

Whom We Serve

Northern Lakes Community Mental Health Authority (NLCMHA) serves people with mental illness, serious emotional disturbance, intellectual/developmental disabilities and co-occurring 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

OFFICE HOURS MONDAY-FRIDAY 8 AM-5 PM

ADMINISTRATIVE OFFICE

105 Hall Street, Suite A 2715 South Townline Road
Traverse City, MI 49684 Houghton Lake, MI 48629
(231) 922-4850 (989) 366-8550

527 Cobb Street 204 Meadows Drive
Cadillac, MI 49601 Grayling, MI 49738
(231) 775-3463 (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 April 2026



Services

Serious Mental Illness

Serious Emotional Disturbance

Intellectual/Developmental Disabilities

Substance Use Disorders



Navigating Your Future

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 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 Health and 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.

We accept Medicaid, including the Healthy Michigan Plan, as the primary payment source for mental health services. When possible, we also bill Medicare and other insurances. If a person cannot pay the full cost, we look at their family size and income to decide what they can afford to pay. We use a sliding fee scale based on federal guidelines. No one will be turned away from eligible mental health services because they cannot pay. We explain any costs before or when services begin, and lower fees are available for those who qualify.

Medicaid Supports and Services

- Assertive Community Treatment (ACT)
- Assessments
- Autism Related Services
- Behavior Treatment Review
- Clubhouse Programs
- Community Inpatient Services
- Crisis Intervention
- Crisis Residential
- Fiscal Intermediary Services through Self-Direction
- Health Services
- Home-Based Services for Children & Families
- Intensive Crisis Stabilization
- Psychiatric Services
- Mental Health Therapy and Counseling for Adults, Children and Families
- Nursing Home Mental Health Assessment and Monitoring
- Occupational & Physical Therapy
- Partial Hospital Services
- Personal Care in Specialized Residential Settings
- Speech, Hearing & Language Services
- Targeted Case Management/Supports Coordination
- Telemedicine
- Transportation (Mental Health Medicaid approved)
- Treatment 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

Additional Services

May be offered depending on eligibility, medical necessity and available resources

- Community Living Supports
- Enhanced Pharmacy
- Environmental Modifications
- Family Support & Training
- Fiscal Intermediary
- Housing Assistance
- Specialized Medical Equipment & Supplies (Assistive Technology)
- Respite
- Skill-Building Assistance
- Supported/Integrated Employment
- Vehicle Modification (Assistive Technology)

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

Health Homes

• **Comprehensive Health Assistance Team (CHAT)** Behavioral Health Home services are available for people who meet eligibility criteria including a serious mental illness.

Call 231-935-3657 for more information.