

RECOVERY IS...

- Self-directed
- Person-centered
- Goal-oriented
- Strength-based
- An ongoing process

RECOVERY IS NOT...

- Illness-centered
- The same as a "cure"
- A process without set backs
- A journey you take alone



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

Connect with us:
810-985-8900
www.scccmh.org
[facebook.com/scccmh](https://www.facebook.com/scccmh)

St. Clair County Community Mental Health supports individuals with mental illnesses, developmental/intellectual disabilities and substance use disorders focusing on integrated health care and recovery.

For information, access to services and 24-hour crisis intervention, call:

888-225-4447

Locations:

St. Clair County Community Mental Health

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

St. Clair County Community Mental Health - South

135 Broadway Street
Marine City, Michigan 48039
(810) 765-5010

St. Clair County Community Mental Health - West

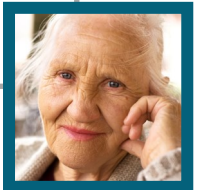
14675 Downey Road
Capac, Michigan 48014
(810) 395-4343

St. Clair County Community Mental Health Child & Family Services

2415 24th Street
Port Huron, Michigan 48060
(810) 488-8840

HOW WE HELP

Your guide to services and supports at St. Clair County Community Mental Health



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Community Mental Health**
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ABOUT US

St. Clair County Community Mental Health (SCCCMH) provides services and supports to:

- Adults with mental illnesses
- Children with serious emotional disturbances
- Adults and children with intellectual/ developmental disabilities
- Adults with substance use disorders

Services and supports are provided through a person-centered or family-centered planning process with a focus on **recovery and integrated healthcare**.

At SCCCMH, **we believe that the mind and body are connected**, and we value treating each individual as a whole person. **The People's Clinic for Better Health** is located inside our main office in Port Huron. At this **on-site primary care clinic** you can receive treatment for routine illness, care for chronic health conditions; and referrals for labs/testing, and specialists. When you receive care at SCCCMH and The People's Clinic, you will also receive the expert support of an **integrated health treatment team**, to better coordinate care for your physical health and mental health. **Genoa Pharmacy** is also located in the Port Huron office to make filling any prescriptions easy and convenient.

For people who live outside the Port Huron area, we have two satellite offices, one in Marine City and one in Capac; serving the southern and western regions of St. Clair County.

OUR SERVICES

At SCCCMH, we provide services to people of all ages, with a wide range of behavioral health needs. Some of these services are:

- In-person crisis intervention through the Mobile Crisis Unit, available 24/7
- Community integration services for adults with intellectual/ developmental disabilities
- Classes and workshops to support recovery and wellness
- Individual and group therapy
- Intensive center-based program for children with autism (ABA Therapy)
- Occupational therapy
- On-site primary care clinic
- On-site pharmacy
- Psychiatric evaluations and services
- Medication assisted treatment options
- Residential treatment
- Respite care
- Substance use disorder treatment, with or without a co-occurring mental illness
- Support groups
- Supported employment and work training
- Veteran system navigation services

Visit our website at www.scccmh.org to learn more about our programs and services.

HELP IS AVAILABLE

You do not have to take the journey to recovery alone - help is available. **Accessing services begins with a phone call to the Region 10 PIHP Access Center.** Phone lines are open 24-hours a day, 7 days a week, 365 days a year.

Anyone can call the Access Center regardless of insurance or income level. Trained staff will help you find out if you are eligible for services through SCCCMH. If you qualify, costs may be covered by Medicaid or other insurances. A sliding fee scale can assist with out-of-pocket expenses. **Even if you do not qualify for SCCCMH services, we can help determine which other providers might be available to you.**

The licensed clinicians in the Access Center **can provide immediate crisis help and suicide prevention support.** The Mobile Crisis Unit can provide in-person help in a mental health emergency. **Crisis response services are available to anyone in St. Clair County** through both the Access Center and Mobile Crisis Unit.

■ **Region 10 Access Center:**
1-888-225-4447

■ **Mobile Crisis Unit:**
1-810-966-2575

