

# 6555 West Fifteen Mile Road Sterling Heights, MI 48312

## Hours of Operation:

Monday, Wednesday, Thursday, and Friday: 8:30 a.m.-5 p.m.  
Tuesday: 8:30 a.m.-7:30 p.m.

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 West

### Services and support for individuals and families

MCCMH West is dedicated to supporting the well-being of individuals and families. The West 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.

## We also provide the following individual and group therapy 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.

**Vocational & Day Program Services (VDPS)** help people with I/DDs build skills and connections through schooling, volunteer benefits, job training, recreational programs, and more.

**Omnibus Budget Reconciliation Act (OBRA)** provides assessments and services for people with I/DD who need placement in a nursing home.

**Assertive Community Treatment (ACT)** offers community-based mental health care for people with severe mental illness.

**Intensive Crisis Stabilization Program** provides outpatient, community-based treatments to adults experiencing a severe psychiatric crisis or those recently discharged from an inpatient setting.

**Crisis Services** deliver immediate support for those experiencing mental health crises, which include the 24/7 MCCMH Crisis Line and mobile crisis teams for in-person assistance.

**Seeking Safety Group** is a trauma informed evidence-based practice for those with trauma and substance use challenges.

**Trauma-Informed Treatment Modalities** to help individuals manage the negative effects of traumatic events, such as Eye Movement Desensitization and Reprocessing (EMDR), Prolonged Exposure Therapy, and Exposure and Response Prevention.

## A Certified Community Behavioral Health Clinic

MCCMH West supports our 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.