



MENTAL HEALTH RESOURCE GUIDE

Lenawee

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Disclaimer

The material in this Resource Guide is intended to help members of the community to better understand mental illness, the resources available for individuals and their families, and advocate for support and acceptance from the community.

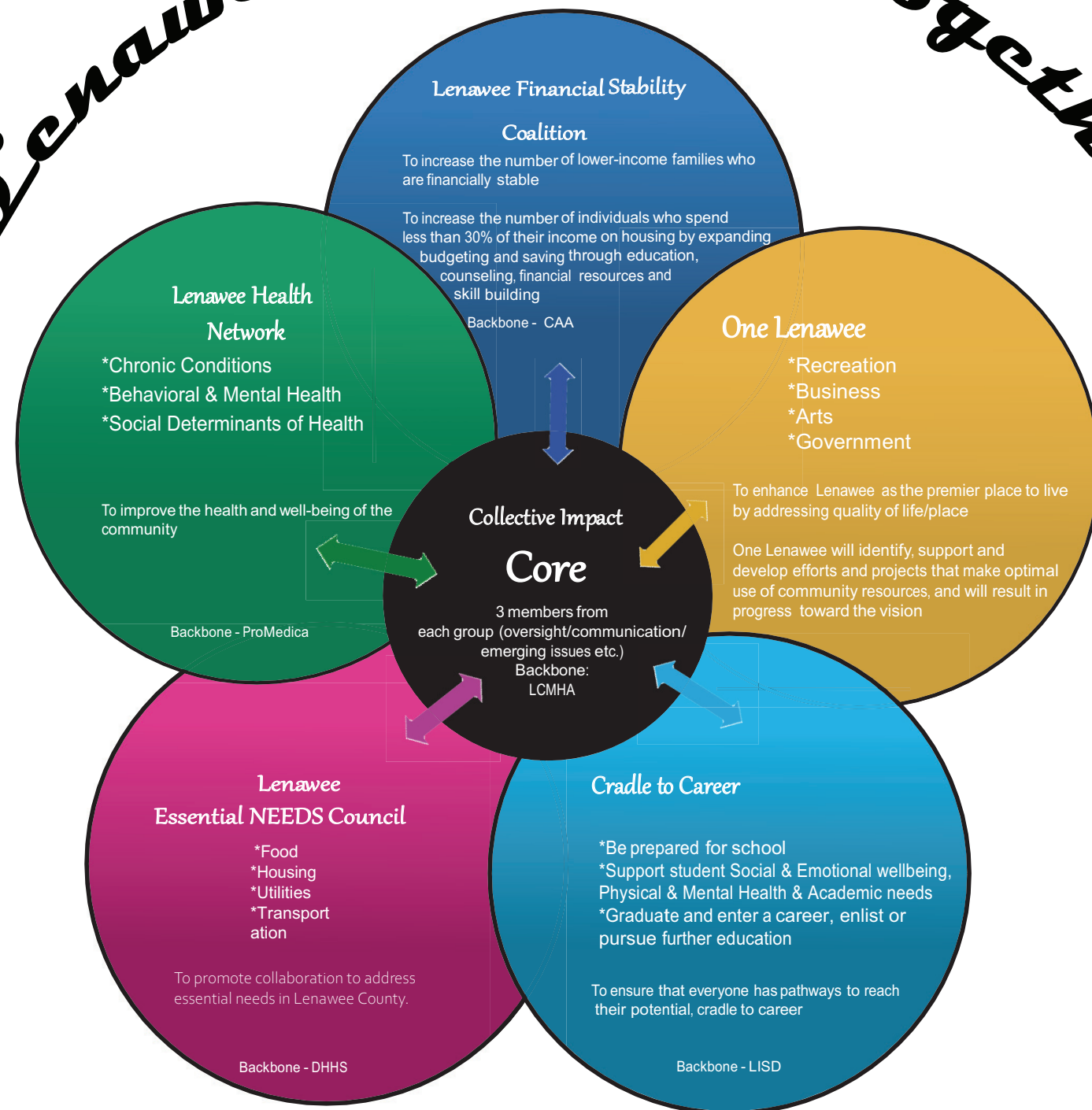
This Resource Guide provides information about all of these topics, but is not a complete review of the issues raised or services available for the support and treatment of mental health.

This Resource Guide is for general reference, and is intended to direct concerned parties to other, more complete sources of information about support and resources available. This Guide is not intended to cover every possible issue you may encounter when challenged with mental health concerns.

This Resource Guide is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Sources: National Alliance on Mental Illness; WebMD; www.stopbullying.gov; Children and Youth Mental Health Resource Guide.

Lenawee Working Together



COMMUNITY COLLABORATIVE MEETINGS
1ST FRIDAY OF EVERY MONTH

Dear Fellow Community Member,

Nearly half of us will experience a mental or emotional issue at some point of our lives. Much like physical health, it is equally as important to emphasize early intervention and treatment for our behavioral health needs. Please know there are resources available to support your journey to improved health and well-being. As the leading health care provider in Lenawee County, ProMedica is pleased to offer our community this resource guide for mental health care in our region.

It is only through collaboration with community partners that this guide is possible. We are proud to work with community networks, coalitions, and stakeholders to improve the health and well-being of Lenawee County residents.

Sincerely,

Dr. Julie K. Yaroach, D.O.

President

ProMedica Charles and Virginia Hickman Hospital



	NON-PROFIT ORGANIZATION	ADD/ADHD	Anger/Aggression	Anxiety Disorder	Autism Spectrum Disorder	Bipolar Disorder	Borderline Personality	Bullying	Conduct Disorder	Cutting/Self Harm	Depression	Dual/Concurrent/Co-Morbid	Eating Disorders	Fetal Alcohol Spectrum Disorder	Grief	Learning Disability	Mood Disorders	Obsessive Compulsive Disorders	Oppositional Defiant Disorder	Psychosis	Reactive Attachment Disorder	Schizophrenia	Schizoaffective Disorder	School Psychological or Suicide Assessments	Sensory Integration Dysfunction Sensory Processing Disorder	Stress	Substance Abuse Counseling	Suicide	Tourette Syndrome	Trauma/PTSD
ADRIAN COUNSELING AND PSYCHIATRIC CLINIC		●	●	●	●	●	●	●	●	●	●	●	●		●	●	●	●	●	●	●	●	●	●		●	●	●	●	●
CATHERINE COBB SAFE HOUSE	●																													●
CATHOLIC CHARITIES OF JACKSON, LENAWEЕ AND HILLSDALE COUNTIES	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●	●	●	●	●	●	●	●	●	●	●		●
FAMILY MEDICAL CENTER OF MICHIGAN	●	●	●	●	●	●	●	●	●	●	●				●	●	●							●		●	●	●	●	●
HILLTOP COUNSELING		●	●	●	●	●	●	●	●		●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●	●	●	●
HOSPICE OF LENAWEЕ	●														●															
LENAWEЕ COMMUNITY MENTAL HEALTH AUTHORITY	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
MASTERPEACE CENTER FOR COUNSELING AND DEVELOPMENT		●	●	●	●	●	●	●	●	●	●	●	●		●			●	●							●				
MCCULLOUGH VARGAS AND ASSOCIATES, INC.		●	●	●		●	●				●	●		●	●		●	●					●			●	●			●
MINDFUL HEARTS COUNSELING		●	●	●	●	●	●	●		●	●				●	●	●	●	●							●		●		●
PARKSIDE FAMILY COUNSELING, LLC		●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●	●		●		●	●		●	●	●		●
PERSPECTIVES		●	●	●	●	●	●				●				●		●	●	●	●						●				●
PROMEDICA CHARLES AND VIRGINIA HICKMAN HOSPITAL OUTPATIENT BEHAVIORAL HEALTH SERVICES	●	●	●	●		●	●	●	●	●	●	●	●		●	●	●	●	●				●			●	●	●		●
PROMEDICA PHYSICIANS BEHAVIORAL HEALTH		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●			●	●	●	●	●
TRILLIUM COUNSELING GROUP		●	●	●	●	●	●	●		●	●	●		●	●		●	●	●		●		●		●	●	●	●	●	●



ADRIAN COUNSELING AND PSYCHIATRIC CLINIC 142 E. Maumee St., Suite 3 Adrian, Michigan 49221 Phone: 517-263-5810 adrianpsych.com/services	Works with a wide range of emotional and behavioral issues providing services that span from medication treatment for mental health disorders, to therapy for depression or grief counseling. Our team strives to provide a place of peace and comfort, where we understand the value of trust in a judgement free environment. POPULATION: 5 years and older with a PA. Teens and up with a counselor. FEES: Most insurances, Medicaid, Medicare, private insurance, self-pay.
CATHERINE COBB SAFE HOUSE 220 N. Main St. Adrian, Michigan 49221 Phone: 517-265-5352 Toll Free: 800-874-5936 Shelter: 517-265-6776 fccsoflenawee.org	Provide comprehensive services to survivors of domestic violence and sexual assault and their children and families. Services include: shelter (women and children only), advocacy, information and referral, education, legal advocacy, safety planning, 24-hour crisis line. AREAS SERVED: Lenawee county POPULATION: Youth, adult FEES: Free
CATHOLIC CHARITIES OF JACKSON, LENAWEE AND HILLSDALE COUNTIES 199 N. Broad St., Suite 1 Adrian, Michigan 49221 Phone: 517-263-2191 Fax: 517-264-6080 catholiccharitiesjlhc.org	Provides a wide array of mental health services to adults and youth including individual, family, and marital counseling. All therapists are Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) trained. EMDR also available. Substance Abuse services include individual and group counseling services. AREAS SERVED: Lenawee, Jackson and Hillsdale counties POPULATION: Youth, adult FEES: Most private insurance, Medicaid, Medicare, self-pay sliding fee scale
FAMILY MEDICAL CENTER OF MICHIGAN 1200 N. Main St. Adrian, Michigan 49221 Phone: 517-263-1800 Fax: 517-263-1866 familymedicalmi.org	FMC currently provides primary care, behavioral health and dental services to over 25,000 adult and children residents annually from five sites. FMC also provides Medication Assisted Treatment (MAT) which uses medication in combination with counseling and behavioral therapies to provide a more complete approach to the treatment of substance use disorders. AREAS SERVED: Lenawee, Monroe, southwestern Wayne counties POPULATION: Youth, adult FEES: Most private insurance, Healthy Michigan, Medicaid, Medicare, sliding fee scale
Hilltop Counseling 115 W. Maumee St. Adrian, Michigan 49221 Phone: 517-920-4080 Fax: 517-920-4393 hilltopcounseling.org	Provides client-centered individual counseling, support groups for youth, and affirming therapy for the LGBTQIA+ community, including referrals for gender affirming treatment. AREAS SERVED: Lenawee and Hillsdale counties POPULATION: Ages 2 – 24 and members of all ages of the LGBTQIA+ FEES: Medicaid HMO plans, private insurance, self-pay

HOSPICE OF LENAWEE 1903 Wolf Creek Hwy. Adrian, Michigan 49221 Phone: 517-263-2323 Fax: 517-263-1425 hospiceoflenawee.org	In addition to providing bereavement services to our Hospice of Lenawee families, Hospice of Lenawee provides Community Bereavement to anyone in our Lenawee County community who has suffered a loss. Our grief and loss services are provided through support groups, seminars, our family Bereavement Camp, and one-on-one counseling to any age, including children and teens. In addition, we serve students through our Kaleidoscope program in most Lenawee County school districts. AREAS SERVED: Lenawee county POPULATION: No restrictions FEES: None
LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY 1040 S. Winter St., Suite 1022 Adrian, Michigan 49221 Phone: 517-263-8905 Toll Free: 800-664-5005 Fax: 517-265-8237 lcmha.org	Our Mission is to promote positive outcomes by creating a path to resilience, recovery, wellness, and self-determination. We provide MH/SUD/DD services for persons with severe and persistent mental illness, substance use disorder, developmental/intellectual disabilities, severe emotional disturbance. We also have a 24 hour/7-day Crisis Line available to anyone, not just Lenawee residents. We will refer to appropriate services if we cannot provide them directly. We are also invested in prevention especially substance use and suicide. AREAS SERVED: Lenawee county POPULATION: Youth, adult FEES: Medicaid, sliding fee scale
MASTERPEACE CENTER FOR COUNSELING AND DEVELOPMENT 308 S. Maumee St. Tecumseh, Michigan 49286 Phone: 517-423-6889 Fax: 517-423-6890 mpccd.com	MASTERPEACE exists to provide quality professional counseling, assessment, education and enrichment services for adults, children, couples and families of all ages, faiths and backgrounds. Our services are designed to promote healing, growth and healthy changes in your personal, emotional and spiritual areas of life. AREAS SERVED: Lenawee and surrounding counties POPULATION: Youth ages 3 and older, adults FEES: Blue Cross Blue Shield, Commercials, Medicare, MHPM, UHC, BCC



<p>MCCULLOUGH VARGAS AND ASSOCIATES INC.</p> <p>770 Riverside Ave., Suite 11 Adrian, Michigan 49221</p> <p>Phone: 517-264-2244 Fax: 517-263-3325</p> <p>mvabhs.com</p>	<p>Provides a variety of behavioral health services that include one-time substance abuse assessments, individual counseling, Psychoeducational group, Women’s Group, Men’s Group, Recovery Group, Meditation/Acupuncture Group, co-occurring disorders, women’s case management services, and recovery coach services. Additionally, the Jonesville, Michigan location provides gender specific residential services.</p> <p>AREAS SERVED: Lenawee county</p> <p>POPULATION: Adults</p> <p>FEES: Medicaid, block grant, self-pay with sliding scale fee based on income for those that qualify, Blue Cross Blue Shield, most other insurances</p>
<p>MINDFUL HEARTS COUNSELING</p> <p>1325 N. Main St. Suite B Adrian, Michigan 49221</p> <p>Phone: 517-438-8144 Fax: 517-438-8195</p> <p>mindful-hearts-counseling.com</p>	<p>Provides individual and family therapy, anxiety/depression, phobias, anger management, child behavior problems, ADHD, childhood anxiety and depression, parenting skills, divorce, co-parenting, step family issues, LGBTQ issues.</p> <p>AREAS SERVED: Lenawee county</p> <p>POPULATION: All ages</p> <p>FEES: Medicaid, Medicare, private insurance, self-pay</p>
<p>PARKSIDE FAMILY COUNSELING, LLC</p> <p>805 W. Maumee St. Adrian, Michigan 49221</p> <p>Phone: 517-266-8880 Fax: 517-266-8881</p> <p>parksideforfamilies.com</p>	<p>Parkside Family Counseling, LLC is an agency accredited through the Council on Accreditation (COA) which involves a formal evaluation of an organization or program against hundreds of best practice standards. All of Parkside’s programs are outpatient, school, or home-based. We serve children, teens, adults, and families. We offer individual and family therapy for an array of need areas and group therapy for girls and adult women who are survivors of sexual assault. We also have groups for adults and teens with substance use disorder (SUD). Our SUD client also have case management and recovery coach services available to them. Parents are involved in the services for teens who are trying to stop using alcohol and other drugs. Other groups may be made available as the need arises in the community.</p> <p>Parkside serves families with teens or children who have behavioral and emotional problems or have experienced some type of trauma. In addition, we serve adults who continue to struggle with lifelong emotional issues that have resulted in a breakdown in relationships and created barriers for success in life. Our therapists’ specialties are described on our website parksideforfamilies.com and include assisting with the process of healing from sexual harm and other trauma; substance abuse treatment for youth and adults; treatment for youth who have caused harm through violent behavior; relationship problems; and other behavioral and emotional health needs.</p> <p>AREAS SERVED: Lenawee county</p> <p>POPULATION: Youth, adult</p> <p>FEES: Blue Cross Blue Shield, Meridian, Paramount, Uliance, McLaren, referrals from Lenawee Community Mental Health Authority, Lenawee County Juvenile Court, Lenawee DHHS, Child Protective Services and Foster Care</p>
<p>PERSPECTIVES</p> <p>136 W. Chicago Blvd. Tecumseh, Michigan 49286</p> <p>Phone: 517-423-7501</p> <p>PersepctivesinPsync@gmail.com</p>	<p>Over 40 years of experience in treatment of children and older adults for a wide range of mental health issues.</p> <p>AREAS SERVED: Lenawee county</p> <p>POPULATION: Youth, adults</p> <p>FEES: Primarily self-pay</p>
<p>PROMEDICA CHARLES AND VIRGINIA HICKMAN HOSPITAL OUTPATIENT BEHAVIORAL HEALTH SERVICES</p> <p>211 Biede Ave. Defiance, Ohio 43512</p> <p>Phone: 517-423-3887</p> <p>promedica.org/hickmanhospital</p>	<p>Our behavioral health department provides a full range of mental health and substance abuse services for children, adolescents, adults and families, including: diagnostic evaluation and consultation, individual and group treatment, family therapy, medication assessment and management, stress reduction programs, substance abuse services and educational programs.</p> <p>AREAS SERVED: Lenawee County</p> <p>POPULATION: Youth, adults</p> <p>FEES: Medicaid, Medicare, private insurance, self-pay</p>
<p>PROMEDICA PHYSICIANS BEHAVIORAL HEALTH</p> <p>502 E. Cummins Road Tecumseh, Michigan 49286</p> <p>Phone: 517-423-3887 Fax: 517-366-5034</p> <p>promedica.org/services-and-conditions/behavioral-health</p>	<p>Provides medication and therapy services to all ages.</p> <p>AREAS SERVED: Lenawee County</p> <p>POPULATION: All ages</p> <p>FEES: Most insurances accepted</p>
<p>TRILLIUM COUNSELING GROUP</p> <p>117 E. Maumee St., Suite 300A Adrian, Michigan 49221</p> <p>Phone: 517-417-1717 Fax: 517-417-1718</p>	<p>Provides a client-centered counseling approach to children, adolescents, individuals, families, and people with co-occurring mental health and substance abuse issues. Types of treatment include but are not limited to trauma-focused, mindfulness, play therapy, cognitive behavioral therapy (CBT), trauma focused cognitive behavioral therapy (TF-CBT), and eye movement desensitization and reprocessing (EMDR), family systems, solution focused brief (SFBT), motivational interviewing, and dialectical behavior therapy (DBT).</p> <p>AREAS SERVED: Lenawee, Monroe, Jackson, and Lucas counties</p> <p>POPULATION: Youth, adults</p> <p>FEES: Private insurance, self-pay, Medicaid PPO, Medicare</p>



ADD/ADHD

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindful Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

ADD/ADHD stands for attention deficit disorder or attention deficit hyperactivity disorder, a condition with symptoms such as inattentiveness, impulsivity, and hyperactivity. The symptoms differ from person to person. Both children and adults can have ADHD, but the symptoms always begin in childhood. Adults with ADHD may have trouble managing time, being organized, setting goals, and holding down a job.

The symptoms include:

- Trouble paying attention (easily side-tracked)
- Doesn't like or avoids long mental tasks (such as homework)
- Trouble staying on task during school, at home, or even at play
- Disorganized and seems forgetful
- Doesn't appear to listen when directly spoken to
- Doesn't pay close attention to details
- Loses things often
- Makes careless mistakes
- Struggles to follow through with instructions

ANGER/AGGRESSION

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindful Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Anger is a very powerful emotion that can stem from feelings of frustration, hurt, annoyance or disappointment. It is a normal human emotion that can range from slight irritation to strong rage. Anger can be harmful or helpful, depending upon how it is expressed. Knowing how to recognize and express anger in appropriate ways can help people reach goals, handle emergencies and solve problems. However, problems can occur if people fail to recognize and understand their anger.

Suppressed, unexpressed anger can be an underlying cause of anxiety and depression. Anger that is not appropriately expressed can disrupt relationships, affect thinking and behavior patterns and create a variety of physical problems. Chronic (long-term) anger has been linked to health issues such as high blood pressure, heart problems, headaches, skin disorders and digestive problems. In addition, poorly managed anger can be linked to problems such as alcohol and substance abuse, crime, emotional and physical abuse and other violent behavior.

ANXIETY DISORDER

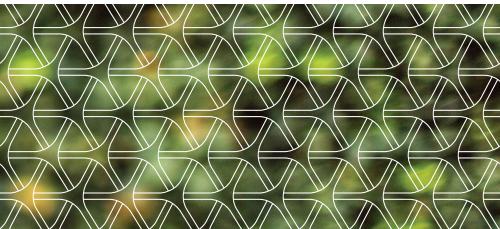
LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindful Hearts Counseling
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- Perspectives
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- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Anxiety is defined as a feeling of unease. When the level of anxiety is great enough and persistent enough to interfere with everyday activities, it is considered an anxiety disorder.

Parents may notice that their child is fearful or nervous. This can be associated with a stressful event, such as public speaking or writing a test. It is normal for a child to worry or feel nervous about these single events.

Children or adolescents may have anxiety disorder if they are frequently nervous or worried and find it hard to cope with any new situation or challenge.





AUTISM SPECTRUM DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Mindfull Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Autism spectrum disorder (ASD) is a disability that affects development. The word spectrum refers to the range of symptoms and their severity.

Kids with ASD have problems with social skills, language, communication and behavior. They may behave differently or repeat the same activities over and over again, like touching the same objects or flipping them repeatedly. Not all children with ASD have the same problems or behaviors. The usual signs of ASD usually show up when a child is between 2 and 3 years old, but experts think it begins much earlier, when the brain is starting to develop.

What Is the Autism Spectrum?

In the past, experts talked about several disorders as subtypes of autism. The American Psychiatric Association decided to simplify it and call all of them “autism spectrum disorder.”

The spectrum has a wide range. People who are “on the spectrum” could have very different abilities and experiences. Some people with ASD also have special skills in specific areas like math, music or art.

BIPOLAR DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindfull Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Bipolar disorder (also known as manic-depression) is a serious but treatable medical illness. It is thought to be a chemical imbalance in the brain marked by extreme changes in mood, energy, thinking and behavior. Symptoms may be present since infancy or early childhood, or may suddenly emerge in adolescence or adulthood. Until recently, a diagnosis of the disorder was rarely made in childhood. Doctors can now recognize and treat bipolar disorder in young children.

Early intervention and treatment offer the best chance for children with emerging bipolar disorder to achieve stability, gain the best possible level of wellness, and grow up to enjoy their gifts and build upon their strengths.

Proper treatment can minimize the adverse effects of the illness on their lives and the lives of those who love them.

Everyone has ups and downs in mood. Feeling happy, sad and angry is normal. Bipolar disorder, or manic depressive illness, is a serious medical condition causing people to have extreme mood swings that affect their entire outlook in all areas of life. These swings affect how people think, behave and function.

BORDERLINE PERSONALITY DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindful Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Borderline personality disorder (BPD) is a condition characterized by difficulties in regulating emotion. This difficulty leads to severe, unstable mood swings, impulsivity and instability, poor self-image and stormy personal relationships. People may make repeated attempts to avoid real or imagined situations of abandonment. The combined result of living with BPD can manifest into destructive behavior, such as self-harm (cutting) or suicide attempts.

People with BPD experience wide mood swings and can display a great sense of instability and insecurity. Signs and symptoms may include:

- Frantic efforts to avoid being abandoned by friends and family.
- Unstable personal relationships that alternate between idealizations – “I’m so in love!” and devaluation – “I hate her.” This is also sometimes known as “splitting.”
- Distorted and unstable self-image, which affects moods, values, opinions, goals and relationships.
- Impulsive behaviors that can have dangerous outcomes, such as excessive spending, unsafe sex, substance abuse or reckless driving.
- Suicidal and self-harming behavior.
- Periods of intense depressed mood, irritability or anxiety lasting a few hours to a few days.
- Chronic feelings of boredom or emptiness.
- Inappropriate, intense or uncontrollable anger – often followed by shame and guilt.
- Dissociative feelings – disconnecting from your thoughts or sense of identity, or “out of body” type of feelings – and stress-related paranoid thoughts. Severe cases of stress can also lead to brief psychotic episodes.

BULLYING

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Mindful Hearts Counseling
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Kids who are bullied can experience negative physical, school and mental health issues. They are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement – GPA and standardized test scores – and school participation. They are more likely to miss, skip or drop out of school.

A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

Kids who bully others can also engage in violent and other risky behaviors into adulthood. They are more likely to:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses or children as adults

CONDUCT DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health

Conduct disorder is a repetitive and persistent pattern of behavior in children and adolescents in which the rights of others are violated (or they are behaving in a socially unacceptable way). The child or adolescent usually exhibits these behavior patterns in a variety of settings – at home, at school and in social situations, and they cause significant impairment in his or her social, academic and family functioning. Many youth with this disorder have trouble feeling and expressing empathy or remorse and reading social cues. Some may have been rejected by peers as young children. They often misinterpret the actions of others as being hostile and respond by escalating the situation into conflict.

The disorder is more common among boys than girls. It can have early onset, before the age of 10, or in adolescence.

Many factors can contribute to a child developing conduct disorder. Although it is more common in the children of parents who themselves exhibited conduct problems when they were young, other factors such as brain damage, child abuse, school failure and traumatic life experiences are also believed to contribute to development of the disorder.



CUTTING/SELF HARM

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Mindful Hearts Counseling
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Cutting is when a person intentionally makes cuts on his or her body with a sharp object. The cuts may be small or large, shallow or deep. They may cause a little bleeding or a lot of bleeding and require stitches. The person cuts to try to feel better. This is not a suicide attempt. Some people use other methods to hurt themselves – burning, scratching, head banging, pulling out hair, biting or hitting themselves, etc. At schools in Waterloo Region they are known as “EMO’s” (“emotional”) and sometimes they hang around in groups. The EMO subculture is associated with EMO music (emotional rock or indie music) but also extends into appearance, behavior and perspectives on life.

Both sexes may cut themselves, but more females do this. They may cut at any age but most people start as teens or young adults. It could be short term or go on for years. Background, race and income level does not appear to have any influence.

DEPRESSION

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
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- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Parents may notice that their child is sometimes sad or blue. Sadness is part of living. It helps us understand our inner world and gives meaning to events. Children or adolescents may have a problem, however, if they are frequently sad and it begins to interfere with a child’s ability to function in daily life. Depression is not a weakness or character flaw and you cannot just “snap out of it”.

Depression is treatable. Early identification, diagnosis and treatment will help the child or adolescent reach full potential. Any child, youth or adult who abuses substances should also be evaluated for depression.

Dysthymia is a mood disorder that falls within the depression spectrum. It is considered a chronic depression, but with less severity than a major depression. This disorder tends to be a chronic, long-lasting illness.

DUAL/CONCURRENT/CO-MORBID

LOCAL RESOURCES

- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

“Dual diagnosis” has been used to refer to the occurrence of both a mental illness and a developmental disability (see the reverse for a definition) in the same person. Some examples of developmental challenges are: intellectual disability, (also known as mental retardation); learning disability; Down syndrome; Prader-Willi syndrome and autism spectrum disorder.

Concurrent diagnosis refers to the presence of an addiction as well as a mental illness. However, in the United States, they use the term dual diagnosis to refer to this condition. Co-morbid, or co-occurring disorders means they are commonly found together in the same person, (i.e. AD/HD plus obsessive-compulsive disorder).

For our reference and for many other professionals, dual diagnosis is referring to a developmental disability PLUS a diagnosis of a mental health disorder.

EATING DISORDERS

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health

Eating disorders include anorexia, bulimia and binge eating disorder. Food restrictions, food rituals, binge eating, starving, purging or compulsive physical activity are some of the behaviors of people with eating disorders.

Eating disorders can be difficult to detect. Glamorization of so-called ideal bodies, coupled with the view that dieting is a normal activity, can obscure a person’s eating problems. It can be difficult for a person with an eating disorder to admit they have a problem, let alone someone whose life is inhibited by weight preoccupation. Gaining an understanding of these conditions is the first step in the journey to wellness. Education and awareness activities are crucial.

- Someone with an eating disorder may be:
- Obsessed with their appearance
 - Severely preoccupied with food, weight and exercise
 - Weighing themselves frequently
 - Avoiding eating with others
 - Making abusive remarks about themselves
 - Depressed or irritable

FETAL ALCOHOL SPECTRUM DISORDER

LOCAL RESOURCES

- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- McCullough Vargas and Associates, Inc.
- Parkside Family Counseling
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Fetal alcohol spectrum disorder is an umbrella term used for fetal alcohol syndrome (FAS), partial fetal alcohol syndrome (pFAS) and alcohol-related neurodevelopmental disorder (ARND).

FASD is an invisible disability. It lasts a lifetime, but it may change over time. It cannot be cured, but can be prevented. This disorder affects how information is processed in a person’s brain. The disorder is a spectrum disorder because of the range of effects from mild to severe.

- FASD may also look like:
- Attachment disorder
 - Attention deficit disorder (ADD or ADHD)
 - Autism or pervasive developmental delay
 - Conduct disorder
 - Hyperactivity
 - Learning disabled
 - Oppositional defiant disorder
 - Sensory integration dysfunction

Diagnosis of this disorder will provide parents/caregivers and educators with direction and guidance for interventions. Proper treatment and accommodations will help to prevent secondary disabilities such as cognitive disorders, psychiatric illness and psychological dysfunction. A diagnosis helps people involved with these children’s care and education to establish realistic expectations based on child’s strength and weaknesses.



GRIEF

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Hospice of Lenawee
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindfull Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Grief is a natural response to a loss of something or someone such as a death of a family member or friend, loss of a pet, divorce, retirement and many other situations. Every person responds to loss differently. Some stages of grief are denial, shock, thoughts of “what if,” anger and finally, acceptance. The grieving process is longer or shorter depending on the person and the circumstance.

There is no specific time or way that grief is expressed. Sometimes the healing process is hindered by actions such as avoidance, overworking or turning to alcohol or drugs. To help with the healing process, time should be given to process and work through the emotions. It may help to find a confidante with whom you can talk things through. Sometimes, a counselor may also be of help.

LEARNING DISABILITIES

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Family Medical Center of Michigan
- Mindfull Counseling
- Lenawee Community Mental Health Authority
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health

Learning disabilities result from impairments in one or more psychological processes related to perceiving, thinking, remembering or learning. These include, but are not limited to: language processing; phonological processing; visual spatial processing; processing speed; memory and attention; and executive functions (e.g. planning and decision-making). Learning disabilities are specific, not global impairments and as such are distinct from intellectual disabilities.

Learning disabilities range in severity and invariably interfere with the acquisition and use of one or more of the following important skills:

- Oral language (e.g., listening, speaking, understanding)
- Reading (e.g., decoding, comprehension)
- Written language (e.g., spelling, written expression)
- Mathematics (e.g., computation, problem solving)

Learning disabilities are due to genetic, other congenital and/or acquired neurobiological factors. They are not caused by factors such as cultural or language differences, inadequate or inappropriate instruction, socio-economic status or lack of motivation.

Learning disabilities may also cause difficulties with organizational skills, social perception and social interaction.

MOOD DISORDERS

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- McCullough Vargas and Associates, Inc.
- Mindfull Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health Services
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Mood problems affect everything about a person, the way they think, the way they feel about themselves and the way they act. The most common mood problem is depression. Please see information under that category.

Mood disorders include:

- Major depression – long-lasting and disabling (see depression)
- Dysthymia – chronic low-level depression lasting for at least two years (see depression)
- Bipolar disorder (see bipolar disorder)

OBSESSIVE COMPULSIVE DISORDERS

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Mindfull Hearts Counseling
- McCullough Vargas and Associates, Inc.
- Mindful Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

When obsessions and compulsions happen over and over again they are called obsessive-compulsive disorder (OCD).

People may notice that they worry sometimes. When these worries consume a person they are called “obsessions.” These are uninvited thoughts, urges or images that repeat themselves in a persons mind over and over again. When they act out one of these thoughts in the same way every time it is called a ritual. The individual can become stuck on this ritual and need to do it over and over again. Then it is called a “compulsion.”

OPPOSITIONAL DEFIANT DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- Mindful Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

All children from time to time are oppositional when tired, hungry or under stress. They talk back, disobey, defy teachers and parents and argue with other adults. This is normal for two to three year olds and early teens.

Oppositional defiant disorder however occurs when the behavior is so often and consistent that it affects the family, school and social life of the child. There will be an ongoing pattern of defiant and hostile behavior towards anyone seen as an authority figure and it will interfere with the day to day functioning of the child.

PSYCHOSIS

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Perspectives
- ProMedica Physicians Behavioral Health

Psychosis is defined as persistent changes in behavior, functioning or personality. Psychosis is treatable.

Psychosis can happen to anyone and usually develops during teen years.

RE-ACTIVE ATTACHMENT DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Parkside Family Counseling
- Trillium Counseling Group
- ProMedica Physicians Behavioral Health

Re-active attachment disorder is most often used to describe emotional and behavioral problems of children related to the inability to form healthy attachments to caregivers. Reactive attachment disorder (RAD) of childhood is a very specific diagnosis that can only be made by a qualified psychiatrist, psychologist or physician, as with other formal diagnoses. RAD refers to the very limited set of circumstances in which a child is thought to not have the opportunity to develop any attachment to a caregiver. Diagnostic criteria have not yet been agreed on. RAD can be broken into two types – inhibited and disinhibited. Many children have both.

SCHIZOPHRENIA

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Schizophrenia is a complex illness that affects a person’s behavior. It causes strange thinking, strange feelings, and unusual behaviors. It is uncommon in children and is hard to recognize in its early phases.

The cause of schizophrenia is not known. Current research suggests a combination of brain changes, bio-chemical, genetic and environmental factors may be involved. Early diagnosis and medical treatment are important. Schizophrenia is a lifelong disease that can be controlled but not cured.

The behavior of children with schizophrenia may start slowly over a period of months or years. For example, children who used to enjoy relationships with others may start to become more shy or withdrawn and seem to be in their own world. They might begin talking about strange fears and ideas. They may start to cling to parents or say things, which do not make sense.

- The following symptoms and behaviors can occur in children or adolescents with schizophrenia. The behavior must persist for at least 6 months.
- Seeing things and hearing voices which are not real (hallucinations)
 - Odd and eccentric behavior, and/or speech
 - Unusual or bizarre thoughts and ideas (delusions)
 - Confusing television and dreams from reality
 - Confused thinking (thought disorder)
 - Extreme moodiness
 - Ideas that people are out to get them, and or talking about them (paranoia)
 - Severe anxiety and fearfulness
 - Difficulty relating to peers, and keeping friends
 - Withdrawn and increased isolation
 - Decline in personal hygiene

SCHIZOAFFECTIVE DISORDER

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- McCullough Vargas and Associates, Inc.
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Schizoaffective disorder combines the problems of schizophrenia with those of a mood disorder. As with schizophrenia, victims lose touch with reality. However, schizoaffective disorder is more likely to come and go, like depression and mania tend to run in cycles. The condition affects more girls than boys. Look at bipolar disorder and schizophrenia descriptions for more information.

SCHOOL PSYCHOLOGICAL OR SUICIDE ASSESSMENTS

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Parkside Family Counseling

SENSORY INTEGRATION DYSFUNCTION/ SENSORY PROCESSING DISORDER

LOCAL RESOURCES

- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Lenawee Community Mental Health Authority
- Trillium Counseling Group

Sensory integration dysfunction (SID), also called sensory processing disorder is a neurological disorder causing difficulties with processing information from the five classic senses (vision, auditory, touch, smell and taste), the sense of movement (vestibular system) and/or the positional sense (proprioception). They vary from person to person in characteristics and how severe the symptoms are. Some symptoms may include tags on clothing, bright lights, noises and smells.

There is no known cure; however, there are many treatments available. Not everybody agrees that this is a disorder and it is only diagnosed when the sensory behavior interferes significantly with all activities of daily living. Co-morbid conditions are common-anxiety, ADHD, fragile X and autism spectrum disorders to mention just a few. There are three types classified:

- Type I – sensory modulation disorder – under or over response to stimuli or trying to find stimulation.
- Type II – sensory based motor disorder – output is disorganized due to processing information incorrectly.
- Type III – sensory discrimination order – sensory discrimination challenges.



STRESS

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Masterpeace Center
- McCullough Vargas and Associates, Inc.
- Mindful Hearts Counseling
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Stress affects people in different ways and they handle stress differently. Stress can be positive as well as negative. There are many factors that influence this. Some people internalize stress.

Signs of stress

- Physical – headaches, stomach aches, vomiting, bed-wetting
- Emotional – sadness, irritability, fear
- Behavioral – losing temper, nervous tics, crying
- Interactions with others – teasing or bullying, shyness, withdrawal

Sources of stress in youth

- Being away from home and missing caregivers
- Worry about getting lost in school hallways
- Worry about getting along with peers
- Worry about school work
- Worry about being last chosen on a team

Other sources of stress

- Major family change – divorce of parents, etc.
- Move to new town or city
- Serious illness

SUBSTANCE ABUSE COUNSELING

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- McCullough Vargas and Associates, Inc.
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Kicking the prescription drug abuse habit – or any other addiction – is a major accomplishment. But for most people with opioid addiction, detox is only the beginning of a long-term battle against craving and relapse.

Opioid addiction is more than a physical dependence on drugs. Even after detox, when physical dependence has resolved, addicts are at high risk for relapse. Psychological and social factors are often powerful stimuli for prescription drug abuse relapse:

- Stress, especially sudden life stresses
- Cues in the environment, like visiting a neighborhood
- Social networks, like spending time with friends who continue to use drugs

These factors can create ongoing, nearly irresistible urges to use drugs. Prescription drug abuse counseling helps addicts escape craving and learn to cope with life, without using drugs.

Counseling is an essential part of drug abuse treatment for many people. Cognitive behavioral therapy, family counseling and other therapy approaches can help people recovering from opioid addiction stay clean. Psychotherapy can also treat the other mental health conditions that often contribute to prescription drug abuse.

SUICIDE

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- Mindfull Hearts Counseling
- Parkside Family Counseling
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Nobody likes to talk about this topic. It is difficult to think that someone you love may be at risk. People often leave a trail of warning signs but often do not make a direct plea for help. If you can pick up these warning signs you may be able to do something.

Warning signs include:

- Withdrawal from friends, family and activities
- Change in eating patterns
- Preoccupation with death (e.g. music, movies, reading, writing, artwork)
- Giving away valued personal possessions
- Glorification of someone’s completed suicide – often famous people – musicians, etc.
- Suicide pact or suicide of significant other
- Changes in schoolwork: lower grades, missing classes
- Increased use of drugs and/or alcohol
- Excessive risk taking
- Sudden change of behavior – either positive or negative
- Depression, moodiness or hopelessness
- Excessive anger and impulsivity
- Previous attempts of suicide
- Serious illness of family or friend

TOURETTE SYNDROME

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Family Medical Center of Michigan
- Lenawee Community Mental Health Authority
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Tourette syndrome is a hereditary neurological movement disorder that is characterized by repetitive motor and vocal tics. Symptoms may include involuntary movements of the extremities, shoulders, and face accompanied by uncontrollable sounds and, in some cases, inappropriate words.

Tourette syndrome is neither a progressive nor degenerative disorder; rather, symptoms tend to be variable and follow a chronic waxing and waning course throughout an otherwise normal life span. The specific symptoms associated with Tourette syndrome often vary greatly from case to case. The exact cause of Tourette syndrome is unknown.

TRAUMA/PTSD

LOCAL RESOURCES

- Adrian Counseling and Psychiatric Clinic
- Catherine Cobb Safe House
- Catholic Charities of Jackson, Lenawee and Hillsdale Counties
- Family Medical Center of Michigan
- Hilltop Counseling
- Lenawee Community Mental Health Authority
- Mindfull Hearts Counseling
- McCullough Vargas and Associates, Inc.
- Parkside Family Counseling
- Perspectives
- ProMedica Charles and Virginia Hickman Hospital Outpatient Behavioral Health
- ProMedica Physicians Behavioral Health
- Trillium Counseling Group

Post-traumatic stress disorder, also known as PTSD, is among only a few mental illnesses that are triggered by a disturbing outside event, unlike other psychiatric disorders such as clinical depression.

Many Americans experience individual traumatic events ranging from car and airplane accidents to sexual assault and domestic violence. Other experiences, including those associated with natural disasters, such as hurricanes, earthquakes and tornadoes, affect multiple people simultaneously. Simply put, PTSD is a state in which you “can’t stop remembering.”





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