

Interested in learning more about CCM? Talk with your care team or call MCCMH at 855-99-MCCMH (855-996-2264).



You can also scan the QR code or visit our website to complete the referral form.

Call the MCCMH Crisis Line for 24/7 support: 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.net

  @wearemccmh



Complex Case Management

Help when health feels overwhelming

When health and life feel hard to manage, support is available. Complex Case Management (CCM) helps improve your health and well-being and reduces hospital visits.

What is CCM?

CCM is a program for people who have a mental illness and a complex medical condition, such as hypertension or diabetes. It brings health care providers, services, and community programs together, so your care is easier to coordinate.

Your needs and goals come first. A nurse works with you to plan your care, stay healthy, and get the services you need.



CCM might be right for you if you:

- Have had several hospital or ER visits close together
- Have trouble keeping up with medications
- Miss appointments or need help getting there
- Need support with food, housing, or transportation
- Feel stressed, overwhelmed, or unsure about your health

How CCM helps

We can assist with:

- Understanding your medications and how to take them
- Making, planning for, and remembering appointments
- Talking with your doctors and care team
- Finding food, housing, rides, and other resources
- Managing care after a hospital stay
- Working through problems that make staying healthy harder
- Staying on track with regular check-ins

The CCM Team works alongside your current providers to ensure you receive the care you need. We do not replace your case manager, nurse, or prescriber.

What to expect if you enroll

- We call you to set up a time to meet
- We learn about you and your needs
- We make a plan together
- We stay in touch and offer support

This is a short-term program focused on helping you feel better and more confident in managing your care.

Why try CCM?

CCM makes it easier to take care of your health. The CCM team is here to guide you every step of the way. You don't have to do this by yourself.

