

People We Assist

Northern Lakes Community Mental Health Authority (NLCMHA) 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

NLCMHA 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

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

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

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

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

527 Cobb Street
Cadillac, MI 49601
(231) 775-3463

204 Meadows Drive
Grayling, MI 49738
(989) 348-8522

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



Multi-Family Psychoeducation Program

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



www.northernlakescmh.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.