

OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC MENTAL HEALTH SYSTEM



School Mental Health Navigator Program

The Oakland Community Health Network's (OCHN) Mental Health School Navigators (MHSN) provide mental health and substance use outreach and resources to Oakland County schools.

MHSNs connect youth and families to behavioral health and substance use supports, as well as financial assistance.

PROGRAM GOALS:

- Reduce barriers to mental health and substance use services
- Increase awareness about service availability
- Provide support and guidance to children, adolescents, and families
- Identify income-based financial assistance and insurance co-pay benefits



Developmental Disabilities • Mental Health • Substance Recovery
5505 Corporate Drive, Troy, MI 48098
oaklandchn.org | 248-858-1210

For more information about the School Mental Health Navigator Program please call 248-462-6294 or email SchoolNavigator@oaklandchn.org

INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES

OAKLAND COMMUNITY HEALTH NETWORK

Is Your Child Displaying Concerning Behaviors?

Oakland Community Health Network (OCHN) offers a free program that uses a brief self-report screening tool for children and youth (6-17 years), who may display concerning behaviors, including:

Angry or aggressive outbursts

Legal involvement

Sad mood and/or withdrawn behavior

Chronic absences from school

Unable to follow rules at home, school, or in community

The goal is to connect your child/youth and family to beneficial services and resources. Next steps involve:

1. A confidential one-on-one meeting with your child/youth.
 - You choose where the meeting takes place (school, court, OCHN office)
 - An age-appropriate screening tool will be completed. For more information, please see the back page
 - Accommodations, such as translator, deaf interpreter, are available
2. A conversation with the parent/guardian about the needs of your family.
3. Based on your feedback and results of the screening tool, you will receive customized recommendations for beneficial services and resources.

Following the recommendations is up to your discretion.



Free Program for Children and Youth between 6 - 17 years of Age

A grant funded program by the Michigan Department of Health and Human Services.



Screening Tools

Pediatric Symptom Checklist (PSC): For children, ages 6 -11 years. Total of 35 statements with answer choices of "never," "sometimes" or "often."



Massachusetts Youth Screening Instrument (MAYSI-2): For youth, ages 12 - 17 years. Total of 52 questions with "yes" and "no" answers.

Customized Recommendations

You will receive customized recommendations over the phone and in writing. A Release of Information is available, if you would like us to share the recommendation with the referral source.



Short-term Support for Families

You will receive a follow-up call after the first and sixth month to ask additional questions or receive more resources if needed.



Connection to Community Programs and Resources

Participation in Community Programs and Resources can help decrease concerning behaviors. Referrals can include counseling, extra-curricular activities, mentoring, parent and/or peer support, transportation, etc.

Eligible children/youth, who need more intensive services, can be connected to a mental health provider of your choice within OCHN's provider network. Services can include but are not limited to: Community living support, medication management, medication case review, mental health therapy, respite services, substance use services, wraparound, and more.

Contact OCHN's Mental Health and Juvenile Justice Coordinators for more information:

Ashley Sansom

248.464.6342

Amanda Palmer

248.975.9685



Funded by



Oakland Community
Health Network

Developmental Disabilities • Mental Health • Substance Recovery

NEW OAKLAND
FAMILY CENTERS

Oakland County YOUTH MOBILE CRISIS TEAM

877-800-1650

For families and individuals across Oakland County, **Youth Mobile Crisis Services** are available to help teens, young adults and children who are experiencing a mental health crisis. Provided by **New Oakland Family Centers**, the services of the Oakland County youth mobile crisis program involve:

- **Rapid mobile response** with therapists who come to your location to help
- **On-the-spot counseling** by mental health professionals to help stabilize emotional and/or behavioral functioning
- **Assessment and coordination** for continued stabilization
- **Connections and referrals** to ongoing services and supports for individuals and families

What are some examples of a crisis?

- Suicidal thoughts
- Threatening behaviors
- Loss of coping skills
- Social isolation
- Self-harm
- Aggression
- Property destruction
- Dangerous or impulsive decision-making

Ask yourself whether the person in crisis is a danger to self or to others. If the answer is YES, we can help. Especially if the person is YOU.





Access Information

Oakland Community Health Network's (OCHN) screening process helps to determine where a person's needs can be met based on the severity and urgency of the situation.

OCHN Non-Emergency Services

248-464-6363

OCHN Resource & Crisis Center
1200 N. Telegraph Rd., Bldg. 32 E, in Pontiac, MI 48341

Monday - Friday, 8:00 a.m. - 8:00 p.m.

Mental Health Services

Oakland County residents with Medicaid or those who are Medicaid eligible can be connected to public mental health services.

OCHN's Access Team assists:

- Individuals with Intellectual/developmental disabilities
- Adults with mental illness
- Children with serious emotional disturbance

Substance Use Disorders

Oakland County residents with Medicaid, Healthy Michigan, no insurance, and under-insured can be connected to alcohol and drug treatment services.

OCHN Access provides screening, referral, and coordination of:

- Intensive outpatient treatment
- Medication Assisted Treatment (MAT)
- Residential substance use programs

All personal information is kept confidential and will not be shared.



Developmental Disabilities • Mental Health • Substance Recovery

“Keep Us in Your Contacts”

OCHN’s new “Keep Us in Your Contacts” initiative is helping ensure people have quick and easy access to important behavioral health service information. In just three simple steps, you can add this valuable resource to your smartphone when needed.



1. Scan barcode with smartphone and follow instructions.
2. Select “Save Contact.”
3. Scroll down and tap “Create New Contact.”

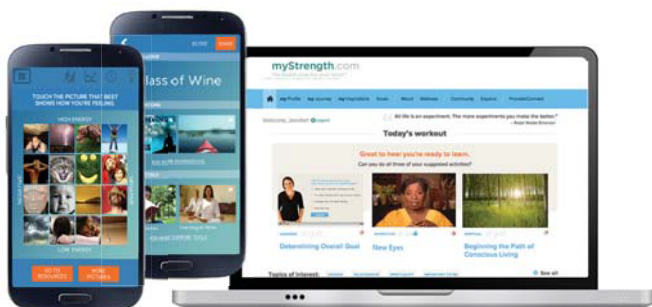
Personal Support for You!

Oakland Community Health Network supports Strength

We all struggle with our moods at times. Anxious or depressive thoughts can weigh us down. Some of us may struggle with drugs or alcohol. Seeking help and focusing on your mental health is important.

Now you can use web and mobile tools to help you get better and stay mentally strong.

myStrength is confidential—just for you. It offers personalized resources to improve your mood. Learning to use myStrength’s tools can help overcome the challenges of drug and alcohol abuse.



myStrength’s proven web and mobile resources can help strengthen your mind, body and spirit.



SIGN UP TODAY

1. Visit www.myStrength.com.
2. On the myStrength.com home page, click on “Sign-up.”
3. Enter the following Access Code: **OCCMHA**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at www.mystrength.com/mobile

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What myStrength users are saying
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It’s nice to have self-guided help that is so accessible.

I love how personal myStrength is for me.

myStrength gives back some of the ‘light’ I had lost.

The mood tracker is fantastic!

I love that myStrength is available 24 hours a day.

It gives me hope and inspiration for my recovery.