



Access Center

Requests for mental health supports and services can be made between the hours of 8 a.m. and 5 p.m., Monday through Friday, by calling 616.393.5681 or toll-free at 1.877.588.4357. Persons with hearing impairments using a TTY device can call 616.494.5508. Access Center staff will help determine your eligibility for services and schedule an initial appointment when CMHOC is the appropriate service provider.

Emergency Services

Our Crisis Team is available 24 hours a day, seven days a week by calling

Holland 396-HELP
(4357)
Grand Haven 842-HELP
(4357)
All other areas in
Ottawa County toll free1-866-512-HELP

Crisis staff provide assistance to help resolve immediate crisis situations, and have the ability to arrange an array of acute-care services including access to after-hours psychiatric services, crisis residential services, and inpatient services.



Community Supports *and* Services for persons with *Mental Illness*



The activities and programs of this agency are brought to you by the members of the Ottawa County Board of Commissioners. The Michigan Department of Community Health provides financial support to this agency.



Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.

COMMUNITY MENTAL HEALTH OF OTTAWA

Community Mental Health of Ottawa County (CMHOC) offers an array of supports and services for persons with serious and persistent mental illness. Our mission is to partner with you in a manner that maximizes your integration in the community.

Your initial appointment at one of our conveniently located offices throughout the county will be with an Access Center mental health professional. This person will help to evaluate the areas in your life that you would like to improve. Areas may include emotional, behavioral, social, vocational, family, medical and other areas of concern.

Following this evaluation, a "person-centered planning" meeting will be arranged to help determine the services and supports that can help you achieve these life improvements. "Person-centered" means that this meeting is driven by the changes *you* want in *your* life. "Person-centered" also means you may invite anyone who could assist you with this, such as family or friends, and that the meeting will take place at a time and place that is convenient for you and the other meeting participants. You may request an **Independent Facilitator** to advocate and lead the meeting for you at no cost.

Person-centered planning leads to the development of an individual plan of service. The individual plan of service is the foundation that brings together the team of individuals who will support your recovery and the path to your desired future.

Community Supports and Services

Case Management Services

When multiple services are needed such as housing assistance, financial assistance, medical care, mental health and/or substance abuse treatment, case management services are available to help with accessing and coordinating these services. Depending on your need, case management services may be provided at a CMHOC facility or community setting including your home. Your case manager will meet with you on a regular basis to make sure services are meeting your needs and assisting you in accomplishing the goals of your individual plan of service.

Community Inclusion ~ Independence ~ Productivity

Community inclusion means participating in community activities in the same manner as any community citizen. Independence is how you define freedom for yourself. Productivity means being engaged in activities that result in increased self-sufficiency, such as work and school. Services and supports available to assist with these goals include Community Living Supports, Family Support and Training, Respite Care, Skill Building, Supported Employment, and others.

Outpatient Counseling

An array of counseling services are available including individual therapy, group therapy, family therapy, and child therapy to help you achieve improved functioning and more appropriate interpersonal and social relationships.

Medication Clinic

Psychiatrists and nursing staff are available to assess for the need of psychiatric medication to help control the symptoms of mental illness, to monitor for potential side effects, and to make sure you are receiving the proper type and amount of medication.

Psychosocial Rehabilitation

Clubhouses located in Holland and Grand Haven are structured day programs that are available to help you find meaningful work, suitable housing, as well as social and recreational opportunities. Peer-run Drop-In Centers are also available to provide opportunities to learn and share coping skills, move into more active assistance behaviors, and/or build enhanced self-esteem and self-confidence.

Housing Assistance

For those in need who qualify, transitional residential supervised settings are available. Additionally, we can assist you in securing safe, stable, suitable, and affordable housing.