

## WHAT TO EXPECT

Mental health counseling encompasses the services that trained professionals provide to clients who seek help in dealing with issues that affect their lives, those issues can include personal problems or issues of a behavioral, emotional, marital, vocational, rehabilitative, educational or life-stage nature. EHI staff are experts at treating:

- Depression
- Anxiety
- Posttraumatic stress disorder (PTSD)
- Substance abuse issues
- Relationship problems
- Self-esteem
- Anger management problems
- Family concerns
- Grief

Elmhurst Home Inc. is primarily known for its outstanding residential and outpatient addiction services. However, over the past year, EHI has expanded its services to include outpatient mental health to provide a holistic treatment approach to underserved populations throughout Wayne county.

Benefits from EHI counseling include:

- Improved mood and quality of life
- Increased self-esteem
- Positive coping skills
- Extended professional support system.



## Elmhurst Home, Inc.

### Customer Service

**(313) 707-0549 | (888) 985-0814 ext 0**  
**Crisis Hotline: 988**

### Administrative Offices

Monday thru Friday: 8am - 4:30pm  
12010 Linwood | Detroit, MI 48206  
(313) 867-1090  
John C. Oden, Executive Director

### Men's Facility

12019 Linwood  
Detroit, Michigan 48206  
(313) 867-1090  
DOT—Dexter/Linwood Busline

### Women's Facility

245 Pitkin  
Highland Park, MI 48203  
(313) 865-1500  
DOT—Woodward Busline

### Hours of Operation

Substance Use Disorder (SUD) Residential  
and Recovery Housing Treatment Center  
24 hours/7 days of the Week

Mental Health and SUD Outpatient Services  
Monday-Friday: 8am - 5pm

Administration and Customer Service  
Monday- Friday: 8am - 4:30pm



Outpatient Mental Health  
and Substance Use  
Treatment Programs

*Providing Highest Quality of Care  
For over 50 Years*



## Elmhurst Home, Inc.

is a non-profit 501(c)3 organization that provides "Recovery with Dignity" for men and women who have issues with substance abuse, mental illness, and criminal conduct. We have delivered high-quality treatment with since 1970.

It is our Mission to provide person-centered, stage-matched, evidence-based, and Recovery Orientated Systems of Care for persons with a substance use disorder including persons with co-occurring disorders.

It is our goal to serve our client's physical, mental and emotional needs on the road to recovery. **No one is turned away for lack of insurance or personal funds.**

### Call Today for More Information

Men:

(313) 867-1090, ext. 101

Women:

(313) 865-1500



## Outpatient and Intensive Outpatient Services

Elmhurst Home, Inc. provides Outpatient (OP) services for Adults with Mental Health Illness, and Co-Occurring Consumers as well.

The duration of treatment is based on medical necessity. We offer the following services within OP:

- Psychiatric Evaluation
- Psychiatric Rehabilitation services
- Traditional, Nutritional, and Holistic Approach
- Crisis center health services
- Intensive mental health care for those in the military and veterans
- Screening, assessment and diagnosis
- Patient-centered treatment plan
- Targeted care management
- Weekly Individual Sessions
- Group Therapy
- Medication Review
- Case Management
- Patient Education
- Peer support, counseling and family support
- Confidentiality