



2023 MENTAL HEALTH Resource Guide



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digital edition



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— MEMO FROM THE PUBLISHER —

Community conversations help reduce stigma related to mental health

As we prepared this, our third annual edition of Help & Hope Lapeer County Mental Health Resource Guide, I reflected on our collective journey to mental health awareness over the past three years. In late January 2020 we were just learning of the first case of COVID-19 in the United States. Within a few weeks, our lives were turned upside down as COVID struck down loved ones, friends and neighbors, schools and businesses closed, and many were forced into isolation.

The combination of stressors – worries about our family’s physical wellbeing, our jobs, our kids’ education and all the other COVID-related anxieties – piled up on us as we battled a new and invisible threat. As we navigated that first year of the global pandemic, conversations with medical, education, law enforcement, business and community leaders often turned to mental health. By the end of 2020, it was apparent that a new crisis was at hand – a mental health crisis.

Our response, as an organization devoted to connecting the communities we serve through information and partnerships, was the creation of our Help & Hope publication – a directory that includes public and private agencies, non-profits and church-based organizations.

Thanks to the support of our community partners, we published our first Help & Hope Lapeer County Mental Health Resource Guide in December 2020 and the second edition in January of 2022, distributing each to more than 30,000 households in Lapeer County. We received much positive feedback for our effort, but most important, we were able to make a positive difference in the lives of our neighbors through promoting local services available and reducing the stigma attached to mental health and asking for help.

Three years on, that stigma remains but we believe, through community conversations, informed reporting in our newspapers and a heightened awareness of mental wellbeing, the stigma is reduced. People are finding it easier to talk about mental health issues and



Wes Smith
View Newspaper
Group Publisher

there is an acknowledgment that physical health and mental health are two sides of the same coin – we can’t enjoy one without the other. The breakthrough in how we talk about mental health is a rewarding part of our shared journey of awareness.

But there is still great need within our communities to connect people to resources. This third edition of Help & Hope is again widely distributed in Lapeer County with the goal of meeting that need.

Again, this year, we are overwhelmed by the commitment we received from a diverse group of businesses, nonprofit organizations, government agencies and the education community who are underwriting the writing, layout, printing and distribution of Help & Hope.

Our Community Partners for this edition of Help & Hope, whose logos are featured on the back page, are: Blackburn Chapel/Martin Funeral Home, ChoiceOne Bank, City of Lapeer Police Department, Cypress Integration Solutions, Four County Community Foundation, Human Development Commission, Jim Riehl’s Friendly Automotive Group, Kapala Heating & Air Conditioning, Lapeer County Community Foundation, Lapeer County Community Mental Health, Lapeer County EMS, Lapeer County Intermediate School District, Lapeer County Sheriff’s Office, McLaren Health Management Group, McLaren Lapeer Region, Mott Community College, Tri-County Equipment, United Way of Lapeer County and Warren Systems Heating & Cooling.

Our sincere thank you goes to each of our Community Partners for making this Help & Hope publication possible. Their partnership in this project reflects the commitment of so many across Lapeer County to assist and support our neighbors in need.

Thank you for reading Help & Hope. Please share your feedback with me, request reprints or a PDF version of this publication by email at wsmith@mihomepaper.com or by phone at 810-452-2622.



988

MENTAL HEALTH CRISIS LINE *Open Now*

Lapeer County residents experiencing a mental health crisis can call or text a three-digit number, 988, to reach the National Suicide Prevention Lifeline and connect with mental health professionals trained to respond to such emergencies.

The mental health version of 911 was launched nationwide in July with hopes it will be a game changer for suicide prevention and other emergencies.

In 2021, according to the U.S. Centers for Disease Control and Prevention (CDC), there were 1,444 suicides in Michigan — 15 in Lapeer County. The age-adjusted suicide rate in Michigan is 13.92 per 100,000 individuals, which is higher than the national average. In the U.S., suicide is the 12th leading cause of death.

The rate of suicide is highest in middle-aged white men. In 2020,

according to the CDC, men died by suicide 3.88x more than women and white males accounted for 69.68% of suicide deaths in 2020. On average, there are 130 suicides per day. In 2020, firearms accounted for 52.83% of all suicide deaths.

The police incident reports in Lapeer County frequently report uniformed police officer response to calls of family trouble, mental health calls, domestic disturbances, drug overdoses, and fights within homes. Many of these incidents, local law enforcement authorities report, stem from individuals experiencing high degrees of stress, anxiety, depression and persons who've indicated they've had suicidal thoughts.

By calling or texting 988, Lapeer County residents will connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide

Prevention Lifeline. Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline, which serves the nation’s veterans, service members, National Guard and Reserve members, and those who support them.

The new 988 number is also for an individual who is worried about a loved one and not sure how to support that person or where to get them help. Trained counselors, who are not clinicians, are available to provide free, confidential emotional support to all callers.

ABOUT THE NEW NUMBER

In 2020, bipartisan legislation in Congress mandated the launch of the 988 emergency number, but left financial support for staffing, phone lines, computer systems, and other infrastructure up to the states.

The move to 988 does not mean the original number will go away. 988 is an easier-to-remember number, but people can still call 1-800-273-8255.

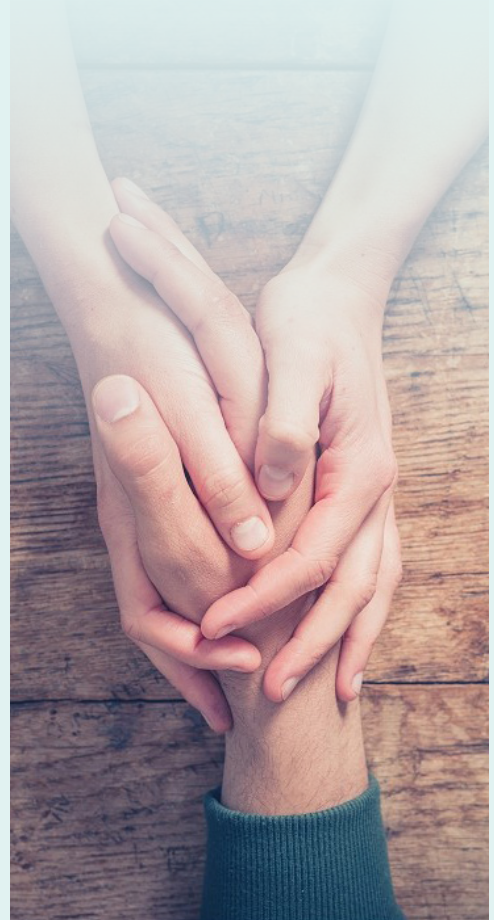
When people call the number, they will hear a greeting while the call is routed to a local lifeline crisis center, and a trained crisis counselor will answer the phone. The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. The Michigan Crisis and Access Line (MiCAL) is Michigan’s statewide crisis and access line. The MiCAL staff answer Michigan’s 988 calls.

In 2020 alone, according to the National Alliance on Mental Illness, the U.S. had one death by suicide about every 11 minutes. For people aged 10 – 34 years, suicide is a leading cause of death. Additionally, from April 2020 to 2021, over 100,000 individuals died from drug overdoses. Experts remind people even if you don’t think you’ll need the 988 hotline, someone you care about may. You can also call the line on behalf of someone else.

LOCAL HELP AVAILABLE

Other resources are available in the community to assist people who may be experiencing suicidal thoughts or severe depression and anxiety. Lapeer County Community Mental Health (CMH) and the Lapeer County Community Collaborative have established a Suicide Prevention Network. In an emergency, call CMH at 810-667-0500 anytime, 24 hours a day, seven days a week.

Walk-in help is available at the CMH office, 1570 Suncrest Drive in Mayfield Township, across from the Lapeer County Dept. of Health and Human Services office near the Lapeer County Medical Care Facility (Suncrest). Hours are 8 a.m. to 5 p.m., Monday-Friday.



Mental health services provided through Lapeer County School Districts

Reprinted from the Jan. 29, 2023 edition
of *The County Press*

BY NICHOLAS PUGLIESE

LAPEER COUNTY — For many families, public schools are the first point of contact sought when pursuing more information on available mental health services.

Lapeer County school districts have staff that are trained in mental health care, from behavioral specialists to counselors. Some districts have also undergone Mental Health First Aid training to provide staff with the tools needed to prioritize socio-emotional wellbeing in students.

Area school districts work closely with the Lapeer County Intermediate School District (LCISD) to coordinate mental health services and can result in referring an inquiring family to outside services depending on the situation, said LCISD Superintendent Steve Zott. He said parents and guardians who are seeking mental

health services for their student are made aware of staff counselors who are available to discuss items and issues of concern. “Staff (is also) trained to look for signs of distress and would make referrals to administrators, counselors and parents depending on the issue,” he said.

Through the LCISD, mental health therapists are available in each district for consultation, and “if necessary,” Zott said, “referrals would be made to any one of several agencies depending on the situation — grief, anxiety, bullying, depression, friendships, divorce, suicidal, et cetera.”

Most districts have counselors and behavioral specialists on staff to help students. Behavioral specialists provide mental health support in individual or group settings, while counselors provide mental health support in addition to support for college/career planning, scheduling, financial aid and scholarships.



Mental health services, *continued*

Youth Mental Health First Aid is an early intervention public education program that teaches adults how to recognize the signs and symptoms in young people that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a youth who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services.

For more information on mental health services and support for students, call Lapeer County Intermediate School District at 810-664-5917 or your student's school office.



Mental Health Counseling for Mott Community College Students

MENTAL HEALTH SESSIONS FOR STUDENTS:

Mental Health Counseling Sessions require a commitment and appointments are available for MCC students. Mental Health Counseling Sessions are scheduled for 60 minutes in length. The first mental health counseling session will typically include an introduction of the Licensed Professional Counselor; review of the CASD Informed Consent document; explore any history of personal counseling; define mental health counseling goals; discussion of the mental health challenge being faced, and conclude with a plan of care including mental health strategies, internal and external resources, and referral to long-term care facilities. Subsequent Mental Health Counseling sessions and/or wellness checks will be discussed during the session and indicated in the developed plan of care.

HOW TO SCHEDULE A MENTAL HEALTH COUNSELING SESSION:

There are several ways to schedule a Mental Health Counseling session and sessions can be held either in-person or virtually:

Phone Request: **810-762-0331**

Email Request: **Counsel@mcc.edu**

MCC CARE TEAM REFERRAL:

Referrals for someone you are concerned about. MCC's Care Team cares about students' academic, emotional and physical success. The MCC CARE Team was established and designed to accept anonymous referrals regarding individuals in distress or whose behavior raises mental health concerns, student's safety and well-being or that of others. The MCC CARE Team addresses behaviors and/or mental health conditions that may be disruptive, harmful or pose a direct threat or risk to the health and safety of the Mott Community College community.

Report a Concern: <https://www.mcc.edu/care/mott-care-report-of-concern.php>



Resource DIRECTORY

ALCOHOLICS ANONYMOUS

3496 Davison Rd.
Lapeer, MI 48446
810-234-0815 • aa.org

Mission statement:

The main purpose and mission of Alcoholics Anonymous members are to stay sober and help others achieve sobriety.

Summary of services offered:

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Best way for families or individuals to access services:

Visit www.aa.org or www.lapeercmh.org

AL-ANON

al-anon.org

Mission statement:

Al-Anon Family Group Headquarters, Inc. is a spiritually based organization that helps the families and friends of alcoholics connect and support each other through meetings, information, and shared experiences.

Summary of services offered:

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Best way for families or individuals to access services:

Visit www.al-anon.org or www.lapeercmh.org

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

700 S. Main St., #211
Lapeer, MI 48446
810-664-4646 • ccsem.org

Mission statement:

Compelled by the love and teachings of Jesus Christ, Catholic Charities of Southeast Michigan provides compassionate, quality, professional services and support to people in need.

Summary of services offered:

Adoption and foster care, All Saints Soup Kitchen, mental and behavior health, counseling, family support services, Hispanic outreach, immigration and refugee services, senior services, Project Hope (pro life ministry).

Best way for families or individuals to access services:

Call 810-664-4646

Volunteer or donation opportunities:

Visit: www.ccsem.org/volunteer-opportunities

THE CHILD ADVOCACY CENTER OF LAPEER COUNTY

15 E. Genesee St.
Lapeer, MI 48446
810-664-9990 • caclapeer.org
Executive Director : Casey Schlinker
810-664-9990 • cschlinker@caclapeer.org

Mission statement:

The mission of the Child Advocacy Center of Lapeer County is to reduce the trauma to children during the investigation and intervention of alleged sexual or severe physical abuse through advocacy, education, intervention, and treatment.

Summary of services offered:

The Child Advocacy Center of Lapeer County coordinates the investigation, prosecution,

— RESOURCE DIRECTORY —

and treatment of the most severe cases of child abuse in Lapeer County. As the only child advocacy center in Lapeer County, we serve children from birth through age 17. All services are provided in a nurturing, friendly and safe environment at no cost to a child's family.

Best way for families or individuals to access services:

Call 810-664-9990

Volunteer or donation opportunities:

The Center's volunteers dedicate thousands of hours every year to help children.

Depending on the amount of direct contact volunteers would like to have with children, volunteer jobs require different levels of training. The Center is regularly in need of volunteers for: Family reception/Waiting room; Marketing and communications; Graphic design; Data entry. For more info call 810-664-9990 or visit www.caclapeer.org

DISABILITY NETWORK EASTERN MICHIGAN

810-987-9337

dnemichigan.org

info@dnemichigan.org

Mission statement:

Disability Network Eastern Michigan is committed to promoting inclusion for all by breaking down barriers and opening paths towards independence and personal choice through resources, advocacy, information, support, and education.

Summary of services offered:

Advocacy – Disability Network conducts individual and systems based advocacy services that enable people with disabilities to exercise control over their lives and to create a lifestyle of their choice.

Independent Living Skills – Disability Network provides trainings that focus on identifying individual's strengths, weaknesses, and objectives.

Information & Referral – Resources, services, accessibility, transitions, veterans.

Peer Support – Peer Support like game nights, classes and more offer the opportunity to grow through collaborating with other individuals.

Transition Services – Disability Network serves as navigators as you transition to new chapters in life.

Best way for families or individuals to access services:

Email info@dnemichigan.org, call 810-987-9337

FOUR COUNTY COMMUNITY FOUNDATION

231 E. St. Clair St.

Almont, MI 48003

810-798-0909

www.4ccf.org

Mission Statement:

Four County Community Foundation invests for the long term by bringing people and organizations together, convening diverse voices to address local issues and opportunities. Our business is building community.

Summary of services offered:

Four County Community Foundation awards grants to nonprofits, schools, and other service organizations. We also award college scholarships. The Foundation provides a secure, flexible vehicle for individuals, families, foundations and organizations to donate to make these grants and scholarships possible.

4CCF Mental Health Fund:

Four County Community Foundation recently established the 4CCF Mental Health Fund... for a better tomorrow. The fund supports nonprofit organizations who deliver mental health programs and services throughout the communities we serve. Scan this QR code to make a donation to the Mental Health Fund:



Best way for families or individuals

to access services, volunteer, or donate:

Visit <https://www.4ccf.org/about/> or call us at 810-798-0909

HISPANIC SERVICE CENTER

113 N. Almont Ave.

Imlay City, MI 48444

810-724-3665 • imlayhsc.org

Director: Lourdes Emke

Mission statement:

To improve the lives of individuals of all ethnicities in the community by providing value-added resources and services.

Summary of services offered:

Imlay City Hispanic Service Center provides social, health, immigration, cultural and advocacy services to ALL Lapeer County residents.

Best way for families or individuals to access services:

Call 810-724-3665

Volunteer or donation opportunities:

Visit www.imlayhsc.org for a list of donation requests and more info.

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Mental Health FIRST AID

What is Mental Health First Aid Training?

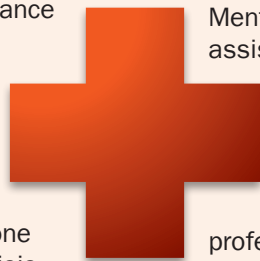
Mental Health First Aid, an evidenced-based training program, created by the National Council for Mental Wellbeing. MHFA was created to provide adults with the necessary knowledge and skills to recognize and respond appropriately to signs of mental illness substance abuse challenges. Just as CPR training helps a layperson without medical training assist an individual experiencing a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

Why is MHFA Important?

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use disorders, building skill and confidence by improving comprehension and providing an action plan that can be used to safely and responsibly identify and address potential mental health issues. When a supply of people have access to the tools they need to start a dialogue, mental health first aiders play a vital role between the individual needing help and the supports required to result in their recovery.

What do people learn in a Mental Health First Aid Course?

According to the National Council for wellbeing, MHFA is similar to CPR training. CPR training allows a person who has no healthcare training to assist somebody after a heart attack, Mental Health First Aid training assists an untrained person assist somebody affected by a mental health crisis, such as considering a suicide attempt. Both situations are intended to help the individual until professional assistance is available. Mental Health First Aiders learn a single 5-step action plan known as ALGEE, which includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other support. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn about evidence-supported treatment and self-help strategies.



+ Mental Health **FIRST AID** Continued from page 11

What Topics are Discussed in MHFA Training?

- > Depression and mood disorders
- > Anxiety disorders
- > Trauma
- > Psychosis Substance
- > Use disorders
- > Overdose or withdrawal from alcohol or drug use

Facts on MHFA

- > More than 2.5 million people in the United States have been trained in mental health first aid
- > Mental Health First Aid training is offered in all 50 states
- > There are more than 15,000 Instructors in the United States
- > More than 10,000 people in Detroit are trained in MHFA



Lapeer County Community Mental Health Offers Free MHFA Classes

LCCMH offers an 8-hour Mental Health First Aid training course designed to give Lapeer County residents the key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. If you are looking to make a difference in your community by becoming a Mental Health First Aider, call our main office or visit our website listed below.

Upcoming MHFA Training Courses

Training will be held on March 21st from 9 a.m. to 5 p.m. at 1570 Suncrest Drive, Lapeer, MI 48446.

Registration will close three weeks prior to the training dates to allow participants to complete the needed prep work for the training. The training is limited to 30 participants.

Website: www.lapeercmh.org

Phone Number: **810-667-0500**

Mental Health First Aid
National Council for Mental Wellbeing
www.mentalhealthfirstaid.org



The Mental Health First Aid Action Plan has Five Steps...

which can be used in any order



Approach, Assess for risk of suicide or harm.

Try to find a suitable time or place to start the conversation with the person, keeping their privacy and confidentiality in mind. If the person does not want to confide in you, encourage them to talk to someone they trust.



Listen nonjudgmentally.

Many people experiencing a challenge or distress want to be heard first, so let the person share without interrupting them. Try to have empathy for their situation. You can get the conversation started by saying something like, "I noticed that..." Try to be accepting, even if you don't agree with what they are saying.



Give reassurance and information.

After someone has shared their experiences and emotions with you, be ready to provide hope and useful facts.



Encourage appropriate professional help.

The earlier someone gets help, the better their chances of recovery. So, it's important to offer to help this person learn more about the options available to them.



Encourage self-help and other support strategies.

This includes helping them identify their support network, programs within the community, and creating a personalized emotional and physical self-care plan.



It is important to remember that there is no one-size-fits-all approach to executing the MHFA Action Plan – you don't even have to use every single step to provide support – and every situation will be different. If you are ever in a crisis situation where the person you are supporting is thinking about harming themselves or others, or is acting erratically, call 911 immediately, and tell the dispatcher that responders with specific training in mental health or crisis de-escalation are needed. In non-crisis situations, you can go through the MHFA Action Plan and offer support to the person in need.

Regardless of the nature of the situation, staying calm is crucial as you offer support. Remember that your role is not to diagnose someone or solve the problem, but instead to provide support and information. By using the MHFA Action Plan, you can #BeTheDifference and truly help someone who may need it.



— RESOURCE DIRECTORY —

HAMILTON COMMUNITY HEALTH NETWORK

1570 Suncrest Dr.
Lapeer, MI 48446
810-406-4246 • hamiltonchn.org

Mission statement:

To provide excellent compassionate healthcare for all communities we serve.

Summary of services offered:

Established in 1983, Hamilton is the largest FQHC in Genesee County with seven clinics and one clinic in Lapeer County. We have over 200 employees and a network of over 40 providers specializing in primary care/family medicine, pediatrics, obstetrics/gynecology, optometry, oral health, podiatry, behavioral health and psychiatry. Additionally, Hamilton has Michigan Medicine (University of Michigan) physicians and providers attend specialty clinics monthly. Those clinics include urology, gynecology, and breast health.

Best way for families or individuals to access services:

Call 810-406-4246

HUMAN DEVELOPMENT COMMISSION

hdc-caro.org

Executive Director: Lori K. Offenbecher,
lorio@hdc-caro.org

Mission statement:

Restoring Hope by Helping People and Changing Lives.

Summary of services offered:

- Early Head Start - Supports healthy child development for pregnant women and families with children from birth to three years. Contact: 810-667-7034
- Homeowner programs – Provides homeowners with energy efficiency and other home maintenance.
- Lead Abatement program - Conducts lead investigations to determine if lead-based paint hazards exist. If a hazard is found, it will be removed or controlled through various home repairs.
- Self-Sufficiency program – Works with families and individuals to meet their basic needs and promote self-sufficiency.
- Temporary Emergency Food Assistance Program – Distributions are held bi-monthly for income eligible individuals.
- Elder Advocacy – Assists seniors who are being exploited or abused.
- Homeless programs – Connects individuals and families to housing. Contact: 1-833-611-0804.

Best way for families or individuals to access services:

Call 810-969-4107

HURLEY MEDICAL CENTER

One Hurley Plaza, Flint, MI 48503
810-262-9000 • hurleymc.com

Mission statement:

To ensure that we are always ready when someone faces a serious injury, complex illness, or high risk condition. Today, tomorrow, and beyond, we have the dedicated, compassionate professionals, advanced technology, and state-of-the-art facilities to meet the complex health needs of our region.

Summary of services offered:

Hurley is a 457-bed premier public teaching hospital recognized as a regional leader in advanced specialized health care. Every year, more than 20,000 people choose Hurley for their inpatient hospital care and our Emergency Department handles over 80,000 annual emergency cases.

Best way for families or individuals to access services:

Call 810-262-9000. Visit www.hurleymc.com

Volunteer or donation opportunities:

Visit www.hurleyfoundation.org/volunteer

KISS (KEEPING INDEPENDENT SENIORS SAFE) PROGRAM

225 E. Fifth St., Ste. 200, Flint, MI 48502
1-855-561-5477 • valleyareaaging.org

Mission statement:

Keeping Independent Seniors SAFE.

Summary of services offered:

The KISS program is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure. The KISS program volunteers help eliminate some fears and dangers that living independently can entail. Participants are provided with a telephone number to call Monday through Friday between 8 a.m. and Noon. Those who cannot call the office because of limited calls, disabilities, dementia, etc. will be contacted with a phone call. Special arrangements may be made for participants that need weekend coverage. The call lets the KISS volunteers know that everything is ok. If any participant fails to call or does not answer the phone, it alerts the KISS volunteers that there may be a problem. Steps are then taken to contact that person to determine if there is a problem. If a person cannot be contacted further steps are taken.

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Best way for families or individuals to access services:

Call 1-855-561-5477. Those eligible must be a Genesee, Lapeer or Shiawassee county resident, 62 years or older and willing to notify the KISS office when away from home.

LAPEER AREA CITIZENS AGAINST DOMESTIC ASSAULT (LACADA)

**P.O. Box 356
Lapeer, MI 48446
Business line: 810-667-4193
Help line: 810-667-4175
contact@lacada.org • lacada.org
Executive Director: Tracey Walker
810-667-4193 • tracey@lacada.org**

Mission statement:

To provide safe shelter, independence, empowerment and supportive services to survivors of domestic violence, sexual assault and stalking while seeking to end violence against individuals and their families through promoting social change, community education and public awareness in our community.

Summary of services offered:

LACADA provides free and confidential support to live a life free from violence. Survivors of Domestic Violence and Sexual Assault often feel alone and there is nowhere to turn. LACADA strives to empower survivors in regaining control in their lives through crisis intervention, advocacy, and support services.

Best way for families or individuals to access services:

Call 810-667-4175.

Volunteer or donation opportunities:

A Help Line/ Shelter Attendant Volunteer will complete a 40 hour training. These volunteers are cross trained to provide crisis intervention, advocacy, education and practical assistance to survivors of domestic violence and sexual assault either in the shelter or on the phone. Flexible day, evening and overnight shifts are available. Volunteers are asked to make a minimum 4 hour per week commitment. Contact 810-667-4193 to learn more.



LAPEER COUNTY COMMUNITY FOUNDATION

**235 W. Nepessing Street
Lapeer, MI 48446
810-664-0691 • lapeercountycf.org
facebook.com/LapeerCountyCommunity
Foundation
Executive Director: Nancy Boxey
nboxey@lapeercountycf.org**

Mission statement:

The Lapeer County Community Foundation leads and supports projects and initiatives that impact the quality of life in Lapeer County today, tomorrow, and for future generations.

Summary of services offered:

As the Lapeer County leader in promoting philanthropy to strengthen our communities, we work in collaboration with individuals and organizations to mobilize resources to meet community needs. Addressing and supporting Lapeer County's mental health needs is part of the Foundation's strategic grantmaking priorities and is reflected in the #LapeerCounty Cares pillar of giving. LCCF provides grants supporting mental health projects and initiatives to local nonprofits, schools, and public entities.

Best way for families or individuals to access services:

Call 810-664-0691 or visit www.lapeercountycf.org

LAPEER COUNTY COMMUNITY MENTAL HEALTH

**1570 Suncrest Dr.
Lapeer, MI 48446
810-667-0500 • lapeercmh.org
Chief Executive Officer:
Lauren Emmons, ACSW
lemmons@lapeercmh.org
Veterans Navigator: Paul Dery**

Mission statement:

Lapeer County Community Mental Health provides mental health care through a variety of services to promote complete wellness.

Summary of services offered:

Lapeer County Community Mental Health is a community resource providing a variety of services to ensure our friends and neighbors enjoy a life of complete wellness. Lapeer County Community Mental Health provides stigma-free mental health care to ensure the overall health and wellness of the people we serve. Emergency and Crisis services available 24 hours seven days a week by calling 810-667-0500 or walk-in during open

— RESOURCE DIRECTORY —

business hours, 8 a.m. - 5 p.m. Visit our website for a comprehensive list of programs and services.

Best way for families or individuals to access services:

Call 1-888-225-4447 for assistance and to see if you qualify for intake appointment at Lapeer Community Mental Health. If you qualify for an intake; an appointment will be scheduled as soon as possible. If you do not qualify for an intake, a referral or resources will be offered upon request.

Volunteer or donation opportunities:

Donate items such as gently used clothing, antiques, vintage, collectables, and home goods to “New To You Consignment” at 286 W. Nepessing St., Suite 4, Lapeer, MI 48446, 810-245-7272 (located downtown). Use the account name “Lapeer County Community Mental Health.” Items will be sold and proceeds will be donated to this account.

LAPEER COUNTY DEPARTMENT OF VETERANS AFFAIRS

287 W. Nepessing St., Ste. 2
Lapeer, MI 48446

810-667-0256 • lapeercountyweb.org

Director: Pete “Top” Kirley

810-245-6829 • pkirley@lapeercounty.org

Mission statement:

To promote through advocacy, the well-being of Lapeer County Veterans, their spouses, families, and eligible dependents. Our department works in conjunction with local, state and federal agencies to ensure access to ALL available benefits due the veteran.

Summary of services offered:

The Lapeer County Department of Veterans Affairs provides services to Lapeer County Veterans who bravely defended our nation. The staff provides assistance developing and processing claims and requests for discharge papers and military/medical records. There is emergency financial help for Veterans experiencing a temporary financial emergency. The department also provides transportation to and from VA Medical Centers located in Detroit, Saginaw, Pontiac and Ann Arbor and three clinics in Yale, Flint and Bad Axe.

Best way for families or individuals to access services:

Call and make an appointment to come visit with one of the accredited service officers, to include Field Service Officers from the VVA (Vietnam Veterans of America) and the VFW (Veterans of Foreign Wars).

Volunteer or donation opportunities:

Volunteer Drivers Program, donate gas cards, bus tokens and/or monetary amounts.

LAPEER COUNTY HEALTH DEPARTMENT

1800 Imlay City Rd.

Lapeer, MI 48446

810-667-0448 • lapeercountyweb.org

Director: Kathy Haskins

Mission statement:

Dedicated to protecting and promoting the health of Lapeer County.

Summary of services offered:

The Lapeer County Health Department is dedicated to protecting and promoting the health of Lapeer County. In order to do that the department has a number of divisions including: Environmental Health (EH), Public Health Nursing, Senior Programs, Public Health Emergency Preparedness, and Alcohol Information and Counseling Center (AICC). Well-known services within the Public Nursing Division include immunization clinics and WIC (Women, Infants and Children). Well-known services within the Senior Programs including: in-home meal services and in-home care services.

Best way for families or individuals to access services:

Call 810-667-0448

LAPEER COUNTY INTERMEDIATE SCHOOL DISTRICT

1996 W. Oregon St.

Lapeer MI 48446

810-664-5917 • lapeerisd.org

Superintendent: Steven A. Zott

810-245-3964 • szott@lapeerisd.org

Mission statement:

To promote, initiate, and implement educational and support services for its constituent local districts; engage in cooperative programs with other entities; and plan, implement, and carry-out programs that promote the educational, career, and service needs of the LCISD service area.

Summary of services offered:

Lapeer ISD offers mental health services to students in each public school district and charter in Lapeer County. Through a grant from the Michigan Department of Education and Michigan Department of Health and Human Services, professional mental health therapists provide individual and group therapy to students with mental health needs. Some examples of issues addressed include, grief, anxiety, ADHD, bullying, depression, friendships, divorce, etc.

Best way for families or individuals to access services:

Contact your child's building principal.

— RESOURCE DIRECTORY —

LAPEER COUNTY SENIOR PROGRAMS

1800 Imlay City Rd.
Lapeer, MI 48446
810-245-5866

Director: Wendy Brown
810-245-5866 • wbrown@lapeercounty.org

Mission statement:

LCSP provides programs designed to help seniors remain in their home and maintain their independence.

Summary of services offered:

Home delivered meals, in-home services, senior centers, care management, respite, home chore services, transportation.

Best way for families or individuals to

access services:

Call 810-245-5866

LOVE, INC. (IN THE NAME OF CHRIST)

1680-B North Lapeer Rd.
Lapeer, MI 48446

Executive Director: Glenda Brady
810-245-2414 • loveinc.org

Mission statement:

To mobilize local churches to transform lives and communities in the Name of Christ.

Summary of services offered:

Coordinates services for the needy of Lapeer County. Love, INC. works closely with churches and government and private organizations.

Best way for families or individuals to

access services:

Contact Love, INC at 810-245-2414.
Volunteer or donation opportunities:
Call 810-245-2414.

McLAREN HEALTH MANAGEMENT GROUP

1515 Cal Drive
Davison, MI 48423
866-323-5974
mclaren.org

Summary of services offered:

McLaren Health Management Group provides home health, palliative care, hospice, home infusion, pharmacy and comprehensive laboratory services across the McLaren Health Care system's statewide network.

Best way for families or individuals to

access services:

Call 866-323-5974 or visit www.mclaren.org

McLAREN LAPEER REGION HOSPITAL

1375 N. Main St.
Lapeer, MI 48446
810-667-5500 • mclaren.org

Mission statement:

McLaren Health Care will be the best value in health care as defined by quality outcomes and cost.

Summary of services offered:

McLaren Health Care, headquartered in Grand Blanc, Michigan, is a \$6 billion, fully integrated health care delivery system committed to quality, evidence-based patient care and cost efficiency. The McLaren system includes 14 hospitals in Michigan and Ohio, ambulatory surgery centers, imaging centers, a 490-member employed primary and specialty care physician network, commercial and Medicaid HMOs covering more than 640,000 lives in Michigan and Indiana, home health, infusion and hospice providers, pharmacy services, a clinical laboratory network and a wholly owned medical malpractice insurance company.

McLaren operates Michigan's largest network of cancer centers and providers, anchored by the Karmanos Cancer Institute, one of only 53 National Cancer Institute-designated comprehensive cancer centers in the U.S.

Best way for families or individuals to

access services:

Call 810-667-5500 or visit www.mclaren.org

Volunteer or donation opportunities:

Various volunteer opportunities are available at our many locations across Michigan, so you can directly help the people in your own community. Whether you'd like to have direct patient and family contact or would prefer to work in a more behind-the-scenes role, your time and talents are needed and appreciated. Visit www.mclaren.org/main/volunteer-at-mclaren-health-care to learn more.

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES LAPEER OFFICE

1505 Suncrest Dr.
Lapeer, MI 48446
810-667-0800 • michigan.gov/mdhhs
facebook.com/michiganhhs
twitter.com/MichiganHHS

Summary of services offered:

Health care, food assistance, cash assistance, state emergency relief, child care.

Best way for families or individuals to

access services:

Apply for benefits/manage case/explore resources: www.michigan.gov/MIbridges.

— RESOURCE DIRECTORY —

Volunteer or donation opportunities:

Email Therese Mancini-Community Resource Coordinator at mancinit@michigan.gov

SEVEN PONDS NATURE CENTER

3854 Crawford Rd.
Dryden MI 48428

810-796-3200 • sevenponds.org

[facebook.com/SevenPondsNatureCenter](https://www.facebook.com/SevenPondsNatureCenter)

[instagram.com/sevenpondsnaturecenter](https://www.instagram.com/sevenpondsnaturecenter)

Executive Director: Daryl Bernard

810-796-3200 • dbernard@sevenponds.org

Mission statement:

The mission of Seven Ponds Nature Center is to conserve its natural environment as a sanctuary for native plants and animals and to serve as a community resource for environmental education that fosters an understanding, appreciation, and stewardship ethic for our natural world.

Summary of services offered:

350 acres with over six miles of trails to explore through woods, wetlands, prairie, fields, and the seven glacial lakes that give the nature center its name. Trails and visitor center is available to the public Tuesday through Sunday, 9 a.m. to 5 p.m.; Seven Ponds members may access the trails dawn to dusk every day of the year.

Best way for families or individuals to access services:

Website, social media, call, or stop by.

Volunteer or donation opportunities:

Seven Ponds Nature Center is always looking for dedicated volunteers to help out in a variety of activities throughout the year. Adult, college and high school volunteers who are willing to lend a hand are welcome. We appreciate any time you can give us no matter how big or how small. Please complete the Volunteer Interest Form or contact Katie McKiernan at kmckiernan@sevenponds.org if you can lend a hand in any of the areas described below. You can also call the nature center at 810-796-3200 for more information.

SUICIDE PREVENTION NETWORK

Located within Lapeer County
Community Mental Health (CMH)

1570 Suncrest Dr.
Lapeer, MI 48446

810-667-0500 • National Hotline: 988
lapeercmh.org • suicidepreventionlifeline.org

Mission statement:

Working to enhance personal suicide awareness, provide public education,

advocate for prevention, decrease suicide deaths, and make available support for the survivors of suicide residing in Lapeer County.

Summary of services offered:

Suicide prevention lifeline and walk-in help for those needing it is available at CMH 8 a.m. to 5 p.m. Monday to Friday. Members of the Suicide Prevention Network are available for presentations to community agencies or groups. To find out more about suicide prevention or to schedule a speaker, please contact Stephanie Rudow at Lapeer County CMH 810-667-0500.

Best way for families or individuals to access services:

Contact CMH at 810-667-0500 or the National Hotline at 988.

Volunteer or donation opportunities:

The Lapeer County Suicide Prevention Network meets the 2nd Thursday of each month 9 a.m. at Lapeer County Community Mental Health, 1570 Suncrest Drive, Lapeer.

UNITED WAY OF LAPEER COUNTY

3333 John Conley Dr., Ste. 102
Lapeer, MI 48446

810-667-2912 • unitedwaylapeer.org
[facebook.com/unitedwaylapeercounty/](https://www.facebook.com/unitedwaylapeercounty/)
Executive Director: Kim Hebbert
810-895-1596 • 810-667-2912
khebbert@unitedwaylapeer.org

Mission statement:

United Way of Lapeer County fights for the Health, Education and Financial Stability of every person in our community.

Summary of services offered:

United Way We is focused on early literacy and having our children reading at grade level. Kids that are prepared for school and graduating on time. We also know everyone deserves a safe place to call home. United Way is collaborating with area nonprofit agencies and working to reduce the trauma to children in our county through advocacy and prevention efforts. We strive for excellence and work to keep our Veterans secure and informed, and to make sure all our neighbors have a warm home and food on the table. Your gifts stay right here in Lapeer County, making a difference in our community.

Best way for families or individuals to access services:

Call 810-667-2912 to make an appointment.

Volunteer or donation opportunities:

For volunteer or donation opportunities please call 810-667-2912 or visit the website at www.unitedwaylapeer.org



Food PANTRIES

One in nine people in our state face hunger according to Feeding America. In Lapeer County there is help thanks to the numerous churches and other organizations that provide soup kitchens and food pantries to offer assistance to people in need.

ALMONT/DRYDEN/IMLAY CITY

- **Linked Hearts**, 5595 Main St., Dryden. Open to all, noon to 4 p.m. Monday and 10 a.m. to 2 p.m. Wednesday. Contact Vicki Simek at 810-796-3407 or linkedhearts808@gmail.com.
- **First Congregational Church of Imlay City**, 275 Bancroft St., Imlay City. Every Thursday from 2 to 4 p.m. Contact Pastor Dave Forsberg at 810-724-6207 or info@fccuccimlay.org.
- **Gateway Assembly of God**, 2796 S. Van Dyke, Imlay Township. Food giveaway three times a year first one is 10 a.m. Saturday, April 29, watch for remaining dates in July and December. Call 810-724-8110.
- **Hispanic Service Center**, 150 S. Almont Ave., Imlay City. By appointment only. Contact Lourdes Emke or Mary Jones at 810-724-3665 or hscofimlaycity@gmail.com.
- **Manna Ministries Almont Vineyard**, 3835 Van Dyke Road, Almont. Thursdays from 3 to 5 p.m. for drive-thru pantry.

- **St. Paul Lutheran Church of Imlay City**, 200 N. Cedar St., Imlay City. Pantry open on Mondays and Wednesdays 4 to 5:30 p.m. Drive-up meals available while supplies last. Contact 810-724-1200.

ATTICA/LAPEER

- **American Legion Post 16**, 1701 W. Genesee St., Lapeer. Veteran's pantry. Contact Kathy Cutcher at 810-664-9312 or americanlegion16@gmail.com.
- **Attica United Methodist Church**, 27 Elk Lake Rd., Attica. The second and fourth Monday of the month from 12:30 to 4 p.m. A drive-thru community dinner is offered 4 to 5:30 p.m. the second and fourth Tuesday each month. Contact Pastor Ron Rouse at 810-724-0690 or rrouse2010@hotmail.com.
- **First Presbyterian Church of Lapeer**, 433 N. Calhoun St., Lapeer. Soup kitchen only, 4-5 p.m. Thursdays. Contact Linda Hamilton at 810-664-8565 or pnutbutr19@msn.com.
- **Good Samaritans**, 2523 Imlay City Rd., (Behind 2525 Imlay City Rd.) 1 to 2:30 p.m. Saturdays. Call 810-667-3123 or visit www.mygoodsamaritans.com for details or to request help with clothing or household items.

— FOOD PANTRIES —

- **Grace Episcopal Church**, 735 W. Nepessing St., Lapeer serving referrals from Love INC. Call church office at 810-664-2841 for details.
- **Human Development Commission Caro**, bimonthly food program, fourth Tuesday every other month at the American Legion Lapeer. Contact Ragan Cudney at 989-673-4121 or raganc@hdc-caro.org.
- **Immaculate Conception Catholic Church**, 814 W. Nepessing St., Lapeer. From 1 to 4 p.m. Wednesday. Contact 810-664-8594.
- **Lapeer Church of Christ**, 1680 N. Lapeer Rd., Mayfield Township. Serving referrals from Love INC and LICA. Soup Kitchen 1 to 5 p.m. Wednesdays. Pop up food pantries throughout the year. Call for details at 810-664-1611 or lapeercoc@lapeerch.com.
- **Lapeer Free Methodist Church**, 1621 North Saginaw St., Mayfield Township. Food available 24-7 on table in the breezeway. Contact Carole Price at 810-664-3393 or carole3522@icloud.com.
- **Lapeer Interfaith Community Association (LICA)**, 1680 N. Lapeer Rd. (Parking lot of Lapeer Church of Christ and Love INC). Serving referrals from Love INC. Contact Susan Bishop at rootstock411@gmail.com or 810-664-1611.
- **St. Paul Lutheran**, 90 Millville St., Lapeer. Soup kitchen serves meals Fridays at 4 p.m. Food pantry is Thursday from 1 to 3 p.m., via referral from Love INC at 810-664-6653.
- **Trinity United Methodist Church**, 1310 N. Main St., Lapeer. Soup kitchen Mondays from 4 to 5:30 p.m. Food and personal needs are served through Love INC. Call 810-664-9941 for details.
- **Country Christian Church**, 5677 N. Lapeer Rd., Deerfield Township. Second Saturdays at 10 a.m. Contact Doug Curtis at 810-793-7417 or countrychristianchurch@gmail.com.
- **North Branch Food Pantry Emergency Aid (NBEA)**, 6727 Saginaw St., North Branch. Once a month for North Branch residents. Contact Theresa Woody at 810-688-2920 or nbfunmom@aol.com.
- **North Branch Wesleyan Church**, 3164 North Branch Rd., North Branch Twp. Contact Pastor Peter Damaska or Pastor Jason Cullin at 810-688-2380 or peter@nbwesleyan.org; jason@nbwesleyan.org for assistance.

COLUMBIAVILLE/OTTER LAKE

- **Columbiaville United Methodist Church**, 4696 Pine St., Columbiaville. Free lunch (dine-in or take-out) 11 a.m. to 1 p.m. first and third Monday of the month. Contact 810-793-6363 or columbiavilleumc@gmail.com.
- **Otter Lake Church of the Nazarene**, 12351 E. Lake Rd., Otter Lake. 1 to 2 p.m. third Friday of the month for residents within a 10-mile radius of the church. Contact Pastor Louis Cook at 810-793-6240 or lscok87@yahoo.com.

OTHER/ONLINE

- **Food Bank of Eastern Michigan Mobile pantry**. Visit www.fbem.org/programs/mobile-pantry-distributions/#food-pantry for locations and times. Contact Heather Bearden at 810-922-0849 or hbearden@fbem.us.
- **Stone Soup**, 475 S. Court St., Lapeer. Supplies for food pantries. Not open to the public. Contact Mary Anne MacLeod at 810-245-0500 or mmacleod@stonesoupfoodpantry.org.
- **MDHHS Food Assistance Benefits MI Bridges**. Apply online at Michigan.gov.

NORTH BRANCH

- **Community House of Hope**, 5705 N. Lapeer Rd., Deerfield Township. For emergency only, by appointment, 11 a.m. to 4 p.m., Tuesday and Friday. Contact 810-441-0322 or directorofhouseofhope@gmail.com.



Counseling SERVICES

ACTS CHRISTIAN COUNSELING - SUSAN LOVELETTE

Counseling services, psychological testing, driver's license evaluations, court ordered assessment. Most private pay insurances, all Medicaid plans, sliding fee scale, payment expected at appointment.

4070 Huron St., SW A, North Branch
810-270-2323 | actschristiancounseling.com

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

Master level social worker, psychiatrist services offered off site, adults only, Clinton Township. Most private insurance plans, Medicaid plans, sliding fee offered.

700 S. Main St. Sw. 211, Lapeer
810-664-4646 | ccsem.org

CONCEPTS IN COUNSELING

Various types of counseling, no psychiatrist offered. Most private insurance plans, all Medicaid plans accepted, sliding fee scale.

608 Fox St., Lapeer | 810-538-0229

DELTA FAMILY CLINIC SOUTH

Full scale services including eating disorders and a nurse practitioner for prescribing. Most Medicaid plans and most private plans, no sliding fee scale.

1309 S. Linden Rd. Suite C, Flint
810-630-1152 | deltafamilyclinicsouth.com

INTIMATE WELLNESS

Adults 18 and over, sexual concerns, complicated grief and trauma. Most Medicaid plans and most private plans, no slide fee.

350 N. Court St., Ste. 208, Lapeer
810-258-9304
iwcMich.com | chelsey.iwc@gmail.com

JOURNEY THERAPY CENTER

Ages 2-15 Behavior Analysis-autism. Medicaid, most private pay, sliding fee.

1100 W. Newark Rd., Lapeer
810-358-0373
journeytherapycenter.com

LAPEER COUNSELING CENTER

Dr. Daniel J. Kachman, Ed. D., PC. Full scale counseling services. Most private pay insurances and Medicaid accepted.

454 S. Main St., Sw. 208, Lapeer
810-664-4363
lapeercounselingcenter.com

LAPEER COUNTY HEALTH DEPARTMENT

Outpatient treatment for people with substance abuse and addictions problems. Most insurance plans, sliding fee scale.

1800 Imlay City Rd., Lapeer
810-667-0448 | lapeercountyweb.org click on Health Department

LIFE RESOURCE CENTER

Tim Campbell MA, LPC, BCPCP Full scale services. All Medicaid plans, sliding scale.

431 N. Court, SW 203, Lapeer
810-338-6315
christiancounselinglapeer.com

LIST PSYCHOLOGICAL SERVICES

Various types of counseling/therapy and offers a nurse practitioner for stabilizing medications short term only. Booking is one month out. Most private insurance and only McLaren, Meridian, Molina, and BC Complete for Medicaid plans, no sliding fee scale.

624 W. Nepeessing St SW 300, Lapeer
810-667-4500 | listpsych.com

— COUNSELING SERVICES —

DR. MATHEWS PSYCHIATRIST **DR. AILLS PSYCHIATRIST**

No treatment of ADD or ADHD, Adults only except for ages 12 and over. No Medicaid or Medicaid/Medicare combination. Medicare or McLaren Medicaid. Most private insurance. No sliding fee scale.

4448 Oakbridge Dr. Ste A, Flint
810- 230-7905

OAKLAND PSYCHOLOGICAL CLINIC

Psychiatrist available for ages 3 and up. Counseling for all ages, family, marriage and older adults. Most assessments. No Medicaid plans, however most private pay accepted, no sliding fee scale, but ask about payment plan.

1455 S. Lapeer Rd., Suite 75 North,
Lake Orion | 248-393-5555
oakpsych.com

RECOVERY PATHWAYS: **DR. HEASLEY PSYCHIATRIST**

Adults only, no children. Treatment for addictions and psychiatry. Most private insurances, Medicaid, Healthy MI Plan, Medicare, CHIP and VA are accepted. Funding Assistance/Discounts.

380 Mill St., Ortonville | 989-928-3566
recoverypathwaysllc.com

*Resources provided by
Lapeer County Community Mental Health*

Support GROUPS

DOMESTIC VIOLENCE SUPPORT GROUP

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

Wednesdays, 5:30 – 6:30 p.m.
LACADA Outreach
1127 Clark Rd., Lapeer
810-667-4175

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 810-724-6030

HEARTLAND HOSPICE (LAPEER)

Grief Support through Heartland Hospice
Last Tuesday of every month from
2 – 3 p.m.
Flushing Senior Center
106 Elm St., Flushing
888-427-6818

SUICIDE SURVIVOR GROUP

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 begin to heal.

1st and 3rd Tuesday of every month,
6 – 7:30 pm
St. Matthew's Church
Upstairs Conference Room
431 N. Court St., Lapeer
Tim Campbell, LPC
810-338-6315
greatlakestim@gmail.com

*Resources provided by
Lapeer County Community Mental Health*



GET Help Now

EMERGENCY – CALL 911

NATIONAL SUICIDE PREVENTION LIFELINE
NEW NUMBER – 988

DIAL 211 FOR ACCESS TO:

Basic human needs, physical and mental health, employment support, support for older Americans and persons with disabilities, support for children, youth and families, crisis calls

**LAPEER COUNTY COMMUNITY
MENTAL HEALTH**

1570 Suncrest Dr.
810-667-0500

LAPEER COUNTY SHERIFF
810-664-1801

**LAPEER
POLICE DEPARTMENT**
810-664-0833

LAPEER TOWNSHIP POLICE
810-664-3700

STATE POLICE – LAPEER POST
810-664-2905

METAMORA TOWNSHIP
810-678-2237

ALMONT POLICE DEPARTMENT
810-798-8300

**DRYDEN TOWNSHIP
POLICE DEPARTMENT**
810-796-2271

**IMLAY CITY
POLICE DEPARTMENT**
810-724-2345



THANK YOU TO OUR Community PARTNERS

 BLACKBURN CHAPEL
MARTIN FUNERAL HOME

