

People We Assist

Northern Lakes Community Mental Health assists people with serious mental illness who are eligible to receive Community Mental Health (CMH) services and their families in these six counties:

- Crawford
- Grand Traverse
- Leelanau
- Missaukee
- Roscommon
- Wexford

Northern Lakes CMH has four offices, located in:

- Cadillac
- Grayling
- Houghton Lake
- Traverse City

Whom To Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

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For after-hours crisis call
1-800-442-7315 TDD-TTY
or (231) 922-4850

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To access services at Northern Lakes CMH call (231) 922-4850 or 1-800-492-5742 or one of the four offices listed below.

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To access Substance Abuse Services call 1-800-686-0749

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Mental Health America
www.mentalhealthamerica.net



www.northernlakescmh.org

Administrative Office 2715 South Townline Road
105 Hall Street, Suite A Houghton Lake MI 48629
Traverse City MI 49684 (989) 366-8550
(231) 922-4850 (231) 876-3281 TDD-TTY
(231) 935-3871 TDD-TTY

204 Meadows Drive
527 Cobbs Street Grayling MI 49738
Cadillac MI 49601 (989) 348-8522
(231) 775-3463 (231) 876-3281 TDD-TTY
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Northern Lakes CMH receives its principal funding from the Michigan Department of Community Health (MDCH)

This information was reviewed by consumers.



Multi-Family Psychoeducation Program

A way of working with consumers and their families to support recovery from mental illness



www.northernlakescmh.org

Member of Northwest CMH Affiliation
www.nwcmha.org

How the program works

Multi-family Groups bring together a team made up of a person with a mental illness, their family members and support people, and a CMH worker, with other consumers and their families in a group setting to work on recovery.

The CMH practitioner meets with the family and consumer, in “joining” sessions to establish relationships and set the stage for the family and consumer to begin with the group.

The practitioner helps family and consumers better understand the illness and ways to work together, and introduces how the groups will work.

The groups meet every other week in a supportive problem-solving format that facilitates learning, support, and recovery.

Multi-Family Groups

Who will benefit from these groups?

Persons with a serious mental illness working on recovery will benefit from these groups.

Does your family...

- Understand your symptoms?
- Know how to help you?
- Understand what you need?
- Know how to help you with recovery?
- Have a good relationship with you?



Through education, support and problem-solving, the consumer, family, support people, and service providers work together to stabilize symptoms and work toward goals.

Some examples of goals we may choose to work on include:

- Reducing symptoms of mental illness
- Preventing relapse and hospitalization
- Providing rehabilitation for consumers so that they can achieve the maximum possible level of functioning and the best possible outcomes
- Providing a foundation for recovery, through collaborative treatment and rehabilitation
- Maximizing the ability of the members of the family to foster their loved one's recovery and to alleviate their suffering and stress
- Achieving full participation in the community and facilitating full and lasting recovery from mental illness.