

# EATON COUNTY WELLNESS RESOURCE DIRECTORY

Welcome to the Eaton County Wellness Resource Directory. In this directory, you will find programs, services and providers, available to assist individuals and families dealing with behavioral health issues (inclusive of mental health or substance use disorder).

The Eaton County Wellness Resource Directory was compiled by Suicide Prevention of Eaton County (SPEC), a sub-committee of the Eaton County Substance Awareness Advisory Group (ECSAAG). SPEC includes representatives from community agencies and local schools who provide both direct and supportive services to children and families with mental health issues.

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Compliments of: Suicide Prevention of Eaton County (SPEC)



**ECSAAG**  
Eaton County  
Substance Awareness  
Advisory Group



**MSHN**  
Mid-State Health Network

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## CRISIS PREVENTION RESOURCES

### **Crisis Services Clinton-Eaton-Ingham Community Mental Health Authority (CMHA-CEI)**

800.372.8460 or 517.346.8460

812 East Jolly Road, Lansing, MI 48910

[www.ceicmh.org/emergency](http://www.ceicmh.org/emergency)

Crisis services for adults and children are offered 24 hours a day, seven days a week for those who may be at risk of needing psychiatric hospitalization. Services provided include crisis intervention and psychiatric services. Services are provided at a variety of sites and are short-term (1 - 28 days). CMHA-CEI accept Medicaid, Healthy Michigan Plan and other publicly funded health insurance. We also have grant funding for specialty services for those who might be under-insured or require services not covered by commercial insurance. Staff are able to provide help enrolling in Medicaid, Healthy Michigan Plan, or the Marketplace.

### **Listening Ear Crisis Center**

517.337.1717

2504 East Michigan Avenue, Lansing, MI 48912

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

Crisis intervention and referrals are offered for anyone 24 hours a day, seven days a week. Provides free and confidential service for telephone and walk-in clients in crisis.

### **National Suicide Prevention Lifeline**

800.273.TALK (8255)

888.628.9454 for Spanish

800.799.4TTY (4889) for hearing and speech impaired

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

Free crisis services for anyone in suicidal crisis or emotional distress are offered 24 hours a day, seven days a week. Your call will be routed to the nearest crisis center to you.

### **OK2Say**

Text: 652729

Call: 855.565.2729

[www.michigan.gov/ok2say](http://www.michigan.gov/ok2say)

OK2SAY is the student safety program which allows students to confidentially report tips on potential harm or criminal activities directed at school students, school employees and schools.

### **Siren Shelter Domestic Violence Hotline**

800.899.9997

520 Robinson Street, Charlotte, MI 48813

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

Free services for domestic violence survivors and homeless families, including emergency housing, transitional housing, counseling, support groups, referrals and advocacy.

## VETERANS AND THEIR FAMILIES

### **Battle Creek VA Medical Center**

269.966.5600 or 888.214.1247

5500 Armstrong Road, Battle Creek, MI 49037

[www.battlecreek.va.gov](http://www.battlecreek.va.gov)

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

### **Military OneSource**

800.342.9647

[www.militaryonesource.mil](http://www.militaryonesource.mil)

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

### **Veterans Suicide Prevention Hotline**

800.273-TALK (8255) Veterans Press 1

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

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

### **VFW National Home**

800.313.4200

[vfnationalhome.org](http://vfnationalhome.org)

Today's military and veteran families face different challenges -- reintegration, post-traumatic stress, high unemployment and rehabilitation from battlefield injuries, among others -- and the National Home has evolved over our decades-long history to meet those changing needs.

## WELLNESS RESOURCES

### **Anxiety Resource Center, Inc.**

312 Grandville Avenue, Grand Rapids, MI 49503

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

The Anxiety Resource Center, Inc. was established in 2005 to create a physical place where people could come together and find support, hope and inspiration.

### **Central Michigan 211**

Call 2-1-1

[www.centralmichigan211.org](http://www.centralmichigan211.org)

Central Michigan 2-1-1 connects people in need to health and human service resources in the community. Available 24/7, 365 days within 9 counties in Central Michigan; Clinton, Eaton, Genesee, Hillsdale, Jackson, Lenawee, Livingston and Shiawassee Counties. Specialists provide information, referrals, navigation and advocacy when people are looking for help or to give help in the community.

### **National Alliance on Mental Illness (NAMI)**

800.950.6264

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

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

### **National Institute on Drug Abuse (NIDA)**

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

Our mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

### **National Institute for Mental Health (NIMH)**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

The National Institute of Mental Health is the lead federal agency for research on mental disorders. Our mission is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure.

### **Salus Center**

408 South Washington Square, Lansing, MI 48933

517.580.4593

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

Keeping LGBTQIA2S+ folk at the core, Salus Center strives to cultivate radical communities of care. We aim to empower people to authentically live into their whole selves, no matter what intersecting identities they embody.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

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

The Substance Abuse and Mental Health Services Administration is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

### **Suicide Prevention Lifeline**

800.273.8255

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

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

## LOCAL GRIEF SUPPORT GROUPS

### **Ele's Place**

517.482.1315

1145 West Oakland Avenue, Lansing, MI 48915

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

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

### **Friends of Chrystal**

517.230.3487

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

This local 501(c)(3) non-profit organization supports youth and adults by offering peer support in open meetings for anyone dealing with mental health issues, substance abuse, relationship conflicts and suicidal feelings. A licensed counselor facilitates all meetings. Meetings are free. Find us on Facebook@ Friends of Chrystal.

### **Grief Support Group**

#### **Pray Funeral Home**

517.543.2950

401 West Seminary Street, Charlotte, MI 48813

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

A counselor-led, monthly, grief support group meets on the fourth Monday evening of most months. This helpful time is open for all members of the community to gain support and strength in an open and comforting environment. Participation is free.

### **Survivor's Support Group**

#### **Eaton Community Palliative Care**

517.543.5310

2675 South Cochran, Charlotte, MI 48813

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

Free meetings are held every Monday at 12:30 pm to discuss issues related to the death of a loved one.

## REGIONAL PSYCHIATRIC ASSESSMENT AND TREATMENT SERVICES

### **Cedar Creek Hospital**

Local: 989.403.6022 Toll-Free: 833.837.0923

101 West Townsend Road, St. Johns, MI 48879

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

Provides evidence-based treatment to adolescents and adults struggling with mental health issues, including assessment, inpatient services and crisis services.

### **Clinton-Eaton-Ingham Community Mental Health Authority (CMHA-CEI)**

Central Access 888.800.1559 or 517.346.8318 for local referrals

Crisis Services 800.372.8460 or 517.346.8460

812 East Jolly Road, Lansing, MI 48910

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

CMHA-CEI is a public agency serving children and adults in Clinton, Eaton and Ingham counties with: emotional/behavioral challenges, intellectual/developmental disabilities and substance use issues. Services and support may include screening/assessment, crisis intervention, detoxification, urgent care, case management, therapy, evidence-based treatment, skill building/vocational support, peer mentoring, veterans navigation, healthcare integration, wellness coaching and prevention/outreach. CMHA-CEI accept Medicaid, Healthy Michigan Plan and other publicly funded health insurance. We also have grant funding for specialty services for those who might be under-insured or require services not covered by commercial insurance. Staff are able to provide help enrolling in Medicaid, Healthy Michigan Plan, or the Marketplace.

### **Comprehensive Psychological Services**

517.337.2900

2720 East Lansing Drive, East Lansing, MI 48823

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

Psychological and psychiatric clinical services are provided to children, adolescents, adults, families and the elderly. Psychological and neuropsychological evaluations regarding many diagnostic and treatment issues are also provided. Many insurance plans are accepted.

### **Forest View Hospital**

800.949.8439

1055 Medical Park Drive SE, Grand Rapids, MI 49456

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

A 24-hour intake team can provide assessment and admission or referral services. Several insurance plans are accepted.

**Lansing Psychological Associates**

517.337.6545

234 Michigan Avenue, East Lansing, MI 48823

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

A comprehensive range of psychotherapy and counseling for all ages are available. Several insurance plans are accepted.

**Michigan State University Psychiatry Outpatient Clinic**

517.353.3070

8119 West Fee Hall, Michigan State University, East Lansing, MI 48824

[www.healthteam.msu.edu/patients/psychiatric-clinic](http://www.healthteam.msu.edu/patients/psychiatric-clinic)

Treatment for adults and children is available, as well as a clinic for Psychiatric Assessment Services for Children and Adolescents. Individually designed recommendations for ongoing care strategies allow patients to be followed by their own primary care physician. Regular follow-up consultation with primary care physician is provided by telephone. Private insurance plans are accepted.

**Oaklawn Hospital - Psychiatric Center**

269.781.4484

200 North Madison, Marshall, MI 49068

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

A continuum of mental health services, including inpatient and outpatient services are provided.

**PAR Rehab Services**

517.887.9801

3960 Patient Care Drive, Suite 104, Lansing, MI 48911

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

Child, adolescent and adult psychiatry services, psychotherapy and other counseling services are offered. Several types of insurance, including some Medicaid insurance plans, are accepted.

**Prevention and Training Services (PATS)**

517.323.8149

252 South Waverly Road, Lansing, MI 48917

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

PATS currently provides the following services: Alcohol and Drug Testing Services, Marijuana Intervention Program, Domestic Abuse Intervention Program, Economic Crime Program, Assaultive Behavior Change, Alcohol and Substance Use Education, Relapse Treatment, Outpatient Substance Abuse Treatment, Women's Specific Outpatient Treatment, Intensive Outpatient Treatment, Drug and Alcohol Assessments, Mental Health Therapy and Moral Reconciliation Therapy.

**Pine Rest Christian Mental Health Services**

800.678.5500

300 68th Street SE, Grand Rapids, MI 49548

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

A 24-hour intake team can provide assessment, admission or referral services. Several insurance plans accepted.

**Sparrow Hospital, St. Lawrence Campus Behavioral Health Services**

517.364.7700

1210 West Saginaw Street, Lansing 48915

[www.sparrow.org/behavioralhealth](http://www.sparrow.org/behavioralhealth)

All mental health programs are offered, including adult inpatient, partial hospitalization and outpatient services and adolescent outpatient services.

**Wedgwood Christian Services**

616.942.2110

3300 36th Street SE, Grand Rapids, MI 49512

[www.wedgwood.org/services](http://www.wedgwood.org/services)

Offering counseling services, substance use disorder services, prevention, parenting support and residential services.

**SUBSTANCE USE DISORDER ASSESSMENT AND TREATMENT SERVICES****Brighton Center for Recovery**

877.9.SOBER.1 or 877.976.2371

12851 Grand River Avenue, Brighton, MI 48116

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

Individual programs focus on drug detox and rehab, alcohol abuse treatment and addiction counseling. Most commercial drug treatment insurance and managed care plans are accepted.

**Clinton-Eaton-Ingham Community Mental Health Authority**

800.372.8460 or 517.346.8460

812 East Jolly Road, Lansing, MI 48910

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

Residents of Clinton, Eaton and Ingham Counties. Helps determine what kind of services would be most helpful. Referral is made to a treatment center that can assist if people do not have health insurance benefits to cover treatment.

**Kairos Health Care**

844.452.4767

Saginaw, MI 48601

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

Adult and adolescent psychiatric and substance abuse detoxification inpatient services are available. Most insurance plans are accepted.

**Mid-Michigan Recovery Services**

517.887.0226 or 800.337.2310

913 West Holmes, Suite 200, Lansing, MI 48910

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

A full continuum of care is offered including Outpatient Services, Confidential Assessments, Education Programs, Individual Therapy and Group Therapy.

**Pine Rest Christian Mental Health Services**

866.852.4001

300 68th Street SE, Grand Rapids, MI 49548

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

The full continuum of addiction treatment and recovery services, which include detoxification, short-term residential, individual outpatient counseling, intensive outpatient program (IOP), relapse prevention, assessments, family programs, alumni groups, early recovery groups, suboxone clinic and intervention training. Several insurance plans accepted.

**Sparrow Hospital, St. Lawrence Campus Behavioral Health Services**

800.761.9384

1210 West Saginaw Street, Lansing, MI 48915

[www.sparrow.org/behavioralhealth](http://www.sparrow.org/behavioralhealth)

Sparrow Substance Abuse provides assessment, medically managed detoxification and outpatient services.

**Wellness, InX**

517.272.0520

913 West Holmes Road, #209, Lansing, MI 48910

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

Provides a strength-based approach to recovery, which includes case management, referral to a comprehensive array of public and private recovery resources, treatment coordination, individualized case planning, peer recovery support, health peer coach assistance, family support referrals to Families Against Narcotics (FAN), homeless to housed planning, weekly gender specific peer facilitated groups, monthly seminars, jail reentry and recovery planning.

## MENTAL HEALTH THERAPISTS

Matthew Austin	Limited License Professional Counselor	Eaton Rapids, MI	517.999.4500
Kathleen Faber	Licensed Professional Counselor	Lansing, MI	517.303.3424
Stacy Gatz	Psychologist & Behavior Analyst	Eaton Rapids, MI	517.250.2552
Katherine Gute	Clinical Social Worker	Grand Ledge, MI	517.927.3382
Tara Calabro	Clinical Social Worker	Eaton Rapids, MI	517.663.9431
Debra Farrell	Limited License Professional Counselor	Lansing, MI	517.285.0527
Lev Heydrich	Clinical Social Worker	Lansing, MI	517.488.7018
Lisa Jackinchuk	Clinical Social Worker	Eaton Rapids, MI	517.663.9427
Sandra Johnson	Clinical Social Worker	Lansing, MI	517.285.8775
Inger Lanese	Licensed Professional Counselor	Lansing, MI	517.622.2418
Linda Lunsted	Clinical Social Worker	Lansing, MI	517.323.1767
Angela McGuire	Clinical Social Worker	Grand Ledge, MI	517.627.7118
Amie Pierce	Licensed Professional Counselor	Charlotte, MI	517.240.1426
Lorna (Lori) Poyer	Clinical Social Worker	Charlotte, MI	517.543.1150
Julie Maraskine	Clinical Social Worker	Eaton Rapids, MI	517.663.9427
Kenneth Salzman	Clinical Psychologist	Lansing, MI	517.482.0033
Tom Jones	Clinical Social Worker	Charlotte, MI	517.214.8907
Julie Shaltry	Licensed Professional Counselor	Grand Ledge, MI	517.281.9956
Shawn Shaltry	Limited License Professional Counselor	Grand Ledge, MI	517.338.3090
Deb Somervill	Clinical Social Worker	Lansing, MI	517.323.4099 ext 103
Ann Sovey	Licensed Professional Counselor	Charlotte, MI	517.997.9797
Shelley Sysum	Psychologist	Eaton Rapids, MI	517.667.8447
Shiloh Wehr	Limited License Professional Counselor	Lansing, MI	517.618.9533
Lauren Whaley	Limited License Professional Counselor	Grand Ledge, MI	517.338.3090 ext 704

## MENTAL HEALTH CLINICS

### **Delta Counseling Associates**

517.303.3424  
526 South Creyts Road, Suite B, Lansing, MI 48917

### **Delta Psychological Services**

517.321.6668  
4433 West Saginaw Highway, Suite 105, Lansing, MI 48917

### **Delta-Waverly Psychology & Counseling Associates**

517.323.4099 | 517.323.3334 Fax  
5123 West St. Joseph Highway, Suite 103, Lansing, MI 48917  
[www.deltawaverly.com](http://www.deltawaverly.com)

### **Eaton County Counseling Center (ECCC)**

517.543.5100  
551 Courthouse Drive, Charlotte, MI 48813

### **Grand Ledge Counseling Center**

517.627.8357 or 517.627.5757  
207 West Jefferson Street, Grand Ledge, MI 48837

### **Insight Counseling Services of Greater Lansing LLC**

517.281.9956  
100 West Saginaw Street, Suite B, Grand Ledge, MI 48837

### **Pathfinder Counseling Center**

517.627.7118 or 517.303.5734  
11653 North Hartel Road, #3400, Grand Ledge, MI 48837

### **Pine Rest Hastings Office**

866.852.4001  
450 Meadow Run, Suite 300, Hastings MI 49058  
[www.pinerest.org](http://www.pinerest.org)

### **Prevention and Training Services (PATS)**

517.323.8149  
252 South Waverly Road, Lansing, MI 48917  
[www.patslansing.com](http://www.patslansing.com)

### **PPRS - Professional Psychological & Rehabilitation Services**

517.321.5900  
302 South Waverly Road, Suite 1, Lansing, MI 48917

### **R3NEW Counseling Services**

517.395.9711  
114 East Lawrence Avenue, Suite 130, Charlotte, Michigan 48813

### **Serene Pathways Counseling, LLC**

517.323.1767  
516 South Creyts Road, Suite F, Lansing, MI 48917  
[www.serenepathwayscounseling.com](http://www.serenepathwayscounseling.com)

*See also: Local Psychiatric Assessment and Treatment Services*

## HOW TO ACCESS MENTAL HEALTH SERVICES THROUGH YOUR EMPLOYER OR INSURANCE HEALTH PLAN

- **Ask your HR department if your employer offers an Employee Assistance Program (EAP).** EAPs offer confidential help to employees and/or their immediate family members. Your EAP Counselor will help you access your health insurance benefits and connect you to professionals that offer more specialized care, if continued care is warranted.
- **Look on the back of your insurance card for a Customer Service number.** Usually this is a 1-800 number. The person who is the primary card holder should call, if possible. Information generally will not be given out to anyone else.
- **Ask to speak with Customer Service.** You may have to provide your insurance number or other information to identify yourself, such as an address, ZIP code, phone number, or social security number.
- **Be sure to ask:** What type of plan you have? What services are covered? Is there a co-pay? Do you need to be referred by your primary care doctor for mental health services to be covered? Does your insurance cover individual therapy? How many sessions? Do they cover emergency hospital stays or emergency mental health assessments (such as crisis services)? What facilities are covered?
- **Don't give up!** Be persistent. If you need assistance at any point, ask for help.

## TIPS FOR GETTING THE MOST OUT OF YOUR SESSIONS

*Adapted from reachout.com, an initiative of the Inspire USA Foundation*

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

- Write ideas down beforehand and important topics to cover.
- Ask questions, especially if you don't understand why you are being asked to talk about or do certain things.
- Keep an open mind and positive attitude to get the most out of your counseling sessions.
- Don't be thrown off by note taking. The mental health professional uses notes for remembering important points.
- Understand your confidentiality rights. Your mental health professional will explain these to you.
- Be honest with your mental health professional. Your mental health professional will try to help you feel better, but needs honest feedback.
- Don't be afraid to change mental health professionals. Just because your relationship doesn't work the first time, it doesn't mean it won't work with another. Keep trying!
- Remember, your mental health professional wants to help you. You can disagree with the person and question things if you don't feel comfortable.

## IF YOU KNOW SOMEONE WHO IS HAVING THOUGHTS OF SUICIDE

Take the person seriously. Stay with them. Help them remove lethal weapons.

Call the **NATIONAL SUICIDE PREVENTION LIFELINE: 800.273.8255**

Text **TALK** to **741741** and text with a trained crisis counselor from the Crisis Text Line for free.

Escort them to mental health services or an emergency room.

## IF YOU ARE IN A STATE OF DISTRESS

Reaching out is the first step to safety. **Call 911** or go to mental health services or an emergency room.

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

*If you are a provider and would like to be included in any future updates of this directory, please contact Charisse Tuell at [ctuell@eatonresa.org](mailto:ctuell@eatonresa.org) or 517.541.8912.*