



# Community

MENTAL HEALTH  
CLINTON • EATON • INGHAM

## BEHAVIORAL HEALTH AND WELLNESS PROMOTION RESOURCE MENU (MENTAL HEALTH & SUBSTANCE USE DISORDER)

If interested in any Behavioral Health resources identified below, please follow links included or feel free to complete this form and send it to Noelle Goffnett, Prevention and Wellness Specialist at [goffnett@ceicmh.org](mailto:goffnett@ceicmh.org) for order processing.

Name and Location of Person Requesting Resources: \_\_\_\_\_

### 1) **General Substance Use Disorder (SUD) Resources**

- #\_\_ Substance Use Disorder (SUD) Regional Provider Listing  
[www.midstatehealthnetwork.org/provider-network/Search-Provider.php](http://www.midstatehealthnetwork.org/provider-network/Search-Provider.php)
- #\_\_ The Science of Addiction – NIDA [www.drugabuse.gov](http://www.drugabuse.gov)
- #\_\_ Common Abused Drugs Chart – [www.streetdrugs.org](http://www.streetdrugs.org)
- Screening, Brief Intervention, Referral to Treatment (SBIRT) Resources  
[www.samhsa.gov/sbirt/resources](http://www.samhsa.gov/sbirt/resources)
- #\_\_ Audit C – Alcohol Screening Tool
- #\_\_ CAGE-AID – Alcohol and Drug Screening Tool
- #\_\_ CRAFT – Adolescent substance abuse screening tool
- #\_\_ DAST – Drug abuse screening tool
- #\_\_ ASSIST – Alcohol, Tobacco, and other Drug Screening Tool
- #\_\_ Drugs, Alcohol, and HIV / AIDS – A Consumer Guide, SAMHSA  
[www.samhsa.gov](http://www.samhsa.gov)  
Michigan Department of Health and Human Services – Treatment Locator  
[http://www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_29887---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_29887---,00.html)

## 2) Alcohol Resources

- #\_\_\_ Helping Patients Who Drink Too Much: Clinicians Guide – USDHHS, NIH, NIAAA  
[www.niaaa.nih.gov/guide](http://www.niaaa.nih.gov/guide)
- #\_\_\_ Rethinking Drinking; Alcohol and Your Health- NIH  
[www.rethinkingdrinking.niaaa.nih.gov/](http://www.rethinkingdrinking.niaaa.nih.gov/)
  - Spanish Version also available
- #\_\_\_ Alcohol Screening and Brief Intervention for Youth – Pocket Guide – NIAAA  
[www.niaaa.nih.gov/guide](http://www.niaaa.nih.gov/guide)
- #\_\_\_ Under 21? Michigan OHSP
  - Alcoholic Anonymous Lansing Central Office - <http://aalansingmi.com>

## 3) Tobacco Resources

- #\_\_\_ Michigan Tobacco Quit-Line Resources [www.michigan.quitlogix.org/](http://www.michigan.quitlogix.org/)
- #\_\_\_ Ingham County Health Department Quit Tobacco Resources Sheet  
[www.hd.ingham.org/SeekingCare/SubstanceUse/Tobacco.aspx](http://www.hd.ingham.org/SeekingCare/SubstanceUse/Tobacco.aspx)
- #\_\_\_ E-Cigarettes & Vaping Brochure  
[www.hd.ingham.org/Portals/HD/thetruthaboutecigs.pdf](http://www.hd.ingham.org/Portals/HD/thetruthaboutecigs.pdf)

## 4) Marijuana Resources

- #\_\_\_ Marijuana Facts for Teens – NIDA [www.drugabuse.gov/publications](http://www.drugabuse.gov/publications)
- #\_\_\_ Marijuana and the Brain – MDHHS  
[www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871--,00.html)
- #\_\_\_ Brief Counseling for Marijuana Dependence: A Manual for Treating Adults – SAMHSA [www.store.samhsa.gov/](http://www.store.samhsa.gov/)

## 5) Prescription Drug Resources

- #\_\_\_ Not Worth The Risk – SAMHSA Flyer and Brochure  
[www.store.samhsa.gov/home](http://www.store.samhsa.gov/home)
- #\_\_\_ Prescription Drug Misuse and Abuse <https://www.samhsa.gov/prescription-drug-misuse-abuse/types>

## 6) Narcotics/Heroin

- Families Against Narcotics <http://www.familiesagainstnarcotics.org/>
- Narcotics Anonymous <https://www.na.org/>

## 7) Medication Assisted Treatment Resources (MAT) & Neonatal Abstinence Syndrome (NAS)

- Buprenorphine (Suboxone) Information & National Provider Listing [www.naabt.org](http://www.naabt.org)
- #\_\_\_ Medication-Assisted Treatment for Opioid Addiction: Facts for Families and Friends – SAMHSA [www.store.samhsa.gov/](http://www.store.samhsa.gov/)
  - #\_\_\_ NAS Resource

**8) Stimulants - Methamphetamine Resources**

- #\_\_\_ Methamphetamine Brochure – MDHHS  
[www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_48558-15090--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_48558-15090--,00.html)

**9) Synthetics**

- #\_\_\_ K2 / Spice Fact Sheet  
[www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_48558-15090--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_48558-15090--,00.html)

**10) Co-Occurring Disorder Resources**

- Co-Occurring Disorders Information / Fact Sheets / Resources  
[http://intranet.ceicmhb/execute/reference\\_material.asp](http://intranet.ceicmhb/execute/reference_material.asp)
- #\_\_\_ PSC-Y – Youth Mental Health Screening Tool  
[www.massgeneral.org/psychiatry/services/psc\\_home.aspx](http://www.massgeneral.org/psychiatry/services/psc_home.aspx)
  - #\_\_\_ K-10 – Mental Health Screening Tool  
[www.hcp.med.harvard.edu/ncs/k6\\_scales.php](http://www.hcp.med.harvard.edu/ncs/k6_scales.php)

**11) Suicide Prevention / Depression / Trauma**

- #\_\_\_ National Suicide Prevention Lifeline – SAMHSA  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)
- #\_\_\_ Suicide Handout – NIMH  
[www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml](http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml)
- #\_\_\_ Depression – NIH Brochure  
[www.nimh.nih.gov/health/topics/depression/index.shtml](http://www.nimh.nih.gov/health/topics/depression/index.shtml)
- #\_\_\_ PHQ-9 or PHQ-2 - Depression Screening Tool  
[www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf](http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf)
- #\_\_\_ Trauma Screening Tool

**12) PTSD / Grief and Loss / Stress Resources**

- #\_\_\_ Post-Traumatic Stress Disorder Brochure (NIH)  
[www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml](http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml)
- #\_\_\_ Grief and Loss Resources – Local Resource List

- #\_\_ Adult Stress Handout  
[www.nimh.nih.gov/health/publications/stress/index.shtml](http://www.nimh.nih.gov/health/publications/stress/index.shtml)

### **13) Mental Health First Aid Trainings**

- #\_\_ MHFA Brochures (Youth and Adult) and Training Dates Flyers  
[www.ceicmh.org/community-resources/mhfa](http://www.ceicmh.org/community-resources/mhfa)  
Mental Health First Aid USA <https://www.mentalhealthfirstaid.org/>

### **14) Mental Health Resources**

Community Mental Health Clinton, Eaton, Ingham County Charter House

<http://www.ceicmh.org/services/amhs/charter-house-program>

- Anyone with a “history” of mental illness (do not have to be currently sick)
- Referrals from anyone, anywhere
- Must have Medicaid or Healthy Michigan
- Mental Health America <http://www.mentalhealthamerica.net/issues/state-mental-health-america>

### **15) Recovery Resources**

Faces n Voices of Recovery [www.facesandvoicesofrecovery.org/](http://www.facesandvoicesofrecovery.org/)

National Alliance on Mental Illness (NAMI) Michigan Chapter [www.namimi.org](http://www.namimi.org)

- #\_\_ NAMI Lansing Chapter Outreach Card <https://www.namilansing.org/>

### **16) Family Resources**

- Family Guidelines Magnets – Contact CEI AMHS  
Pregnancy and Substance Abuse Resources – Medline Plus  
[www.nlm.nih.gov/medlineplus/pregnancyandsubstanceabuse.html](http://www.nlm.nih.gov/medlineplus/pregnancyandsubstanceabuse.html)

### **17) Domestic Violence Resources**

- #\_\_ Sexual Assault and Abuse Brochure

Michigan Coalition to End Domestic and Sexual Violence  
[http://www.mcedsv.org/resources/parents\\_friends\\_and\\_family.html](http://www.mcedsv.org/resources/parents_friends_and_family.html)

The National Domestic Violence 24/7 Hotline # 1-800-799-SAFE (7233)  
[www.thehotline.org/](http://www.thehotline.org/)

### **18) Human Trafficking**

Michigan Human Trafficking Task Force <https://mhttf.org/what-is-human-trafficking/>

The National Human Trafficking Resource Center Hotline # 1-888-373-7888  
[www.traffickingresourcecenter.org/](http://www.traffickingresourcecenter.org/)

**19) Gambling Resources**

- #\_\_ Know When to Fold Them – 211 Brochure  
[www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_48558-15090--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_48558-15090--,00.html)
- #\_\_ Problem Gambling Resource – MDHHS  
[www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941\\_4871\\_48558-15090--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_48558-15090--,00.html)

**20) Pain Management Resource**

Pain Management Health Center - WebMD

[www.webmd.com/pain-management/guide/default.htm](http://www.webmd.com/pain-management/guide/default.htm)

**21) Safe Prescription Drug Disposal Resources**

- #\_\_ Take Back Medication Safe Disposal Brochure, “It’s Up to You” Poster, Take Away Card, and Commit to proper disposal magnet – [www.takebackmeds.org](http://www.takebackmeds.org), [www.capitalcountiescommit.org](http://www.capitalcountiescommit.org) and [www.greatlakescleanwater.org/yellow-jug-old-drugs/](http://www.greatlakescleanwater.org/yellow-jug-old-drugs/)

**22) Health & Wellness Resources**

- #\_\_ Three Ways to Promote Wellness Poster and Fact Sheet- SAMHSA’s Wellness Initiative [www.samhsa.gov/wellness-initiative](http://www.samhsa.gov/wellness-initiative)
- #\_\_ SAMHSA’s Wellness Initiative – Brochure, Fact Sheet, etc.  
[www.samhsa.gov/wellness-initiative](http://www.samhsa.gov/wellness-initiative)
- #\_\_ Diabetes Screening Tool
- #\_\_ Cholesterol Screening Tool

Healthy Living Resources – [www.cdc.gov/HealthyLiving/](http://www.cdc.gov/HealthyLiving/)

Smoking & Tobacco Use: [www.cdc.gov/tobacco/](http://www.cdc.gov/tobacco/)

Cancer: [www.cdc.gov/cancer/](http://www.cdc.gov/cancer/)

Alcohol & Public Health: [www.cdc.gov/alcohol/](http://www.cdc.gov/alcohol/)

CDC Health Disparities & Inequalities Report:  
[www.cdc.gov/minorityhealth/CHDIReport.html](http://www.cdc.gov/minorityhealth/CHDIReport.html)

Physical Activity & Exercise: [www.cdc.gov/physicalactivity/basics/index.htm](http://www.cdc.gov/physicalactivity/basics/index.htm)

Diseases & Conditions: [www.cdc.gov/DiseasesConditions/](http://www.cdc.gov/DiseasesConditions/)

Diabetes Prevention: [www.cdc.gov/diabetes/prevention/index.htm](http://www.cdc.gov/diabetes/prevention/index.htm)

Heart Disease: [www.cdc.gov/heartdisease/index.htm](http://www.cdc.gov/heartdisease/index.htm)

### **23) 211 Resources**

Central Michigan 211 Information [www.centralmichigan211.org/](http://www.centralmichigan211.org/)

### **Other Behavioral Health Resource Links for Staff and Clinicians**

Improving My Practices, [www.improvingmipractices.org](http://www.improvingmipractices.org) – Clinical Best Practices Website for the State of Michigan

CMHA-CEI Reference Materials [Wellness](#) link on intranet



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