

# MENTAL HEALTH RESOURCE GUIDE

Monroe County, Michigan



 **PROMEDICA**  
MONROE REGIONAL  
HOSPITAL

“ There are times when, whoever we are, it is hard to cope with challenges — and when that happens, being open and honest and asking for help is life-changing.”

- Prince William, Duke of Cambridge

Dear Community Member,

Life has a perplexing habit of throwing us ups and downs as we go throughout our daily routines. Just as humans turn to medical professionals to seek help in treating a physical injury, learning to cope with life's challenges and paying attention to our own mental health is equally as important. As the leading health care provider in Monroe County, ProMedica is pleased to offer our community this resource guide for mental health care in our region.

It is only with the support and collaboration of generous donors that this guide is possible. We are proud to partner with our community to improve the health and well-being of Monroe County residents.

Sincerely,



Darrin Arquette  
President  
ProMedica Monroe Regional Hospital

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## Disclaimer

The material in this Resource Guide is intended to help members of the community to better understand mental illness, the resources available for individuals and their families, and advocate for support and acceptance from the community.

This Resource Guide provides information about all of these topics, but is not a complete review of the issues raised or services available for the support and treatment of mental health.

This Resource Guide is for general reference, and is intended to direct concerned parties to other, more complete sources of information

about support and resources available. This Guide is not intended to cover every possible issue you may encounter when challenged with mental health concerns.

This Resource Guide is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

*Sources: National Alliance on Mental Illness; WebMD; stopbullying.gov; Children and Youth Mental Health Resource Guide.*

	ADD/ADHD	Anger/Aggression	Anxiety Disorder	Autism Spectrum Disorder	Bipolar Disorder	Borderline Personality	Bullying	Conduct Disorder	Cutting/Self Harm	Depression	Dual/Concurrent/Co-Morbid	Eating Disorders	Fetal Alcohol Spectrum Disorder	Grief	Learning Disability	Mood Disorders	Obsessive Compulsive Disorders	Oppositional Defiant Disorder	Psychosis	Reactive Attachment Disorder	Schizophrenia	Schizoaffective Disorder	School Psychological or Suicide Assessments	Sensory Integration Dysfunction	Sensory Processing Disorder	Stress	Substance Abuse Counseling	Suicide	Tourette Syndrome	Trauma/PTSD
CATHOLIC CHARITIES OF SOUTEAST MICHIGAN	•	•	•	•	•	•	•	•	•	•	•	•		•		•	•	•		•					•	•			•	
COVENTURES COUNSELING & COACHING	•	•	•		•					•				•		•	•									•	•			•
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## CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

1519 N. Telegraph Road  
Monroe, Michigan 48162

734-240-3850  
Fax: 734-240-3863

ccsem.org

CCSEM is a CARF accredited agency that provides mental health and substance abuse counseling for ages three and up. Adolescent and family substance use program, women specialty services, peer recovery supports, parenting education classes, anger management classes, batterer intervention classes and play therapy.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid, private insurance, sliding fee scale, self pay, BC/BS, HAP, Aetna, CIGNA, Optum, Tricare, Humana, Molina, Meridian, McClaren, Cofinity

## COVENTURES COUNSELING & COACHING

15175 S. Dixie Hwy.  
Monroe, Michigan 48161

734-770-7573  
Fax: 866-584-7099

coventures.net

Committed to helping you and your family succeed in overcoming obstacles and challenges. You will achieve the ability to relate more effectively to key people in your life.

**POPULATION:** Adults, youth 13 and older

**LANGUAGE:** English

**FEES:** Private insurance, self pay

## CREATIVE COUNSELING CHOICES

2092 S. Custer Road  
Monroe, Michigan 48161

734-457-2161  
Fax: 734-457-4146

creativecounselingchoices  
@hotmail.com

We provide counseling and psychiatric services for all population groups. We have highly trained and credentialed therapists and psychiatrists.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid, private insurance, limited sliding fee scale, self pay

## DIMENSIONS OF WELLNESS, INC. A NONPROFIT CORPORATION

17461 Allen Road  
Melvindale, Michigan 48122

7447 N. Telegraph Road  
Monroe, Michigan 48162

313-920-8771  
Fax: 949-561-4887

dimensionsofwellness.org

Provides comprehensive mental health, substance use and co-occurring services that includes individual, couples, family and group counseling, psychological evaluation and testing, psychiatric medication evaluations and reviews, surgical weight loss services, as well as educational and training webinars and conferences.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Private Insurance, Medicaid Provider, Michigan Department of Health and Human Services (MDHHS) Contractor (referral must come from DHHS worker), self pay

## FAMILY COUNSELING AND SHELTER SERVICES

14930 LaPlaisance Road,  
Suite 106  
Monroe, Michigan 48161

734-241-0180

fcssmc.org

We offer professional counseling for all age groups four years of age and older; grief counseling; anger management, batterer intervention groups for men and women, parenting groups, "Parenting After Violence" group, SMILE program for divorcing parents, domestic violence survivor support group, divorce/recovery support group and suicide assessments. We also have an art therapist and a certified domestic violence counselor.

We have a domestic violence shelter for women and their children who are victims of domestic violence. We also offer services to men who are victims of domestic violence. Our shelter provides food, clothing, case management, legal assistance and free counseling to victims. The Children's Advocacy Center is also housed at our facilities.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid HMOs – Blue Cross, Molina, Meridian, United Healthcare, Aetna, Cofinity, Farmers, private insurance, sliding fee scale, self pay

## FAMILY MEDICAL CENTER

8765 Lewis Ave.  
Temperance, Michigan 48182

734-847-3802

130 Medical Center Drive  
Carleton, Michigan 48117

734-654-2169

901 N. Macomb St.  
Monroe, Michigan 48162

734-240-4851

familymedicalmi.org

Federally qualified health center with locations in Monroe, Carleton, Temperance and Adrian. Other services include primary care, dental care and nutrition services. Board certified psychiatry, tele-psychiatry, outpatient psychological counseling, psychological testing, bio psychosocial assessments, individual counseling, couples counseling, family counseling, group counseling, patient centered medical home services provided by psychiatrists, limited licensed psychologists, and licensed master's social workers.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English and Spanish

**FEES:** Medicaid, private insurance, sliding fee scale, self pay

## GABBY'S GRIEF CENTER

2262 N. Monroe St.  
Monroe, Michigan 48162

734-242-8773

gabbysgriefcenter.org

Gabby's Grief Center provides guiding steps and loving support in a safe place to grieving children, teens, young adults and adults and families as they move through grief and find their way to healing. Gabby's Grief Center extends grief education and support services to schools, churches and the entire community. We provide additional resources and referrals to our clients, if necessary. By working together, we strengthen our community.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English and Spanish

**FEES:** Free service



## GOODWILL INDUSTRIES

251 N. Telegraph Road  
Monroe, Michigan 48161

517-263-2135  
Fax: 734-265-9740

goodwillsemi.org

Vocational training and life skills training. Goodwill Industries' mission is to "provide exceptional opportunities to people facing barriers." We provide services to people with disabilities and other barriers in Monroe, Lenawee and Washtenaw Counties.

**POPULATION:** Adults and youth

**LANGUAGE:** English

**FEES:** Fees usually paid by referral source

## HANDS ACROSS THE WATER

781 Avis Drive, Suite 200  
Ann Arbor, Michigan 48108

734-477-0135  
Fax: 734-477-0213

hatw.org

We provide individual, couple and family therapy to adults and children. We are committed to building healthy families and relationships. Though our agency is primarily known for providing adoption and foster care services, our behavioral health department offers mental health services to children, adults, couples and families dealing with a variety of issues. All of our therapists are skilled in treating issues related to adoption, attachment, trauma and family dynamics. Our agency is LGBTQ-friendly and welcomes all individuals, couples and families.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid, private insurance, sliding fee scale, self pay



## HUMANISTIC WELLNESS CENTER

750 S. Monroe St.  
Monroe, Michigan 48162

734-639-2262  
Fax: 734-264-4114

humanisticwellnesscenter@gmail.com

humanisticwellnesscenter.com

The Humanistic Wellness Center houses a vibrant community of holistic private practitioners offering psychotherapy, group therapy, consulting, testing & evaluations, various educational and intervention services.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Private Insurance, Meridian, self pay

## DENNIS W. KULPA, PDH

22 W. Second St.  
Monroe, Michigan 48161

734-241-7478  
Fax: 734-241-5764

humanpotentialcenter@yahoo.com

All psychological services provided, including testing and bariatric testing.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Private Insurance, sliding fee scale, self pay

## MILAN SENIORS FOR HEALTHY LIVING

45 Neckel Court  
Milan, Michigan 48160

734-508-6229  
Fax: 734-439-4315

mshl@milanseniors.org

MSHL is a senior citizen activity center providing services, activities and programs designed to enhance quality of life and encourage aging with independence and dignity for those who are 50+ years of age. MSHL offers support groups to help older adults navigate challenging life situations. Among the support groups offered are ones for both grief and depression. The groups initiate approximately every three months.

**POPULATION:** Adults

**LANGUAGE:** English

**FEES:** Self pay

## MON-ARC MONROE

6021 Parkside Drive  
Monroe, Michigan 48161

734-241-5881  
Fax: 734-241-3694

monarcofmonroe.org

Advocacy, Representation and Consultation. The Mon-Arc of Monroe, Inc. is a non-profit organization that exists to improve the welfare of all citizens with developmental disabilities or mental impairments.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** \$41

## MONROE COMMUNITY MENTAL HEALTH AUTHORITY

1001 S. Raisinville Road  
Monroe, Michigan 48161

734-243-7340  
Fax: 734-243-5564

monroecmha.org

Monroe Community Mental Health Authority provides individual health services for people with any type of behavioral health concerns such as substance abuse, emotional issues, and intellectual & developmental disabilities.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Primarily Medicaid funded and are open to anyone within the Monroe Community

## MONROE COUNTY HEALTH DEPARTMENT

2353 S. Custer Road  
Monroe, Michigan 48161

734-240-7800  
Fax: 734-240-7815

healthymonroecounty.com

The Monroe County Health Department offers health education presentations to local schools. The goals of these presentations are to encourage healthy outcomes resulting from informed choices, promote reduction and cessation of unhealthy behaviors, foster academic and social success and protect the community from disease. Education sessions are provided by a Registered Nurse or Certified Health Educator.

**POPULATION:** Youth and children

**LANGUAGE:** English

**FEES:** No cost



## MONROE FAMILY YMCA

1111 W. Elm Ave.  
Monroe, Michigan 48162

734-241-2606  
Fax: 734-242-5062

[ymcaofmonroe.org](http://ymcaofmonroe.org)

Stephen Ministry offers service to those working through grief by offering Christian friendship and love, listening, encouraging, praying and supporting.

**POPULATION:** Adults

**LANGUAGE:** English

**FEES:** Free service

## PROMEDICA MONROE OUTPATIENT BEHAVIORAL HEALTH SERVICES

730 N. Macomb St., Suite 200  
Monroe, Michigan 48162

\*Located in the Professional Office Building attached to ProMedica Monroe Regional Hospital

734-240-1760  
Fax: 734-240-1780

Our behavioral health department provides a full range of mental health and substance abuse services for children, adolescents, adults and families, including: diagnostic evaluation and consultation, individual and group treatment, family therapy, medication assessment and management, stress reduction programs, substance abuse services and educational programs.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid, private insurances, self pay

## RFS CHARITABLE FOUNDATION

830 N. Summit St.  
Toledo, Ohio 43604

419-693-9600  
Fax: 419-693-9650

[RFS tackle.com](http://RFS tackle.com)

We are a behavioral health agency that specializes in school-based services both mental health and substance abuse. Our clinicians are all trained in Trauma Informed Care.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid, private insurance, sliding fee scale, self pay

## SALVATION ARMY HARBOR LIGHT

3250 N. Monroe St.  
Monroe, Michigan 48162

734-384-3402  
Fax: 734-384-3158

Residential, detoxification, intensive outpatient and outpatient substance abuse treatment services, including medication assisted treatment with Suboxone, Vivitrol and detox.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid, sliding fee scale, self pay

## SELF AND FAMILY BEHAVIORAL CARE

7521 N. Telegraph Road,  
Suite 1  
Newport, Michigan 48166

734-586-0031  
Fax: 734-586-0032

[selfandfamily.com](http://selfandfamily.com)

We provide counseling for individuals, couples, children and seniors. We offer therapy for anxiety, depression, grief and related issues.

**POPULATION:** Adults, youth and children

**LANGUAGE:** English

**FEES:** Medicaid (no straight Medicaid), private insurance, self pay





## ADD/ADHD

### LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

ADD/ADHD stands for attention deficit disorder or attention deficit hyperactivity disorder, a condition with symptoms such as inattentiveness, impulsivity, and hyperactivity. The symptoms differ from person to person. Both children and adults can have ADHD, but the symptoms always begin in childhood. Adults with ADHD may have trouble managing time, being organized, setting goals, and holding down a job.

The symptoms include:

- Trouble paying attention (easily side-tracked)
- Doesn't like or avoids long mental tasks (such as homework)
- Trouble staying on task during school, at home, or even at play
- Disorganized and seems forgetful
- Doesn't appear to listen when directly spoken to
- Doesn't pay close attention to details
- Loses things often
- Makes careless mistakes
- Struggles to follow through with instructions

## ANGER/AGGRESSION

### LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Anger is a very powerful emotion that can stem from feelings of frustration, hurt, annoyance or disappointment. It is a normal human emotion that can range from slight irritation to strong rage. Anger can be harmful or helpful, depending upon how it is expressed. Knowing how to recognize and express anger in appropriate ways can help people reach goals, handle emergencies and solve problems. However, problems can occur if people fail to recognize and understand their anger.

Suppressed, unexpressed anger can be an underlying cause of anxiety and depression. Anger that is not appropriately expressed can disrupt relationships, affect thinking and behavior patterns and create a variety of physical problems. Chronic (long-term) anger has been linked to health issues such as high blood pressure, heart problems, headaches, skin disorders and digestive problems. In addition, poorly managed anger can be linked to problems such as alcohol and substance abuse, crime, emotional and physical abuse and other violent behavior.

# ANXIETY DISORDER

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Hands Across the Water
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation
- Self and Family Behavioral Healthcare

Anxiety is defined as a feeling of unease. When the level of anxiety is great enough and persistent enough to interfere with everyday activities, it is considered an anxiety disorder.

Parents may notice that their child is fearful or nervous. This can be associated with a stressful event, such as public speaking or writing a test. It is normal for a child to worry or feel nervous about these single events.

Children or adolescents may have anxiety disorder if they are frequently nervous or worried and find it hard to cope with any new situation or challenge.

# AUTISM SPECTRUM DISORDER

## LOCAL RESOURCES

- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Goodwill Industries
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services

Autism spectrum disorder (ASD) is a disability that affects development. The word spectrum refers to the range of symptoms and their severity.

Kids with ASD have problems with social skills, language, communication and behavior. They may behave differently or repeat the same activities over and over again, like touching the same objects or flipping them repeatedly. Not all children with ASD have the same problems or behaviors. The usual signs of ASD usually show up when a child is between 2 and 3 years old, but experts think it begins much earlier, when the brain is starting to develop.

### What Is the Autism Spectrum?

In the past, experts talked about several disorders as subtypes of autism. The American Psychiatric Association decided to simplify it and call all of them "autism spectrum disorder."

The spectrum has a wide range. People who are "on the spectrum" could have very different abilities and experiences. Some people with ASD also have special skills in specific areas like math, music or art.



# BIPOLAR DISORDER

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable

Bipolar disorder (also known as manic-depression) is a serious but treatable medical illness. It is thought to be a chemical imbalance in the brain marked by extreme changes in mood, energy, thinking and behavior. Symptoms may be present since infancy or early childhood, or may suddenly emerge in adolescence or adulthood. Until recently, a diagnosis of the disorder was rarely made in childhood. Doctors can now recognize and treat bipolar disorder in young children.

Early intervention and treatment offer the best chance for children with emerging bipolar disorder to achieve stability, gain the best possible level of wellness, and grow up to enjoy their gifts and build upon their strengths.

Proper treatment can minimize the adverse effects of the illness on their lives and the lives of those who love them.

Everyone has ups and downs in mood. Feeling happy, sad and angry is normal. Bipolar disorder, or manic depressive illness, is a serious medical condition causing people to have extreme mood swings that affect their entire outlook in all areas of life. These swings affect how people think, behave and function.

# BORDERLINE PERSONALITY DISORDER

## LOCAL RESOURCES

- Creative Counseling Choices
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Borderline personality disorder (BPD) is a condition characterized by difficulties in regulating emotion. This difficulty leads to severe, unstable mood swings, impulsivity and instability, poor self-image and stormy personal relationships. People may make repeated attempts to avoid real or imagined situations of abandonment. The combined result of living with BPD can manifest into destructive behavior, such as self-harm (cutting) or suicide attempts.

People with BPD experience wide mood swings and can display a great sense of instability and insecurity. Signs and symptoms may include:

- Frantic efforts to avoid being abandoned by friends and family.
- Unstable personal relationships that alternate between idealizations —“I’m so in love!” and devaluation —“I hate her.” This is also sometimes known as “splitting.”
- Distorted and unstable self-image, which affects moods, values, opinions, goals and relationships.
- Impulsive behaviors that can have dangerous outcomes, such as excessive spending, unsafe sex, substance abuse or reckless driving.
- Suicidal and self-harming behavior.
- Periods of intense depressed mood, irritability or anxiety lasting a few hours to a few days.
- Chronic feelings of boredom or emptiness.
- Inappropriate, intense or uncontrollable anger — often followed by shame and guilt.
- Dissociative feelings — disconnecting from your thoughts or sense of identity, or “out of body” type of feelings — and stress-related paranoid thoughts. Severe cases of stress can also lead to brief psychotic episodes.



# BULLYING

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Kids who are bullied can experience negative physical, school and mental health issues. They are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement — GPA and standardized test scores — and school participation. They are more likely to miss, skip or drop out of school.

A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

Kids who bully others can also engage in violent and other risky behaviors into adulthood. They are more likely to:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses or children as adults



# CONDUCT DISORDER

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation
- River Raisin Counseling Group
- Self and Family Behavioral Healthcare

Conduct disorder is a repetitive and persistent pattern of behavior in children and adolescents in which the rights of others are violated (or they are behaving in a socially unacceptable way). The child or adolescent usually exhibits these behavior patterns in a variety of settings — at home, at school and in social situations, and they cause significant impairment in his or her social, academic and family functioning. Many youth with this disorder have trouble feeling and expressing empathy or remorse and reading social cues. Some may have been rejected by peers as young children. They often misinterpret the actions of others as being hostile and respond by escalating the situation into conflict.

The disorder is more common among boys than girls. It can have early onset, before the age of 10, or in adolescence.

Many factors can contribute to a child developing conduct disorder. Although it is more common in the children of parents who themselves exhibited conduct problems when they were young, other factors such as brain damage, child abuse, school failure and traumatic life experiences are also believed to contribute to development of the disorder.



# CUTTING/SELF HARM

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Cutting is when a person intentionally makes cuts on his or her body with a sharp object. The cuts may be small or large, shallow or deep. They may cause a little bleeding or a lot of bleeding and require stitches. The person cuts to try to feel better. This is not a suicide attempt. Some people use other methods to hurt themselves – burning, scratching, head banging, pulling out hair, biting or hitting themselves, etc. At schools in Waterloo Region they are known as “EMO’s” (“emotional”) and sometimes they hang around in groups. The EMO subculture is associated with EMO music (emotional rock or indie music) but also extends into appearance, behavior and perspectives on life.

Both sexes may cut themselves, but more females do this. They may cut at any age but most people start as teens or young adults. It could be short term or go on for years. Background, race and income level does not appear to have any influence.



# DEPRESSION

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Milan Seniors for Healthy Living
- Monroe Community Mental Health Authority
- Monroe County Health Department
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation
- Self and Family Behavioral Healthcare

Parents may notice that their child is sometimes sad or blue. Sadness is part of living. It helps us understand our inner world and gives meaning to events. Children or adolescents may have a problem, however, if they are frequently sad and it begins to interfere with a child's ability to function in daily life. Depression is not a weakness or character flaw and you cannot just “snap out of it”.

Depression is treatable. Early identification, diagnosis and treatment will help the child or adolescent reach full potential. Any child, youth or adult who abuses substances should also be evaluated for depression.

Dysthymia is a mood disorder that falls within the depression spectrum. It is considered a chronic depression, but with less severity than a major depression. This disorder tends to be a chronic, long-lasting illness.

# DUAL/CONCURRENT/ CO-MORBID

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Humanistic Wellness Center
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation
- Salvation Army

“Dual diagnosis” has been used to refer to the occurrence of both a mental illness and a developmental disability (see the reverse for a definition) in the same person. Some examples of developmental challenges are: intellectual disability, (also known as mental retardation); learning disability; downs syndrome; Prader-Willi syndrome and autism spectrum disorder.

Concurrent diagnosis refers to the presence of an addiction as well as a mental illness. However, in the United States, they use the term dual diagnosis to refer to this condition. Co-morbid, or co-occurring disorders means they are commonly found together in the same person, (i.e. AD/HD + obsessive-compulsive disorder).

For our reference and for many other professionals, dual diagnosis is referring to a developmental disability PLUS a diagnosis of a mental health disorder.

# EATING DISORDERS

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Humanistic Wellness Center
- Dennis Kulpa, PhD

Eating disorders include anorexia, bulimia and binge eating disorder. Food restrictions, food rituals, binge eating, starving, purging or compulsive physical activity are some of the behaviors of people with eating disorders.

Eating disorders can be difficult to detect. Glamorization of so-called ideal bodies, coupled with the view that dieting is a normal activity, can obscure a person’s eating problems. It can be difficult for a person with an eating disorder to admit they have a problem, let alone someone whose life is inhibited by weight preoccupation. Gaining an understanding of these conditions is the first step in the journey to wellness. Education and awareness activities are crucial.

Someone with an eating disorder may be:

- Obsessed with their appearance
- Severely preoccupied with food, weight and exercise
- Weighing themselves frequently
- Avoiding eating with others
- Making abusive remarks about themselves
- Depressed or irritable



# FETAL ALCOHOL SPECTRUM DISORDER

## LOCAL RESOURCES

- Dennis Kulpa, PhD
- RFS Charitable Foundation

Fetal alcohol spectrum disorder is an umbrella term used for fetal alcohol syndrome (FAS), partial fetal alcohol syndrome (pFAS) and alcohol-related neurodevelopmental disorder (ARND).

FASD is an invisible disability. It lasts a lifetime, but it may change over time. It cannot be cured, but can be prevented. This disorder affects how information is processed in a person's brain. The disorder is a spectrum disorder because of the range of effects from mild to severe.

FASD may also look like:

- Attachment disorder
- Attention deficit disorder (ADD or ADHD)
- Autism or pervasive developmental delay
- Conduct disorder
- Hyperactivity
- Learning disabled
- Oppositional defiant disorder
- Sensory integration dysfunction

Diagnosis of this disorder will provide parents/caregivers and educators with direction and guidance for interventions. Proper treatment and accommodations will help to prevent secondary disabilities such as cognitive disorders, psychiatric illness and psychological dysfunction. A diagnosis helps people involved with these children's care and education to establish realistic expectations based on child's strength and weaknesses.



## GRIEF

### LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Gabby's Grief Center
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Milan Seniors for Healthy Living
- Monroe Family YMCA
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation
- Self and Family Behavioral Healthcare

Grief is a natural response to a loss of something or someone such as a death of a family member or friend, loss of a pet, divorce, retirement and many other situations. Every person responds to loss differently. Some stages of grief are denial, shock, thoughts of "what if," anger and finally, acceptance. The grieving process is longer or shorter depending on the person and the circumstance.

There is no specific time or way that grief is expressed. Sometimes the healing process is hindered by actions such as avoidance, overworking or turning to alcohol or drugs. To help with the healing process, time should be given to process and work through the emotions. It may help to find a confidante with whom you can talk things through. Sometimes, a counselor may also be of help.



# LEARNING DISABILITIES

## LOCAL RESOURCES

- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Learning disabilities result from impairments in one or more psychological processes related to perceiving, thinking, remembering or learning. These include, but are not limited to: language processing; phonological processing; visual spatial processing; processing speed; memory and attention; and executive functions (e.g. planning and decision-making). Learning disabilities are specific, not global impairments and as such are distinct from intellectual disabilities.

Learning disabilities range in severity and invariably interfere with the acquisition and use of one or more of the following important skills:

- Oral language (e.g., listening, speaking, understanding)
- Reading (e.g., decoding, comprehension)
- Written language (e.g., spelling, written expression)
- Mathematics (e.g., computation, problem solving)

Learning disabilities are due to genetic, other congenital and/or acquired neurobiological factors. They are not caused by factors such as cultural or language differences, inadequate or inappropriate instruction, socio-economic status or lack of motivation.

Learning disabilities may also cause difficulties with organizational skills, social perception and social interaction.

# MOOD DISORDERS

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation
- Self and Family Behavioral Healthcare

Mood problems affect everything about a person, the way they think, the way they feel about themselves and the way they act. The most common mood problem is depression. Please see information under that category.

Mood disorders include:

- Major depression – long-lasting and disabling (see **depression**)
- Dysthymia – chronic low-level depression lasting for at least two years (see **depression**)
- Bipolar disorder (see **bipolar disorder**)



# OBSESSIVE COMPULSIVE DISORDERS

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

When obsessions and compulsions happen over and over again they are called obsessive-compulsive disorder (OCD).

People may notice that they worry sometimes. When these worries consume a person they are called "obsessions." These are uninvited thoughts, urges or images that repeat themselves in a persons mind over and over again. When they act out one of these thoughts in the same way every time it is called a ritual. The individual can become stuck on this ritual and need to do it over and over again. Then it is called a "compulsion."



# OPPOSITIONAL DEFIANT DISORDER

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

All children from time to time are oppositional when tired, hungry or under stress. They talk back, disobey, defy teachers and parents and argue with other adults. This is normal for two to three year olds and early teens.

Oppositional defiant disorder however occurs when the behavior is so often and consistent that it affects the family, school and social life of the child. There will be an ongoing pattern of defiant and hostile behavior towards anyone seen as an authority figure and it will interfere with the day to day functioning of the child.





## PSYCHOSIS

Psychosis is described as “being out of touch with reality”. It is defined as persistent changes in thinking, behavior, perceptions, emotions, motivation, and functioning. Psychosis may be part of a mental health disorder, drug or alcohol related disorder or medical issues, such as Parkinson’s disease, Huntington’s disease, Alzheimer’s disease and other infections, tumors, and/or medical issues that cause brain related issues. It may also be caused from lack of sleep. Most psychosis disorders are treatable.

### LOCAL RESOURCES

- Creative Counseling Choices
- Dennis Kulpa, PhD
- Dimensions of Wellness, Inc.
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Some symptoms of psychosis may include:

- Delusions – a false belief that someone holds even when they are presented with truth
- Hallucinations – seeing, hearing, smelling, feeling of something/someone that is not actually there
- Disorganized speech – based on the person’s thought process and is verbally communicated through incoherent (not understandable) speech, repeating things, not making sense or answering questions that are not on the topic, may ramble or go on a tangent
- Suspiciousness – pervasive or extreme paranoia, suspect that someone is out to get him or her, or distrusting another person

Psychosis can happen to anyone. Depending on the type of psychosis, it could happen at any age.

## RE-ACTIVE ATTACHMENT DISORDER

### LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Re-active attachment disorder is most often used to describe emotional and behavioral problems of children related to the inability to form healthy attachments to caregivers. Reactive attachment disorder (RAD) of childhood is a very specific diagnosis that can only be made by a qualified psychiatrist, psychologist or physician, as with other formal diagnoses. RAD refers to the very limited set of circumstances in which a child is thought to not have the opportunity to develop any attachment to a caregiver. Diagnostic criteria have not yet been agreed on. RAD can be broken into two types—inhibited and disinhibited. Many children have both.





# SCHIZOPHRENIA

Schizophrenia is a complex illness that affects a person's behavior. It causes strange thinking, strange feelings, and unusual behaviors. It is uncommon in children and is hard to recognize in its early phases.

The cause of schizophrenia is not known. Current research suggests a combination of brain changes, bio-chemical, genetic and environmental factors may be involved. Early diagnosis and medical treatment are important. Schizophrenia is a lifelong disease that can be controlled but not cured.

The behavior of children with schizophrenia may start slowly over a period of months or years. For example, children who used to enjoy relationships with others may start to become more shy or withdrawn and seem to be in their own world. They might begin talking about strange fears and ideas. They may start to cling to parents or say things, which do not make sense.

The following symptoms and behaviors can occur in children or adolescents with schizophrenia. The behavior must persist for at least 6 months.

## LOCAL RESOURCES

- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Hands Across the Water
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

- Seeing things and hearing voices which are not real (hallucinations)
- Odd and eccentric behavior, and/or speech
- Unusual or bizarre thoughts and ideas (delusions)
- Confusing television and dreams from reality
- Confused thinking (thought disorder)
- Extreme moodiness
- Ideas that people are out to get them, and or talking about them (paranoia)
- Severe anxiety and fearfulness
- Difficulty relating to peers, and keeping friends
- Withdrawn and increased isolation
- Decline in personal hygiene

# SCHIZOAFFECTIVE DISORDER

## LOCAL RESOURCES

- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Medical Center of Michigan
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Schizoaffective disorder combines the problems of schizophrenia with those of a mood disorder. As with schizophrenia, victims lose touch with reality. However, schizoaffective disorder is more likely to come and go, like depression and mania tend to run in cycles. The condition affects more girls than boys. Look at bipolar disorder and schizophrenia descriptions for more information.



# SENSORY INTEGRATION DYSFUNCTION/SENSORY PROCESSING DISORDER

## LOCAL RESOURCES

- Creative Counseling Choices
- Family Counseling & Shelter Services
- Dennis Kulpa, PhD
- RFS Charitable Foundation

Sensory integration dysfunction (SID), also called sensory processing disorder is a neurological disorder causing difficulties with processing information from the five classic senses (vision, auditory, touch, smell and taste), the sense of movement (vestibular system) and/or the positional sense (proprioception). They vary from person to person in characteristics and how severe the symptoms are. Some symptoms may include tags on clothing, bright lights, noises and smells.

There is no known cure; however, there are many treatments available. Not everybody agrees that this is a disorder and it is only diagnosed when the sensory behavior interferes significantly with all activities of daily living. Co-morbid conditions are common-anxiety, ADHD, fragile X and autism spectrum disorders to mention just a few. There are three types classified:

- Type I – sensory modulation disorder – under or over response to stimuli or trying to find stimulation.
- Type II – sensory based motor disorder – output is disorganized due to processing information incorrectly.
- Type III – sensory discrimination order – sensory discrimination challenges.

# SCHOOL PSYCHOLOGICAL OR SUICIDE AWARENESS

## LOCAL RESOURCES

- 5

Description here.







## STRESS

### LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Goodwill Industries
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe County Health Department
- RFS Charitable Foundation
- Self and Family Behavioral Healthcare

Stress affects people in different ways and they handle stress differently. Stress can be positive as well as negative. There are many factors that influence this. Some people internalize stress.

#### Signs of stress

- Physical – headaches, stomach aches, vomiting, bed-wetting
- Emotional – sadness, irritability, fear
- Behavioral – losing temper, nervous tics, crying
- Interactions with others – teasing or bullying, shyness, withdrawal

#### Sources of stress in youth

- Being away from home and missing caregivers
- Worry about getting lost in school hallways
- Worry about getting along with peers
- Worry about school work
- Worry about being last chosen on a team

#### Other sources of stress

- Major family change – divorce of parents, etc.
- Move to new town or city
- Serious illness

## SUBSTANCE ABUSE COUNSELING

### LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Humanistic Wellness Center
- ProMedica Monroe Outpatient Behavioral Health Service
- RFS Charitable Foundation
- Salvation Army Harbor Light

Kicking the prescription drug abuse habit — or any other addiction — is a major accomplishment. But for most people with opioid addiction, detox is only the beginning of a long-term battle against craving and relapse.

Opioid addiction is more than a physical dependence on drugs. Even after detox, when physical dependence has resolved, addicts are at high risk for relapse. Psychological and social factors are often powerful stimuli for prescription drug abuse relapse:

- Stress, especially sudden life stresses
- Cues in the environment, like visiting a neighborhood
- Social networks, like spending time with friends who continue to use drugs

These factors can create ongoing, nearly irresistible urges to use drugs. Prescription drug abuse counseling helps addicts escape craving and learn to cope with life, without using drugs.

Counseling is an essential part of drug abuse treatment for many people. Cognitive behavioral therapy, family counseling and other therapy approaches can help people recovering from opioid addiction stay clean. Psychotherapy can also treat the other mental health conditions that often contribute to prescription drug abuse.

# SUICIDE

## LOCAL RESOURCES

- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Dennis Kulpa, PhD
- Humanistic Wellness Center
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Service
- RFS Charitable Foundation

Nobody likes to talk about this topic. It is difficult to think that someone you love may be at risk. People often leave a trail of warning signs but often do not make a direct plea for help. If you can pick up these warning signs you may be able to do something.

Warning signs include:

- Withdrawal from friends, family and activities
- Change in eating patterns
- Preoccupation with death (e.g. music, movies, reading, writing, artwork)
- Giving away valued personal possessions
- Glorification of someone's completed suicide — often famous people — musicians, etc.
- Suicide pact or suicide of significant other
- Changes in schoolwork: lower grades, missing classes
- Increased use of drugs and/or alcohol
- Excessive risk taking
- Sudden change of behavior — either positive or negative
- Depression, moodiness or hopelessness
- Excessive anger and impulsivity
- Previous attempts of suicide
- Serious illness of family or friend

# TOURETTE SYNDROME

## LOCAL RESOURCES

- Creative Counseling Choices
- Dennis Kulpa, PhD
- Monroe Community Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Service
- RFS Charitable Foundation

Tourette syndrome is a hereditary neurological movement disorder that is characterized by repetitive motor and vocal tics. Symptoms may include involuntary movements of the extremities, shoulders, and face accompanied by uncontrollable sounds and, in some cases, inappropriate words.

Tourette syndrome is neither a progressive nor degenerative disorder; rather, symptoms tend to be variable and follow a chronic waxing and waning course throughout an otherwise normal life span. The specific symptoms associated with Tourette syndrome often vary greatly from case to case. The exact cause of Tourette syndrome is unknown.



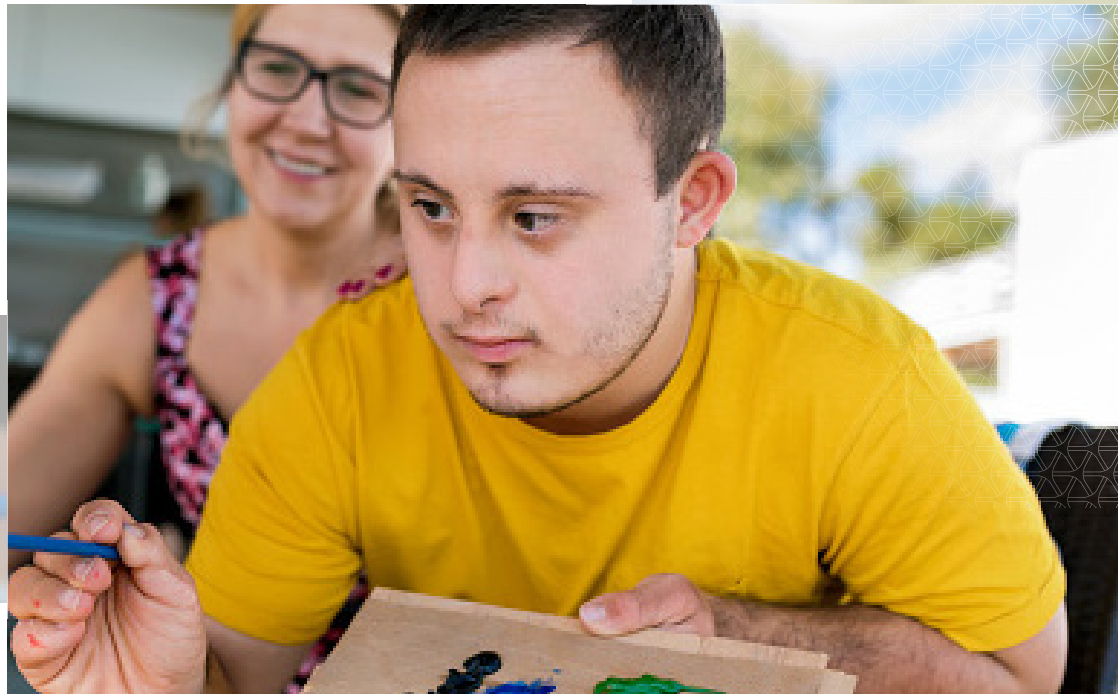
# TRAUMA/PTSD

## LOCAL RESOURCES

- Catholic Charities of Southeast Michigan
- Coventures Counseling & Coaching
- Creative Counseling Choices
- Dimensions of Wellness, Inc.
- Family Counseling & Shelter Services
- Family Medical Center of Michigan
- Hands Across the Water
- Humanistic Wellness Center
- Dennis Kulpa, PhD
- Monroe County Mental Health Authority
- ProMedica Monroe Outpatient Behavioral Health Services
- RFS Charitable Foundation

Post-traumatic stress disorder, also known as PTSD, is among only a few mental illnesses that are triggered by a disturbing outside event, unlike other psychiatric disorders such as clinical depression.

Many Americans experience individual traumatic events ranging from car and airplane accidents to sexual assault and domestic violence. Other experiences, including those associated with natural disasters, such as hurricanes, earthquakes and tornadoes, affect multiple people simultaneously. Simply put, PTSD is a state in which you “can’t stop remembering.”





**PROMEDICA**  
**MONROE REGIONAL**  
**HOSPITAL**

718 N. Macomb St.  
Monroe, Michigan 48162

[promedica.org/monroe](http://promedica.org/monroe)