

MENTAL HEALTH THERAPISTS

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

1.800.372.8460 or 517.346.8460

A range of services are provided within Clinton, Eaton and Ingham Counties. Helps determine what treatment focus and level of care would be most helpful to the client and makes referral. Outpatient services available at the Clinton County Counseling Center in St. Johns.

Lori Tagger, PhD

Diversity Psychological Services

517.599.2367 • www.diversitypsychologicalservices.com

Specializes in eating disorders, trauma, PTSD, depression, anxiety, sexual assault, divorce

McMathis Counseling Services

989.292.4458 • 108 W. Walker St. • St. Johns, MI 48879
Darlene McMathis West, MA, LLPC, CAADC, DOT/SAP
Certified Juvenile Justice Addiction Specialist
mcmathisagency1@gmail.com

Monica Spicer, LPC, NCC

Spicer Counseling Services, PLLC

989.593.0211 • 122 North Bridge Street • DeWitt, MI 48820
www.spicercounselingservices.com

Erika Feldpausch, MSW

602-366-5168

erikafeldpausch@gmail.com

Terri Severy, LPC

517-896-4480

tjseverylpc@gmail.com

LOCAL GRIEF SUPPORT GROUPS

Ele's Place

517.482.1315 • 1145 W. Oakland Ave., Lansing, MI 48915 • <http://www.elesplace.org>

Ele's Place is a nonprofit, community-based organization with a mission to create awareness of and support for grieving children ages 3-18 and their families at no charge. Through peer support group programs, Ele's Place helps children to cope with the death or life-threatening illness of a parent, sibling or other close family member or friend. Services are free.

See www.drugfreeclinton.org for additional grief support resources.

VETERANS AND THEIR FAMILIES

Navigating the VA, nonprofits, local, county, and state resources, transitions, and other life events can be overwhelming. We are here to help. The Veteran Support Team (VST) assists veterans by reducing barriers to accessing mental health and substance abuse services, and for navigating veteran specific benefits and resources. These resources include but are not limited to: housing, employment, and healthcare resources for Veterans residing in Ingham, Eaton, and Clinton Counties. The VST is comprised of a Veteran Navigator/Mental Health Therapist (517.346.8355) and a Certified Peer Support Specialist (517.346.8235). There is no fee or insurance barrier for any services provided by the VST.

Battle Creek VA Medical Center

269.966.5600 | 888.214.1247 • 5500 Armstrong Road • Battle Creek, MI 49037 • <http://www.battlecreek.va.gov/>

The medical center offers a wide variety of health care services to veterans, which includes both inpatient and outpatient care.

Military OneSource

1.800.342.9647 • <http://www.militaryonesource.mil>

Services are available 24/7. Offers three kinds of short-term, non-medical counseling options to active-duty, Guard, and Reserve members and their families. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustment to situational stressors, stress management, decision making, communication, grief, blended-family issues, and parenting-skills issues.

Veterans Suicide Prevention Hotline

1.800.273.TALK (8255) Veterans Press 1 • www.veteranscrisisline.net

Veterans Health Administration (VHA) has founded a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors.

The information provided is intended for referral purposes only. CSAPC does not guarantee the information concerning any provider; nor do we license, endorse, or recommend any particular mental health care provider. Only you can determine whether the quality of care is appropriate for your need. The information included in this directory was supplied by the entities included in the listing; it is no means comprehensive. Understand also that inclusion or omission of particular professionals, businesses, organizations, or services does not imply a recommendation, or lack thereof, by CSAPC. Questions about a specific program or agency should be directed to the organization.

If you are a provider and would like to be included in any future updates of this directory, please contact Heather Algrim at halgrim@eatonresa.org or 517.541.8913

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Clinton County Behavioral Health Resource Directory 2021



Welcome to the Clinton County Behavioral Health Resource Directory. In this directory, you will find programs, services, and providers available to assist individuals and families dealing with mental health and substance use issues.

The Clinton County Behavioral Health Resource Directory was compiled by the Clinton County Substance Abuse Prevention Coalition (CSAPC). The vision of CSAPC is to prevent and/or reduce use of alcohol, tobacco, and other drugs among all Clinton County residents, with a special focus on youth. Our mission is to reduce harm caused by alcohol, tobacco, marijuana, and other drugs in Clinton County by fostering community action, education, support, and collaboration. Visit our website at: www.DrugfreeClinton.org.

In the case of an EMERGENCY: Call 911, go to the nearest EMERGENCY ROOM or follow the emergency instructions provided by your doctor, mental health professional or care team. Call 1.800.SUICIDE (1.800.784.2433) to get help right away, any time of day or night.



CRISIS PREVENTION RESOURCES

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

1.800.372.8460 or 517.346.8460
812 E. Jolly Rd.
Lansing, MI 48910

<http://www.ceicmh.org/emergency.htm>

Crisis services for adults and children are offered 24/7 for those who may be at risk of needing psychiatric hospitalization or urgent crisis interventions. Services provided include crisis intervention, and psychiatric services. Services are provided at a variety of sites. Accepts Medicaid and some other types of insurance. If you do not have insurance, you will pay based on your income. You may receive services even if you cannot pay.

Listening Ear Crisis Center

517.337.1717
2504 E. Michigan Avenue
Lansing, MI 48912
<http://www.theear.org>

Crisis intervention and referrals are offered for anyone 24/7. Provides free and confidential service for telephone and walk-in clients in crisis.

Gateway Youth Services

1.877.833.3689 - 24-hour crisis hotline
Free help to youth ages 12-20 who lack safe, stable, and age appropriate supervised housing.

National Suicide Prevention Lifeline

1.800.273.TALK (8255)
1.888.628.9454 for Spanish
1.800.799.4TTY (4889) for hearing and speech impaired
<http://www.suicidepreventionlifeline.org/>
Free crisis services for anyone in suicidal crisis or emotional distress are offered 24/7. Your call will be routed to the nearest crisis center to you.

SafeCenter

Crisis Line: 877.952.7283
325 N. Clinton Ave • St. Johns, MI 48879
1300 N. Hickory St. • Owosso, MI 48867
Provides trauma informed services and resources across Clinton and Shiawassee Counties to men, women and children who are self-declared survivors of domestic violence and/or sexual assault. Services include emergency shelter, 24/7 crisis line, information and referrals, individual/group counseling and advocacy, transitional housing program, legal advocacy and education programs.

MENTAL HEALTH RESOURCES

Central Michigan 211

Call 2-1-1 or www.centralmichigan211.org

Visit online or call 211 (24/7) to be instantly connected with a trained professional who can direct you to helpful resources.

MSU Couple and Family Therapy Clinic

517.432.2272 • www.hdfs.msu.edu/clinic

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

National Institute for Mental Health

866.615.6464 • www.nimh.nih.gov

Suicide Prevention Lifeline

877.726.4727 • www.suicidepreventionlifeline.org

LOCAL PSYCHIATRIC ASSESSMENT AND TREATMENT SERVICES

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

Central Access 1.888.800.1559 or 517.346.8318 for local referrals
Crisis Services 1.800.372.8460 or 517.346.8460
812 E. Jolly Rd. • Lansing, MI 48910
<http://www.ceicmh.org/emergency.htm>

In addition to crisis services for adults and children offered 24/7 for those who are assessed to be at risk of needing psychiatric hospitalization or urgent crisis intervention, a range of treatment services and supports are offered for individuals with mental illness, children with emotional and behavioral challenges, adults and children with intellectual/developmental disabilities and individuals with substance use issues. Treatment services and supports may include: Case management, Behavioral Health Therapy, Hospital Care, Residential Services, Support Groups, Life/Work skills, Vocational skills, and resources. Services are

person-centered, meaning individuals make decisions regarding their care. Services are provided at a variety of locations across Clinton, Eaton, and Ingham Counties, including Clinton County Counseling Center located in St. Johns.

Cedar Creek Hospital of Michigan

101 W. Townsend Rd. • St. Johns
989.403.6100 (24/7)
www.cedarcreekhospital.com

Provides behavioral healthcare for adolescents and adults, in a safe and caring environment. With individualized treatment focusing on patient-centered planning, trauma-informed care and integrated medicine. Offering free assessments and referral services. Some private insurance plans and Medicaid accepted.

How to Access Mental Health Services Through Your Employer or Insurance Health Plan

- **Ask if your employer offers an Employee Assistance Program.** Check with your Human Resources Department to see if your employer offers an Employee Assistance Program (EAP). EAPs offer confidential help to employees and/or their immediate family members in dealing with personal problems. If needed, your EAP Counselor will help you access your health insurance benefits and connect you to professionals that offer more specialized care.
- **Look on the back of your insurance card for a Customer Service number. Usually this is a 1-800 number.** The person who is the primary card holder should call if possible. Information generally will not be given out to anyone else.
- **Ask to speak with Customer Service.** You may have to provide your insurance number, or other information to identify yourself, such as your (the primary cardholder's) address, ZIP code, phone number, or social security number.
- **Ask that the representative tell you exactly what type of plan you have.** For example, some individuals have Blue Cross Blue Shield, but the plan type may vary from person to person and from employer to employer (e.g., Community Blue, Blue Care Network, etc.).
- **Ask what your mental health benefits and what your co-pays are.** Often carriers will pay a certain percentage, leaving you to pay the rest up front at the time of service (the co-pay). Also, different plans allow different amounts of service (# of sessions) per year, or there may be a deductible to be met out of pocket before the benefit will be covered.
- **Ask what services are covered, and what you need to do in order for them to be covered.** As with physical health coverage, mental health coverage often requires a referral from an identified professional, or will cover certain facilities instead of others. Be sure to ask: Do you need to be referred by your primary care doctor for mental health services to be covered? Does your insurance cover individual therapy? How many sessions? Do they cover emergency hospital stays or emergency mental health assessments (such as crisis services)? What facilities are covered?
- **Ask who the Preferred Providers or In-Network providers are.** Some insurance plans will only cover certain professionals who have gone through a process to be registered with that particular insurance company or insurance plan. Some insurance plans have "preferred providers," or "in-network" professionals, who have gone through this process and are registered, for whom the insurance company will cover more of the cost. They may also have "out-of-network" professionals, who are not registered with the insurance company. You may have to pay more out of pocket to see these individuals.
- **Ask for a list of these professionals.** Ask the insurance company to send you a list by mail, or help you navigate their website to find an online list. Asking the customer service rep to do this with you while you are on the phone with them can be helpful. When you receive the list and choose a service provider, always call them directly and ask if they still take your insurance prior to setting up an appointment. Sometimes online lists of professionals covered by an insurance company are not up-to-date. The provider will know if they are still working with your insurance company.
- **Ask your provider what the co-pay is;** if it is more than you can afford, ask your provider if they offer their fee on a "sliding scale" or a "time of service fee."
- **Don't give up!** Be persistent. If you need assistance at any point, ask for help.

Tips for Getting the Most out of your Sessions

(Adapted from reachout.com an initiative of the Inspire USA Foundation)

Here are some general things you might want to keep in mind if you decide to see a mental health professional. You can apply these tips to your first visit and every visit after that.

- **Write ideas down** beforehand. This way you won't forget them.
- **Ask lots of questions.** Especially if you don't understand why you are being asked to talk about or do certain things.
- **Go in to your sessions with a positive attitude.** Keeping an open mind and positive attitude helps you get the most out of your counseling sessions.
- **Don't be thrown off by note taking.** The mental health professional uses notes for remembering important points.
- **Understand your confidentiality rights.** Your

mental health professional will explain these to you.

- **Be honest with your mental health professional.** Your mental health professional will try to help you feel better, but needs honest feedback.
- **Don't be afraid to change mental health professionals.** Just because your relationship doesn't work the first time, it doesn't mean it won't work with another. Keep trying!
- **Don't be afraid of your counselor.** Remember, your mental health professional wants to help you. You can disagree with the person and question things if you don't feel comfortable.