

## HARM REDUCTION

Harm reduction and intervention strategies help individuals with substance use disorders stay alive before and during seeking recovery. Some of these local supports are:

- The **Mobile Overdose Response Team** will outreach and meet with individuals within 72 hours of an overdose episode to reduce subsequent overdoses through assessment, education, Naloxone distribution, and referrals to treatment services.
- **Free Naloxone** distribution boxes are located throughout the county, including SCCCMH locations, public library branches, local churches, and many other organizations.
- **The Exchange** offers new needles, clean works, needle exchange, safe injection education, and materials through the St. Clair County Health Department located at 3415 28th Street in Port Huron, (810) 987-5300.



**St. Clair County  
Community Mental Health** [www.scccmh.org](http://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

## Substance Use Disorder Treatment Services



## ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH

*Hope, Healing, and a  
Path Towards Recovery*

RECOVERY

X

Y

Z



**RECOVERY IS  
POSSIBLE**

**RECOVERY IS  
HAPPENING HERE**

St. Clair County Community Mental Health (SCCCMH) is a Certified Community Behavioral Health Clinic that provides comprehensive services for individuals facing Substance Use Disorders (SUD).

Substance Use Disorder is a complex condition characterized by a person's harmful or hazardous use of substances, including alcohol and illicit drugs. It affects individuals from all walks of life, all ages, genders, and socioeconomic status.

Recovery from Substance Use Disorder is a journey of personal transformation. It involves not only abstaining from substance use but also addressing the underlying issues that contribute to addiction. Recovery is self-discovery, rebuilding relationships, and embracing a life of purpose and fulfillment.



## SUD SERVICES

**Crisis Support Services** include a 24-hour mobile crisis team for support whenever and wherever needed.

**Medication-Assisted Treatment (MAT)** combines medications with therapy and can help sustain recovery. The medication works in the brain to block the effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the impact of the substance used.

**Individual Therapy** can reinforce motivation to maintain recovery and target any underlying mental health concerns such as trauma, anxiety, or depression. Therapy can teach coping skills to help work through and manage life challenges.

**Certified Recovery Coaches** successfully live in recovery and help others through shared understanding, respect, and empowerment. Recovery Coaches support and encourage people to become and stay engaged in their recovery journey.

**SUD Relapse Prevention Group** supports people seeking long-term recovery from SUD. Topics include understanding addiction, coping skills for recovery, and managing stressors in everyday life.



**Recovery Court** is a partnership between SCCCMH and the criminal justice system designed to link individuals with community-based treatment for SUD in place of incarceration for misdemeanor offenses.

## LIFE IN RECOVERY

Recovery is a life-long process, and eventually, many people can independently manage the symptoms of their substance use disorder.

A transition to a lesser or greater level of service may be recommended by an individual's care team at SCCCMH. All people have the right to end treatment at any time, unless court ordered, and may choose to do so when they have shown progress in their recovery and have achieved their established goals. A person might also exit the program when they have developed a natural and community support system that will help them successfully maintain recovery.

**24/7 Crisis Support:**

**Access Center: 888-225-4447**

**Mobile Crisis Unit: 810-966-2575**