

Whom We Serve

Northern Lakes Community Mental Health Authority (NLCMHA) serves people with mental illness, serious emotional disturbance, intellectual/developmental disabilities and substance use disorders living in these six counties:

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

NLCMHA has four offices, located in:

- Cadillac
- Grayling
- Houghton Lake
- Traverse City

Priority is given to individuals with the most severe forms of serious mental illness, serious emotional disturbance, and intellectual/developmental disability.



Whom to Contact

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

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For crisis call 1-833-295-0616 (TTY 711)

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

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To access Substance Use Disorders
Services call NMRE 1-800-834-3393

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For Customer Services
call 1-800-337-8598

OFFICE HOURS MONDAY-FRIDAY 8 AM-5 PM

ADMINISTRATIVE OFFICE

105 Hall Street, Suite A Traverse City, MI 49684 (231) 922-4850	2715 South Townline Road Houghton Lake, MI 48629 (989) 366-8550
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527 Cobb Street Cadillac, MI 49601 (231) 775-3463	204 Meadows Drive Grayling, MI 49738 (989) 348-8522
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northernlakescmh.org

If you speak a language other than English, language assistance services, free of charge, are available to you. Call Customer Services 1-800-337-8598 (TTY 711).

Northern Lakes Community Mental Health Authority (NLCMHA) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NLCMHA is a member of Northern Michigan Regional Entity (www.nmre.org) and receives its principal funding from the Michigan Department of Health and Human Services.

This information was reviewed by consumers.

Rev January 2019



Services

Mental Health

Intellectual/Developmental Disabilities

Integrated Healthcare

Substance Use Disorders



Navigating Your Future

www.northernlakescmh.org

Services and how to access them

When you contact Northern Lakes you will receive prompt answers to your questions about mental health services and eligibility requirements. A qualified Mental Health Professional will complete a telephone screening and will arrange for an initial assessment at a time and location convenient for you. (Emergencies will be promptly addressed 24/7 in one of our four office locations or in the community.)

After this initial assessment, we will review your concerns and findings with you and assist you in deciding how to proceed with the best course of care. If you do not meet eligibility requirements as outlined in our contract with MDHHS* (State of Michigan Department of Human Services), we will assist you by providing a referral to an appropriate community service provider.

If you are eligible, and interested in receiving mental health services from us, we will connect you with the services that are best able to meet your needs. We will arrange your first appointment within 14 days and provide you information about any costs you may incur. Additionally, with your permission we will coordinate with your primary healthcare provider to make sure that the services you are receiving from us are highly effective and not in conflict with any medical conditions you may have.

Medicaid Supports and Services

- Assertive Community Treatment (ACT)
- Assessments
- Applied Behavioral Analysis (Autism age 18 months through 21 years)
- Behavior Treatment Review
- Child, Family, Individual and Group Therapy
- Clubhouse Programs
- Crisis Intervention
- Crisis Residential
- Health Services
- Home-Based Children's Services
- Inpatient Psychiatric Hospitalization
- Intensive Crisis Stabilization
- Medication Administration & Review (Psychiatric)
- Nursing Facility Mental Health Monitoring
- Occupational & Physical Therapy
- Personal Care in a Specialized Residential Setting
- Speech, Hearing & Language Services
- Targeted Case Management
- Telemedicine
- Transportation (Mental Health Medicaid approved)
- Treatment Planning/Person Centered Planning
- Wraparound Services for Children & Adolescents

State and Locally Funded Services

(in addition to those listed above)

- Specialized Residential (excludes room & board)
- Supported Independent Housing
- Integrated Healthcare Services

Additional Services

(also known as the "B3s") may be offered depending on eligibility, medical necessity and available resources

- Assistive Technology
- Community Living Supports
- Enhanced Pharmacy
- Environmental Modifications
- Family Support & Training
- Housing Assistance
- Peer-Delivered or -Operated Services
- Prevention
- Respite Care
- Self Determination
- Skill-Building
- Support and Service Coordination
- Supported/Integrated Employment

Substance Use Disorder Services

Contact the Northern Michigan Regional Entity at 1-800-834-3393 to access Substance Use Disorder services:

- Access, Assessment and Referral
- Intensive Outpatient (IOP)
- Outpatient Treatment
- Methadone and LAAM Treatment
- Sub-Acute Detoxification
- Residential Treatment

We accept Medicaid, Healthy Michigan Plan, Medicare and most other insurances. If you do not have these forms of insurance, or if your insurance does not cover the full cost of your services, you are assessed on a sliding fee scale based on your income. Any charges will be made known to you prior to treatment. You will not be denied services due to your inability to pay for those services.