

HELP

BEGINS

HERE.



Lifeways

WHO WE ARE

LifeWays

WHO WE SERVE

LifeWays is the community mental health services program for Jackson and Hillsdale counties, serving anyone who walks into our doors. We are committed to fostering, cultivating, and preserving a culture of diversity, equity, and inclusion.

We treat adults and children with:

- Emotional/behavioral challenges,
- Intellectual + developmental disabilities, &
- Substance use issues.

As a **Certified Community Behavioral Health Clinic (CCBHC) grantee**, LifeWays provides a comprehensive set of services used to increase access to care, support people in crisis, and provide treatment for those with mild, moderate, and severe behavioral health concerns regardless of their insurance coverage. CCBHCs integrate additional services that focus on recovery, wellness, trauma-informed care, and physical-behavioral health care integration.

Treatment, services, and supports may include:

- Case Management,
- Community Living Supports (CLS),
- Infant Mental Health,
- Medical Services,
- Multisystemic Therapy (MST),
- Respite,
- Therapy Services - including outpatient, home-based and more,
- Wraparound,
- Veterans support,
- Healthcare integration, and
- Prevention/Community Education.

ACCESSING SERVICES

24/7 Crisis + Access Phone Line – 1 (800) 284-8288

- 1. Call us or walk into** our location in Jackson or Hillsdale. No appointment needed.
- 2. Meet with an Evaluator** who will determine your level of need.
- 3. Connect** to Services:
 - In-House
 - Provider Network
 - Other Community Providers

At LifeWays, as part of the Person-Centered Planning approach, you have a choice in your care.

CRISIS SERVICES



LifeWays

CRISIS SERVICES PROGRAMS

24/7 Crisis Phone Line - 1 (800) 284-8288

Rest assured that hope and help for mental health crises will be available whenever you need it. For access to all Crisis Services programs, call our 24/7 Crisis Phone Line.

Adult Mobile Crisis

If you are in crisis and cannot get to LifeWays, help can come to you! The Adult Mobile Crisis Team provides intense crisis intervention at your home or elsewhere in the community where you feel comfortable. When medically necessary, the team can connect you to psychiatric services or bring you to Crisis Services at LifeWays.

Crisis Living Room

The Crisis Living Room is a calm and safe environment where adults in mental health crisis can be supported in their recovery. In the Crisis Living Room you will be greeted by a Peer Support Specialist, someone who has been in a mental health crisis and is in recovery. You will also work with a Crisis Clinician to develop a safety plan.

Crisis Residential Unit

The Crisis Residential Unit at LifeWays is a 5-bed unit where those experiencing a mental health crisis can stay for up to 14 days while receiving services with LifeWays. This offers an alternative to costly inpatient services or hospital stays. The environment is more calming than that of a hospital and features a full kitchen, bathroom, laundry area, living room and private bedrooms.

Youth Mobile Crisis

If a youth, up to age 21, is experiencing a behavioral, emotional, or psychiatric crisis the Youth Mobile Crisis Team - also known as Intensive Crisis Stabilization Services (ICSS) - can respond to your home, school, or another community location.

ADULT SERVICES

LifeWays

PROMOTING RECOVERY FROM MENTAL ILLNESSES.

LifeWays Adult Services provides a variety of services to adults recovering from various mental illnesses. At Adult Services, our goal is to promote recovery from mental illness and co-occurring disorders. Adult Services staff seek to empower our individuals in all aspects of their daily lives by implementing a person-centered approach.

Adult Services staff will provide a variety of evidence-based treatments and techniques as we strive to be the provider of choice for mental health services through Jackson and Hillsdale counties.

To access LifeWays Adult Services please contact our Access Center at 1 (800) 284-8288.

ADULT SERVICES PROGRAMS

Assertive Community Treatment (ACT)

Intensive community-based services provided up to multiple times daily to persons with severe/persistent mental illness.

Care Management Services

Care Management is a set of activities intended to improve the whole health care a person receives, including coordination with primary care providers, assisting with obtaining routine lab work, monitoring hospitalizations, and ensuring that individuals get effective, collaborative care for their mental and physical health needs.

Case Management

Intensive case management to persons with severe/persistent mental illnesses who struggle to participate in an office-based setting.

Outpatient Therapy

Mental health therapy to adults dealing with stress, anxiety, depression, or trauma.

Psychiatric Services

Psychiatric services can include evaluations, care, and treatment by psychiatric professionals for a variety of mental health conditions. Psychiatrists may prescribe medication, order lab work to monitor an individual's health, perform assessments, coordinate with other treatment team members to best serve the individual, and refer individuals when other services are clinically necessary.

Targeted Case Management

Mental health treatment and assistance in accessing medical, social, vocational, and other services.

CHILDREN + FAMILY SERVICES

LifeWays

WE BELIEVE IN THE POWER OF FAMILIES.

Families each have their own unique set of strengths as well as struggles. When a family is struggling, the members of that family unit can become overwhelmed, uncertain, and even feel helpless.

When your child is experiencing distressing emotional or behavioral symptoms, LifeWays is here to provide treatment for your child and provide support and resources you need to make your family stronger. There are many options for treatment available through the LifeWays Provider Network. You will have the ability to help decide your child's treatment and goals with a person-centered plan designed by you, your child, and their treatment team.

To access LifeWays Children and Family Services please contact our Access Center at 1 (800) 284-8288.

CHILDREN + FAMILY SERVICES PROGRAMS

Outpatient Therapy

Brief, solution focused, individual mental health therapy that is person centered, recovery oriented, and trauma-informed.

Case Management

Case management helps you find services and supports that help you reach your goals using the person-centered planning process. Your case manager will help you find and connect with services.

Youth Mobile Crisis

If a youth, up to age 21, is experiencing a behavioral, emotional, or psychiatric crisis the Youth Mobile Crisis Team, also known as Intensive Crisis Stabilization Services (ICSS), can respond to your home, school, or another community location. Our team is available 10 am - 7 pm to respond in the community, on-site at LifeWays, and homes/schools within Jackson and Hillsdale counties for children and young adults up to 21.

Evidence Based Practices

- Dialectical Behavior Therapy (DBT)
- Parent Management Training - Oregon (PMTO)
- Trauma Focused-Cognitive Behavioral Therapy

Waivers

- Children's Waiver Program (CWP)
- Habilitation Supports Waiver (HSW)
- Serious Emotional Disturbance Waiver (SEDW)

INTELLECTUAL + DEVELOPMENTAL DISABILITIES SERVICES

LifeWays

WE BELIEVE IN CONNECTING INDIVIDUALS TO THEIR COMMUNITY AND IN FINDING THEM SUPPORTS.

This value drives the service array provided to an individual at LifeWays Intellectual and Developmental Disability Services. These supports are intended to help each person build the lives they envision for themselves.

We provide an array of services to children, their families, and adults who have been diagnosed with an intellectual/developmental disability and who have substantial limitations. We individualize the person-centered planning process to provide services specific to each area of need, as well as to build on skills and community resources.

To access LifeWays Intellectual and Developmental Disability Services please contact our Access Center at 1 (800) 284-8288.

INTELLECTUAL + DEVELOPMENTAL DISABILITY SERVICES PROGRAMS

Autism Services

The LifeWays Autism Benefit is a Medicaid-funded program that provides intensive interventions for children up to their 21st birthday who have been diagnosed with Autism Spectrum Disorder by LifeWays.

Community Living Supports (CLS)

CLS are services meant to help support an individual's person-centered care goals, and live independently through the development of home living skills. It also promotes community integration through recreation activities, and socialization/civic activities.

Respite

Respite is the service that is provided to the individual with short-term relief for their caregivers, enabling them to take a much-needed break from the demands of caregiving. It can also prevent exhaustion, isolation, or burnout that could come from caregiving. Respite care can benefit the person being cared for, providing them with variety, stimulation, and a welcome change of routine.

Waivers

- Children's Waiver Program (CWP)
- Habilitation Supports Waiver (HSW)
- Serious Emotional Disturbance Waiver (SEDW)

SUBSTANCE USE DISORDER SERVICES

The Lifeways logo is positioned in the top right corner of the header. It features the word "Lifeways" in a white, sans-serif font against a dark blue background. The background of the entire header is a blurred image of two hands reaching towards each other, with a color gradient from green on the left to blue on the right.

**WE BELIEVE THAT RECOVERY IS ALWAYS POSSIBLE AND
HELP IS ALWAYS AVAILABLE AT LIFEWAYS.**

Substance Use Disorder (SUD) Services provides accessible substance use disorder services to those who are seeking recovery. LifeWays SUD Services encourages, supports, and guides individuals to explore all methods of treatment identified as beneficial toward their wellness. LifeWays also provides specialized co-occurring mental health and substance use disorder Outpatient SUD Therapy.

We will work with you to determine the best level of care around your goals and connect you with one of our community providers or to our Outpatient SUD Therapy program enabling you to move forward with your treatment and recovery. LifeWays' Jail Clinicians continue to be a resource to our local jails.

To access LifeWays Substance Use Disorder Services please contact our Access Center at 1 (800) 284-8288.

Methods of Outpatient Care

LifeWays offers Outpatient Therapy and can connect you to Inpatient Therapy options in the area.

- Individual Therapy
- Group Therapy
- Family Therapy

SUBSTANCE USE DISORDER SERVICES PROGRAMS

Outpatient SUD Therapy

Outpatient SUD therapy provides culturally and linguistically appropriate services that include therapy and education on wellness, recovery, and resiliency. These services are catered to each individual's level of clinical severity and function and are designed to help the individual achieve changes in drug/alcohol use. Treatment must address major lifestyle changes such as attitudinal and behavioral issues that have the potential to undermine the goals of treatment or to impair the individual's ability to cope with major life tasks with the use of addictive substances.

Smoking Cessation

One-on-one support to help you meet your smoking cessation or smoking reduction goals.

Hillsdale Prevention Specialist Service

The Prevention Specialist assists with SUD Prevention needs, including but not limited to county prevention coalitions, prevention initiatives, professional and other trainings through groups and programming throughout the community in school settings and at community events. For information about events in Hillsdale, contact (517) 435-5733.



Building healthy minds and bodies together to improve overall wellness.

INTEGRATED HEALTH CLINIC

Location: 1200 N. West Ave., Jackson, MI 49202

Hours of Operation: Tuesdays 8 am-5 pm

Phone Line Hours: Mon-Fri 8 am-5 pm

Phone: (517) 581-6801

CENTER FOR FAMILY HEALTH WALK-IN CLINIC

Location: 505 N. Jackson St., Jackson, MI 49201

Hours of Operation: Mon-Fri 9 am-9 pm + Sat-Sun 9 am-6 pm

Phone: (517) 748-5500



PHARMACY SERVICES

LifeWays has partnered with Genoa Pharmacy to offer pharmacy services on site at its Jackson Campus. This includes prescription medications and adult vaccinations for persons who receive services at LifeWays and employees of LifeWays.

Also included is delivery to Jackson and Hillsdale counties and the mailing of prescriptions at no extra charge. Additionally, a wide variety of packaging options are available to meet your needs. Please see the Medication Coordinator in LifeWays' front lobby Mon-Fri with questions.

Hours: Mon-Fri 8:30 am-12:30 pm & 1-5 pm
Sat 9 am-12 pm | Closed Sunday

Location: 1200 N West Ave., Jackson, MI 49202 | Suite 500

VETERAN SERVICES

If you are a current or former member of the military, call us to find out how we can help. LifeWays offers mental health services and can connect you to other Veteran resources.

Mid-State Health Network provides LifeWays with a Veteran Navigator to assist veterans in connecting to resources. You can contact the Veteran Navigator at (517) 486-2742.



WELLNESS PROGRAMS

LifeWays Prevention & Wellness Programs support the connection between mental health and physical health. Wellness is more than the absence of stress or disease; it has a personal meaning for each individual.

Programs

- Whole Health Action Management (WHAM)
- Wellness Recovery Action Plan (WRAP)
- Wellness Wednesdays
- Stress Less
- inSHAPE (Includes Wellness Coaching)
- Tobacco & You: Learn How to Quit Smoking

PREVENTION PROGRAMS

We believe that educating our communities about mental illness and behavioral health is one of the very best things we can do to increase awareness and decrease stigma.

Programs

- ASIST Suicide Prevention
- Custom Mental Health Trainings
- Jackson County Suicide Prevention Coalition
- Mental Health First Aid (MHFA)
- safeTALK
- Sources of Strength

SELF-DIRECTED SERVICES

In a Self-Directed arrangement, you can hire your own workers and manage your services within a set budget determined by LifeWays according to your level of need.

How to begin Self-Directed Services

You can request to receive services via a self-directed arrangement upon entry into services at LifeWays or at any time during the course of your treatment!



Lifeways

Hope and help begin here.

25 Care Dr., Hillsdale, MI 49242

www.lifewaysmi.org

1200 N. West Ave., Jackson, MI 49202