

# OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC MENTAL HEALTH SYSTEM



## School Mental Health Navigator Program

The Oakland Community Health Network's (OCHN) Mental Health School Navigators (MHSN) provide mental health and substance use outreach and resources to Oakland County schools.

MHSNs connect youth and families to behavioral health and substance use supports, as well as financial assistance.

### PROGRAM GOALS:

- Reduce barriers to mental health and substance use services
- Increase awareness about service availability
- Provide support and guidance to children, adolescents, and families
- Identify financial assistance and insurance co-pay benefits



Oakland Community  
Health Network

Developmental Disabilities • Mental Health • Substance Recovery

5505 Corporate Drive, Troy, MI 48098  
oaklandchn.org | 248-858-1210

For more information about the School Mental Health Navigator Program please call 248-462-6294 or email [SchoolNavigator@oaklandchn.org](mailto:SchoolNavigator@oaklandchn.org)

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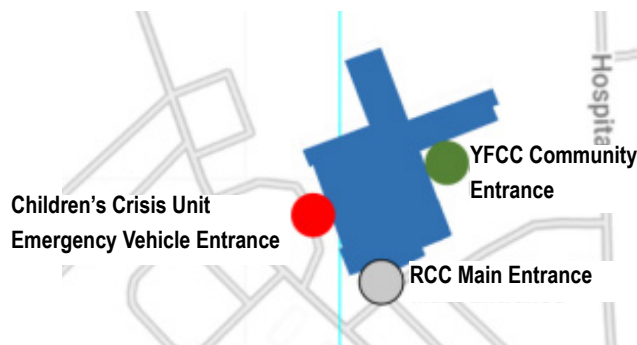
# OAKLAND COMMUNITY HEALTH NETWORK

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## Oakland County Resource and Crisis Center:

### Youth and Family Behavioral Health Service Program | New Entrance



Oakland Community Health Network (OCHN) is launching a Youth & Family Care Connection (YFCC) at the Resource & Crisis Center (RCC). OCHN is contracting with New Oakland Family Centers (NOFC) to deliver services to youth ages 17 years and younger, regardless of insurance status.

**YFCC Community/Family Access:** Triage for behavioral health crisis, supports, and care coordination.

**YFCC Children's Crisis Care Unit:** Youth who meet screening criteria are eligible to receive on-site care at the YFCC crisis care unit for up to 72 hours if needed and based on capacity. YFCC crisis care services can also be coordinated with hospital emergency departments, including:

- Crisis screening
- Triage
- Psychiatric evaluations
- Medication reviews
- Nursing
- Therapy

**1200 N. Telegraph Rd, Building 32E, Pontiac, MI 48341**  
**877-800-1650**



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# Oakland County YOUTH MOBILE CRISIS TEAM

# 877-800-1650

For families and individuals across Oakland County, **Youth Mobile Crisis Services** are available to help teens, young adults and children who are experiencing a mental health crisis. Provided by **New Oakland Family Centers**, the services of the Oakland County youth mobile crisis program involve:

- **Rapid mobile response** with therapists who come to your location to help
- **On-the-spot counseling** by mental health professionals to help stabilize emotional and/or behavioral functioning
- **Assessment and coordination** for continued stabilization
- **Connections and referrals** to ongoing services and supports for individuals and families

## What are some examples of a crisis?

- Suicidal thoughts
- Threatening behaviors
- Loss of coping skills
- Social isolation
- Self-harm
- Aggression
- Property destruction
- Dangerous or impulsive decision-making

Ask yourself whether the person in crisis is a danger to self or to others. If the answer is YES, we can help. Especially if the person is YOU.



# UPDATED RESOURCE AND CRISIS LINE: 988

## What?

988 is the new 3-digit dialing code for the National Suicide Prevention Lifeline.

## Why?

With the addition of 988, the Lifeline is expanding crisis coverage for all behavioral health/ emotional crises in addition to people feeling suicidal.

Anyone can call 988, including those who are experiencing:

- Mental health-related distress
- Thoughts of suicide
- Substance use crisis
- Emotional distress
- Concerns about a loved one who may need support

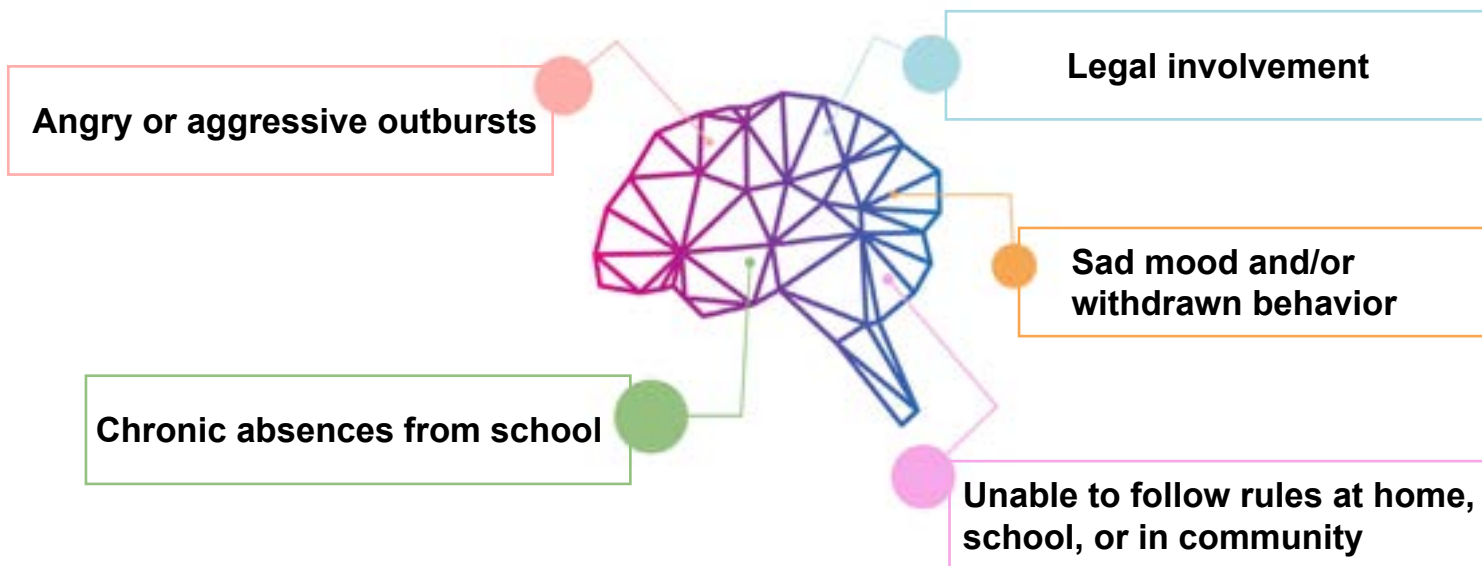
You can still reach OCHN's non-emergency number at 248-464-6363 or visit [oaklandchn.org](http://oaklandchn.org).





## Is Your Child Displaying Concerning Behaviors?

Oakland Community Health Network (OCHN) offers a free program that uses a brief self-report screening tool for children and youth (6-17 years), who may display concerning behaviors, including:



**The goal is to connect your child/youth and family to beneficial services and resources. Next steps involve:**

1. A confidential one-on-one meeting at the location of your choice, where your child/youth will complete an age-appropriate screening tool. Accommodations will be available.
2. A conversation with the parent/guardian about the needs of your family.
3. Based on your feedback and results of the screening tool, you will receive customized recommendations for beneficial services and resources.



Scan the QR code to access application form

## Free Program for Children and Youth between 6 - 17 years of Age

A grant funded program by the Michigan Department of Health and Human Services.



### Screening Tools

*Pediatric Symptom Checklist (PSC):* For children, ages 6 -11 years. Total of 35 statements with answer choices of "never," "sometimes" or "often."



*Massachusetts Youth Screening Instrument (MAYSI-2):* For youth, ages 12 - 17 years. Total of 52 questions with "yes" and "no" answers.

### Customized Recommendations

You will receive customized recommendations over the phone and in writing. A Release of Information is available, if you would like us to share the recommendation with the referral source.



### Short-term Support for Families

You will receive a follow-up call after the first and sixth month to ask additional questions or receive more resources if needed.



### Connection to Community Programs and Resources

Participation in Community Programs and Resources can help decrease concerning behaviors. Referrals can include counseling, extra-curricular activities, mentoring, parent and/or peer support, transportation, etc.

Eligible children/youth, who need more intensive services, can be connected to a mental health provider of your choice within OCHN's provider network. Services can include but are not limited to: Community living support, medication management, medication case review, mental health therapy, respite services, substance use services, wraparound, and more.

**Contact OCHN's Mental Health and Juvenile Justice Coordinators for more information:**

[youthmentalhealth@oaklandchn.org](mailto:youthmentalhealth@oaklandchn.org)



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# “Keep Us in Your Contacts”

OCHN’s new “Keep Us in Your Contacts” initiative is helping ensure people have quick and easy access to important behavioral health service information. In just three simple steps, you can add this valuable resource to your smartphone when needed.



1. Scan barcode with smartphone and follow instructions.
2. Select “Save Contact.”
3. Scroll down and tap “Create New Contact.”

# Personal Support for You!

Oakland Community Health Network supports Strength

**We all struggle** with our moods at times. Anxious or depressive thoughts can weigh us down. Some of us may struggle with drugs or alcohol. Seeking help and focusing on your mental health is important.

**Now you can use web and mobile tools to help you get better and stay mentally strong.**

myStrength is confidential—just for you. It offers personalized resources to improve your mood. Learning to use myStrength’s tools can help overcome the challenges of drug and alcohol abuse.



myStrength’s proven web and mobile resources can help strengthen your mind, body and spirit.



## SIGN UP TODAY

1. Visit [www.myStrength.com](http://www.myStrength.com).
2. On the myStrength.com home page, click on “Sign-up.”
3. Enter the following Access Code: **OaklandMI**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile)



Federal, Michigan Department of Health & Human Services, and County funding has been provided through OCHN’s Substance Use Services.

## myStrength.com

The health club for your mind.™  
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**What myStrength users are saying**  
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It’s nice to have self-guided help that is so accessible.

I love how personal myStrength is for me.

myStrength gives back some of the ‘light’ I had lost.

The mood tracker is fantastic!

I love that myStrength is available 24 hours a day.

It gives me hope and inspiration for my recovery.