

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

(517) 346-8318 or 888-800-1559
Internal referrals call Patti Tygre 517-676-4905,
or email tygre@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.



All programs are smoke free environments.

*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 and referral.

***RECOVERY IS WITHIN YOUR
REACH!***

Patricia Tygre, LMSW, CAADC, CCS
ITRS Outpatient Coordinator

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

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

Email:
integratedtreatmentandrecoveryservices@ceicmh.org

Integrated Treatment & Recovery Services

Outpatient Substance Use Disorder Services



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM



Community Mental Health

Integrated Treatment & Recovery Services Outpatient
1305 E. Jolly Road, Suite B
Lansing, Michigan 48910

*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 with a nurse care manager & peer recovery coaches: to link clients with ongoing supports & services, to work on health care goals & to assist with elimination of barriers to treatment & recovery.

Program Description

Integrated Treatment & Recovery Services (ITRS) Outpatient substance use disorder (SUD) services is a program of Community Mental Health Authority Clinton-Eaton-Ingham (CMHA-CEI) that provides outpatient treatment services for individuals with SUD and co-occurring disorders (SUD & Mental Health).

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).



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:

ITRS Outpatient
1305 E. Jolly Road, Suite B
Lansing, MI 48910

St. Johns:

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