

PARENTS AND CAREGIVERS CAN:

- Care for your child's mental health just as you do for their physical health.
- Monitor developmental milestones and seek a professional opinion if you have concerns.
- Pay attention to warning signs for mental health conditions, and seek a professional opinion if you have concerns.
- Remind children that everyone experiences pain, fear, sadness, and anger and that these emotions are normal; encourage them to express and talk about their feelings.
- Be a role model—talk about your own feelings, don't express anger with violence, apologize when needed, and use active problem-solving skills.
- Encourage talents and interests.
- Celebrate your child's achievements.
- Foster growth by allowing children to be involved in their school, community, and with caring adults and friends.
- Think of "discipline" as a teaching tool rather than as punishment. Set clear expectations, be consistent and fair with consequences, and acknowledge positive and negative behaviors.



St. Clair County
Community Mental Health www.scccmh.org
Providing Opportunities for Health, Wellness, & Connection



St. Clair County Community Mental Health supports individuals with mental illnesses, intellectual/developmental disabilities, and substance use disorders focusing on integrated healthcare and recovery.

**For information, access to services
and 24-hour crisis intervention, call:**

888-225-4447

For 24-hour crisis intervention, call:

810-966-2575

LOCATIONS

St. Clair County Community Mental Health

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

St. Clair County Community Mental Health - South

6221 King Road
Marine City, MI 48039
(810) 765-5010

135 Broadway
Marine City, MI 48039
(810) 400-4200

St. Clair County Community Mental Health - West

14675 Downey Road
Capac, MI 48014
(810) 395-4343

St. Clair County Community Mental Health Child & Family Services

2415 24th Street
Port Huron, MI 48060
(810) 488-8840

Child & Family Services



ST. CLAIR COUNTY

**COMMUNITY
MENTAL
HEALTH**

***Nurturing Young Minds
for a Brighter Future***



ABOUT CHILDREN'S BEHAVIORAL HEALTH

Mental health conditions in children can disrupt learning, behavior, and emotions. One in five children will be diagnosed with a mental health condition or learning disorder, with 80% emerging in childhood.

Early recognition and seeking help are crucial to prevent conditions from worsening to more serious disorders. Parents and guardians should seek professional help if they observe their child experiencing persistent sadness, anxiety, substance use, social withdrawal, hallucinations, difficulty concentrating, or other concerning behaviors.

Intellectual and developmental disabilities (I/DD) or physical challenges are often present at birth, affecting physical, intellectual, and emotional development. These conditions often affect various bodily functions and involve differences in intellectual abilities, learning, problem-solving, and adaptive behaviors. Developmental disabilities is a broader term encompassing intellectual or physical challenges or both.

CHILD & FAMILY SERVICES

St. Clair County Community Mental Health is a Certified Community Behavioral Health Clinic that supports children facing mental health challenges, intellectual/developmental disabilities, and substance use disorders. Our **services are tailored** to meet each child and family's unique goals and desires through the **collaborative** person-centered or family-centered planning process.



- **Applied Behavior Analysis** is a Medicaid and MI Child benefit for individuals with Autism Spectrum Disorder designed to increase communication, language, play behaviors, social skills, and self-care tasks.
- **BFIT** is an individualized program for children and teens focusing on skill-building in physical fitness and good nutrition to help youth achieve lifelong health and wellness.
- **Children's Waiver** provides Medicaid eligibility for home-based services. It supports privately insured children with a qualifying intellectual/developmental disability diagnosis who would otherwise be at risk of placement into an Intermediate Care Facility.
- **Children's Case Management** provides case management, clinical, and support services for families and children diagnosed with an intellectual/developmental disability.
- **Community Living Services** supports skill development for socialization, communication, relationships, daily living activities, community engagement, and leisure activities.
- **Home-based Program** provides intensive services to children diagnosed with a mental, behavioral, or emotional impairment with a significant duration or history of the condition.
- **Outpatient Services** provides clinical behavioral health services for children and families.
- **Parent Support Partner Services** supports parents or caregivers through skill building, systems navigation, advocacy, resource connection, and natural supports provided by someone with shared experiences.
- **Respite Care** is temporary relief provided to parents or caregivers of individuals with disabilities, severe emotional disturbances, or other special health care needs.
- **SED Waiver** provides Medicaid eligibility for home and community-based services for children with serious emotional disturbances at risk of hospitalization who meet the admission criteria for a state inpatient psychiatric hospital.
- **Wraparound** promotes family preservation by providing a collaborative approach to meet the needs of children and families involved with multiple child-serving agencies.
- **Youth Peer Support Services** help youth through direct support, information sharing, and skill building to increase hope, confidence, decision-making skills, and self-advocacy.