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MONROE COUNTY

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# Substance Use Disorder Resource Guide



Recovery is Possible

Thank you to our  
**Supporters & Community Partners**

MONROE HARBOR LIGHT

*Hope begins  
with Help*



DOING THE MOST GOOD

*Healthy*  
**MONROE**  
COUNTY HEALTH DEPARTMENT



MONROE  
COMMUNITY  
MENTAL  
HEALTH  
AUTHORITY



 **PROMEDICA**  
**MONROE REGIONAL**  
**HOSPITAL**

**RAW** 

**RECOVERY ADVOCACY WARRIORS**  
THE HEART OF MONROE RECOVERY

**SPLT**

**Student Prevention Leadership Team**

MONROE  COUNTY  
**SUBSTANCE ABUSE**  
COALITION

# Welcome Letter

Life can sometimes throw us into some challenging times and we often struggle to seek help. But there is hope. There are over 23 million Americans in recovery from substance use disorder. Monroe County has many resources available to individuals and their families to address substance use disorder.

This guide was made possible through the collaboration with many community agencies in Monroe County.

## **RAW (Recovery Advocacy Warriors)**

552 Rambow Drive | Monroe, MI 48161 | 734-384-3155

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

## **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 RAW (Recovery Advocacy Warriors) at 734-384-3155.

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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 Monroe ACCESS can help link you with treatment AND insurance coverage.

Onto the Step 2: **Contact Monroe ACCESS (734-384-0226 or 734-243-7340)**

### **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 Monroe ACCESS (734-384-0226 or 734-243-7340 or 1-800-886-7340)**

# 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 Monroe ACCESS.

Onto Step 2: **Contact Monroe ACCESS (734-384-0226 or 734-243-7340 or 1-800-886-7340)**

**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 MONROE ACCESS

### **For Medicaid Coverage & the Uninsured**

Monroe ACCESS SUD Line: 734-384-0226

Monroe ACCESS Main Line: 734-243-7340

Monroe Crisis/After-hours Line: 1-800-886-7340

Monroe ACCESS represents a team of clinically-trained staff who conduct screenings for a variety of behavioral health services in Monroe County. The ACCESS Department is physically located at the Monroe Community Mental Health Authority (1001 South Raisinville Road, Monroe, Michigan 48161) 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 Monroe 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 MONROE 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

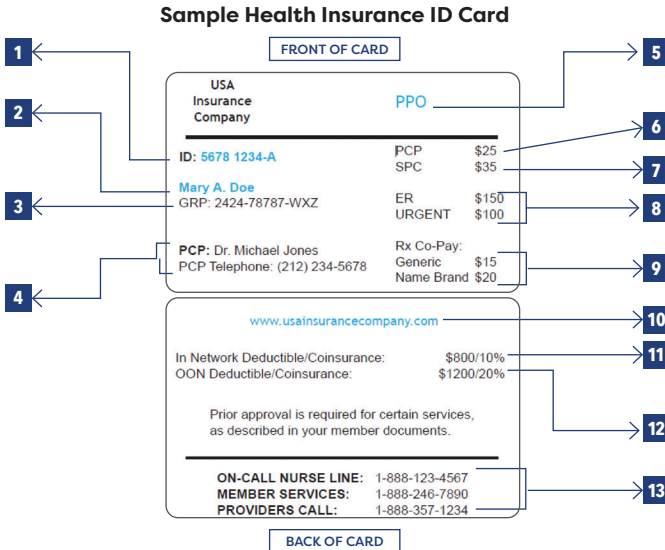
## STEP 3

# 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: 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

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

**Saint Joseph Center of Hope (CCSEM)**  
222 Colonial Drive | Monroe, MI 48162  
734-357-8880 (CMHPSM funded)  
 [Facebook @ccsemsjch](https://www.facebook.com/ccsemsjch)

A 24-hour, 365-day crisis intervention center providing support to individuals in active addiction. Individuals arrive at the center and can stay up to 23 hours to receive help and get connected to treatment and recovery resources in the Monroe community.

**ProMedica Monroe Regional Hospital**  
700 N. Macomb Street  
Monroe, MI 48162 | 734-240-8400

**Monroe Community Mental Health Authority (MCMHA): After-hours/Crisis Line**  
1001 South Raisinville Road  
Monroe, MI 48161  
Monroe Crisis/After-hours Line:  
1-800-886-7340

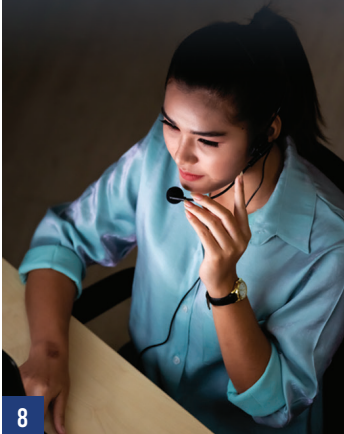
**Passion of Mind Healing Center - 24/7 Helpline**  
14930 LaPlaisance Road  
Monroe, MI 48161 | 734-344-5269

**National Suicide Prevention Helpline**  
1-800-273-8255

**National Drug Hotline**  
1-844-289-0879

**Crisis Text Line** - Text HOME to 741741

**MDHHS Warmline** - 1-888-733-7753



# 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.

Harm reduction is also a set of practical strategies and ideas aimed at reducing negative consequences with drug use.

## HARM REDUCTION SERVICE PROVIDERS

### **Salvation Army Harbor Light Syringe Exchange Program**

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

Salvation Army Harbor Light (SAHL) will be distributing sterile syringes and other sterile drug use equipment to reduce the spread of HIV, hepatitis C, and to reduce rates of other substance use-related infections. SAHL will also collect these items for safe disposal to improve the safety and health of the community. SAHL has been authorized by MDHHS to distribute syringes and other safer use items. Additionally, fentanyl test kits, Narcan, and community resources will also be available. All supplies and services in this program are free of charge to all program participants.

**HOURS OF OPERATION: MONDAY-FRIDAY, 8:00AM-4:30PM**

Individuals can show up anytime during these times and request supplies and services. Supplies and services can also be provided outside of these days and hours by appointment only through the medical department. Anonymity will be maintained, and all participants will have access to an array of community resources that includes substance abuse/dependence services.

### **Unified**

#### **Detroit | 313-446-9800**

3968 Mt. Elliott Street | Detroit, MI 48207

#### **Jackson | 734-787-4672**

211 West Ganson Street, Suite 110 | Jackson, MI 49201

#### **Ypsilanti | 734-572-9355**

2287 Ellsworth Road, Suite B | Ypsilanti, MI 48197

Providing safer use supplies, therapy and case management. A case manager can give you information, resources, referrals, and support to help you meet your needs and reach your goals.

Unified can help you access services, supports, and supplies such as: housing, employment, education, food, benefits, health care, legal assistance, transportation, mental health treatment, substance use management, and free supplies for safer drug use and sex.

# Treatment Options

## DETOXIFICATION

Medically-monitored inpatient detoxification 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

## **DETOXIFICATION/INPATIENT TREATMENT SERVICE PROVIDERS**

### **Salvation Army Harbor Light (SAHL)**

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402  
(CMHPSM provider) Provides detoxification services.

### **Sacred Heart**

400 Stoddard Road | Memphis, MI 48014 | 810-392-2167  
(CMHPSM provider) Provides detoxification services.

### **Oakdale Treatment Center**

43825 Michigan Avenue | Canton, MI 48188 | 734-397-3088  
(CMHPSM provider) Provides detoxification services.

### **Personalized Nursing Light House**

575 S. Main Street, #6 | Plymouth, MI 48170 | 734-451-7800  
(CMHPSM provider) Provides detoxification services.

### **Arrowhead Treatment Center**

1725 Timberline Road | Maumee, OH 43537 | 419-891-9333  
(Medicare, Private Insurance)

### **Brighton Hospital**

Grand River Avenue | Brighton, MI 48116 | 810-220-5514  
(Medicare, Private Insurance)

### **Dawn Farm**

6633 Stony Creek Road | Ypsilanti, MI 48197 | 734-485-8725  
(CMHPSM provider, Private Insurance)  
Provides detoxification services.

### **Home of New Vision**

3115 Professional Drive | Ann Arbor, MI 48104 | 734 975 1602  
(CMHPSM provider) Provides detoxification services.

### **Ridgeview Behavioral Hospital**

17872 Lincoln Highway | Middle Point, OH 45863 | 419-968-2950  
(Medicare, Private Insurance)

### **Henry Ford Allegiance Addiction Recovery Center**

2424 W. Washington Avenue, Suite 200 | Jackson, MI 49203  
517-205-4001

# 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

## INTENSIVE OUTPATIENT TREATMENT SERVICE PROVIDERS

### Salvation Army Harbor Light

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

## 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.





## OUTPATIENT TREATMENT SERVICE PROVIDERS

### **Salvation Army Harbor Light** (CMHPSM funded)

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

Peer services, case management, Medication Assisted Treatment.

[www.drug-rehabs.org/Michigan-Monroe-drug-rehab-treatment](http://www.drug-rehabs.org/Michigan-Monroe-drug-rehab-treatment)

### **Catholic Charities of Southeast Michigan**

234 Colonial Drive | Monroe, MI 48162 | 734-240-3850

(CMHPSM funded and private insurances)

Peer services, case management, and women specific services.

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

### **Passion of Mind Healing Center** (CMHPSM funded)

14930 LaPlaisance Road | Monroe, MI 48161 | 734-344-5269

Peer services, case management, Medication Assisted Treatment.

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

### **Monroe Community Mental Health Authority** (CMHPSM funded)

1001 South Raisinville Road | Monroe, MI 48161 | 1-800- 886-7340

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

### **ProMedica Monroe Behavioral Health Services**

730 N. Macomb Street, #200 | Monroe, MI 48162 | 734-240-1760

(Private Insurances, including Medicare)

Outpatient individual, family and group counseling, therapy for Medication Assisted Treatment, Probation related services due to SUD, Driver's License Examination.

[www.promedica.org/location/promedica-behavioral-health-monroe](http://www.promedica.org/location/promedica-behavioral-health-monroe)

### **Family Medical Center of Michigan**

901 N. Macomb Street | Monroe, MI 48162

734-654-2169 or 734-344-5269

Additional locations: Monroe, Temperance, Carleton, Lenawee.

Peer services, Medication Assisted Treatment

[www.familymedicalmi.org/locations/monroe](http://www.familymedicalmi.org/locations/monroe)

### **Creative Counseling Choices**

2092 S. Custer Road | Monroe, MI 48161 | 734-457-2161

(Medicare, Private Insurance) [www.creativecounselingchoices.com](http://www.creativecounselingchoices.com)

### **Straight N' Arrow**

114 E. Elm Avenue | Monroe, MI 48162 | 734-770-0845

(Private Insurance) [www.snacounseling.com](http://www.snacounseling.com)

### **Dimensions of Wellness, Inc.** - A Nonprofit Corporation

7447 N. Telegraph Road | Monroe, MI 48162

313-920-8771 | Fax: 949-561-4887

Areas Served: Ages 3 and up

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

# MAT/ MOUD

## MEDICATION FOR OPIOID USE DISORDER (MOUD) TREATMENT

A program for individuals with an opioid use disorder, 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.

## MAT/MOUD SERVICE PROVIDERS

### **Passion of Mind Healing Center**

14930 LaPlaisance Road  
Monroe, MI 48161 | 734-344-5269  
(CMHPSM funded)

Peer services, case management,  
**Medication Assisted Treatment.**

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

### **Family Medical Center of Michigan**

901 N. Macomb Street  
Monroe, MI 48162  
734-654-2169 or 734-344-5269  
Additional locations: Monroe,  
Temperance, Carleton, Lenawee

### **Salvation Army Harbor Light**

3250 N. Monroe St. | Monroe, MI 48161  
734-384-3402

### **Catholic Charities of Southeast Michigan**

234 Colonial Drive  
Monroe, MI 48162 | 734-240-3850

### **Dr. Arun Gupta**

1094 N. Monroe Street  
Monroe, MI 48162 | 734-241-7162

### **Monroe Community Mental Health Authority (MCMHA)**

1001 South Raisinville Road  
Monroe, MI 48161 | 1-800-886-7340

### **Workit Health**

3300 Washtenaw Avenue, #280  
Ann Arbor, MI 48104 | 734-329-5419  
[www.workithealth.com](http://www.workithealth.com)

### **Recovery Mobile Clinic**

711 Dixie Highway, #142  
Clarkston, MI 48346-2077  
248-567-2334  
[www.recoverymobileclinic.com](http://www.recoverymobileclinic.com)

# 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 SUPPORTS

### **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

### **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

## OUT OF COUNTY – TRANSITIONAL HOUSING

### **Personalized Nursing Lighthouse (PNLH)**

7752 North Canton Center Road | Canton, MI 48187

1-800-467-7654

Other Locations: Plymouth, Dearborn Heights, Farmington Hills, Madison Heights

### **Dawn Farm**

6633 Stony Creek Road | Ypsilanti, MI 48197 | 734-485-8725

### **Home of New Vision**

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

### **Flint Odyssey House/Odyssey Village**

529 Martin Luther King Avenue | Flint, MI 48502 | 810-238-0483

### **SHAR House**

1852 W. Grand Boulevard | Detroit, MI 48208 | 313-894-8444

## Re-Entry Supports

**MI REP - In Jail Program** is a voluntary program, providing intensive case management, Dual Recovery Therapy (DRT) and peer support services to individuals with justice-involvement and co-occurring needs. MI-REP utilizes the MISSION CJ model and incorporates a team approach to working with individuals, from incarceration to community transition. MI-REP services are tailored to the individual and are designed to address the unique needs and recovery goals of each participant. General services provided by MI-REP include: case management and peer support, therapeutic monitoring, service/resource linkage, transition and treatment planning, provider/ service coordination, vocational, educational and employment support, transportation assistance, and aftercare planning.

**For more information, please call:**

**Monroe Community Mental Health Authority:**

1001 South Raisinville Road | Monroe, MI 48161

**Call: 734-243-7340** or

**After Hours: 800-886-7340** or

**Sheriff Goodnough | 734-240-7564**

Email: [troy\\_goodnough@monroemi.org](mailto:troy_goodnough@monroemi.org)



## YOUTH SUBSTANCE USE DISORDER SERVICES

### **Monroe Community Mental Health Authority**

1001 South Raisinville Road | Monroe, MI 48161 | 1-800-886-7340

### **Catholic Charities of Southeastern Michigan (CCSEM)**

234 Colonial Drive | Monroe, MI 48162 | 734-240-3850

### **ProMedica Monroe Behavioral Health Services**

730 N. Macomb Street, #200 | Monroe, MI 48162 | 734-240-1760

### **Family Medical Center of Michigan**

901 N. Macomb Street | Monroe, MI 48162

734-654-2169 or 734-344-5269

Additional locations: Monroe, Temperance, Carleton, Lenawee

## FAMILY SUPPORT SERVICES

### **Salvation Army Harbor Light**

3250 N. Monroe Street | Monroe, MI 48161 | 734-384-3402

### **Catholic Charities of Southeast Michigan**

234 Colonial Drive | Monroe, MI 48161 | 734-240-3850

### **Passion of Mind Healing Center**

14930 LaPlaisance Road | Monroe, MI 48161 | 734-344-5269

**Student Prevention Leadership Teams -  
Catholic Charities of Southeast Michigan**

234 Colonial Drive | Monroe, MI 48162 | 734-240-3850

**STUDENT PREVENTION LEADERSHIP  
TEAMS PROGRAM (SPLT)**

Catholic Charities of Southeast Michigan (CCSEM) implemented the Student Prevention Leadership Teams (SPLT) program in October of 2015. At that time, SPLT consisted of 79 students from 7 of the 12 Monroe County High Schools. Since then, this program has not only demonstrated tremendous hard work and success, but it has also grown substantially over the past 8 years.

Currently, SPLT has expanded programming efforts to include the Monroe County Middle Schools as well. Monroe High Schools and Monroe Middle Schools currently participating in SPLT are:

- Airport High School and Airport Junior High School
- Bedford High School and Bedford Junior High School
- Dundee High School and Dundee Junior High School
- Erie Mason High School and Erie Mason Junior High School
- Ida High School and Ida Junior High School
- Jefferson High School and Jefferson Junior High School
- Monroe High School and Monroe Junior High School
- Monroe Middle College and Triumph Academy
- Orchard Alternative High School
- St. Mary Catholic Central High School and St. Mary Junior High
- Summerfield High School and Summerfield Junior High School
- Whiteford High School and Whiteford Junior High School

# SPLT

## Student Prevention Leadership Team

With the overall success of this program and the growing need to start intervention even earlier in our schools, SPLT will make a huge impact on the education and success of reducing the risk of substance use amongst our youth in Monroe County.

Each of our schools run four Substance Abuse Awareness initiatives each year and have had great success. These initiatives educate and raise awareness of the dangers of substance abuse and help our youth to make better decisions. These initiatives include Marijuana Awareness, Prescription Medication and OTC Medication Awareness, Vaping/Nicotine Awareness, and Underage Drinking Awareness.

Our Coordinators help each school along the way. They schedule pre and post initiative planning meetings, develop tools to improve their processes, aid with implementing prevention education activities and teaching strategies. These efforts help increase the education time that the advisors have with students and build student interest and engagement.

Beyond prevention, our SPLT Coordinators attend several community meetings to establish and foster strong relationships needed to build culturally relevant interventions. These community collaborations and interventions help to ensure that our teens are able heal from things like trauma and coping with chronic stress or distress in a healthy way versus turning to substances as a coping method.

### **Katie Demers**

#### ***MS SPLT Coordinator***

Email: [Demersk@ccsem.org](mailto:Demersk@ccsem.org)

 [Student Prevention Leadership Team | Facebook @spltmonroe](#)

## Recovery Support Services



**RECOVERY ADVOCACY WARRIORS**  
THE HEART OF MONROE RECOVERY

**RAW (Recovery Advocacy Warriors) | 734-384-3155** is an RCO (Recovery Community Organization). It is a program for people in recovery, by people in recovery. RAW provides free community events, education, and raises awareness of recovery and recovery support services.

- Mutual Support Meetings
- Annual Events
- Recovery Coach Education Services
- Art Therapy for Recovery
- Recovery Softball Leagues
- Naloxone and Harm Reduction
- Recovery Support Services
- Policy and Advocacy Activities

### **RAW (Recovery Advocacy Warriors) -**

552/554 Rambow Drive | Monroe, MI 48161 | 734-384-3155  
[www.rawmonroe.org](http://www.rawmonroe.org) | Email: [info@rawmonroe.org](mailto:info@rawmonroe.org)

 [Recovery Advocacy Warriors | Facebook @rawmonroe](https://www.facebook.com/rawmonroe)



# Additional Resources

## Community Dinners

### MONROE

#### **Solid Rock Church**

77 Wadsworth Street | Monroe, MI 48161 | 734-639-2375  
Monday Dinner 6:00 pm

#### **St. Paul's United Methodist Church**

201 S. Monroe Street | Monroe, MI 48161 | 734-241- 8181  
Tuesday Dinner 6:00 pm

#### **First Presbyterian Church**

108 Washington Street | Monroe, MI 48161 | 734-242-1545  
Thursday Dinner 6:00 pm

#### **The Salvation Army**

815 East 1st Street | Monroe, Michigan 48161 | 734-241-0440  
Saturday Dinner 6:00 pm

#### **Trinity Lutheran Church**

323 Scott Street | Monroe, Michigan 48161 | 734-242-2308  
Sunday Dinner 6:00 pm

### NORTH COUNTY

#### **1st Congressional Church of Christ**

26250 Huron River Drive | Flat Rock, MI 48134 | 734-755-0196  
Wednesday Dinner 6:00 pm

### SOUTH COUNTY

#### **St. Luke's Lutheran Church**

1690 W. Sterns Road | Temperance, MI 48182 | 734-847-8275  
Monday Dinner 5:00 pm

### WEST COUNTY

#### **St. John Lutheran Church**

460 Riley Street | Dundee, MI 48131 | 734-529-3218  
Wednesday Dinner 6:00 pm

## Additional Resources

# Food Closets



### **Dundee United Methodist Church**

645 Franklin Street | Dundee, MI 48131 | 734-847-2805

Open every 1st Wednesday of the month  
between 4:00 pm and 5:00 pm

### **Knights of Columbus**

9758 Dixie Highway | Erie, MI 48133 | 734-529-3535

Open every 3rd Wednesday of the month  
between 6:30 pm and 7:30 pm

### **London Township - Township Hall**

13613 Tuttlehill Road | Milan, MI 48160 | 734-529-3535

Open every 1st Thursday of the month  
between 4:00 pm and 5:00 pm

### **The Lord's Harvest Pantry**

1140 S. Telegraph Road | Monroe, MI, 48161

734-241-2775 ext. 222

Must make an appointment by calling 734-244-8547

Part of Monroe County Opportunity Program (MCOP)

# Additional Resources

## Service Agencies

### **Damascus House**

212 Smith Street | Monroe, MI 48161 | 734-242-8136  
Clothing and other goods available. Open Tuesday-Friday.

### **Habitat for Humanity**

840 LaPlaisance Road | Monroe, MI 48161 | 734-243-7408

### **Habitat ReStore**

840 LaPlaisance Road | Monroe, MI 48161 | 734-243-1108  
Household goods and used appliances.

### **St. John's Vincent DePaul**

511 S. Monroe Street | Monroe, MI 48161 | 734-241-8910

### **St. Mary's St. Vincent DePaul**

127 N. Monroe Street | Monroe, MI 48162 | 734-241-9067

### **Extra Blessings (First Church of God)**

2121 S. Custer Road | Monroe, MI 48161 | 734-242-2771  
Second Saturday of the month 10:00 am to 12:00 pm.  
Bring ID and Bridge card. Gives away toiletries.

### **Mercy House**

3877 Jackman Road | Ida, MI 48140 | 734-240-2239  
Takes donated items from 0-5T and anything that has to do with the first five years of life (highchairs, cribs, etc.).  
They give the items free to people who need them.  
Monday-Wednesday and Friday 10:00 am-3:00 pm.  
Evening hours Mondays and Thursdays 7:00-8:30 pm.

# Additional Resources

## Veterans Information

### **Veterans Bureau**

29 Washington Street | Monroe, MI 48161 | 734-240-7362

### **Veterans Trust Fund**

29 Washington Street | Monroe, MI 48161 | 734-240-7359

Must be a veteran with service duty.

Financial assistance, food vouchers.

### **Caregiver Support Coordinator**

#### **US Department of Veteran Affairs Social Work and Community Based Services**

M. Rebecca Hyduke | 734-222-7108 | Email: [Mary.Hyduke@va.gov](mailto:Mary.Hyduke@va.gov)

### **Veterans Transportation Service (VTA)**

1-800-361-8387 ext. 27145 or 734-222-7145

Reservation required one day in advance to  
arrange transportation. Call for more information.

### **Medical Foster Home Coordinator**

#### **US Department of Veteran Affairs**

April Bartlett | 734-222-4269 | Email: [April.Bartlett@va.gov](mailto:April.Bartlett@va.gov)

### **Veterans Support Meeting**

554 Rambow Drive | Monroe, MI 48161 | [info@rawmonroe.org](mailto:info@rawmonroe.org)

### **Little Blessings Veteran and Community Outreach**

5725 W. Sterns Road | Ottawa Lake, MI 49267 | 419-779-0342



# 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.

# Substance Related Education & Awareness

- **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.

# Substance Related Education & Awareness

## MONROE COUNTY SUBSTANCE ABUSE COALITION



### **Monroe County Substance Abuse Coalition**

c/o United Way of Monroe/Lenawee Counties


216 N. Monroe Street | Monroe, MI 48162 | 734-242-1331

**MISSION:** The Monroe County Substance Abuse Coalition ensures a 'HIP' (Healthy, Informed, Proactive) community through collaborative planning, program development, community action, and public education that results in decreased substance use and abuse among youth.

Participation and meetings are open to all community members. Please call if you are interested in additional information.

“Reducing addiction must begin with youth prevention!”





554 Rambow Drive  
Monroe, MI 48161  
[rawmonore.org](http://rawmonore.org)