## Contact List

### ACCESS to Services (toll free) .......... 888.225.4447

### Crisis Line (24 hours/toll free) .......... 888.225.4447

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### Administration
227 E Sanilac Ave
810.648.0330

### Assertive Community Treatment (ACT) .... 810.648.0330
217 E Sanilac Ave

### Children’s Services
810.648.0330
227 E Sanilac Ave

### Journey Skills Center/SanCo
810.648.0330
227 E Sanilac Ave

### Community Based
810.648.0330
227 E Sanilac Ave

### Customer Service
810.648.0330
227 E Sanilac Ave

### Case Management Services
810.648.0330
227 E Sanilac Ave

### Outpatient Services
810.648.0330
217 E Sanilac Ave

### Recipient Rights
810.583.0377
227 E Sanilac Ave

### Residential Services
810.648.0330
227 E Sanilac Ave

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### Community Agency Directory (continued)

#### Substance Abuse Agencies & Groups

<table>
<thead>
<tr>
<th>Agency</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Al-Anon Family Groups</td>
<td>888.425.2666</td>
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<tr>
<td>Alcoholics Anonymous</td>
<td>877.337.0611</td>
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<tr>
<td>Narcotics Anonymous</td>
<td>800.230.4085</td>
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<tr>
<td>Sacred Heart Rehabilitation Center</td>
<td>888.802.7472</td>
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<tr>
<td>Sanilac County Health Department</td>
<td>810.648.4098</td>
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<tr>
<td>Substance Abuse and Mental Health Services Administration</td>
<td>800.322.4512</td>
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<tr>
<td>Turning Point Recover Programs</td>
<td>248.334.7760</td>
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#### Advocacy, Self Help & Support Groups

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<tr>
<th>Agency</th>
<th>Contact Information</th>
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<tr>
<td>Agoraphobics in Motion</td>
<td>248.547.0400</td>
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<tr>
<td>Alzheimer’s Association</td>
<td>800.223.6722</td>
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<tr>
<td>The Arc-St Clair County</td>
<td>810.989.9144</td>
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<tr>
<td>American Cancer Society</td>
<td>800.227.2345</td>
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<tr>
<td>Autism Society of Michigan</td>
<td>800.223.6722</td>
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<tr>
<td>Blue Water Council for Independent Living</td>
<td>810.648.2555</td>
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<tr>
<td>Epilepsy Foundation- Michigan</td>
<td>248.351.7979</td>
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<tr>
<td>Family Resource and Learning Center</td>
<td>989.635.2400</td>
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<tr>
<td>Michigan Protection and Advocacy Service, Inc</td>
<td>800.288.5923</td>
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<tr>
<td>National Alliance on Mental Illness (NAMI)</td>
<td>800.950.6264</td>
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#### Legal & Law Enforcement

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<tr>
<th>Agency</th>
<th>Contact Information</th>
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<tr>
<td>73rd District Court (Sandusky)</td>
<td>810.648.3250</td>
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<tr>
<td>Circuit Court (Sandusky)</td>
<td>810.648.2120</td>
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<tr>
<td>Lakeshore Legal Aid, Counseling &amp; Advocacy</td>
<td>800.783.8190</td>
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<tr>
<td>Legal Hotline for Michigan Seniors</td>
<td>800.347.5297</td>
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<tr>
<td>Legal Services of Eastern Michigan</td>
<td>800.322.4512</td>
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<tr>
<td>Michigan State Police</td>
<td>810.648.2233</td>
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<tr>
<td>Sandusky City Police</td>
<td>810.648.4016</td>
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<tr>
<td>Sanilac County Friend of the Court</td>
<td>810.648.4866</td>
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<tr>
<td>Sanilac County Prosecuting Attorney</td>
<td>810.648.3402</td>
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<tr>
<td>Sanilac County Probate Court</td>
<td>810.648.3221</td>
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<tr>
<td>Sanilac County Sheriff’s Department</td>
<td>810.648.2000</td>
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<tr>
<td>Sanilac County Victims Services Coordinator</td>
<td>810.648.5463</td>
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Community Agency Directory

Counseling, Human Service and Support Agencies

Advantage Counseling and 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 .................................................................................. 866.336.7283
Family Resource and 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 and Human Services .......................... 810.648.4420
Michigan Rehabilitation Services ............................................................. 877.620.7929
Michigan Works (Genesee, Shiawassee, Thumb) ............................... 810.648.5800
MSU Extension Office ............................................................................. 810.648.2515
Professional Counseling Services ......................................................... 810.648.3248
Project Blessing (food, clothing, & emergency help)
  Brown City ............................................................................................ 810.346.3681
  Carsonville ............................................................................................ 810.657.8833
  Croswell/Lexington Area ..................................................................... 810.359.2045
  Deckerville ............................................................................................ 810.376.3020
  Marlette: Heaven Sent Ministries ......................................................... 989.635.0077
  Sandusky: HELP, Inc ............................................................................ 810.648.1988
  Snover: Heritage Thrift Shop ............................................................... 810.672.9101
Sanilac County Health Department ....................................................... 810.648.4098
Sanilac Intermediate School District .................................................... 810.648.4700
Thumb Area Counseling Center ............................................................. 810.648.4303

Other Resources

CARF International .................................................................................. 520.325.1044
Michigan Association of Community Mental Health Boards .............. 517.374.6848

For links to websites, if available, go to www.sanilaccmh.org/partner-resources
Sanilac County
Community Mental Health
A CARF Accredited Organization

The Vision Behind the Mission

Sanilac 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 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

For Performance Improvement information, contact the Quality Improvement Department at 810.648.0330

Specialized Residential Services (continued)

**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, nonmedical 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.

**Supports Coordination**

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

- Care Management, 217 E Sanilac Ave, Sanusky, MI, 810.648.0330
- 110 N. Howard Ave, Croswell—M-F 8am-5pm

Supports Coordinators 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 Supports Coordination; 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.
Family Support Services

Family Support services are available for children and adults who have been diagnosed with a 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:

**Ehardt Center - 217 E Sanilac Ave - 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:

**Supports Coordination:** Assessment of the need for Supports Coordination; 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 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 homes throughout the community. Residential services offices are generally open 8:00 am to 4:00 pm, Monday through Friday and are located at:

**227 E Sanilac Ave - 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:

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About Us

Sanilac County Community Mental Health Authority (SCCMH) is a CARF accredited public provider of managed mental health and developmental disability services. With Genesee, Lapeer and St. Clair counties, SCCMH 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 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.

SCCMH 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 for residents with disabilities are arranged as part of the person-centered service plan.

SCCMH programs and services are supported and funded primarily by Medicaid and MDHHS, and to a much lesser extent by funds received from the Sanilac County Board of Commissioners, private insurances, and private payments.

Hearing Impaired Services (TTY and TDD) are available. Language interpreter services are available free of charge. Advance Directives information available free of charge.
**Accessing Emergency & Non-Emergency Services**

**SCCMH 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 SCCMH 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 SCCMH cannot help in your situation, we will help you 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 best ways for the SCCMH system to help you 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 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 may also help you apply for Healthy Michigan, Medicaid, ABW 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:

**SCCMH Crisis Line**  
**Toll Free 888.225.4447**

**Skill Building Assistance (continued)**

**SanCo Industries - 400 Green Acres Dr. - Sandusky, MI - 810.648.0330**

The vocational program here at Sanilac CMH encompasses a group of employment skill training options. One of those programs is SanCo Industries. Since 1974, SanCo Industries has been providing vocational training for individuals with disabilities. The focus is placed upon developing work place 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 Dr - 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.
Skill Building Assistance

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

Journey Skill Center - 227 E Sanilac Ave - 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 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, 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.

Creative Enterprises - 400 Green Acres Dr.—Sandusky, MI 810-648-0330

Work preparatory services generally consist of assembly work for area factories, paper shredding, product packaging, paper folding and envelope stuffing. In addition, production of products made within the program under the name “Elk Creek Candles and More” takes place. This program is aimed at teaching individuals problem solving skills, safety, attendance, completion of a task and responsibility.

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 the exceptions 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 service site of SCCMH. 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 SCCMH.

What should I bring to my First Appointment?

You should bring your current Medicaid or other health insurance card. To set your fees, 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 services options that SCCMH 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 SCCMH 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.
Resolving Your Concerns

You can call either Customer Service 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 accepted

Office of Customer Service 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 or when you want to file an appeal. ORR will help you appeal decisions by SCCMH to reduce, suspend or terminate your services.

When might I call Customer Service?
When you want to file an appeal, Customer Services will help you appeal decisions by SCCMH to reduce, suspend or terminate your services. Customer Services will also help you through the appeal process and assist you at all levels.

Will I be denied services if I call these offices?
No. Access to the ORR and Customer Services 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 aren’t sure whether to call the ORR or Customer Services, call Customer Services and they will help you sort it out.

Wraparound Services (continued)

Children must meet two or more of the following: have involvement in multiple systems; be at risk of/currently in out of home placements; received mental health services with minimal improvement; have risk factors that exceed capacity of traditional community based options; be one of multiple children in a family served by numerous providers without meeting desired outcomes. Services include the following:

Case 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.

Drop-In Center
The Drop-In center provides individuals diagnosed with Serious Mental Illness the opportunity to learn and share coping skills and strategies, move into more active assistance and away from passive patient roles and identities and to build and/or enhance self-esteem and self-confidence.

The Personal Growth Drop-In Center is generally open 8:00 am to 3:00 pm, Monday through Friday and some evenings and weekends and is located at:

Personal Growth Center - 32 E Sanilac Ave - Sandusky, MI - 810.648.9660

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

Journey Skill Center - 227 E Sanilac Ave - Sandusky, MI - 810.648.0330

Community Living 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 and 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.
**Children’s Services (continued)**

**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, support coordination and reduce or shorten length of stay in psychiatric hospital settings.

**Healthy Beginnings:** SCCMH’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 217 E. Sanilac Ave. Sandusky and 110 N. Howard Croswell.

**Wraparound Services** Wraparound services are generally available 8:00 am to 5:00 pm, Monday through Friday at the following location: 227 E Sanilac Ave - Sandusky, MI - 810.648.0330

The goal of Wraparound services is family preservation and independence, so families are able to operate successfully with minimal agency intervention. A highly individualized planning process is performed by specialized case managers who coordinate the planning for, and delivery of, wraparound services and the incidental non-staff items that are medically necessary for the child. Wraparound utilizes a Child and Family Team determined by the family, often representing multiple agencies, and informal supports. The plan of service may include Medicaid, and Mental Health services, as well as non mental health services that are secured from and funded by other agencies.

**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
- Case 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
- Peer Operated Drop In program
- Crisis Residential services
- Personal Care services 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

**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 SCCMH assessment
- Psychological evaluation by court order (except guardianship)
- Prescription medications

**Educational Programs for the Community**

SCMH provides numerous educational presentations on a variety of mental health topics and senior issues. If your group is interested in a presentation on these or other mental health related topics, contact 810.648.0330 for information about scheduling a presentation.
Who We Serve

The programs of SCCMH 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 Developmental Disabilities, or impairments related to these disabilities. Descriptions of the criteria for these categories are included 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 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 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 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 impairments 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.

Children’s Services (continued)

Developmental Disability

A disability due to a mental and/or physical impairment, occurring before 22 years of age resulting in significant functional impairment in three or more of the following areas: Taking care of self, Learning, Mobility, disability due to a mental and/or physical impairment, ability to make decisions about life, ability to live independently, and ability to hold a job.

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 at the Ehardt Center 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. Provided at 217 E. Sanilac Ave—Sandusky MI

Supports Coordination: Available for children who have been diagnosed with a 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 of the program 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.

Counseling: SCCMH 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.
OBRA Services

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

Ehardt Center - 217 E Sanilac Ave - Sandusky, MI - 810.648.0330

OBRA Services are mental health and psychiatric assessments for persons with symptoms/diagnosis of SMI or DD 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:

Ehardt Center - 217 E Sanilac Ave - Sandusky, MI - 810.648.0330
Admin Bldg - 227 E Sanilac Ave - Sandusky, MI - 810.648.0330

Respite is short-term care provided to a child/adult with a 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 a developmental disability or mental illness. The primary goal of this service is to assist in providing temporary relief for unpaid caregivers.

Children’s Services

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

Ehardt Center - 227 E Sanilac Ave - Sandusky, MI - 810.648.0330
Croswell—110 N. Howard Street—M-F 8am-5pm

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 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.

Individuals with Developmental Disabilities (DD)

“Developmental Disability” means a disability attributed to a mental and/or physical impairment, that is manifested before 22 years of age, is likely to continue indefinitely and results in substantial functional limitations in three or more of the following areas of major life activity:

- Self care
- Receptive & expressive language
- Learning
- Mobility
- Self-direction
- Capacity for independent living
- Economic self-sufficiency

It results in the individual’s need for a combination and sequence of specialized, interdisciplinary, or generic care, treatment; or other services that are of lifelong or extended duration and are individually planned and coordinated.

A minor from birth to age five may qualify if they have a substantial developmental delay or a specific congenital or acquired condition with a high probability of resulting in developmental disability as defined above.

Adult Outpatient/Clinic Services

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

Ehardt Center - 217 E Sanilac Ave - Sandusky, MI - 810.648.0330
Croswell Location—110 North Howard Street, M-F 8am-5pm

These services are usually provided in a clinic setting on a short-term basis. Outpatient 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. Services include the following:

Crisis Intervention: Crisis intervention is provided by a licensed Master Level 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 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.

**Case 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 CBT, EMDR, SA, DBT, MI, Problem Solving, Reality and Family Therapy are the approaches that a SCCMH 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 experiences 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.

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**Senior Services:** Assistance for seniors regarding medical concerns, depression, stress management, mental wellness, legal/financial issues, living/placement options, Alzheimer’s disease and dementia. Staff provide education and consultation for individuals, families, Senior Centers, meal sites, churches, the legal community and law enforcement.

**Assertive Community Treatment (ACT)**

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 toll free Access/Crisis number which is 888.225.4447. Offices are at:

Ehardt Center - 217 E Sanilac Ave - Sandusky, MI - 810.648.0330

ACT is a team based service that includes shared service delivery responsibility that provides consistent continuity of care.

ACT services are targeted at adults who are seriously mentally ill, who require intensive services and supports to avert more restrictive services or settings (such as hospitalization, crisis residential placement or incarceration). These individuals may have difficulty managing medications without ongoing support or with psychotic/affective symptoms despite medication adherence. These individuals may exhibit socially disruptive behavior that puts them at risk for arrest and inappropriate incarceration. Often, frequent monitoring of medication regimen and response is necessary and compliance is doubtful without ongoing monitoring and support. Routine medical observations and monitoring are required to affect significant regulation of psychotic medications and/or to minimize serious side effects. Consistent observation and supervision of behavior are needed to compensate for impaired reality testing, temporary deficient internal controls, and/or faulty self preservation inclinations.

ACT services are based on the principles of recovery and person centered practice and are individually tailored to meet the needs of the individual. Services are provided in the person’s residence or other community locations and are provided by all members of the ACT team. Services are provided by a mobile multi-disciplinary treatment team which includes a psychiatrist, nurse, case manager and therapist. A certified support specialist may also be a part of the ACT treatment team. ACT is a set of intensive clinical, medical and psychosocial services and supports essential to maintain an individual’s ability to function.