

ABOUT RECOVERY

The Recovery Model is a way of thinking about mental health and substance use conditions that focuses on a person's ability to **get better** and **live well**. It recognizes that recovery is a personal journey and not a fixed outcome. It involves **finding hope**, building a solid sense of self, having supportive relationships, being included in society, learning coping skills, and having a sense of purpose.

At St. Clair County Community Mental Health, we firmly believe that recovery is not only a possible outcome but a goal we expect people to reach! Recovery goes beyond surviving an illness or diagnosis. It means making positive changes in your lifestyle and habits. **Recovery is about living the life you want to live**, not one defined solely by a behavioral health condition.

We know that **people are so much greater** than their diagnosis!

RECOVERY IS

Self-directed

Person-centered

Goal-oriented

Strength-based

An ongoing process

RECOVERY IS NOT

Illness-centered

The same as a "cure"

A process without setbacks

A journey you take alone

A one-size-fits-all solution

r e c o v e r y



**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

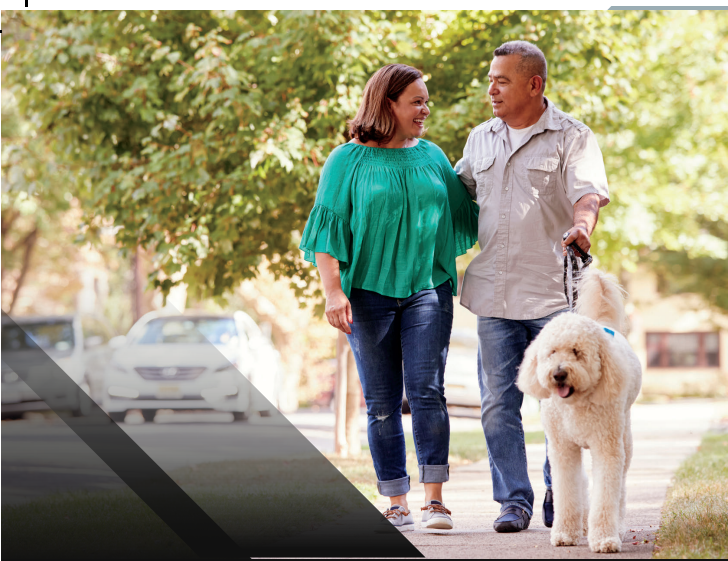
Child & Family Services
2415 24th Street
Port Huron, MI 48060
(810) 488-8840

Treatment Services for Mental Illnesses



ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH

*Promoting Recovery,
Growth, and Healing.*



ABOUT US

At St. Clair County Community Mental Health, our mission is to provide a nurturing and supportive environment for adults with mental illnesses where they can find hope, healing, and a path toward recovery. From counseling to support groups and vocational training, we're here to empower individuals to lead fulfilling and independent lives.

As a Certified Community Behavioral Health Clinic, we offer a range of services for mild to serious mental health conditions. We provide a spectrum of therapeutic interventions, such as individual and group therapy, for mild to moderate cases and more intensive treatment options like psychiatric evaluations, medication management, and crisis intervention for those facing more serious conditions. We aim to ensure that everyone receives the tailored support needed to thrive.

Our services are trauma-informed and person-centered, and our highly trained clinicians utilize evidence-based practices to ensure high-quality, effective treatment.

OUR SERVICES

Assertive Community Treatment (ACT) is community-based treatment for individuals with serious and persistent mental illness, aiming to reduce the impact of mental illness on daily functioning and helping to gain greater independence and quality of life.

Dialectical Behavior Therapy (DBT) is a treatment for Borderline Personality Disorder aimed at reducing self-harm and suicidal thoughts while teaching coping skills and promoting healthy behaviors.

Groups and Classes are offered to assist individuals in their recovery journey. These include socialization groups, healthy living skills, trauma-sensitive yoga, cooking, creative arts, and more.

Integrated Dual Disorder Treatment (IDDT) aims to improve the quality of life for people with severe mental illness and substance use disorders using a single treatment team to treat both conditions.

Individual, Group, and Family Therapy promotes healing, resilience, coping skills, and healthy relationships.

Individual Placement and Support (IPS) helps individuals with serious mental illness find meaningful, paid work in the community. IPS helps individuals identify their talents, interests, and career goals while matching them with job opportunities tailored to their skills and preferences.

InShape helps individuals set wellness goals and offers simple exercise routines for people of all abilities. It also teaches healthy food preparation and mindful eating tailored to each individual's health and medical needs.

Next Step Program, modeled after the ACT program, supports individuals with multiple weekly contacts to assist in reducing behavioral health symptoms and maintaining independence.

OBRA, The Omnibus Budget Reconciliation Act, ensures that individuals with a mental illness who reside in long-term skilled nursing facilities receive care, including psychiatric services, therapy, treatment monitoring, and more.

Outpatient Services provide clinical services and targeted case management, helping individuals progress through their recovery. These comprehensive services vary in intensity based on needs.

Peer Support Services are provided by certified staff who are in recovery from mental illness and support other people with similar struggles. Peers are a valuable part of the treatment team.

Psychiatric Services are provided by a dedicated team of psychiatrists who can assess, diagnose, monitor, and prescribe medications and provide ongoing care.

Spravato Clinic - SCCCMH is an approved provider of Spravato, a medication approved by the FDA for treatment-resistant depression, administered via nasal spray, and derived from esketamine.