

For initial appointments and presumptive eligibility determination, please call CMHA-CEI Central Access at

(517) 346-8318 or 888-800-1559

Internal referrals call 517-676-4905, or email ITRS-Outpatient@ceicmh.org

All inquiries and services are held in the strictest confidence.

Recipients of substance use disorder services have rights protected by state and federal law and promulgated rules. For recipient rights information, please contact Lynn McLaughlin at (517) 887-5234 of CMHA-CEI; or the Regional Recipient Rights Consultant of Mid-State Health Network at (517) 657-3011.

Fees:

A sliding fee scale is available that allows individuals to obtain services based on ability to pay. Publically funded health coverage is accepted. If you have any questions regarding coverage and payment, please call the program directly.

Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

The program recognizes substance use disorders as a systemic health problem and is designed to address underlying concerns as well as the presenting drug/alcohol issue. This is accomplished by careful assessment and comprehensive treatment planning. A range of different services are available including outpatient, intensive outpatient and referral.

**RECOVERY IS WITHIN
YOUR REACH!**

Ted Sinnaeve, LLP, CAADC
ITRS Outpatient Coordinator

KC Brown, MA, LPC, CAADC, CCS
ITRS Director

Access Phone: (517) 346-8318 or 888-800-1559

Email:
integratedtreatmentandrecoveryservices@ceicmh.org

Community Mental Health

Integrated Treatment & Recovery Services Outpatient
405 W. Greenlawn Avenue, Suite 305
Lansing, Michigan 48910

**Integrated Treatment
& Recovery Services
(ITRS)**

**Outpatient & Intensive
Outpatient Substance Use
Disorder Services**



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM



*Partnering with you
toward recovery.*

Treatment Modalities & Aims

- **Biopsychosocial Assessments**
 - To identify client strengths and needs for treatment.
- **Individualized Treatment Planning**
 - To collaborate in identifying and setting individualized treatment goals for how the client would like to pursue change in his or her life.
- **Individual & Group Therapy**
 - To provide clients with information & resources about their behavioral health needs (substance use/mental health) as well as how to recover (psychoeducation).
 - To consider the role, one's behavioral health (substance use/mental health) has played in one's life and determine one's readiness to make a change (Motivational Interviewing).
 - To develop an individualized relapse prevention plan & implement behavioral changes to achieve one's goals (Cognitive Behavioral interventions).
- Wellness Coaching to help individuals achieve their health and wellness goals by providing guidance, motivation, and support
- Peer Recovery Coaching to model recovery, promote skills, advocate and help individuals build community.

Program Description

Integrated Treatment & Recovery Services (ITRS) Intensive Outpatient Services are designed for individuals with substance use disorder (SUD) and co-occurring disorders (SUD and Mental Health) who require more than an outpatient level of care (9+ hours of services per week) but less than residential level of care. Both outpatient and intensive outpatient services offer a combination of individual and group therapy, peer recovery coaching, wellness coaching and/or nursing contacts. Outpatient services are available for individuals 14 years of age and older. Intensive outpatient services are available for individuals 18 years and older.

ITRS strives to provide a safe, respectful & trusting atmosphere which allows individuals to develop new coping skills & behaviors that will help them reach their recovery goals. ITRS works to create a co-occurring capable system that is welcoming, person-centered, recovery oriented, culturally competent & trauma-informed. ITRS encourages, supports & guides individuals to explore all methods of treatment identified as beneficial toward their wellness, including Medication Assisted Treatment (MAT) and psychiatric services if appropriate.

Who can refer individuals for treatment?

- Self
- Family and Friends
- Legal System: Court, Judge, Parole/Probation Agent, Attorney
- Child Protective Services/MDHHS
- Health Care Providers
- SUD Treatment Providers
- Internal Referrals from other CMHA-CEI Programs
- Other Community Partners

One Great Program, Two Convenient Locations:

Lansing: (both Outpatient & Intensive Outpatient Services)

ITRS Outpatient
405 W. Greenlawn Avenue, Suite 305
Lansing, MI 48910

St. Johns: (Outpatient Services only):

Clinton County Counseling Center
201 W. Railroad, Suite A
St. Johns, MI 48879

