



# Community Resources Guide

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The complete **Community Resources Database** is available to you on the OPNS website at [www.opns.org](http://www.opns.org) under the link OPNS Clinical Resources.

Information contained in the **Community Resources Database** is updated on a semiannual basis or as new information/resources become available. Please refer to the OPNS website for the most current information.

You may also contact **Oakland Physician Network Services** at 248-682-0088, ext.111 with any questions you may have or if you would like to provide information regarding additional community resources. Thank you.

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# Resources for Diseases & Conditions

## Arthritis:

### Local Resources for Arthritis:

Contact Information	Details:
<b>Arthritis Foundation of Michigan, Great Lakes Chapter</b> 1050 Wilshire Drive Ste. 302 Troy, MI 48084 (248) 649-2891 <a href="http://www.arthritis.org">www.arthritis.org</a>	-Provides public health education -Conducts evidence-based programs to improve the quality of life for those living with arthritis

## Behavioral Health & Substance Abuse:

### National Resources for Behavioral Health & Substance Abuse:

Contact Information:	Details:
<b>Alcoholics Anonymous</b> P.O. Box 459 New York, NY 10163 (212) 870-3400 <a href="http://www.aa.org">www.aa.org</a>	-Find AA meetings in your area for recovering alcoholics -Treatment facilities -Public information
<b>Mental Health FIRST AID TRAINING</b>	- A public education program

<p>Click on: <b>Mentalhealthfirstaid.org</b> for a course in your area.</p>	<ul style="list-style-type: none"> <li>- 8-hour course that teaches how to help someone who is developing mental health problems or experiencing a mental health crisis.</li> <li>- the training helps you to identify, understand, and respond to signs of addiction and mental illness.</li> </ul>
<p><b>National Institute of Mental Health (NIMH)</b>  Science Writing, Press, and Dissemination Branch  6001 Executive Boulevard, Room 8184, MSC 9663  Bethesda, MD 20892 - 9663  (866) 615-6464  E-mail: <a href="mailto:nimhinfo@nih.gov">nimhinfo@nih.gov</a>  <a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></p>	<ul style="list-style-type: none"> <li>-Largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health</li> </ul>
<p><b>National Institute on Drug Abuse</b>  (800) 662-4357  E-mail: <a href="mailto:information@nida.nih.gov">information@nida.nih.gov</a>  <a href="http://www.nida.nih.gov">www.nida.nih.gov</a></p>	<ul style="list-style-type: none"> <li>-Information on drugs and drug abuse</li> <li>-Meetings &amp; events</li> <li>-News</li> </ul>
<p><b>Substance Abuse and Mental Health Services Administration</b>  SAMHSA's Health Information Network  1 Choke Cherry Rd.  Rockville, MD 2085  (877) 726-4727  <b>Disaster Distress Helpline:</b> (800)273-8255  <a href="http://www.samhsa.gov">www.samhsa.gov</a></p>	<ul style="list-style-type: none"> <li>-Drug &amp; alcohol treatment</li> <li>-Mental health services</li> <li>-Programs and resources</li> <li>-Family guide to keeping youth mentally healthy &amp; drug-free</li> <li>-Find local mental health treatment facilities and programs at: <a href="http://findtreatment.samhsa.gov">findtreatment.samhsa.gov</a></li> </ul>
<p><b>Suicide Prevention Hotlines</b>  1-800-273-8255  1-800-799-4889 (deaf hotline)</p>	<ul style="list-style-type: none"> <li>-24 hours</li> <li>-7 days a week</li> <li>-Toll-free</li> </ul>
<p><b>Suicide Prevention Center</b> 1-800-231-1127</p>	
<p><b>DCI McKenny Facility</b>  19750 Burt  Detroit MI 48219</p>	
<p><b>Sage Tree Psychology Group</b>  925 N. Lapeer Rd. STE 151  Oxford, MI 48371  248-800-4250</p>	

## Local Resources for Behavioral Health & Substance Abuse:

Agency	Peds	Adult	Services Provided
<b>ADF Counseling</b> 5600 W. Maple West Bloomfield, MI 48322 (586) 994-9757 <a href="http://www.adfcounseling.com">www.adfcounseling.com</a>	X	X	- providing services that span from therapy for depression and grief counseling to parenting support, couples counseling, academic guidance, sports counseling -Takes Medicare
<b>Alcoholics Anonymous of Southeast Michigan</b> (313) 831-5550 <i>(24 hour hotline)</i> (248) 332-3521 <i>(24 hour hotline)</i> Toll Free (877) 337-0611 <a href="http://www.aa-semi.org">www.aa-semi.org</a>	X	X	-Hotlines -Meetings -Calendar of events -Group registrations -Information for young people in AA -international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.
<b>Arab American and Chaldean Council (ACC)</b> 363 W. Big Beaver Rd. Ste. 300 Troy, MI 48084 (248) 559-1990 <a href="http://www.myacc.org">www.myacc.org</a>	X	X	-Provides a comprehensive, community based, outpatient program committed to prevention & treatment of psychological & social problems in the Arab American & Chaldean community
<b>Association for Children's Mental Health (ACMH)</b> Oakland County 248.514.0099 <a href="http://www.acmh-mi.org">www.acmh-mi.org</a>	X		- Statewide, non-profit family organization dedicated to meeting the needs of families of children and youth with serious emotional, behavioral or mental health challenges
<b>Blue Care Network of Michigan</b> <i>Depression Management Program</i> (800) 392-4247 – Chronic Condition Nurse Line <a href="http://www.BCBSM.com">www.BCBSM.com</a>		X	-Program for BCN members 18 years of age or older diagnosed with depression -Self-care handbook -Prescription refill reminders
<b>Ascension Brighton</b> 12851 Grand River Rd. Brighton, MI 48116 (877)976-2371 <a href="http://www.brightonrecovery.org">www.brightonrecovery.org</a>	X	X	-Provides both inpatient and outpatient treatment programs to aid in recovery based on individual need -Support services available for family members ages 7 and above
<b>Catholic Charities</b> <b>(855) 882.2736</b>	X	X	-Therapists offer outpatient treatment services to each person or family with a tailored approach based on

			their particular need to help address and resolve the issues that hinder or disrupt their lives at home, school and work.
<b>Centro Multicultural La Familia</b> 35 West Huron Ste. 500 Pontiac, MI 48342 (248) 858-7800 <a href="http://www.centromulticultural.org">www.centromulticultural.org</a>	<b>X</b>	<b>X</b>	-Provide Spanish/English: Outpatient Mental Health services Substance Abuse Services Domestic Violence Program Youth Mental Health First Aid Parenting Workshops Cultural Competence Training Bilingual Health Education Assistance with Health Insurance Applications Mental Health Workshops Citizenship Classes
<b>Common Ground</b> 1410 South Telegraph (Admin) Bloomfield Hills, MI 48302 (248) 456-8150 <i>24-Hour Crisis Line:</i> (800) 231-1127 E-mail: <a href="mailto:chat@commongroundhelps.org">chat@commongroundhelps.org</a> <a href="http://www.commongroundhelps.org">www.commongroundhelps.org</a>	<b>X</b>	<b>X</b>	- Helping people move from crisis to hope supported by 24/7 crisis services -Services accessed by phone, text, computer chat and walk in to Resource & Crisis Center in Pontiac -provides a lifeline for individuals and families in crisis, victims of crime, persons with mental illness, people trying to cope with critical situations and homeless youths.
<b>Community Network Services</b> 279 Summit Drive Waterford, MI 48328 (248) 745-4900 (800) 615-0411  <a href="http://www.cnsmi.org/private-practice/">www.cnsmi.org/private-practice/</a>	<b>X</b> (adol)	<b>X</b>	-provides integrated treatment for people with co-occurring mental illness and substance abuse diagnoses. -offers a wide spectrum of community-based support services.  -in partnership with the Oakland Integrated Healthcare Network (OIHN) -takes Medicare
<b>Counseling Associates</b> 6960 Orchard Lake Road West Bloomfield, MI 48322 (248) 626-1500  <a href="http://www.counselingassociates.com">www.counselingassociates.com</a>	<b>X</b>	<b>X</b>	-offers a broad range of mental health, therapeutic, and evaluation service -Takes Medicare



<b>Easter Seals of Michigan</b> 2399 E. Walton Blvd. Auburn Hills, MI 48326  (248)475-6400 (800) 75-SEALS www.easterseals.com	X	X	-provides comprehensive, office and community based behavioral health services for families with children from birth to 18 years of age -Services for adults to support recovery from substance abuse and/or mental health disorders
<b>Harbor Oaks Hospital</b> 35031 23 Mile Road New Baltimore, MI 48047 <b>www.harboroaks.com</b>		X	-Inpatient rehab, hospital inpatient drug program -Residential short term ( $\leq 30$ days)/ long term ( $\geq 30$ days) sober living - Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment
<b>Havenwyck Hospital</b> 1525 University Drive Auburn Hills, MI 48326 (248) 373-9200 www.havenwyckhospital.com	X	X	-provides a continuum of individualized treatment to children, adolescents and adults needing psychiatric and/or substance abuse treatment
<b>Henry Ford Behavioral Health – Maplegrove Center</b> 6773 West Maple Road West Bloomfield, MI 48322 (248) 661-6100 <a href="http://www.henryfordhealth.org">www.henryfordhealth.org</a>		X	-inpatient, outpatient and preventive care provider for substance use disorders -Adolescents and adults
<b>Heron Ridge Associates</b> 3694 Clarkston Rd. Ste. D Clarkston, MI 48348 (248) 693-8880 www.heronridgeassocs.com	X	X	-provides individual, family, conjoint, parent and group consultations -Alcohol and Other Drugs/Addictions -Mental Health -Takes Medicare
<b>Horizon Treatment Center</b> 24681 Northwestern Hwy. Ste. 306 Southfield, MI 48075 (248) 423-1728 <a href="http://www.horizontreatment.org">www.horizontreatment.org</a>	X	X	-Outpatient counseling clinic specializing in behavioral health, and substance abuse -Court services -Domestic Violence Intervention Program
<b>Kingswood Hospital</b> 10300 West Eight Mile Rd. Ferndale, MI 48220 (248) 398-3200	X	X	-A leading comprehensive psychiatric treatment center with specialized programs for children, adolescents, adults and seniors. -Offers a full spectrum of services, including acute psychiatric hospitalization, day hospitalization, and

www.henryford.com			specialized intensive outpatient treatment programs.
<b>New Oakland Family Center</b> Clarkston: (248) 620-6400 Farmington Hills: (248) 855-1540 Livonia: (734) 422-9340 <b>24 hr Crisis Intervention:</b> <b>(877) 800-1650</b>	<b>X</b>	<b>X</b>	- provides both inpatient and outpatient counseling services for individuals and families experiencing mental health and/or substance abuse issues - may provide transportation for inpatient services (FACE to FACE program) - accepts most insurances
<b>Oakland County Community Mental Health Authority</b> 2011 Executive Hills Blvd. Auburn Hills, MI 48326 (248) 858-1210 (administrative office) (800) 231-1127 (resources & crisis helpline) <a href="http://www.occmha.org">www.occmha.org</a>	<b>X</b>	<b>X</b>	-Provides information & resources on serious emotional disturbances, developmental disabilities and mental illness -Provides a listing of providers for mental illness -Newsletters & resource guides - Many of the providers listed accept Medicaid.
<b>Oakland County Probate Court</b> 1200 North Telegraph Rd. Department 457 Pontiac, MI 48341-0457 (248) 858-0260 Oakgov.com/courts/probate		<b>X</b>	-Information on guardianship
<b>Oakland County Youth Suicide Prevention</b>  <a href="http://www.oakgov.com/suicideprevention">www.oakgov.com/suicideprevention</a>	<b>X</b>	<b>X</b>	-A Task Force was established in 2011 to coordinate suicide prevention efforts in Oakland County and has created many resources to bring awareness to the topic and provide guidance on supporting a loved one in need. Key resources include: <ul style="list-style-type: none"> <li>• <a href="#">Suicide Prevention Toolkit for Parents</a></li> <li>• <a href="#">Suicide Prevention Toolkit for Schools</a></li> <li>• <a href="#">Suicide Warning Signs Flyer</a></li> <li>• <a href="#">“Make Your Home Suicide-Safe” Brochure</a></li> </ul> -Local suicide prevention trainings are offered regularly and funded by grants awarded to the Health Division, Oakland Community Health Network, Oakland Schools, and Jewish Family Service of Metro Detroit.

<p><b>Oakland Family Services Pontiac Central Administration</b> 114 Orchard Lake Road Pontiac, MI 48341 (248) 858-7766</p> <p>2045 E. West Maple Rd, Suite D407 Walled Lake, MI 48390 (248) 624-3812</p> <p>130 Hampton Circle, Suite 100 Rochester Hills, MI 48307 (248) 853-0750</p> <p>2351 W. 12 Mile Rd. Berkley, MI 48072 (877) 211-4495 <a href="http://www.oaklandfamilyservices.org">www.oaklandfamilyservices.org</a></p>	<b>X</b>	<b>X</b>	<p>-Mental health treatment services for individuals, families and groups of all ages.</p> <p>-Alcohol and drug treatment, adolescent substance abuse, women’s specialty substance treatment, family trauma, adult anger management, older adult’s specialty programs.</p> <p>-Bilingual service and hearing-impaired services are available.</p> <p>-Most insurances are accepted. A sliding fee scale is available for those who qualify.</p> <p>_Takes Medicare</p>
<p><b>Oakland Psychological Clinic</b> <b>Bloomfield Hills</b> (248) 322 – 0001 <b>Lake Orion</b> (248) 393 – 5555 <b>Livonia</b> (734) 522 – 0280 <b>Milford</b> (248) 684 – 6400 <b>Southfield</b> (248) 559 – 5558 <a href="http://www.oakpsych.com/">http://www.oakpsych.com/</a></p>		<b>X</b>	<p>-Counseling services that treat a number of mental health issues, including: Stress, Depression, Anxiety, Attention Deficit Disorder, Alcohol and Drug Abuse and Marital problems</p> <p>-Takes Medicare</p>
<p><b>Prior Authorization &amp; Central Evaluation (PACE)</b> 1200 North Telegraph Rd. Building 34 East Pontiac, MI 48341 (248) 858-5200 <a href="http://oakgov.com">oakgov.com</a></p>	<b>X</b>	<b>X</b>	<p>-The PACE program of the Oakland County Health Division’s Office of Substance Abuse Services (OSAS) provides the first step to substance abuse treatment for Medicaid, low-income and under insured individuals. PACE offers confidential services for persons abusing or dependent on alcohol and/or other drugs.</p>
<p><b>Quality Behavioral Health</b> 751 East Grand Boulevard Detroit, MI 48207 855.838.4222 <a href="http://www.qbhrecovery.org">www.qbhrecovery.org</a></p>		<b>X</b>	<p>-Inpatient rehab, hospital inpatient drug program</p> <p>-Residential short term (≤ 30 days)/ long term (≥ 30 days) sober living</p> <p>- Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment</p>
<p><b>Sacred Heart Rehabilitation Center</b> 400 Stoddard Rd.</p>			<p>-Detoxification services</p> <p>-Inpatient as well as outpatient rehab for substance use disorders</p>

<b>Richmond, MI 48062</b> 810-392-2167 <a href="http://www.sacredheartcenter.com">www.sacredheartcenter.com</a>		<b>X</b>	
<b>Saint Joseph's Mercy</b> <b>43411 Garfield Road</b> <b>Clinton Township, MI 48038</b>  <b>586-263-2760</b>		<b>X</b>	-Inpatient rehab, hospital inpatient drug program -Residential short term ( $\leq 30$ days)/ long term ( $\geq 30$ days) sober living - Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment
<b>SAMHSA</b> <b>SOAR Program</b>  <b>248-858-3172 for information or to make a referral</b>			-aims to increase access to disability benefits administered by the Social Security Administration. -sponsored by SAMHSA
<b>Solutions to Recovery</b> 24 W. Tennyson Ave. Pontiac, MI 48340  248-454-0130 <a href="http://www.soltorec.org">www.soltorec.org</a>		<b>X</b>	-Drug rehab, alcohol treatment, inpatient drug rehab -Outpatient, substance use treatment -Residential treatment and Inpatient rehab
<b>Suicide Prevention Hotline</b> <i>Common Ground Sanctuary</i> 1-800-231-1127	<b>X</b>	<b>X</b>	- Provides a lifeline for individuals and families in crisis, victims of crime, persons with mental illness or trying to deal with critical situations -24 hours/7 days a week

## Cancer:

### National Resources for Cancer:

Contact Information:	Details:
<b>American Cancer Society</b> (800) 227-2345 <a href="http://www.cancer.org">www.cancer.org</a>	-Cancer facts & figures -Treatment decision tools -Access to health care
<b>National Cancer Institute</b> (800) 4-CANCER <a href="http://www.cancer.gov">www.cancer.gov</a>	-Comprehensive cancer information -Cancer topics; cancer statistics -Clinical trials

## Local Resources for Cancer:

Contact Information:	Details:
<p><b>Breast and Cervical Cancer Control Program (BCCCP)</b>  <i>ACS Metro Detroit Service Center</i>            (800) 922-6266 or            (877) 221-6505</p>	<ul style="list-style-type: none"> <li>-Free for all who qualify</li> <li>-Must meet government guidelines for income levels</li> <li>-Must be uninsured or under insured</li> <li>-Ages 40-64 or ages 19-39 who have been identified with a cervical abnormality</li> </ul>
<p><b>Breast Cancer Support Group</b>            21st Century Oncology            6770 Dixie Highway            Clarkston, Michigan 48346</p> <p>Jo Vaara.....(248)625-3841            Ilene Hockey.....(248)942-3459            Penny Stoglin.....(248)625-0920</p>	<ul style="list-style-type: none"> <li>-Presents a variety of programs aimed at informing survivors of latest developments in the field</li> <li>-Discusses how to maintain a healthy lifestyle and enjoy life after breast cancer</li> </ul> <p><b>Meets the second Tuesday, each month at 7:00 P.M. (Excluding July and August)</b></p>
<p><b>Karmanos Cancer Institute</b>            4100 John R.            Detroit, MI 48201            (800) 527-6266  <a href="http://www.karmanos.org">www.karmanos.org</a></p>	<ul style="list-style-type: none"> <li>-Information on cancer by type</li> <li>-Support groups for men, women, children and families</li> <li>-Nutrition counseling</li> <li>-Smoking cessation classes &amp; resources</li> <li>-Classes on cancer-related topics</li> </ul>
<p><b>Leukemia &amp; Lymphoma Society</b>            (800) 955-4572  <a href="http://www.leukemia-lymphoma.org">www.leukemia-lymphoma.org</a></p>	<ul style="list-style-type: none"> <li>-Provides supplemental financial assistance to patients in significant need</li> <li>-Covers specific drugs related to the treatment/control of leukemia, Hodgkin &amp; non-Hodgkin lymphoma &amp; myeloma</li> </ul>
<p><b>American Cancer Society</b>            Metro Detroit Area Service Center            20450 Civic Center Drive            Southfield, MI 48076            (248) 663-3400 or Toll free (800) 227-2345  <a href="http://www.cancer.org">www.cancer.org</a></p>	<ul style="list-style-type: none"> <li>-Search for support groups and services in your area</li> <li>-Local program information</li> <li>-Upcoming events</li> <li>-Michigan mammogram facility guide</li> </ul>
<p><b>New Day Foundation</b>            245 Barclay Circle Suite 300            Rochester Hills, MI 48307            (248) 648-1105  <a href="http://www.foundationforfamilies.org">www.foundationforfamilies.org</a></p>	<ul style="list-style-type: none"> <li>-Must have an immediate family member in treatment for a cancer diagnosis, be represented by a health care professional, social worker or financial navigator and demonstrate financial hardship</li> <li>-Eligible expenses for assistance include necessities, such as health insurance premiums, mortgage or rent payments, car payments, car insurance, utilities, food and/or fuel costs, childcare, funeral/memorial expenses</li> </ul>

<p><b>St. Joseph Mercy Oakland</b>  <b>Kids Kicking Cancer Support Group</b>  St. Joseph Mercy Oakland Alice Gustafson  Lobby  (313) 557-0021 x19  E-mail: <a href="mailto:cindy@kidskickingcancer.net">cindy@kidskickingcancer.net</a>  <a href="http://www.stjoesmercyoakland.org">www.stjoesmercyoakland.org</a></p>	<ul style="list-style-type: none"> <li>-Meets Tuesdays; call for specific times</li> <li>-Free</li> <li>-Preregistration required</li> <li>-Open to children living in Oakland county with cancer or sickle cell disease &amp; their siblings</li> </ul>
<p><b>St. Joseph Mercy Oakland</b>  <b>Look Good...Feel Better Support Group</b>  Cancer Resource Center in the Alice Gustafson  Center  (248) 858-3962  <a href="http://www.stjoesmercyoakland.org">www.stjoesmercyoakland.org</a></p>	<ul style="list-style-type: none"> <li>-Provides information and cosmetic advice to women battling cancer</li> <li>-Free</li> <li>-Preregistration required</li> <li>-Meets 4<sup>th</sup> Monday of each month</li> </ul>
<p><b>St. Joseph Mercy Oakland</b>  <b>Breast Cancer Support Group</b>  Cancer Resource Center in the Alice Gustafson  Center  (248) 858-3962  <a href="http://www.stjoesmercyoakland.org">www.stjoesmercyoakland.org</a></p>	<ul style="list-style-type: none"> <li>-Meets 3<sup>rd</sup> Thursday of each month</li> <li>-Preregistration is required</li> <li>-Free</li> </ul>
<p><b>Young Survival Coalition</b>  (877) 972-1011  <a href="http://www.youngsurvival.org">www.youngsurvival.org</a></p>	<ul style="list-style-type: none"> <li>-Provides informational resources and support from diagnosis through long term survivorship</li> </ul>

## Cardiovascular Diseases:

### National Resources for Cardiovascular Diseases:

Contact Information:	Details:
<p><b>Adult Congenital Heart Association</b>  6757 Greene Street  Philadelphia, PA, 19119  (215) 849-1260  Toll free (888) 921-ACHA  <a href="http://www.achaheart.org/support">www.achaheart.org/support</a></p>	<ul style="list-style-type: none"> <li>-Support and community</li> <li>-Advocacy</li> <li>-Research</li> <li>-Resource center</li> <li>-News &amp; events</li> </ul>
<p><b>American Heart Association</b>  7272 Greenville Avenue  Dallas, TX 75231  (888) 242-2453  <a href="http://www.americanheart.org">www.americanheart.org</a></p>	<ul style="list-style-type: none"> <li>-Diseases &amp; conditions</li> <li>-Healthy lifestyle</li> <li>-Warning signs of heart attacks and strokes</li> <li>-Local information</li> </ul>

	-Children's health
<b>American Lung Association</b> 55 W. Wacker Dr. Ste. 1150 Chicago, ILL 60601 Lung HelpLine: (800) 586-4872 <a href="http://www.lungusa.org">www.lungusa.org</a>	-Information on asthma, lung cancer, allergy, quit smoking, etc. -Services & supports -Special reports -Fact sheets
<b>American Stroke Association</b> 7272 Greenville Avenue Dallas, TX 75231 (888) 478-7653 <a href="http://www.strokeassociation.org">www.strokeassociation.org</a>	-Recognizing a stroke -Recovery & support groups in your area -Healthy living after a stroke -Resources & links
<b>Congenital Heart Information Network</b> (609) 822-1575 <a href="http://www.tchin.org">www.tchin.org</a>	-International organization -Support groups - Resources on various heart conditions for children, adults, & professionals
<b>National Heart, Lung and Blood Institute</b> (301) 592-8573 E-mail: <a href="mailto:nhlbiinfo@nhlbi.nih.gov">nhlbiinfo@nhlbi.nih.gov</a> <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>	-Information on heart, lungs, and blood diseases -Heart healthy recipes -Assessment tools
<b>Pulmonary Hypertension Association</b> 801 Roeder Rd. Ste. 1000 Silver Spring, MD 20910 Toll Free Helpline: (800) 748-7274 <a href="http://www.phassociation.org">www.phassociation.org</a>	-Information on pulmonary hypertension -Community connection -Medical resources -Toll free helpline -Message boards -Support groups

## Local Resources for Cardiovascular Diseases:

Contact Information:	Details:
<b>American Lung Association of Michigan</b> 1475 E. 12 Mile Rd. Madison Heights, MI 48071 Direct: (248) 784-2000 Toll Free: (800) 586-4872 E-mail: <a href="mailto:midland@midlandlung.org">midland@midlandlung.org</a> <a href="http://www.alam.org">www.alam.org</a>	-Information on lung diseases -Local events -Advocacy -Research
<b>Asthma Initiative of Michigan (AIM)</b> (517) 335-9463 E-mail: <a href="mailto:info@GetAsthmaHelp.org">info@GetAsthmaHelp.org</a> <a href="http://www.getasthmahelp.org">www.getasthmahelp.org</a>	-Provides information about asthma resource -Kids & Teens -Asthma management tools -Events calendar -Insurance tips

<p><b>Better Breathers Clubs</b>  <i>American Lung Association</i>  <b>-Royal Oak</b>  4949 Coolidge Hwy.  Royal Oak, MI 48073  3rd Thursday of month, 3-4 p.m.  Beaumont Health Center  Linda Sawchuck, (248) 655-5790</p> <p><b>-Troy</b>  4300 Dequindre Rd.  Sterling Heights, MI 48314  3<sup>rd</sup> Thursday, every other month  Troy Beaumont  Eileen, (248) 964-1140</p>	<ul style="list-style-type: none"> <li>-These support groups meet regularly to learn about tips and techniques to better manage their disease</li> <li>-Get answers to questions about traveling with Oxygen or Pulmonary Rehabilitation? COPD or Asthma?</li> <li>-Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease</li> </ul>
<p><b>Blue Care Network of Michigan</b>  <i>Asthma Management Program</i>  (800) 392-4247 – Chronic Condition Nurse Line  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<ul style="list-style-type: none"> <li>-Program for BCN and Blue Choice members ages 2 and older</li> <li>-Interventions include asthma action plan, special events, &amp; educational materials</li> </ul>
<p><b>Blue Care Network of Michigan</b>  <i>Cardiovascular Program</i>  (800) 392-4247 – Chronic Condition Nurse Hotline  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<ul style="list-style-type: none"> <li>-Program that helps BCN members ages 18 and older reduce their risk of disease</li> <li>-Specific information on risk factors (tobacco smoke, high blood pressure, obesity, etc.)</li> </ul>
<p><b>Blue Care Network of Michigan</b>  <i>Congestive Heart Failure Program</i>  (800) 392-4247 – Chronic Condition Nurse Hotline  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<p>Program for managing congestive heart failure for BCN and Blue Choice members ages 18 and older</p>
<p><b>Local American Heart Association</b>  40 Oak Hollow St.  Suite 100  Southfield, MI 48033  (248) 827-4214</p>	<ul style="list-style-type: none"> <li>-Nutrition Center</li> <li>-Stress Management</li> <li>-Healthier kids program</li> <li>-CPR classes</li> <li>-Quit smoking programs</li> </ul>
<p><b>Michigan Society for Respiratory Care</b>  1000 W. St. Joseph Hwy, Suite 200  Lansing, MI 48915  (866) 989-6772  E-mail: <a href="mailto:info@michiganrc.org">info@michiganrc.org</a>  <a href="http://www.michiganrc.org/education/resources">www.michiganrc.org/education/resources</a></p>	<ul style="list-style-type: none"> <li>-not for profit organization providing education, advocacy, and resources to promote respiratory health</li> </ul>



# Chronic Kidney Disease:

## National Resources for Chronic Kidney Disease:

Contact Information:	Details:
<b>American Association of Kidney Patients</b> 2701 N. Rocky Point Dr. Ste. 150 Tampa, FL 33607 (800) 749-2257 <a href="http://www.aakp.org">www.aakp.org</a>	-Chronic Kidney Disease information -Dialysis information -Transplant information -Pediatric information -Educational programs & events
<b>National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)</b> 3 Information Way Bethesda, MD 20892 (800) 891-5390 <a href="http://www.kidney.niddk.nih.gov">www.kidney.niddk.nih.gov</a>	-Information on Kidney and Urologic diseases -Statistics -Awareness and Prevention -Resources
<b>National Kidney Foundation</b> 30 East 33rd Street New York, NY 10016 (800) 622-9010 <a href="http://www.kidney.org">www.kidney.org</a>	-Facts, symptoms, & causes of CKD -Emergency resources -Information on Kidney Early Evaluation Program (KEEP)
<b>Toll Free Kidney Helpline</b> (888) 335-4363	-Information concerning dialysis treatment, transplant recipients and their loved-ones, before, during and after emergencies

## Local Resources for Chronic Kidney Disease:

Contact Information:	Details:
<b>DaVita Dialysis Centers</b> (800) 244 - 0680 or (800) 424 - 6589 <i>Call to find the nearest center</i> <a href="http://www.davita.com">www.davita.com</a>	-Center locations include Clarkston, Commerce Twp., Novi, Rochester Hills, Southfield, Warren & Waterford -Home dialysis also available
<b>NKF of Michigan, Inc.</b> 1169 Oak Valley Dr Ann Arbor, MI 48108 (734) 222-9800 Toll Free: (800) 482-1455 E-mail: <a href="mailto:info@nkfm.org">info@nkfm.org</a> <a href="http://www.nkfm.org">www.nkfm.org</a>	-Local events & news -Information on transplantation, bed-wetting, dialysis, CKD, nutrition & diet

# Diabetes:

## National Resources for Diabetes:

Contact Information:	Details:
<b>American Diabetes Association (ADA)</b> 1701 North Beauregard Street Alexandria, VA 22311 (800) DIABETES (342-2383) <a href="http://www.diabetes.org">www.diabetes.org</a>	-Nutrition -Fitness -Community programs & local events -Diabetes Research -For parents & kids
<b>The Diabetic Gourmet Magazine</b> Dedicated to diabetic dining and healthy living <a href="http://diabeticgourmet.com">diabeticgourmet.com</a>	-Recipes for diabetics -Eating out -Healthy living tips
<b>National Diabetes Education Program</b> One Diabetes Way Bethesda, MD 20814-9692 Email: <a href="mailto:ndep@info.nih.gov">ndep@info.nih.gov</a> <a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a> To order publications: (888) 693 - 6337	-Overview of Diabetes -Diabetes control -Diabetes prevention -Children & adolescents -Resources
<b>National Diabetes Information Clearinghouse</b> A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) 1 Information Way Bethesda, MD 20892-3560 (301) 496-3583 <a href="http://diabetes.niddk.nih.gov">diabetes.niddk.nih.gov</a>	-A-Z list of diabetes topics -Diabetes treatments -Diabetes complications -Statistics -Awareness & prevention -Tools & resources

## Local Resources for Diabetes:

Contact Information:	Details:
<b>Blue Care Network of Michigan</b> <i>Diabetes Management Program</i> (800) 392-4247 – Chronic Condition Nurse Hotline <a href="http://www.BCBSM.com">www.BCBSM.com</a>	-Program for BCN and Blue Choice members of all ages diagnosed with Type 1 or Type 2 diabetes mellitus

<p><b>Gary Burnstein Clinic</b>  45580 Woodward Ave.  Pontiac, MI 48341  <i>Diabetes Prevention Program</i>  (800) 482-1455  <a href="http://www.nkfm.org/dpp">www.nkfm.org/dpp</a></p>	<ul style="list-style-type: none"> <li>-Prevention program for those diagnosed with prediabetes or may be at risk of developing type 2 diabetes</li> <li>-Cost is covered by various funders and insurers</li> <li>-Coordinates Diabetes programs</li> </ul>
<p><b>Southeast Michigan Diabetes Outreach Network</b>  2727 Second Ave. Ste. 144  Detroit, MI 48201  (313) 965-2351  E-mail: <a href="mailto:semidon@nkfm.org">semidon@nkfm.org</a>  <a href="http://www.diabetesinmichigan.org/">www.diabetesinmichigan.org/</a></p>	<ul style="list-style-type: none"> <li>-Local Support Groups</li> <li>-Community Events</li> <li>-Resource Directory for Southeast Michigan (transportation, foot care, insurance assistance, smoking cessation, nutrition, medical assistance, and more)</li> </ul>
<p><b>STAT Toolkit</b> <i>created by</i>  <b>Center for Disease Control and American Medical Association</b>   <a href="http://Preventdiabetesstat.org">Preventdiabetesstat.org</a></p>	<ul style="list-style-type: none"> <li>- Toolkit that patients and health care teams can use as a guide to <b>screen, test and act</b> by referring to in-person or online diabetes prevention programs</li> </ul>
<p><b>St. Joseph Mercy Oakland</b>  Diabetes self-management training program  (248) 858-3020  <a href="http://www.stjoesoakland.org/outreach_diabetes.htm">www.stjoesoakland.org/outreach_diabetes.htm</a></p>	<ul style="list-style-type: none"> <li>-Free support group held in the lobby of the Alice Gustafson Center September through June, on every third Wednesday from 7 p.m. to 8:30 p.m.</li> </ul>

## Developmental Disabilities & Autism:

### National Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<p><b>American Association of People with Disabilities</b>  2013 H Street NW 5<sup>th</sup> Floor  Washington, DC 20006  (800) 840-8844  <a href="http://www.aapd.com">www.aapd.com</a></p>	<ul style="list-style-type: none"> <li>-Programs</li> <li>-Advocacy</li> <li>-Disability resources</li> </ul>
<p><b>The ARC of the United States</b>  1825 K Street NW Ste. 1200  Washington, DC 20006  (800) 433-5255  <a href="http://www.thearc.org">www.thearc.org</a></p>	<ul style="list-style-type: none"> <li>-Online community</li> <li>-Resources for disabilities</li> <li>-Information on special education &amp; specific conditions</li> <li>- Medicaid information</li> </ul>
<p><b>Autism Society of America</b></p>	<ul style="list-style-type: none"> <li>-Autism 101</li> </ul>

4340 East-West Hwy Ste 350 Bethesda, Maryland 20814 (800) 328-8476 <a href="http://www.autism-society.org">www.autism-society.org</a>	- Helpful resources - Family issues - Research and programs
<b>The Center for Autism and Related Disorders (CARD)</b> 19019 Ventura Blvd, Suite 300 Tarzana, CA 91356 (855) 345-2273 <a href="http://www.centerforautism.com">www.centerforautism.com</a>	- CARD Services - Special education laws - Research and development - Treatments & interventions - Recommended reading - Information on Applied Behavior Analysis (ABA)
<b>National Autism Association</b> One Park Ave. Ste. 1 Portsmouth, RI 02871 (877) 622-2884 <a href="http://www.nationalautismassociation.org">www.nationalautismassociation.org</a>	- All about autism - Resources - Services to help families - Treatments - Autism and safety

## Local Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<b>Angel's Place</b> 29299 Franklin Rd. Southfield, MI 48034 (248) 350-2203 <a href="http://www.angelsplace.com">www.angelsplace.com</a>	- Provides people-centered services, including homes and professional support for adults with developmental disabilities in a Christian family environment of love and compassion, an atmosphere of acceptance, dignity, well-being and the potential for personal growth and acceptance.
<b>The ARC of Oakland County</b> 1641 West Big Beaver Road Troy, Michigan 48084-3501 (248) 816-1900 <a href="http://thearcoakland.org">thearcoakland.org</a>	- Latest local news - Financial information - Forms & resources - Advocacy
<b>Autism Society of Oakland County</b> P.O. Box 70207 Rochester Hills MI 48307 (248) 393-3131 or (248) 631-4612 E-mail: <a href="mailto:asocmi@gmail.com">asocmi@gmail.com</a> <a href="http://www.asaoakland.org">www.asaoakland.org</a> *Call for more information on how to join	Friendship Club Social <i>-for teens age 13 and up</i> <i>-parents/care providers are encouraged to stay</i> <i>-\$15/family or \$5/individual</i>

<p>support groups and social activities for people living with Autism</p>	
<p><b>Easter Seals of Michigan</b>  2387 E. Walton Blvd.  Auburn Hills, MI 48326    (248)475-6400</p>	<ul style="list-style-type: none"> <li>-Provides a continuum of person centered behavioral health services that are researched based to address mental health &amp; substance abuse concerns</li> <li>-Easter Seals provides a variety of services for children as well as adults</li> </ul>
<p><b>The Friendship Circle</b>  6892 West Maple Road  West Bloomfield, MI 48322  (248) 788-7878  E-mail: <a href="mailto:friend@friendshipcircle.org">friend@friendshipcircle.org</a>  <a href="http://www.friendshipcircle.org">www.friendshipcircle.org</a></p>	<ul style="list-style-type: none"> <li>-Therapy and activities for children with special needs</li> <li>-Parent resources</li> <li>-On-going programs</li> <li>-School programs</li> </ul>
<p><b>JARC</b>  30301 Northwestern Hwy., Suite 100  Farmington Hills, MI 48334  (248) 538-6611  <a href="http://www.jarc.org">www.jarc.org</a></p>	<ul style="list-style-type: none"> <li>-Residential services for adults</li> <li>-Services for children, teens, and adults living with their family</li> <li>-Services include transportation, recreation, group homes, respite care, and financial assistance</li> </ul>
<p><b>Judson Center</b>  4410 West 13 Mile Rd.  Royal Oak, MI 48073  (248)549-4339  <a href="http://www.judsoncenter.org">www.judsoncenter.org</a></p>	<ul style="list-style-type: none"> <li>-Services include Applied Behavior Analysis (ABA), Counseling, Social Skills Groups, Facilitated Playdates, Sibshops, Parent support groups, Summer programs, and family events. All services are designed to enhance the lives of children, teens and young adults with ASD and their families</li> </ul>
<p><b>Macomb-Oakland Regional Center (MORC)</b>  (586) 263-8909  Toll Free: (866) 807-6940  <a href="http://www.morcinc.org">www.morcinc.org</a></p>	<ul style="list-style-type: none"> <li>-Vocational services</li> <li>-Respite services</li> <li>-Supports coordination</li> <li>-Clinical operations</li> <li>-Enhanced family supports</li> </ul>

# Sexually Transmitted Diseases:

## National Resources for Sexually Transmitted Diseases:

Contact Information:	Details:
<b>American Social Health Association</b> P.O. Box 13827 Research Triangle Park, NC 27709 Main: (919) 361-8400 <a href="http://www.ashastd.org">www.ashastd.org</a>	<ul style="list-style-type: none"><li>-Information about STDs/STIs</li><li>-Talking to your kids</li><li>-Prevention tips</li><li>-Support group information</li></ul>
<b>Centers for Disease Control and Prevention</b> 1600 Clifton Rd. Atlanta, GA 30333 (800) 232-4636 E-mail: <a href="mailto:cdcinfo@cdc.gov">cdcinfo@cdc.gov</a> <a href="http://www.cdc.gov">www.cdc.gov</a>	<ul style="list-style-type: none"><li>-Fact sheets on various STDs</li><li>-General STD information</li><li>-Data &amp; statistics</li><li>-Treatment guidelines</li><li>-Key resources</li></ul>
<b>Sexuality Information and Education Council of the United States</b> 90 John St. Suite 402 New York, NY 10038 (212) 819-9770 <a href="http://www.siecus.org">www.siecus.org</a>	<ul style="list-style-type: none"><li>-Sexuality education</li><li>-Sexually transmitted diseases</li><li>-Sexual &amp; reproductive health</li><li>-Sexual orientation</li><li>-Adolescent sexuality</li><li>-Teen pregnancy</li></ul>

## Local Resources for Sexually Transmitted Diseases:

Contact Information:	Details:
<p><b>Oakland County Health Department</b>            1200 North Telegraph, Building 34 East            Pontiac, MI 48341            (248) 858-1280</p> <p>27725 Greenfield Road            Southfield, MI 48076            (248) 424-7000</p> <p><b>Nurse on Call (NOC):</b> (248) 858-1406 or            (800) 848-5533  <a href="http://www.oakgov.com/health">www.oakgov.com/health</a></p>	<p>HIV/AIDS Prevention &amp; Control Program  <i>-Counseling and testing</i>  <i>-Referral services</i>  <i>-Confidential</i>  <i>-Call 248-858-5416 for more information</i></p> <p>Sexually Transmitted Disease Program            provides for:  <i>-Testing and diagnosis</i>  <i>-Treatment</i>  <i>-Counseling/teaching</i></p>
<p><b>Planned Parenthood - Mid and South Michigan</b>            Livonia Health Center            37625 Ann Arbor Rd. #107            Livonia, MI 48150            (734) 591-6544</p> <p>Warren Health Center            29350 Van Dyke Ave.            Warren, MI 48093            (586) 558-0101</p> <p>Or call 800-230-7526 to find a location:  <a href="http://www.plannedparenthood.org/">www.plannedparenthood.org/</a></p>	<ul style="list-style-type: none"> <li>-Birth control services</li> <li>-HIV testing</li> <li>-STD testing &amp; treatment</li> <li>-Men's &amp; women's health services</li> <li>-Pregnancy testing, options &amp; services</li> <li>-Sexual education for patient</li> <li>-LGBT services</li> </ul>

# Resources for Special Populations

## Low Income Families:

### Local Resources for Low Income Families:

Contact Information:	Details:
<b>Access to Benefits Coalition</b> <a href="http://www.accesstobenefits.org">www.accesstobenefits.org</a> (202) 479-6670 Email – info@accesstobenefits.org	-national program (available in 37 states) dedicated to helping Medicare beneficiaries identify and apply for prescription drugs and reducing their costs
<b>Auntbertha.com</b>	-search for free or reduced cost services like medical care, food, job training, and more; search by zip code
<b>Catholic Social Services (Catholic Charities of Southeast Michigan)</b> 1424 E. Eleven Mile Rd. Royal Oak, MI 48067 (248) 548-4044  76 Williams Pontiac, MI 48341 (248) 338-4250  715 N Lapeer Rd. Lake Orion, MI 48362 (248) 693-7526  1379 N Oakland Blvd Ste. 105 Waterford, MI 48327 (248) 666-8870  <a href="http://www.cssoc.org">www.cssoc.org</a> <a href="http://www.ccsem.org">www.ccsem.org</a>	-Provides services/programs to all people regardless of race, religion, or socio-economic status -Services include <ul style="list-style-type: none"> <li>• Foster Care and Adoption</li> <li>• Counseling &amp; Substance Abuse</li> <li>• Hispanic Outreach</li> <li>• Older Adult &amp; Caregiver Support</li> </ul>



<p><b>Chronic Illness Coalition of Michigan</b></p> <p>(800) 905-8862  e-mail <a href="mailto:cicmich@cicmich.org">cicmich@cicmich.org</a>  <a href="http://www.cicmich.org">www.cicmich.org</a></p>	<p>-Membership of health organizations working together to provide information and support to those with chronic illness.  -Serving low-income families is a major focus</p>
<p><b>Gary Burnstein Clinic</b>  <b>45580 Woodward Ave.</b>  Pontiac, MI 48341</p> <p>(248) 309-3752</p>	<p>- Provides free medical and dental care to the low-income uninsured, and homeless of Oakland county</p>

<p><b>Gleaners Food Bank</b>  120 E Columbia Ave.  Pontiac, MI 48340</p> <p>7170 Cooley Lake Rd.  Waterford, MI 48327</p> <p>(866) 453-2637  <a href="http://www.gcfb.org">www.gcfb.org</a></p>	<p>-Provides food relief to people in need  -Call for referral to food distribution center</p>
<p><b>Grace Centers of Hope</b></p> <p>(855) 435-7424  <a href="http://www.gracecentersofhope.org">www.gracecentersofhope.org</a></p>	<p>-Outreach providing basic necessities of food, shelter, and clothing  -Programs are intended to provide clients with opportunities for life changing recovery</p>
<p><b>Lighthouse of Oakland County (LOC)</b>  46156 Woodward Ave.  Pontiac, MI 48342  <a href="http://www.lighthouseoakland.org">www.lighthouseoakland.org</a></p> <p><b>Clarkston - (248)620-6116</b>  <b>LOC (248) 920-6000</b>  <b>LES (248) 920-6100 ext. 2200</b>  <b>LCD (248) 920-6200</b>  <b>LPATH (248) 335-1950</b></p>	<p>-LOC provides services to low-income families of Oakland County by 3 subsidiaries  -<b>Lighthouse Emergency Services (LES)</b> provides emergency food, housing, medical and utility assistance for people with immediate need  -<b>Lighthouse Community Development (LCD)</b> offers affordable housing and educates homeowners  -<b>Lighthouse PATH (LPATH)</b> provides long term housing and support to help women achieve self-</p>

	sufficiency
<b>Michigan Department of Health and Human Services</b> <a href="http://www.mibridges.michigan.gov">www.mibridges.michigan.gov</a> <a href="http://www.stepforwardmichigan.org">www.stepforwardmichigan.org</a> <a href="http://www.michigan.gov/mdhhs/">www.michigan.gov/mdhhs/</a>	-Food assistance program ( <b>MI Bridges</b> ) -Program to assist unemployed and underemployed residents to assist homeowners who are at high risk for default or foreclosure ( <b>Step Forward Michigan</b> ) -Low Income Home Energy Assistance (income eligibility guidelines)
<b>National Patient Advocate Foundation</b> (800) 532 – 5274 <a href="http://www.patientadvocate.org">www.patientadvocate.org</a>	-National non-profit organization that provides case management assistance to patients diagnosed with chronic, life-threatening/debilitating conditions -Website offers links to helpful resources
<b>NeedyMeds.Com</b>  Email: <a href="mailto:info@needymeds.com">info@needymeds.com</a>	-NeedyMeds is <i>not</i> a patient assistance program, but rather a source of information on thousands of programs that may be able to offer prescription assistance to people in need
<b>Neighbor for Neighbor</b> Located in the Hart Community Center at Mill Pond Park 495 Broadway, Downtown Davisburg (248) 634-0900 <a href="http://www.neighborforneighbor.net">www.neighborforneighbor.net</a> <a href="mailto:nfninc@netzero.net">nfninc@netzero.net</a>	-Non-profit organization -Provides food and clothing to families in Northwestern Oakland County to lower income families -Also offer limited financial assistance
<b>New Hope Christian Fellowship – Food Pantry</b> 6020 Pontiac Lake Rd. Waterford, MI 48327 (248) 886-1500	-Open from 11:00 am – 2:00 pm on Tuesdays -Must present photo id
<b>Oakland Livingston Human Service Agency (OLHSA)</b> OLHSA Oakland County Central Office 196 Cesar E Chavez Ave. P.O. Box 430598 Pontiac, MI 48343-0598 (248) 209-2600 or (248) 542-5860  OLHSA Livingston County (517) 546-8500	-Provides low-income, elderly and disabled persons living in Oakland and Livingston counties resources such as food assistance, older adult services and housing assistance -Several programs offered to make sure children have access to nutritional, medical and educational services they need

<a href="http://www.olhsa.org">www.olhsa.org</a>	
<b>Salvation Army</b>  (248) 334-2407 www.salvationarmyusa.org	-Offers food and nutrition programs to people seeking assistance -Other programs such as youth camps and elderly services available by location

## Pediatrics:

### National Resources for Pediatrics:

Contact Information:	Details:
<b>American Academy of Pediatrics</b> 141 Northwest Point Boulevard Elk Grove Village, IL 60007 (847)434-4000 <a href="http://www.aap.org">www.aap.org</a>	-Parenting tips -Resources -Provides Information on a variety of pediatric health topics such as Autism, ADHD, DD, Allergies, Depression, and Asthma
<b>Nemours Foundation KidsHealth</b> If you're looking for information you can trust about kids and teens that's free of "doctor speak," you've come to the right place. KidsHealth is the most-visited site on the Web for information about health, behavior, and development from before birth through the teen years. <a href="http://kidshealth.org">kidshealth.org</a>	Information on: <ul style="list-style-type: none"> <li>- General health</li> <li>- Infections</li> <li>-Emotions &amp; behaviors</li> <li>-Growth &amp; development</li> <li>-Nutrition &amp; fitness</li> <li>-Medical problems</li> <li>-Positive parenting</li> <li>-Doctor and hospital visits</li> </ul>
<b>Text4baby</b> Free mobile information service designed to promote maternal and child health. Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB).  text4baby.org	Provides <b>free</b> text messages: <ul style="list-style-type: none"> <li>-throughout your pregnancy relevant to your pregnancy timeline</li> <li>-through your baby's first year</li> <li>-can be received in Spanish</li> </ul> - Must register to receive messages

## Local Resources for Pediatrics:

Contact Information:	Details:
<p><b>American Academy of Pediatrics - Michigan Chapter</b>            106 W. Allegan Ste. 510            Lansing, MI 48933            (517) 484-3013            E-mail: <a href="mailto:info@miaap.org">info@miaap.org</a>  <a href="http://www.miaap.org">www.miaap.org</a></p>	<p>-Creates programs and services to meet the needs of its members</p>
<p><b>Boys and Girls Clubs of SE Michigan</b>            26777 Halsted Rd. Ste. 100            Farmington Hills, MI 48331            (248) 473-1400  <a href="http://www.bgscsm.org">www.bgscsm.org</a></p>	<p>-Provides youth development programs, sporting activities, events and a safe haven for children ages 6 to 18 to help them grow into responsible, self reliant individuals</p>
<p><b>DMC – Children’s Hospital of Michigan</b>            3901 Beaubien            Detroit, Michigan 48201            1-888-362-2500  <a href="http://www.childrensdmc.org">www.childrensdmc.org</a></p>	<p>-Wide range of services including autism, cancer, neurology, child protection, communication disorders            -Health tools            -Family resource library</p>
<p><b>First Beat</b>            Maternal Infant Health Program (MIHP)            (248) 595-8841            Fax: (248) 327-7960            E-mail: <a href="mailto:MIHP@firstbeatmi.com">MIHP@firstbeatmi.com</a>  <a href="http://www.gov/mihp">www.gov/mihp</a></p>	<p>-Pregnant women and infants-Medicaid eligible or w/Medicaid insurance            -Referrals to local community services            -Childbirth education            -Assist w/ housing, insurance, WIC and baby items            -Breastfeeding Counseling            -Car seat program</p>
<p><b>Kids in Motion Pediatric Therapy</b>            2636 S. Milford Rd.            Highland, MI 48357            248-684-9610             3285 Martin Parkway Ste. 104            Commerce Twp., MI 48390             7822 Andersonville Rd.            Clarkston, MI 48346  <a href="http://www.kimpediatrics.com">www.kimpediatrics.com</a></p>	<p>-Specializes in physical, occupational and speech and language therapy for children and families from birth to young adult            -Music, massage and aquatic therapy also available.            -Services are available both on an outpatient and home health care basis</p>

<p><b>#Safe Delivery</b>  <a href="http://www.michigan.gov/SafeDelivery">www.michigan.gov/SafeDelivery</a>  <b>Hotline: (866)733-7733</b></p>	<p>-Allows for the safe, legal and anonymous surrender of your newborn baby no more than 72 hours old to an employee who is inside and on duty at a hospital, fire department, police station or by calling 911</p>
<p><b>Michigan Department of Health and Human Services</b>  <a href="http://www.hpclearinghouse.org/">http://www.hpclearinghouse.org/</a></p>	<p>-order FREE immunization education materials available at the MDHHS Clearinghouse</p>
<p><b>Oakland County Michigan Health Division – Immunizations</b></p> <p>(248)858-1305 Pontiac  (248)424-7046 Southfield  <a href="http://www.oakgov.com/health">www.oakgov.com/health</a></p>	<p>-Immunizations for babies and preschoolers  -Immunizations for school age children  -Immunizations for teens/adults</p>
<p><b>Skillman Center for Children</b>  87 E. Ferry  Detroit, Michigan 48202  (313) 664-2533  E-mail: <a href="mailto:skillmancenter@wayne.edu">skillmancenter@wayne.edu</a>  <a href="http://www.skillmancenter.culma.wayne.edu">www.skillmancenter.culma.wayne.edu</a></p>	<p>- The mission of the Skillman Center for Children is to enhance the economic and social well being of urban children and their families  -Upcoming events  -Resource center</p>
<p><b>St. John’s Providence Children’s Hospital</b>  313-343-7047</p>	<p>- <b>Free</b> 12-week Pediatric Weight Management Program has an initial evaluation, 12 one-hour group treatment sessions, and follow-up assessments for children between the ages of 7 and 18 years old.</p>
<p><b>WIC (Women, Infants and Children)</b>  Oakland County Health Division</p> <ul style="list-style-type: none"> <li>• North Oakland Health Center  1200 N Telegraph Building 34E, Pontiac</li> <li>• South Oakland Health Center  27725 Greenfield Rd., Southfield</li> <li>• Walled Lake  1010 E. West Maple Rd., Walled Lake</li> </ul> <p>Toll free in state (800) 942-1636  <a href="http://www.fns.usda.gov/wic">www.fns.usda.gov/wic</a></p>	<p>-WIC provides supplemental foods, healthcare referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk.</p>

## Senior Citizens:

### National Resources for Senior Citizens:

Contact Information:	Details:
<p><b>Alzheimer's Association</b>            225 N. Michigan Ave., Fl. 17            Chicago, IL 60601            24-Hour Helpline: (800) 272.3900   <a href="http://www.alz.org/">www.alz.org/</a></p>	<ul style="list-style-type: none"> <li>-Information on Alzheimer's disease</li> <li>-News &amp; events</li> <li>-Local support groups</li> <li>-Respite care</li> <li>-Special events</li> <li>-Education programs</li> </ul>
<p><b>American Association for Retired Persons (AARP)</b>            601 E Street NW            Washington, DC 20049             Toll Free:(888) 687-2277            Toll Free Spanish: (877) 627-3350  <a href="http://www.aarp.org">www.aarp.org</a></p>	<ul style="list-style-type: none"> <li>-Non-profit, nonpartisan membership organization that provides information to people 50 and over on health issues, money concerns, insurance, long-term care, leisure living, travel, family, housing options, living after loss and making a difference</li> </ul>
<p><b>Home Instead Senior Care</b>            National: (800) 640-3914            Michigan office: (866) 922-1400  <a href="http://www.homeinstead.com">www.homeinstead.com</a></p>	<ul style="list-style-type: none"> <li>-Alzheimer's care</li> <li>-Elder care resources</li> <li>-Senior home care services</li> <li>-Finding home care</li> </ul>

### Local Resources for Senior Citizens:

Contact Information:	Details:
<p><b>Alliance Senior Care</b>            42505 Woodward Ave. Ste. 101            Bloomfield Hills, MI 48304            (248) 274-2170  <a href="http://www.alliancesrcare.com">www.alliancesrcare.com</a></p>	<ul style="list-style-type: none"> <li>-Private pay; 2 hr minimum per day</li> <li>-Provides medication assistance</li> <li>-Provides transfer to bed/wheelchair</li> <li>-Provides assistance with preparing meals</li> <li>-Offers companionship/conversation</li> </ul>
<p><b>Alzheimer's Association</b>            25200 Telegraph Ste. 100            Southfield, MI 48033            24-Hour Helpline: (800) 272.3900            E-mail: <a href="mailto:helplinegmc@alz.org">helplinegmc@alz.org</a>  <a href="http://www.alz.org">www.alz.org</a></p>	<ul style="list-style-type: none"> <li>-Information on Alzheimer's disease</li> <li>-News &amp; events</li> <li>-Local support groups</li> <li>-Respite care</li> <li>-Special events</li> <li>-Education programs</li> </ul>

<p><b>Area Agency on Aging 1-B – Oakland County</b>  29100 Northwestern Hwy., Suite 400  Southfield, MI 48034  (800) 852-7795  (248) 357-2255  <a href="http://www.aaa1b.org">www.aaa1b.org</a></p>	<p>-Provides information on community services, Medicare and Medicaid, out-of-home care, senior driving, senior center locations and financial fraud and prevention guide</p>
<p><b>Caregiver Support Groups for Oakland County</b>  <i>Alzheimer’s Association Greater Michigan Chapter</i>  <a href="http://www.caregiver.com">www.caregiver.com</a></p>	<p>-Lists support groups in Oakland County  -Provides days/times of meetings, eligibility, etc.  -Provides specific contact information for each group</p>
<p><b>Home Instead Senior Care</b>   Michigan office locator: (866) 922-1400   www.homeinstead.com</p>	<p>-Services may include assistance with trips to the doctor, reminders to take the right medication at the right time, meal preparation, light housekeeping, errands, shopping and even Alzheimer’s and dementia care.  -If necessary, referrals to our close partners in the health care industry for out of home care</p>
<p><b>Michigan Department of Health and Human Services</b>  <a href="http://www.elderlawofmi.org/about-micafe">www.elderlawofmi.org/about-micafe</a></p>	<p>-Program to assist persons 60 and over to apply for the Bridge Card (MiCAFE)</p>
<p><b>Next Steps 4 Seniors</b>  455 S. Livernois, Suite B-22,  Rochester Hills, MI 48307  (248) 651-5010 Fax (248) 659-1602  <a href="http://www.nextsteps4seniors.com">www.nextsteps4seniors.com</a></p>	<p>- provide information and guidance to simplify and streamline the process of finding the right place for you or your loved one to reside with dignity and all necessary assistance.  - shares our many helpful resources with you, including a checklist of the most important considerations to make the entire process less stressful and more successful  -service is free of charge</p>
<p><b>Oakland County Health Division</b>  <i>Senior Citizen Resource Directory</i>  1200 N. Telegraph 34 E  Pontiac, MI 48341  (248) 858-0213  Nurse on Call: (800) 848 - 5533  <a href="http://www.oakgov.com/health/seniors/">www.oakgov.com/health/seniors/</a></p>	<p>-Resource directory provides contact information for various senior services including transportation, health services, housing information and meals</p>

<p><b>Senior Counseling Services, LLC</b> 37899 West 12 Mile Rd. Ste. 130 Farmington Hills, MI 48331</p> <p><b>(248) 476-2229</b></p>	<p>-provides coping strategies and therapy to deal with grief and loss, trauma, dementia, mental illness and health issues</p> <p>-come directly to your house or apartment as well as in senior residences and communities, assisted living, and adult foster care homes</p> <p>-services covered by Medicare, automotive and many other primary and supplemental insurances. We also accept private pay.</p>
<p><b>Senior Helpers</b> 28200 Orchard Lake Rd. Ste. 111 Farmington Hills, MI 48334 (248)865-1000</p> <p><a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a></p>	<p>Provide a better quality of life for seniors allowing them to maintain their independence and dignity at home. Services include:</p> <ul style="list-style-type: none"> <li>• Companion Care</li> <li>• Medication Reminders</li> <li>• Personal Care</li> <li>• Live In Care</li> <li>• Peace Of Mind Visit</li> <li>• Transition Assistance</li> </ul>

## Local Resources for Teens:

<p><b>Kids Health</b> <a href="http://www.kidshealth.org">www.kidshealth.org</a></p>	<p>-provides information for teens and parents on many teen topics</p>
<p><b>Planned Parenthood</b> (800) 230-7526 <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></p>	<p>-provides sexuality information for teens, parents and educators</p>
<p><b>#Safe Delivery</b> <a href="http://www.michigan.gov/SafeDelivery">www.michigan.gov/SafeDelivery</a></p>	<p>-Anonymously surrender a newborn within 72 hours of birth to an emergency service provider – hospital, fire department, police station or by calling 911</p>



## Local Resources for Veterans:

<p>Michigan Department of Health and Human Services  <a href="http://www.michigan.gov/dmva">www.michigan.gov/dmva</a></p>	<p>-Directory of information to assist veterans</p>
<p><b>Veteran's Services</b>            1200 N. Telegraph Rd.            Pontiac, MI 48341</p> <p>Benefits: (800) 827-1000            Health Care: (877) 222-8387</p> <p><a href="http://www.va.gov">www.va.gov</a>  <a href="https://www.benefits.va.gov/pension/aid_attendance_housebound">https://www.benefits.va.gov/pension/aid_attendance_housebound</a></p>	<p>-Provides information on programs and services offered to eligible veteran's</p> <p>-Veterans and survivors who are eligible for a VA pension and require the <b>aid and attendance</b> of another person, or are <b>housebound</b>, may be eligible for additional monetary payment</p>

# Resources for Support Services

## Care Transition Services:

### Local Resources for Discounted Medical Care:

<p>Contact Information:</p>	<p>Details:</p>
<p><b>T.O.N.E.</b>  <b>Home Health Services Inc.</b>            30701 Woodward Ave. Ste. 452            Royal Oak, MI 48073            (248) 545-8306            Email: <a href="mailto:info@tonehhs.com">info@tonehhs.com</a>  <a href="http://www.tonehhs.com">www.tonehhs.com</a></p>	<p>-Provides comprehensive patient and family centered care in the patient's place of residence            -Focus is on each patient's individual health care needs to assist the patient in maximizing his/her well-being</p>

<p><b>CorsoCare</b></p> <p>950 Corporate Office Drive, Suite 150 Milford, MI 48381 <b>Phone: 248-438-8535</b> <b>Website: <a href="http://www.corsocare.com">www.corsocare.com</a></b></p>	<ul style="list-style-type: none"> <li>-Provides Care Navigator Services and Certified Home Health Care utilizing a patient centered medical model</li> <li>- Assist patients and their families navigate the health care system as the patient traverses through the health care continuum.</li> <li>- Facilitates smooth discharge plan and transition, and promotes better quality of life and client satisfaction</li> <li>- CorsoCare provides Care Navigator Services and utilizes Compassionate Home Health.</li> </ul>
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## Crisis Management:

### National Resources for Human Trafficking:

Contact Information:	Details:
<p><b>National Human Trafficking Hotline</b></p> <p><b>1-888-373-7888</b></p>	<ul style="list-style-type: none"> <li>-Available 24/7</li> <li>-Confidential</li> </ul>

### Local Resources for Human Trafficking:

<p><b>Oakland County</b></p> <p>1200 N. Telegraph Bldg. 34 East Pontiac, MI 48341 (248) 858-1280</p> <p>Human Trafficking website: <a href="http://www.oakgov.com/humantrafficking">www.oakgov.com/humantrafficking</a></p>	<p>-Oakland County Human Trafficking Task Force is developing a plan that addresses the issue of human trafficking countywide that will guide and implement activities to educate, create public awareness, conduct outreach to the community, and work with victims of human trafficking.</p>
<p><b>Oakland County Medical Society</b></p> <p><a href="http://www.ocms-mi.org/domestic-violence--crisis-centers.html">www.ocms-mi.org/domestic-violence--crisis-centers.html</a></p>	<ul style="list-style-type: none"> <li>-The Society works in tandem with the Michigan State Medical Society whose purpose is to advocate for, inform and empower physicians so they can focus on providing the best quality patient care now and in the future.</li> <li>-Provides a Human Trafficking Physician Education Video</li> </ul>

## Discounted Medical Care:

### Local Resources for Discounted Medical Care:

Contact Information:	Details:
<b>Auntbertha.com</b>	-search for free or reduced cost services like medical care, food, job training, and more, search by zip code
<b>Good Rx</b> <b>Goodrx.com</b>	-collects and compares prices for every FDA-approved prescription drug at more than 70,000 US pharmacies -find free coupons to use at the pharmacies
<b>McLaren Oakland Foundation (formerly POH) Sister &amp; Sister Program – Free Mammogram</b>  Pontiac: McLaren Breast Centers (248) 338-5608 (248) 922-6810  Oxford: (248) 969-7353  Clarkston Radiology: (248) 922-9353	To qualify for a free mammogram, must be:  -A resident of Oakland County -Uninsured or under-served -40 years of age or older -Under 40 years of age with a family history of breast cancer and physician referral -US Citizen -Have a social security number -Meet income government guidelines
<b>Medicare</b> (800) 633-4227 TTY: (877) 486-2048 <a href="http://www.medicare.gov">www.medicare.gov</a>	-Eligibility requirements -Enrollment
<b>Medtipster</b>  <a href="http://www.medtipster.com">www.medtipster.com</a>	-find generic equivalents and therapeutic equivalents -type in drug name, dosage and zip code and instantly find equivalents to prescriptions including \$4 generic drugs and therapeutic alternatives both in your zip code and anywhere in the country
<b>Michigan Psychiatric Society</b> 271 Woodland Pass	-Information and referral line to area psychiatrists

<p>Ste. 125  East Lansing, MI  (517) 333-0838  <a href="mailto:mps@mpsonline.org">mps@mpsonline.org</a></p>	<p>-Can identify psychiatrists who use sliding fee schedule and who take Medicaid and Medicare</p>
<p><b>Michigan Psychological Association</b>  (800) 270-9070  <a href="http://www.michiganpsychologicalassociation.org">www.michiganpsychologicalassociation.org</a></p>	<p>-Information and referral to psychologists in your area  -Can identify professionals who use sliding scale</p>
<p><b>Michigan Rx</b>   <a href="http://www.michiganrxcard.com">www.michiganrxcard.com</a></p>	<p>-a FREE statewide prescription discount card that offers savings as high as 75% on both generic and brand medications  -no restrictions on eligibility  -print discount card from website or call 931.721.6292</p>
<p><b>Needy Meds</b>  Needymeds.org</p>	<p>-Information on programs offering prescription assistance</p>
<p><b>Oakland Community College Dental Hygiene Clinic</b>  Highland Lake Campus  (248) 942-3260</p>	<p>-Serves everyone  - Exam cash fee of \$30 (could involve multiple visits)  - X-ray cash fee of \$10  - Cleanings, x-rays, exams, fluoride, sealants</p>
<p><b>Oakland County Dental Program</b>  Oakland County Service Center  Building 34E  1200 N. Telegraph  Pontiac, MI 48341  (248) 858-1306</p>	<p>-Serves Oakland County residents who do not have dental insurance or Medicaid  -Costs: Reg fee is \$15 per family. Dental visit is \$15 per appt.  -Routine Services include exams, x-rays, patient ed., cleaning and fluoride, sealant, fillings, extractions, partial and full dentures</p>
<p><b>Oakland Primary Health Services</b>  46 N. Saginaw  Pontiac, MI 48342  (248) 322-6747  Oaklandprimaryhealth.org</p>	<p>-Family practice clinic  -Sliding fee discount program based on household income and family size  -Bring proof of income (last three pay stubs) and picture ID</p>
<p><b>Partnership for Prescription Assistance</b>  (888) 477-2669  <a href="http://www.pparx.org">www.pparx.org</a></p>	<p>-Created to make it easier for low-income, uninsured patients to get free or nearly free prescription medicines through existing patient assistance programs. A patient or patient advocate completes the online application with basic information about prescription medicines, income, and current</p>

	<p>prescription medicine coverage and matches the patient with eligible assistance programs</p> <ul style="list-style-type: none"> <li>-Also will assist in finding low cost health care services for those in need</li> </ul>
<p><b>Tri-County bcccp</b>  <b>Breast &amp; Cervical Cancer Control Program (BCCP)</b></p> <p><b>CALL (888) 242-2702 to determine eligibility</b>  VISIT <a href="http://www.bcccp.org">www.bcccp.org</a> for more information</p>	<ul style="list-style-type: none"> <li>-offers FREE mammograms, breast screenings, PAP smears and follow-up testing to eligible uninsured women or insured women facing high out-of-pocket costs due to their insurance deductible</li> <li>-serving women in Wayne, Oakland and Macomb counties</li> </ul>
<p><b>Tri-County Dental Health Council</b>  (248) 559-7767  Dentalhealthcouncil.org</p>	<ul style="list-style-type: none"> <li>-Organization refers to low cost dentists and clinics</li> <li>-Serves Wayne, Oakland and Macomb counties</li> </ul>
<p><b>University of Detroit School of Dentistry</b>  (313) 494-6700</p> <p>University Health Services  Detroit Receiving Hospital,  4201 St. Antoine  Detroit, MI 48201  first floor 2G  University of Detroit  2700 Martin Luther King Dr.  Detroit, MI 48208</p>	<ul style="list-style-type: none"> <li>-Services are 25-50% lower in cost than those provided in private practice</li> <li>-Set fee for every service</li> <li>-No sliding scale based on ability to pay</li> <li>-Full service clinic</li> </ul>
<p><b>University of Michigan School of Dentistry</b>  <b>Ann Arbor</b>  1011 N. University  Ann Arbor, MI 48109  (734) 763-6933</p> <p><b>State Lions Club of Michigan</b>  <b>5730 Executive Dr.</b>  <b>Lansing, MI 48911</b>  <b>517-887-6640</b>  <b>Fax: 571-887-6642</b>  <a href="http://www.lmsf.net">www.lmsf.net</a></p>	<ul style="list-style-type: none"> <li>- Services are 30 – 50% lower in cost than those provided in private practice</li> <li>-Set fee for every service</li> <li>-No sliding scale based on ability to pay</li> <li>-Full service clinic</li> <li>- dedicated to sight conservation.</li> <li>-pays for exams and glasses for the needy</li> <li>-personal interview is required</li> </ul>

## Domestic Violence:

### Local Resources for Domestic Violence:

Contact Information:	Details:
<b>Haven (Help Against Violent Encounters Now)</b> 30400 Telegraph Rd. Ste. 101 Bingham Farms, MI 48025 <b>(248) 334-1284</b> <b>Toll free: (877) 922-1274</b> <a href="http://www.haven-oakland.org">www.haven-oakland.org</a>	-Provides counseling, shelter, advocacy and support for victims of domestic violence and sexual assault -Crisis line operates 24 hours a day, 7 days a week, 365 days a year
<b>Childhelp National Child Abuse Hotline</b> (800) 4-A-CHILD (800-422-4453) <a href="http://www.childhelp.org">www.childhelp.org</a>	-Provides child sexual abuse, physical abuse information and support
<b>Michigan Coalition Against Domestic &amp; Sexual Violence</b> (517) 347-7000 <a href="http://www.mcadsv.org">www.mcadsv.org</a>	-Provides counseling/support in domestic violence/sexual abuse situations
<b>National Domestic Violence Hotline</b> (800) 799-7233 or online at <a href="http://www.thehotline.org">www.thehotline.org</a>	-Provides counseling/support in domestic violence situations -Call toll-free 24 hours a day anywhere in the U.S. Trained counselors provide confidential crisis intervention, support, information and referrals to local programs to victims of domestic violence, their families and friends. The hotline links people to help in their area including shelters, legal and social assistance programs.
<b>National Resource Center on Domestic Violence</b> (800) 537.2238 <a href="http://www.nrcdv.org">www.nrcdv.org</a>	-Provides fee comprehensive and individualized technical assistance, training, and resource materials -Technical assistance includes intervention & prevention

## Home Care:

### Local Resources for Home Care:

Contact Information:	Details:
<b>Affordable Home Care</b> 30640 W. 12 Mile Rd. Farmington Hills, MI 48334	-Specializes in non-medical live in care and customized hourly care

(800) 968-8195	
<b>CareLinx</b> <i>Affiliated with Trinity Health at Home</i> (855)444-9329  Carelinx.com/care4u	-CareLinx is a nationwide professional caregiver marketplace, empowering families to easily find, hire, manage and pay licensed caregivers online. -CareLinx has more than 200,000 caregivers across the country.
<b>Jeffrey Danto, DPM</b> 4396 Dixie Hwy. Waterford, MI (248) 674-4141 15873 Middlebelt Rd. Ste. 400 Livonia, MI 48154 (734) 261-4444	-Provides in-home podiatry (foot care) services for Wayne and Oakland counties (out of the Waterford office only)
<b>Great Lakes Caring Home Health and Hospice</b> 30400 Telegraph Rd. Ste. 334 Bingham Farms, MI 48025 800.379.1600 Greatlakescaring.com	-home health -hospice -home medical equipment
<b>North Oakland Home Care</b> 7736 Ortonville Rd. Ste. B Clarkston, MI 48348 (248) 625-5865	Offers nursing care, physical therapy, occupational therapy, speech pathology, medical, social and home health aide services.
<b>Residential Home Health &amp; Hospice</b> 5440 Corporate Dr. Ste. 400 Troy, MI 48098 (866) 902-4000 www.residentialhomehealth.com	Focus is post-acute in-home care -Provides in-home skilled nursing and therapy, individualized to meet patients' needs, as coordinated by their physician
<b>Samaritas At Home</b> 43207 Woodward Avenue Bloomfield Hills, MI 48302 <b>(248) 283-0835</b> www.samaritas.org	-leading provider of non-medical in home care services that offers a positive balanced approach to aging centered on the specific needs of older adults -Care Team comprised of employees and client care managers, available 24/7 to address client and family needs or concerns -innovative care programs designed to help seniors live healthier more independent lives
<b>T.O.N.E.</b> <b>Home Health Services Inc.</b> 30701 Woodward Ave. Ste. 452 Royal Oak, MI 48073 (248) 545-8306 Email: info@tonehhs.com	-Provides comprehensive patient and family centered care in the patient's place of residence -Focus is on each patient's individual health care needs to assist the patient in maximizing his/her well-being

www.tonehhs.com	
<b>Trinity Home Health Services</b> <b>Mercy Home Care, Oakland</b> 1111 W. Long Lake Rd. Ste. 102 Troy, MI 48098 (248) 858-7735 <a href="http://www.trinityhomehealth.org/mercy-home-care-and-hospice-oakland">www.trinityhomehealth.org/mercy-home-care-and-hospice-oakland</a>	-Skilled Nursing, home health aide, therapy and social work visits -Needs assessment and care plan development -Patient education related to current medical conditions and chronic illness -Treatments, such as wound care and follow up -Specialty programs developed by clinical staff
<b>Visiting Nurse Association of Southeast Michigan</b> 30800 Telegraph Rd. Ste. 1728Bingham Farms, MI 48025 (800) 852-1232 E-mail: <a href="mailto:vna@vna.org">vna@vna.org</a> <a href="http://www.vna.org">www.vna.org</a>	-Home healthcare -Hospice -Immunizations -Maternal/child health -Senior health tips
<b>Visiting Physicians</b> <i>Southfield Office (Detroit and Northwest Suburbs)</i> 21540 W. 11 Mile Rd., Suite 200 Southfield, MI 48076 (248) 352-2000 Toll free - (877) 468-7322 E-mail: <a href="mailto:southfield@visitingphysicians.com">southfield@visitingphysicians.com</a> <a href="http://www.visitingphysicians.com">www.visitingphysicians.com</a>	-Provides high-quality, personalized and confidential medical care at home -Provides mobile physicians, nurses and medical assistants -Offers full service laboratory testing -Physical therapy and rehabilitation services -Transitional Care Program from hospital to home -Community placement consultations

## Hospice Needs & Grief Counseling:

Contact Information:	Details:
<b>Hospice</b> 401 Bowling Avenue, Suite 51 Nashville, TN 37205 E-mail: <a href="mailto:info@hospicenet.org">info@hospicenet.org</a> <a href="http://www.hospicenet.org">www.hospicenet.org</a>	-Information and services for people who are reaching the end of their life, caregivers, and children who are trying to understand death -Find your local hospice provider -Bereavement information

## Local Resources for Hospice and Grief Counseling:

Contact Information:	Details:
<b>Angela Hospice</b> 14100 Newburgh Rd.	-Specialized care for the terminally ill - Care provided in the home



Livonia, MI 48154 (734) 464-7810 Toll free: (866) 464-7810	
<b>Hospice of Michigan</b> 400 Mack Avenue Detroit, MI 48201 (888) 247-5701 www.hom.org	-Patient & family services in the home and other settings such as hospitals and nursing homes -Grief counseling services and support groups -Spiritual care services
<b>Michigan Hospice &amp; Palliative Care Association</b> 5123 W. St Joseph Hwy, Suite 204 Lansing, MI 48917 (517) 803-2500 www.mihospice.org	-Locate the nearest hospice -Grief and family care -Advice on how to choose a hospice -Palliative care -Guides, tool kits, & resources
<b>New Hope Center for Grief Support</b> 315 Griswold St. Northville, MI 48167 (248) 348-0115 E-mail: <a href="mailto:griefhelp@newhopecenter.net">griefhelp@newhopecenter.net</a> www.newhopecenter.net	-Provides grief support services for adults and children grieving after the death of a loved one -Support groups for kids & teens, widows, and loss of a child -Helpful resources for coping with loss -Various workshops available

## Insurance Assistance:

### Local Resources for Insurance Assistance:

Contact Information:	Details:
<b>AARP Insurance</b> (888) 687-2277 <a href="http://www.aarp.org/health/insurance">www.aarp.org/health/insurance</a>	-Information on insurance for retired people
<b>Medicare Choices Helpline</b> (800) 633-4227 <a href="http://www.medicare.gov">www.medicare.gov</a>	-Answer questions specific to Medicare
<b>Michigan Insurance Bureau</b> (517) 373-0220 E-mail: <a href="mailto:ofir-ins-info@michigan.gov">ofir-ins-info@michigan.gov</a>	-Answer general questions, comments, and inquiries about insurance companies and agents
<b>Michigan's Insurance Information Hotline</b> <b>Insurance Institute of Michigan</b> 334 Townsend St. Lansing, MI 48933 (517) 371-2880 Email: <a href="mailto:iim@iiminfo.org">iim@iiminfo.org</a> <a href="http://www.iiminfo.org">www.iiminfo.org</a>	-Ready source of information on all types of insurance -Personnel respond to complaints and provide for prompt, objective resolution of disputes between policyholders and insurance companies -Website Resources
<b>Oakland County Department of Human Services</b>	-Medicaid -Bridge Card

Walled Lake District – (248) 262-6400 Pontiac District – (248) 975-4800 <a href="http://www.Michigan.gov/dhs">www.Michigan.gov/dhs</a>	-Medical assistance <ul style="list-style-type: none"> <li>• Children</li> <li>• Pregnant women</li> <li>• Families</li> <li>• Adults</li> </ul>
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## Prescription Resources:

Contact Information:	Details:
Rx Outreach  <a href="https://rxoutreach.org/">https://rxoutreach.org/</a>	-Serve income limits below 400% FPL and have about 1,000 medications that often have high copays including blood pressure meds, ADHD meds and cancer drugs. -Signing up can be done by the patient online or over the phone and takes about 5 minutes, then they ask for escripts to be sent to them by the provider. -

## Skilled Nursing Facilities:

### *Local Resources for Skilled Nursing Facilities:*

Contact Information:	Details:
<b>Canterbury On The Lake</b>  5601 Hatchery Rd Waterford Twp, MI 48329 <b>248-605-2178</b>	-Canterbury on the Lake is a continuing care senior living community that offers three levels of care under one roof.
<b>Regency</b>  A CIENA Healthcare Community 1901 N. Telegraph Road Waterford, MI 48328 <b>248-732-0906</b> <b>Email:</b> <b><a href="mailto:Waterford_Admissions@cienafacilities.com">Waterford_Admissions@cienafacilities.com</a></b>	-Brand new, state-of-the-art skilled nursing community that represents the future of short-term rehabilitation and long-term care facilities. -AHCA Bronze award recipient, offers an innovative, one-story, easy to navigate floor plan, 40 private rooms and 40 semi private rooms, six bariatric rooms, a homelike atmosphere

<p><b>Sanctuary</b></p> <p>10770 Elizabeth Lake Road White Lake, MI 48386 <b>248-618-4100</b> <b>www.SanctuaryWhiteLake.org</b></p>	<p>-Offers short-stay <a href="#">Rehabilitation Services</a> to help our short-term guests stabilize, rehabilitate and return to their normal activities</p> <p>-Works closely with a multidisciplinary team of therapists, state-of-the-art rehabilitation care.</p> <p>A leading advocate of holistic, individual-first health care.</p>
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## Smoking Cessation:

### Local Smoking Cessation Programs:

Contact Information:	Details:
<p><b>American Lung Association</b></p> <p>Freedom From Smoking (for adult smokers) Not on Tobacco (for teen smokers) <a href="http://www.lung.org/stop-smoking/">www.lung.org/stop-smoking/</a></p> <p>(800) 586-4872</p>	<p>-<b>Freedom from Smoking</b> teaches adult smokers skills and techniques to quit; program is available as group clinic, on-line program and self-help book.</p> <p>- <b>Not on Tobacco</b> is the program for teen smokers; telephone counseling is also available</p> <p>-<b>Tips for Parents</b></p>
<p><b>Blue Care Network</b></p> <p><i>Quit the Nic</i></p> <p>(800) 811-1764 (24 hour enrollment)</p>	<p>-Blue’s free smoking cessation program</p> <p>-Telephone counseling</p> <p>-Work one-on-one with a registered nurse</p> <p>-Provides educational materials</p>
<p><b>Michigan Tobacco Quitline</b></p> <p>(800) 784-8669 <a href="http://Michigan.quitlogix.org">Michigan.quitlogix.org</a></p>	<p>-Provides free telephone or on-line coaching for uninsured, pregnant women, residents enrolled in Medicare and Medicaid, veterans, cancer patients and American Indians and free nicotine replacement therapy to those who qualify</p> <p>-Informational materials and text messaging is also available</p>
<p><b>Smokefree.gov</b></p> <p>(877) 448-7848 – Call from anywhere (800) 784-8669 – Help within state <a href="http://www.smokefree.gov">www.smokefree.gov</a></p>	<p>-Online guide to quit smoking</p> <p>-Talk to a counselor who can help (English &amp; Spanish)</p> <p>-Access print resources</p> <p>-Find studies</p>

# Transportation:

## Local Resources for Transportation:

Contact Information:	Details:
<b>Ambu - Trans, Inc.</b> 24782 Hathaway St. Farmington Hills, MI 48335  (248) 471-7400	
<b>Give-A-Lift</b> 17800 Northland Park Southfield, MI 48075 (248) 569-5010 Email: info@givealifttransportation.com	-24 hours' notice -Wheelchair lift vans
<b>Independence Township</b>  www.twp.independence.mi.us/residents/senior/transportation	-seniors 55+ or persons with disability living in Clarkston, Independence or Springfield Township -Medical appointments to Doctor's hospital, McLaren and St. Joe's in Pontiac and are subject to availability -\$5 one way/\$10 round trip
<b>Jewish Family Services</b>  (248) 592-2266 (248) 592-2313	-Advanced reservations required -Wheelchair transportation available
<b>LogistiCare (LGTC)</b>  (866) 569-1902 (routine transport) (866) 569-1908 (reoccurring standing order transport)	-Manages ambulatory and wheelchair/medivan non-emergency medical transportation for people in Wayne, Oakland and Macomb on Medicaid or dually enrolled Medicaid/Children's Special Health Care Services and have no other way to get a ride
<b>Milford / Highland Transport Route Schedule</b> (248) 887-4979	-24 hours' notice -Provides service to residents 55 and older and adults with disabilities
<b>Myride2</b> <a href="http://www.myride2.com">www.myride2.com</a> 1.855.697.4332	-Helps seniors and adults with disabilities in Oakland and western Wayne counties in Michigan find transportation

<p><b>Roundtrip</b>  <a href="https://www.roundtriphealth.com/#healthcare">https://www.roundtriphealth.com/#healthcare</a></p>	<p>Through our digital transportation marketplace, we connect patients with non-emergency medical transportation (NEMT) such as rideshare, medical sedans, wheelchair vans, and stretcher vehicles exactly when and where they need it.</p>
<p><b>Neighborhood House (Rochester Area)</b>  1234 Inglewood  P.O. Box 80112  Rochester, MI 48308  (248) 651-5836</p>	<ul style="list-style-type: none"> <li>-48 hours' notice</li> <li>-Greater Rochester area</li> <li>-Wheelchair accessible vehicle available</li> <li>-No charge (\$2 donation encouraged)</li> <li>-Monday-Friday: 8:30am-3:30am</li> </ul>
<p><b>North Oakland Transportation Authority</b>  (248) 693-7100   www.notaride.org</p>	<ul style="list-style-type: none"> <li>-Orion, Oxford, Addison Twp., Villages of Lake Orion, Leonard areas</li> <li>-72 hours' notice</li> <li>-Wheelchair accessible vehicle available</li> </ul>
<p><b>Novi Senior Transportation</b>  45175 Ten Mile Rd.  Novi, MI 48375  (248) 735-5617</p>	<ul style="list-style-type: none"> <li>-48 hours' notice</li> <li>-Residents of Novi age 55 or older or physically challenged non-seniors</li> </ul>
<p><b>Papuga Transportation</b>  (248) 978-2717  www.papugatransportation.com</p>	<ul style="list-style-type: none"> <li>-Available 7 days a week</li> <li>-Accepts most insurances</li> <li>-Wheelchair accessible and can accommodate oxygen</li> </ul>
<p><b>Rehab Transit</b>  38777 Six Mile Rd.  Livonia, MI 48152  (800) 306-6406</p>	<ul style="list-style-type: none"> <li>-minimum 48 hours' notice</li> <li>-Livonia area</li> </ul>
<p><b>SMART</b>  Buhl Building  535 Griswold Street Suite 600  Detroit, MI 48226  (866) 962-5515  E-mail: <a href="mailto:postmaster@smartbus.org">postmaster@smartbus.org</a>  <a href="http://www.smartbus.org">www.smartbus.org</a></p>	<ul style="list-style-type: none"> <li>-Wayne, Oakland, Macomb Counties</li> <li>-Fixed routes, connector, and community transit</li> <li>-Provide curb-to-curb transportation</li> </ul>

<p><b>Transport-Care Services, LLC</b>  3179 York Rd.  Rochester Hills, MI 48309</p> <p>(888)811-4655  www.transport-care.com</p>	<ul style="list-style-type: none"> <li>-Door to door wheel chair transportation to medical appointments, treatment sessions, rehabilitative therapies</li> <li>- OAKLAND and MACOMB counties</li> <li>-24 hours, 7 days/week service including holidays</li> </ul>
<p><b>Travelers Aid Society</b>  (313) 962-6740</p>	<ul style="list-style-type: none"> <li>-Transportation for doctor appointments &amp; job interviews</li> </ul>
<p><b>Troy Medi-Go Plus</b>  (248) 457-1100</p>	<ul style="list-style-type: none"> <li>-2 days – 2 weeks notice</li> <li>-Troy residents and surrounding area age 60 and older</li> </ul>
<p><b>Troy People Concerned</b>  2045 Austin Dr.  Troy, MI 48083  (248) 528-9199</p>	<ul style="list-style-type: none"> <li>-Agency will refer you to available service(s)</li> </ul>
<p><b>Veteran’s Services</b>  (248) 858-0785</p>	<ul style="list-style-type: none"> <li>-Services for veterans only</li> </ul>
<p><b>Waterford Senior Center</b>  (248) 682-9450</p>	<ul style="list-style-type: none"> <li>--For Waterford residents</li> <li>-Will provide transportation within Waterford and Clarkston; on Thursday will provide transportation to the Pontiac area</li> <li>-\$3 each way; \$4 each way for the Pontiac area</li> </ul>
<p><b>West Bloomfield</b>  <a href="http://www.westbloomfieldparks.org">www.westbloomfieldparks.org</a>  (248) 706-2411</p>	<ul style="list-style-type: none"> <li>-senior citizens 55+; disabled persons 16+</li> <li>-medical transports from 8:15a to 4:15p within W. Bloomfield</li> <li>-May be scheduled up to 4 weeks in advance</li> </ul>
<p><b>West Bloomfield Township Senior Center</b>  <a href="http://www.bloomfieldtownship.org/services/seniorservices/transportationservices">www.bloomfieldtownship.org/services/seniorservices/transportationservices</a>  (248)723-3500</p>	<ul style="list-style-type: none"> <li>-requires a 3-day notice</li> <li>-transportation is limited to within 8 miles of Bloomfield Township</li> </ul>
<p><b>West Oakland Transportation Authority</b>  Address: 205 W. Livingston Rd., Highland, MI 48357</p> <p>Phone: 248-887-4979</p> <p><a href="http://www.ridewota.org">www.ridewota.org</a></p>	<ul style="list-style-type: none"> <li>- door-to-door transportation service for resident seniors age 55+ and disabled adults age 18+ of Highland Township, Walled Lake, Waterford and White Lake with 12 lift-equipped vehicles. It's operated in partnership with SMART through the Community Transit program.</li> <li>-They need a two working day notice. The fee is \$2.50 one way/\$5.00 round trip.</li> </ul>

<b>White Lake Township</b> <b>(248) 698-3994</b>	- \$2 each way - Monday – Friday between 8:30a and 4:00p
<b>Logisicare Solutions, LLC</b> <a href="http://www.modivcare.com">www.modivcare.com*</a>	- non-emergency medical transportation

## Traveler's Health:

### National Resources for Traveler's Health:

Contact Information:	Details:
<b>Passport Health</b> First class medical care for travel anywhere Locations in Ann Arbor, Farmington Hills, Troy, and St. Clair Shores (888) 499-7277 <a href="http://www.passporthealthusa.com">www.passporthealthusa.com</a>	- Travel insurance information - Vaccines & consultation - Information on Yellow fever and Malaria - Passport & visa expeditor - Health alerts
<b>U.S. Centers for Disease Control – Travel</b> <a href="http://www.cdc.gov/travel">www.cdc.gov/travel</a> Hotline: (800) 232-4636	- Information on which vaccines and medications you need for the country you will be visiting

### Local Resources for Traveler's Health:

Contact Information:	Details:
<b>Botsford General Hospital Travel Clinic</b> 28080 Grand River Avenue Farmington Hills, MI 48336 (248) 471-8920 <a href="http://www.botsford.org/travel">www.botsford.org/travel</a>	- Help you stay safe and healthy by reviewing your itinerary and vaccination history - Assess this information, along with the current travel recommendations from the Centers for Disease Control and the World Health Organization, and then offer vaccinations appropriate to your health and travel itinerary
<b>Crittenton Hospital Travel Medicine</b> 1101 University Dr. Rochester, MI 48307 (248) 652-5976 <a href="http://www.crittenton.com">www.crittenton.com</a>	- Registered nurses make sure you get required and recommended vaccinations - Inform travelers about what is safe to eat and drink - Bug repellents to guard against diseases - Information about crime, customs

	requirements, available medical facilities, and addresses and telephone numbers for the U.S. embassy and consulate are provided
<b>Henry Ford Travel Medicine</b> Novi: (248) 344-0723 <a href="http://www.henryford.com">www.henryford.com</a>	-Immunizations for patients of all ages -Nurse will assist you in ensuring you have the proper medications with the proper dosages -Health counseling for travelers -Provide updated information about your destination
<b>InterHealth Health Care for International Travelers</b> Beaumont Hospital 3601 W. Thirteen Mile Road Royal Oak, MI 48073 (248) 551-0495 <a href="http://www.beaumont hospitals.com/interhealth">www.beaumont hospitals.com/interhealth</a>	-Pre-Travel Evaluation and Counseling -On-Trip Prevention and Management -Post-Travel Evaluation and Treatment -Immunizations and Validations of Official Certificate of Vaccination -Disease Prevention Guidelines -Health Insurance Information
<b>Macomb County Health Department</b> One South Main 8 <sup>th</sup> Floor Mt. Clemens, MI 48043 (586) 783-8190 <a href="http://www.macombcountymi.gov">www.macombcountymi.gov</a>	-Walk-in basis or appointments -Vaccinations -Information on children’s immunizations -TB testing
<b>Newland Medical Travelcare</b> (248) 663-2004 Farmington Hills: (248) 419-3474 <a href="http://www.newlandmedical.com">www.newlandmedical.com</a>	-Assess your individual needs, prescribe and administer immunizations and medications and discuss precautionary measures for dietary and recreational activities -Latest information on health risks and requirements for each destination
<b>Oakland County Health Division</b> Locations in Pontiac and Southfield Nurse on Call: (248) 858-1406 Toll free: (800) 848-5533 <a href="http://www.oakgov.com/health">www.oakgov.com/health</a>	-Immunizations against diphtheria, tetanus, pertussis, measles, mumps, rubella, haemophilus influenza B, hepatitis A & B, HPV4, meningococcal, polio, rotavirus, varicella, shingles, rabies, seasonal influenza, and pneumonia



# Weight Management:

## Local Weight Management Programs:

Contact Information:	Details:
<b>Blue Care Network and Michigan Institute for Health Enhancement</b> <i>Weigh to Go</i> (248) 475-4880	<ul style="list-style-type: none"> <li>-Free weight-loss and fitness program for members 18 and older</li> <li>-Initial assessment and registration through the Michigan Institute for Health Enhancement</li> <li>-Provides educational materials, journals, on-going support, and incentives</li> </ul>
<b>St. Joseph Mercy Oakland</b> <i>Michigan Bariatric Institute</i> (877) 949-9344	Program offers a multidisciplinary team approach to weight loss surgery including: <ul style="list-style-type: none"> <li>-surgeons, registered dietitians, registered nurses, psychologists, exercise physiologists</li> </ul>
<b>St. Joseph Mercy Oakland</b> <i>Metabolic Nutrition and Weight Management</i> (248) 858-2475	<ul style="list-style-type: none"> <li>-Program is science-based approach to optimal health and wellness</li> <li>-provides a combination of individual clinical and group education and motivational meetings</li> <li>-please call to register for a seminar</li> </ul>
<b>St. Joseph Mercy Oakland</b> <i>Senior Fit: A Fitness Program for Senior Adults</i> (248) 858-2545	<ul style="list-style-type: none"> <li>-Certified exercise professional to conduct sessions</li> <li>-SJMO Faith Community Nurse (RN) to monitor blood pressure and offer health goals and health instruction</li> <li>-Open to adults age 55 and up</li> <li>-Eight-week sessions</li> <li>-Physician approval required</li> <li>-First meeting includes registration and a fitness assessment</li> <li>-Free admission</li> </ul>
<b>Medical Weight Loss Clinic</b> 1-800-438-7546 <a href="http://www.mwlc.com">www.mwlc.com</a>	<ul style="list-style-type: none"> <li>-Multiple locations in the area</li> <li>-Programs for adults, new moms, &amp; teens</li> </ul>
<b>St. John's Providence Children's Hospital</b> 313-343-7047	<ul style="list-style-type: none"> <li>-Free 12-week Pediatric Weight Management Program has an initial evaluation, 12 one-hour group treatment sessions, and follow-up assessments for children between the ages of 7 and 18 years old.</li> </ul>

# Resources for General Health

## General Health Resources:

Contact Information:	Details:
<p><b>Center for Disease Control and Prevention (CDC)</b>            1600 Clifton Road            Atlanta, GA 30329            (800) 232-4636 – 24 hours/Every day</p> <p>E-mail: <a href="mailto:cdcinfo@cdc.gov">cdcinfo@cdc.gov</a>  <a href="http://www.cdc.gov">www.cdc.gov</a></p>	<p>Health topics include:</p> <ul style="list-style-type: none"> <li>-Diseases &amp; conditions</li> <li>-Emergency preparedness &amp; response</li> <li>-Environmental health</li> <li>-Life stages &amp; populations</li> <li>-Healthy living/preventative health</li> <li>-Injury, violence &amp; safety</li> <li>-Travelers' health</li> <li>-Workplace safety &amp; health</li> </ul>
<p><b>Mayo Clinic</b>            13400 E. Shea Blvd.            Scottsdale, AZ 85259            (480) 301-8000  <a href="http://www.mayoclinic.org">www.mayoclinic.org</a></p>	<p>Health topics include:</p> <ul style="list-style-type: none"> <li>-Diseases and conditions</li> <li>-Symptoms</li> <li>-Drugs and supplements</li> <li>-Tests and procedures</li> <li>-Healthy lifestyle</li> <li>-First aid</li> </ul>
<p><b>MI Genetics Connection – Support Group Directory</b>  <a href="http://www.migrc.org">www.migrc.org</a></p>	<p>Contains information about support groups and organizations for people with genetic conditions</p>
<p><b>Michigan Department of Community Health</b>            Capitol View Building            201 Townsend Street            Lansing, MI 48913            (517) 373-3740  <a href="http://www.michigan.gov/mdch">www.michigan.gov/mdch</a></p>	<ul style="list-style-type: none"> <li>-Resources for pregnant women, children &amp; families</li> <li>-Programs for mental health &amp; substance abuse</li> <li>-Physical health &amp; prevention resources</li> <li>-Information on health care coverage</li> <li>-Birth, death, marriage, and divorce records</li> <li>-Community health news</li> </ul>

<p><b>Medline Plus</b>  <a href="http://www.nlm.nih.gov/medlineplus/">www.nlm.nih.gov/medlineplus/</a></p>	<ul style="list-style-type: none"> <li>-750 health topics on conditions, diseases &amp; wellness</li> <li>-Information on drugs &amp; supplements</li> <li>-Medical Encyclopedia – includes pictures &amp; diagrams</li> <li>-Information in over 40 languages</li> <li>-A service for finding local resources</li> </ul>
<p><b>MSU Extension Health and Nutrition</b>  (888) 678-3464</p> <p>Call for information about the programs available in your community</p>	<p>The following programs are available:</p> <ul style="list-style-type: none"> <li>-Choosing health Food</li> <li>-Stretching food dollars</li> <li>-Preparing and storing food safely</li> <li>-Ways to be more physically active</li> <li>-Breastfeeding information and support</li> </ul>
<p><b>United Way 2-1-1 Hotline</b>  Dial 2-1-1  Alternate number: (313) 226-9200  <a href="http://www.211.UnitedWaySEM.org">www.211.UnitedWaySEM.org</a></p>	<ul style="list-style-type: none"> <li>-Resources on rent/utility assistance, food, legal assistance, support groups, health insurance, etc.</li> <li>-Assists caller in over 170 languages</li> <li>-Available 24 hours a day, 7 days a week</li> <li>-Free &amp; confidential</li> </ul>

# Resources for Visually Impaired

**Local Resources for Visually Impaired:**

<p>Contact Information:</p>	<p>Details:</p>
<p><b>Oakland Talking Book Service – Rochester Hills Public Library</b>  (800) 774-4542 or (248) 650-7150  <a href="http://www.otbs.rhpl.org">www.otbs.rhpl.org</a></p>	<p>-Loans talking books and magazines, large print books, Braille and talking book players to eligible Oakland County residents of all ages</p>

# Resources for Other Languages

(Arabic, Deaf, Spanish & Multiple)

## Resources that use American Sign Language (ASL) for the Deaf Community:

Contact Information:	Details:
<b>DeafMD.org</b> <a href="http://www.deafhealth.org">www.deafhealth.org</a>	-Information on diseases & illnesses -Understanding tests -Find deaf-friendly doctors in your area -Instant access to medical ASL interpreters
<b>Deaf Community Advocacy Network</b> 2111 Orchard Lake Road Suite 101 Sylvan Lake, MI 48320 (248)332-3323 TTY (248)332-3331 Voice <a href="http://www.deafcan.org">www.deafcan.org</a> Email: deafcan@deafcan.org	-Source for providing certified interpreters
<b>Dietitian – Sandria Graham</b> P.O. Box 68 Clawson, MI 48017 (800) 655-0898 E-mail: <a href="mailto:Deafnutritionist@yahoo.com">Deafnutritionist@yahoo.com</a>	Her primary focus is on dietary lifestyles to help prevent disease and uses an approach to holistic health in terms of balancing mind, body, and spirit. Her areas of expertise include overweight-obesity, diabetes, hypertension, cholesterol-heart disease, gastrointestinal, osteoporosis, menopause, food allergy, and general nutrition.
<b>Family Practice – Dr. Philip Zazove</b> 7300 Dexter-Ann Arbor Road, Suite 110 Dexter, MI 48130 (734) 426-2796	
<b>Cyra.com</b>	-CyraCom is the leading provider of language interpreter services including services for the

<p><b>Interpret.cyracom.com</b></p>	<p>deaf community</p> <p>-The Company supports hundreds of languages and operates 24/7.</p>
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### Resources that Speak Arabic:

Contact Information:	Details:
<p><b>Wayne State University – Urban Health Partners</b>            (313) 577-1089  <a href="http://www.lib.wayne.edu/shiffman">www.lib.wayne.edu/shiffman</a></p>	<p>-Provides Arabic language health materials on a number of topics</p>

### Resources that Speak Spanish:

Contact Information:	Details:
<p><b>Clinica Santa Teresa – Mercy Place</b>            55 Clinton Street            Pontiac, MI 48342            (248) 333-0840</p>	<ul style="list-style-type: none"> <li>-Bilingual services (Spanish and English)</li> <li>-Pregnancy testing</li> <li>-Prenatal and postpartum services</li> <li>-Normal and high-risk pregnancies</li> <li>-W.I.C. application site</li> <li>-Healthy Start/Healthy Families Oakland prenatal classes</li> <li>-Assistance with Medicaid application for MOM’s program</li> <li>-Support and interpretation services for women during and after pregnancy</li> <li>-Connection to other resources in the community</li> </ul>
<p><b>Easter Seals Michigan</b>            1685 Baldwin            Pontiac, MI 48340</p> <p>2399 E. Walton Blvd.            Auburn Hills, MI 48326</p> <p>(248) 475-6400            Toll-free: 1-800-757-3257  <a href="http://mi.easterseals.com">mi.easterseals.com</a></p>	<p>Provide the many services in Spanish</p> <p>- Call (248) 475-6400 for determination and referral</p>

<p><b>Centro Multicultural La Familia</b>  35 West Huron Ste. 500  Pontiac, MI 48342  (248) 858-7800  www.centromulticultural.org</p>	<p>-Provide Spanish/English:</p> <ul style="list-style-type: none"> <li>• Outpatient Mental Health services</li> <li>• Substance Abuse Services</li> <li>• Domestic Violence Program</li> <li>• Youth Mental Health First Aid</li> <li>• Parenting Workshops</li> <li>• Cultural Competence Training</li> <li>• Bilingual Health Education</li> <li>• Assistance with Health Insurance Applications</li> <li>• Mental Health Workshops</li> <li>• Citizenship Classes</li> </ul>

**Resources for Multiple Languages:**

<p><b>CyraCom</b></p> <p><b>Interpret.cyacom.com</b></p> <p>For Translation &amp; Localization requests, please contact them at:  Email: <a href="mailto:Translations@cyacom.com">Translations@cyacom.com</a>  Phone: <a href="tel:(321)320-3564">(321) 320-3564</a></p> <p>For Phone &amp; Video Interpretation requests, please contact them at:  Email: <a href="mailto:getstarted@cyacom.com">getstarted@cyacom.com</a>  Phone: <a href="tel:1-844-727-6739">1-844-727-6739</a></p>	<p>-CyraCom is the leading provider of language interpreter services including services for the deaf community</p> <p>-The Company supports hundreds of languages and operates 24/7.</p>
<p><b>Language Services Associates</b></p> <p><a href="http://www.lsaweb.com">www.lsaweb.com</a>  (800) 305-9673</p>	<p>Multi language translation services available per contract</p>

# Resources on Self-Management Programs

## National Chronic Disease Self-Management Programs:

Contact Information:	Details:
<b>Stanford Patient Education Research Center</b> 1000 Welch Rd. Ste. 204 Palo Alto, CA 94304 (650) 723-7935 E-mail: <a href="mailto:self-management@stanford.edu">self-management@stanford.edu</a> <a href="http://patienteducation.stanford.edu">patienteducation.stanford.edu</a>	-Internet self-management programs -Evaluation tool -Training information

## Local Chronic Disease Self-Management Programs:

Contact Information:	Details:
<b>Michigan Partners on the Path</b> <i>Leader Training</i> (734) 727-2060 Contact: Amanda Pier E-mail: <a href="mailto:apier@tsalink.org">apier@tsalink.org</a> <a href="http://www.mihealthyprograms.org">www.mihealthyprograms.org</a>	-Find a class/workshop in your area -Program descriptions -Upcoming events -Resources

# Resources for Office Transformation

## Local Resources for Practice Transformation/Improvement:

Contact Information:	Details:
<p><b>Michigan Primary Care Consortium</b> 620 South Capitol Ave. Ste. 310 Lansing, MI 48933 (517) 484-0290</p> <p><a href="http://www.mipcc.org">www.mipcc.org</a></p>	<p>-Established in 2006, MPCC is a collaborative partnership to improve the primary care delivery system with regard to disease prevention, health promotion, and chronic disease services within primary care</p>
<p><b>NotifyMD – Call Center</b> <u>Pricing - NotifyMD</u></p> <ul style="list-style-type: none"> <li>▪ Per agent minute (includes Spanish) - \$1.00</li> <li>▪ Per account/clinic, monthly management fee - \$30.00</li> <li>▪ Per successful patched call - \$0.25</li> <li>▪ Per minute, 3<sup>rd</sup> party language line - \$1.69</li> <li>▪ Per holiday fee, (6 total) – \$15.00 ea.</li> </ul>	<p><b><u>Call Center Service - NotifyMD</u></b></p> <ul style="list-style-type: none"> <li>▪ MAP provides customized contact center services – <ul style="list-style-type: none"> <li>– 24/7 call management</li> <li>– After-hours service</li> <li>– Appointment scheduling</li> <li>– Patient outreach/care coordination</li> </ul> </li> <li>▪ Every call handled by a live agent</li> <li>▪ Best in class call center service levels</li> <li>▪ The industry’s most advanced contact center technologies</li> <li>▪ ECHO, proprietary, cutting-edge technology platform offering industry leading call center and answering service capability</li> <li>▪ Customize call handling to meet each department, practice and provider preferences</li> <li>▪ CogniSent, proprietary HIPAA compliant, secure texting app – available on the app store, Android and Apple</li> <li>▪ Client facing online portal – client access to all account/billing information, data/reporting needs and a comprehensive message management system</li> </ul>



# Food Resources

Contact Information:	Details:
<p>Lighthouse Food Pantry</p> <p>46156 Woodward Ave Pontiac, MI 48342</p> <p>When you arrive, call 248-920-6000 Option 2 and they will bring out food</p>	<p>- Monday, Wednesday, Friday anytime from 9am-3pm</p>
<p>*Fill-A-Bag Feed A Family Food Pantry</p> <p>Trinity Missionary Baptist Church: 113-123 Wessen St Pontiac, MI 48341</p>	<p>every Thursday at 4pm</p>
<p>*Oakland HOPE: You're able to receive once a week if needed.</p>	<p>Open Tuesday- Saturday 11am-3pm and Fridays at 10am.</p>
<p>New Springfield Missionary Baptist Church</p> <p>124 Prospect St Pontiac, MI 48341</p>	<p>Every second Saturday 9am-12pm</p>
<p>Glenwood Food Distribution</p> <p>67 S Glenwood Ave Pontiac, MI 48342</p>	<p>Second Wednesday every month at 12pm</p>
<p>CLOSET OF HOPE AT HOPE UNITED METHODIST CHURCH 26275 Northwestern Hwy Southfield 48076 Phone: 248-356-4408</p>	<p>Hours: 1st Saturday of the Month 10a – 1p By Appointment Only</p>

EASTSIDE CHURCH OF CHRIST 149 Martin Luther King Blvd. North Pontiac 48342 Hours: Phone: 248-335-9333	3 rd Saturday of the Month 9 – 12
HOPEWELL MISSIONARY BAPTIST CHURCH 97 Mariva St Pontiac 48342 Phone: 248-338-1928	Hours: 12pm – 4pm By Appointment Only
GUARDIAN ANGEL’S Clawson Residents Phone: 248-588-1222	Only Hours: M-TH 8:30a – 8:30p; F 8:30a – 4:30p; Sat 2p –6p Picture ID Required
GOD’S HELPING HANDS 1866 Star Batt Rochester Hills 48309 Phone: 248-852-7400	Hours: T & W 10-1 & 4-7, TH 4-7 Needed Items: Valid Driver’s License or MI State ID / Birth Certificate or Social Security Card for Everyone in Household During the Month of August: Call to make sure pantry is operating
LIGHTHOUSE EMERGENCY SERVICES {PONTIAC} 46156 Woodward Ave Pontiac Phone: 248-920-6100	48342 Hours: M-W-F 9 -12 & 1–4; T & TH 10-1 & 2-6 ID Required for Everyone in Household
NEWMAN AME 233 Bagley St Pontiac 48341 Phone: 248-332-2800	Hours: By Appointment Only: Thursday 1 – 4
OPEN HANDS ~ ST. JOHN’S EPISCOPAL CHURCH 26998 Woodward Ave Royal Oak 48067 248-546-1255	Hours: M 12:30 – 3; Sat. 9:30 – 12 Needed Items: Identification Required Phone:
PROVIDENCE MISSIONARY BAPTIST CHURCH 311 Bagley Pontiac 48341 Phone: 248-334-3262	Hours: 3 rd Monday 11 am – 1 pm Picture ID Required
RENAISSANCE VINEYARD CHURCH 1841 Pinecrest Ferndale, MI 48220 Phone: 248-840-2408	By Appointment Only 1ST & 3RD Monday
SALVATION ARMY FARMINGTON HILLS 27500 Shiawassee Farmington 48336 248-477-1153	Hours: By Appointment Only Phone:
SALVATION ARMY – ROYAL OAK 3015 N. Main Royal Oak 48073 Phone: 248-585-5600	Hours: M-F 8:30a – 4p By Appointment Only
ST. ALEXANDER 27835 Shiawassee Rd. Farmington 48335 Phone: 248-474-8231	Hours: T- F 9:30 am – 11 am Boundaries: Farmington/Farmington Hills/Southfield West of Telegraph
ST. MICHAELS FRIARY 25225 Code Rd Southfield 48034 248-356-6350	Hours: M - W 9 – 11:30 Need Current Picture ID Phone:
TRINITY MBC FOOD PANTRY 113-123 Wesson St. Pontiac, MI 48341 Phone: 248-334-5053	Hours: 2nd week of month T & W 1-3 4th week of month T & W 1-3
TROY PEOPLE CONCERNED Phone: 248-528-9199	Troy Residents Only Hours: M - F 9 – 12pm By Appointment Only