

Resource Directory

for individuals and
families impacted by

Substance Use Disorder (SUD)



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Introduction

This guide was developed by Ingham County Health Department with funding provided by Mid-State Health Network.

If your organization would like to be included in this guide, or if you have corrections to information in this guide, please contact:

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1. Local Outpatient Counseling & Treatment Providers

Child and Family Charities Counseling program offering a wide range of short-term counseling and therapy (including outpatient substance abuse treatment for ages 10-20 years old). Please call (517) 882-4000 or go to www.childandfamily.org

Clinton County Counseling Center (CCCC) Outpatient substance use disorder treatment for residents in Clinton County and surrounding areas. CCCC provides screening, assessments, individual and group counseling and family intervention and psycho- education. Also provides SUD therapy in the Clinton County Jail. Please call (989) 224-6729 or go to www.ceicmh.org/contact-us/locations/cccc

Cognitive Consultants, LLC Provides treatment for substance use disorders and other addictions. Provides risk assessment, broad-based mental health services, evidenced-based intensive outpatient counseling and, outpatient and education. This agency also offers domestic violence prevention/ treatment programming and anger management counseling/treatment. Please call (517) 322-3050 or go to www.cognitiveconsultantsllc.com

Cristo Rey Substance Abuse Program Outpatient counseling and prevention program designed to meet the needs of BIPOC (Black, Indigenous and other People of Color) people and women's specialty services. Services include culturally competent substance abuse education, individual and family counseling, outreach to homeless persons and a medical clinic and support service referrals. During this time, assessments are provided over the phone. Small group meetings are available for 4 to 5 people. Please call (517) 372-4700 ext. 140

Ingham County Health Department Tobacco Dependence Treatment (TDT) for People Living with HIV (PLWH) Tobacco Treatment Specialists provide group and individual services for PLWH living in Ingham, Clinton, and Eaton counties. Incentives, counseling, referrals and assistance overcoming treatment barriers are available for clients receiving care. Information and assistance is available for the public regarding the use of Nicotine Replacement Therapies and the availability of tobacco treatment services. Please call (517) 887-4597

Mid-Michigan Recovery Services Substance abuse treatment for people experiencing problems with alcohol and/or other drugs via information, education, and treatment on an outpatient, intensive outpatient or long term residential basis, with special programming available for women and families. Phone appointments available during COVID19. Call 517-887-0226 or visit www.midmichiganrecoveryservices.org

Q: What is outpatient counseling?

A: When someone is using outpatient treatment/services, they come and go to and from the counseling center/program. They do not live/sleep at the counseling/treatment center as they would at inpatient or residential treatment program/center.

Reality Counseling Services Provides individual sessions, alcohol and drug group service sessions, marijuana educational group sessions, relapse prevention groups, moral reconnection groups, outpatient services, intensive outpatient programs, prevention and diversions services, assessments and psychological evaluations. Please call (517) 484-4997 or contact marlana.smith@realitycs.com

Prevention and Training Services (P.A.T.S) Provides services for marijuana intervention program, domestic abuse, alcohol and substance use education, relapse treatment, outpatient substance abuse treatment, women's specific outpatient treatment, intensive outpatient treatment, drug and alcohol assessments and mental health therapy. At this time, telehealth services only. Please call (517) 323-8149 or go to www.patslansing.com

Professional Psychological & Psychiatric Services (PPPS) A comprehensive outpatient mental health and substance abuse treatment clinic offering psychiatric, psychological, social, educational, vocational and prevention services to individuals, families and groups. At this time, counseling appointments are being done remotely, via telephone or telehealth. Please call (517) 977-0899 or go to www.pppshealthcare.com

Wellness Institute of Michigan Provides individual, family and couples therapy for all ages in a safe, private and welcoming environment. Highly trained, fully licensed therapists provide cognitive behavioral therapy for those with SUD, including telehealth counseling. Call (517) 347-4645 or go to www.wellnessinstitutemi.com

Wellness Inx Changing lives together on the Road to Recovery. Screenings, brief intervention and referrals to treatment; one-on-one planning sessions with a recovery coach and peer facilitated recovery groups. In Response to Covid-19 Wellness Inx Goes Virtual. All Recoveries are invited to join for....

- **Multiple Pathways Meetings** - Mon-Fri 10:00am -11:00am & 7:00pm-8:00pm
- **One-on-One Recovery Support Chat Space** - Mon-Fri 9:00am-12:00pm & 1:00pm-4:00pm

Links for zoom meetings at: www.wellnessinx.com/

Workit Health (Telemedicine) Offering digital addiction care in Michigan. This includes Suboxone and therapy for opioid addiction. This telehealth addiction provider offers clinically validated solutions accessible via smartphone and computer. This agency helps people struggling with opioid addiction including medication management, 24/7 messaging with a counselor, online group therapy, and virtual drug testing and personalized curriculum of engaging courses. Please call (734) 329-5419 or go to www.workithealth.com

Victory Clinical Services State licensed methadone program designed to provide medical and counseling services to individuals who are addicted to opiate drugs. Their mission is to provide quality, optimal outpatient substance abuse services including Methadone Maintenance Treatment, Suboxone Maintenance Treatment and medically supervised withdrawal. Please call (517) 394-7867 or go to www.victoryclinic.com

2. Local Residential/Inpatient Treatment Providers & Recovery Houses

Holy Cross Services Provides substance use and co-occurring mental health disorder treatment through highly trained staff committed to individual wellness, family stability and positive organizational change. Counseling programs are comprehensive substance use disorder treatment supportive of Recovery Oriented Systems of Care (ROSC) principles. Services include detoxification, outpatient substance use, disorder services and recovery housing. Please call (844) 452-4767 or (517) 657-2980 or go to holycrossservices.org/programs/behavioral-health/counseling-services/

House of Commons A 40-bed, residential Substance Abuse Disorder Treatment Program, helping men in need of substance use disorder treatment. This is a CMH program, working to create a co-occurring capable system that is welcoming, person-centered, recovery-oriented culturally competent and trauma-informed. Program office hours are 8am-5pm Monday through Friday. Please call (517) 244-0393

Mid-Michigan Recovery Services This substance abuse treatment agency provides services for people experiencing problems with alcohol or other drugs. This includes information, education, and treatment on an outpatient, intensive outpatient or long-term residential basis. There is special programming available for women and families. Phone appointments available during COVID19. www.midmichiganrecovery.com

- **Glass House** Long-term residential treatment program for women with chronic chemical dependency including alcoholism and other substance use disorders. Part of Mid-Michigan Recovery Services. Please call (517) 482-2028
- **Holden House** Long term residential treatment program for men with chronic chemical dependency including alcoholism and other substance use disorders. Part of Mid-Michigan Recovery Services. Please call (517) 887-0226

Q: What is inpatient or residential treatment?

A: Residential treatment programs last a minimum of 28 days.

During inpatient/residential treatment, patients live at a facility in which intensive drug and alcohol treatment programs are the cornerstone of the patient's daily activities.

Often, patients who have attempted outpatient treatment programs but have ultimately relapsed back into drug and alcohol use, or have found outpatient programs difficult to complete, achieve success in a residential program.

Patients who require detoxification services due to concerns about withdrawal also benefit from residential programs, as detox services can be included as a part of residential treatment programs.

Q: What is a recovery house?

A: Recovery houses are sober, safe, and healthy living environments that promote recovery from alcohol and other drug use. Recovery houses offer peer-to-peer recovery support. Some also provide professionally delivered clinical services aimed at promoting abstinence-based, long-term recovery. Credentialed recovery residences publish policies on relapse sanctions and readmission criteria and other rules governing group living. Recovery residences may require abstinence from particular types of medications according to individual policy. Individuals build resources while living in a recovery residence that will continue to support their recovery as they transition to living independently and productively in the community. Services provided span from peer to-peer recovery support (all recovery residences) to medical and counseling services (recovery residences offering higher levels of support).

Local Residential/Inpatient Treatment Providers & Recovery Houses, cont'd

The Recovery Center A withdrawal management program (medically managed detoxification) that operates 24/7, with both nursing and counseling services. This CMH program has 10 beds available for men and women and promotes a safe and caring environment. Please call (517) 267-7623

A Second Chance Mens Recovery Housing Provides safe, sober 12 step based housing for men who suffer from substance use disorders. They are available to help. Please call (989) 397-0253 or go to www.transitionalhousing.org/li/second-chance-recovery-house

Endeavor House Ministries- Men's Services Residential transitional housing designed to help men find freedom from drug and alcohol addiction. A safe structured learning environment for a one-year program. They also provide NA and AA meeting. For more information, please call (517) 285-1270 or go to <http://endeavorhouseministries.com/>

Pinnacle Recovery Men and Women's Services Providing transitional housing for men and women. For more information, please call (517) 798-4624

RISE Recovery Community Men and Women's Recovery Housing This program assists getting those in need, into treatment and/or provides supportive housing for those who have successfully completed treatment. They offer a 5-phase program to ensure a successful transition back into society. They have structured supportive housing with a supportive community who understands the heartache and pains of addiction and the strength that can be gained from successful treatment. Please call (517) (517) 703-3389 or go to www.rrclansing.org

Transitions Sober Living Facility Please call (517) 853-9009

Unity House (Men's) A faith based sober living house for men who want to focus on their drug and or alcohol recovery. They are open, and able to house up to 12 men. Please call (517) 346-7747

3. Other Residential/Inpatient Treatment Centers in Michigan

Addiction Treatment Center - Traverse City, MI (231) 346-5216

Bear River Health- Boyne Falls, MI (231) 535-2822

Brighton Center for Recovery- Brighton, MI (810) 227-1211

Dakoske Hall Men's Residential Program- Traverse City, MI (800) 622-4810

Dawn Farm Spira Recovery Center - Ann Arbor, MI (734) 669-8265

Great Lakes Recovery Centers (Adolescent) -Marquette, MI (906) 228-4692

Great Lakes Recovery Centers (Adults)- Marquette, MI (906) 228- 7611

Great Lakes Recovery Centers Women's New Hope House- Sault St. Marie, MI
(906)632-2522

Great Lakes Recovery Centers Men's New Hope House- Sault St. Marie, MI
(906) 635-5542

Harbor Hall Residential Treatment Center- Petoskey, MI (888) 880-5511

Harbor Oaks Hospital (Adults, Adolescent) - New Baltimore, MI- (586) 330-5202

Harbortown Treatment Center- Benton Harbor, MI- (269) 926-0015

Henry Ford Allegiance Addiction Recovery Center - Jackson, MI (517) 205-4001

Henry Ford Maplegrove Center- Bloomfield MI (248) 661-6100

Holy Cross Services- Multiple Treatment Center Locations in MI - (844) 452-4767

Home of New Vision- Ann Arbor (Washtenaw Residents only) (734) 975-1602

Metro East Substance Abuse Treatment Corp.- Detroit, MI (313) 317-0055

NMSAS Services- Gaylord, MI (989) 732-1791

Phoenix Hall Women's Residential- Traverse City, MI (231) 922-4811

Recovery Unlimited Treatment Center- Flint, MI (810) 785-4930

Sacred Heart Rehabilitation in Michigan- (888) 802-7472

Sanford House Addiction Treatment Centers- Grand Rapids, MI (844) 776- 9651

Skywood Recovery Center- Augusta, MI (855) 396-4479

Sunrise Center- Alpena, MI (989) 356-6649

4. Treatment Navigation Support

These organizations/services can help individuals and/or families identify treatment services and providers that best fit their needs, and/or determine eligibility for health plan coverage of services.

Capital Area Project VOX Providing advocacy, education and resources for recovery support services for families and individuals with a substance use disorders. For more information, please go to www.capitalareaprojectvox.org/home.html

Community Mental Health Authority of Clinton, Eaton and Ingham Counties (CMHA-CEI) Provides services to support people in crisis, including those with emotional and behavioral challenges, intellectual and developmental disabilities and those with substance use disorders. Please call Toll Free (888) 800-1559 or (517) 346-8318 or go to www.ceicmh.org

Hope Not Handcuffs A person struggling with substance use disorder can approach an officer, stating they would like to get into treatment. Transportation will be given to East Lansing Police Department, where they will be met by an Angel & Peer Recovery Coach, and placed into treatment. This program has helped over 2000 people get into treatment. Please call Hopeline at (833) 202-HOPE (4673) or go to www.familiesagainstnarcotics.org/hopenothandcuffs

Mid- State Health Network Partners with SUD prevention and treatment service providers that offer an array of services throughout MSHN's 21 county region. Please call (517) 253-7525 or go to <https://midstatehealthnetwork.org/provider-network-resources/provider-information/directory>

Pathways to Care Ingham County Health Departments home visiting program, works with Medicaid eligible adults living in Ingham County or the city of Lansing. Community Health Workers meet with and connect clients with services and resources in their community. Resources include health care enrollments, finding a doctor or dentist, and connecting clients to recovery resources. Two certified recovery coaches work with clients in the Ingham County jail. They help create connections with recovery and other resources before and after release, supporting a successful transition back into the community. To refer, please call Sarah Kenney at (517) 272-4123

Project ASSERT Wellness InX provides navigation services for those struggling with substance use disorders who come to the emergency department. For more information, please go to www.wellnessinx.com/

Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA) Free Confidential 24/7 treatment and referral information for individuals and family members facing mental or substance use disorders. Referrals to treatment facilities, support groups & community based organizations. Please call (800) 662-HELP (4357) or go to www.samhsa.gov/find-help/national-helpline

5. Crisis Hotlines

Alcoholics Anonymous Central Helpline 24/7 Please call (517) 377-1444
www.lansingdistrict6.com/?fbclid=IwAR1jFpW8e1KjYx7GKcWpZxrmDfxJLJhia7wsO6W-AArtw57sFv9wHUj5Ns this site has a detailed list of zoom meetings available at this time.

Capital Area Narcotics Anonymous Helpline Please call (800) 230-4085 or go to
<https://michigan-na.org/>

Child Protective Services If you think that a child is in danger of abuse or neglect, please call (855) 444-3911

Community Mental Health Behavioral Health Online Screening Platform Multiple screenings available on SUD, MH and general wellness, utilizes validated screenings and provides results and referrals to local treatment networks. The direct link is
<https://screening.mentalhealthscreening.org/cei>

Community Mental Health HELPLINE They provide services to support people in crisis, including those with emotional and behavioral challenges, intellectual and developmental disabilities and those with substance use disorders. 24/7 help, please call Toll free at (800) 372-8460 locally at (517) 346-8460 or TTY at (517) 267-7623

Community Mental Health Covid-19 Community Support Line Struggling with feelings of isolation, loneliness, anxiety, or depression. Caring for a sick person, having feelings of fear, stress or depression? Please call (517) 237-7100 Monday- Friday 8:30am 4:30pm

Crisis Text Line Free text crisis help available 24/7, supported by trained crisis counselors for those struggling with Coronavirus, anxiety, depression, substance use, suicide, domestic violence/ emotional abuse, eating disorders and mental health challenges. They also provide referrals. Text HOME to 741741 to connect with a Crisis Counselor, or go to www.crisistextline.org

Disaster Distress Helpline This helpline is for anyone in distress pertaining to the COVID-19 crisis. Available 24/7 at (800) 985-5990

Greater Lansing Al-Anon and Alateen Helpline At this time there are electronic meetings online, and over the phone. Please call (517) 484-1977

Listening Ear Crisis Hotline Providing free, confidential crises help for those feeling depressed, suicidal thoughts, loneliness, sexual assault, grief, and others. Referrals for services throughout the Lansing area. Phone lines open from 2 pm- 2 am at (517) 337-1717 or go to www.contactus@theear.org

National Domestic Hotline Free confidential calls in more than 200 languages. Advocates are available 24/7. Please Call (800) 799-7233 or TTY- (800) 787-3224 or go to www.thehotline.org/help

Crisis Hotlines, cont'd

National Suicide Prevention Lifeline If you need help please call 911, or call this hotline. Available 24/7 (800) 273-TALK (8255) or go to www.suicidepreventionlifeline.org

Poison Control- Available 24 hours a day. Please call (800) 222-1222

6. Support Groups

Alano Club East At this time, they are closed due to the Covid-19 outbreak and the Governors executive order. Please view their Facebook page, or call (517) 482-8957 or go to <https://alanoeastclub.org>

Alano Club West At this time, they are closed due to the Covid-19 outbreak and the Governors executive order. Please view their Facebook page

Al- Anon Meetings Help and hope for families and friends of alcoholics. Mutual support groups of peers who share their experiences in applying the Al- Anon principles to problems related to the effects of a problem drinker in their lives. At this time there are electronic meetings online and over the phone. Please call (517) 484-1977 or go to <https://al-anon.org/al-anon-meetings/>

Alateen Meetings They provide peer support group for teens, struggling with the effects of someone else' problem drinking. Please go to their website to find out more. <https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>

Alcoholics Anonymous Central At this time, Zoom meetings are available. Some meetings are available in Lansing for 10 people or less. 24/7 hotline help. Please call (517) 377-1444 or go to www.lansingdistrict6.com/?fbclid=IwAR1jFpW8e11KjYx7GKcWpZxrmDfxJLJhia7wsO6W-AArtw57sFv9wHUj5Ns for a detailed list of zoom meetings available at this time.

Capital Area Narcotics Anonymous Dedicated to helping people overcome the problems of addiction by providing a statewide website to help those in recovery find meetings and local NA functions in their communities. Please call helpline (800) 230-4085 or find a virtual meeting online at michigan-na.org/capital-area/meetings

Celebrate Recovery at Trinity Church Celebrating the healing and transformation through faith based recovery principles. Childcare is available. Please call (517) 272-3820 or go to <https://wearetrinity.com/group/celebrate-recovery>

Cocaine Anonymous Online Service Area Meetings for Cocaine Anonymous available. For more information, please go to www.ca-online.org

Support Groups, cont'd

Codependents Anonymous Lansing Area CoDA Tuesday Night Meeting Due to the Stay at home order, this meeting has been temporarily converted to a phone meeting. Please call (425) 436-6327 Access Code: 541632 or for more information go to <https://coda.org/meeting/lansing-area-coda-tuesday-night-meeting/>

Depression and Bipolar Support Alliance (DBSA) At this time they are opening online support groups for people living with depression and bipolar disorder and to meet the need for caring and connection during the nationwide health crisis. www.dbsalliance.org

Ele's Place Temporarily closed due to COVID19. Available online for grieving families seeking support for grieving children. Please call (517) 482-1315 or go to www.elesplace.org

Families Against Narcotics Free services raising awareness of the prescription opiate drug abuse epidemic, to reduce the stigma and change the face of addiction. Family recovery coaches work with families to bring education about the dangers of prescription and illegal narcotic use, and support those affected by drug abuse and addiction. Meetings are held the 4th Tuesday of the month at 7pm. At this time Peer, Family Support and Narcan training from FAN is available virtually. Please call (517) 898-3236 or go to www.familiesagainstnarcotics.org

Ingham County Health Department Tobacco Dependence Treatment (TDT) for People Living with HIV (PLWH) Tobacco Treatment Specialists provide group and individual services for PLWH living in Ingham, Clinton, and Eaton counties. Incentives, counseling, referrals and assistance overcoming treatment barriers are available for clients receiving care. Information and assistance is available for the public regarding the use of Nicotine Replacement Therapies and the availability of tobacco treatment services. Please call (517) 887-4597

Marijuana Anonymous A fellowship of people who share their experience, strength and hope with other that we may solve our common problem and help others recover from marijuana addiction. At this time they have temporarily closed their in person meetings for health and safety issues due to the coronavirus pandemic. Virtual meets are available. For more information, please go to <https://marijuana-anonymous.org/find-a-meeting>

MSU Collegiate Recovery Community (CRC) Serving students seeking recovery from alcohol and other substance use disorders. They provide a safe, supportive campus community for those in recovery, so they can achieve their academic, personal and professional goals. At this time, CRC is using Zoom to host virtual recovery meetings. For more information, please go to <https://healthpromotion.msu.edu/recovery/index.html>

Support Groups, cont'd

NAR-ANON These are family groups primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very close to you. To find out more please call (800) 477-6291 or go to www.nar-anon.org

National Alliance of Mental Illness (NAMI) Dedicated to improving the lives of persons living with serious mental illness and their families. In an effort to provide support and give NAMI Lansing an opportunity to get together during these challenging times, they are hosting a series of Zoom meetings. Please visit their website for a list of meetings or please call (517) 484-3404 or visit www.namilansing.org/

Nicotine Anonymous Providing help for those who want to quit using nicotine. They host internet meetings using different formats. The Voices of Nicotine Recovery host up to 5 online voice Nicotine Anonymous meetings every day. Please call (877) 879-6422 or go to www.nicotine-anonymous.org

Refuge Recovery Peer led movement using Buddhist inspired practices and principals combined with successful recovery community structures to overcome addiction. Online meeting are available using Zoom platform for those who do not have a local in- person meeting yet. To find out more, please go to <https://refugerecovery.org/locations/online-us>

SMART Recovery Self-Management and Recovery Training (SMART) is a global community of mutual support group using a 4-Point program of: Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings and Behaviors and Living a Balanced Life. Participants help one another resolve problems with addiction to drugs, alcohol or activities such as gambling and overeating. Lansing Area SMART Recovery is holding virtual meetings on Wednesdays from 7:00- 8:30 pm via computer, tablet or smartphone <https://global.gotomeeting.com/join/914780533> or dial in using your phone (571) 317-3112 Access Code: 914-780-533
For more information go to www.smartrecovery.org

Wellness Inx Changing lives together on the Road to Recovery. They offer screenings, brief intervention and referrals to treatment. They also offer one on one planning sessions with a recovery coach, peer facilitated recovery groups. Online/virtual SUD Recovery Support from Wellness Inx now offered online:

- **Multiple Pathways Meetings** - Mon-Fri 10:00am -11:00am & 7:00pm-8:00pm
- **One-on-One Recovery Support Chat Space** - Mon-Fri 9:00am-12:00pm & 1:00pm-4:00pm

Links for zoom meetings at: <http://www.wellnessinx.com/>

7. Harm Reduction Resources

Ingham County Health Department Narcan Training At this time, online Narcan training can be provided by request. Contact Sarah Kenney for more information at (517) 819-2061 or skkenney@ingham.org

Lansing Syringe Access Due to Covid-19, LSA is delivering supplies at this time. Call or text (517) 258-2491 to arrange a time for free supplies and no-contact delivery. More info about LSA at www.facebook.com/lansingsyringeaccess

Narcan Training Online class to assist with the administration of Narcan should you be faced with saving a life during an opioid overdose emergency. Please go to <https://achcmi.org/training/narcan-training-save-a-life>

Next Naloxone Online opioid overdose responder-training site that includes mail-based naloxone distribution at no cost to people who use drugs or individuals most likely to be first responders in a opioid overdose incident. There are videos and educational links. Please go to www.naloxoneforall.org

Punks with Lunch Lansing Helping people in need in the Lansing area, providing street outreach by going to camps and setting up tables where unsheltered populations typically frequent. They provide food and other necessities, such as hygiene supplies, menstrual supplies, safe sex kits and harm reduction supplies. In partnership with Harm Reduction Michigan, they are able to supply Naloxone, syringes, fentanyl test strips, sharps containers and armbands as well as first aid supplies: alcohol pads, Band-Aids and antibiotic ointment. Please contact them through their Facebook page at Punks with Lunch Lansing, or Instagram at [punkswithlunchlansing](https://www.instagram.com/punkswithlunchlansing), or via email at punkswithlunchlansing@gmail.com

Warmline Connecting people living with persistent medical conditions. Certified peer support specialists with lived experiences of behavioral health issues, trauma or personal crises, are trained to support and empower callers. Available 7 days a week from 10 am to 2 am. Please call (888) 733-7753.

8. Other Resources

Lansing Police Social Worker Helping to connect community members in need of help, with resources. For more information, please call Jan Bidwell at (517) 483-6804

Mason Capital Area Prescription Drug Task Force Promoting awareness and education for Substance Use Disorders. Coordinating Narcan distribution and training to Capital Area law enforcement and schools. Please call (517) 676-9055 ext. 2105 or Toodzion@masonk12.net

9. Wellness Resources for People in Recovery

Headspace (Website) Free, evidence-based guided meditations, and at-home workouts, guiding people through mindful exercise, sleep assistance, and children's content to help address rising stress and anxiety. Available at www.HeadSpace.com/MI

Ingham County Parks For a list of all Ingham County Parks, please go to <http://pk.ingham.org/>

Burchfield Park Located in Holt, this park has over 500 acres of scenic woods, trails and beaches. This is Ingham County's largest park, offering a beach, bathhouse, canoe and kayak rentals. There are many other fun things to do here. For more information, please go to <http://parks.ingham.org/parks/burchfield.php>

Fenner Nature Center Located in Lansing, there are 134 acres of green space and over four miles of trails, towering maple groves and so much more. For more information, please go to <https://mynaturecenter.org/> Harris Nature Center- Located in Okemos, it is surrounded by 200 acres of forest and meadows. Beautiful walking trails are a great way to enjoy nature. For more information, please go to www.meridian.mi.us/visitors/hidden-gems/visit-harris-nature-center

Hawk Island a 100-acre park located in South Lansing featuring natural planting areas .They offer rowboat and pedal boat rentals, a swimming beach, splash pad, picnic areas, paved accessible walkways, and a fishing dock. Dogs are welcome, but must be on a leash. For more information, please go to http://parks.ingham.org/parks/hawk_island.php

Lake Lansing Park, North- Located in Haslett. There are over 500 acres of natural recreation area, woods and trails available for year round outdoor activity. Dogs are welcome but must be kept in a leash. There are over 5 miles of trails. For more information, please go to http://parks.ingham.org/parks/lake_lansing_north.php

McNamara Canoe Landing Located in Mason, this landing provides access to the Grand River and is about 45 minutes upstream from Burchfield Park Canoe Livery. Restrooms, picnic tables and grills can all be found. For more information, please go to http://parks.ingham.org/parks/mcnamara_landing.php

Riverbend Natural Area Located in Holt, about 15 minutes from Burchfield park. This canoe-landing site has nature trails and restrooms. During the summer, hiking and biking are permitted on the nature trails. For more information, please go to <http://parks.ingham.org/parks/riverbend.php>

10. Medication Assisted Treatment

Lansing Comprehensive Treatment Center Providing medically supervised MAT for men and women who are at least 18 years of age to help ensure a successful recovery from heroin or other opioid addictions. Providing MAT (Methadone, Suboxone and Buprenorphine) and one on one therapy. For more information, please call (877) 660-1262 or go to www.ctcprograms.com/location/lansing/

Michigan Therapeutic Consultants Substance abuse treatment focused on opioid addiction, including assessments, MAT (Methadone and Suboxone), individual and group counseling, driver's license restoration evaluations and alcohol highway safety classes. Servicing Clinton, Eaton and Ingham counties and accepting clients from other counties. Phone sessions during COVID19. Call (517) 272-4357 or email lansing@mtchelp.com

Samaritas This is a substance use outpatient, intensive outpatient and community-based counseling; both individual and group services. Medication-Assisted Treatment (Buprenorphine & Naltrexone), Recovery Coach and Case Management Services. Covering Eaton County. There are no online forums available at this time. Please call (517) 325-9090 or contact SUDInfo@samaritas.org

Victory Clinical Services This is a state licensed medication assisted recovery program, designed to provide medical and counseling services to individuals with an opioid use disorder, providing a variety of services depending on individual needs. This may include Medication Assisted Treatment, Methadone Maintenance, Buprenorphine Maintenance, Vivitrol Treatment, individual substance use disorder counseling, group therapy, and much more. For more information, please call (517) 394-7867 or go to www.victoryclinic.com