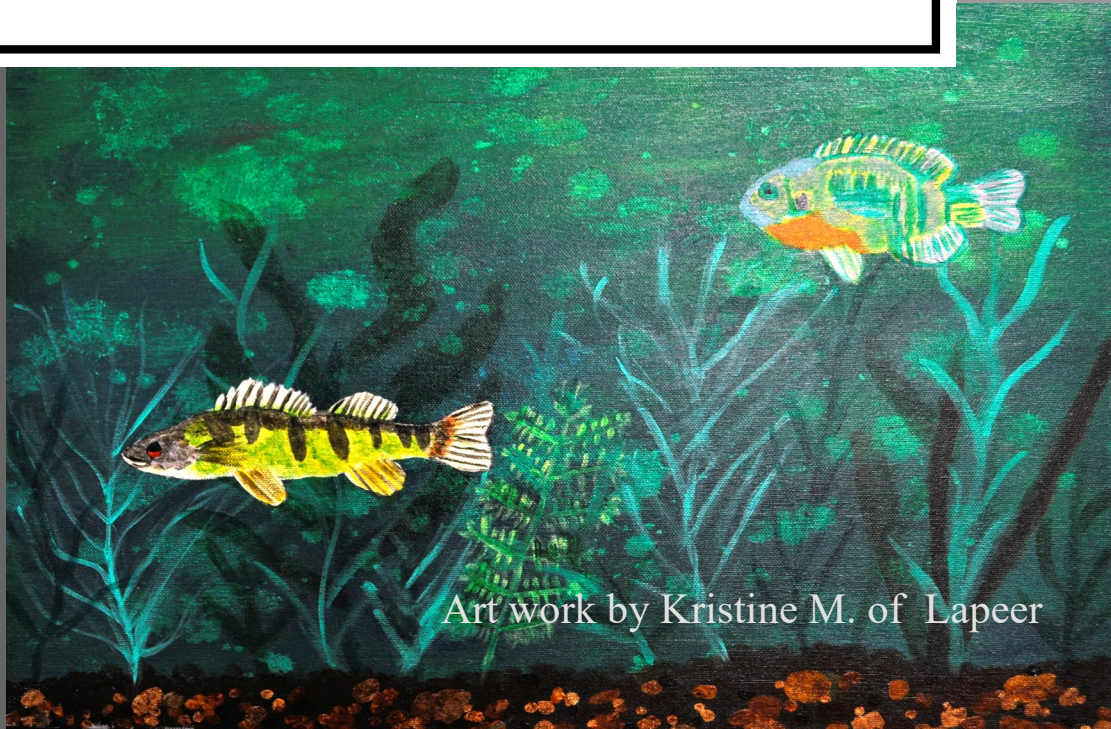


*Lapeer County*  
**Community Mental Health**  
**810-667-0500**



**Lapeer County**  
**Community Mental Health**  
member of the Region 10 PIHP

1570 Suncrest Drive, Lapeer, Michigan 48446

**(810) 667-0500 - Voice and TTY**

Access to Services  
(24-hours a day/7-days a week)  
(888) 225-4447

## **MISSION STATEMENT**

Recovery: hope; choice; health; fulfilling dreams

## **VISION**

Lapeer County Community Mental Health embraces an integrated system of care. Recognizing all people have potential, we promote the health and well-being of individuals, families, and communities using evidence-based practices. Focusing on prevention and early intervention, Lapeer County Community Mental Health supports life-long learning to fulfill dreams and gives hope for the future.

## **VALUES**

The building blocks to achieve our mission and our vision

- Provide person centered, personalized, strength-based services
- Treat all people with respect, fairness, dignity and equality
- Build and encourage resilience
- Support innovation and creativity as a learning organization
- Ensure seamless coordination of care
- Practice fiscal accountability
- Focus on service excellence
- Support teamwork and collaboration within the organization, between agencies, and with the communities we serve.

# **Language Assistance and Accommodations**

## **Language Assistance**

If you are a person who does not speak English as your primary language and/or who 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 your PIHP, CMH, or 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-Friday.

- For individuals in Genesee: (866) 211-5455
- For individuals in Lapeer, Sanilac, and St. Clair Counties: (888) 225-4447

Interpreters are available at no cost to you. Also, the Customer Handbook is available in large print and recorded formats upon request.

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Lapeer County Community Mental Health  
1570 Suncrest Drive, Lapeer, MI 48446  
(810) 667-0500 (Voice and TTY)

Chief Executive Officer: Lauren Emmons  
lemmons@lapeercmh.org

Medical Director: Dr. Christine Cucchi, DO  
ccucchi@lapeercmh.org

Recipient Rights Officer: Lisa Jolly  
(810) 667-0500 ljolly@lapeercmh.org

Website: [www.lapeercmh.org](http://www.lapeercmh.org)

**CRISIS LINE: (888) 225-4447**

## Medicaid Health Plans

Medicaid Health Plans cover medical services not included in the service array for mental health and substance use disorders offered in Lapeer County. For a list of medical services, see Chapter 9 in your Customer Handbook. The Medicaid Health Plans that serve Lapeer County are:

McLaren Health Plan.....888-327-0671  
[www.mclarenhealthplan.org](http://www.mclarenhealthplan.org)

Midwest Health Plan/HAP.....888-654-2200  
[www.midwesthealthplan.com](http://www.midwesthealthplan.com)

Meridian Health Plan of Michigan...888-773-2647  
[www.mhplan.com](http://www.mhplan.com)

Blue Cross Complete .....800-228-8554  
[www.mibluecrosscomplete.com](http://www.mibluecrosscomplete.com)

United Health Care.....800-903-5213  
[www.uhccommunityplan.com](http://www.uhccommunityplan.com)

Molina Health Care of Michigan ....888-449-6848  
[www.molinahealthcare.com](http://www.molinahealthcare.com)

# Lapeer County Community Resources

## Abuse

### **Domestic Violence Support Group**

Similarities and connections are discovered when Survivors come together to share their experiences.

Wednesdays, 5:00pm – 6:00pm

LACADA Outreach \* 1127 Clark Rd., Lapeer (810)667-4175

## Care Giver /Parents Support

### **Forever Friends Network**

1<sup>st</sup> and the 3<sup>rd</sup> Friday of every month 5:30 – 7:30

Maple Grove School, 2020 Imlay City rd.

RSVP required at [reginastrr@yahoo.com](mailto:reginastrr@yahoo.com) or  
call (810)623-2041 Regina Starr

[www.foreverfriendsnetwork.net](http://www.foreverfriendsnetwork.net)

### **Caregiver Support Group**

Caregivers who are taking care of those who have cognitive disorders other than Alzheimer's Including those suffering from the effects of such conditions as stroke or dementia.

Fourth Wednesday of every month, 6:00pm-7:30 pm

Marguerite De Angeli Library,  
921 W. Nepessing St., Lapeer (810)732-8500

# **Community Resources**

## **Alzheimer's Association of Greater Michigan**

Helpline 1-800-272-3900

Periodically offers a Creating  
Confident Caregivers Workshop

## **Parents Helping Parents Support Group**

We focus on foster and adoptive parents, but all parents are encouraged to attend. Free childcare available.

Please call Kim Hall before attending to make arrangements, Second Thursday of every month, 7:00

Lapeer Community Church in Attica

80 N. Lake Pleasant rd. Attica (Formerly the Attica Elementary School) (810)664-4743

## **Adoptive and Foster Care Families**

Parents or grandparents of adopted children support group

Second Monday of every month 6:30-9:00

Nalo Therapy Center \* 1134 S. Lapeer Rd. Lapeer  
(810)667-4111 (call if you need childcare)

## **MOPS – Mothers of Preschoolers**

Imlay City MOPS is a group for mothers of preschoolers.

We get together to talk about issues and struggles that we as mothers face. We wanted to reach beyond our community to help other moms.

Second and fourth Tuesday of every month

9:30am- 11:30 am (810)724-4315

Imlay City Christian Reformed Church

395 W. Cedar St. Imlay City (childcare provided)

## Resources Continued

### **Getting Free, Staying Free**

Support group for women only \* Thursdays, 12:00 noon  
3440 Davison Rd. Lapeer (810)-667-0075

### Grief Support

#### **Suicide Survivor Group**

This group is for individuals who have lost a loved one to suicide. This group provides families a safe place to talk about their loss, to grieve and to begin to heal.

First and third Tuesday of every month, 6:00pm-7:30 pm

St. Matthew's Church, Upstairs Conference Room

431 N. Court Street, Lapeer, Michigan 48446

Tim Campbell, LPC (810)338-6315 \* [greatlakestim@gmail.com](mailto:greatlakestim@gmail.com)

#### **Grief Share**

For those who have lost a loved one

Senior Center Imlay City in the Lambsteel building on Third Street,

Pre-register by calling Tracy at 810-724-6030 or Ginger at

810-724-5772

#### **Heartland Hospice (Lapeer)**

Grief Support through Heartland Hospice

10 A.M. Third Friday

Lapeer Market Place,

700 S. Main ST. Ste. 209 Lapeer

888-427-6818

## Resources Continued

### **New Tomorrows Grief Support**

Free ongoing grief education and support for anyone who  
has experienced the loss of a loved one  
Call 810-496-8625 for next schedules series and times

### Health Disorders

#### **Lupus Support Group**

For Lupus patients, family, friends, and caregivers:  
discussing Pain management, coping mechanisms, nutrition,  
exercise, sleep patterns, insurance and much more.

Second Tuesday every Month, 7:00pm – 8:30pm  
McLaren Lapeer Region \* 1375 N. Main St., Lapeer  
Conference rooms 4 and 5 \* 800-705-6677 – 586-775-8310,  
info@milupus.org or [lisa@milupus.org](mailto:lisa@milupus.org)

#### **Cancer Support Group**

Join to share information, support, and friendship  
Every other Monday, 1:00pm  
Deerfield Township Hall \* 30 Burnside Rd. North Branch  
Wilma, 810-793-2706 or Mavis, 810-793-1295

#### **Breast Cancer Support Group**

Third Wednesday of every month, 6:00pm – 7:30pm  
McLaren Cancer Institute \* 1295 Barry Drive, Lapeer  
810-667-5578 ask for the Social Work Department

## Resources Continued

### **Better Breathers Club**

This support group is designed to help people learn  
how to better manage and live with lung disease

Third Tuesday of every month \* 2:00pm

McLaren Lapeer Region

1375 North Main Street, Lapeer

810-667-5675

### **Diabetes Support Group**

Open to Diabetics, family members and friends

Second Wednesday of every month except November

6:00pm- 7:30pm \* G3200 Beecher Rd.

Beech Hill Center, Flint \* 810-342-4110

Because We Love You We Speak of Diabetes

Caregivers support group,

Fourth Tuesday at Marlette Regional Hospital

2770 Main St., Marlette, 989-635-4348

## Mental Health

### **OCD support group**

Second Wednesday of each month, 7:00-9:00

Meditation Self-Healing Center

244 Law St. Lapeer \* Mary 810-441-9822

### **Depression and Bipolar Support Group**

First and third Thursdays of the month 6:30pm-8:00 pm

Holy Family Church \* 11714 S. Saginaw ST. Grand Blanc

Angela \* 810-347-4706

## Resources Continued

### Non Substance Abuse Addictions

#### **Gamblers Anonymous**

Meetings are a free 12-step program for men and women who have a gambling problem.

Tuesdays & Thursdays, 6:30pm -8:00pm  
United Methodist Church \* 225 W. Court St., Flint

Mondays, 6:30pm-8:00pm  
Goodrich United Methodist Church  
8071 S. State rd., Goodrich  
855-424-4677 \* [gamblersanonymous.org](http://gamblersanonymous.org)

Tuesdays, 7:00 pm– 8:30 pm  
Marlette Methodist Church  
3155 Main St. Marlette  
(Please use back entrance at SE corner of church building)  
989-225-8284

#### **Sex Addicts Anonymous/ Shame to Serenity**

Mondays, 6:30pm  
Bristol Road Church of Christ  
Room 111, 1st floor, around back use SW door  
1315 W Bristol rd. \*E of Van Slyke rd.  
Sid H, 810-919-1989 or Don C, 810-240-6050

#### **Taking off Pounds Sensibly (Tops)**

Goals are healthy eating, mobility, and support for people who have food addictions \* 6:00pm – 7:30 pm

725 DeMille \* Linda - 810-664-7579  
Hunters Creek Mobile Home Park Club House

## Resources Continued

Wednesday – 8:30am-10:45am  
River Ridge Club MHC clubhouse  
25 Pine Ridge DR., Lapeer \* Linda 810-245-3955

### **Celebrate Recovery**

Every Thursday night at 7:00pm  
New Hope Event Center, 655 N Saginaw St. Lapeer  
A support group for those who are working  
through their hurts, habits, or hang-ups  
For more information call 810-441-7114

### Substance Abuse/Addiction

#### **Families Anonymous –Lapeer**

Family support for anyone suffering  
the effects of drug abuse and addiction  
Every Thursday – 7:00pm – 8:30pm  
St. Matthews Church, 220 Nepessing St. Lapeer  
Peggy Patten (810)441-8027 / [peggpatten@aol.com](mailto:peggpatten@aol.com)

#### **Families Against Narcotics**

Support for families affected by addiction  
and those in recovery  
Second Thursday of every month, 7:00pm -8:00pm  
St. Matthew Church at 220 W. Nepessing St., Lapeer (810)728-2033

#### **Hope Not Handcuffs**

A program through FAN who allows anyone struggling  
with drug addiction to walk into a police station and ask for help  
with his or her troubles. Volunteers known as “angles”  
are called to help link people with treatment.

## **Resources Continued**

### **Narcotics Anonymous**

“Sundown Serenity” is held at 6:00 pm every Tuesday at 1310 N Main St. in Lapeer

Together We Can is held at 8:00pm every Tuesday at 5677 North Lapeer Country Christian Church

### **Alcohol Addiction**

#### **Alcoholics for Christ**

A 12-step support group for alcohol and drug addictions.  
Thursdays, 6:00p.m. (810)667-0075  
Faith Christian Family Church, 35440 Davison rd. Lapeer

#### **Al-Anon Meetings**

Meetings for families of persons with an alcohol addiction  
7:30 p.m. every Friday \* St. John School,  
420 Genesee rd. Bldg., Davison (810)234-1460  
Tuesdays 7:00-8:00 pm and Fridays 11:00am -12:00 pm  
First Presbyterian Church \* 433 N. Calhoun ST. Lapeer  
Dorothy (810)793-7159 or Barb at (810)796-3287

## Substance Abuse & Mental Health Disorder

### **Double Trouble – The Recovery Network**

Participants help each other recover from addiction and to manage their mental health disorders, commonly called

Dual Diagnosis \* Every Thursday 3:00-4:30 p.m.

Community Mental Health, 1570 Suncrest Dr. Lapeer

Carl Velliquette or Matt McKinney at (810)667-0500

## Veterans

### **Veterans Support**

The group provides Veterans the opportunity to meet in an informal setting and discuss issues they are facing. The group is open to all Veterans of all eras. Female Veterans are encouraged to attend, as well. The meeting provides an opportunity to share experiences, concerns, and veteran issues among fellow veterans. There is no agenda. The Lapeer Veteran Support Group (LVSG) meets the second Tuesday of each month at the LCVA office, 287 W. Nepessing, Lapeer.

There is no fee but registration is encouraged.

To register, email [jokreiner@lapeercounty.org](mailto:jokreiner@lapeercounty.org)

or call (810)667-0256.

### **LOV-The Loving Our Vets**

Lapeer Veteran Spouse Support Group- Established to give the spouses of active and retired veterans a place to talk about how the armed services have impacted family life, or anything that may be on their mind. The group meets every 2 weeks starting July 3<sup>rd</sup> at Louie's Sports Tavern at 3301 Davison Rd. in Lapeer. You may contact the group on Facebook under- Loving Our Vets-Lapeer County Veteran Spouse Help and Support. Meetings are at 6:00p.m.

## Hotline Numbers

Aids 24-Hour Hotline.....	800-342-2437
Alcoholics Anonymous Hotline.....	810-234-0815
En Española.....	800-628-9454
DHS Adult Abuse Hotline.....	800-996-6228
DHS Child Abuse Hotline.....	800-942-4357
DHS Home Heating Hotline (energy assistance hotline).....	800-292-5650
DHS Homeless Hotline.....	800-274-3583
DHS Runaway Assistance Hotline.....	800-292-4517
Domestic Violence .....	800-799-SAFE (7233)
FAN – Families Against Narcotics.....	810-728-2033
GLBT National Help Cent.....	888-843-4564
LACADA Domestic Abuse .....	810-667-4175
Lapeer Area Citizens Against Domestic Abuse/LACADA	
Local Mental Health Center.....	810-667-0500
The Refuge 24 hour hot line assistance .....	810-356-9880
Self-Injury.....	800-366-8288
Suicide Hotline .....	800-273-TALK (8255)

## Housing

### **Blue Water Center for Independent Living**

Housing Assistant Programs:

Project Home for Homeless and At-Risk Veterans

ESG: Emergency Solutions Grant for Homeless and At-Risk Families Section 8 Housing Choice Voucher for Homeless or Doubled-up Families Lapeer County (810)648-2555 (Call for an appointment)

### **Project Home**

For Veterans who are Homeless or at risk 810-664-9098

**The Golden Arrow or Drop in** a place that provides people who have high-risk mental health issues with critical social support, as well as organized and informal recreational and social activities. Individuals and employees at the drop-in assist each other in solving daily living problems, which may include social, recreational, housing, transportation, and vocational assistance. Open Monday through Friday, 8:00am – 4:00pm. 24 S. Court Street, Lapeer. (810)660-8333

**The Refuge** is a transitional housing program for families and individuals (male and female) that are ready, willing, and able to make changes that will move them toward self-sufficiency. You must pass an alcohol test each evening and submit to it at dawn. To schedule an Intake, contact The Refuge or come to the office during office hours only. Office hours are Tuesday-Thursday 8AM-1:30PM. Sunday hours by appointment only. Call 810-441-9990. No Drop-ins allowed. You must schedule an intake.

## Food Resources

### **Nutrition Programs**

Commodity Supplemental Food Program (CSFP) provides free food and includes things such as canned fruits, vegetables and meats, dried beans, pasta, etc. Senior Citizens (age 60 and older), but must fall within USDA income guidelines. If you are not a senior, you will still get food. For eligibility, please contact PHONE: (810) 664-7133

**Stone Soup** provides bakery, produce, meat, dairy and non-perishable food to the hungry throughout Lapeer County.

475 South Court Street, Lapeer

810-245-0500 \* [info@stonesoupfoodpantry.org](mailto:info@stonesoupfoodpantry.org)

### **Home Delivered Meals-Seniors**

This program is administered through the Lapeer County Health Department. You must be 60 and over, home bound, and a resident of Lapeer County. To determine eligibility call (810)245-8566 for an appointment.

### **Supplemental Nutrition Assistance Program (SNAP) Formerly called: Food Stamps, EBT (Electronic Benefits Transfer), or Bridge Card**

To get SNAP benefits, households must meet resource and income requirements. To apply for benefits make an account at [www.mibridges.michigan.gov](http://www.mibridges.michigan.gov) or call 1-888-678-8914

### **Food Pantries call for eligibility requirements**

<u>Almont</u>	<u>Almont Vineyard Church</u>	<u>810-245-2414</u>
	<u>First Congregational Church</u>	<u>810-245-2414</u>
<u>Attica</u>	<u>Attica United Methodist Church</u>	<u>810-724-0680</u>
<u>Capac</u>	<u>Capac Food Pantry</u>	<u>810-245-2414</u>
<u>Columbiaville</u>	<u>United Methodist Church</u>	<u>810-793-6363</u>
	<u>Or</u>	<u>810-656-7770</u>
<u>Davison Outreach East</u>		<u>810-653-7111</u>
<u>Imlay City Hispanic Service Center</u>		<u>810-724-3664</u>
<u>First Congregational Church</u>		<u>810-724-6207</u>
<u>ST. Paul Lutheran</u>		<u>810-724-1200</u>
<u>Lapeer Dept. of Human Services</u>		<u>810-667-0800</u>
<u>Human Development Commission</u>		<u>810-664-7133</u>
<u>Love Inc.</u>		<u>810-245-2414</u>
<u>Trinity United Methodist Church</u>		<u>810-245-2414</u>
<u>Grace Episcopal Church</u>		<u>810-245-2414</u>
<u>Immaculate Conception Church</u>		<u>810-664-8594</u>
<u>St. Paul Lutheran Church</u>		<u>810-245-2414</u>
<u>Free Methodist Church</u>		<u>810-245-2414</u>
<u>Mayville Area Share Shop</u>		<u>989-843-5370</u>
<u>North Branch Community Aid</u>		<u>810-688-2920</u>

## **Lapeer Free Methodist Church**

1621 Saginaw rd. (Between Oregon and Davis Lake rd.)  
Free food boxes, clothes etc. with no income requirement  
Saturdays between 1:00 -2:30

### **The Food for Families Program (Soup Kitchens)**

The soup kitchens are open five days a week, rotating each day at a different church. The soup kitchen provides a hot meal for anyone in need. No income requirement.

#### **Monday**

Lapeer, 4:00-5:30pm 810-664-9941	Trinity United Methodist Church 1310 N Main St. Lapeer
Imlay City 4:00-5:30pm 810-724-1200	St. Paul's Lutheran Church 200 N. Cedar St. Imlay City
North Branch 5:30-7:30pm 810-441-0322	Community House of Hope 3960 Banker ST. North Branch

#### **Tuesday**

Lapeer, 4:00-5:00pm 810-664-2841	Grace Episcopal Church 735 W. Nepessing St. Lapeer
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#### **Wednesday**

Lapeer, 5:00-6:00pm 810-664-1611	Lapeer Church of Christ 1680 N Lapeer rd. Lapeer
Imlay City 4:00-5:30pm 810-724-1200	St. Paul's Lutheran Church 200N. Cedar St. Imlay City

#### **Friday**

Lapeer 4:00-5:00 810-664-6653	St. Paul's Lutheran Church 90 Millville rd. Lapeer
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#### **Saturday**

Imlay City 9:00-3:00 810 724-8110	Gateway Assembly Church 796 S Vandyke Rd. Imlay City
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## **Website Resources**

### **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

### **Internet Mental Health**

[www.mentalhealth.com](http://www.mentalhealth.com)

### **MedLine Plus Health Information**

[www.medlineplus.gov](http://www.medlineplus.gov)

### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

### **Michigan Department of Health & Human Services**

[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

### **Association for Children's Mental Health**

[www.acmh-mi.org](http://www.acmh-mi.org)

### **American Psychological Association**

[www.apa.org](http://www.apa.org)

### **ARC/Michigan**

[www.arcmi.org](http://www.arcmi.org)

### **Association for Children's Mental Health**

[www.acmh-mi.org](http://www.acmh-mi.org)

## **Website Resources continued**

### **Michigan Disability Rights Coalition**

[www.copower.org](http://www.copower.org)

### **Michigan Protection & Advocacy Services, Inc.**

[www.mpas.org](http://www.mpas.org)

### **Michigan Resources-Get Connect Get Resources**

[Www.mi211.org](http://Www.mi211.org)

### **Michigan Works**

[Www.michiganorks.org](http://Www.michiganorks.org)

### **National Association of the Mentally Ill**

[www.nami.org](http://www.nami.org)

### **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### **Pure Michigan Talent Connect**

**Website for job hunters**

[Www.mitalent.org](http://Www.mitalent.org)

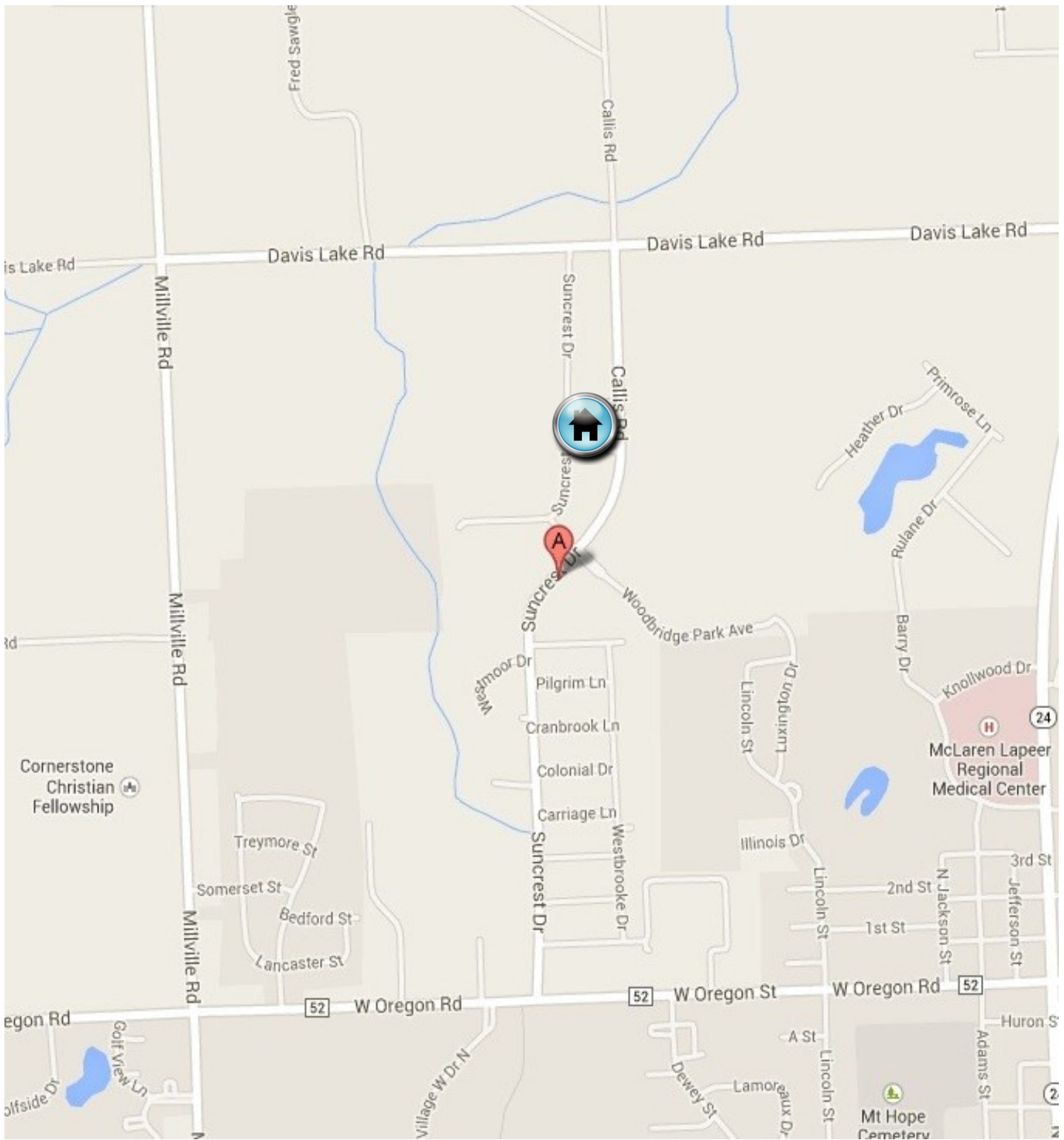
### **Social Security Administration**

[Www.ssa.gov](http://Www.ssa.gov)

### **Substance Abuse and Mental Health Service Administration**

[www.samhsa.gov](http://www.samhsa.gov)

# Notes



## **Lapeer County Community Mental Health Office:**

The office is located at the north end of Suncrest Drive., across from the Department of Health & Human Services.

1570 Suncrest Dr., Lapeer, MI 48446 (810) 667-0500

## **Directions to get to Community Mental Health:**

*From the East:* Take M-24 north (from M-21 or I-69 exit) to Oregon St. (also known as Bowers); turn left at Oregon St. to Suncrest Dr.; turn right and take almost to the end - our building is one story with brown exterior.

*From the West:* Take the Lapeer I-69 exit; turn north or left onto M-24 continue past M-21, traveling north to Oregon St., turn left or west to Suncrest Dr., turn right or north, take to the end.

*From the North:* Take M-24 (N/S Lapeer Rd) south to Davis Lake Rd., turn right at the Security Credit Union onto Davis Lake Rd., turn at the first left which is Callis Rd., and take it to CMH on the right between Callis and Suncrest Dr.