

**25401 Harper Avenue
St. Clair Shores, MI 48081**

Walk-In Hours

Monday-Friday: 8:30 a.m. to 3 p.m.

Hours of Operation

Monday-Friday: 8:30 a.m. to 5 p.m.

Please bring your insurance card(s), valid ID showing your current address, and proof of income to walk-in appointments.

Call **855-99-MCCMH (855-996-2264)** to learn more about our services or to schedule an appointment.

The MCCMH Crisis Line is available for 24/7 assistance: **586-307-9100**



**MACOMB COUNTY
COMMUNITY MENTAL HEALTH**

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



MCCMH East

Services and support for individuals and families

MCCMH East is dedicated to supporting the well-being of individuals and families. The East location provides a variety of services for mental health, substance use, and intellectual and developmental disabilities (I/DD), including:

- **Walk-in screenings** to identify the services needed.
- **Intake assessments** conducted by a mental health professional to gather essential information about background and functioning.
- **Case management** to coordinate community-based services that provide quality mental health care.
- **Psychiatric evaluations** to identify problems and formulate diagnoses to best treat conditions.
- **Outpatient treatment** options such as therapy and counseling provide support for mental health concerns.
- **Medication reviews** promote safe and effective medication use to improve treatment outcomes.
- **Assessment and planning** for specialty services such as community living supports, specialized residential services, respite care, and more.

MCCMH East also offers the following individual and group programs:

Adult and Adolescent Dialectical Behavior Therapy (DBT) uses one-on-one and group therapy to help people manage their emotions, communicate better, and build self-esteem.

Peer Support Specialists offer hope by sharing advice, support, and helpful information. They use their own experiences with mental health to show that recovery is possible.

Healthy Lifestyle Groups are led by a registered nurse or peer support professional. They cover health and wellness topics like relaxation, exercise, nutrition, cooking, and quitting smoking.



A Certified Community Behavioral Health Clinic

MCCMH East supports the community as a Certified Community Behavioral Health Clinic (CCBHC). Through an integrated model of care, we offer a wide range of behavioral health services for people diagnosed with mental health and/or substance use disorders.

MCCMH accepts all insurance plans, including Medicaid, Medicare, and private insurance. We also serve those without insurance. A sliding fee scale is available for those who qualify, based on income and family size.

