

## DISCHARGE PLANNING

Discharge planning beginning at the on-set of treatment includes coordination of after care and referral for on-going supports/services.

Transitioning from outpatient services occurs when you no longer meet the severity of illness criteria and you have demonstrated clinical stability.

The goal remains the same for all: development of an individual treatment plan that gives you the tools to gain insight into your behaviors and feelings, letting you set realistic goals, and develop new skills for success.



Customer Service 1.800.317.0708 or  
989.772.5938  
Michigan Relay 7-1-1  
24 HOUR CRISIS Telephone  
Convenient Office Locations and Hours

### Clare County

789 North Clare Avenue  
Harrison, MI 48625  
989.539.2141

### Isabella County

301 South Crapo Street  
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989.772.5938

### Gladwin County

655 East Cedar Street  
Gladwin, MI 48624  
989.426.9295

### Mecosta County

500 South Third Avenue  
Big Rapids, MI 49307  
231.796.5825

### Midland County

218 Fast Ice Drive  
Midland, MI 48642  
989.631.2320

### Osceola County

4473 220th Avenue  
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231.832.2247

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## OUTPATIENT THERAPY

Outpatient Therapy provides you with the tools needed to handle inaccurate or negative thinking so you can view challenging situations more clearly and respond to them in a more effective way.

Outpatient services are person-centered and delivered through intensive, time-limited, goal-specific interventions.

With practice, helpful thinking and knowing what tools and skills to access will become a habit and won't take as much effort.



Community  
Mental Health  
FOR CENTRAL MICHIGAN

## THE ASSESSMENT/ INTAKE PROCESS

You will start the admission process by contacting the Access Department. You will give the Access Manager a bit of background information and they will schedule you to come in for an appointment with an Assessment Specialist.

During this appointment, you will have a formal assessment. You will be asked a number of questions ranging from your childhood history to sleep patterns to substance use. The goal of this assessment is to determine the level of care that is needed and to determine what specific track (evidence-based practice) will be most helpful based on your symptoms.

Keep in mind that individual paths to recovery differ, and packages of treatments and supportive services for mental and substance use disorders should be tailored to fit individual, family, or group needs. For many people with behavioral health problems, the most effective approach often involves a combination of counseling and medication. Supportive services, such as case or care management, can also play an important role in promoting health and recovery.

## WHAT TO EXPECT FROM YOUR THERAPIST

- Help you identify troubling situations in your life. You and your therapist may spend some time deciding what problems and goals you want to focus on.
- Your therapist will develop an individual plan of service. Your plan of service will have clear goals and measurable objectives.
- Identify negative or inaccurate thinking. Your therapist will help you recognize patterns of thinking and behavior that may be contributing to your problem. Your therapist may ask you to pay attention to your physical, emotional, and behavioral responses in different situations.
- Reshape negative or inaccurate thinking. Your therapist will likely encourage you to ask yourself whether your view of a situation is based on fact or on an inaccurate perception of what's going on. This step can be difficult. You may have long-standing ways of thinking about your life and yourself.

## LENGTH OF THERAPY

Outpatient Therapy is generally considered short-term therapy — about 10 to 20 sessions. You and your therapist can discuss how many sessions may be right for you. Factors to consider include:

- Type of disorder or situation
- Severity of your symptoms
- How long you've had your symptoms or have been dealing with your situation
- How quickly you make progress
- How much stress you're experiencing
- How much support you receive from family members and other people

## POSITIVE OUTCOMES

One way to improve outcomes and achieve your goals is to attend outpatient appointments. A major challenge in delivery of mental health outpatient treatment is missed appointments. When you miss an appointment, you also miss an opportunity for recovery.

Stick to your treatment plan. If you feel down or lack motivation, it may be tempting to skip therapy sessions. Doing so can disrupt your progress. Attend all sessions and give some thought to what you want to discuss.