

## ACCESSING SERVICES AT CMHCM

### Same Day Access

<https://www.cmhcm.org/services/same-day-access.html>

989.772.5938  
800.317.0708

### Customer Service

989.772.5938  
800.317.0708

Customer Service 1.800.317.0708 or  
989.772.5938  
Michigan Relay 7-1-1  
24 HOUR CRISIS Telephone  
Convenient Office Locations and Hours

#### Clare County

789 North Clare Avenue  
Harrison, MI 48625  
989.539.2141

#### Isabella County

301 South Crapo Street  
Mt. Pleasant, MI 48858  
989.772.5938

#### Gladwin County

655 East Cedar Street  
Gladwin, MI 48624  
989.426.9295

#### Mecosta County

500 South Third Avenue  
Big Rapids, MI 49307  
231.796.5825

#### Midland County

218 Fast Ice Drive  
Midland, MI 48642  
989.631.2320

#### Osceola County

4473 220th Avenue  
Reed City, MI 49677  
231.832.2247

Accredited by:



Joint Commission  
On Accreditation of Healthcare Organizations

CMHCM receives financial support from the Michigan  
Department of Health and Human Services.



## SUPPORT FOR FOSTER CARE FAMILIES

Up to 80 percent of children in foster care have significant mental health issues, compared to approximately 18-22 percent of the general population.

Community Mental Health for Central Michigan is here to help. You don't have to do this on your own.



Community  
Mental Health  
FOR CENTRAL MICHIGAN



**A child**  
enters foster care  
every two minutes  
in the U.S.

Source: Adoption and Foster Care Analysis and Reporting System, 2014

## GREATEST UNMET HEALTH NEED FOR CHILDREN AND TEENS IN FOSTER CARE

The American Academy of Pediatrics, Healthy Foster Care American Initiative, identifies mental and behavioral health as the “greatest unmet health need for children and teens in foster care.”

Factors contributing to the mental and behavioral health of children and youth in foster care includes the history of complex trauma, frequently changing situations and transitions, broken family relationships, inconsistent and inadequate access to mental health services, and over-prescription of psychotropic medications.

Additional barriers include: lack of specific policies concerning mental health care for said population; fragmentation of responsibility and funding; failure to provide adequate information to foster parents and/or social workers; lack of provider training on issues specific to foster care; providers’ inability to recognize problems and make appropriate referrals; and reliance of caseworkers on foster parents’ judgement in identifying mental health problems of children in their care.

*(Halfon et al. 2002)*

## WHAT ARE SOME SERVICES THAT CAN HELP US?

**Parent-Child Interaction Therapy (PCIT)** is an empirically supported treatment for oppositional defiant young children (ages three to seven) in which parents learn the skills of child-directed interaction (CDI) in the first phase of treatment. This phase teaches parents to build warm and responsive relationships with their children. In the second phase, parent-directed interaction (PDI), parents are taught to monitor and apply consequences consistently to change their children’s negative behaviors. While parents interact with their child in the playroom, therapists provide live coaching to parents through a bug-in-the-ear device to help parents apply skills they are learning in session. This allows parents to receive immediate feedback about what they can do in response to their child’s behavior. Progress is monitored in every session with trouble-shooting provided to parents. Each phase of treatment usually takes between five to ten weeks.

**Parent Management Training—Oregon (PMTO)** is an evidence-based practice that teaches effective parenting practices to caregivers who have a child and/or adolescent who exhibit anti-social, aggressive, and other externalizing behavior problems. Sessions with caregivers focus on active teaching of five core components including skills encouragement, limit setting, problem-solving, monitoring, and positive involvement.

## WHAT ARE SOME SERVICES THAT CAN HELP US?

**Home-Based Services for Children and Families** are provided in the family home or in another community setting. Services are designed individually for each family and can include things like mental health therapy, crisis intervention, service coordination, or other supports to the family.

**Mental Health Therapy and Counseling for Adults, Children, and Families** includes therapy or counseling designed to help improve functioning and relationships with other people.

**Wraparound Services for Children and Adolescents** with serious emotional disturbance and their families include treatment and supports necessary to maintain the child in the family home.

