

## For Services, call

Phone: (517) 237-7355

### Office Hours:

8:00 a.m.- 4:00 p.m., Monday-Friday

Additional hours available

Monday & Wednesday evenings 4:00-7:00 p.m.

All inquiries and services are held in confidence.

Recipients of mental health services have rights protected by state & federal law & promulgated rules. For Recipient Rights information contact Lynn McLaughlin at (517) 887-5234 of CMHA-CEI.

## Staffing

The program provides a multi-disciplinary team of staff. Treatment staff includes a Program Coordinator, Mental Health Therapists, Peer Support Specialist, Vocational Counselor, Case Manager and a Mental Health Worker of Community Mental Health Authority, Clinton, Eaton, Ingham (CMHA-CEI). All staff are trained in Trauma Informed Care.



Amanda Ernst, LMSW, CAADC  
CSC Program Coordinator

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

Phone: (517) 237-7355

Email: [itrs-counseling-support-clinic@ceicmh.org](mailto:itrs-counseling-support-clinic@ceicmh.org)

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

## Community Mental Health Integrated Treatment & Recovery Services

Counseling and Support Clinic  
450 W. Greenlawn Avenue, Suite 305  
Lansing, MI 48910

# Counseling and Support Clinic

Outpatient Behavioral Health Treatment



**Community**  
MENTAL HEALTH  
CLINTON • EATON • INGHAM

*"The greatest discovery of my generation is that a human being can alter his life by altering his attitude." William James.*



*Partnering with you  
toward wellness.*

## Counseling and Support Clinic

The Counseling and Support Clinic (CSC) addresses treatment and support needs for the community. The program helps adults change their lives by providing tools and strategies for establishing and maintaining a healthy lifestyle and wellness.

## Program Philosophy

CSC treats behavioral health needs that affect an individual biologically, psychologically and socially. Using Cognitive Behavioral Treatment as the primary intervention, change and self-efficacy is possible and individuals can gain wellness and a balanced life.

CSC works to create a co-occurring capable system that is welcoming, person-centered, recovery oriented, culturally competent and trauma-informed. CSC encourages, supports and guides individuals to explore all methods of treatment identified as beneficial toward their wellness.

## Program Eligibility Criteria

The program uses the Level of Care Utilization System (LOCUS) to determine if an individual is appropriate for an outpatient level of care. Additionally, the program's funding sources have guidelines for admission to treatment. Admission criteria may include that the individual:

- ◆ Meets diagnostic criteria for a behavioral health disorder
- ◆ Is sufficiently motivated and able to benefit from outpatient care

All referrals are reviewed by the Program Coordinator for eligibility.

Duration of enrollment is variable based upon individual need.

## Non-Program Eligibility Criteria

The Program Coordinator will make every attempt to connect clients with a fit for their needs. In cases where a more intensive method of treatment is appropriate, treatment referrals may be facilitated.

## Treatment Modality

The program emphasizes behavioral skill building utilizing the following:

**Individual Therapy:** Clinicians provide individual therapy in person or by telehealth, per request. Clinicians utilize a model of care to support clients in identifying and addressing thinking patterns that lead to less desirable behaviors and outcomes.

**Group Therapy:** Small group meetings are to share thoughts, feelings and experiences in a safe, therapeutic environment that supports learning and growth.

**Peer Support:** An individual who has lived experience with behavioral health conditions and is trained to provide supports and assistance to others.

**Vocational Support:** Assist with obtaining and maintaining meaningful employment which may include skill development, resources and confidence building to be successful in the workforce.

**Case Management Services:** Coordination and facilitation of care and supports such as care planning, service coordination, linkage to resources and advocacy.