

## MISSION STATEMENT

“The mission of Elmhurst Home, Inc. is to provide person-centered, stage-matched, evidence-based, and Recovery Orientated Systems of Care for persons with substance use disorders and mental health issues.

EHI specializes in residential treatment, outpatient, prevention services, recovery housing, and recovery services for persons with a substance use disorder including persons with co-occurring disorders.

Our primary goal is to assist each person served in achieving and maintaining recovery and improving every aspect of their quality of life.”

## ABOUT ELMHURST HOME INC.

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 health, and criminal conduct. Birthed from the vision and passion of James and Naomi Oden, to help those in need, Elmhurst Home, Inc. has delivered high-quality, effective addiction treatment since 1972.

It is our aim to serve our client's physical, mental, and emotional needs on the road to recovery. Call today for more information (313) 867-1090, ext. 101. At Elmhurst Home we believe that everyone deserves to live their best life, free from the constraints of substance abuse, mental health challenges, and unstable housing. We are here to listen, support and empower you!

NO ONE IS TURNED AWAY FOR AN INABILITY TO PAY AND THERE IS A DISCOUNTED/SLIDING FEE SCHEDULE AVAILABLE BASED ON FAMILY SIZE AND INCOME.

## NON-DISCRIMINATION POLICY

Elmhurst Home, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Elmhurst Home, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, sexual orientation, religion, sex, gender identity, or inability to pay, and whether payment would be made under Medicare or Medicaid.

### LOCATIONS

Elmhurst Home, Inc. is a 24 Hour Residential and Outpatient Services, Substance Use Disorders and Mental Health Treatment Center. Our multi-campus treatment centers offer gender-specific treatment.

#### MEN'S TREATMENT FACILITY

##### James Oden Center

12007 Linwood, Detroit, MI 48206  
(313) 867-1090

#### WOMEN'S TREATMENT FACILITY

##### Naomi's Nest

245 Pitkin, Highland Park, MI 48203  
(313) 865-1500

#### ADMINISTRATIVE OFFICE

Monday - Friday | 8:00 AM - 4:30 PM  
12010 Linwood, Detroit, MI 48206

John C. Oden, Executive Director  
Sarina Oden, Chief Operating Officer

#### MAILING ADDRESS

P.O. Box 2981, Detroit, MI 48202

**ACCESS CENTER 1-800-241-4949**

Serving this community for  
**over 50 years!**

## MOTIVATIONAL INTERVIEWING

Empowering you to find  
your path, your way.



**(313) 867-1090**  
**www.ehinc.org**

Serving our Client's Physical, Mental, and  
Emotional Needs on the Road to Recovery

# DISCOVER THE POWER OF CHANGE WITH MOTIVATIONAL INTERVIEWING AT EHI

At Elmhurst Home, Inc. (EHI), we offer cutting-edge Motivational Interviewing (MI) interventions designed to empower individuals to achieve their highest potential. Our client-centered, goal-oriented approach fosters positive behavioral change by enhancing intrinsic motivation within an empathetic and compassionate framework. Whether you're struggling with substance use, mental health challenges, or simply seeking personal growth, our dedicated team of trained professionals is here to support you. Join us at EHI, where we believe the power to change lies within each of us, and together, we'll unlock your path to a brighter future.

## WHAT IS MOTIVATIONAL INTERVIEWING?

Motivational Interviewing (MI) is a collaborative conversation style designed to help individuals find their own motivation to make positive changes in their lives. It's all about working together, understanding, and supporting each other to achieve personal goals.

## MOTIVATIONAL INTERVIEWING PROGRAM PHILOSOPHY

Elmhurst Home, Inc. (EHI) recognizes Motivational Interviewing (MI) as a client-centered, goal-oriented counseling approach that fosters positive behavioral change by enhancing an individual's intrinsic motivation. Rooted in the principles of collaboration, evocation, and autonomy, MI operates within a framework of empathy and compassion, striving to understand and respect the client's perspective and experiences. EHI integrates MI at all organizational levels to achieve goals purposefully and create a productive environment. By fostering a collaborative, empathetic, and autonomy-respecting environment, MI helps clients and staff harness their motivations and strengths to achieve goals, leading to lasting, self-directed change. We acknowledge that the potential for positive change lies within each of us.

## HOW DOES IT WORK?

- 1. Listening with Empathy:** We listen carefully and respectfully, understanding your feelings and experiences without judgement.
- 2. Exploring Goals and Values:** We talk about what's important to you and why you want to make a change. This helps to find the motivation inside you.

**3. Encouraging Positive Talk:** We focus on your strengths and past successes, encouraging you to talk positively about your ability to make changes.

**4. Building Confidence:** Together, we create a plan that you feel confident about. We break it down into small, manageable steps that you can achieve.

## BENEFITS OF MOTIVATIONAL INTERVIEWING

**Empowering:** You are in control of your decisions and actions.

**Supportive:** You have a partner who listens and encourages you.

**Goal-Oriented:** Focuses on what you want to achieve.

**Non-Judgmental:** No pressure, just support and understanding.

## WHO CAN BENEFIT?

**Individuals:** Anyone looking to make a positive change in their life.

**Healthcare:** Patients managing chronic illnesses or health behaviors.

**Counseling:** Clients working on mental health or substance use issues.

**Education:** Students aiming to improve academic performance or behavior.