

What is a Mental Health Emergency?

A situation is a mental health emergency when a person with mental illness is at immediate risk of seriously harming her/himself or someone else.

What should I do in a Mental Health Emergency?

In an emergency, call or go to the

**Urgent Behavioral Care Center
43800 Garfield Rd., Clinton Township
586-466-6222**

If you aren't sure what to do in an emergency, you can call the UBHC or the Crisis Center. A counselor can help you decide what to do.

What if I want to receive services, but it's not an emergency?

If it's not an emergency, but you want to receive our services, call the Access Center. When you call, we will ask you some questions to decide what services might help you. If MCCMH can help, we will make an appointment for you at one of our offices. If not, we will give you referrals and other ideas.

Don't wait for an emergency to call.
We're here to help.

What Services Might be Available to Me?

Macomb County Community Mental Health (MCCMH) offers many services to manage mental illness, developmental disabilities, or substance use disorder. The services you might receive will depend on your needs. When you begin receiving services from MCCMH, we will give you more detailed information about our services and your rights. MCCMH services include:

- **Crisis Services:** Counselors are available at the Crisis Center 24 hours a day to help with any problem. The Crisis Center can provide information about many community resources, in addition to MCCMH services. Crisis Services may also include inpatient hospitalization for a psychiatric emergency, or inpatient alternatives.
- **Outpatient Services:** Outpatient services, like medication and counseling, help people manage their illness and achieve their goals. Outpatient services are usually provided in a clinic setting. Certain services, like Assertive Community Treatment, are provided at other places in the community.
- **Community Living Supports and Services:** Community living services are supports and services that help people maintain their independence in the community.
- **Children's Services:** Services are available to help children with serious emotional disturbance or developmental disability manage their behavior and get along better at home and at school.
- **Substance Abuse Treatment:** Alcohol and drug treatment services are available in community or residential settings. To learn about treatment for an alcohol or drug abuse problem, call the Access Center.
- **Interpreters are available:** MCCMH will provide language or ASL interpreters to help you or your family member use our services. Interpreters are provided at no cost to you.

Remember: To begin receiving MCCMH services, including substance use disorder services, call the Access Center: (586) 948-0222. These phones are equipped with language interpretation services.

How will my Services be Designed?

MCCMH will work with you and the people who are important to you to create a service plan to meet your needs. We will work from your strengths, values, and preferences as much as possible. The process of planning your services is called "Person-Centered Planning." Your service plan can be changed as your needs and goals change.

Who will Pay for My Services?

If you are covered by Medicaid or Healthy Michigan, it will pay the cost of services approved for you. Depending on your income and expenses, we may ask you to help pay for services to you or your family. If we ask you to help pay for services, and you feel you can't afford the fee, tell us. We will work with you to find a fee you can afford.

What if I have a Problem with My Services?

If you have a problem with your MCCMH services, talk with us about it. Rights Advisors and an Ombudsman are available to help solve problems with your services. You may call the Rights Advisors or the Ombudsman whenever you are concerned about your services.

If you don't agree with our decisions, you may have the right to ask for a second opinion or an appeal. You may ask for a second opinion if:

- your initial request for MCCMH services is denied
- your request for hospitalization is denied

If you disagree with our other decisions about your services, you may ask for an appeal. The Ombudsman will help you with an appeal.

If you have Medicaid or Healthy Michigan, you may also be able to use the Michigan Medicaid Fair Hearing process. If you don't have Medicaid, there are other ways we can help you solve disagreements about our services.

Accessing Mental Health Services In Macomb County



**Macomb County
Community Mental Health**

What is Macomb County Community Mental Health?

Macomb County Community Mental Health (MCCMH) is a public provider of mental health, developmental disability, and substance abuse treatment services. MCCMH has been designated by the State of Michigan to provide these services to Macomb County residents who receive Medicaid, Healthy Michigan, or other medical assistance from the State of Michigan, as well as those with limited or no insurance.

MCCMH programs and services are certified by the State of Michigan and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). This means that MCCMH services meet State and national standards of quality.

The programs and services of Macomb County Community Mental Health are supported and funded, in part, by the Macomb County Board of Commissioners and the Michigan Department of Community Health, and are administered by the Macomb County Community Mental Health Board.

Macomb County
Community Mental Health
guided by the values, strengths, and informed
choices of the people we serve, provides an
array of quality services which promote
recovery, community participation, self
sufficiency, and independence.

**Mission Statement
of MCCMH**

Who May Get Services from Macomb County Community Mental Health?

You may get services from MCCMH if you live in Macomb County and you:

- receive Medicaid, Healthy Michigan, or other medical assistance from Michigan, **and** you
- have ever been diagnosed with a serious mental illness or developmental disability, or
- need treatment for substance abuse, or
- believe you may have one of these conditions

What are the Phone Numbers?

Emergency Services

or Help after Regular Business Hours:

Urgent Behavioral Health Center 586-466-6222

Crisis Center 586-307-9100

Non-Emergency Services

Access Center 586-948-0222

Resolving Concerns About Services:

Office of the Ombudsman 586-469-7795

Office of Recipient Rights 586-469-6528

Substance Abuse

Recipient Rights 586-469-5278

**These phone lines are equipped with
language interpreter services.
Michigan Relay Service/ TTY: 711
You may call any MCCMH office Collect.**

