

**TIPS FOR GETTING THE MOST OUT OF SERVICES:**

- Parent involvement: CMH believes the greatest progress occurs when parents are actively involved in services with their children.
- If your child is prescribed medications please give those meds as prescribed. If there are concerns or side effects please report those to the nurse. Of special note: CMHOC does not provide “meds only” services.
- Let us know if you have additional services/agencies involved with your family so we can coordinate with them.
- Keep appointments with staff. If you are unable to do so please notify us as soon as possible to cancel and reschedule.
- Keep us informed regarding current contact information and insurance coverage.

**TO ACCESS SERVICES FOR YOUR INFANT, CHILD OR ADOLESCENT CONTACT THE ACCESS CENTER AT:  
616-393-5681 OR  
1-877-588-4357 (TOLL FREE) OR  
616-494-5508 (TTY)**

**FOR MORE INFORMATION;**

To learn more information regarding Family Services please call Community Mental Health of Ottawa County and ask for a Family Services Supervisor.

Community Mental Health of Ottawa County  
Family Services  
12265 James Street  
Holland, MI 49424  
Phone: 616-392-1873  
Toll Free: 877-588-4357  
TTY: 616-494-5508  
Fax: 616-393-5687

[www.miottawa.org/CMH](http://www.miottawa.org/CMH)



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  
County

# Family Services

Services for Infants,  
Children, Adolescents  
and Families



## Welcome to Family Services

There is hope for families whose children are experiencing concerns with mental illness and/or developmental disabilities. Often times the hurt feelings associated with these concerns results in families not seeking services. Families should realize that they aren't alone and that help is available.

CMH staff is committed to walking alongside parents and supporting them in their roles as parents. The staff seeks to:

- Assist parents in gaining access to community resources.
- Provide guidance and support
- Strengthen the family system so that families can remain together.
- Provide information regarding child development and growth.



## Services

We provide a variety of services to infants, children and adolescents who are found eligible. Services provided are determined upon needs identified in the family assessment process. Services may include:

- Advocacy
- Case Management/Supports Coordination
- Community based services
- Community Living Supports
- Individual and family therapy
- Infant Mental Health (birth to 47 months)
- Nursing Services
- Parent Support Partner
- Psychiatric services
- Respite



## What to Expect

After your child has been found eligible for services you will be contacted by:

1. **Supports Coordinator or Therapist:** This staff will work with your family to understand your concerns and needs. Together you will develop a Family Centered Treatment Plan so you can access and participate in the services that best meet those needs.
2. **Nurse:** A nurse will contact you to discuss the completion of a nursing assessment. This assessment can be used to identify medical concerns you may have for your child.
3. **Support Staff:** A Support Staff will contact you to confirm contact and financial information. At the time of your first visit with CMH staff you will be asked to sign releases and a consent for treatment. You will also be presented with a packet of information outlining your rights while receiving services at CMH.