



Many challenges. **One Call**

Mental health services and
support for you and your child

Need help now?

If you are in a crisis or emergency situation, please call:

(989) 792-9732 or (800) 233-0022

24 hours a day, seven days a week



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY



Many challenges. One call.

Every family faces the daily challenges of protecting their children's safety, education, health and happiness. If you are among the 20 percent of Saginaw County families of children with mental, emotional and developmental disorders, those challenges grow.

Knowing where you can turn for support and services should not be one of those challenges. Saginaw County Community Mental Health Authority (SCCMHA) is here to help you connect with the resources that can help you, your family and your child.

It starts with one phone call.

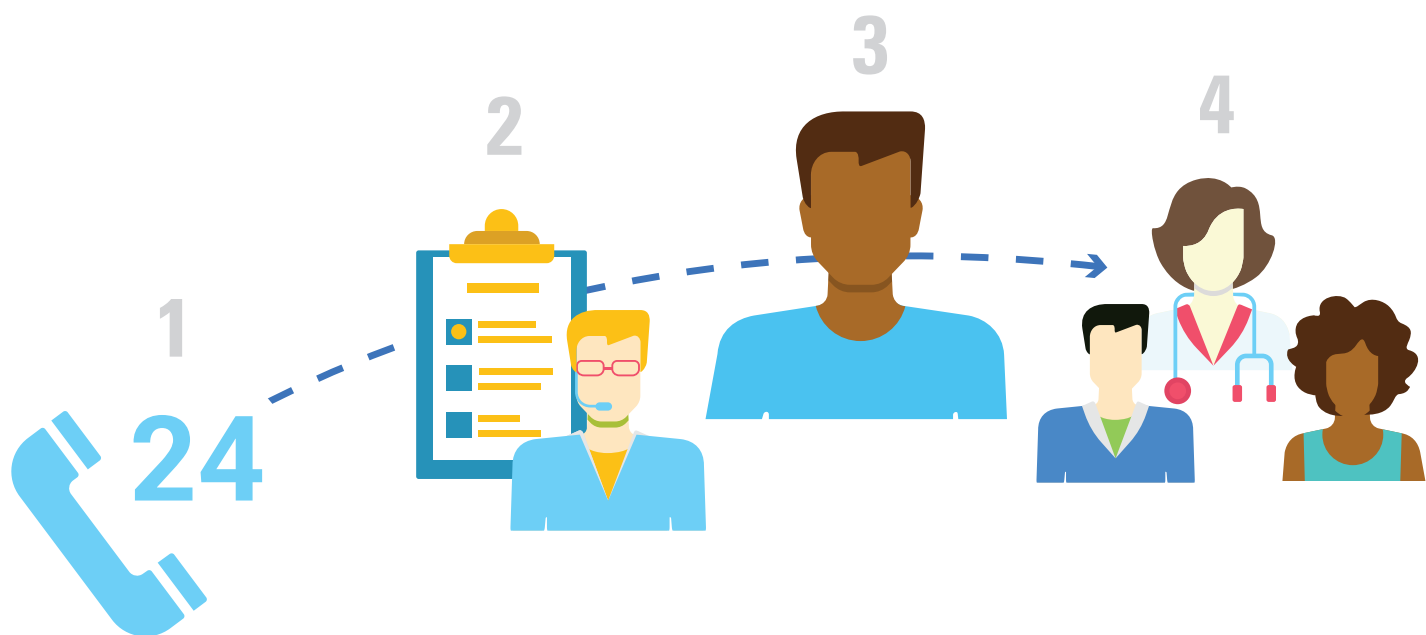


Access & Intake

(989) 797-3559

Toll-Free

(800) 258-8678



Where to start

If you are looking for help for a child with mental health needs, Central Access and Intake is your starting point. You will find professional, compassionate and confidential help with questions, referrals for community resources, and screenings for emotional disorders, developmental disabilities, behavioral challenges and substance abuse.

One of the barriers that keeps families from getting help is knowing what kind of services and resources they are eligible for. We will help you find out. When you call, staff will ask you questions that will help determine what services are available for you. They will ask you where you live and to describe what is happening in your life that makes you feel you need services. You will also be asked about your insurance and your income.

You and our access staff will then determine your next step:

- If your situation is an emergency, you will be directed to immediate help.
- If your situation is not an emergency and you may be eligible for services through SCCMHA, we will make arrangements for an assessment.
- If you are not eligible for services through SCCMHA, we will help you identify community resources that may be available for you.

Crisis?

Are you in a crisis or emergency situation?
Please contact SCCMHA's Crisis Intervention
Services, available 24/7:

(989) 792-9732 or (800) 233-0022

What to Have When You Call

It is our goal to help everyone who needs mental health services obtain the help they need. But who can provide those services for you depends on many eligibility factors. When you call SCCMHA, you will need the following information available to help determine your eligibility:

- Medical insurance card or numbers, including Medicaid (if applicable)
- Names of current doctors and medicines
- Guardianship
- Special education or other school records (if applicable)

What You Can Expect

We are here to be a resource — and an advocate — for people and families affected by emotional disorders. We believe your child's mental health and physical health are equally important, and we want to make sure both get the care they need.

That care typically starts with a case manager, who will develop a care plan designed especially for your family's needs.

We understand the personal nature of health information in general and mental health issues in particular. Your information is private and confidential. And throughout the process, you will be treated with compassion and respect. Emotional disorders don't happen because you did something wrong. It isn't your fault. We won't treat you like it is.



Programs and Services

We're Here to Help

Professionals will work with you to decide which services and providers are most appropriate for your needs. This includes determining your eligibility, since many programs have their own eligibility criteria.

Our programs, services and resources include:

Home-Based

This is an intensive program reserved for you and your child should you require services that require a comprehensive array of mental health services. These services are provided by a team and are short in duration. To be eligible, patients must agree to a minimal level of service in their home.

Infant Mental Health Services

Home-based parent-infant support and intervention services are offered when a parent's life circumstances or the characteristics of the infant threaten the parent-infant attachment — and, by extension, the child's social, emotional and cognitive development.

Wraparound

This highly individualized planning process is facilitated by specialized coordinators. A Child and Family Team, with members determined by the family, develops the highly individualized wraparound plan. Children must meet several specific risk criteria to receive wraparound services.

Case Management

These services are provided to assist families in gaining access to needed medical, social, educational or other services. They include:

- Planning, using family-centered planning principles
- Developing an individual plan using the person-centered planning process
- Linking to and coordinating with other services
- Assistance with access to entitlements and/or legal representation
- Coordination with health care and other services

Child Therapy

Therapy can help prevent behavioral issues, improve self-control and assist in emotional adjustment, helping a child function more appropriately in relationships and social situations.

Youth and Parent Education Groups

Types of youth and parent education programs available include:

- Cognitive Behavior Therapy
- Trauma Focused Cognitive Behavior Therapy
- Parent Management Training Oregon
- Parenting Wisely
- Dialectical Behavior Therapy
- Strengthening Families
- Parenting with Love and Limits

Family Therapy

Family therapy looks beyond the child and helps reduce behavioral issues, build communication and strengthen healthy relationships within the family.

Psychiatric Services

A psychiatrist is a medical doctor trained in mental and emotional disorders. Their services are frequently used when a child might benefit from psychiatric medications, and usually include a psychiatric evaluation and a medication review. Psychiatric services may be face-to-face or through remote technology.

Transition Age Youth Services

Transition services support youth transitioning from children's services to adult services including from foster care to independence.

Programs and Services



Saginaw MAX System of Care

Saginaw MAX System of Care is a cooperative effort that brings together the many different entities serving children with severe emotional disturbance. They include SCCMHA, healthcare, social services, education, juvenile justice, law enforcement and child and parent peers — designed to offer a coordinated, one-system approach to supporting children and families.

Whole Health Care

SCCMHA has been a key player at more fully integrating mental health care within the general health care system of Saginaw County. As part of that effort, we have staff working in the schools and offices of pediatric physicians. SCCMHA cares about supporting the whole health and wellness of the people we serve.

Peer Services

Parent-to-parent support is designed to help families of children with severe emotional disorder (SED). Trained Parent Support Partners — who have or had a child with special mental health needs — work with you to identify coping strategies and be better prepared to assist in your child's care.

Peer support is also available for youth. These young people, who have faced mental health issues themselves, are specially trained to offer support.

Respite Services

Respite care providers offer supervision or personal care to offer you temporary relief.

Therapeutic recreation is also available through summer camp and after-school programs.

Community Living Supports

Designed to help your child become more independent and productive, community living supports promote your child's participation in activities of daily community life. They are provided in both home and community settings.

Crisis Services

Mental health crisis intervention services are available 24 hours a day, seven days a week. They are designed to ensure consumer well-being and dignity, community safety and access to inpatient care for persons in crisis because of mental illness or emotional disturbance.

Mobile Urgent Treatment Team

This team of professionals is available to support you and your child through a mental health crisis while working to stabilize your situation. The team can be deployed to a home or school setting, and is available a variety of hours Monday through Friday, evening and weekends.

Autism Spectrum Disorder Services

SCCMHA and its partner organizations offer services for a child with autism and other developmental disorders, depending on the severity of the disability. Some services have eligibility criteria; either way, we will help you find services and supports that are appropriate for you.

Frequently Asked Questions

How do I get help for my child?

Contact SCCMHA at (989) 797-3559, or toll-free (800) 258-8678. After talking more about your needs, your child's needs, and your eligibility criteria, we will connect you with the resources and services that will best help your child and your family.

How do I know if I should get help?

Children and adolescents can be emotionally volatile for many reasons. If you suspect something is not right, or if someone you trust shares concerns about your child, you may want to call for an assessment. Some signs might include:

Mood changes, such as feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.

Intense feelings. Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities.

Behavior changes, such as drastic changes in behavior or personality, as well as dangerous or out-of-control behavior. Fighting frequently, using weapons and expressing a desire to badly hurt others also are warning signs.

Difficulty concentrating. Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.

Unexplained weight loss. A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.

Physical symptoms. Children with a mental health condition may develop headaches and stomachaches rather than sadness or anxiety.

Physical harm. Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also may develop suicidal thoughts or actually attempt suicide.

Substance abuse. Some kids use drugs or alcohol to try to cope with their feelings.

What are the symptoms of trauma?

We provide services with the understanding that everyone may have experienced trauma at some time. Abuse, violence in the home, school or community, disasters, medical trauma and severe poverty all have serious effects on children. They can lead to a variety of symptoms, including:

- Excessive temper
- Demands for attention
- Aggressive behavior
- Being easily startled
- Crying or screaming
- Fear or separation from a parent or caregiver
- Irritability, sadness and anxiety

Is mental health care for my child covered by my health insurance?

There is most likely some provision for mental health care. The Affordable Care Act has expanded the coverage available for mental health care, and many services are covered by Medicaid. We will help determine your coverage and eligibility for services.



Frequently Asked Questions

I'm embarrassed about my child's behavior. Will this be kept secret?

There is no reason to feel embarrassed by or ashamed of your child's emotional or behavioral issues. It is not your fault, or a result of anything you have or have not done. But we understand and respect the privacy of you, your family and your child. Just like your health information, records about services provided by SCCMHA are subject to the confidentiality standards of the Health Insurance Portability and Accountability Act (HIPAA).

What can I expect if I try to get help for my child?

You can expect confidential and compassionate service from professionals who are very passionate about helping people like you and your child. We understand that seeking mental health services can be frightening and intimidating. We try to make it as easy as possible for you. Ultimately, we want the same thing you do: to help your child.

What parenting classes are available?

We provide sources that offer a variety of parenting classes to help parents learn such things as:

- How to set limits
- Understanding the Individualized Education Plan (IEP) process
- Handling behavioral challenges

Where can I learn more about mental health conditions?

There are many sources for information about mental health in general and about specific mental, emotional and developmental disorders. Our website is a good starting point for a number of mental health resources (SCCMHA.org). We also have a variety of other mental health information available, and can connect you with resources appropriate to your situation.

SCCMHA

500 Hancock St.

Saginaw, MI 48602

www.SCCMHA.org



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