

A GUIDE TO PEACE OF MIND

Kalamazoo Hope

Treatment Booklet

contact@kalamazoohope.org

www.kalamazoohope.org

Kalamazoo Hope

www.kalamazoohope.org

About the Treatment Booklet

Psychological conditions can be extremely difficult and overwhelming to face on one's own; fortunately, there are numerous ways to approach treating them, and numerous providers in Kalamazoo County. However, professionals are not the only kind of support – close family and friends can also be extremely valuable for support, if one is fortunate to have such in their lives.

Kalamazoo Hope

www.kalamazoohope.org

About Kalamazoo Hope

Kalamazoo Hope's purpose is to provide support to individuals in the area of psychological health. It seeks to do this by acting as an online guide, and showing ways for individuals to better understand mental health, so that individuals can better care for themselves, be there for those close to them, and improve the lives of those in the Kalamazoo County, Michigan area

Kalamazoo Hope

www.kalamazoohope.org

Disclaimer

Kalamazoo Hope is an online mental health service intended to help individuals begin to understand psychological health and connect with related resources; however, as a disclaimer, it is not meant to be used as a substitute for working with a trained and licensed psychological health professional.

Furthermore, Kalamazoo Hope is not a part of any government body in Kalamazoo County or elsewhere; in addition, the presence of any business, organization, or other party on this website does not mean that it endorses Kalamazoo Hope, or vice-versa, merely that Kalamazoo Hope sees it as providing a service that could assist certain individuals.

Finally, Kalamazoo Hope disavows responsibility for the practices of any organization or individual listed on this website, as well as any outcome which may arise from the use of this website or the services found on it.

Copyright

Kalamazoo Hope reserves all rights to its material; however, it may be copied and distributed so long as no profit, financial, material, or otherwise is made from said distribution, as well as accurate and conspicuous attribution is given to Kalamazoo Hope.

Kalamazoo Hope

www.kalamazoohope.org

Kalamazoo Hope

www.kalamazoohope.org

Sections:

- 1) A Brief Overview of Mental Health
- 2) Helplines
- 3) Medical Perspectives on LGBTQ
- 4) Military and Police
- 5) Organizations and Facilities
- 6) Provider Locators
- 7) Psychiatric Service Dogs (PSDs)
- 8) Support
- 9) Resources and Tools
- 10) Types of Treatment

Kalamazoo Hope

www.kalamazoohope.org

1) A Brief Overview of Mental Health

This section is presented to provide a very basic introduction to psychological conditions, as well as to address questions, uncertainties, and debunk stereotypes.

[Dispelling Myths on Mental Illness \(National Alliance on Mental Illness - NAMI\)](#)

[Learn More \(National Alliance on Mental Illness - NAMI\)](#)

[Mental Health Myths and Facts \(MentalHealth.gov\)](#)

[Patients & Families \(American Psychiatric Association - APA\)](#)

[Police, mental health professionals teaming up to help people in crisis \(WWMT Newschannel 3\)](#) – discusses training and mental health specialists that have been integrated into Portage Public Safety’s department to help address mental health crises in a more understanding manner

[What is Mental Illness \(American Psychiatric Association – APA\)](#)

Kalamazoo Hope

www.kalamazoohope.org

2) Helplines

Please, if you are in need of immediate assistance, dial 911, ask someone to contact emergency services for you, or visit a hospital.

[American Association of Poison Control Centers](#) (AAPCC) - can provide immediate information to help those who have taken toxic substances.

1-800-222-1222

[Childhelp](#) - offers immediate assistance in relation to child abuse

1-800-4-A-Child (1-800-422-4453)

[Gryphon Place](#) - provides a chance to discuss matter ranging from stress and difficulty in one's life to feelings of suicide.

(269)-381-HELP (269)-381-4357

[The Michigan Problem Gambling Help-Line](#)

1-800-270-7117

[National Domestic Violence Hotline](#)

1-800-799-SAFE (1-800-799-7233)

Online Chat: <http://www.thehotline.org/what-is-live-chat/>

[National Suicide Prevention Lifeline](#)

1-800-LIFELINE (1-800-273-8255)

[Rape, Abuse & Incest National Network](#) (RAINN)

1-800-656-HOPE (1-800-656-4673)

Online Chat: <https://hotline.rainn.org/online/terms-of-service.jsp>

[Safe Call Now](#) - provides confidential assistance to emergency/public safety/retired individuals and family.

1-(206)-459-3020

[Trans Lifeline](#) - for individual who identify as or are considering if they are transgender (not open 24/7). Kalamazoo Hope does NOT consider being transgender a psychological condition.

1-877-565-8860

Kalamazoo Hope

www.kalamazoohope.org

[The Trevor Project](#) - offers support to LGBTQ individual experiencing a crisis, or who simply need someone to talk to without fear of judgment. Kalamazoo Hope does NOT consider being LGBTQ a psychological condition.

Chat and Text: <https://www.thetrevorproject.org/get-help-now/#sm.0000grm4wa1d0qfsbta6uzfvz1ugj>

[The Veterans Crisis Line](#)

1-800-LIFELINE (1-800-273-8255)

Chat:

<https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20>

Text: <https://www.veteranscrisisline.net/TextTermsOfService.aspx>

3) Medical Perspectives on LGBTQ

Kalamazoo Hope does not consider being LGBTQ a psychological condition; however, in the past, the mental health field considered it such (and now, as then, some people still do); the following information provides the perspectives of various key mental health groups, which make clear they do not consider being LGBTQ a psychological condition.

[AASECT Position on Sexual Orientation and Reparative Therapy \(American Association of Sexuality Educators, Counselors and Therapists\)](#)

[APA Applauds Supreme Court Decision Supporting Same-Sex Marriage \(American Psychiatric Association\)](#)

[Just the Facts about Sexual Orientation & Youth \(American Psychological Association – APA\)](#) - includes information regarding conversion/reparative therapy.

[Transgender People, Gender Identity and Gender Expression \(American Psychological Association - APA\)](#)

[Understanding Sexual Orientation and Gender Identity \(American Psychological Association - APA\)](#)

Kalamazoo Hope

www.kalamazoohope.org

4) Military and Police

Individuals in, or who have served in, military or law enforcement roles can have unique obstacles regarding mental health, specifically finding counselors who are familiar with their particular experiences, as well as various stigma within both their own culture as well as from their local community about having a psychological diagnosis.

[Defense and Veterans Brain Injury Center \(DVBIC\)](#)

[Give An Hour](#)

[Mental Health \(U.S. Department of Veterans Affairs\)](#)

[Michigan Concerns of Police Survivors \(MI-C.O.P.S.\)](#) - aids families and co-workers in overcoming the difficulties that can accompany the loss of a loved one.

[National Center for PTSD \(U.S. Department of Veterans Affairs\)](#)

[Safe Call Now](#) - provides protected, 24/7 telephone support to individuals in emergency services; no records are kept by the organization (however, information may show up with one's phone service insofar as the number dialed). Due to the location of the service in the state of Washington, data is protected under [RCW 43.101.425](#).

[Star Behavioral Health Providers](#) - a website for locating medical professionals who have received training specifically geared towards aiding them in working with individuals who have military experience.

[Strengthening Officer Resilience \(National Alliance on Mental Illness – NAMI\)](#)

[Suicide Prevention \(U.S. Department of Veterans Affairs\)](#)

[Veterans & Active Duty \(National Alliance on Mental Illness - NAMI\)](#)

[Veterans Crisis Line](#)

Kalamazoo Hope

www.kalamazoohope.org

5) Organizations and Facilities

[ASK Family Services](#)

[Ascension Borgess Behavioral and Mental Health](#)

[Great Lakes Center for Autism Treatment and Research](#)

[Integrated Services of Kalamazoo \(ISK\)](#)

[InterAct of Michigan, Inc.](#)

[Kalamazoo Psychiatric Hospital](#)

[MCR Industries, Inc.](#)

[North Presbyterian Church](#) - provides an elevator for access, and regularly holds a social/activity group for individuals with psychological conditions; it is also LGBTQ-friendly.

[Pine Rest Christian Mental Health Services – Kalamazoo Location](#)

[Recovery Institute of Southwest Michigan Inc.](#)

[Residential Opportunities Inc.](#)

[Victory Clinical Services – Kalamazoo Location](#)

[Western Michigan University \(WMU\) Autism Center of Excellence](#)

[Western Michigan University \(WMU\) Behavioral Health Services](#)

[Western Michigan University \(WMU\) Center for Disability](#) Services – one does not need to be a WMU student to use this organization's services.

Kalamazoo Hope

www.kalamazoohope.org

6) Provider Locators

[Medicare Physician Compare \(Medicare\)](#) - this search engine helps one locate individuals in varying fields who accept Medicare.

[Michigan Mental Health Networker](#)

[Professional Consultants and Clinicians \(PCC\)](#) - a local collective (not a practice) of various mental health specialists.

[Psychology Today](#) – offers a database for looking up various providers; one can screen by insurance and by provider specialties, among other options.

[Star Behavioral Health Providers \(SBHP\)](#) - a website for locating medical professionals who have received training specifically geared towards aiding them in working with individuals who have military experience.

Kalamazoo Hope

www.kalamazoohope.org

7) Psychiatric Service Dogs (PSDs)

Service dogs can provide notable assistance to individuals with a psychological condition; along with companionship, there are various tasks they can perform which can assist an individual in their everyday life. Examples of this can include interrupting an individual when they begin engaging in certain unhealthy tasks, leading a person to an exit if the individual becomes nervous, and repeatedly encourage an individual to take medicine until such is done.

A service dog is NOT the same as a therapy dog; a therapy dog provides comfort and reassurance – a service dog has been special trained to provide specific types of assistance to an individual. Therapy dogs also do NOT have the protections given to service dogs under the [Americans with Disabilities Act \(ADA\)](#).

To note is that the price of a dog with the proper temperament to be a service animal, plus training, can be thousands of dollars; in addition, there may be a waiting list of several years.

[Frequently Asked Questions about Service Animals and the ADA \(Department of Justice – Civil Rights Division\)](#) – discusses aspects of psychiatric service dogs (PSD's).

[Medical Mutts](#) – located in Indiana, this organization can provide a service dog, teach an individual's current dog, or provide classes that help a person teach their own dog. In addition, if distance is a hindrance, certain aspects can be carried out via [Skype](#).

[Michigan Codified Law \(MCL\) 750.502c – Public accommodation; requirements; violation as a misdemeanor; definitions.](#)

[Paws with a Cause](#) – located in Michigan, this organization provides psychiatric service dogs to assist children with autism; applications need to be submitted by the child's 7th birthday.

[Psychiatric Service Dogs \(Medical Mutts\)](#)

[Service Animals - Michigan Department of Civil Rights \(MDCR\)](#)

Kalamazoo Hope

www.kalamazoohope.org

8) Support

[Al-Anon/Alateen](#) – aids individuals working with alcohol addiction.

[Depression & Bipolar Support Alliance \(DBSA\) Kalamazoo](#)

[Nar-Anon](#) – provides community for those overwhelmed by the difficulties of being connected to an individual with an addiction.

[OutFront Kalamazoo](#) – has LGBTQ-friendly support for those working with addiction.

[Overeaters Anonymous](#)

[Recovery Institute of Southwest Kalamazoo Inc.](#) – a peer-operated organization which offers social support [individually and in a group](#).

[Sex Addicts Anonymous](#)

9) Resources and Tools

[Harkla](#) – a producer of weighted blankets for individuals with autism.

[Marpac](#) – sells white noise generators, which can help individuals sleep.

[Medcenter](#) – manufacturers various medication organizers (including some which can attach to one's [belt](#)), and reminder devices.

[MedicAlert Foundation](#)

[Nature Light](#) – provides devices for light therapy.

[PillDrill](#) – a medicine retaining and tracking system that lets individuals and others, such as family or medical providers, know that medicine has been taken, in addition to other features.

[Verilux](#) – produces sun lamps.

Kalamazoo Hope

www.kalamazoohope.org

10) Types of Treatment

[Brain Stimulation Therapies \(National Institute of Mental Health – NIHM\)](#)

[Exercise Helps Keep Your Psyche Fit \(American Psychological Association - ADA\)](#) – the Leisure and Socializing document lists numerous places to exercise, both indoors and outdoors.

[Frequently Asked Questions about Service Animals and the ADA \(Department of Justice – Civil Rights Division\)](#) – discusses aspects of psychiatric service dogs (PSD's).

[Light Therapy \(Mayo Clinic\)](#)

[Mental Health Medications \(National Alliance on Mental Illness - NAMI\)](#)

[Therapy Dogs: Helping Improve Lives of People with Mental Illness \(American Psychiatric Association – ADA\)](#) – therapy dogs are not the same as psychiatric service dogs (PSD's).

[Psychotherapies \(National Institute of Mental Health – NIMH\)](#)

[Psychotherapy \(National Alliance on Mental Illness – NAMI\)](#)

[What is Psychiatry? \(American Psychiatric Association – APA\)](#)

[What do Practicing Psychologists Do? \(American Psychological Association - APA\)](#)

[What is Exposure Therapy? \(American Psychological Association – APA\)](#)