



Community Resources Guide

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The complete **Community Resources Database** is available to you on the OPNS website at 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:
Arthritis Foundation of Michigan, Great Lakes Chapter 1050 Wilshire Drive Ste. 302 Troy, MI 48084 (248) 649-2891 www.arthritis.org	<ul style="list-style-type: none">-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:
<p>Alcoholics Anonymous P.O. Box 459 New York, NY 10163 (212) 870-3400 www.aa.org</p>	<ul style="list-style-type: none"> -Find AA meetings in your area for recovering alcoholics -Treatment facilities -Public information
<p>National Institute of Mental Health (NIMH) Science Writing, Press, and Dissemination Branch 6001 Executive Boulevard, Room 8184, MSC 9663 Bethesda, MD 20892 - 9663 (866) 615-6464 E-mail: nimhinfo@nih.gov www.nimh.nih.gov</p>	<ul style="list-style-type: none"> -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
<p>National Institute on Drug Abuse (800) 662-4357 E-mail: information@nida.nih.gov www.nida.nih.gov</p>	<ul style="list-style-type: none"> -Information on drugs and drug abuse -Meetings & events -News
<p>Substance Abuse and Mental Health Services Administration SAMHSA's Health Information Network 1 Choke Cherry Rd. Rockville, MD 2085 (877) 726-4727 www.samhsa.gov</p>	<ul style="list-style-type: none"> -Drug & alcohol treatment -Mental health services -Programs and resources -Family guide to keeping youth mentally healthy & drug-free -Find local mental health treatment facilities and programs at: findtreatment.samhsa.gov
<p>Suicide Prevention Hotlines 1-800-273-8255 1-800-799-4889 (deaf hotline)</p>	<ul style="list-style-type: none"> -24 hours -7 days a week -Toll-free
<p>Suicide Prevention Center 1-800-231-1127</p>	

Local Resources for Behavioral Health & Substance Abuse:

Agency	Peds	Adult	Services Provided
ADF Counseling 5600 W. Maple West Bloomfield, MI 48322 (586) 994-9757 www.adfcounseling.com	X	X	- providing services that span from therapy for depression and grief counseling to parenting support, couples counseling, academic guidance, sports counseling
Alcoholics Anonymous of Southeast Michigan (313) 831-5550 <i>(24 hour hotline)</i> (248) 332-3521 <i>(24 hour hotline)</i> Toll Free (877) 337-0611 www.aa-semi.org	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.
Arab American and Chaldean Council (ACC) 363 W. Big Beaver Rd. Ste. 300 Troy, MI 48084 (248) 559-1990 www.myacc.org	X	X	-Provides a comprehensive, community based, outpatient program committed to prevention & treatment of psychological & social problems in the Arab American & Chaldean community
Association for Children's Mental Health (ACMH) Oakland County 248.514.0099 www.acmh-mi.org	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
Blue Care Network of Michigan <i>Depression Management Program</i> (800) 392-4247 – Chronic Condition Nurse Line www.BCBSM.com		X	-Program for BCN members 18 years of age or older diagnosed with depression -Self-care handbook -Prescription refill reminders
Ascension Brighton 12851 Grand River Rd. Brighton, MI 48116 (877)976-2371 www.brightonrecovery.org	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

Catholic Charities (855) 882.2736	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.
Centro Multicultural La Familia 35 West Huron Ste. 500 Pontiac, MI 48342 (248) 858-7800 www.centromulticultural.org	X	X	-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

Common Ground 1410 South Telegraph (Admin) Bloomfield Hills, MI 48302 (248) 456-8150 24-Hour Crisis Line: (800) 231-1127 E-mail: chat@commongroundhelps.org www.commongroundhelps.org	X	X	- 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.
Community Network Services 279 Summit Drive Waterford, MI 48328 (248) 745-4900 (800) 615-0411 www.cnsmi.org/private-practice/	X (adol)	X	-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)
Counseling Associates 6960 Orchard Lake Road West Bloomfield, MI 48322 (248) 626-1500 www.counselingassociates.com	X	X	-offers a broad range of mental health, therapeutic, and evaluation services

Easter Seals of Michigan 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
Harbor Oaks Hospital 35031 23 Mile Road New Baltimore, MI 48047 www.harboroaks.com		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
Havenwyck Hospital 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
Henry Ford Behavioral Health – Maplegrove Center 6773 West Maple Road West Bloomfield, MI 48322 (248) 661-6100 www.henryfordhealth.org		X	-inpatient, outpatient and preventive care provider for substance use disorders -Adolescents and adults
Heron Ridge Associates 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
Horizon Treatment Center 24681 Northwestern Hwy. Ste. 306 Southfield, MI 48075 (248) 423-1728 www.horizontreatment.org	X	X	-Outpatient counseling clinic specializing in behavioral health, and substance abuse -Court services -Domestic Violence Intervention Program
Kingswood Hospital 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

www.henryford.com			psychiatric hospitalization, day hospitalization, and specialized intensive outpatient treatment programs.
New Oakland Family Center Clarkston: (248) 620-6400 Farmington Hills: (248) 855-1540 Livonia: (734) 422-9340 24 hr Crisis Intervention: (877) 800-1650	X	X	- 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
Oakland County Community Mental Health Authority 2011 Executive Hills Blvd. Auburn Hills, MI 48326 (248) 858-1210 (administrative office) (800) 231-1127 (resources & crisis helpline) www.occmha.org	X	X	- 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.
Oakland County Probate Court 1200 North Telegraph Rd. Department 457 Pontiac, MI 48341-0457 (248) 858-0260 Oakgov.com/courts/probate		X	-Information on guardianship
Oakland County Youth Suicide Prevention www.oakgov.com/suicideprevention	X	X	- 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"> • Suicide Prevention Toolkit for Parents • Suicide Prevention Toolkit for Schools • Suicide Warning Signs Flyer • "Make Your Home Suicide-Safe" Brochure - 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>Oakland Family Services Pontiac Central Administration 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 www.oaklandfamilyservices.org</p>	X	X	<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 adults 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>Oakland Psychological Clinic Bloomfield Hills (248) 322 – 0001 Lake Orion (248) 393 – 5555 Livonia (734) 522 – 0280 Milford (248) 684 – 6400 Southfield (248) 559 – 5558 http://www.oakpsych.com/</p>		X	<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>Prior Authorization & Central Evaluation (PACE) 1200 North Telegraph Rd. Building 34 East Pontiac, MI 48341 (248) 858-5200 oakgov.com</p>	X	X	<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>Quality Behavioral Health 751 East Grand Boulevard Detroit, MI 48207 855.838.4222 www.qbhrecovery.org</p>		X	<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>

Sacred Heart Rehabilitation Center 400 Stoddard Rd. Richmond, MI 48062 810-392-2167 www.sacredheartcenter.com		X	-Detoxification services -Inpatient as well as outpatient rehab for substance use disorders
Saint Joseph's Mercy 43411 Garfield Road Clinton Township, MI 48038 586-263-2760		X	-Inpatient rehab, hospital inpatient drug program -Residential short term (≤ 30 days)/ long term (≥ 30 days) sober living - Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment
SAMHSA SOAR Program 248-858-3172 for information or to make a referral			-aims to increase access to disability benefits administered by the Social Security Administration. -sponsored by SAMHSA
Solutions to Recovery 24 W. Tennyson Ave. Pontiac, MI 48340 248-454-0130 www.soltorec.org		X	-Drug rehab, alcohol treatment, inpatient drug rehab -Outpatient, substance use treatment -Residential treatment and Inpatient rehab
Suicide Prevention Hotline <i>Common Ground Sanctuary</i> 1-800-231-1127	X	X	- 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:
American Cancer Society (800) 227-2345 www.cancer.org	-Cancer facts & figures -Treatment decision tools -Access to health care
National Cancer Institute (800) 4-CANCER www.cancer.gov	-Comprehensive cancer information -Cancer topics; cancer statistics -Clinical trials

Local Resources for Cancer:

Contact Information:	Details:
Breast and Cervical Cancer Control Program (BCCCP) <i>ACS Metro Detroit Service Center</i> (800) 922-6266 or (877) 221-6505	-Free for all who qualify -Must meet government guidelines for income levels -Must be uninsured or under insured -Ages 40-64 or ages 19-39 who have been identified with a cervical abnormality
Breast Cancer Support Group 21st Century Oncology 6770 Dixie Highway Clarkston, Michigan 48346 Jo Vaara.....(248)625-3841 Ilene Hockey.....(248)942-3459 Penny Stoglin.....(248)625-0920	-Presents a variety of programs aimed at informing survivors of latest developments in the field -Discusses how to maintain a healthy lifestyle and enjoy life after breast cancer Meets the second Tuesday, each month at 7:00 P.M. (Excluding July and August)
Karmanos Cancer Institute 4100 John R. Detroit, MI 48201 (800) 527-6266 www.karmanos.org	-Information on cancer by type -Support groups for men, women, children and families -Nutrition counseling -Smoking cessation classes & resources -Classes on cancer-related topics
Leukemia & Lymphoma Society (800) 955-4572 www.leukemia-lymphoma.org	-Provides supplemental financial assistance to patients in significant need -Covers specific drugs related to the treatment/control of leukemia, Hodgkin and non-Hodgkin lymphoma and myeloma

<p>American Cancer Society Metro Detroit Area Service Center 20450 Civic Center Drive Southfield, MI 48076 (248) 663-3400 or Toll free (800) 227-2345 www.cancer.org</p>	<ul style="list-style-type: none"> -Search for support groups and services in your area -Local program information -Upcoming events -Michigan mammogram facility guide
<p>New Day Foundation 245 Barclay Circle Suite 300 Rochester Hills, MI 48307 (248) 648-1105 www.foundationforfamilies.org</p>	<ul style="list-style-type: none"> -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 -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
<p>St. Joseph Mercy Oakland Kids Kicking Cancer Support Group St. Joseph Mercy Oakland Alice Gustafson Lobby (313) 557-0021 x19 E-mail: cindy@kidskickingcancer.net www.stjoesmercyoakland.org</p>	<ul style="list-style-type: none"> -Meets Tuesdays; call for specific times -Free -Preregistration required -Open to children living in Oakland county with cancer or sickle cell disease & their siblings
<p>St. Joseph Mercy Oakland Look Good...Feel Better Support Group Cancer Resource Center in the Alice Gustafson Center (248) 858-3962 www.stjoesmercyoakland.org</p>	<ul style="list-style-type: none"> -Provides information and cosmetic advice to women battling cancer -Free -Preregistration required -Meets 4th Monday of each month
<p>St. Joseph Mercy Oakland Breast Cancer Support Group Cancer Resource Center in the Alice Gustafson Center (248) 858-3962 www.stjoesmercyoakland.org</p>	<ul style="list-style-type: none"> -Meets 3rd Thursday of each month -Preregistration is required -Free
<p>Young Survival Coalition (877) 972-1011 www.youngsurvival.org</p>	<ul style="list-style-type: none"> -Provides informational resources and support from diagnosis through long term survivorship

Cardiovascular Diseases:

National Resources for Cardiovascular Diseases:

Contact Information:	Details:
<p>Adult Congenital Heart Association 6757 Greene Street Philadelphia, PA, 19119 (215) 849-1260 Toll free (888) 921-ACHA www.achaheart.org/support</p>	<ul style="list-style-type: none"> -Support and community -Advocacy -Research -Resource center -News & events
<p>American Heart Association 7272 Greenville Avenue Dallas, TX 75231 (888) 242-2453 www.americanheart.org</p>	<ul style="list-style-type: none"> -Diseases & conditions -Healthy lifestyle -Warning signs of heart attacks and strokes -Local information -Children's health
<p>American Lung Association 55 W. Wacker Dr. Ste. 1150 Chicago, ILL 60601 Lung HelpLine: (800) 586-4872 www.lungusa.org</p>	<ul style="list-style-type: none"> -Information on asthma, lung cancer, allergy, quit smoking, etc. -Services & supports -Special reports -Fact sheets
<p>American Stroke Association 7272 Greenville Avenue Dallas, TX 75231 (888) 478-7653 www.strokeassociation.org</p>	<ul style="list-style-type: none"> -Recognizing a stroke -Recovery & support groups in your area -Healthy living after a stroke -Resources & links
<p>Congenital Heart Information Network (609) 822-1575 www.tchin.org</p>	<ul style="list-style-type: none"> -International organization -Support groups - Resources on various heart conditions for children, adults, & professionals
<p>National Heart, Lung and Blood Institute (301) 592-8573 E-mail: nhlbiinfo@nhlbi.nih.gov www.nhlbi.nih.gov</p>	<ul style="list-style-type: none"> -Information on heart, lungs, and blood diseases -Heart healthy recipes -Assessment tools
<p>Pulmonary Hypertension Association 801 Roeder Rd. Ste. 1000 Silver Spring, MD 20910 Toll Free Helpline: (800) 748-7274 www.phassociation.org</p>	<ul style="list-style-type: none"> -Information on pulmonary hypertension -Community connection -Medical resources -Toll free helpline -Message boards -Support groups

Local Resources for Cardiovascular Diseases:

Contact Information:	Details:
<p>American Lung Association of Michigan 1475 E. 12 Mile Rd. Madison Heights, MI 48071 Direct: (248) 784-2000 Toll Free: (800) 586-4872 E-mail: midland@midlandlung.org www.alam.org</p>	<ul style="list-style-type: none"> -Information on lung diseases -Local events -Advocacy -Research
<p>Asthma Initiative of Michigan (AIM) (517) 335-9463 E-mail: info@GetAsthmaHelp.org www.getasthmahelp.org</p>	<ul style="list-style-type: none"> -Provides information about asthma resource -Kids & Teens -Asthma management tools -Events calendar -Insurance tips
<p>Better Breathers Clubs <i>American Lung Association</i></p> <p>-Royal Oak 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>-Troy 4300 Dequindre Rd. Sterling Heights, MI 48314 3rd Thursday, every other month Troy Beaumont Eileen, (248) 964-1140</p>	<ul style="list-style-type: none"> -These support groups meet regularly to learn about tips and techniques to better manage their disease -Get answers to questions about traveling with Oxygen or Pulmonary Rehabilitation? COPD or Asthma? -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
<p>Blue Care Network of Michigan <i>Asthma Management Program</i> (800) 392-4247 – Chronic Condition Nurse Line www.BCBSM.com</p>	<ul style="list-style-type: none"> -Program for BCN and Blue Choice members ages 2 and older -Interventions include asthma action plan, special events, & educational materials
<p>Blue Care Network of Michigan <i>Cardiovascular Program</i> (800) 392-4247 – Chronic Condition Nurse Hotline www.BCBSM.com</p>	<ul style="list-style-type: none"> -Program that helps BCN members ages 18 and older reduce their risk of disease -Specific information on risk factors (tobacco smoke, high blood pressure, obesity, etc.)

<p>Blue Care Network of Michigan <i>Congestive Heart Failure Program</i> (800) 392-4247 – Chronic Condition Nurse Hotline www.BCBSM.com</p>	<p>Program for managing congestive heart failure for BCN and Blue Choice members ages 18 and older</p>
<p>Local American Heart Association 40 Oak Hollow St. Suite 100 Southfield, MI 48033 (248) 827-4214</p>	<ul style="list-style-type: none"> -Nutrition Center -Stress Management -Healthier kids program -CPR classes -Quit smoking programs
<p>Michigan Society for Respiratory Care 1000 W. St. Joseph Hwy, Suite 200 Lansing, MI 48915 (866) 989-6772 E-mail: info@michiganrc.org www.michiganrc.org/education/resources</p>	<p>-not for profit organization providing education, advocacy and resources to promote respiratory health</p>

Chronic Kidney Disease:

National Resources for Chronic Kidney Disease:

Contact Information:	Details:
<p>American Association of Kidney Patients 2701 N. Rocky Point Dr. Ste. 150 Tampa, FL 33607 (800) 749-2257 www.aakp.org</p>	<ul style="list-style-type: none"> -Chronic Kidney Disease information -Dialysis information -Transplant information -Pediatric information -Educational programs & events
<p>National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC) 3 Information Way Bethesda, MD 20892 (800) 891-5390 www.kidney.niddk.nih.gov</p>	<ul style="list-style-type: none"> -Information on Kidney and Urologic diseases -Statistics -Awareness and Prevention -Resources
<p>National Kidney Foundation 30 East 33rd Street New York, NY 10016 (800) 622-9010 www.kidney.org</p>	<ul style="list-style-type: none"> -Facts, symptoms, & causes of CKD -Emergency resources -Information on Kidney Early Evaluation Program (KEEP)

<p>Toll Free Kidney Helpline (888) 335-4363</p>	<p>-Information concerning dialysis treatment, transplant recipients and their loved-ones, before, during and after emergencies</p>
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Local Resources for Chronic Kidney Disease:

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

Diabetes:

National Resources for Diabetes:

Contact Information:	Details:
<p>American Diabetes Association (ADA) 1701 North Beauregard Street Alexandria, VA 22311 (800) DIABETES (342-2383) www.diabetes.org</p>	<p>-Nutrition -Fitness -Community programs & local events -Diabetes Research -For parents & kids</p>
<p>The Diabetic Gourmet Magazine Dedicated to diabetic dining and healthy living diabeticgourmet.com</p>	<p>-Recipes for diabetics -Eating out -Healthy living tips</p>
<p>National Diabetes Education Program One Diabetes Way</p>	<p>-Overview of Diabetes -Diabetes control</p>

<p>Bethesda, MD 20814-9692 Email: ndep@info.nih.gov www.ndep.nih.gov To order publications: (888) 693 - 6337</p>	<ul style="list-style-type: none"> -Diabetes prevention -Children & adolescents -Resources
<p>National Diabetes Information Clearinghouse A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) 1 Information Way Bethesda, MD 20892-3560 (301) 496-3583 diabetes.niddk.nih.gov</p>	<ul style="list-style-type: none"> -A-Z list of diabetes topics -Diabetes treatments -Diabetes complications -Statistics -Awareness & prevention -Tools & resources

Local Resources for Diabetes:

Contact Information:	Details:
<p>Blue Care Network of Michigan <i>Diabetes Management Program</i> (800) 392-4247 – Chronic Condition Nurse Hotline www.BCBSM.com</p>	<ul style="list-style-type: none"> -Program for BCN and Blue Choice members of all ages diagnosed with Type 1 or Type 2 diabetes mellitus
<p>Gary Burnstein Clinic 45580 Woodward Ave. Pontiac, MI 48341 <i>Diabetes Prevention Program</i> (800) 482-1455 www.nkfm.org/dpp</p>	<ul style="list-style-type: none"> -Prevention program for those diagnosed with prediabetes or may be at risk of developing type 2 diabetes -Cost is covered by various funders and insurers -Coordinates Diabetes programs
<p>Southeast Michigan Diabetes Outreach Network 2727 Second Ave. Ste. 144 Detroit, MI 48201 (313) 965-2351 E-mail: semdon@nkfm.org www.diabetesinmichigan.org/</p>	<ul style="list-style-type: none"> -Local Support Groups -Community Events -Resource Directory for Southeast Michigan (transportation, foot care, insurance assistance, smoking cessation, nutrition, medical assistance, and more)
<p>STAT Toolkit <i>created by</i> Center for Disease Control and American Medical Association Preventdiabetesstat.org</p>	<ul style="list-style-type: none"> - Toolkit that patients and health care teams can use as a guide to screen, test and act by referring to in-person or online diabetes prevention programs

<p>St. Joseph Mercy Oakland Diabetes self-management training program (248) 858-3020 www.stjoesoakland.org/outreach_diabetes.htm</p>	<p>-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.</p>
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Developmental Disabilities & Autism:

National Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<p>American Association of People with Disabilities 2013 H Street NW 5th Floor Washington, DC 20006 (800) 840-8844 www.aapd.com</p>	<ul style="list-style-type: none"> -Programs -Advocacy -Disability resources
<p>The ARC of the United States 1825 K Street NW Ste. 1200 Washington, DC 20006 (800) 433-5255 www.thearc.org</p>	<ul style="list-style-type: none"> -Online community -Resources for disabilities -Information on special education & specific conditions - Medicaid information
<p>Autism Society of America 4340 East-West Hwy Ste 350 Bethesda, Maryland 20814 (800) 328-8476 www.autism-society.org</p>	<ul style="list-style-type: none"> -Autism 101 -Helpful resources -Family issues -Research and programs
<p>The Center for Autism and Related Disorders (CARD) 19019 Ventura Blvd, Suite 300 Tarzana, CA 91356 (855) 345-2273 www.centerforautism.com</p>	<ul style="list-style-type: none"> -CARD Services -Special education laws -Research and development -Treatments & interventions -Recommended reading -Information on Applied Behavior Analysis (ABA)

<p>National Autism Association One Park Ave. Ste. 1 Portsmouth, RI 02871 (877) 622-2884 www.nationalautismassociation.org</p>	<ul style="list-style-type: none"> -All about autism -Resources -Services to help families -Treatments -Autism and safety
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Local Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<p>Angel's Place 29299 Franklin Rd. Southfield, MI 48034 (248) 350-2203 www.angelsplace.com</p>	<ul style="list-style-type: none"> -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.
<p>The ARC of Oakland County 1641 West Big Beaver Road Troy, Michigan 48084-3501 (248) 816-1900 thearcoakland.org</p>	<ul style="list-style-type: none"> -Latest local news -Financial information -Forms & resources -Advocacy
<p>Autism Society of Oakland County P.O. Box 70207 Rochester Hills MI 48307 (248) 393-3131 or (248) 631-4612 E-mail: asocmi@gmail.com www.asaoakland.org *Call for more information on how to join support groups and social activities for people living with Autism</p>	<p>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>

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

Sexually Transmitted Diseases:

National Resources for Sexually Transmitted Diseases:

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

Local Resources for Sexually Transmitted Diseases:

Contact Information:	Details:
<p>Oakland County Health Department 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>Nurse on Call (NOC): (248) 858-1406 or (800) 848-5533 www.oakgov.com/health</p>	<p>HIV/AIDS Prevention & Control Program</p> <ul style="list-style-type: none"> -<i>Counseling and testing</i> -<i>Referral services</i> -<i>Confidential</i> -<i>Call 248-858-5416 for more information</i> <p>Sexually Transmitted Disease Program provides for:</p> <ul style="list-style-type: none"> -<i>Testing and diagnosis</i> -<i>Treatment</i> -<i>Counseling/teaching</i>
<p>Planned Parenthood - Mid and South Michigan 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: www.plannedparenthood.org/</p>	<ul style="list-style-type: none"> -Birth control services -HIV testing -STD testing & treatment -Men’s & women’s health services -Pregnancy testing, options & services -Sexual education for patient -LGBT services

Resources for Special Populations

Low Income Families:

Local Resources for Low Income Families:

Contact Information:	Details:
<p>Access to Benefits Coalition www.accesstobenefits.org (202) 479-6670 Email – info@accesstobenefits.org</p>	<p>-national program (available in 37 states) dedicated to helping Medicare beneficiaries identify and apply for prescription drugs and reducing their costs</p>
<p>Auntbertha.com</p>	<p>-search for free or reduced cost services like medical care, food, job training, and more; search by zip code</p>
<p>Catholic Social Services (Catholic Charities of Southeast Michigan) 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 www.cssoc.org www.ccsem.org</p>	<p>-Provides services/programs to all people regardless of race, religion, or socio-economic status -Services include</p> <ul style="list-style-type: none"> • Foster Care and Adoption • Counseling & Substance Abuse • Hispanic Outreach • Older Adult & Caregiver Support
<p>Chronic Illness Coalition of Michigan (800) 905-8862 e-mail cicmich@cicmich.org www.cicmich.org</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>Gary Burnstein Clinic 45580 Woodward Ave. 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>
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<p>Gleaners Food Bank 120 E Columbia Ave. Pontiac, MI 48340</p> <p>7170 Cooley Lake Rd. Waterford, MI 48327</p> <p>(866) 453-2637 www.gcfb.org</p>	<p>-Provides food relief to people in need -Call for referral to food distribution center</p>
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<p>Grace Centers of Hope</p> <p>(855) 435-7424 www.gracecentersofhope.org</p>	<p>-Outreach providing basic necessities of food, shelter, and clothing -Programs are intended to provide clients with opportunities for life changing recovery</p>
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<p>Lighthouse of Oakland County (LOC) 46156 Woodward Ave. Pontiac, MI 48342 www.lighthouseoakland.org</p> <p>Clarkston - (248)620-6116 LOC (248) 920-6000 LES (248) 920-6100 ext. 2200 LCD (248) 920-6200 LPATH (248) 335-1950</p>	<p>-LOC provides services to low-income families of Oakland County by 3 subsidiaries -Lighthouse Emergency Services (LES) provides emergency food, housing, medical and utility assistance for people with immediate need -Lighthouse Community Development (LCD) offers affordable housing and educates homeowners -Lighthouse PATH (LPATH) provides long term housing and support to help women achieve self-sufficiency</p>
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<p>Michigan Department of Health and Human Services www.mibridges.michigan.gov www.stepforwardmichigan.org www.michigan.gov/mdhhs/</p>	<p>-Food assistance program (MI Bridges) -Program to assist unemployed and underemployed residents to assist homeowners who are at high risk for default or foreclosure (Step Forward Michigan) -Low Income Home Energy Assistance (income eligibility guidelines)</p>
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<p>National Patient Advocate Foundation (800) 532 – 5274 www.patientadvocate.org</p>	<p>-National non-profit organization that provides case management assistance to patients diagnosed with chronic, life-threatening/debilitating conditions -Website offers links to helpful resources</p>
<p>NeedyMeds.Com Email: info@needymeds.com</p>	<p>-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</p>
<p>Neighbor for Neighbor Located in the Hart Community Center at Mill Pond Park 495 Broadway, Downtown Davisburg (248) 634-0900 www.neighborforneighbor.net nfninc@netzero.net</p>	<p>-Non-profit organization -Provides food and clothing to families in Northwestern Oakland County to lower income families -Also offer limited financial assistance</p>
<p>New Hope Christian Fellowship – Food Pantry 6020 Pontiac Lake Rd. Waterford, MI 48327 (248) 886-1500</p>	<p>-Open from 11:00 am – 2:00 pm on Tuesdays -Must present photo id</p>
<p>Oakland Livingston Human Service Agency (OLHSA) 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 www.olhsa.org</p>	<p>-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</p>

<p>Salvation Army</p> <p>(248) 334-2407</p> <p>www.salvationarmyusa.org</p>	<p>-Offers food and nutrition programs to people seeking assistance</p> <p>-Other programs such as youth camps and elderly services available by location</p>
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Pediatrics:

National Resources for Pediatrics:

Contact Information:	Details:
<p>American Academy of Pediatrics</p> <p>141 Northwest Point Boulevard Elk Grove Village, IL 60007 (847)434-4000 www.aap.org</p>	<p>-Parenting tips</p> <p>-Resources</p> <p>-Provides Information on a variety of pediatric health topics such as Autism, ADHD, DD, Allergies, Depression, and Asthma</p>
<p>Nemours Foundation KidsHealth</p> <p>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.</p> <p>kidshealth.org</p>	<p>Information on:</p> <ul style="list-style-type: none"> - General health - Infections -Emotions & behaviors -Growth & development -Nutrition & fitness -Medical problems -Positive parenting -Doctor and hospital visits
<p>Text4baby</p> <p>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).</p> <p>text4baby.org</p>	<p>Provides free text messages:</p> <ul style="list-style-type: none"> -throughout your pregnancy relevant to your pregnancy timeline -through your baby's first year -can be received in Spanish -Must register to receive messages

Local Resources for Pediatrics:

Contact Information:	Details:
<p>American Academy of Pediatrics - Michigan Chapter 106 W. Allegan Ste. 510 Lansing, MI 48933 (517) 484-3013 E-mail: info@miaap.org www.miaap.org</p>	<p>-Creates programs and services to meet the needs of its members</p>
<p>Boys and Girls Clubs of SE Michigan 26777 Halsted Rd. Ste. 100 Farmington Hills, MI 48331 (248) 473-1400 www.bgcsm.org</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>DMC – Children’s Hospital of Michigan 3901 Beaubien Detroit, Michigan 48201 1-888-362-2500 www.childrensdmc.org</p>	<p>-Wide range of services including autism, cancer, neurology, child protection, communication disorders -Health tools -Family resource library</p>
<p>First Beat Maternal Infant Health Program (MIHP) (248) 595-8841 Fax: (248) 327-7960 E-mail: MIHP@firstbeatmi.com www.gov/mihp</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>Kids in Motion Pediatric Therapy 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 www.kimpediatrics.com</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>#Safe Delivery www.michigan.gov/SafeDelivery Hotline: (866)733-7733</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>Michigan Department of Health and Human Services http://www.hpclearinghouse.org/</p>	<p>-order FREE immunization education materials available at the MDHHS Clearinghouse</p>
<p>Oakland County Michigan Health Division – Immunizations</p> <p>(248)858-1305 Pontiac (248)424-7046 Southfield www.oakgov.com/health</p>	<p>-Immunizations for babies and preschoolers -Immunizations for school age children -Immunizations for teens/adults</p>
<p>Skillman Center for Children 87 E. Ferry Detroit, Michigan 48202 (313) 664-2533 E-mail: skillmancenter@wayne.edu www.skillmancenter.culma.wayne.edu</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>St. John’s Providence Children’s Hospital 313-343-7047</p>	<p>- 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.</p>
<p>WIC (Women, Infants and Children) Oakland County Health Division</p> <ul style="list-style-type: none"> • North Oakland Health Center 1200 N Telegraph Building 34E, Pontiac • South Oakland Health Center 27725 Greenfield Rd., Southfield • Walled Lake 1010 E. West Maple Rd., Walled Lake <p>Toll free in state (800) 942-1636 www.fns.usda.gov/wic</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>Alzheimer's Association 225 N. Michigan Ave., Fl. 17 Chicago, IL 60601 24-Hour Helpline: (800) 272.3900 www.alz.org/</p>	<ul style="list-style-type: none"> -Information on Alzheimer's disease -News & events -Local support groups -Respite care -Special events -Education programs
<p>American Association for Retired Persons (AARP) 601 E Street NW Washington, DC 20049 Toll Free:(888) 687-2277 Toll Free Spanish: (877) 627-3350 www.aarp.org</p>	<ul style="list-style-type: none"> -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
<p>Home Instead Senior Care National: (800) 640-3914 Michigan office: (866) 922-1400 www.homeinstead.com</p>	<ul style="list-style-type: none"> -Alzheimer's care -Elder care resources -Senior home care services -Finding home care

Local Resources for Senior Citizens:

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

<p>Area Agency on Aging 1-B – Oakland County 29100 Northwestern Hwy., Suite 400 Southfield, MI 48034 (800) 852-7795 (248) 357-2255 www.aaa1b.org</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>Caregiver Support Groups for Oakland County <i>Alzheimer’s Association Greater Michigan Chapter</i> www.caregiver.com</p>	<p>-Lists support groups in Oakland County -Provides days/times of meetings, eligibility, etc. -Provides specific contact information for each group</p>
<p>Home Instead Senior Care 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>Michigan Department of Health and Human Services www.elderlawofmi.org/about-micafe</p>	<p>-Program to assist persons 60 and over to apply for the Bridge Card (MiCAFE)</p>
<p>Next Steps 4 Seniors 455 S. Livernois, Suite B-22, Rochester Hills, MI 48307 (248) 651-5010 Fax (248) 659-1602 www.nextsteps4seniors.com</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>Oakland County Health Division <i>Senior Citizen Resource Directory</i> 1200 N. Telegraph 34 E Pontiac, MI 48341 (248) 858-0213 Nurse on Call: (800) 848 - 5533 www.oakgov.com/health/seniors/</p>	<p>-Resource directory provides contact information for various senior services including transportation, health services, housing information and meals</p>

<p>Senior Helpers 28200 Orchard Lake Rd. Ste. 111 Farmington Hills, MI 48334 (248)865-1000</p> <p>www.seniorhelpers.com</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"> • Companion Care • Medication Reminders • Personal Care • Live In Care • Peace Of Mind Visit • Transition Assistance
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Local Resources for Teens:

<p>Kids Health www.kidshealth.org</p>	<p>-provides information for teens and parents on many teen topics</p>
<p>Planned Parenthood (800) 230-7526 www.plannedparenthood.org</p>	<p>-provides sexuality information for teens, parents and educators</p>
<p>#Safe Delivery www.michigan.gov/SafeDelivery</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</p> <p>www.michigan.gov/dmva</p>	<p>-Directory of information to assist veterans</p>
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Veteran's Services

1200 N. Telegraph Rd.
Pontiac, MI 48341

Benefits: (800) 827-1000
Health Care: (877) 222-8387

www.va.gov
https://www.benefits.va.gov/pension/aid_attendance_housebound

-Provides information on programs and services offered to eligible veteran's

-Veterans and survivors who are eligible for a VA pension and require the **aid and attendance** of another person, or are **housebound**, may be eligible for additional monetary payment

Resources for Support Services

Care Transition Services:

Local Resources for Discounted Medical Care:

Contact Information:	Details:
<p>T.O.N.E. Home Health Services Inc. 30701 Woodward Ave. Ste. 452 Royal Oak, MI 48073 (248) 545-8306 Email: info@tonehhs.com www.tonehhs.com</p>	<ul style="list-style-type: none">-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>CorsoCare 950 Corporate Office Drive, Suite 150 Milford, MI 48381 Phone: 248-438-8535 Website: www.corsocare.com</p>	<ul style="list-style-type: none">-Provides Care Navigator Services and Certified Home Health Care utilizing a patient centered medical model- Assist patients and their families navigate the health care system as the patient traverses through the health care continuum.- Facilitates smooth discharge plan and transition, and promotes better quality of life and client satisfaction- CorsoCare provides Care Navigator Services and utilizes Compassionate Home Health.

Crisis Management:

National Resources for Human Trafficking:

Contact Information:	Details:
National Human Trafficking Hotline 1-888-373-7888	-Available 24/7 -Confidential

Local Resources for Human Trafficking:

Oakland County 1200 N. Telegraph Bldg. 34 East Pontiac, MI 48341 (248) 858-1280 Human Trafficking website: www.oakgov.com/humantrafficking	-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.
Oakland County Medical Society www.ocms-mi.org/domestic-violence--crisis-centers.html	-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. -Provides a Human Trafficking Physician Education Video

Discounted Medical Care:

Local Resources for Discounted Medical Care:

Contact Information:	Details:
Auntbertha.com	-search for free or reduced cost services like medical care, food, job training, and more; search by zip code
Good Rx Goodrx.com	-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
McLaren Oakland Foundation (formerly POH) Sister & Sister Program – Free Mammogram 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
Medicare (800) 633-4227 TTY: (877) 486-2048 www.medicare.gov	-Eligibility requirements -Enrollment
Medtipster www.medtipster.com	-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

<p>Michigan Psychiatric Society 271 Woodland Pass Ste. 125 East Lansing, MI (517) 333-0838 mps@mpsonline.org</p>	<ul style="list-style-type: none"> -Information and referral line to area psychiatrists -Can identify psychiatrists who use sliding fee schedule and who take Medicaid and Medicare
<p>Michigan Psychological Association (800) 270-9070 www.michiganpsychologicalassociation.org</p>	<ul style="list-style-type: none"> -Information and referral to psychologists in your area -Can identify professionals who use sliding scale
<p>Michigan Rx www.michiganrxcard.com</p>	<ul style="list-style-type: none"> -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>Needy Meds Needymeds.org</p>	<ul style="list-style-type: none"> -Information on programs offering prescription assistance
<p>Oakland Community College Dental Hygiene Clinic Highland Lake Campus (248) 942-3260</p>	<ul style="list-style-type: none"> -Serves everyone - Exam cash fee of \$30 (could involve multiple visits) - X-ray cash fee of \$10 - Cleanings, x-rays, exams, fluoride, sealants
<p>Oakland County Dental Program Oakland County Service Center Building 34E 1200 N. Telegraph Pontiac, MI 48341 (248) 858-1306</p>	<ul style="list-style-type: none"> -Serves Oakland County residents who do not have dental insurance or Medicaid -Costs: Registration fee is \$15 per family. Dental visit is \$15 per appointment. -Routine Services include: exams, x-rays, patient education, cleaning and fluoride, sealant, fillings, extractions, partial and full dentures
<p>Oakland Primary Health Services 46 N. Saginaw Pontiac, MI 48342 (248) 322-6747 Oaklandprimaryhealth.org</p>	<ul style="list-style-type: none"> -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>Partnership for Prescription Assistance (888) 477-2669 www.pparx.org</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 prescription medicine coverage and matches the patient with eligible assistance programs -Also will assist in finding low cost health care services for those in need</p>
<p>Tri-County bcccp Breast & Cervical Cancer Control Program (BCCP) CALL (888) 242-2702 to determine eligibility VISIT www.bcccp.org for more information</p>	<p>-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 -serving women in Wayne, Oakland and Macomb counties</p>
<p>Tri-County Dental Health Council (248) 559-7767 Dentalhealthcouncil.org</p>	<p>-Organization refers to low cost dentists and clinics -Serves Wayne, Oakland and Macomb counties</p>
<p>University of Detroit School of Dentistry (313) 494-6700 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>	<p>-Services are 25-50% lower in cost than those provided in private practice -Set fee for every service -No sliding scale based on ability to pay -Full service clinic</p>
<p>University of Michigan School of Dentistry Ann Arbor 1011 N. University Ann Arbor, MI 48109 (734) 763-6933</p>	<p>- Services are 30 – 50% lower in cost than those provided in private practice -Set fee for every service -No sliding scale based on ability to pay -Full service clinic</p>

Domestic Violence:

Local Resources for Domestic Violence:

Contact Information:	Details:
Haven (Help Against Violent Encounters Now) 30400 Telegraph Rd. Ste. 101 Bingham Farms, MI 48025 (248) 334-1284 Toll free: (877) 922-1274 www.haven-oakland.org	-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
Childhelp National Child Abuse Hotline (800) 4-A-CHILD (800-422-4453) www.childhelp.org	-Provides child sexual abuse, physical abuse information and support
Michigan Coalition Against Domestic & Sexual Violence (517) 347-7000 www.mcadsv.org	-Provides counseling/support in domestic violence/sexual abuse situations
National Domestic Violence Hotline (800) 799-7233 or online at www.thehotline.org	-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.
National Resource Center on Domestic Violence (800) 537.2238 www.nrcdv.org	-Provides fee comprehensive and individualized technical assistance, training and resource materials -Technical assistance includes intervention and prevention

Home Care:

Local Resources for Home Care:

Contact Information:	Details:
Affordable Home Care 30640 W. 12 Mile Rd. Farmington Hills, MI 48334 (800) 968-8195	-Specializes in non-medical live in care and customized hourly care
CareLinx <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.
Jeffrey Danto, DPM 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)
Great Lakes Caring Home Health and Hospice 30400 Telegraph Rd. Ste. 334 Bingham Farms, MI 48025 800.379.1600 Greatlakescaring.com	-home health -hospice -home medical equipment
North Oakland Home Care 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.
Residential Home Health & Hospice 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
Samaritas At Home 43207 Woodward Avenue	-leading provider of non-medical in home care services that offers a positive balanced approach to

<p>Bloomfield Hills, MI 48302 (248) 283-0835 www.samaritas.org</p>	<p>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</p>
<p>T.O.N.E. Home Health Services Inc. 30701 Woodward Ave. Ste. 452 Royal Oak, MI 48073 (248) 545-8306 Email: info@tonehhs.com www.tonehhs.com</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>Trinity Home Health Services <i>Mercy Home Care, Oakland</i> 1111 W. Long Lake Rd. Ste. 102 Troy, MI 48098 (248) 858-7735 www.trinityhomehealth.org/mercy-home-care-and-hospice-oakland</p>	<p>-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</p>
<p>Visiting Nurse Association of Southeast Michigan 30800 Telegraph Rd. Ste. 1728Bingham Farms, MI 48025 (800) 852-1232 E-mail: vna@vna.org www.vna.org</p>	<p>-Home healthcare -Hospice -Immunizations -Maternal/child health -Senior health tips</p>
<p>Visiting Physicians <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: southfield@visitingphysicians.com www.visitingphysicians.com</p>	<p>-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</p>

Hospice Needs & Grief Counseling:

Contact Information:	Details:
Hospice 401 Bowling Avenue, Suite 51 Nashville, TN 37205 E-mail: info@hospicenet.org www.hospicenet.org	-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:
Angela Hospice 14100 Newburgh Rd. Livonia, MI 48154 (734) 464-7810 Toll free: (866) 464-7810	-Specialized care for the terminally ill - Care provided in the home
Hospice of Michigan 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
Michigan Hospice & Palliative Care Association 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
New Hope Center for Grief Support 315 Griswold St. Northville, MI 48167 (248) 348-0115 E-mail: griefhelp@newhopecenter.net www.newhopecenter.net	-Provides grief support services for adults and children grieving after the death of a loved on -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:
AARP Insurance (888) 687-2277 www.aarp.org/health/insurance	-Information on insurance for retired people
Medicare Choices Helpline (800) 633-4227 www.medicare.gov	-Answer questions specific to Medicare
Michigan Insurance Bureau (517) 373-0220 E-mail: ofir-ins-info@michigan.gov	-Answer general questions, comments, and inquiries about insurance companies and agents
Michigan’s Insurance Information Hotline Insurance Institute of Michigan 334 Townsend St. Lansing, MI 48933 (517) 371-2880 Email: iim@iiminfo.org www.iiminfo.org	-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
Oakland County Department of Human Services Walled Lake District – (248) 262-6400 Pontiac District – (248) 975-4800 www.Michigan.gov/dhs	-Medicaid -Bridge Card -Medical assistance <ul style="list-style-type: none"> • Children • Pregnant women • Families • Adults

Skilled Nursing Facilities:

Local Resources for Skilled Nursing Facilities:

Contact Information:	Details:
<p>Canterbury On The Lake</p> <p>5601 Hatchery Rd Waterford Twp, MI 48329 248-605-2178</p>	<p>-Canterbury on the Lake is a continuing care senior living community that offers three levels of care under one roof.</p>
<p>Regency</p> <p>A CIENA Healthcare Community 1901 N. Telegraph Road Waterford, MI 48328 248-732-0906 Email: Waterford_Admissions@cienafacilities.com</p>	<p>-Brand new, state-of-the-art skilled nursing community that represents the future of short-term rehabilitation and long-term care facilities.</p> <p>-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>
<p>Sanctuary</p> <p>10770 Elizabeth Lake Road White Lake, MI 48386 248-618-4100 www.SanctuaryWhiteLake.org</p>	<p>-Offers short-stay Rehabilitation Services 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>

Smoking Cessation:

Local Smoking Cessation Programs:

Contact Information:	Details:
<p>American Lung Association</p> <p>Freedom From Smoking (for adult smokers) Not on Tobacco (for teen smokers) www.lung.org/stop-smoking/</p> <p>(800) 586-4872</p>	<p>-Freedom from Smoking teaches adult smokers skills and techniques to quit; program is available as group clinic, on-line program and self-help book.</p> <p>- Not on Tobacco is the program for teen smokers; telephone counseling is also available</p> <p>-Tips for Parents</p>
<p>Blue Care Network</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>Michigan Tobacco Quitline</p> <p>(800) 784-8669</p> <p>Michigan.quitlogix.org</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>Smokefree.gov</p> <p>(877) 448-7848 – Call from anywhere (800) 784-8669 – Help within state</p> <p>www.smokefree.gov</p>	<p>-Online guide to quit smoking</p> <p>-Talk to a counselor who can help (English & Spanish)</p> <p>-Access print resources</p> <p>-Find studies</p>

Transportation:

Local Resources for Transportation:

Contact Information:	Details:
<p>Ambu - Trans, Inc. 24782 Hathaway St. Farmington Hills, MI 48335</p> <p>(248) 471-7400</p>	
<p>Give-A-Lift 17800 Northland Park Southfield, MI 48075 (248) 569-5010 Email: info@givealifttransportation.com</p>	<ul style="list-style-type: none"> -24 hours' notice -Wheelchair lift vans
<p>Independence Township</p> <p>www.twp.independence.mi.us/residents/senior/transportation</p>	<ul style="list-style-type: none"> -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
<p>Jewish Family Services</p> <p>(248) 592-2266 (248) 592-2313</p>	<ul style="list-style-type: none"> -Advanced reservations required -Wheelchair transportation available
<p>LogistiCare (LGTC)</p> <p>(866) 569-1902 (routine transport) (866) 569-1908 (reoccurring standing order transport)</p>	<ul style="list-style-type: none"> -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
<p>Milford / Highland Transport Route Schedule (248) 887-4979</p>	<ul style="list-style-type: none"> -24 hours' notice -Provides service to residents 55 and older and adults with disabilities
<p>Myride2 www.myride2.com 1.855.697.4332</p>	<ul style="list-style-type: none"> -Helps seniors and adults with disabilities in Oakland and western Wayne counties in Michigan find transportation

<p>Neighborhood House (Rochester Area) 1234 Inglewood P.O. Box 80112 Rochester, MI 48308 (248) 651-5836</p>	<ul style="list-style-type: none"> -48 hours' notice -Greater Rochester area -Wheelchair accessible vehicle available -No charge (\$2 donation encouraged) -Monday-Friday: 8:30am-3:30am
<p>North Oakland Transportation Authority (248) 693-7100 www.notaride.org</p>	<ul style="list-style-type: none"> -Orion, Oxford, Addison Twp., Villages of Lake Orion, Leonard areas -72 hours' notice -Wheelchair accessible vehicle available
<p>Novi Senior Transportation 45175 Ten Mile Rd. Novi, MI 48375 (248) 735-5617</p>	<ul style="list-style-type: none"> -48 hours' notice -Residents of Novi age 55 or older or physically challenged non-seniors
<p>Papuga Transportation (248) 978-2717 www.papugatransportation.com</p>	<ul style="list-style-type: none"> -Available 7 days a week -Accepts most insurances -Wheelchair accessible and can accommodate oxygen
<p>Rehab Transit 38777 Six Mile Rd. Livonia, MI 48152 (800) 306-6406</p>	<ul style="list-style-type: none"> -minimum 48 hours' notice -Livonia area
<p>SMART Buhl Building 535 Griswold Street Suite 600 Detroit, MI 48226 (866) 962-5515 E-mail: postmaster@smartbus.org www.smartbus.org</p>	<ul style="list-style-type: none"> -Wayne, Oakland, Macomb Counties -Fixed routes, connector, and community transit -Provide curb-to-curb transportation
<p>Transport-Care Services, LLC 3179 York Rd. Rochester Hills, MI 48309 (888)811-4655 www.transport-care.com</p>	<ul style="list-style-type: none"> -Door to door wheel chair transportation to medical appointments, treatment sessions, rehabilitative therapies - OAKLAND and MACOMB counties -24 hours, 7 days/week service including holidays
<p>Travelers Aid Society (313) 962-6740</p>	<p>Transportation for doctor appointments & job interviews</p>

Troy Medi-Go Plus (248) 457-1100	-2 days – 2 weeks notice -Troy residents and surrounding area age 60 and older
Troy People Concerned 2045 Austin Dr. Troy, MI 48083 (248) 528-9199	-Agency will refer you to available service(s)
Veteran’s Services (248) 858-0785	-Services for veterans only
Waterford Senior Center (248) 682-9450	--For Waterford residents -Will provide transportation within Waterford and Clarkston; on Thursday will provide transportation to the Pontiac area -\$3 each way; \$4 each way for the Pontiac area
West Bloomfield www.westbloomfieldparks.org (248) 706-2411	-senior citizens 55+; disabled persons 16+ -medical transports from 8:15a to 4:15p within W. Bloomfield -May be scheduled up to 4 weeks in advance
West Bloomfield Township Senior Center www.bloomfieldtownship.org/services/seniorservices/transportationservices (248)723-3500	-requires a 3 day notice -transportation is limited to within 8 miles of Bloomfield Township
White Lake Township (248) 698-3994	-\$2 each way - Monday – Friday between 8:30a and 4:00p

Traveler’s Health:

National Resources for Traveler’s Health:

Contact Information:	Details:
Passport Health First class medical care for travel anywhere Locations in Ann Arbor, Farmington Hills, Troy, and St. Clair Shores (888) 499-7277 www.passporthealthusa.com	-Travel insurance information -Vaccines & consultation -Information on Yellow fever and Malaria -Passport & visa expeditor -Health alerts
U.S. Centers for Disease Control – Travel www.cdc.gov/travel 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:
<p>Botsford General Hospital Travel Clinic 28080 Grand River Avenue Farmington Hills, MI 48336 (248) 471-8920 www.botsford.org/travel</p>	<ul style="list-style-type: none"> -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
<p>Crittenton Hospital Travel Medicine 1101 University Dr. Rochester, MI 48307 (248) 652-5976 www.crittenton.com</p>	<ul style="list-style-type: none"> -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
<p>Henry Ford Travel Medicine Novi: (248) 344-0723 www.henryford.com</p>	<ul style="list-style-type: none"> -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
<p>InterHealth Health Care for International Travelers Beaumont Hospital 3601 W. Thirteen Mile Road Royal Oak, MI 48073 (248) 551-0495 www.beaumonthospitals.com/interhealth</p>	<ul style="list-style-type: none"> -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
<p>Macomb County Health Department One South Main 8th Floor Mt. Clemens, MI 48043 (586) 783-8190 www.macombcountymi.gov</p>	<ul style="list-style-type: none"> -Walk-in basis or appointments -Vaccinations -Information on children's immunizations -TB testing

<p>Newland Medical Travelcare (248) 663-2004 Farmington Hills: (248) 419-3474 www.newlandmedical.com</p>	<ul style="list-style-type: none"> -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
<p>Oakland County Health Division Locations in Pontiac and Southfield Nurse on Call: (248) 858-1406 Toll free: (800) 848-5533 www.oakgov.com/health</p>	<ul style="list-style-type: none"> -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:
<p>Blue Care Network and Michigan Institute for Health Enhancement <i>Weigh to Go</i> (248) 475-4880</p>	<ul style="list-style-type: none"> -Free weight-loss and fitness program for members 18 and older -Initial assessment and registration through the Michigan Institute for Health Enhancement -Provides educational materials, journals, on-going support, and incentives
<p>St. Joseph Mercy Oakland <i>Michigan Bariatric Institute</i> (877) 949-9344</p>	<p>Program offers a multidisciplinary team approach to weight loss surgery including:</p> <ul style="list-style-type: none"> -surgeons, registered dietitians, registered nurses, psychologists, exercise physiologists
<p>St. Joseph Mercy Oakland <i>Metabolic Nutrition and Weight Management</i> (248) 858-2475</p>	<ul style="list-style-type: none"> -Program is science-based approach to optimal health and wellness -provides a combination of individual clinical and group education and motivational meetings -please call to register for a seminar

<p>St. Joseph Mercy Oakland <i>Senior Fit: A Fitness Program for Senior Adults</i> (248) 858-2545</p>	<ul style="list-style-type: none"> -Certified exercise professional to conduct sessions -SJMO Faith Community Nurse (RN) to monitor blood pressure and offer health goals and health instruction -Open to adults age 55 and up -Eight-week sessions -Physician approval required -First meeting includes registration and a fitness assessment -Free admission
<p>Medical Weight Loss Clinic 1-800-438-7546 www.mwlc.com</p>	<ul style="list-style-type: none"> -Multiple locations in the area -Programs for adults, new moms, & teens
<p>St. John's Providence Children's Hospital 313-343-7047</p>	<p>-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.</p>
<p>Weight Watchers 1-800-651-6000 www.weightwatchers.com</p>	<ul style="list-style-type: none"> -Find meetings in the your local area -Food & recipes -Fitness & health

Resources for General Health

General Health Resources:

Contact Information:	Details:
<p>Center for Disease Control and Prevention (CDC) 1600 Clifton Road Atlanta, GA 30329 (800) 232-4636 – 24 hours/Every day</p> <p>E-mail: cdcinfo@cdc.gov www.cdc.gov</p>	<p>Health topics include:</p> <ul style="list-style-type: none"> -Diseases & conditions -Emergency preparedness & response -Environmental health -Life stages & populations -Healthy living/preventative health -Injury, violence & safety -Travelers' health -Workplace safety & health
<p>Mayo Clinic 13400 E. Shea Blvd. Scottsdale, AZ 85259 (480) 301-8000 www.mayoclinic.org</p>	<p>Health topics include:</p> <ul style="list-style-type: none"> -Diseases and conditions -Symptoms -Drugs and supplements -Tests and procedures -Healthy lifestyle -First aid
<p>MI Genetics Connection – Support Group Directory www.migrc.org</p>	<p>Contains information about support groups and organizations for people with genetic conditions</p>
<p>Michigan Department of Community Health Capitol View Building 201 Townsend Street Lansing, MI 48913 (517) 373-3740 www.michigan.gov/mdch</p>	<ul style="list-style-type: none"> -Resources for pregnant women, children & families -Programs for mental health & substance abuse -Physical health & prevention resources -Information on health care coverage -Birth, death, marriage, and divorce records -Community health news
<p>Medline Plus www.nlm.nih.gov/medlineplus/</p>	<ul style="list-style-type: none"> -750 health topics on conditions, diseases & wellness -Information on drugs & supplements -Medical Encyclopedia – includes pictures & diagrams -Information in over 40 languages -A service for finding local resources

<p>MSU Extension Health and Nutrition (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"> -Choosing health Food -Stretching food dollars -Preparing and storing food safely -Ways to be more physically active -Breastfeeding information and support
<p>United Way 2-1-1 Hotline Dial 2-1-1 Alternate number: (313) 226-9200 www.211.UnitedWaySEM.org</p>	<ul style="list-style-type: none"> -Resources on rent/utility assistance, food, legal assistance, support groups, health insurance, etc. -Assists caller in over 170 languages -Available 24 hours a day, 7 days a week -Free & confidential

Resources for Visually Impaired

Local Resources for Visually Impaired:

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

Resources for Other Languages

(Arabic, Deaf, Spanish & Multiple)

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

Contact Information:	Details:
DeafMD.org www.deafhealth.org	-Information on diseases & illnesses -Understanding tests -Find deaf-friendly doctors in your area -Instant access to medical ASL interpreters
Deaf Community Advocacy Network 2111 Orchard Lake Road Suite 101 Sylvan Lake, MI 48320 (248)332-3323 TTY (248)332-3331 Voice www.deafcan.org Email: deafcan@deafcan.org	-Source for providing certified interpreters
Dietitian – Sandria Graham P.O. Box 68 Clawson, MI 48017 (800) 655-0898 E-mail: Deafnutritionist@yahoo.com	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.
Family Practice – Dr. Philip Zazove 7300 Dexter-Ann Arbor Road, Suite 110 Dexter, MI 48130 (734) 426-2796	
Cyra.com Interpret.cyracom.com	-CyraCom is the leading provider of language interpreter services including services for the deaf community -The Company supports hundreds of languages and operates 24/7.

Resources that Speak Arabic:

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

Resources that Speak Spanish:

Contact Information:	Details:
Clinica Santa Teresa – Mercy Place 55 Clinton Street Pontiac, MI 48342 (248) 333-0840	-Bilingual services (Spanish and English) -Pregnancy testing -Prenatal and postpartum services -Normal and high-risk pregnancies -W.I.C. application site -Healthy Start/Healthy Families Oakland prenatal classes -Assistance with Medicaid application for MOM’s program -Support and interpretation services for women during and after pregnancy -Connection to other resources in the community
Easter Seals Michigan 1685 Baldwin Pontiac, MI 48340 2399 E. Walton Blvd. Auburn Hills, MI 48326 (248) 475-6400 Toll-free: 1-800-757-3257 mi.easterseals.com	Provide the many services in Spanish - Call (248) 475-6400 for determination and referral

<p>Centro Multicultural La Familia 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"> • 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

Resources for Multiple Languages:

<p>CyraCom</p> <p>Interpret.cyacom.com</p> <p>For Translation & Localization requests, please contact them at:</p> <p>Email: Translations@cyacom.com</p> <p>Phone: (321) 320-3564</p> <p>For Phone & Video Interpretation requests, please contact them at:</p> <p>Email: getstarted@cyacom.com</p> <p>Phone: 1-844-727-6739</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>Language Services Associates</p> <p>www.lsaweb.com</p> <p>(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:
Stanford Patient Education Research Center 1000 Welch Rd. Ste. 204 Palo Alto, CA 94304 (650) 723-7935 E-mail: self-management@stanford.edu patienteducation.stanford.edu	-Internet self-management programs -Evaluation tool -Training information

Local Chronic Disease Self-Management Programs:

Contact Information:	Details:
Michigan Partners on the Path <i>Leader Training</i> (734) 727-2060 Contact: Amanda Pier	-Find a class/workshop in your area -Program descriptions -Upcoming events -Resources

E-mail: apier@tsalink.org www.mihealthyprograms.org	
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Resources for Office Transformation

Local Resources for Practice Transformation/Improvement:

Contact Information:	Details:
Michigan Primary Care Consortium 620 South Capitol Ave. Ste. 310 Lansing, MI 48933 (517) 484-0290 www.mipcc.org	-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