

Persons Points of View

WINTER 2015-2016

DWMHA

TOM WATKINS, PRESIDENT AND CEO



Tolerance-By Michael Shaw

Consumer Driven Newsletter

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More than ever we seem to be living in an era of extremism and intolerance. Political candidates are openly saying things that 20 years ago would have unthinkable. Some talk show hosts are promoting murdering innocent people because they may be related to alleged terrorists or be unfortunate enough to be in the vicinity of one being sought. Religious intolerance has become common, not only in terms of ISIS and radical Islam, but also among some Buddhists in countries such as Myanmar, and some Christians right here in the U.S. I don't know why this type of fanaticism is occurring, but I find it very troubling. It threatens freedom and democracy here

and abroad and is pushing the world into increasingly dangerous conflicts. Compromise has become a dirty word. The idea that one should never yield and the unrealistic expectation that one should get everything that one seeks is becoming the norm. We, as human beings need to stop and ask "where are we going?" Do we really want to choose violence and non-compromise as the means to solve our problems and get what we want? There are some real challenges that our planet is facing today that require compromising and working together. Global warming, poverty, environmental degradation and dare I say "terrorism" cannot be solved by taking hard line,

unyielding positions and refusing to work with those we oppose. Like the lyrics of the song by Burt Bacharach, song by Dionne Warwick "what the world needs now is love, sweet love." The concept of love is more relevant today than ever. Today's politicians, leaders, terrorists, fanatics, etcetera, are saying anything and everything except "LOVE." It's time to give up the hatred and start working together. In an increasingly interdependent world, many of the major problems we face need to be worked on collectively if we have any chance of solving them. The survival of the human race and maybe everything alive on the planet may depend on it.



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Michigan Receives \$980,000 Grant to Develop Behavioral Health Clinics-By Associated Press

LANSING —

The **Michigan Department of Health and Human Services** has been awarded more than \$980,000 to develop certified community behavioral health clinics. "Building community-based systems of care is vital to supporting residents with behavioral health needs," said Nick Lyon, director of MDHHS. "This grant is an important first step in developing a more

comprehensive way of delivering services throughout our state to best serve our residents." Michigan is among 24 states chosen to receive a planning grant from the **Substance Abuse and Mental Health Services Administration**. The state health department will use the funding to develop criteria for certified community behavioral health clinics, establish a payment system

and prepare an application to participate in a two-year demonstration program. To be considered a certified community behavioral health clinic, organizations must serve adults with mental illnesses, children with emotional disturbances and those struggling with substance abuse. The organizations are required to provide a variety of services, including psychiatric rehabilitation services, support groups and community-based mental health care for veterans.

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Avoid the Winter Doldrums, Maintain Mental Health and Wellness—By Robert Sheehan

With the holidays behind us and the winter doldrums setting in, it's a trying time for the mental health and wellness of many here in Michigan. While many people welcomed home far-away relatives and celebrated the season with friends and family, it can be hard to adjust when loved ones are no longer near.

The weather in our state doesn't make the adjustment any easier. While it's a milder winter than years past, the seemingly perpetual gray skies have a lasting effect on our outlook and well-being. Unfortunately, there is no silver bullet for making the winter months more cheerful, but there are some simple steps people can take to make the days a little brighter.

If you experience Seasonal Affective Disorder – an estimated 10 million

Americans do – you may want to consider purchasing a light box or visor, which supplies your body with the sunlight it is missing during winter months.

Visit with friends and family. Just because the holidays are over, it doesn't mean that the get-togethers have to be. Spending time with loved ones can have tremendous benefits on one's mental health.

Eat a healthy diet. While it may be tempting to avoid trips to the grocery store, it's worthwhile to opt for nutritious and fresh foods. In particular, the American Psychiatric Association says that omega-3 fatty acids, often found in fish, could be a complimentary treatment for depression.

Spend time outdoors. Physical activity and fresh air are powerful boosters of

mental health and wellness. With appropriate winter layers, you can enjoy the ski slopes, skating rinks, or even a walk around the block.

If your feelings of sadness and grief are too much to bear, or if you're not sure if what you're experiencing is healthy, talk to someone about it. There is no shame in seeking professional help to learn strategies for improving your mental health.

Every county in the state is serviced by a Community Mental Health Service Program, which offers an array of behavioral health, developmental and intellectual disability services to consumers. With evidence-based treatments and patient-centered care, Michigan's mental health system is there for you in good times and in bad.

In winter, spring, summer and fall, prioritize your mental health and wellness, and take action to improve it when you're not feeling like yourself.

An Exhortation For Action—By Daniel Duane Spyker

2016 is an election year. It is an election year for everyone, both citizens and candidates. It is an election year where almost all issues, local, state, and federal will be in play. It is an election year in which decisions will be made that will set the course that this nation and the world will follow

for the rest of the 21st century. So, we all have a decision to make and the decision is a simple one. Do we act as citizens of a democratic republic, standing up to those persons and forces that would push us aside and ignore the general welfare? Or do we sit back as passive subjects and bystanders,

content to be controlled by others, never participating in the process of decision making that will affect every action we take? This is the stark choice we all have to make and there is no getting out of making that choice! Citizens or subjects, it is our choice. I choose to be a citizen and I pray you will too!

Mediation on the Life of Ron Scott—By Daniel Duane Spyker

I first met Ron Scott during my days as Director of the Cease Fire Program for Save Our Sons And Daughters (SOSAD) back in the early 1990s. I found him to be an affable man, who was both passionate and precise in defining the issues of racism, community violence, and the lack of accountability in the police culture of the City of Detroit. He was always "For My People"; but his advocacy tended to build rather than burn bridges to other communities. I never felt excluded

when I was with him. He constantly brought people into his circle and was a consummate listener. His earthly course was the epitome of an un-wasted life. Reportedly, he was making phone calls in service to the people from his hospital bed until he drew his last breath. I feel honored to have known and worked with him. He leaves us, fellow elders in the movement, with added responsibilities to tell the stories, teach the young, and continue to bend that long "Arc"

toward Justice. He would not want us to linger, even in mourning! He would want us to act!



Easy Homemade Pudding in Four Flavors—By John Edward Kelley

Anyone want pudding? Well I found an easy recipe in a Food Network Magazine, the September 2015 issue, Vol. 8, Number 7. Edition. It will please anyone. You can change it into four easy flavors, whatever you like. I found the recipe, tried the pumpkin pudding and absolutely loved it. I even made a quadruple batch. It was delicious and a great way to use a can of pumpkin. So without further ado, here is the recipe:

“Combine ½ cup sugar, 2 tablespoons cornstarch, and 1/8 teaspoon salt in a medium bowl; slowly whisk in 1 cup milk, then whisk in 1 large egg. Meanwhile, bring 1 cup milk to a boil in a medium saucepan over medium heat. Remove from the heat and whisk in the sugar mixture. Return to medium-low heat and simmer, whisking 5-7 minutes until thick and creamy. Remove from the heat and whisk in 1 tablespoon each of vanilla and unsalted butter until smooth.” Then add

your favorite flavors:

- **Double Chocolate Chip**-Stir in ½ cup milk chocolate chips. Layer with crumbled chocolate chip cookies. Put in a good container and cover with plastic wrap and refrigerate until set, about 2 hours. I have not tried this flavor, but it still sounds good.
- **Pumpkin Pie**- This is my favorite!!!!!! Stir in ½ cup pumpkin and top with crumbled graham crackers. Refrigerate until set.
- **Chocolate Peanut Butter**- I have not tried this flavor, but it still sounds good. Stir in ½ cup semisweet chocolate chips and layer with peanut butter cookies. Refrigerate until set.
- **Chocolate-Mint**- Stir in ½ cup mint baking chips and layer with crumbled chocolate cookies. Again refrigerate until set.

Just a few tips:

- 1) If you are cooking for a family of four, you might want to quadruple the batch like I did; then you will have leftovers.
- 2) Be careful when adding the boiled milk to the egg mixture; you don't want to scramble the eggs. Slowly increase the temperature of the egg mixture by adding a small amount of the boiled milk. This process is called tempering.
- 3) If you are going to double, triple, or quadruple the batch, you will have to extend the cooking time. Also if you are going to make more, you are going to go through a lot of vanilla.
- 4) Whatever you do, use unsalted butter, not salted. Salted will ruin the recipe.

Other than that you should be fine and be able to make homemade pudding. It's delicious. You will never buy pudding again!

Recognition Corner

The Wayne/Oakland Peer Support Certification training was recently completed at Sacred Heart Major Seminary in Detroit. This was the 6th metro regional program collaborated by the two counties enabling more

peers to take advantage of the state's intensive training in preparation for becoming Certified Peer Specialists. The following Detroit-Wayne peers completed the training and passed the certification examination: Justin Carnaghi, Team Wellness; Monique Seaton, Team Wellness; Robert Taylor,

Northeast Guidance; Janna Taylor-Rayford, Neighborhood Service Organization; Joseph Urbiel, University Physicians Group; Denice Welch, Neighborhood Service Organization; and Jacques Walker, Team Wellness. The graduation ceremony will take place at Lansing Community College this spring.

Youth Mental Health!

February 2016 is Youth Mental Health First Aid Training Month. This is a great time to reflect on the challenges that youth face in the realm of mental health and on the services provided. The following is a list of the remaining Wayne County First Aid trainings thus far scheduled for 2016. Please consider participating in a training. Adult Men-

tal Health First Aid: February 11, 2016, 8:30 am to 4:30 pm, Lincoln Behavioral Services, 9315 Telegraph Rd., Redford, MI. 48239. Youth Mental Health First Aid, February 22, 2016, 8:30 am to 4:30 pm, The Guidance Center, Center For Excellence, Bldg #2, 13111 Allen Rd., Southgate, MI. 48195. [8.0 non-specific CEC hours are approved by MCBAP for substance use professionals, such as Certified Alcohol and Drug Counselors](#)

[\(CADC\) and Certified Advanced Alcohol and Drug Counselors \(CAADC\)](#)



Peers In Action:

Jackie McAlpine: Helping People Make Better Choices

When she became a Peer Support Specialist in 2008, Jackie McAlpine had a simple goal: To "make somebody's day a little better." Today, as a Unit Leader, she shares her own recovery story while teaching people at Hegira Next Step Clubhouse, a division of Hegira Programs, Inc., to make healthier choices.

Jackie is kneeling, lower left corner "Choose water over pop," she tells them, breaking down the steps to a healthier lifestyle. "When you're faced with a choice between French fries and a real potato, choose the potato." The discussion in her unit may cover health concerns such as blood pressure, stroke, quitting smoking, relaxation and coping skills. Every week

McAlpine leads an exercise class. It might be jogging around the pool table, stretching or a walk outside on a sunny day.

To keep things interesting, she leads WHAM Groups, a weight loss competition modeled after "The Biggest Loser." This included wellness information, guides to smarter shopping, and encouragement to choose healthy options.

She encourages baby steps. "Do one little thing."

"I am just grateful that I can encourage them," she says, "sometimes just giving them a smile when they need it." She wants her clients to "manage their disease and enjoy life."

When people "learn to take care of themselves, they become more independent." That is a main goal of the program." McAlpine's hopes to help people realize that they too can have goals and dreams. "I really want to see people live longer."



Claire Cross: Southwest Counseling Solutions

While helping others achieve goals for a better and healthier life style, Claire Cross found she is helping herself as well. As a Peer Support Specialist at Southwest Counseling Solutions for the past two years, Cross leads clients in several weekly groups to improve their health. The groups include exercising, smoking cessation, weight loss and learning to eat healthier on a budget. She also facilitates groups as part of the Quality Performance Im-

provement Project - Improving Wellness Self-Management of Adults with Severe Mental Illness/Consumers with Chronic Health Conditions.

"I try to motivate people not just by educating them but by demonstrating to them that I and others in the group care about them. Caring makes a huge difference," Cross said. She's seen first-hand how this works. "I asked one woman why she was trying to stop smoking now and she answered, 'because no one cared before. Now I

know you and the others care'." "My group members know I believe in them. What helps them also helps me when I started feeling down. I share that with them. It helps us bond so we can help each other." Cross is fervent about helping her clients. "The dedication I see from others, their desire to learn, to make changes so they can have a better life – that's what keeps me so passionate about what I do at Southwest Counseling Solutions."

Stephanie Hampton: New Center Community Services

Stephanie Hampton knew what her calling was at a young age – to help others learn how to reach their potential in life. She follows her calling by serving as a Peer Support Specialist at New Center Community Services since April 2013.

She facilitates groups as part of the Quality Performance Improvement Project - Improving Wellness Self-Management of Adults with Severe Mental Illness/Consumers with

Chronic Health Conditions. She facilitates peer support groups for women several times a week on topics ranging from anger management to wellness and recovery. Hampton leads by maintaining a positive attitude while relating to and inspiring each member. "Helping others reach their potential is about teaching coping strategies so they can learn to improve their lives," she said. "It's also about empowering people to not take things for granted, to know they can ask questions when

it concerns their lives." She learned first-hand how to lead a productive life by learning to go beyond a diagnosis of depression and by watching and helping a close family member with bipolar disorder learn to live productively. "I love helping others achieve their dreams and aspirations. I believe this is what I was put on earth to do. And when people in the groups say they want to be like me, that's the greatest compliment anyone can ever give me."

Did You Know....

Enrollee Rights

You Have the Right:

1. To receive benefits, services and instructional materials in a manner that may be easily understood.
2. To receive information that describes the availability of covered services and supports and how to access them.
3. To receive information in prevalent non-English languages.
4. To receive interpreter services free-of-charge for non-English languages.
5. To be provided with written materials in alternative formats and how to obtain them for those who are visually and/or are hearing impaired or have limited reading proficiency.
6. To receive information within a reasonable time after enrollment.
7. To be provided freedom of choice among network providers.

8. To receive information on the grievance, appeal and fair hearing processes.
9. To receive information on the amount, duration and available benefits to which you are entitled.
10. To receive information that provides information on how to obtain benefits from out-of-network providers.
11. To provide information on how to access 911, emergency, and post-stabilization services.
12. To receive information on how to obtain referrals for specialty care and other benefits that is not provided by the primary care provider.
13. To be made aware of those services that are not covered and may involve cost sharing if any.
14. To receive information on advance directives.

15. To be provided with information on the structure and operation of the Authority.
16. To be provided with timely written notice of any significant State and provider network related changes.
17. To be provided with information annually about enrollee rights and protections.
18. To be treated with respect, dignity, privacy, confidentiality, and non-discrimination.
19. To receive information on available treatment options.
20. To participate in decisions regarding health care, the refusal of treatment and preferences for future treatment decisions.
21. To be provided with information on services that are not covered on moral / religious basis.
22. To be treated in the least restrictive, clinically appropriate setting.

Stigma What is Stigma?

Stigma is a form of discrimination. It is one of the leading reasons individuals with mental illness do not seek treatment for their condition.

You Know You're Being Stigmatized if...

- Words like crazy, psycho, looney, etc., to describe yourself or others.
- You are being referred to as being difficult.
- You are refused housing because of your mental illness.
- You are refused employment that you are qualified for because of your mental illness.

- You are not being treated with dignity and respect by healthcare professionals.
- People fear you or avoid you because of your mental illness.

Did you Know that...

- Stigmatizing behavior can be viewed as discrimination or harassment.
- Stigma may cause individuals with mental illness to feel isolated in a community.
- Stigma may result in individuals feeling a lack of social support, positive social roles, coping and problem-solving skills.
- It is important that healthcare providers

avoid using stigmatizing behaviors toward consumers.

- Educate yourself on stigma.
- Recognize that stigmatizing behavior is not normal or acceptable anywhere.
- Seek professional help for your mental illness.
- Request a Peer Support Person to Partner with while obtaining mental health services.
- Do not get upset, remain calm when someone says something demeaning; just show them with dignity that their comment was inappropriate.
- Report stigma if you or someone you know is a victim.

Ask the Doctor By Dr. Carmen McIntyre, Chief Medical Officer, DWMHA



Question: Daniel Duane Spyker asked: “What are the warning signs for suicide?”

This week I was asked, “What are the warning signs for suicide?” This is a great question, and one that everyone should learn the answer to. In fact, the Detroit Wayne Mental Health Authority has trained over 10,000 people in Mental Health First Aid (MHFA), which teaches about types and symptoms of mental health disorders, how to recognize crises such as suicide thoughts, and how to get help. We hope to teach many more this year.

First, some brief facts about suicide. In 2014, suicide was the 10th leading cause of all death in the U.S., the 2nd for youths aged 15-24, and 4th for adults aged 18-65. These suicides claim around 38,000 Americans a year, translating into about 104 deaths by suicide a day, or one every 12-13 minutes.

While women attempt suicide 3-4 times more often than men, men complete suicide 3-4 times more often than women. This is because men use more violent means, including firearms. In fact, access to firearms is associated with a significantly increased risk of suicide. Women tend to use poison, including overdoses of medications.

Other risks that increase the likelihood of suicide include: major depressive episode; substance use or abuse, such as alcohol or cocaine, getting divorced or being widowed, a recent loss (such as losing a job, or a loved one) and/or physical illness or chronic pain.

I will list the suicide warning signs below, but in general, look for signs of depression as this has the greatest correlation with suicide attempts.

Depression doesn't look the same for everyone, but some hints are: feeling sad and blue; being agitated and angry (especially in children and adolescents); changes in sleep and appetite; loss of interest in activities that were previously enjoyed, such as spending time with friends, or playing sports; difficulty with concentration or

memory; feelings of guilt or worthlessness; and fatigue or decreased energy. Warning signs of suicide are:

- Talking about death, wanting to die, or wanting to kill oneself.
- Looking into ways to kill oneself, such as buying a gun, or searching online for ways to die.
- Talking about feeling helpless, hopeless, or having no reason to live.
- Talking about being a burden on others.
- Having thoughts that one is trapped or in unbearable pain (physical and/or psychological).
- Increasingly reckless behavior, including use of alcohol or drugs.
- Becoming more withdrawn or feeling isolated.
- Feeling enraged or talking about getting revenge.
- Loss of interest in the things one cares about.
- Making arrangements or setting one's affairs in order, including giving away one's possessions, or saying goodbye to people.
- Finally, suddenly seeming happier or calmer. This is because the person has made the choice to die and has a sense of relief that their suffering will soon end.

What can you do? Always make sure to get help, for yourself and the person who may be considering suicide. In Wayne County, the crisis line number is 1-800-241-4949. This will connect you to the Suicide Hotline, as well as the Access Center for mental health services. You can also call the National Suicide Prevention Lifeline anywhere in the US: 1-800-273-TALK (8255). I suggest you put these numbers everywhere: on the refrigerator, in your wallet or purse, in your phone, etc. If you can't remember these numbers, you can always call 911. You can also take yourself/the person threatening suicide to the nearest emergency room.

Other tips: talk to someone who can help you get help, whether that is a friend, teacher or school social work-

er, your minister/pastor/priest/rabbi/imam, or human resources

personnel at work. Make sure you stay away from things that might hurt you, or remove things a person can use to hurt themselves. For example, take firearms out of the house, secure medications, and guard against “sharps”-knives, needles, scissors, etc. I want to address a few myths about suicide.

“People who talk about suicide won't really do it.” This is false. Almost everyone who commits suicide has given some warning or clue. Never ignore suicide threats.

“If a person really wants to kill themselves, there is nothing you can do to stop them.” This is a frustrating myth. The truth is that most people thinking about suicide have mixed feelings about death, and waiver until the last moment. They move between wanting to live, and wanting their pain to end. It is rare for someone to move instantly from the first thought of suicide to an attempt. “Talking about suicide may give someone the idea.” This is the worst of the myths. The opposite is true: bringing up the subject and discussing it openly can give a person a sense of relief. They have been struggling with their emotions and thoughts, but may be afraid or too ashamed to talk about them. Giving them the opening to discuss it shows that you care, and are willing to help them.

Finally, a word about how to talk about suicide. Be open, direct, and compassionate. Stay away from using terms such as “failed” or “successful”. This is not a contest. Rather than focusing on persons who complete suicide, I would much rather celebrate the lives and recovery of those who survive suicide thoughts.

To learn more about Mental Health First Aid, go to www.mentalhealthfirstaid.com. For DWMHA trainings visit www.dwmha.com.

DWMHA Customer Service Department
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WHAT'S COMING UP!

February 2016

- February 9 **Peer Mentor Meeting**, an opportunity for peers with developmental disabilities to get together over lunch to discuss issues, changes and recent statewide initiatives to encourage employment equality and more. 640 Temple, 2nd floor conference room; 12:30pm-2pm. Contact Robert Spruce 313 833-2196
- February 9 **Faces of Trauma (Its Impact)**, guest speakers discussing art therapies and community programs that help pave the way toward a healing process; recommended for guests 13 years and up, including caregivers, educators, families and service providers; 530pm-7:30pm. Children's Center, 79 Alexandria, Building #90, Detroit, 48213. RSVP to Susan Thomas 313 262-1175, extension 1154
- February 10 **Tri-County Peers Connect Meeting**, a get-together for people with mental illness, developmental disabilities, substance use disorders, parents and support staff to network with friends in Wayne, Oakland and Macomb counties. Learn about staying well and WRAP for work, while expanding tri-county friendships. Time and location to be announced
- February 10 **Coping With Trauma and Addictions: A Treatment Approach**, training for those who are assisting people with this co-occurring disorder. Trauma and substance use must be acknowledged and treated at the same time. \$78. with continental breakfast beginning at 830am. Michigan Association of Community Mental Health Boards, 426 S. Walnut, Lansing 48933; contact www.macmhb.org/education; phone: 517 374-1053
- February 13 **NAMI Support Group**, every 2nd Saturday of each month at the John Dingell parking on the Canfield Street side. Call Zoe Williams for details: 313 784-9391 Veteran Hospital Building, 4646 John R, Detroit, room #B1314. 1pm-3pm
- February 19 **Constituents Voice**, mental health professionals and individuals receiving services to meet and exchange ideas on how to improve services and encourage Recovery in Wayne County and beyond; 640 Temple, 2nd floor conference room; 10am-noon. Questions: Robert Spruce 313 833-2196
- March 14-18 **Peer Support Certification Training**, for Peers receiving mental health services who are currently employed with a mental health provider. St. Francis Retreat Center, 703 E. Main Street, DeWitt, Michigan 48820; questions: contact skuhlman@dwmha.com



Persons Points of View

Poetry Corner "Without Knowing"

By Mary Ann Bozenski

We go thru life without knowing
Knowing how today will end
Knowing what tomorrow will
bring
Knowing what will happen in the
next hour
The next minute
Life is a never ending mystery
An adventure to be relished
And celebrated each and every
day

"Razzmatazz"

By Dona F. Tatum

Razzmatazzed in the Festival of Jazz
By the rhythms and the beats
on every corner of the streets.
The aroma of Bar-B-Q and roasting nuts fill the
nose
jazz music encourage the toes
to wiggle inside the shoes.
Three day of razzmatazz in the Festival of Jazz
on the hot concrete of downtown streets.
Fans come from far and near to hear the jazz
and be razzmatazz.ed.

Editor

If you have any questions, comments, or wish to
contact Michael Shaw, the editor, send an e-mail
to mshaw1@dwmha.com or phone Michael Shaw
at (313) 833-2310

Community Stakeholder Participation Requested

The Detroit Wayne Mental Health Authority supports stakeholder advocates involvement in the design, delivery and evaluation of the mental health system. Stakeholders (e.g., consumers/ participants, providers, advocates, etc.) involvement through a variety of activities are held, sponsored or organized in collaboration with the Authority through a variety of committees and groups. Many of these activities are created, planned, implemented and monitored as the result of committee involvement. In an effort to en-

courage and ensure consumer and other stakeholder participation in all areas of the system, the Authority has centralized its process for recruiting new members to the Authority's various committees.

If you are interested in learning more about Authority committee vacancies and how you may be considered for participation, please contact the Customer Service Department by calling (888) 490-9698.

www.dwmha.com

Access Center
For
Enrollment Inquiries
Information and Referral
24-hour Crisis Line
313-224-7000 (Local Calls)
1-800-241-4949 (Toll Free)
TTY/TDD Line: 1-866-870-2599
(Hearing Impaired)
Customer Service
For
Consumer Affairs
Community Outreach
Grievances and Appeals
Family Subsidy
313-833-3232
1-888-490-9698
TDD Line: 800-630-1044
Office of Recipient Rights
1-888-339-5595
TDD Line: 1-888-339-5588
DWMHA