

MENTAL HEALTH SERVICES FOR MACOMB COUNTY VETERANS AND THEIR FAMILIES

A VETERAN IS EXPERIENCING A MENTAL HEALTH EMERGENCY.

MENTAL HEALTH EMERGENCY: The veteran is at direct and immediate risk of seriously harming him/herself or someone else; if a person's symptoms of mental illness are active and s/he is unable to care for her/himself; or is unable to understand the need for treatment and these conditions can be reasonably expected to result in harm.

In a mental health emergency, call the Macomb County Crisis Center, (586) 307-9100 or (855) 996-2264 (Toll free). The veteran will be directed to services through the Community Mental Health network, or to the nearest Emergency Room.

Once referred, CMH staff will assess the immediate need and obtain authorization for the appropriate level of care. Treatment may be provided in an inpatient unit or in an alternative community setting, according to best practices guidelines, Macomb County Community Mental Health or hospital policy, and the situation.

Deaf, hard of hearing, or speech-impaired persons, call the Michigan Relay Service - Dial 711

Once the person identifies as a veteran, the CMH Veteran Navigator located in the Macomb County Community Mental Health FIRST North office in Clinton Township will help him/her navigate through the Macomb service system. For more information, call the CMH Veteran Navigator, (586) 530-1934.

These flow charts were developed by the Macomb Veterans Action Collaborative (MVAC) and posted at: mvac.macombgov.org

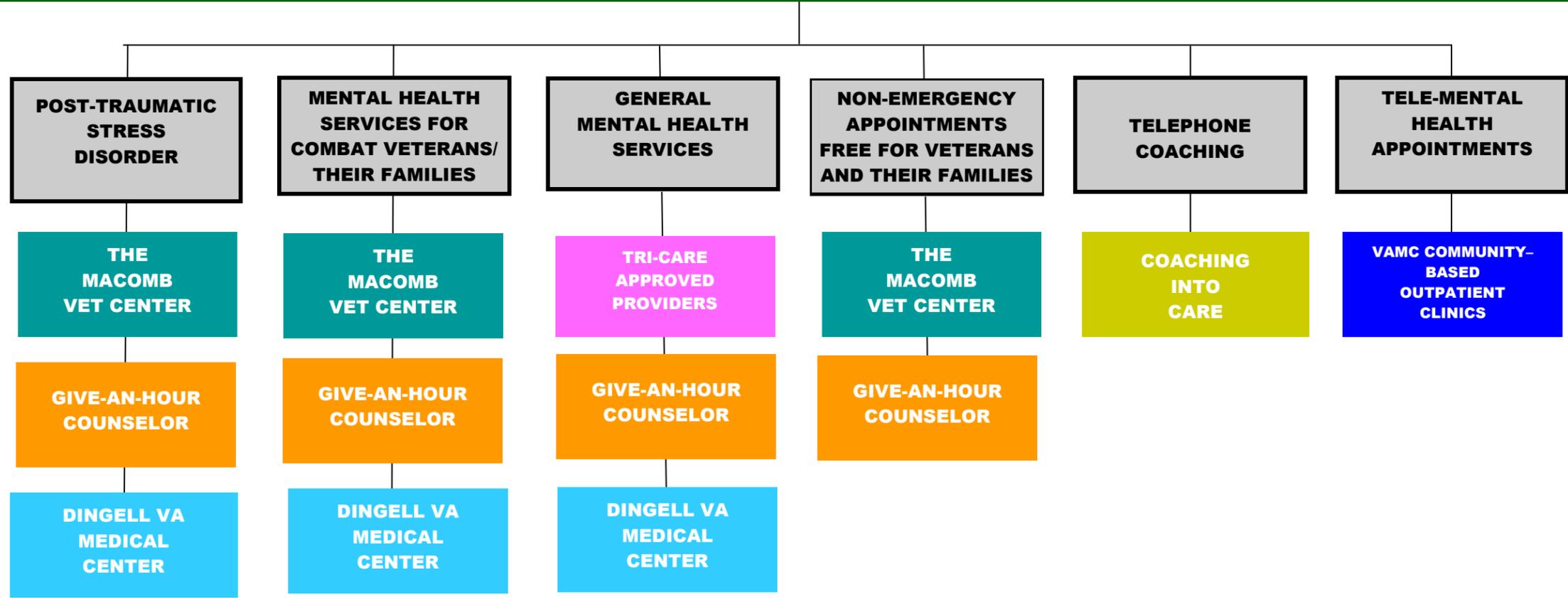
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For hard copies of this flow chart, contact the Macomb Department of Veteran Services, (586) 469-6507 or laura.rios@macombgov.org

NON-EMERGENCY MENTAL HEALTH SERVICES FOR VETERANS AND THEIR FAMILIES

If the veteran desires, s/he may be referred to the CMH Veteran Navigator, located in the Macomb County Community Mental Health Urgent Behavioral Health Care center. The Veteran Navigator will help him/her navigate through the Macomb service system. CMH Veteran Navigator: (586) 446-4034



MACOMB VET CENTER	PAGE 3
GIVE-AN-HOUR	PAGE 4
DINGELL VA MEDICAL CENTER	PAGE 5
TRI-CARE	PAGE 6
COACHING INTO CARE	PAGE 7
VAMC COMMUNITY-BASED CLINICS	PAGE 8

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MACOMB VET CENTER



COUNSELING

Counseling includes a wide range of psycho-social services offered to eligible veterans, service members, and their families in an effort to help the veteran/family member make a successful transition from military to civilian life. Services include:

- **Individual and group counseling for veterans, service members, and their families**
- **Family counseling for military-related issues**
- **Bereavement counseling for families who experience an active duty death**
- **Military sexual trauma counseling and referral**
- **Outreach and education including Post Deployment Health Reassessment (PDHRA), community events, etc.**
- **Substance abuse assessment and referral**
- **Employment assessment and referral**
- **Veterans Benefits Administration (VBA) benefits explanation and referral**
- **Screening and referral for medical issues including Traumatic Brain Injury, depression, etc.**

Call the Macomb Vet Center, Clinton Township, (586) 412-0107.

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GIVE-AN-HOUR

MENTAL HEALTH SERVICES* FOR COMBAT VETERANS AND THEIR FAMILIES

"Family" includes, but is not limited to: spouses, children, parents, siblings, extended family members, unmarried partners.
If you are unsure if someone you love qualifies, contact Give An Hour at info@giveanhour.org.

STEP 1: SEARCH FOR A PROVIDER

Basic Provider Search allows you to choose from a list providers in your area.

Guided Provider Search asks a series of questions to help find the provider in your area that best suits your situation.

The Alternative Provider Listing is a list of non-traditional practitioners who have expressed an interest in volunteering their talents to veterans, family members and their communities.

STEP 2: CHOOSE A PROVIDER

Choose from a variety of options including in-person, telephone support, or video counseling.

STEP 3: CONTACT THE PROVIDER DIRECTLY

Contact the provider directly and identify yourself as coming from Give an Hour, even if you leave a voicemail. No payment or insurance information should be exchanged.

To start the process, go to: <https://www.giveanhour.org/GettingHelp.aspx>

**Give An Hour providers can help in the following areas: Individual Services, Marital Services, Family Services, Group Counseling, Child and Adolescent Services, Parent Guidance, Post-Traumatic Stress, Alcohol/Chemical Dependency, Pastoral Counseling, Grief and Loss, Traumatic Brain Injury, Anger Management, Anxiety, Separation/Divorce, Sexual Abuse.*

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DINGEL VA MEDICAL CENTER



POST-TRAUMATIC STRESS DISORDER (OUTPATIENT SERVICES)

PTSD symptoms include but are not limited to*:

- **Reliving the event (also called re-experiencing symptoms)**
- **Memories of the traumatic event can come back at any time. You may feel the same fear and horror you did when the event took place. For example:**
- **You may have nightmares.**
- **You may feel like you are going through the event again. This is called a flashback.**
- **You may see, hear, or smell something that causes you to relive the event. This is called a trigger. News reports, seeing an accident, or hearing a car backfire are examples of triggers.**
- **Avoiding situations that remind you of the event**
- **You may try to avoid situations or people that trigger memories of the traumatic event. You may even avoid talking or thinking about the event. For example:**
- **You may avoid crowds, because they feel dangerous.**
- **You may avoid driving if you were in a car accident or if your military convoy was bombed.**
- **If you were in an earthquake, you may avoid watching movies about earthquakes.**
- **You may keep very busy or avoid seeking help because it keeps you from having to think or talk about the event.**
- **Negative changes in beliefs and feelings**
- **The way you think about yourself and others changes because of the trauma. This symptom has many aspects, including the following:**
- **You may not have positive or loving feelings toward other people and may stay away from relationships.**
- **You may forget about parts of the traumatic event or not be able to talk about them.**
- **You may think the world is completely dangerous, and no one can be trusted.**
- **Feeling keyed up (also called hyperarousal)**
- **You may be jittery, or always alert and on the lookout for danger. You might suddenly become angry or irritable. This is known as hyperarousal. For example:**
- **You may have a hard time sleeping.**
- **You may have trouble concentrating.**
- **You may be startled by a loud noise or surprise.**
- **You might want to have your back to a wall in a restaurant or waiting room.**

Diagnosis of PTSD requires an assessment by a trained professional.

Individual and group sessions are available on a regular basis for 12 weeks designed to help veterans struggling with symptoms of PTSD and who are able to manage their recovery on an outpatient basis. The veteran's primary care or mental health provider must submit a consult to the PTSD program after which the veteran will be invited to attend an orientation session and intake assessment.

For more information, contact Dr. Michelle Sharp, Program Coordinator, John D. Dingell VA Medical Center, (313) 576-1000, ext. 64988.

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TRI-CARE PROVIDERS

LIMITED NUMBER OF COUNSELING SESSIONS FOR ACTIVE-DUTY, RESERVE, AND NATIONAL GUARD MEMBERS AND THEIR FAMILIES FOR MENTAL HEALTH CARE SERVICES DURING TIMES OF STRESS, DEPRESSION, GRIEF, ANXIETY AND MENTAL HEALTH CRISIS.

Are an active duty service member: A referral and prior authorization for all mental health care is needed.

Are a non-active duty TRICARE Prime beneficiary: A referral or prior authorization is not needed for your first 8 outpatient visits. (except for psychoanalysis and outpatient therapy for substance use disorder provided by a substance use disorder rehabilitation facility). After the eighth visit (before the ninth): prior authorization is needed.

If Using TRICARE For Life: Medicare is your primary payer for mental health care: You only need a referral or authorization from TRICARE if your Medicare benefits are exhausted.

Use any other TRICARE health plan: A referral or prior authorization is not needed for your first 8 outpatient visits (except for psychoanalysis and outpatient therapy for substance use disorder provided by a substance use disorder rehabilitation facility). After your eighth visit (before the ninth), prior authorization is needed.

To locate Macomb County approved Tri-care providers, go to: https://www.hnfs.com/content/hnfs/home/tn/common/app_help_pages/provider_directory.html/pp/content/hnfs/home/tn/bene/bh

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COACHING INTO CARE SERVICES



TELEPHONE COACHING

Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a veteran. Coaching is also provided for family and friends of veterans who see that a veteran in their life may be having difficulty adjusting to civilian life.

Coaching is provided by licensed psychologists or social workers, free-of-charge. Coaching involves helping callers figure out how to motivate the veteran to seek treatment. Help included information about mental health, services at the VA and tips on how to begin the conversation about treatment with a loved one who is a veteran.

For more information, call Coaching Into Care: (888) 823-7458.

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VA MEDICAL CENTERS (VAMC)



TELEPHONE HELP

VAMC's also offer tele-mental health (i.e., appointments via a Skype-like system with mental health prescribers and clinicians) via these community-based outpatient clinics:

Pontiac, (248) 409-0585

Yale, (810) 387-3211