WASHTENAW COUNTY

Substance Use Disorder Resource Guide

Welcome Letter

Life can sometimes throw us into some challenging times and we often struggle to seek help. Washtenaw County has several resources available to individuals and their families addressing Substance Use disorders.

As a leading Behavioral Health Provider in Washtenaw County, Home of New Vision is excited to offer our community this resource guide for substance use disorder, prevention, and recovery resources in our region. This guide was made possible through the support and collaboration with many Washtenaw County Community agencies. We are honored to partner with our amazing community to help empower Washtenaw County residents with the information they need to improve their overall physical health, mental health and well-being.

Glynis Anderson,
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Home of New Vision

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HOME OF new vision

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Navigating Systems & Therapeutic Supports

STEP 1
WHERE TO BEGIN?

You've thought about treatment. You've weighed out all the options. You still have many questions, but you're ready to move forward. Now... how do you begin the process?

Completing a service screening and insurance authorization is oftentimes the first step in accessing clinical supports: treatment for Substance Use (SUD) and Co-Occurring Disorders (COD). This step can look different for each individual, depending on insurance coverage (Insured vs. Uninsured Status) and insurance type (Private Healthcare Coverage, Medicaid Coverage or Medicare Coverage).

To navigate this process, consider the following:

Do I have active healthcare coverage (health insurance)?

Yes, I have Health Insurance. Great! You're already linked with healthcare coverage; this insurance provider will likely be paying for your treatment. Onto the next question to determine how best to proceed: What type of healthcare coverage do I have?

No, I don't have Health Insurance. Not to worry. Contacting Washtenaw ACCESS can help link you with treatment AND insurance coverage.

Onto the Step 2: **Contact Washtenaw ACCESS (734-544-3050 or 800-440-7548)**

I'm not sure whether or not I have Health Insurance.
If you're unsure whether you're covered or if your policy is active, there are local resources that can help determine your insurance status AND link you with therapeutic supports.

Onto Step 2: **Contact Washtenaw ACCESS (734-544-3050 or 800-440-7548)**

Disclaimer: This comprehensive substance use disorder resource guide is a resource to better assist community members through the recovery process. Addiction specialists and individuals who have gone through the recovery process have developed this guide. It is important to understand that the resources available are centered on individual client needs and should be discussed with the provider to ensure the most appropriate level of recommended care. The intention of this guide is to include as many local and regional supports for substance abuse treatment as possible. If information is missing or you are aware of resources that have not been included, please contact **Home of New Vision at 734-975-1602, ext 210.**

Navigating Systems & Therapeutic Supports

What type of healthcare coverage (health insurance) do I have?

Medicaid Coverage: If you've determined that you have active Medicaid coverage, your next step will be to complete a Service Screening through Washtenaw ACCESS.
Onto Step 2: **Contact Washtenaw ACCESS (734-544-3050 or 800-440-7548)**

Medicare Coverage: If you've determined that you have Medicare coverage, you can contact Medicare directly for a list of local treatment providers that accept your insurance.
**If you already know a local provider that accepts Medicare, contact that provider directly to schedule your service intake.*
Onto Step 3 OR Step 4: **Contacting Your Insurance Provider or Intake & Admissions: Contacting Your Preferred Service Provider**

Medicaid & Medicare Coverage: If you've determined that you have a combination of Medicaid AND Medicare coverage, REMEMBER that if you are seeking treatment to address Substance Use Disorder (SUD), your Medicare coverage will always be the billable party. This means that for SUD Services, your insurance coverage is Medicare. You can contact Medicare directly for a list of local treatment providers that accept your insurance.
**If you already know of a local provider that accepts Medicare, contact that provider directly to schedule your service intake.*
Onto Step 3 OR Step 4: **Contacting Your Insurance Provider or Intake & Admissions: Contacting Your Preferred Service Provider**

Private Coverage: If you've determined that you have private insurance (i.e. any employer-funded plan; self-funded plan; dependent coverage), you can contact your insurance provider directly for a list of local treatment providers that accept your coverage.
**If you already know a local provider that accepts your coverage, contact that provider directly to schedule your service intake.*
Onto Step 3 OR Step 4: **Contacting Your Insurance Provider or Intake & Admissions: Contacting Your Preferred Service Provider**

STEP 2

SERVICE SCREENING & AUTHORIZATION: CONTACTING WASHTENAW ACCESS

FOR MEDICAID COVERAGE & THE UNINSURED
Washtenaw ACCESS SUD Line: 734-544-3050
Washtenaw ACCESS Main Line: 734-544-3050
Washtenaw Crisis/After-hours Line: 1-800-886-7340

Washtenaw ACCESS represents a team of clinically-trained staff who conduct screenings for a variety of behavioral health services in Washtenaw County. The ACCESS Department is physically located at the Washtenaw Community Mental Health Authority (555 Towner, Ypsilanti, MI 48197) and the team is designated to handle crisis matters as well as routine requests for services (SUD/COD and Mental Health). They are responsible for evaluation, assessment, service screening and insurance authorization, as well as crisis response.

Contacting Washtenaw ACCESS begins your initial "screening" process for SUD/COD services. This process is required by Medicaid to determine the following:

Whether or not a service is appropriate for you
(Do you qualify for the service that you're seeking?)

What level of service is **most** appropriate for you
(Which type of service may be the best fit for you?)

The "screening" is generally completed by phone, but may also be facilitated in-person if you prefer speaking with a staff member face-to-face or do not otherwise have access to a working phone.

Anticipate that your SUD/COD screening will last roughly 30 minutes and you will be asked questions about the services you're seeking, your substance use and mental health history, your criminal history and community supervision status (probation/parole), as well as current substance use and any present mental health needs.

You may be asked to sign a "Release of Information" (ROI) if you prefer additional assistance from a friend, family member or other support person, in navigating this process. This is done to ensure your confidentiality, as any disclosure of information concerning you, your screening or the services you're seeking, cannot be made without your consent.

STEP 2

SERVICE SCREENING & AUTHORIZATION: CONTACTING WASHTENAW ACCESS

Justice-Involved Consideration

If you are currently supervised on probation or parole, remember that information concerning your service screening can only be disclosed to your supervising agent, with your consent. If you require confirmation be sent to your agent, anticipate that you will be asked to complete a Release of Information (ROI) for that individual and/or the agency they represent (i.e. Michigan Department of Corrections).

Once you have completed your service screening with ACCESS, you will be informed of the outcome: whether or not you qualify for services and which level/type of service, is being recommended.

*See next page for **Quick Guide to Level of Services for SUD/COD**

Remember that you will always have the ability to decline a service if you do not wish to access it. You can always request a second opinion or re-screening if you disagree with the recommendation that's been made.

Once your service has been determined, ACCESS staff will discuss available/local service-providers and it will be your choice to determine where and with whom, you would like to access services. Once you have determined this, ACCESS staff will instruct you on next steps and will provide you with contact information for the agency/facility you are interested in seeking.

Remember that you can always contact ACCESS if you have any further questions or concerns, following your screening.

Onto Step 4: **Intake and Admissions: Contacting Your Preferred Service-Provider**

Quick Guide to Substance Use Disorder (SUD) Services

Level 0.5: Early intervention services
- Prevention/Education Services

Level I: Outpatient services
- Outpatient Therapy (Individual/Group) *<9 hours/week

Level II: Intensive outpatient/partial hospitalization services
- Intensive Outpatient (IOP) *9+ hours/week
- Partial Hospitalization *20+ hours/week

Level III: Residential/inpatient services
- Short-Term Residential *<30 days
- Long-Term Residential *30+ days

Level IV: Medically managed intensive inpatient services
- Acute Detox
- Sub-Acute Detox

STEP 3

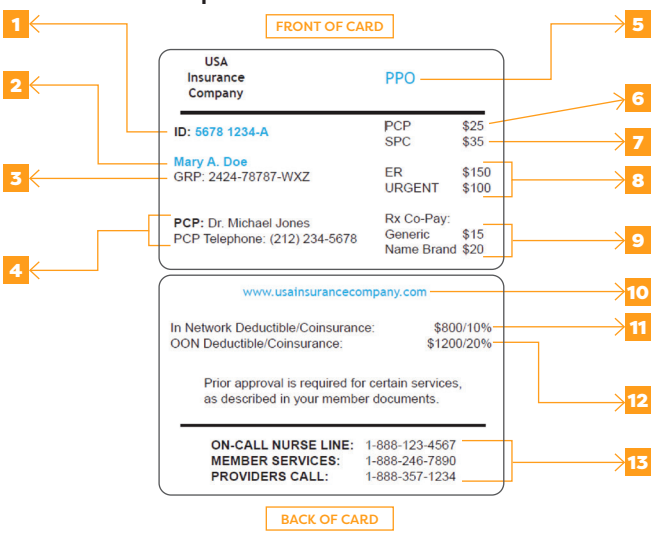
CONTACTING YOUR INSURANCE PROVIDER: FOR PRIVATE & MEDICARE COVERAGE

Once you've determined your insurance provider, you can contact them directly to help you identify local treatment providers.

The phone number for your insurance provider can generally be found on the back your insurance card. ***See below for Quick Guide to Your Insurance Card**

If you do not have your card, you can utilize online means to access your insurance provider's information. Many companies have information regarding local treatment providers, accessible through online means. Visiting the company website and/or downloading the company application, can be useful tool in accessing provider information and determining which services are covered under your plan.

Sample Health Insurance ID Card



SAMPLE HEALTH INSURANCE ID CARD: KEY

1. Member ID Number
2. Member Name
3. Group Number
4. Primary Care Provider (PCP) Name and Phone Number
5. Plan Type
6. Co-Pay for Visits to Primary Care Provider
7. Co-Pay for Specialty Care
8. Co-Pays for Emergency and Urgent Care
9. Prescription Drug Plan Information
10. Health Plan Website Address
11. In-Network Deductible and Coinsurance
12. Out-of-Network (OON) Deductible and Coinsurance
13. Plan Contact Information

STEP 4

INTAKE AND ADMISSIONS: CONTACTING YOUR PREFERRED SERVICE-PROVIDER

Once you've determined your preferred service provider, it's time to contact them to schedule your intake. The purpose of the intake is for a provider to get to know you better. This is also the time when you'll be formally enrolled in services.

During the intake, staff will gather information about you, your history, your desire for services, and even some of your treatment goals. Anticipate that most providers will ask you to provide an Emergency Contact Person at your time of intake and should have you complete a Release of Information or grant verbal consent, to speak with this individual in the event of an emergency.

Depending on the service you're seeking, your intake may be completed over the phone or it may include scheduling an appointment with the provider, where a more thorough intake/orientation session will be conducted.

It is important to remember that if someone is helping you with this process (friend, family member, support person, etc.), most providers will require that you provide verbal consent in order to speak with anyone other than yourself. This ensures your confidentiality gives you the power to choose who you would like involved in your treatment process.

Once your intake is completed, the provider will schedule you with an initial appointment to begin services. Remember that you don't know... what you don't know, so this is a great time to **ask questions.**

Crisis Intervention Services

Crisis intervention is designed to assist individuals addressing an immediate mental health crisis and/or related drug abuse/addiction. Available resources assist individuals by providing steps towards longer term solutions.

CRISIS INTERVENTION SERVICE PROVIDERS

Home of New Vision Engagement Center
105 Arnet Street | Ypsilanti, MI 48198 | 734-879-1101
The Engagement Center is a short-term crisis intervention facility that provides a supervised, supportive setting for individuals with substance use and co-occurring disorders. As an alternative to emergency room care, the Engagement Center is aimed at clients who require observation for safety in an appropriate setting. It is a safe, clean, welcoming environment where clients can stabilize, have a meal, take a shower, and talk to caring staff and volunteers about their situations. The EC staff will work with clients and connect them to treatment and recovery resources in the community.

Washtenaw County Health Department
555 Towner Street | Ypsilanti, MI 48198 | 734-544-6700
WCHD provides multiple clinical services including WIC, MIHP, CSHCS, Lead testing, STI testing and treatment, TB testing and treatment, and immunization.

A Brighter Way
124 Pearl Street | Ypsilanti, MI 48197 | 734-896-3770
ABW provides one-on-one mentoring to returned citizens and works with other local agencies to provide individualized wrap-around services.

National Crisis Text Line
Text HOME to 741741
Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.

Veterans Crisis Line
1-800-273-8255 - Press 1

CMH Crisis Services
734-544-3050
24/7 phone services and mobile crisis services are available to any Washtenaw County Resident.

Harm Reduction Services

Harm reduction is a movement for social justice built on the belief in, and respect for, the rights of people who use drugs. It is also a set of practical strategies and ideas aimed at reducing negative consequences with drug use.

HARM REDUCTION SERVICE PROVIDERS

Home of New Vision Ypsilanti Recovery Wellness Center
141 Ecorse Road | Ypsilanti, MI 48198
Contact: Melinda Cooper | Email: *mcooper@homeofnewvision.org*
Home of New Vision Harm Reduction Program (HNV-HR) promotes harm reduction practices by providing naloxone, fentanyl and xylazine testing strips, safer-use supplies, basic wound care, and HVC testing to people who use substances.

Home of New Vision Naloxone Distribution Boxes – Contains Naloxone, Resource Guides, Xylazine, Fentanyl and Nitazine testing strips. These resources can be found below.

Home of New Vision Main Office
3115 Professional Drive
Ann Arbor, MI 48104

Washtenaw Community College: Richard W. Bailey Library Vestibule
4800 E. Huron River Drive
Ann Arbor, MI

Ann Arbor District Library: Mallets Creek Branch
3090 E. Eisenhower Parkway
Ann Arbor, MI 48108

Ann Arbor District Library: Westgate Branch
2503 Jackson Avenue
Ann Arbor, MI 48103

Community Mental Health "The Annex"
110 N. Fourth Avenue
Ann Arbor, MI 48104

Washtenaw County Trial Court: Vestibule & 2nd Floor
101 E. Huron Street
Ann Arbor, MI 48104

Ypsilanti District Library: Michigan Avenue
229 W. Michigan Avenue
Ypsilanti, MI 48197

Ypsilanti District Library: Whittaker Road
5577 Whittaker Road
Ypsilanti, MI

Ypsilanti District Library: Superior Road
1900 N. Harris Road
Superior Charter Township, MI 48198

Chelsea Wellness Center
14800 East Old U.S. 12
Chelsea, MI 48118

Jensen Pharmacy
6067 Dexter-Ann Arbor Road
Dexter, MI 48130

Manchester United Methodist Church
501 Ann Arbor Street
Manchester, MI 48158

SCAN ME

Call Home of New Vision's Engagement Center to activate ROOT:
Phone 734-879-1101
homeofnewvision.org/root
Email: root@homeofnewvision.org

ROOT operates 24/7 to meet individuals in the community who have experienced an overdose save. ROOT responds to survivors at U of M or Trinity Health Ann Arbor Emergency Rooms, at their homes, the engagement center, and/or in the community to ensure individuals have the support and resources they need during a time of crisis.

- Provides support and linkage to community recovery services.
- Provides community resources to harm reduction. Root+ provides support for loved ones affected by substance use disorder.

NALOXONE VENDING MACHINES

Ann Arbor District Library
343 S. 5th Avenue | Ann Arbor, MI 48104

Northfield Human Services
9075 Brookside Drive
Whitmore Lake, MI 48189

Washtenaw County
555 Towner | Ypsilanti, MI 48197

Washtenaw County Trial Court
101 E. Huron Street | Ann Arbor, MI 48104

Treatment **Options**

WITHDRAWAL MANAGEMENT

Medically-monitored inpatient withdrawal management is a service delivered by medical and nursing professionals that provides 24-hour medically supervised evaluation and withdrawal management through the use of medicine in a facility with inpatient beds. Services are delivered under a defined set of physician-approved policies and physician- monitored procedures.

INPATIENT TREATMENT

Residential substance abuse treatment provides a highly structured recovery environment, combined with professional clinical services, designed to address addiction and living skills problems. This is generally designed for those who can't stay sober in their current environment and require longer treatment stays to support and promote recovery. The following structured activities are required for at least seven (7) hours per day:

- Counseling Services
- **Individual:** 1 hour/week minimum
- **Group:** 10 hours/week minimum
- **Family:** To be included during course of treatment as clinically indicated
- **Psycho-educational Didactic sessions:** 8 hours/week minimum
- Vocational training
- Recovery Support Services/Support Groups
- Recreation

Withdrawal Management
Service Providers

Salvation Army Harbor Light (SAHL)
3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402
SAHL provides, withdrawal management, residential treatment services, medication assisted treatment and a safe harbor program that allow individuals a safe place to stay while identifying their individual needs.

Sacred Heart
400 Stoddard Road | Memphis, MI 43014 | 810-392-2167
Sacred Heart offers physician-directed, sub-acute detoxification units with nursing and laboratory support and specialized opiate detoxification. Provides Outpatient, Medication-Assisted Treatment, Outpatient Ambulatory Withdrawal Management, Outpatient Statewide Telehealth, Opioid Health Home, and Housing.

Oakdale Treatment Center
43825 Michigan Avenue | Canton, MI 48188 | 734-397-3088
ASAM Level 3.7 Withdrawal Management.

Personalized Nursing Light House
575 S. Main Street, #6 | Plymouth, MI 48170 | 734-451-7800
ASAM Level 3.7 Withdrawal Management with 24/7 nursing onsite.

Brighton Hospital Detox
Grand River Avenue | Brighton, MI 48116 | 810-220-5514
Now in combination with residential program, totaling to 2-3 weeks.

Dawn Farm (SPERA)
502 West Huron | Ann Arbor, MI 48104 | 734-669-8265
The Spera Recovery Center provides a safe, recovery-friendly environment for withdrawal management with an emphasis on developing a sustainable plan for ongoing recovery after detox. No cost.

Bear River Health
2594 Springvale Road | Boyne Falls, MI 48713 | 231-535-2822
Offers a non-judgmental environment with a caring and compassionate team of administrative, medical and clinical staff to provide support 24/7 that includes on-site nursing services; medication administration, as needed to aid withdrawal symptoms and cravings.

Residential Inpatient
Treatment Service Providers

Home of New Vision Residential Treatment Services
Ann Arbor, MI | 734-369-3541
Residential Treatment is for men and women ages 18 and older who have been assessed as having a substance use disorder with or without a co-occurring mental health disorder, and who, based on recognized criteria, require this level of care and are ready to move into recovery. The program provides a supportive and welcoming environment that enables clients to gain a stable foundation for recovery, connect with the recovering community, and link with continuing aftercare services.

Dawn Farm Residential Services
Ypsilanti, MI and Ann Arbor MI | 734-485-8725
The long-term residential program offers individual treatment planning with a highly qualified clinical staff. Treatment plans combine evidence-based approaches including mutual aid programs, cognitive behavior therapy, dialectical behavior therapy, personal medicine for co-occurring disorders, and psychiatric services delivered by an experienced psychiatric nurse practitioner.

Salvation Army Harbor Light (SAHL)
3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402
30-90 days with Individual, group, and family therapy and peer support.

Sacred Heart
400 Stoddard Road | Memphis, MI 43014 | 810-392-2167
The residential programs are individually tailored to each client to break the chemical dependency cycle, develop the awareness of the need for abstinence and initiate an individual into a program of recovery. These programs can include lectures, interactive educational groups, group therapy, individual therapy, self-help groups, didactics groups, specialty groups and recreational activities. Along with scheduled meals and snacks, an assessment of dietary specialty needs will be conducted, as needed.

Oakdale Treatment Center
43825 Michigan Avenue | Canton, MI 48188 | 734-397-3088
45-bed, co-ed, 24/7 medically monitored residential program that provide 24-hour care to stabilize multidimensional medical, behavioral, and social impairments and barriers, to prepare individuals for outpatient treatment.

Personalized Nursing Light House
575 S. Main Street, #6 | Plymouth, MI 48170 | 734-451-7800
PNLH offers ASAM Level, 3.5 and 3.7 Residential services. Services include weekly individual sessions and daily group sessions.

Brighton Hospital
Grand River Avenue | Brighton, MI 48116 | 810-220-5514

Bear River Health
2594 Springvale Road | Boyne Falls, MI 48713 | 231-535-2822
Bear River Health provides residential programs for both male and female clients on separate campuses. The client lives day to day at the residential campus and completes a program of structured curriculums, group and individual counseling.

Treatment **Options**

INTENSIVE OUTPATIENT TREATMENT

Intensive Outpatient (IOP) substance abuse treatment provides a broad range of highly intensive clinical interventions between 9-19 hours a week in a variety of community settings. IOP programs can include opportunities for staff to involve family members in planning with the patient for their long-term recovery in the community. Experience shows that involving family members in a supportive capacity enhances the opportunity for a sustained recovery.

- **Individual:** 1 hour/week minimum
- **Group:** 1.5 hours per day minimum
- **Family:** To be included during course of treatment as clinically indicated
- **Didactic sessions:** 2 hours/week minimum

OUTPATIENT TREATMENT

Outpatient substance abuse treatment is provided in a licensed outpatient facility that provides regularly scheduled individual, group, and/or family counseling. Inpatient services can be one (1) hour per week up to nine (9) hours per week depending on the needs of the individual.

Intensive Outpatient Treatment
Service Providers

University of Michigan Addiction Treatment Services (UMATS)
4250 Plymouth (Rachel Upjohn Building) | Ann Arbor, MI 48109
734-764-0231 | 800-525-5188
Provides assessment and personalized outpatient treatment (individual, group, and family therapy) for individuals who are addressing substance use disorder. Intensive outpatient treatment available for adults including health professionals. Accepts most insurances except Medicaid. Both in-person and virtual services are available.
umaddictioncenter.org/clinical-care

Greenbrook/ SJMHS
5401 McAuley Drive | Ann Arbor, MI 48106 | 734-786-4900
Didactic and therapeutic group involvement, three times in a week. Individual and conjoint sessions when clinically appropriate.

Personalized Nursing Light House
575 S Main Street, #6 | Plymouth, MI 48170 | 734-451-7800
PNLH offers ASAM Level, 3.5 and 3.7 Residential services. Services include weekly individual sessions and daily group sessions.

Brighton Hospital
Grand River Avenue | Brighton, MI 48116 | 810-220-5514

Heigra Livonia Counseling Center
37450 Schoolcraft, Suite 170 | Livonia, MI 48150 | 734-744-0170
IOP Program

Outpatient
Treatment Service Providers

Home of New Vision Outpatient Services
3115 Professional Drive | Ann Arbor, MI | 734-975-1602
Home of New Vision offers Outpatient Treatment to people diagnosed with both substance use disorders and mental health disorders which is designed to help them meet their treatment goals. Individuals participating in Outpatient Treatment will attend individual therapy and group therapy which will assist them in building a strong foundation for recovery and a substance-free lifestyle. Our program includes pre-recovery services such as intake and assessment, engagement and early intervention services and treatment, and sustained recovery activities. We also provide case management and peer recovery supports to help individuals reduce barriers and build a stronger recovery.

IHA Recovery Medicine
5333 McAuley Drive, Suite 5011 | 734-712-8700
Medical management of substance use disorders, including (but not limited to) opioid, alcohol, and tobacco.

University of Michigan Addiction Treatment Services (UMATS)
4250 Plymouth (Rachel Upjohn Building) | Ann Arbor, MI 48109
734-764-0231 | 800-525-5188
Provides assessment and personalized outpatient treatment (individual, group, and family therapy) for people who have problems with alcohol or other drugs, including outpatient detox and psychiatric services. Intensive outpatient treatment available for adults including health professionals. Accepts most insurances except Medicaid. Accepting new patients. Both in-person and virtual services are available.
umaddictioncenter.org/clinical-care

Dawn Farm Outpatient Services
2900 Golfside Road, Suite 3 and 4 | 734-821-0216
Level 1 outpatient care. Provide SUD assessments, followed by 12-48 weeks of predominately group oriented services with some individual therapy services for those who need extra support while in group services. We also provide blended case management and peer recovery coaching for clients who would benefit from this service. Our groups are DBT, 12 step or Science of Safety curriculum oriented.

Greenbrook/SJMHS
5401 McAuley Drive | Ann Arbor, MI 48106 | 734-786-4900
Individual, group, didactic and conjoint therapy.

Catholic Social Services of Washtenaw County
4925 Packard | Ann Arbor, MI 48108 | 734-974-9781
Individual substance abuse counseling is provided for individuals struggling with moderate to serious drug and alcohol abuse issues. Using an intervention model, this outpatient treatment focuses on developing specific goals to enable clients to create a healthier and more productive lifestyle. Fees are assessed on a sliding scale.

THE SPORTS MARKETING AGENCY

For over a decade, the Sports Marketing Agency (SMA) has leveraged current and former pro athletes as well as veterans to reduce stigma and raise awareness around mental health and substance use disorders.

SMA has continued to partner with local non-profit agencies, NFL Alumni Detroit Chapter, National Alliance on Mental Illness, and statewide entities and providers to bring awareness around mental health and substance use disorder by reducing stigma and promoting advocacy.

For more information visit:

thesportsma.com
or email: sjordan@thesportsma.com

SPORTS MARKETING
AGENCY

MAR/ MOUD Providers

MEDICATION FOR OPIOID USE DISORDER (MOUD) TREATMENT

A program for opiate addicts, usually conducted in an outpatient setting. These programs use a long-acting synthetic opiate medication, usually methadone or LAAM, administered orally for a sustained period at a dosage sufficient to prevent opiate withdrawal, block the effects of illicit opiate use, and decrease opiate craving. The best, most effective programs include individual and/or group counseling, as well as provision of, or referral to, other needed medical, psychological, and social services.

Workit Health
3300 Washtenaw Avenue, Suite 280
Ann Arbor, MI 48104
855-659-7734 | *workithealth.com*
Offers 100% online treatment for opioid and alcohol use disorders, including Buprenorphine and Naltrexone when appropriate. These nonjudgmental programs include community support from other members, as well as treatment for co-occurring conditions like anxiety, depression, and hepatitis C. Many insurance plans accepted.

Recovery Mobile Clinic
7111 Dixie Highway | Clarkston, MI 48346
248-567-2334 | *recoverymobileclinic.com*
A mobile addiction clinic focusing on Vivitrol injections for opiate and alcohol addiction. They also assist with detox and basic medical care.

University of Michigan Addiction Treatment Services (UMATS)
4250 Plymouth (Rachel Upjohn Bldg.)
Ann Arbor, MI 48109
734-764-0231 | 800-525-5188
Buprenorphine, oral Naltrexone, Vivitrol

Packard Health
2650 Carpenter Rd. | Ann Arbor, MI 48108
734-971-1073
Provides medications with behavioral therapies. Doctors are certified to prescribe buprenorphine in combination with counseling.

Therapeutics Medical Center
4673 Washtenaw | Ann Arbor, MI 48108
734-547-5009

IHA Recovery Medicine
5333 McAuley Drive, Suite 5011
Ypsilanti, MI 48197 | 734-712-8700
Medical management of substance use disorders, including (but not limited to) opioid, alcohol, and tobacco.

Ann Arbor Comprehensive Treatment Center
522 Maple Rd | Ann Arbor, MI 48103
734-274-2036 | *ctcprograms.com*
Offers Methadone, Sublicade, Vivitrol, and Suboxone treatment. Plus, individual and group counseling.

SUD Health
Home Services

Living with a substance use disorder is hard. When you are ready for help, an SUD Health Home program simplifies it all. The program is not a place to live, rather a program that offers individual focused recovery services including a team of providers to personalize a plan just for you; a program designed to help coordinate and manage all the care and services you need.

When you enroll in an SUD Health Home program, you will work closely with a Care Team who will help you better understand and manage your conditions, create a plan of care that addresses your physical, mental health, and social service needs (whole person), and connect you to applicable services and programs right for you.

You may be eligible for the Opioid Health Home if you have Medicaid, Healthy Michigan Plan or MI CHILD and you live in Lenawee, Livingston, Monroe or Washtenaw County. Please Note: You may also opt-out from SUD HH at any time in the future, with no impact on your Medicaid services.

SUD Health Homes – Washtenaw County

Packard Health Clinic
2650 Carpenter Road | Ann Arbor MI | 734-971-1073
200 Arnet Street, Suite 150 | Ypsilanti, MI | 734-985-7200

Therapeutics
4673 Washtenaw Avenue | Ann Arbor, MI | 734-547-5009

Please contact the SUD Health Home Coordinator to learn more or find out if you are eligible at the link below:

Elizabeth Stankov
734-660-5002

Women's Specialty Services

Angela Green, LLMSW, DP-C
Women's Specialty Program Manager
734-975-1602 x 224
agreen@homeofnewvision.org

The Women's Specialty Program is an outpatient program through Home of New Vision that works primarily with women, with dependent children, whom have substance use disorders and often, co-occurring, mental health disorders as well. We also provide services to men who are the primary caregivers for their children and are also eligible to access ancillary services such as child care, transportation, case management, therapeutic interventions for children, and primary medical and pediatric care.

The Women's Specialty Program provides an array of services to our clients, with a team approach, that often involves a referral to 1-on-1 Therapy, Psychiatry, Outpatient Groups, Peer Recovery Coach, and Case Management services, depending on client's needs. Our Case Manager can assist with needs such as obtaining food, clothing, transportation, as well as assistance related to accessing both adequate prenatal and pediatric care. They are also able to assist with coordinating with other agencies and connecting clients with resources in the community. Our Peer Recovery Coach assists clients in identifying and working towards recovery-based goals such as obtaining a sponsor, increasing their recovery support-network, and attending recovery meetings in the community.

The Enhanced portion of the Women's Specialty Program works specifically with individuals who are pregnant, up to a year postpartum, as well as those who have elected to terminate a pregnancy or experienced a miscarriage within the past year. This program provides treatment tailored for these individuals in order to engage them in outpatient treatment, coordinate with medical providers, and provide support. This program also assists these individuals with barriers that they may face in their treatment, in their recovery, as well as in service engagement.

MICHIGAN MEDICINE VON VOIGTLANDER WOMEN'S HOSPITAL
To make an appointment, call 734-763-6295 | *umwomenshealth.org*

The Program for Substance Use in Pregnancy, which houses the Partnering for the Future (PFF) Clinic at the Von Voigtlander Women's Hospital, is dedicated to caring for pregnant women who use high-risk medications or drugs during their pregnancy. Our specialists provide supportive care with multidisciplinary expertise in substance dependence during pregnancy. We are here to offer a safe place to tell your story and help you get the best plan of care for you and your baby during and after your pregnancy.

WRAP (Washtenaw Recovery Advocacy Project)

3115 Professional Drive
Ann Arbor, MI 48104
734-975-1602 | *thewrap.org*
@washtenawrecovery

Our Mission
Washtenaw Recovery Advocacy Project (WRAP) is a Recovery Community Organization (RCO). Our representation consists of people in recovery, family and friends of recovering persons, and other allies of recovery in Washtenaw County. Our mission is to advocate for those affected by substance use disorder to policy makers at all levels of government, open doors and break down barriers to recovery by promoting multiple pathways, reduce the stigma associated with addiction through the engagement and education of our communities about the truth behind substance use disorder, in turn changing the face of addiction to one of recovery.

Advocacy
Our mission is to advocate for those affected by substance use disorder to policy makers at all levels of government, open doors and break down barriers to recovery by promoting multiple pathways, reduce the stigma associated with addiction through the engagement and education of our communities about the truth behind substance use disorder, in turn changing the face of addiction to one of recovery.

Peer Based Support
Peer Recovery Coaches assist individuals in enhancing recovery support structure, linkage to recovery support groups, and providing assistance in overcoming barriers. Our recovery coaches consist of paid staff and volunteers who are in recovery. With extensive training and support, our recovery coaches provide individuals with guidance, mentoring and support through the recovery process.

Public Education
We envision a world free from the stigma of addiction. A world where substance use disorder and those affected by substance use disorder are accepted, understood, appreciated, and loved by their communities. By educating our communities and lifting stories of recovery, we can provide hope for those still struggling.

Recovery Events
Washtenaw county is fortunate to have a strong recovery community. We host events to bring the recovery community together and show everyone what faces of recovery look like.

Recovery Housing

Transitional Housing is a structured residential facility/ house that provides a safe and sober dwelling where a person can:

- Gain emotional stability
- Become connected with the recovering community through 12-step meetings or other support groups
- Learn accountability through peer support
- Reintegrate into work, education, family life, and society

RECOVERY HOUSING SUPPORT PROVIDERS IN WASHTENAW COUNTY

Dawn Farm
6633 Stony Creek Road
Ypsilanti, MI 48197 | 734-485-8725
Dawn Farm transitional housing provides a safe, structured, and supportive environment for people in early recovery.

Home of New Vision
3115 Professional Drive
Ann Arbor, MI 48104 | 734-975-1602
Home of New Vision provides recovery housing for women and men who desire to live a life of recovery. Clients who are committed to recovery are provided with a safe, structured and supported living environment that fosters personal, spiritual and emotional growth.
Clients must abstain from alcohol and illegal drug use while living in Home of New Vision's recovery residences.

Any Lengths
alsoberliving.com
Ann Arbor, MI | 734-707-3397
Any Lengths Sober Living provides structured, independent living that is designed for men who possess a strong desire to remain free of drugs and alcohol. We welcome newcomers seeking to attain the guarantees that go hand in hand with living a life that is centered in recovery.

Marie's House of Serenity
1152 S. Harris Road | Ypsilanti, MI 48198
734-545-2109

OUT OF COUNTY – RECOVERY HOUSING

Salvation Army Harbor Light
3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

Paula's House
3580 S. Custer Road | Monroe, MI 48161-9774 | 734-242-6650
Provides housing for women and women with children.

Ty's House/Touchstone Recovery
57 Navarre Street | Monroe, MI 48161 | 734-585-4104

P&N Promises, LLC
144 W. Main Street | Georgetown, Kentucky | 734-636-0016

Personalized Nursing Lighthouse (PNLH)
7752 North Canton Center Road | Canton, MI 48187 | 800-467-7654

Flint Odyssey House/Odyssey Village
529 Martin Luther King Avenue | Flint, MI 48502 | 810-238-5888
Odyssey Village provides a number of safe, structured therapeutic recovery housing options that support a lifestyle of lasting recovery.

SHAR House
1852 W. Grand Blvd. | Detroit, MI 48208 | 313-894-8444, ext. 2233
For individuals who are homeless or without a safe, supportive, recovery environment, SHAR offers recovery housing and transitional living at SHAR Macomb, SHAR Main, and at the 30 bed recovery house, Maybury Grand.

Re-Entry Supports

A Brighter Way
124 Pearl Street | Ypsilanti, MI 48197 | 734-896-3770
abrighterway.org* | Email: *mentoring@abrighterway.org
ABW provides one-on-one mentoring to returned citizens and works with other local agencies to provide individualized wrap-around services.

Washtenaw County Sheriff's Office | **734-973-4732**
Community Corrections Outpatient: The community corrections outpatient program is a collaboration between local providers and the Washtenaw County Sheriff's office to provide outpatient treatment to people who are under county supervision. Clients are required to attend meetings, participate in drug screenings, and adhere to the rules of their supervision in this program. Participants develop a treatment plan with a counselor and work on concrete, time-specific treatment goals.

LGBTQ+ Resources

Jim Toy Community Center
734-274-9551 | *jimtoycenter.org*
A resource center that provides information, education, and advocacy for the LGBTQ+ community of Washtenaw County.

SafeHouse Center
4100 Clark Road | Ann Arbor, MI | 734-995-5444
SafeHouse Center provides a support group for LGBTQ+ survivors of sexual assault. For more information call the helpline.

Ozone House
1600 N. Huron River Drive | Ypsilanti, MI 48197 | 734-662-2222
Ozone House holds a LGBTQ+ support group called PrideZone. This group is any LGBTQ+ youth between the ages of 13-20. PrideZone is meant to be a supportive, social place for youth with many events also hosted. PrideZone occurs on Wednesday & Thursday at 5 p.m.

Corner Health Center
47 N. Huron | Ypsilanti, MI 48197 | 734-484-3600 | *cornerhealth.org*
Provides gender-affirming care to youth ages 12 through 25.
Accepts most private or public insurance.
Office Hours: Monday, Thursday, & Friday 9 a.m.-5 p.m.
Tuesday 9 a.m.-6 p.m.; and Wednesday 1-5 p.m.

Youth & Family
Support Services

Home of New Vision
3115 Professional Drive | Ann Arbor, MI 48104 | 734-975-1602
SUD outpatient treatment service for adolescents. Accepts private insurances.

Dawn Farms, Inc.
2900 Golfside Road, Ste. #3-4 | Ann Arbor, MI 48108 | 734-821-0216
SUD Outpatient treatment services for adolescents.

Corner Health Center
47 N. Huron | Ypsilanti, MI 48197 | 734-484-3600 | *cornerhealth.org*
Provides primary and mental health care for young people ages 12 through 25 and their children. Providers include board-certified physicians from Michigan Medicine and the St. Joseph Mercy, Trinity Health. Services include physicals and wellness care, treatment for acute and chronic illnesses, reproductive health care, gender-affirming care, counseling, and psychiatry. Accepts most private or public insurance. Services to young people regardless of their insurance status or ability to pay. Other services for youth include educational programming through the Youth Leadership Council and Theatre Troupe.
Office Hours: Monday, Thursday & Friday 9 a.m.-5 p.m.
Tuesday 9 a.m.-6 p.m.; and Wednesday 1-5 p.m.

Ozone House
1600 N. Huron River Drive | Ypsilanti, MI 48197 | 734-662-2222
Ozone House provides housing and support services for youth in Washtenaw County. Services include shelter, counseling, 1:1 support, and developing life skills. Ozone House is available 24/7.

Neutral Zone
310 E. Washington Street | Ann Arbor, MI 48104
734-214-9995 | *neutral-zone.org*
Youth-driven center with a variety of free programs.

SMART Recovery Family and Friends
smartrecovery.org/family
Provides support resources and meetings for family and friends of individuals with SUD.

Face Addiction Now (FAN)
833-202-4673 | *faceaddictionnow.org*

Veteran Support Services

Veteran Affairs
2155 Hogback Road | P.O. Box 8645 | Ann Arbor, MI 48107
734-973-4540
VA provides health care and benefits to veterans. The benefits provided by VA include assistance with transitioning back home, education, home loans, and life insurance.

Veteran Haven of Hope House
809 Henry Street | Ann Arbor, MI 48104 | 734-668-8353
Two-year transitional housing program for homeless veterans. Services include free housing, case work services, and continuing education.

VA Medical Center
2215 Fuller Road | Ann Arbor, MI 48105 | 734-769-7100
This facility contains ambulatory care clinics, operating rooms, intensive care units, and more.

Packard Road VA Clinic and (HCHV)
3800 Packard Road | Ann Arbor, MI 4108-2073
734-222-7600 | 734-845-5058
Outpatient clinic that provides specialty health services, including mental health, neuropsychology, hearing loss treatment, and more.
Hours: Monday-Friday 7:30 a.m.-4:00 p.m.

Veterans Crisis Line | 1-800-273-8255, Press 1

Community Mental Health Partnership of Southeast Michigan
Veteran Service Navigation Program
Veterans Navigator Contacts
Erika Behm: 734-660-7878 | Bob Bull: 734-660-8673

Prevention Services

Project SUCCESS (St. Joseph Chelsea)
Chelsea and Manchester Middle Schools and High Schools
734-548-5077 | 734-277-8339
A school-based program that works to reduce factors that put students at risk for substance abuse while working to enhance the factors that will protect students from risks. This is accomplished by placing highly trained counselors in schools to provide a full range of substance use prevention and early intervention services. Project SUCCESS is a voluntary program. Most students self-refer to the Project SUCCESS Counselor and all referrals are confidential. Students may also be referred by peers, parents, and faculty.

Vaping Awareness Prevention Education (VAPE)
(Karen Bergbower and Associates)
10299 Grand River Road | Brighton, MI 48116 | 810-225-9550
The VAPE class is a two-hour educational program that targets youth under age 18 who are using vaping products. The program helps youth and parents/guardians understand the reality and potential consequences associated with vaping while presenting tips and tools for quitting nicotine use. Karen Bergbower and Associates also provides educational presentations, youth engagement, and strategic planning strategies for prevention.

Prevention Theatre Collective (EMU)
ajones89@emich.edu | amber.horwitz@emich.edu | 734-487-6570
This Collective is a theatre-based peer to peer outreach program intended to shift attitudes and behaviors concerning drugs and alcohol use for Washtenaw County high school students and communities.

Prime for Life (EMU)
ajones89@emich.edu | amber.horwitz@emich.edu | 734-487-6570
Prime Life is a 6 hour program for adults and youth that focuses on alcohol and drug prevention and intervention. Prime for Life's six-hour curriculum can be delivered between 1-4 sessions. Prime for Life curriculum was carefully selected to help residents of Washtenaw County reduce their risk for alcohol and drug problems throughout their life. The program's nonjudgmental approach reduces resistance to life-saving information presented in the program and increases participants' openness to change.

Gambling Disorder Prevention Help Line | 800-270-7117
Please call if you or a loved one have a concern about gambling.

Recovery Supports & Meetings

A.A. Alcoholics Anonymous | *www.hvai.org* | *www.aa.org*
AA is a fellowship of people that come together to overcome alcoholism. AA follows the 12 steps. Meetings can be found on their website.

N.A. Narcotics Anonymous | *michigan-na.org/washtenaw-area*
NA is a nonprofit comprised of people suffering from addiction that follows 12 steps.

MARA (Medication-Assisted Recovery Anonymous)
mara-international.org/michigan
MARA is a 12 step meeting source for people who use prescribed medicine to treat addiction. Meetings can be found on their website.

AA Agnostica | *aaagnostica.org* | **Email: admin@aaagnostica.org**
AA Agnostica is a source for agnostics, atheists, and freethinkers. Offers meetings for non believers and does not endorse or oppose any religions.

Secular AA | *AAsecular.org*
Secular AA is a meeting source that does not endorse or oppose any religion. Visit their website for a mobile meeting finder.

Recovery Dharma | *recoverydharma.org/find-a-meeting*
Recovery Dharma offers an approach to recovery that uses Buddhist principles. RD offers both in-person and online meetings.

LifeRing Secular Recovery | *lifering.org*
LifeRing Secular provides an abstinence-based, secular, and self-empowered recovery pathway.

SMART Recovery | *smartrecoverytest.org/local*
SMART Recovery focuses on self-management in the recovery process.

Women for Sobriety | *womenforsobriety.org*
WFS is an organization with a purpose to help women find their individual path to recovery. For the Ann Arbor meeting contact *1029@womenforsobriety.org*

Ann Arbor Women's Group | *a2womensgroup.org*

Friends of Little House Recovery Center | *folhrc.wixsite.com/website*
26 meetings a week, 7 days a week. Call 734-219-5051 for information.

In the Rooms
Emergency Hotline 888-401-1241 | *intherooms.com/livemeetings/list*
Over 130 online meetings every week including specialty meetings.

Washtenaw Alano Club
995 North Maple Road | Ann Arbor, MI 48103
734-668-8131 | *washtenawalano.club*

Home of New Vision Jackson Services

Jackson Area Recovery Community - JARC
407 W. Michigan Avenue | Jackson, MI 49201
517-788-5596 | *theJARC.org*
@JacksonAreaRecoveryCommunity

Roads 2 Recovery (R2R)
517-513-3341 | Email: *R2R@homeofnewvision.org*
For individuals in Jackson County seeking access to recovery-related services and support. Hours: Monday through Friday, 9 a.m.-5 p.m.

Jackson Engagement Center
432 Wildwood Avenue | Jackson, MI 49201 | 517-513-3955
Email: *jackson.ec@homeofnewvision.org*
The EC is a short-term crisis intervention facility that provides a supervised, supportive setting for individuals with substance use and co-occurring disorders. As an alternative to emergency room care, the EC is aimed at clients who require observation for safety in an appropriate setting. It is a safe, clean, welcoming environment where clients can stabilize, have a meal, take a shower, and talk to caring staff and volunteers.

JXN Harm Reduction
434 Wildwood Avenue | Jackson, MI 49201 | 517-513-3341
Email: *jxnharmreduction@homeofnewvision.org*
Offers participants overdose prevention, safer use, and safer injection education. Other harm reduction services are also provided, including Hepatitis C (HCV) and HIV testing or referral and basic injection-related wound care. Participants are referred to recovery professionals, recovery support services, or substance use treatment if desired. These actions ensure a safer community by extending lives, decreasing harms associated with substance use, and reducing infectious diseases related to substance use. Providing real life solutions and education to reduce the harmful effects of overdose, the spread of disease, and to mitigate all other risks associated with substance use.

Recovery Connection Team | 517-225-4701
The Recovery Connection Team is a partnership between Henry Ford, Jackson Community Ambulance and Home of New Vision. Our team connects you and your family to valuable community recovery resources after surviving an overdose.

Project ASSERT
Project ASSERT (Alcohol and Substance Use Services, Education, and Referral to Treatment) is a nationally recognized, evidence-based program that uses motivational interviewing to encourage patients in Henry Ford of Jackson's Emergency Department to seek care for risky substance use. It helps patients access primary care, clinical preventive services, and treatment for alcohol and substance use disorders.

Additional Resources **Food Closets**

Corner Health Center
47 N. Huron | Ypsilanti 48197 | 734-484-3600 | *cornerhealth.org*
Corner Health provides a free store for all patients. The store includes food, clothing, household items, toiletries and more. In addition, Corner provides primary and mental health care for young people ages 12 through 25 and their children. Office Hours: Monday, Thursday, & Friday 9 a.m.-5 p.m.; Tuesday 9 a.m.-6 p.m.; and Wednesday 1-5 p.m.

SOS Community Services
114 N. River Street | Ypsilanti | 734-484-9945 | *soscs.org/food-pantry*
Pantry hours: Tues. 1:00 p.m.-6:30 p.m. & Wed. 9:00 a.m.-1:00 p.m.

Masjid At-Taqwa
2680 Golfside | Ann Arbor, MI 48108 | 734-277-5683
Food distribution is the last Saturday of the month. Emergency food can be obtained by calling 734-277-5683.

Jewish Family Services
2245 S. State Street | Ann Arbor, MI 48104 | 734-769-0209
nourishnutritionservices.org
JFS supplies access to: fresh fruits and vegetables, kosher goods, halal, low sodium, gluten free, nut free, dairy free, vegan, vegetarian, and liquid nutrition supplements. Curbside Pickup: Thursdays 11:00 a.m. to 1:00 p.m. Delivery available to people over 60.

Hope Clinic
518 Harriet Street | Ypsilanti, MI 48197 | 734-484-2989
thehopeclinic.org/hope-services
Hope Clinic provides access to a food pantry by appointment, a walk-up food stand, diaper pantry, and hot meals.
Appointment Pantry: Tues. 12:30-2:30 p.m., Wed. 4-6 p.m., Friday 9:30-11:30 p.m., Sat. 10-11:30 a.m.
Walk-up Groceries at the Farm Stand: Located at 454 Harriet Street. Mon. 9:30 a.m.-12 p.m., Thurs. 12:30-3 p.m., Sat. 11:00 a.m.-12:30 p.m.
Hot Meals: No appointment necessary. All meals are carry out. Hours: Open every day but Wednesday from 5-6 p.m.

Catholic Social Services of Washtenaw County
at Northside Community Center
815 Taylor Street | Ann Arbor | 734-662-4462 | *csswashtenaw.org*
Pantry hours: Tuesday 2:00-5:30 p.m. & Thursday 10:00 a.m.-2:30 p.m.

Emmanuel Lutheran Church
201 N. River | Ypsilanti, MI 48198 | 734-482-7121
Wednesdays 5:00 p.m.

Back Door Food Pantry
2309 Packard | Ann Arbor, MI 48104 | *backdoorfoodpantry.org*
Food pickup occurs every Thursday from 4-7 p.m.

Community Dinners

Ypsilanti Free Methodist Church
1800 Packard | Ypsilanti, MI 48197 | 734-482-2055
Mondays at 6:00 p.m. Kids are welcomed and encouraged.

Hope Clinic
518 Harriet | Ypsilanti, MI 48197 | 734-484-2989
Monday-Sunday 5-6 p.m.

First Presbyterian Church
300 N. Washington Street | Ypsilanti, MI 48197 | 734-482-1525
Wednesdays at 5:00 p.m.

Ozone House
102 N. Hamilton | Ypsilanti, MI 48197 | 734-485-2222
Individuals ages 13-21. Monday-Thursday 3-6 p.m.

First Baptist Church
517 E. Washington | Ann Arbor, MI 48104 | 734-663-9376
Tuesdays 5:30 p.m.-6:30 p.m.

Delonis Center
312 W. Huron | Ann Arbor, MI 48104 | 734-662-2829
Weekday lunches (Monday-Friday, 11:00 a.m.-2:00 p.m.), weekday dinners (3:00 p.m.-5:00 p.m. cook/set up; 5:00 p.m.-7:15 p.m. serve/clean up); and weekend mid-day meal (Saturday/Sunday 12:00 p.m.-2:30 p.m., 2:15 p.m.-5:00 p.m., or 12:00 p.m.-5:00 p.m.).

Clothing

House by the Side of the Road
2051 S. State Street | Ann Arbor, MI 48104 | 734-769-4085
Provides free clothing and small household items. No voucher is required, but a driver's license or state ID is required. This service can be used every 3 months. Hours: Monday-Friday 10:00 a.m.-2:00 p.m.

Dress for Success
5361 McAuley Drive #1125 | Ypsilanti, MI 48198 | 734-712-0517

Kiwanis
100 N, Staebler Road | Ann Arbor, MI 48103 | 734-665-0450

Emmanuel Lutheran Church
201 N. River Street | Ypsilanti, MI 48198 | 734-482-7121
Clothes Closet is open Wednesdays 9-10:30 a.m. No referral necessary. If you need clothes and cannot make it to the church on Wednesday mornings, please email ClothesCloset@emmanuelypsi.org.

Ann Arbor Thrift Shop
3530 Washtenaw Avenue | Ann Arbor, MI 48104 | 734-972-6153

Additional Resources **Service Agencies**

Housing Access for Washtenaw County | 734-961-1999
Homeless or experiencing a housing crisis, call for assistance and to schedule an appointment.

Michigan 2-1-1
A free service that connects people with essential human services — including elderly services, family support, and displaced workers.

Avalon Housing
1327 Jones Drive | Ann Arbor, MI 48105 | 734-663-5858
Provides housing assistance in Washtenaw County

Catholic Social Services of Washtenaw County | 734-971-9781

Washtenaw County Resources Link | ***canfamilies.org/food-and-meals***

Supportive Connections, City of Ann Arbor
301 E. Huron Street | Justice Center, 4th Floor | Ann Arbor, MI 48107
734-794-6934 | *a2gov.org/SupportiveConnections*
Provides connections to social supports in the community for individuals who are at risk of coming into contact with law enforcement due to mental health and substance use disorders.

Substance Related **Education & Awareness**

TREATMENT MODALITIES SPECIFIC TO SUBSTANCE USE DISORDERS:
Entering any level of treatment for substance use disorder can sometimes be trying and difficult for the individuals and their families to understand. The following information will provide an overview of some of the more common treatment modalities used when treating individuals addressing substance use disorder.

MOTIVATIONAL INTERVIEWING
A unique counseling approach used by clinicians to build motivation for change and strengthen commitment to change by the individual engaging in the treatment process. Motivation Interviewing uses open-ended questions, affirmation, reflections and summary during individual counseling sessions to help bring awareness to the individual about the nature of their behaviors and choices.

STAGES OF CHANGE
The process individuals go through when changing problematic behaviors, such as substance abuse. The stages include pre-contemplation, contemplation, preparation, maintenance and action.

- **Pre-Contemplation:** The individual is unable to recognize their behavior/choices as being problematic. The individual is not swayed by feedback from others regarding their behaviors/choices and is not interested in making changes.
- **Contemplation:** The individual can acknowledge the possibility that their behavior/choices may be problematic but are hesitant to make changes. Individuals struggle with the idea of making changes versus remaining in the current mindset. Individuals struggle with two opposing core values.
- **Preparation:** The individual has decided to change their behavior choices. The individual can take accountability and begin to recognize the problem with their choices/behaviors.
- **Action:** The individual begins to exhibit the greatest behavioral changes during the Action stage. The individual begins to eliminate substances and paraphernalia from their life. The individual develops and implements a plan for change. During this stage recognition and support from the individual's support system are encouraged as the individual makes observable changes in their behaviors.
- **Maintenance:** The individual has developed a comfort level with their new behavior. Focus is placed on remaining substance free and continuing to monitor personal gains throughout recovery. Individuals develop healthy coping strategies as they and their life situation changes.

COGNITIVE BEHAVIORAL THERAPY

Cognitive Behavioral Therapy focuses on changing your internal thoughts and beliefs, as well as your reactions to those beliefs, from negative into positive. It is effective for substance abuse treatment for the following reasons:

- Cognitive Behavioral Therapy is very structured and goal-oriented, which helps keep you focused on your goal of attaining lasting recovery.
- CBT is flexible and can be used in individual or group therapy.
- CBT's short-term approach can work in a wide variety of settings, including residential and outpatient substance abuse treatment.
- **Functional Analysis:** During this step in the Cognitive Behavioral Therapy process, you and your therapist will do a thorough analysis of your thoughts, feelings, and circumstances to ascertain the situations and thoughts that put you at a high risk of substance abuse.
- **Skills Training:** During this step, you will learn healthy and constructive coping skills that will hopefully prevent you from turning to substance abuse and other destructive behaviors.

THANK YOU TO OUR

Supporters & Community Partners

WASHTENAW RECOVERY ADVOCACY PROJECT

SINCE 2015

HOME OF NEW VISION

3115 Professional Drive | Ann Arbor, MI 48104 | 734-975-1602

homeofnewvision.org