

# **Eaton County Mental Health Resources Directory**

Compiled January 2011  
by



This directory is dedicated to the memory of Mr. Thomas Wyble.

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## **INTRODUCTION**

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

The Eaton County Mental Health Resources Directory was compiled by the Suicide Prevention of Eaton County (SPEC) coalition which was formed in 2009 as a sub-committee of the Eaton County Substance Abuse Advisory Group (ECSAAG). *The purpose of the SPEC is to reduce the incidence of depression, suicide attempts, and eliminate deaths due to suicide in Eaton County.* SPEC includes representatives from community agencies, the local schools, Friends of Chrystal, Barry-Eaton District Health Department, Eaton County Counseling Center, Eaton Intermediate School District, churches and Hayes Green Beach Memorial Hospital, as well as private providers who provide both direct and supportive services to children and families with mental health issues.

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.

Printing was made possible through an Eaton County United Way grant.

If you are a provider and would like to be included in any future updates of this directory, please contact Sara Lurie at [slurie@eatonisd.org](mailto:slurie@eatonisd.org) or 517-541-8711.

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

- **Ask if your employer offers an Employee Assistance Program.** Check with your Human Resources Department to see if your employer offers an Employee Assistance Program (EAP). EAPs offer confidential help to employees and/or their immediate family members in dealing with personal problems. If needed, your EAP Counselor will help you access your health insurance benefits and connect you to professionals that offer more specialized care.
- **Look on the back of your insurance card for a customer service number. Usually this is a 1-800 number.** The person whom the insurance is under should call. Information generally will not be given out to anyone else.
- **Ask to speak with Customer Service.** You may have to provide your insurance number, or other information to identify yourself, such as your (the primary cardholder's) address, ZIP code, phone number or social security number.
- **Ask that the representative tell you exactly what *type* of plan you have.** For example, some individuals have Blue Cross Blue Shield, but the plan type may vary from person to person and from employer to employer (e.g., Community Blue, Blue Care Network, etc.).
- **Ask what your *mental health benefits* and *what your co-pays* are.** Often carriers will pay a certain percentage, leaving you to pay the rest up front at the time of service (the co-pay). Also, different plans allow different amounts of service (# of sessions) per year, or there may be a deductible to be met out of pocket before the benefit will be covered.
- **Ask what services are covered, and what you need to do in order for them to be covered.** As with physical health coverage, mental health

coverage often requires a referral from an identified professional, or will cover certain facilities instead of others. Be sure to ask: Do you need to be referred by your general practitioner (e.g., medical doctor) for mental health services are covered? Does your carrier cover individual therapy? How many sessions? Do they cover emergency hospital stays or emergency mental health assessments (such as crisis services)? What facilities are covered?

- **Ask who are the *Preferred Providers or In-Network providers*.**

Some insurance plans will only cover certain professionals who have gone through a process to be registered with that particular insurance company or insurance plan. Some insurance plans have “preferred providers,” or “in-network” professionals, who have gone through this process and are registered, for whom the insurance company will cover more of the cost. They may also have “out-of-network” professionals, who are not registered with the insurance company. You may have to pay more out of pocket to see these individuals.

- **Ask for a list of these professionals.** Ask the insurance company to send you a list by mail, or help you navigate their website to find an online list. Asking the customer service rep to do this with you while you are on the phone with them can be helpful.

- **When you receive the list and choose a service provider, always call them** directly and ask if they still take your insurance prior to setting up an appointment. Sometimes online lists of professionals covered by an insurance company are not up-to-date. The provider will know if they are still working with your insurance company.

- **Ask your provider what the co-pay is;** if it is more than you can afford, ask your provider if they offer their fee on a “sliding scale” or a “time of service fee.”

- **Don’t give up!** Be persistent. If you need assistance at any point, ask for help.

## **CRISIS PREVENTION RESOURCES**

### **Listening Ear Crisis Center**

517-337-1700

313 W. Grand River Ave

East Lansing, MI 48823

<http://www.thelisteningear.net/>

Offers crisis intervention and referral for anyone 24 hours a day, seven days a week. Provides free and confidential service for telephone and walk-in clients in crisis.

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

1-800-372-8460 or 517-346-8460

812 E. Jolly Rd., Suite G-10

Lansing, MI 48910

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

Offers crisis services for adults and children 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). Accepts Medicaid and some other types of insurance. If you do not have insurance, you will pay based on your income. You may receive services even if you cannot pay.

### **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

1-888-628-9454 for Spanish

1-800-799-4TTY (4889) for hearing and speech impaired

<http://www.suicidepreventionlifeline.org/>

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

## **VETERANS AND THEIR FAMILIES**

### **Veterans Suicide Prevention Hotline**

1-800-273-TALK (8255) Veterans Press 1

<http://www.suicidepreventionlifeline.org/Veterans/Default.aspx>

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.

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

269-966-5600 | 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**

1-800-342-9647

<http://www.militaryonesource.org>

available 24 hours a day, seven days a week

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

## **MENTAL HEALTH THERAPISTS**

Martha Beuerle  
Clinical Social Worker  
6206 West Saginaw  
Lansing, MI 48917  
(517) 321-4043  
Serves: Children, Teens, Families, Adults

Dave Brown, PhD  
Clinical Psychologist  
Lansing Psychological Associates  
234 Michigan Avenue  
East Lansing, MI 48823  
(517) 337-6545  
Serves: Children, Teens, Families, Adults

Kathy Coscarelli  
Psychotherapist  
13952 N. Hartel Road  
Grand Ledge, MI 48837  
(517) 627-9701  
Serves: Children, Teens, Families, Adults, Couples

Richard Dombrowski  
Clinical Psychologist  
Riverwind Psychology Associates, PLC  
6639 Centurion Dr., Suite 150  
Lansing, MI 48917  
(517)703-0110, ext. 11  
Serves: Children, Teens Adults

Kathleen Faber  
Licensed Professional Counselor  
7804 Francis Court, Suite 220  
Lansing, MI 48917  
(517) 303-3424  
Serves: Teens, Families, Adults

Stacy Gatz  
Clinical Psychologist  
Union Street Center  
501 Union Street  
Eaton Rapids, MI 48827  
(517) 250-2552  
Serves: Children, Teens, Families, Adults, Couples

Hope Gawlowski  
Clinical Psychologist  
6639 Centurion Drive, Suite 150  
Lansing, MI 48917  
(517) 899-7248  
Serves: Adults

Katherine Gute  
Clinical Social Worker  
Pathfinder Counseling  
325 S. Clinton Street  
Grand Ledge, MI 48837  
(517) 927-3382  
Serves: Children, Teens, Families, Adults

Janet Howes  
Clinical Social Worker  
7804 Francis St., Suite 220  
Lansing, MI 48917  
(517) 622-1311  
Serves: Families, Adults

Jack Jesse  
Clinical Social Worker  
Ingham Behavioral Health  
5607 Aurelius Road  
Lansing, MI 48911  
(517) 281-5065  
Serves: Teens, Adults

Sandra Johnson  
Clinical Social Worker  
7804 Francis Ct., Suite 220  
Lansing, MI 48917  
(517) 285-8775  
Serves: Children, Teens, Families, Adults

Rev. Thomas Jones  
Clinical Social Worker  
Hayes Green Beach Specialties Clinic  
123 Lansing Street  
Charlotte, MI 48813  
(517) 337-6545  
Serves: Children, Teens, Families, Adults, Couples

Patricia Longan  
Clinical Psychologist  
836 Centennial Way, Suite 120  
Lansing, MI 48917  
(517) 886-0445  
Serves: Adults

David Lowe  
Clinical Social Worker  
4984 Bailey Road  
Dimondale, MI 48821  
(517) 646-8276  
Serves: Only Gay, Lesbian, Transgender and Bisexual Teens,  
Adults and Families

Melody McGinn  
Clinical Social Worker  
Pathfinder Counseling Center  
325 S. Clinton St., Suite 50  
Grand Ledge, MI 48837  
(517) 627-7118  
Serves: Children, Teens, Families, Adults

Angela McGuire  
Clinical Social Worker  
Pathfinder Counseling Center  
325 S. Clinton St., Suite 50  
Grand Ledge, MI 48837  
(517) 627-7118  
Serves: Children, Teens, Families, Adults

Nancy Perry  
Clinical Social Worker  
LifeSpan Counseling, LLS  
6206 W. Saginaw, Suite B  
Lansing, MI 48917  
(517) 242-3619  
Serves: Adults

Stephen Polzin  
Clinical Social Worker  
Lansing Psychological Associates  
234 Michigan Avenue  
East Lansing, MI 48823  
(517) 337-6545  
Serves: Children, Teens, Families, Adults

Lorna (Lori) Poyer  
Clinical Social Worker  
Peaceful Balance Counseling  
710 W. Lawrence Avenue  
Charlotte, MI 48813  
(517) 543-1150  
Serves: Children, Teens, Families, Adults, Couples, People with  
Disabilities

Deborah Reusser  
Marriage or Family Therapist  
Mosaic Counseling Services  
420 S. Waverly Rd., Ste. 5  
Lansing, MI 48917  
(517) 803-3248  
Serves: Children, Adults

Janet Richards  
Clinical Social Worker  
101 Spicerville Hwy. #2  
Eaton Rapids, MI 48827  
(517) 663-9518  
Serves: Teens, Families, Adults

Kenneth Salzman, PhD  
Clinical Psychologist  
4435 W. Saginaw #202  
Lansing, MI 48917  
(517) 482-0033  
Serves: Children, Teens, Families, Adults

Dr. Klaus Sauerbrey  
Clinical Psychologist  
Hayes Green Beach Specialties Clinic  
123 Lansing St.  
Charlotte, MI 48813  
(517) 543-9500  
Serves: Children, Teens, Adults

Deb Somervill  
Clinical Social Worker  
Delta-Waverly Psychology Psychology & Counseling Associates  
701 S. Creyts  
Lansing, MI 48917  
(517) 323-4099  
Serves: Children, Teens, Families, Adults

Shelley Sysum  
Clinical Social Worker  
Renew Counseling Services  
600 S. Main  
Eaton Rapids, MI 48827  
(517) 667-8447  
Serves: Children, Teens, Families, Adults

Heather Zak  
Clinical Psychologist  
302 S. Waverly Road, Suite 3  
Lansing, MI 48917  
(517) 327-7400  
Serves: Children, Teens, Families, Adults

### **MENTAL HEALTH CLINICS**

Delta Psychological Services  
4433 W. Saginaw Hwy. Ste. 105  
Lansing, MI 48917  
(517) 321-6668

Delta-Waverly Psychology & Counseling Associates  
701 S. Creyts, Ste. C  
Lansing, MI 48917  
(517) 323-4099

Eaton County Counseling Center (ECCC)  
551 Courthouse Drive  
Charlotte, MI 48813  
(517) 543-5100

Grand Ledge Counseling Center  
207 W. Jefferson  
Grand Ledge, MI 48837  
(517) 627-8356

Pathfinder Counseling Center  
325 S. Clinton  
Grand Ledge, MI 48837  
(517) 627-7118

PPRS – Professional Psychological & Rehabilitation Services  
302 S. Waverly Road, Ste. 1  
Lansing, MI 48917  
(517) 321-5900

See also: Pages 17-20  
Local Psychiatric Assessment and Treatment Services

## **WHAT IS AN ADOLESCENT PSYCHIATRIC ASSESSMENT?**

(adapted from *Facts for Families*© developed and distributed by the American Academy of Child and Adolescent Psychiatry [AACAP])

Evaluation by a child and adolescent psychiatrist is appropriate for any child or adolescent with serious emotional and behavioral issues. Comprehensive psychiatric evaluations usually require several hours over one or more office visits for the child, parents and family. With the parents' permission, other significant people (such as the family physician, school personnel or other relatives) may be contacted for additional information.

The comprehensive evaluation frequently includes the following:

- Description of present problems and symptoms;
- Information about health, illness and treatment (both physical and psychiatric);
- Parent and family histories;
- Information about the child's development;
- Information about school and friends;
- Information about family relationships;
- Interview of the child or adolescent by a psychiatrist;
- If needed, laboratory studies such as blood tests, x-rays, or special assessments (for example, psychological, neurological, educational, or speech and language evaluation).

The child and adolescent psychiatrist then develops a formulation describing the child's problems and explains them in terms that the parents and child can understand. Biological, psychological and social parts of the problem are combined in the formulation with the developmental needs, history and strengths of the child or adolescent. Time is made available to answer the parents' and child's questions.

When a treatable problem is identified, recommendations are provided and a specific treatment plan is developed. Child and adolescent psychiatrists are specifically trained and skilled in conducting comprehensive psychiatric evaluations with children, adolescents and families.

## **LOCAL PSYCHIATRIC ASSESSMENT AND TREATMENT SERVICES**

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

1-800-372-8460 or 517-346-8460

812 E. Jolly Rd., Suite G-10

Lansing, MI 48910

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

Offers crisis services for adults and children 24 hours a day, seven days a week for those who are assessed to 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). Accepts Medicaid and some other types of insurance. If you do not have insurance, you will pay based on your income. You may receive services even if you cannot pay.

### **PAR Rehab Services**

517-887-9801

3960 Patient Care Dr. Suite 104

Lansing, MI 48911

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

Offers child, adolescent and adult psychiatry services, psychotherapy, and other counseling services. Accepts several types of insurance including some Medicaid insurance plans.

## **Michigan State University Psychiatry Outpatient Clinic**

517-353-3070

B119 West Fee Hall

Michigan State University

East Lansing, MI 48824

<http://www.psychiatry.msu.edu/clinic.html>

Offers treatment to adults and children. There is also a clinic for *Psychiatric Assessment Services for Children and Adolescents*. Individually designed recommendations for ongoing care strategies so that patients can be followed by their own primary care physician. Regular follow-up consultation with primary care physician by telephone. Accepts private insurance plans.

## **Comprehensive Psychological Services**

2720 E. Lansing Drive

East Lansing, MI 48823

517-337-2900

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

Provides psychological and psychiatric clinical services to children, adolescents, adults, families and the elderly. Also provides psychological and neuropsychological evaluations regarding many diagnostic and treatment issues. Many insurance plans accepted.

## **Lansing Psychological Associates**

234 Michigan Avenue

East Lansing, MI 48823

517-337-6545

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

Comprehensive range of psychotherapy and counseling for all ages. Several insurance plans accepted.

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

517-364-7603.

1210 West Saginaw Street

Lansing 48915

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

Mental health programs include adult inpatient, partial hospitalization and outpatient services, adolescent outpatient services.

## **Pine Rest Contact Center**

800-678-5500 or 616-281-6382

300 68th Street SE

Pine Rest Main Campus

Grand Rapids, MI 49548

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

Contact Center provides information about the full range of behavioral health services that Pine Rest offers. The Contact Center is staffed by mental health clinicians 24 hours a day, every day of the year. They assess the needs of each caller and direct callers to the appropriate service, including Pine Rest and Saint Mary's inpatient and partial hospital psychiatric services. Accepts several insurance plans.

**Forest View Hospital**

1055 Medical Park Dr. SE

Grand Rapids, MI 49456

800-949-8439

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

Provides 24 hour intake team that can provide assessment and admission or referral services. Hospital services include acute inpatient psychiatric program for children and adolescents. Accepts several insurance plans.

**Oaklawn Hospital-Psychiatric Center**

200 North Madison

Marshall, MI 49068

269-781-4484

<http://www.oaklawnhospital.org>

Provides a continuum of mental health services including inpatient and outpatient services.

## **LOCAL GRIEF SUPPORT GROUPS**

### **Friends of Chrystal**

<http://www.friendsofcrystal.com>

A 501 C(3) Non Profit Organization supporting youth and adults 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. More information available on the website. Free

### **Grief Support Group Pray Funeral Home**

517-543-2950

401 W. Seminary St.

Charlotte, MI 48813

<http://www.prayfuneral.com/>

A counselor led monthly grief support group 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. Free

### **Survivor's Support Group Eaton Community Hospice**

517-543-5310

2675 S. Cochran

Charlotte, MI 48813

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

Free meetings every Monday at 12:30 p.m. to discuss issues related to the death of a loved one. Free

**Ele's Place**

517-482-1315

1145 W. Oakland Ave.

Lansing, MI 48915

<http://www.elesplace.org>

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

## **ON-LINE MENTAL HEALTH RESOURCES**

### **National Institute for Mental Health:**

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

### **Substance Abuse and Mental Health Services Administration:**

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

### **Central Michigan 211:**

866-561-2500

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

Open 24 hours, 7 days a week. When you call 211, you are instantly connected with a trained professional who can direct you to helpful resources.

### **Suicide Prevention Lifeline:**

<http://www.suicidepreventionlifeline.org/>

## **SUBSTANCE ABUSE ASSESSMENT SERVICES**

### **Mid-South Substance Abuse Commission Care Coordination Center**

517-853-0495 or 1-888-230-7629

2875 Northwind Dr., Suite 221

East Lansing, Michigan

<http://www.mssac.com/>

Serves residents of Clinton, Eaton, and Ingham Counties and will help you determine what kind of services would be most helpful to you. They will refer you to a treatment center that can assist you if you do not have health insurance benefits to cover treatment.

### **Eaton Behavioral Health**

517-543-2580

1033 Health Care Dr.

Charlotte, MI 48813

<http://www.barryeatonhealth.org/>

Provides substance abuse treatment services and support for continued recovery. Accepts several insurance plans including Medicaid.

### **Kairos Health Care**

6379 Dixie Hwy.

Bridgeport, MI 48722

989-777-4357

<http://www.kairoshealthcare.com/>

Adult and Adolescent psychiatric and substance abuse detoxification inpatient services available. Takes most insurance plans.

**National Council on Alcoholism/Lansing Regional Area**

517-887-0226 or (800) 337-2310

3400 S Cedar Street, Suite 200

Lansing, MI 48910

<http://www.ncalra.com/>

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

**Brighton Hospital**

1-877-9-SOBER-1

12851 Grand River Road

Brighton, MI 48116

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

Individualized programs focused on drug detoxification and rehabilitation, alcohol abuse treatment and addiction counseling. Accepts most commercial drug treatment insurance and managed care plans.



Eaton County United Way

**LIVE UNITED**

