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How to Access Your Mental Health Benefits

MSU Health Care

HOW TO ACCESS YOUR
MENTAL HEALTH BENEFITS

STEP 1

Option A
Start with your insurance provider
1. On the back of your insurance card find the “mental health/substance abuse” phone number. If this number is not on your insurance card, then call the “customer service” phone number.
2. Follow the telephone prompts, select “benefit information” or ask for “representative.”
3. Ask the representative about your Mental Health coverage, and out-of-pocket costs.
4. Inform representative reasons for seeking therapist/psychiatrist, i.e., anxiety, divorce, depression
5. Ask them to please provide you with at least three in-network therapists/psychiatrists that meet your criteria. Make sure to write down the names, addresses and phone numbers.

Option B
Log into your insurer’s online portal. Most insurance company’s portals will allow you to search for therapists/psychiatrists in-network. You will be able print out a provider list.

STEP 2

With your list of potential therapists/psychiatrist
1. Call or email their offices to confirm that they continue to accept your insurance, ask if they are accepting new patients for therapy, psychiatry or both.
2. Some therapists offer a free 15-minute consultation. Schedule a consultation.
3. Other factors to consider when choosing a therapist/psychiatrist: convenient location, hours of availability, and experience with treating others with similar condition to yours.
4. Let them know if you have a preference in providers, i.e., male or female, ethnicity, etc.
5. Schedule your first appointment.

STEP 3

For continuity of care, notify your Primary Care Provider’s office of your new therapist and/or psychiatrist. The office staff can add your therapist to your Care Team.
Psychiatric Services for Tri-County Area

Psychiatry Services for the Tri-County Area

Medicaid and Commercial Insurance

Customer Service Department
812 East Jolly Road, Suite 108
Lansing, Michigan 48910
Phone: 517-346-8244
Toll-free: 877-333-8933
Fax: 517-346-8139
Email: customerservice@ceicmh.org
Community Mental Health Authority of Clinton, Eaton and Ingham (CMHA-CEI) does not endorse any particular organization or individual in this resource list.

The staff has compiled this as a general community resource. It is not meant to be inclusive, it is to assist you in finding services available in the community. Please verify directly with the doctor’s office if they are accepting new clients and what insurance they accept, as this list may change frequently.

### How to Understand the List:

| NAME / ADDRESS | PHONE NUMBER | Area | Blue Cross Blue Shield | Blue Cross Cigna | Enroll | Ember | Health Alliance | Humana | Ingalls Health Plan | Magellan | Mackenzie Health Plan | McLaren | United Healthcare | Physicians Health Plan | Priority Health | The Health Plan | TotalCare | TruCare | United Health Care | United | United HealthCare Services | Gateway | Priority Health Care | Priority Services |
|----------------|--------------|------|------------------------|-----------------|--------|-------|----------------|--------|---------------------|---------|----------------------|--------|-------------------|---------------|------------------|----------------|--------|----------------|--------|-------------------|----------------|-------------------|
| ABC Counseling (Psychiatry Services) 1234 Okemos Rd Okemos, MI 48864 | 517-123-4567 | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X |

- If they have Psychiatrists, the Name/Address box will be highlighted blue.
- The colored lines represent the different types of insurances.
- Black X is the insurance(s) they accept.
- Blue X is Medicaid Insurance they accept.
- Sliding Scale Fee - Y (yes) N (no) L (Limited)
- Provides Children Services – Y (yes) N (no) or 14+ (age and above they accept)
- Provides Marital/Couple Services – Y (yes) N (no)
- Provides Family Services – Y (yes) N (no)
- ON - X is Out of Network accepted
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Produced in partnership
| NAME / ADDRESS                                      | PHONE NUMBER | Ansa | Blue Care/Oxford Caremark | Blue Cross Blue Shield | Blue Cross/Blue Shield PPO | Cigna | Cigna PPO | Bruner/Bruner PPO | Humana | Humana PPO | Aetna | Aetna Health Plan | Humana | Medicare/Medicaid | Medicare/Medicaid PPO | Cenveo | Cenveo PPO | Medicare Advantage | Medicare Advantage PPO | Priority Health | Humana | United Health Care | Cigna | TermCare | SilverBridge | UnitedHealthCare | Chatham Services | Mental/Community Services | Family Services |
|-----------------------------------------------------|--------------|------|----------------------------|------------------------|--------------------------|-------|------------|-------------------|--------|--------------|-------|-----------------|--------|-------------------|-------------------|--------|---------------|---------------------|-----------------|----------------|-------------------|----------------------|----------------|-------------------|------------------------|----------------|
| NAME / ADDRESS                                                                 | PHONE NUMBER | Area | Behavioral Health | Care Coordination | Care Coordination Non-English | Cancer | Children | Dating Violence | Emergency Medicine | HIV Care | Hepatitis A | Hepatitis B | Hepatitis C | Mental Health | Maternal / Childhood Health | MedEx | Naloxone | Opium | Poisoning | Psychiatric Health | Specialty Health | Substance Abuse | Tobacco | Trauma | Urgent Care | Women's Health | X-ray | Y | Y |
|-------------------------------------------------------------------------------|--------------|------|------------------|------------------|------------------------|--------|----------|---------------|-------------------|----------|-------------|-------------|-------------|---------------|----------------|---------|-----------|------|----------|-----------------|----------------|----------------|--------|-------|---------|--------------|-------| Y | Y |
| Michigan Psychiatric and Primary Care Clinic (Psychiatry Services)            | 517-332-5342 | X    | X                 | X                 | X                      | X      | X        | X             | X                 | X        | N           | Y           | N           | Y             | N              | Y       | N         | N     | N         | N               | N               | Y         | N       | N     | N         | N               | Y     | Y | Y |
| 6110 Abbot Rd.                                                                 |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| East Lansing, MI 48823                                                        |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| Michigan State University - Counseling and Psychiatry (Psychiatry Services)   | 517-355-8270 | X    | X                 | X                 |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| 463 E. Circle Dr. 3rd floor                                                   |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| East Lansing, MI 48823                                                        |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| MSU Students only                                                             |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| Michigan State University - Department of Psychiatry (Psychiatry Services)    | 517-353-3070 | X    | X                 | X                 |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| 909 Wilson Rd. Room B119                                                     |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| East Lansing, MI 48824                                                        |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| New Oakland Family Center (Psychiatry Services)                               | 517-679-2050 | X    | X                 | X                 |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| 2300 Jolly Oak Rd.                                                            |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| Okemos, MI 48864                                                              |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| Professional Psychological & Psychiatric Services (PPPS) (Psychiatry Services)| 517-977-0899 | X    | X                 | X                 |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| (Telehealth Only)                                                             |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| 913 W. Holmes Rd.                                                             |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |
| Lansing, MI 48910                                                             |              |      |                  |                  |                        |        |          |               |                   |          |             |             |             |               |                |         |           |      |           |                  |                 |           |         |      |           |                  |       |   |   |

Updated 1/23/2023, Updates are done every 6 months

Produced in partnership
Community Providers List for the Tri-County Area

Medicaid and Commercial Insurance

Customer Service Department
812 East Jolly Road, Suite 108
Lansing, Michigan 48910
Phone: 517-346-8244
Toll-free: 877-333-8933
Fax: 517-346-8139
Email: customerservice@ceicmh.org
Community Mental Health Authority of Clinton, Eaton and Ingham (CMHA-CEI) does not endorse any particular organization or individual in this resource list.

The staff has compiled this as a general community resource. It is not meant to be inclusive, it is to assist you in finding services available in the community. Please verify directly with the doctor’s office if they are accepting new clients and what insurance they accept, as this list may change frequently.

### How to Understand the List:

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- If they have Psychiatrist’s, the Name/Address box will be highlighted blue.
- The colored lines represent the different types of insurances.
- Black X is the insurance(s) they accept.
- Blue X is Medicaid Insurance they accept.
- Sliding Scale Fee - Y (yes) N (no) L (Limited)
- Provides Children Services – Y (yes) N (no) or 14+ (age and above they accept)
- Provides Marital/Couple Services – Y (yes) N (no)
- Provides Family Services – Y (yes) N (no)
- ON - X is Out of Network accepted
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Produced in partnership
<p>| NAME / ADDRESS                                                                 | PHONE NUMBER   | Access | Blue Cross Blue Shield | Blue Cross Blue Shield PPO | Blue Cross Blue Shield Indiv. | Blue Cross Blue Shield Gold | Blue Cross Blue Shield SimpleSaver | Cigna | Cigna Health Plan | HMO | Health Alliance Plan | Humana | Medicaid | Medicare | Michigan | Molina | Munroe | Northern Health Plan | Ohio | Oklahoma Health Plan | Priority Health | Privity Health | Publix | UnitedHealthCare | UnityHealthcare | Virginia | Vermont | Washington | WestCare | WIC | Wisconsin | Wyoming |
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| Delta Waverly Psychology &amp; Counseling, 5123 W. St. Joseph Hwy. Ste. 103        | 517-323-4099   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | X       | X       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| Lansing, MI 48817                                                             |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Diversity Psychological Services, 1310 Turner St. Ste. A                      | 517-574-4197   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| Lansing, MI 48906                                                             |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Diversity Psychological Services, 601 Abbott Rd. Ste. 103                      | 517-574-4197   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| East Lansing, MI 48823                                                        |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Diversity Psychological Services, 504 S. Creyts Rd. Ste. A                     | 517-574-4197   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| Lansing, MI 48917                                                             |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| East Lansing Psychological Services, PLC, 121 Burcham Dr.                      | 517-731-2084   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| East Lansing, MI 48823                                                        |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Empower Therapy Solutions, 1550 Watertower Pl. Ste. 100                         | 810-213-2052   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| East Lansing, MI 48823                                                        |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Currently unable to accept new clients                                       |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Expert Therapy Services, 4517 W. Saginaw St. Suite 101                        | 517-488-7018   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| Lansing, MI 48917                                                             |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Evolve Counseling and Holistic Wellness, 517 W. Saginaw St. Suite 101         | 517-306-9818   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| Lansing, MI 48917                                                             |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Address will be provided at scheduling                                        |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Faber Counseling, 2517 E. Mount Hope Ste. 7A                                  | 517-303-3424   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| Lansing, MI 48910                                                             |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Currently unable to accept new clients                                       |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |
| Family Counseling, 271 Woodland Pass Ste. 216                                 | 517-347-6944   | X      | X                      | X                         | X                          | X                           | X                          | X                               | X     | X                | X   | X                  | X       | Y       | Y       | Y        | Y      | Y      | Y                   | Y     | Y                | Y        | Y           | Y      | Y                 | Y         | Y       | Y       | Y        | Y       |
| East Lansing, MI 48823                                                        |                |        |                        |                           |                            |                             |                            |                                 |       |                   |     |                    |         |          |         |          |        |        |                     |       |                   |          |             |        |                    |           |          |         |          |        |      |          |         |</p>
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<td>Finding Freedom Counseling</td>
<td>517-303-4515</td>
<td>X X X X X X X X X X X X X X Y N Y Y N</td>
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<td>Fountain of Wisdom and Hope</td>
<td>517-305-0641</td>
<td>X X X X X X X X X N Y Y Y</td>
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<td>Fox Therapy Solutions</td>
<td>517-300-7859</td>
<td>(Telehealth Only) X X X X X X X X X N N N N N</td>
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<td>Full Circle Wellness</td>
<td>517-803-3125</td>
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<td>Great Lakes Psychology Group</td>
<td>517-273-0430</td>
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<td>Grand Ledge Counseling Center</td>
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<td>Growth Counseling</td>
<td>734-718-6994</td>
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<td>GPS Guide to Personal Solutions</td>
<td>517-667-0061</td>
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<td>Healing Connections Counseling</td>
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<td>Healing Conversations Counseling</td>
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<td>Healthy Minds Psychiatric Services</td>
<td>517-999-1104</td>
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<td>Helios Psychiatry &amp; Counseling</td>
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<td>(Psychiatry Services) 625 E. Big Beaver Rd. Ste.200</td>
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<td>Chesterfield, MI 48083</td>
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<tr>
<td>His Healing Hands (Psychiatry Services)</td>
<td>517-882-0056</td>
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<td>Ann Arbor, MI 48104</td>
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<td>Ichange Solutions</td>
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<td>Infinity Hope Center (Psychiatry Services)</td>
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<td>Inner Healing Counseling Center</td>
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<td>Insight Counseling Services of Greater Lansing</td>
<td>517-338-3090</td>
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<td>311 Harrison St. Grand Ledge, MI 48837</td>
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*All Medicaid accepted. Provider is comfortable refilling psychiatric medication; No controlled substances will be prescribed.
*Call before walking in to make sure that they are open. Best to go in the morning. Bring empty medication bottles or hospital discharge paperwork if needing refills on medication.
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<td>Looking Class Counseling</td>
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<tr>
<td>Meaghan Gregg</td>
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<td>(Call or email to set up appointment ... <a href="mailto:Meaghan.gregg@gmail.com">Meaghan.gregg@gmail.com</a>)</td>
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<td>Meridian Professional</td>
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<td>Psychological Consultants - East (Psychiatric Services)</td>
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<td>Psychological Consultants - West (Psychiatric Services)</td>
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<td>Michigan Psychiatric and Primary Care Clinic (Psychiatric Services)</td>
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<td>Michigan Psychological Care</td>
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<td>St. Johns, MI 48879</td>
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<tr>
<td>Michigan State University - Counseling and Psychiatry (Psychiatric Services)</td>
<td>517-355-8270</td>
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<td>463 E. Circle Dr. 3rd floor</td>
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<td>MSU Students only</td>
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<td>Michigan State University - Couple and Family Therapy</td>
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*PAYMENT: Does not accept insurance. It is based on a sliding scale fee.*

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<tr>
<td>909 Wilson Rd, Room B119 East Lansing, MI 48824</td>
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<tr>
<td>Michigan State University - Department of Psychology</td>
<td>517-355-9562</td>
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<td>316 Physics Room 262 East Lansing, MI 48824</td>
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<td>Mindful Therapy Services, LLC</td>
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<td>New Horizons Counseling - Ken Miller</td>
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| NAME / ADDRESS                                      | PHONE NUMBER | Area Health Plan | Blue Cross Blue Shield | Blue Cross Blue Shield PPO |CMS | Cigna | Cigna Health Plan | Humana | Health Alliance Plus (HIP) | Magellan | Michigan Health Plan | Molina | Amerigroup | Aetna | Blue Shield | United Health Care | Value Health | Value Health | Envision | Anthem  | Give Health | Chubba Blue | Children’s | United Care | Medicaid  | Medicare  |
|-----------------------------------------------------|--------------|------------------|-----------------------|-----------------------------|---|-------|-------------------|--------|----------------------|----------|----------------------|--------|-------------|-------|-------------|-------|-------------|----------------|--------------|--------------|----------|--------|-----------|-------------|-----------|------------|-----------|---------|-----------|
| New Oakland Family Center (Psychiatry Services)     | 517-679-2050 | X X X X         | X X X X               | X X X X                     |   |       |       | X X       | X X X X X X X X X X X X X X X X X X X X |   |         |         |           | Y N Y N N |   |
| 2300 Jolly Oak Rd. Okemos, MI 48864                 |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Nicki Moody, LMSW                                   | 517-522-2743 | X                 | X X                   | X X X X                     |   |       |       | X X X X X X X X X X X X X X X X X X X X |   |         |         |           | N N N N |   |
| 541 E. Grand River Ave. Suite A1                    |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| East Lansing, MI 48823                              |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Oasis Psychological Services                        | 517-489-1468 | X X X X X       | X                     | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 3815 W. St. Joe Hwy. Suite A300                     |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Lansing, MI 48917                                   |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Okemos Center for Therapy                           | Look at website. Each Therapist has own private phone number | X                  | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 2193 Association Dr. Ste. 100                      |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Okemos, MI 48864                                    |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Okemos Psychological Services                       | 517-349-6370 | X                 | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 2172 Commons Pkwy. Okemos, MI 48864                 |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Currently unable to accept new clients              |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Olive Leaf Family Counseling                        | 517-507-0201 | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 830 S. Cedar St. Ste. 200                          |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Mason, MI 48854                                     |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Origami Rehabilitation                              | 517-336-6060 | X                 | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 3181 Sandhill Rd. Mason, MI 48854                   |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Origami Rehabilitation                              | 517-336-6060 | X                 | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 137 S. Marketplace Blvd. Lansing, MI 48917           |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| PAR Rehabilitation Services                         | 517-887-9801 | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 3960 Patient Care Way. Suite 104                    |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Lansing, MI 48911                                   |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| For Psych Testing only                              |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| PAR Rehabilitation Services                         | 517-887-9801 | X X X X X X X X X X X X X X X X X X X X |   |       |       |          |                            |          |         |         |           |             |   |
| 3960 Patient Care Way. Suite 117                    |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |
| Lansing, MI 48911                                   |              |                  |                       |                             |   |       |       |          |                            |          |         |         |           |             |   |

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<td>Not currently paneled with any insurance providers however they will be able to provide clients with a claim form that can be submitted to their provider for reimbursement</td>
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Updated 1/23/23, Updates are done every 6 months
Social Needs Resources

Transportation

COMMUNITY RESOURCES

Transportation

This brochure provides a list of transportation resources in the mid-Michigan area. It is not a complete list. You can also call Michigan 2-1-1, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call 944-675-9211 or visit my211.org

Capital Area Transit Authority (CATA)

1. Fixer-aller: 517-394-1000 or calling for more information on routes and prices.
   • Discounts for seniors or individuals with disabilities.
   • CATA offers more than 30 urban fixed-route services throughout the region.

   • Application required.
   • Spec-Trans service is available throughout Lansing and East Lansing and in Delhi, Delta, Lansing and Meridian townships.
   • Customers outside the service area may transfer from other services.
   • Spec-Trans fare is $2.50 for each one-way ride.

EATRAN (Eaton County)

Available Monday–Friday. Transports to and from medical appointments outside of Eaton County into Ingham County, between 11:00a with return no later than 3:30p.

• Standard $3 fare
• Call 517-543-4087 or 517-371-3312 in advance to reserve.
• Phone hours: 7:00a – 5:00p, Monday – Friday
• All of EATRAN’s buses are accessible to persons with disabilities

The Davies Project

Provides free rides to local medical appointments for children and pregnant women.

To start the process:
• visit online at thedaviesproject.org
• call 517-689-2415
• or email Mary Jo at maryjo@thedaviesproject.org

Medicaid

Blue Cross Complete: 888-603-4947
McLaren: 888-327-0671
Melfa: 989-396-7669

Most plans require you to call several days (3 or more) in advance to schedule.

Please be prepared with the following information when you call:
• Member ID
• Your date of birth and phone number
• Address and phone number of doctor’s office
• Appointment time and about how long it will take
• Reason for appointment and doctor’s name
• Straight Medicaid: contact your DHS caseworker for assistance

Brought to you by MSU Health Care

For a complete list of clinic locations, call 517-353-3000 or visit healthcare.msu.edu

On social: @MSUHealthCare

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Housing, Shelter, and Personal Safety

COMMUNITY RESOURCES

Housing, Shelter and Personal Safety

This brochure provides a list of housing, shelter and personal safety resources in the mid-Michigan area. It is not a complete list. You can also call Michigan 2-1-1, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

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Brought to you by MSU Health Care

SAFETY ALERT: If you are in danger, contact one of the organizations below that can help, call 911, or U.S. National Domestic Violence Hotline at 1-800-799-7233 and TTY 1-800-787-3224

SAFETY PLANNING is an important first step toward protecting yourself and those resources can assist you.

Crisis Text Line: Text HOME to 741741 anywhere in the USA to text with a trained Crisis Counselor (FREE 24/7). Using a safe computer, go to Michigan.gov/MDHS/ site for their domestic and sexual violence page for additional resources including link to technology safety planning and social networking privacy tips.

DOMESTIC VIOLENCE SHELTERS AND SERVICES

EVE (End Violent Encounters)
Located in Lansing (Ingham county)
517-372-5572 | www.eveinc.org

Lansing Police Department Capital Area Response Effort (C.A.R.E.)
Response team that follows up with victims of domestic violence in Lansing, East Lansing, Lansing Township, Meridian Township, and the MSU campus. If you have experienced domestic violence and need to talk to someone, please contact the CARE Office at 517-373-7435. Hours: 8:00a – 10:00p

MSU Safe Place
Located on MSU campus for current students, faculty and staff those not affiliated with MSU can receive services as staffing and/or shelter space allow. 517-355-1100 | safeplace.msu.edu

SafeCenter
Located in Clinton and Shiawassee counties. 877-952-7283

SIREN
Shelter located in Charlotte ( Eaton county). 800-899-9997

Domestic Violence and Sexual Assault Support Groups
Women’s Center of Greater Lansing
Domestic Violence Support Group – meets weekly
Sexual Assault Survivor Support Group – meets weekly
Online registration: womencenterofgreaterlansing.org
517-372-9163

For Assistance Filing a Personal Protection Order
EVE (End Violent Encounters)
517-372-5572 | www.eveinc.org

Personal Protection Order Office
517-483-6545

Veterans Memorial Court House
313 W. Kalamazoo St. | Lansing, MI 48933
Can provide contact information for assistance outside of Ingham County if needed. Please note that due to restrictions of COVID-19, the court is only open from 8:30a to 4:30p with very limited staffing. If you need to get connected with an advocate, please call 517-483-4545 or email ppooffice@ingham.org.

PERSONAL EMERGENCY RESPONSE SYSTEMS

Critical Signal Technologies
877-455-4462 | Cost: $25.00 and up

Guardian Medical Monitoring Company
medicalguardian.com | 800-888-6260 | Cost: $29.95 and up

Philips Lifeline
lifelinephilips.com | 800-250-5826 | Cost: $29.95 and up

All of these providers above offer a system with "automatic fall detection". Please visit the individual websites for more information.
HOMELESS SHELTERS

Advent House Ministries
Weekend Day Shelter only
743 N. Martin Luther King Jr. Blvd. | Lansing, MI 48915
517-485-4722 | adventhouse.com

City Rescue Mission of Lansing
Overnight and Weekend Day Shelter
517-485-1145

Men Only
613 E. Michigan Ave. | Lansing, MI 48910

Women and Children
2216 S. Cedar St | Lansing, MI 48910

Haven House
121 Whiteshields Dr. | East Lansing, MI 48823 | 517-337-2731

Homeless Angels
3216 W. Main St. | Lansing, MI 48917 | 844-464-6635

Loaves and Fishes
831 N. Sycamore St. | Lansing, MI 48906 | 517-482-2000

New Hope Community Center
(Formerly Volunteers of America)
Overnight and Day Shelter
430 N. Larch St. | Lansing, MI 48912 | 517-484-4414

HOUSING ASSISTANCE/
CASE MANAGEMENT

Advent House Ministries
743 N. Martin Luther King Jr. Blvd. | Lansing, MI 48915
517-485-4722 | adventhouse.com

Capital Area Community Services
Lansing: 517-333-7077
Mason: 517-676-1065
St. Johns: 989-224-6702
Charlotte: 517-543-5465
Owosso: 989-723-3115

Housing Assessment and Resource Agency
Located in New Hope Community Center
430 N. Larch St. | Lansing, MI 48912 | 517-484-4414

Housing Services of Mid-Michigan
Serves individuals in Clinton and Eaton counties.
Charlotte: 517-545-1180
St. Johns: 989-224-5538

Justice in Mental Health Organization
520 Cherry St. | Lansing, MI 48933 | 517-371-4661

Lansing Area AIDS Network
915 West Holmes, Suite 115 | Lansing, MI 48906
517-354-3540

Loaves and Fishes
831 N. Sycamore St. | Lansing, MI 48906 | 517-482-2099

Brought to you by
MSU Health Care

For a complete list of clinic locations,
call 517-333-3000 or visit healthcare.msu.edu

On social: @MSUHealthCare
Food – Ingham and Shiawassee

COMMUNITY RESOURCES
Food Banks
Ingham and Shiawassee Counties

This brochure provides a list of food banks in Ingham and Shiawassee counties. It is not a complete list of community resources. You can also call Michigan 2-1-1, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call 844-975-9211 or visit my211.org

Brought to you by MSU Health Care

INGHAM COUNTY
Lansing

Advent House Ministries
743 N. MLK Blvd. | 517-485-4722
Hot meals are provided most weekends; sack lunches are available when closed.

Allen Neighborhood Center
1529 E. Kalamazoo | 517-367-2468
Breadbasket Food Pantry: produce, bread, baked goods on Mondays. Stop by from 8:00a - 10:00p to claim a spot in line; distribution begins at 1:00p. Entree residents only.

Capital Area Community Services - Commodity Supplemental Food Program & Emergency Food Assistance Program
1301 Rensen St. | 517-332-7077
Qualifications: pregnant and breastfeeding women, new mothers up to 1 year post-partum, children up to their 6th birthday, and individuals over the age of 60 who meet income requirements. Will need to provide proof of income, ID, SSN and DOB.

City of Lansing Drive-Through Mobile Food Pantry
517-906-3660
Third Saturday of every month; call for locations. State ID or proof of residency in the City of Lansing required.

City Rescue Mission
607 E. Michigan Ave. | 517-685-0145
Dinner is served daily from 6:00p - 7:00p for those staying at the facility. Take-out boxes are available to the public from 6:00p - 6:30p. ID is required.

Cristo Rey Community Center
1717 N. High St. | 517-372-4700
Community food box distribution second and fourth Thursday of every month, starting at 6:00a. Hot breakfast served Monday - Friday 5:00a - 11:00a, 1st lunch Monday - Friday 11:30a - 1:00p. Food pantry available by appointment only to residents of 48806 OR anyone who solely speaks Spanish; call 517-372-4700 to schedule an appointment. Walk-in emergency food 30s available to those without permanent residency.

Double Up Food Bucks
665-566-2796 or doubleupfoodbucks.org
Get more fruits and vegetables when you spend your SNAP Bridge Card dollars at participating farmers markets and grocery stores. For example, if you spend $10 from your Bridge Card at a participating farmers market, you receive another $10 to buy fresh fruits and veggies grown in Michigan.

Food Pantries by Mount Hope Presbyterian Church
301 W. Jolly Road | 517-333-2232
Call for an appointment. Monday - Friday 9:00a - 11:00a. Food Pantry hours Wednesday and Friday 9:00a - 11:00a. Picture ID and proof of residency required. Residents of 48810 and 48811 zip codes only.

Greater Lansing Food Bank – various locations
A non-profit organization that provides emergency food to individuals and families in need throughout mid-Michigan. You must call to access services. Ingham and Shiawassee will connect to Central Michigan 2-1-1 by dialing 2-1-1 (or use their toll-free number: 866-561-2500). Online: greaterlansingfoodbank.org/get-help/

Loits Community Center, Lansing Parks and Recreation
1220 W. Kalamazoo | 517-483-4311
Food Pantry Monday - Friday 10:00a - 2:00p, extended hours on Wednesdays. Must reside in 48815 zip code. Appointment only.

Meals on Wheels
For referrals in Ingham county, call 517-887-1440 (Tri County Office on Aging) or for more info, contact a coordinator directly.
- Greater Lansing Area Meals on Wheels (Lansing, East Lansing, Haslett, Okemos) 517-867-3630
- Rural Ingham County Meals on Wheels (Holt, Mason, Williamston,Webberville, Stockbridge, Leslie, Dansville, and Onondaga) 517-676-2775
The Salvation Army
North location: 525 N. Pennsylvania Ave. | 517-484-4424
South location: 701 W. Jolly Rd. | 517-394-6945
Community Meals: both locations; all are welcome, no documentation is required.
- Lunch at Lansing Citadel Corps (525 N. Pennsylvania Ave)
- Dinner at the SAL (701 W. Jolly Rd.) Wednesdays and Fridays
  4:00p. – 5:30p, take-out style. Menu available online.
Food Pantry: for zip codes 48912, 48906, 48910, 48911. No appointment necessary. Monday – Friday 9:00a – 11:00a and 1:00p – 3:00p. Zip codes 48810 and 48811 may also call the South location at 517-394-6945 for an appointment. Picture ID required for all adults, school ID, medical cards or social security cards for children under 18.
Fresh Produce Distribution: 3305 S. Pennsylvania on Wednesdays at
12:00p. January through mid-October.

East Lansing
University Lutheran Church Mobile Drive-Through Pantry
1020 S. Harrison Rd. | 517-332-2559
Pantry provides food to the community once a month on Wednesdays, call for dates. Line-up starts at 3:30p, distribution 3:30 – 5:30p. Must remain in car. ID required, no residency requirements during the pandemic. Delivery on distribution dates available by calling 517-332-2559. Delivery is limited, please call in advance.

Haslett
Haslett Food Pantry by Haslett Community Church
1427 Haslett Rd. | 517-330-6833, option #15
Residents of Haslett Public School District only, by appointment. Call and leave voicemail message requesting an appointment time. Picture ID and proof of residency upon initial visit.

Okemos
Food Pantries by Okemos Community Church
4734 Okemos Rd. | 517-349-4220
For residents of Okemos (Alpine). Open Monday – Thursday 9:00a – noon to schedule an appointment. Appointments are available Wednesdays 9:30a – 2:00p. Bring picture ID and proof of residency.

SHIAWASSEE COUNTY
Corunna
Food Pantries by Corunna Ministerial/Corunna Unity Methodist Church
200 W. McArthur | 989-743-5050
Call to set up an appointment. Thursdays 10:00a – noon. ID required.

Shiawassee Harvest Ministries
322 Ducket Rd. | 989-743-4091
Thursdays 10:00a – noon. Non-food items for hygiene and cleaning.

Lennon
Lennon Area Food Pantry
1120 S. Lennon Rd. | 989-621-3706
Food Pantry: Call to set up an appointment. ID is required. Tuesdays 5:00p. – 8:00p.

New Lothrop
New Lothrop Methodist Food Pantry
3455 Orchard St. | 989-638-5702
Call to set up an appointment. ID is required. Thursdays 9:00a – noon. Paper products and food are available.

Dwosso
Baby Pantry
141 W. Mason | 989-723-1670
Discontinued, baby food, formula, baby items and clothing available second and fourth Mondays from 1:00a – 7:00p.

Bancroft Food Pantry
215 E. Shiawassee St. | 989-634-5724
Food pantry open third Saturdays from noon – 3:00p.

Bethel Church Pantry
1564 N. Hickory St. | 989-723-2274
Food pantry: call and make an appointment to access. ID is required.

Outreach Center, Christ Episcopal Church
129 Goodhue St. | 989-723-2495
Appointment needed and bring proof of residency. Food, clothing, household items, personal care items.

The Salvation Army
302 Exchange St. | 989-725-7465
By appointment only. Perishable and non-perishable food. Soup kitchen.

Shiawassee Council on Aging (60+)
300 N. Washington St. | 989-723-8875
Call for an appointment. Only serves the senior population. Pantry services, hot meals and delivered hot meals.

Shiawassee HOPE LINC Community Pantry
645 Alger St. | 980-919-6897
Wednesday and Thursday 4:30p – 6:00p

St. Vincent De Paul
111 N. Howell | 989-723-4277
Food, financial assistance and clothing.

Trinity United Methodist Father’s Cupboard
720 S. Shiawassee | 989-723-1608
On call 24/7 to provide food.

Vernon
Vernon Lighthouse Pentecostal Church
201 E. Washington St. | 989-723-5497
Call for an appointment. Food and personal care items.

For a complete list of clinic locations, call 517-353-3000 or visit healthcare.msu.edu
This brochure provides a list of food banks in Clinton, Eaton and Ionia counties. It is not a complete list of community resources. You can also call Michigan 2-1-1, who can connect you to help of all kinds, including food, housing, paying bills, and crisis support. 2-1-1 is available 24 hours a day, 7 days a week.

If you encounter difficulty reaching 2-1-1 using a cell phone, please call 844-875-9211 or visit my211.org.

**Food – Clinton, Eaton, Ionia**

**COMMUNITY RESOURCES**

**Food Banks**

Clinton, Eaton and Ionia Counties

CLINTON COUNTY

**Bath**

* Bath Lakeside Chapel (Bath residents only)*

5800 Park Lake Rd. | 517-650-1218

Must provide proof of residency and make an appointment; provides food.

**DeWitt**

* DeWitt Catholic Community of St. Jude*

801 N. Bridge St. | 517-669-6335

Must provide proof of residency and make an appointment; provides food.

* Redeemer United Methodist Church*

13080 Schrey Rd. | 517-669-3430 x 314

Must provide proof of residency and make an appointment; provides food.

**Elsie**

* Elsie Food Bank (Pantry & Produce)*

Elsie United Methodist Church

225 S. Ovid St. | 989-388-8717 or 989-662-5228

Must provide proof of residency and make an appointment; provides food.

**St. Johns**

* Basic Needs Center*

213 N. Clinton Ave. | 517-239-4618

Must provide proof of residency and make an appointment; provides food.

**EATON COUNTY**

**St. Johns, continued**

**Beacon Of Hope Family Care Center**

401 S. Swayne St. | 666-604-6447

Provides a food pantry. Serves Beacon of Hope clients. Pantry Hours: Tuesday 5:00p - 8:00p, First Tuesday of the month 4:00p - 8:00p. For more information, please call.

**Capital Area Community Services – Clinton County Service Center**

1001 S. Oakland St. | 999-224-6702

**First Congregational Church Baby Pantry**

100 Maple St. | 989-224-6964

**Saint Johns Beacon of Hope Family Care Center**

1001 S. Oakland St. | 999-224-6702

Must provide proof of residency and make an appointment; provides food.

**Eaton County**

The Emergency Food Assistance Program (TEFAP)

TEFAP is a quarterly food assistance program that provides commodities to low-income households at or below 200% of Federal Poverty Income Guidelines four times per year. Although food packages vary, each package includes: protein, fruit and vegetables. Items from each food group are made available four times per year to assist recipients in maintaining a healthy diet. Contact Capital Area Community Services Eaton County Service Center. 517-543-5485.

**Greater Lansing Food Bank**

Great information on food assistance resources in the tri-county area: greaterlansingfoodbank.org/get-help

**Charlotte**

**Charlotte Assembly of God**

1100 E. Clinton Trail | 517-643-0649

Serves low-income residents of Eaton County (limited to once every 3 months). Pantry hours: Monday and Thursday 8:30a – 4:30p. Please call ahead.
IONIA COUNTY

Belding
Belding Food Pantry at St. Joseph Catholic Church
409 S. Bridge St. | 616-794-2145
ID proof of address required. Present at school entrance Thursdays from 2:00p - 3:00p.

Ionia
Ionia Seventh Day Adventist Church - Community Service Center
721 Elmwood Dr. | 616-526-6785
Please call for more information on any requirements. Hours: second and fourth Tuesdays of each month, 9:30a - 1:00p.

Second Harvest Gleaners Mobile Food Pantry
Multiple sites in Ionia on different days. Check website schedule at feedwm.org/mobile-pantry-schedule. Consistently at Ionia Fairgrounds (317 S. Dexter St.) on the second Tuesday of each month at 4:00p. Must be a resident of Ionia County, have identification, and bring containers (bags, boxes) for the food.

Zion Community Food Pantry
423 W. Washington St. | 616-527-1910
e-mail: Zionumcsecretary@gmail.com
Serves Ionia County. Wednesday 2:00p - 4:30p. Soup Kitchen every Thursday at 5:30p.

Lake Odessa
Manna’s Market
7180 Velti Rd. | 269-838-5887
Serves all of Barry County. Portions of Ionia and Eaton Counties. Visit website for more information. mannasmarket.org

Muir
Muir First Christian Church
140 W. Garden St. | 989-855-2062
Serves Muir, Lyons, Pala, Hubbardston and Pawamo.

Portland
First Congregational Church of Portland
421 E. Bridge St. | 517-647-6441
Serves Ionia County residents. Please call for an appointment.

Portland Community Food Bank/Pantry
310 E. Bridge St. | 517-204-4279
e-mail: portlandfoodbank@gmail.com
Serves the Portland School District. ID typically required. Hours: Monday 9:00a - noon; Thursday 4:00p - 6:00p.

Charlevoix, continued

Helping Hands  helpinghandsfoodpantry.org
621 Jefferson St. | 517-643-8797
Serves residents of Charlotte, Vermontville, Sunfield, and Olivet. Picture ID, proof of address required. Hours: Tuesday 11:00a - 5:30p; Wednesday 10:00a - 4:30p; Thursday 9:00a - 4:00p.

Salvation Army, Eaton Clothing and Furniture Center
195 S. Washington Ave. | 517-643-4334
Requires ID and proof of residence in Eaton county. Fresh food and produce distribution. Every second and fourth Thursday. Please call ahead.

St. Vincent De Paul - Saint Mary’s of Charlotte
807 Saint Mary Blvd. | 517-643-4319 x26
Serves Charlotte School District as well as Vermontville, Sunfield and Olivet addresses. ID is required as proof of address. Hours: Tuesday, Wednesday, Thursday 5:00p - 7:00p. Call at least 24 hours ahead to place an order.

Dimondale
First Presbyterian Church of Dimondale
fpccdimondale.org
162 N. Bridge St. | 517-646-6183
Serves Dimondale. Specific document requirements will be given. Pantry hours: second and fourth Friday of every month from 10:00a - noon. Check website for updates.

Eaton Rapids
Heart and Hands  heartandhandsincweekly.com
9220 Kinneville Rd. | 517-663-7204
Serves Eaton Rapids School District. Photo ID, proof of residence required. Check website for additional requirements. Pantry hours: Tuesday 4:00 - 6:30p, Wednesday and Thursday 9:00a - noon. Call ahead for an appointment.

St. Vincent de Paul Eaton Rapids,
St. Peter Catholic Church
515 E. Knight St. | 517-663-4735
Serves the Eaton Rapids School District. ID and proof of address is required. Call ahead for appointment. Pantry is held on Tuesdays 2:00 - 4:00p.

Grand Ledge
Grand Ledge Seventh Day Adventist Community Service Center
4980 Burt Ave. | 517-627-4343
Serves the Grand Ledge School District. ID and proof of residency is required. Call ahead to place order at least 1 hour before close of pantry. Hours: Tuesday 10:00a - 5:00p, Thursday 10:00a - 3:00p.

Potterville
Sycamore Creek Church: Potterville Campus
165 N. Church St. | 517-645-7701
Call ahead for more information and appointment. Pantry is held second Tuesday of each month.

Springport
Springport United Methodist Church
127 W. Main St. | 517-857-2777
Appointment is required. Call ahead Monday - Friday, 9:00a - 5:00p. Pantry appointments Thursdays 3:30p - 4:45p.

Vermontville
Kalama United Methodist Church
1475 S. Ionia Rd. | 517-281-3032
Call ahead for more information and to place order. Pantry is held third Wednesday of each month.

Brought to you by MSU Health Care
For a complete list of clinic locations, call 517-353-3000 or visit healthcare.msu.edu
On social: @MSUHealthCare
COMMUNITY RESOURCES

Education, Employment and Income

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Brought to you by

MSU Health Care

EDUCATION

GED (General Equivalency Degree)

Improving your reading and math skills may increase your chances of getting a job. If you did not finish high school, your first step is to work toward a GED. A GED is a certificate for people who did not finish high school and do not have a high school diploma. In order to get a GED, you will need to pass a GED test. There are free community programs that will help you study to improve your skills so that you can earn your GED. Below are some free community programs, but Michigan 2-1-1 will have a complete list in your area.

Advent House Ministries
743 N. Martin Luther King Jr. Blvd. | Lansing, MI 48915
517-435-4727 | adventhouse.com
Serves Ingham County adults age 16 and older. Provides initial assessment of skills and ongoing instruction for individuals wishing to obtain a GED. Program will also pay for an individual to complete the GED exam once they are ready.

Capital Area Literacy Coalition
(Tri-County: Clinton, Eaton, Ingham)
1028 E. Saginaw St. | Lansing, MI 48906
517-484-4846 | thereadingpeople.org
Assists low-income adults in the Greater Lansing area with an adult Pre-GED and GED preparation program to obtain their GED. A computer-assisted, interactive program and individualized tutoring are provided.

Lansing Community College Integrated English
Arts and Sciences Bldg. | 419 N. Washington Square, #105
Lansing, MI 48933 | 517-483-1061
Provides GED preparation once student applies to LCC and registers for GED prep course (non-credit course with a $25 cost at time of registration—not be covered by financial aid).

Lansing School District
(Dr. Eva L. Evans Welcome Center)
2400 Pattengill Ave. | Lansing, MI 48910
517-755-4040 | lansingschools.net
Offers high school completion/GED instruction for those who have not finished high school and are residents of the Lansing School District from age 16 and older.

GED Testing Sites

Pearson Vue Test Center at Hill
2400 Pattengill, Room 20 | Lansing, MI 48910
517-755-4040

Davenport University - Lansing Campus
200 S. Grand Ave. | Lansing, MI 48933 | 517-357-8240
Visit ged.com for more information and additional testing sites

Training/Prep Resources Toward Continuing Education

Michigan Works
michiganworks.org | 1-800-285-9675
Visit your local Michigan Works! center for all potential resources.

Workforce Innovation and Opportunity Act (WIOA)
Youth Program: ages 14-24
WIOA Youth programs are operated on a year-round basis by local Michigan Works! Agencies (MWAs). Available services include tutoring, study skills training, alternative secondary school offerings, dropout recovery services, paid and unpaid work experiences, including summer employment opportunities; occupational skills training, education offered concurrently with workforce preparation, leadership development opportunities, supportive services, adult mentoring, follow-up services, comprehensive guidance and counselling, financial literacy education, entrepreneurial skills training, provision of labor market and employment information, and activities that help youth prepare for, and transition to, post-secondary education and training.
WIOA Adult Program

The local Michigan Works! Agencies (MWAs) operate adult programs on a year-round basis. The funds allocated to the MWAs for the adult program must be used to support core, intensive, and training services. An individual must be 18 years of age or older, a U.S. citizen or eligible non-citizen and registered with Service to receive services under the adult program.

Understanding different continuing education options:

There are many continuing education and training options to choose from. Traditional college is not for everyone and often other alternatives offer a better opportunity. Sometimes people de base building or successful experiences that lead to more challenging opportunities. Other times it is best to combine options like participating in an apprenticeship and going to college at the same time or participating in a vocational training program while working part time.

Certificate Programs: prepare you for entry-level jobs in a professional environment. Certificates provide training and/or education beyond high school to prepare for a specific occupation. Completion requirements depend upon the requirements of the specific program. Usually, 30 hours of credit are taken at a community college in a specific area, i.e., machine tooling, early childhood education, fire science.

On-the-Job Training (OJT): An employer provides hands-on training in a workplace and is reimbursed directly by or a third party or a third party or a third party without providing training. Examples of OJT are food service training by working in a restaurant or clerical training by working in an office.

Apprenticeships: Combines on-the-job training and related trade instruction sanctioned by a union or the Bureau of Apprenticeship and Training. Examples are computer programmer, dispensing optician, electrician, firefighter.

Vocational Training Program: Specific job skills are acquired through training in specific vocational areas. Students usually do not earn college credit in these training programs but often earn certifications.

Examples are: HVAC (heating, ventilation, air conditioning), dog grooming, cosmetics.

Associate Degree (Community College): Pairs with college program requiring at least 63 hours of credit. Additional coursework is required for the chosen occupation; students are required to take classes in social science, humanities, and science. College-level English and math are usually required.

Bachelor’s Degree: A bachelor’s degree program Bachelor of Arts (B.A.), Bachelor of Science (B.S.) or Bachelor of Fine Arts (B.F.A.) is generally completed four to six years after receiving a high school diploma or GED. Approximately 150 credit hours are earned; the first year or two a general subjects including English, math, history, language, logic, computers, and science and then specific courses to prepare the individual for a chosen career.

INCOME

Capital Area Michigan Works

See EMPLOYMENT section for services and contact information for potential career opportunities.

SSDI (social security disability insurance) and SSI (Supplemental Security Income):

Child applying for Disability Benefits

ssa.gov/benefits/disability/apply-chid.html

Review the disability starter kit online -- use website address above. It includes a checklist and a worksheet to help you gather the Information you need. Have this information with you at the time of the interview.

If you have access to the Internet, you can fill out a Child Disability Report at: socialsecurity.gov/childdisabilityreport

For more information visit socialsecurity.gov/disability or call toll-free 1-800-772-1213 (for the deaf or hard of hearing, call TTY 1-800-325-0778).

Adult applying for Disability Benefits:

ssa.gov/benefits/disability/About Social Security Disability Insurance and SSI

ssa.gov/disability

Applying online: ssa.gov/applyfordisability

Preparing for interview: ssa.gov/disability/disability starter_kits_adult_eng.htm

You can apply for Disability benefits online, or if you prefer, you can apply by calling toll-free 1-800-772-1213. Their representatives can make an appointment for your application to be taken over the telephone at any convenient Social Security office.
Local Area Bereavement Support Groups

Parents, Grandparents, Significant Others, Siblings:

- **HOPING: Helping Other Parents in Normal Grieving**
  For parents experiencing infant loss less than one year of age, miscarriage or stillbirth, 2nd Thursday of every month
  Sparrow Professional Building
  1200 E. Michigan Avenue, Lansing
  2nd Floor/Conference Rm D or F (look for signage)
  Contact Abby Leinback at 517-316-7984 or Becky Miller at 989-593-3023

- **Toward Healing**
  10-week grief support group for parents, grandparents, and significant others coping with the death of a child of any age; open to all denominations.
  First United Methodist Church of Mason Life Transitions Outreach
  201 East Ash Street, Mason
  Call Rose at 517-676-5513, roseroberts@yahoo.com or Pat at 517-676-4232,
  pat_mentzer@yahoo.com
  or Marilyn at the Methodist Church office 517-676-9449

Spouses, Partners, Significant Others:

- **Together Living & Coping Program**
  spousal loss support group, 2nd Tuesday of month
  includes luncheon.
  Estes Leadley Funeral Home
  325 W Washtenaw, Lansing, MI
  Contact Janet 517-482-1651 or janet.pierson@estesleadley.com

- **Widowed Companions**
  Understanding the grief of losing a spouse or significant other. 10-week grief support group for widows, widowers, or significant partners. Lunch once a week after group concludes. Groups held in Fall and February.
  First United Methodist Church of Mason
  201 E. Ash St., Mason
  Contact Karen at 244-0001, Eileen at 628-2018 or Marilyn at 676-9449

Women:

- **South Lansing Church of the Nazarene**
  Choosing a New Path Grief support group for women
  321 W Holmes Rd, Lansing Charter Township
  Contact Jackie at gimbus44@gmail.com
General:

- **Reid Depowski, LMSW**
  734-790-5003 or reid.depowski@therapytoday.com
Support groups offered at two locations:
  Palmer, Bush, and Jensen funeral home in Lansing meets on the 3rd Tuesday of each month.
  Pray Funeral home in Charlotte meets on the 4th Tuesday of each month.

- **Eaton Rapids First United Methodist Church**
  Support Group meets 2nd and 4th Wednesdays of the month
  Call the church office at 517-663-3524
  600 S. Main St., Eaton Rapids

- **Gorsline-Runciman Funeral Homes- Life Landscapes Grief Support**
  Call the main office at 517-482-1692 ext. 242
  The following are groups available:
  - *Suicide Grief Support Group*, February 9th, 16th, 23rd & March 2nd
    Gorsline-Runciman Funeral Homes Tiffany Chapel
    3232 W. Saginaw St, Lansing
  - *Grief Support groups* - May 4th, 11th, 18th & 25th
    East Chapel
    1730 E. Grand River, East Lansing
  - *Living Information for Today* (L.I.F.T.), 4th Tuesday of every month luncheon
    Coral Gables Restaurant, East Lansing
  - *Supportive Souls, walking and breakfast group*, every Thursday morning (May
    October @ 9:30am) Fenner Nature Center and Dan’s Coney Island, 5600 S.
    Pennsylvania, Lansing - (November-April @ 9:30am) Meridian Mall Food Court
    Entrance, Okemos, and T & D Coney, 1735 W. Grand River, Okemos

- **Hospice of Lansing**
  Ongoing grief support group program
  4052 Legacy Pkwy., Ste. 200, Lansing
  Call 517-882-4500

- **Ingham Visiting Nurse Services of Michigan**
  New Tomorrows Program 8 Week Grief Education Series
  2316 S Cedar St., Ste 600, Lansing
  Contact Ron at 517-975-9913 or 517-975-9909

- **Memorial Hospital Hospice and Home Care**
  Support groups 2nd Tuesday of the month
  1975 W. M-21, Owosso
  Call Tom at 1-989-725-2299

- **Memorial Healthcare**
  Support groups
  Cancer Center
  721 N. Shiawassee, Owosso
  Call Christy at 1-989-729-4673

- **Palmer, Bush & Jensen Continuing Care Services**
  Support groups 3rd Tuesday of the month the 7pm
Lansing
Call Mary at 517-449-9279

- **Sparrow Hospice Bereavement Services**
  Seasons of the Heart Educational Series and support groups
  Tendercare West, 731 Starkweather Dr., Lansing
  Call Jana at 517-364-7208

- **South Lansing Church of the Nazarene**
  Christian grief support group
  321 W Holmes Rd, Lansing Charter Township
  Contact Larry at 517-323-4355 or lrvert@michcom.net

- **Trinity United Methodist Church**
  8-week evening grief classes
  7533 W St Joe Hwy, Lansing
  Call the church office 517-449-9313

**Suicide Survivors:**

- **Lansing Suicide Survivor Loss Support Group**
  Support groups 1st Friday and 3rd Thursday of the month from 5:30 pm to 7:00 pm.
  Contact Liz Parish for Lansing location and to register at 260-587-5473
  email: lansingsuicidesurvivors@gmail.com
  www.facebook.com/lansuicideloss/

- ** Survivors of Suicide (S.O.S.)**
  Support groups 1st Tuesday of the month from 6:30 pm to 8:00 pm. in Okemos.
  Contact Lori Leu for address and to register at 517-648-7871
  email: joybetweentears@gmail.com

**Overdose-Related Bereavement Support:**

- **Grief Recovery After Substance Passing (GRASP)**
  Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. For more information, go to: [http://grasphelp.org/](http://grasphelp.org/)
  - Ionia Chapter - Support groups 3rd Wednesday of the month from 5:30 pm to 6:45 pm.
    in Ionia.
    Contact Sheri Boster for address and to register at 616-523-614
    email Address: sherri0516@gmail.com
  - Facebook Group - a safe, non-judgmental on-line forum, so that people grieving the loss of a loved one to substance use may share their feelings, stories, struggles, strategies and support with each other, honor their loved ones and grieve their losses. To join the on-line group, click this link:
    - [https://www.facebook.com/groups/grasphelp](https://www.facebook.com/groups/grasphelp)
  - **Deborah Grossi, MA, LPC - Opioid Overdose Grief Group**
    A chance to get together with others that have lost a loved one due to our countries opioid overdose epidemic. Grieve with others that truly understand. Share stories, heal our hearts.
Each group cost $30-40 per session, and is located in Novi, Michigan. Contact Deborah Grossi at 248-599-2440 to register.
Disaster Response and Recovery Information

General Resources

- **Tips for Survivors: Coping With Anger After a Disaster or Traumatic Event**—Developed by SAMHSA, this tip sheet intends to aid survivors in coping with bouts of anger that may follow disasters or traumatic events. The tip sheet describes the physical changes that may indicate anger and provides guidance for coping and integrating positive habits into your life, as well as resources for additional support. [https://store.samhsa.gov/product/tips-survivors-coping-anger-after-disaster-or-other-traumatic-event/pep19-01-01-002](https://store.samhsa.gov/product/tips-survivors-coping-anger-after-disaster-or-other-traumatic-event/pep19-01-01-002)

- **Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event**—In this tip sheet, SAMHSA defines and describes grief, discusses ways of coping with grief, and explains complicated or traumatic grief. The tip sheet also offers relevant resources for additional support. [https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035](https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035)

- **Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress**—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of a disaster or trauma. It identifies common reactions to disasters and other traumatic events, lists tips to manage and lower stress, and highlights signs of the need for professional support. [https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776](https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776)


- **Managing Grief after Disaster**—Written for mental health and substance use disorder treatment professionals, this online article from the National Center for PTSD contains information on bereavement, grief, and traumatic grief. It also covers complications of bereavement, risk factors for these complications, and treatment of people experiencing bereavement. [https://www.ptsd.va.gov/professional/treat/type/manage_grief_disaster.asp](https://www.ptsd.va.gov/professional/treat/type/manage_grief_disaster.asp)

Mass Violence-specific Information

- **Mass Violence/Community Violence**—This part of the SAMHSA Disaster Behavioral Health Information Series resource collection focuses on incidents of mass violence, community violence, and terrorism and their effects. Resources discuss common reactions to incidents of mass violence, tips for coping, and ways to support children and
youth in coping.
https://www.samhsa.gov/resource-search/dbhis?rc%5B0%5D=type_of_disaster%3A20549

- **Tips for Survivors: Coping With Grief After Community Violence**—This SAMHSA tip sheet identifies signs of grief and anger after an incident of community violence, provides useful information about how to cope with grief, and offers tips for helping children with coping.
https://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888

- **Mass Disasters, Trauma, and Loss**—This booklet from the International Society for Traumatic Stress Studies discusses common reactions to disasters, factors that make people more likely to experience reactions for longer periods, and steps survivors can take to cope effectively after a disaster. Signs of the need for professional mental health assistance are also provided.
https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisaterTraumaandLoss_English_FNL.pdf

  The booklet is available in three languages in addition to English:
  - Arabic: https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_Arabic_FNL.pdf
  - Chinese: https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_Sch_FNL.pdf
  - Spanish: https://istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_Spa_FNL.pdf

- **Mental Health Considerations After a Traumatic Event**—A product of Voices Center for Resilience, a nonprofit formed after the attacks of September 11, 2001, this tip sheet highlights common reactions to acts of violence, civil unrest, or terrorism. It identifies signs of the need for professional mental health support, coping tips during short- and long-term recovery, and signs of mental illnesses that may arise in the aftermath of exposure to violence.

- **Remembering**—This National Mass Violence Victimization Resource Center (NMVVRC) web page describes how communities typically respond in grief after an incident of mass violence and offers guidance for community leaders in supporting communities through this process. Information and downloadable resources focus on communities remembering tragic events, incident anniversaries, and memorials.
https://www.nmvvrc.org/community-leaders/rebuild-your-community/remembering

- **Survivors and Witnesses After Traumatic Events**—A product of Voices Center for Resilience, a nonprofit formed after the attacks of September 11, 2001, this tip sheet for the public provides basic information about common effects of exposure to acts of
violence, civil unrest, or terrorism. It identifies steps disaster-affected individuals can take in the immediate aftermath of crisis, common reactions to disasters, and tips for coping and asking for help.
https://voicescenter.org/tip-sheets/trauma/survivors

- **Unexpected Challenges for Communities in the Aftermath of a Mass Violence Incident**—This tip sheet from the National Mass Violence Victimization Resource Center lists some unexpected issues a community may encounter after experiencing a mass violence incident. The document also provides suggested solutions for managing these challenges and prioritizing a community’s safety and recovery. http://nmvvrc.org/media/301cm3if/tipsheet2.pdf

**Resources for College Students**

- **Students: After a Disaster or Other Trauma**—This tip sheet highlights common reactions to disasters and traumatic events among college students, as well as signs of the need for professional mental health support. It suggests steps college students can take to cope effectively with a disaster and identifies resources for more information and support.
https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777

  This tip sheet is available in Spanish at https://store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH.

- **Tips for Young Adults: Coping With Mass Violence**—In this tip sheet, the SAMHSA Disaster Technical Assistance Center discusses ages 18 to 26 as a phase of development and explains how incidents of mass violence may affect people within this phase. The tip sheet highlights common reactions to mass violence, tips for coping, and resources for disaster behavioral health support.

- **College Students: Coping after the Recent Shooting**—Written for students at a college or university where there has been a campus shooting, this National Child Traumatic Stress Network (NCTSN) tip sheet identifies common reactions to an incident of mass violence and effective ways of coping. The tip sheet concludes by encouraging readers to tap into their networks of support.
https://www.nctsn.org/resources/college-students-coping-after-the-recent-shooting

- **Coping With Disaster and Crisis**—In this online article, the Talley Center for Counseling Services at the University of Mary Washington identifies various types of disaster and crisis situations, including natural disasters, threats to public health, and violent incidents, as well as how people may respond to these situations. The article offers tips for coping and for supporting a friend who has survived a disaster or is in crisis.
Resources for Parents, Other Caregivers, and Schools

- **Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers**—This SAMHSA tip sheet can help parents, other caregivers, and teachers recognize and address problems in children and teens affected by a disaster. The tip sheet describes reactions that are common in young survivors at different ages, as well as how to help children cope with these reactions. [https://store.samhsa.gov/product/tips-talking-helping-children-youth-cope-after-disaster-or-traumatic-event-guide-parents/sma12-4732](https://store.samhsa.gov/product/tips-talking-helping-children-youth-cope-after-disaster-or-traumatic-event-guide-parents/sma12-4732)

- **Helping Teens with Traumatic Grief: Tips for Caregivers**—This NCTSN tip sheet explains how teens may experience traumatic grief, a type of grief that people may go through after a death that occurs as part of a disaster or other sudden or violent event. The tip sheet describes 10 ways that teens may feel, behave, and express themselves as they go through traumatic grief, and, for each reaction, it suggests ways for parents and other caregivers to offer support. [https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers](https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers)


- **Helping Youth after Community Trauma: Tips for Educators**—In this 1-page tip sheet, the NCTSN identifies 10 ways youth may react to community traumas such as natural or human-caused disasters and suggests ways for educators to respond to these reactions and support youth in coping. The tip sheet also advises educators to find professional mental health support for youth—and for themselves—as needed. [https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators](https://www.nctsn.org/resources/helping-youth-after-community-trauma-tips-educators)

- **Psychological First Aid: Adults Working with Children and Teens**—Provided by the New York State Office of Mental Health, this information and tip sheet describes for parents and other caregivers how disasters may affect children and factors that can shape how children react to disasters. It identifies steps parents and other caregivers can take to support children and teens in coping after a disaster. [https://www.omh.ny.gov/omhweb/disaster_resources/pfa/adults_children.pdf](https://www.omh.ny.gov/omhweb/disaster_resources/pfa/adults_children.pdf)

- **PFA: Parent Tips for Helping Adolescents after Disasters**—Part of the Psychological First Aid (PFA) Field Operations Guide, this handout lists reactions adolescents may have to disasters, suggests ways for parents to respond, and offers examples of things parents can do and say to support adolescent disaster survivors. [https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents](https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents)
The handout is also available in five languages other than English:

- Spanish: https://www.nctsn.org/resources/pfa-consejos-para-padres-como-ayudar-adolescentes
- Russian: https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-ru
- Ukrainian: https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents-uk

Resources for Disaster Responders and First Responders

- First Responders and Disaster Responders Resource Portal—This part of the SAMHSA Disaster Technical Assistance Center website notes the stressors that may be involved in work as a responder, identifies signs of stress, and offers coping tips. The page features links to tip sheets, online trainings, and other resources related to responder mental health and freedom from substance use issues and conditions. https://www.samhsa.gov/dtac/disaster-responders

- A Guide to Managing Stress for Disaster Responders and First Responders—This SAMHSA guide is designed for first responders, public health workers, construction workers, transportation workers, utility workers, crisis counselors, and volunteers who respond to disasters and other crises. The guide provides information on how people experience stress; signs of extreme stress; and ways for organizations and individuals to manage and mitigate stress before, during, and after disaster response. https://store.samhsa.gov/product/managing-stress-responders/pep22-01-01-003

- First Responders and Recovery Workers: Responding to a Traumatic Event—In this tip sheet, the nonprofit organization Voices Center for Resilience provides an overview of impacts that responding to acts of violence, civil unrest, or terrorism can have on responders. The tip sheet lists steps leaders can take in support of the mental health of their teams, tips for workload and stress management, and suggestions for trainings for responders to complete in support of their mental health during disaster response. https://voicescenter.org/tip-sheets/trauma/responders

- Helping Victims of Mass Violence & Terrorism Toolkit—Available through the website of the Office for Victims of Crime Training and Technical Assistance Center, this toolkit includes information and resources to help communities prepare for and respond to incidents of mass violence and terrorism. While some parts of the toolkit focus on steps to take before an incident, other sections are designed to support responders in participating in and managing effective response and recovery processes. https://www.ovcttac.gov/massviolence/?nm=sfa&ns=mvt&nt=hvmv
Additional Resources for Acute Needs

- **SAMHSA Disaster Distress Helpline**—The SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text to 1–800–985–5990. The line also offers support in Spanish (people who call or text should press 2 for this option) and several additional languages other than English. People who are deaf or hard of hearing or who have other speech or hearing disabilities can use the texting option or, if they would like support in American Sign Language (ASL), they can call the DDH’s toll-free number via videophone-enabled device or click the “ASL Now” link at the DDH website. 
  https://www.samhsa.gov/find-help/disaster-distress-helpline
  - This website is available in Spanish at https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol.

- **988 Suicide and Crisis Lifeline**—The 988 Suicide and Crisis Lifeline is a source of support available 24/7 to people in crisis, including people experiencing challenging reactions to disasters. Call 988 for support in English or Spanish.
  https://988lifeline.org
  - The website is available in Spanish at https://988lifeline.org/help-yourself/en-espanol.

A disaster event such as this is unexpected and often brings out strong emotions. People can call or text the SAMHSA Disaster Distress Helpline’s toll-free number (1–800–985–5990) and receive immediate counseling. This free, confidential, multilingual crisis support service is available to anyone experiencing distress as a result of a disaster. People who call and text are connected to trained, caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.
LGBTQIA+ THERAPISTS

Grand Traverse County

Nicolas Piechotte, LMSW-Clinical (he/him/his)
- nic.piechotte@gmail.com, 517-331-1700
- Traverse City, MI
- Adolescents, Adults, Elders, Couples, Families

Nikki Wald, LMSW-Clinical (she/her/hers)
- nikkiwald@setforth.org, 231-944-0314
- Traverse City, MI
- Adolescents, Adults, Elders

Ingham County

Ashita Ghelani, LMSW-Clinical
- ashitag@mmrsinc.org, 517-887-0226
- Lansing, MI
- Adults

Stephen Rassi, LMSW-Clinical & Macro, PhD, MA (he/him/his)
- mercury@umich.edu, 734-945-9100
- Okemos, MI
- Adolescents, Adults, Elders, Couples, Families

Maxine Thome, PhD, LMSW-Macro & Clinical (she/her)
- maxinethome@gmail.com, 517-881-5074
- Lansing, MI
- Adolescents, Adults, Elders, Couples, Families

Arnold Berkman, S PHD
- 517-349-8388
- Okemos, MI

Annette L. Fortino, LCSW
- 517-882-3732
- Lansing, MI

Daniel Burns, LMSW
- (517) 525-1132
- Okemos, MI

Parker Curtis, MA, LPC
- parkertcurtis@transformativetherapycs.com, 517-798-6745
- wildfernswellness.com
- Lansing, MI

Timothy R. Waskerwitz, MA, LMFT
- waskerwi@pilot.msu.edu, 517-347-1867
- Okemos, MI

Anne Solari, LLMSW-Clinical (she/her/they/them)
- ASolariLLMSW@gmail.com, 517-878-0938 x3
- NaomiZF.com
- Adolescents, Young Adults, Adults Questioning, Families

**Kent County**

**Gordon Greer, LMSW-Clinical** (he/him/his)
- gordon.greer@pinerest.org, 616-258-7507
- Grand Rapids, MI
- Adolescents, Adults, Families

**Joanne Nemecek, LMSW-Clinical** (she, her, hers)
- jonemecek@comcast.net, 616-644-9238
- Grand Rapids, MI
- Adolescents, Adults, Elders, Couples, Families

**Macomb County**

**Rachel Crandall-Crocker, LMSW-Clinical & Macro** (she/her)
- rachelcrandallmsw@yahoo.com, 517-420-1544
- Warren, MI
- Adults, Elders

**Oakland County**

**Deborah Bienstock, LMSW-Clinical** (she/her)
- dfbienstock@gmail.com, 248-417-2917
- Farmington Hills, MI
- Adults, Elders

**Susan Radzilowski, LMSW, ACSW** (she/her/hers)
- skr125@gmail.com, 313-405-9717
- Farmington Hills, MI
- Transgender Children, Adolescents, and Adults, Parents of Transgender Children, Gender Questioning

**Ottawa County**

**Melissa Selby-Theut, LMSW-Clinical & Macro** (she/her/hers)
- selbym@gvsu.edu
- Allendale, MI
- Adolescents, Adults

**Saginaw County**

**Rachel Prenzler, LMSW-Clinical** (she/her)
- barbamillicentroberts@gmail.com, 989-598-6566
- Saginaw, MI
- Adolescents, Adults, Elders, Couples, Families
Washtenaw County

Kathy Diehl, LMSW-Clinical & Macro (she/her/hers)
- diehlk@umich.edu, 734-476-0528
- Ann Arbor, MI
- Adults, Elders, Couples, Families

Jenna Enneking, LMSW-Clinical (she/her/hers)
- jennekin@med.umich.edu, 734-232-6305
- Ann Arbor, MI
- Adults

Lesley Farrell, LMSW-Clinical (she/her/hers)
-lamaier@med.umich.edu, 734-249-9950
- Ann Arbor, MI
- Adolescents, Adults, Families

Leslie Pertz, LMSW-Clinical (she)
- leslie@lesliepertz.com, 734-926-8590
- Ann Arbor, MI
- Adolescents, Adults, Families

Laurin Tuxbury-Elliott, LMSW-Clinical, ACSW (she/her/hers)
- ltuxbury@med.umich.edu, 517-442-3074
- Ypsilanti, MI
- Children, Adolescents, Adults, Families

Misc.
- Michigan Psychological Care (offices in Midland, Alma, St. Johns, Howell, & Jackson)
  - 989-510-7626
  - www.michiganpsychologicalcare.com

Statewide Telehealth

Katie Bert, LMSW,
- 586-925-4827
- mskatierose@gmail.com

Stephen L. Rassi, Ph.D., L.M.S.W., M.A.
- 734-945-9100,
- mercury@umich.edu

Steven Gilpin, LMSW,
- Steve@connectingheals.com
- connectingheals.com
- Ann Arbor, MI

Dan Cooke, LMSW, CAADC,
- dcooke@cookecounseling.com
- 616-259-4796

Rachel Crandall-Crocker, LMSW,
- 517-420-1544,
- rachelcrandallmsw@yahoo.com
  Liz Curtis, MA, LPC, CAADC, NCC
  - 800-693-1916, lizcurtistherapy@gmail.com
  - https://www.greatlakespsychologygroup.com/therapists/elizabeth-curtis/

Sarah Redman, MA, TLLP
- 947-517-7806
- https://www.southfieldmentalhealth.com
- Southfield, MI

Mx. Sam Shump, LPC, ASDCS, CCATP
- sam@sec-llc.org
- www.sec-llc.org