

# Resource Directory

for individuals and families  
impacted by

# Substance Use Disorders 2024



# Introduction

This guide was developed by Ingham County Health Department with funding provided by Mid-State Health Network.

If your organization would like to be included in this guide, or if you have corrections to information in this guide, please contact:

Tammy Maidlow-Bresnahan, MPH, CPS, TTS Prevention Programs Coordinator  
Health Promotion & Prevention Division  
Ingham County Health Department  
[tmaidlow@ingham.org](mailto:tmaidlow@ingham.org) (517) 887-4315

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# Local Outpatient Counseling & Treatment Providers

**Child and Family Charities** New Focus Clinic offers a wide range of counseling & therapy supports for youth, adults & families (including outpatient substance use treatment for ages 10-17) in the tri-county area. They can make referrals for Medication Assisted Treatment.

Please call (517) 882-4000 or go to [www.childandfamily.org](http://www.childandfamily.org)

**Clinton County Counseling Center (CCCC)** Outpatient substance use disorder treatment for residents in Clinton County & surrounding areas. Provides screenings, assessments, individual & group counseling, family intervention, psycho-education, and SUD therapy in the Clinton County Jail.

Please call (989) 224-6729 or go to [www.ceicmh.org/contact-us/locations/cccc](http://www.ceicmh.org/contact-us/locations/cccc)

**Cognitive Consultants, LLC** Provides treatment for substance use disorders and other addictions. Provides risk assessment, broad-based mental health services, evidenced-based intensive outpatient counseling, and outpatient education. This agency also offers domestic violence prevention/treatment programming, anger management, and counseling/treatment. Please call (517) 322-3050 or go to [www.cognitiveconsultantsllc.com](http://www.cognitiveconsultantsllc.com)

**Cristo Rey Substance Abuse Program** Outpatient counseling and prevention program designed to meet the needs of BIPOC (Black, Indigenous and other People of Color) and women's specialty services. Services include culturally competent substance abuse education, individual and family counseling, outreach to people experiencing homelessness, and medical clinic and support service referrals. In-person services and group meetings are available. Please call (517) 372-4700 ext. 140 Spanish interpreters are available.

**Mid-Michigan Recovery Services** Substance abuse treatment for people experiencing problems with alcohol and/or other drugs via information, education, and treatment on an outpatient, intensive outpatient, or long-term residential basis. Special programming is available for women and families. Please call (517) 887-0226 or go to [www.midmichiganrecovery.com](http://www.midmichiganrecovery.com). Interpreter services are available.

**Reality Counseling Services** Provides individual sessions, alcohol and drug group service sessions, relapse prevention groups, moral recognition groups, outpatient services, intensive outpatient programs, assessments, and psychological evaluations. Please call (517) 484-4997 or contact [marlana.smith@realitycs.com](mailto:marlana.smith@realitycs.com)

**Prevention and Training Services (P.A.T.S)** Provides services for Moral Reconciliation Therapy (MRT), anger management, domestic abuse, alcohol and substance use education, relapse treatment, outpatient substance abuse treatment, women's specific outpatient treatment, intensive outpatient treatment, drug and alcohol assessments and mental health therapy and economic crime. Please call (517) 323-8149 or go to [www.patslansing.com](http://www.patslansing.com)

**Professional Psychological & Psychiatric Services (PPPS)** Provides comprehensive outpatient mental health and substance abuse treatment clinic offering psychiatric, psychological, social, educational, vocational and prevention services to individuals, families and groups. At this time, counseling appointments are available by telephone or telehealth. Please call (517) 977-0899 or go to [www.pppshealthcare.com](http://www.pppshealthcare.com).

**Q: What is outpatient counseling?**

A: When someone is using outpatient treatment/services, they come and go to and from the counseling center/program. They do not live/ sleep at the counseling/ treatment center as they would at in inpatient or residential treatment program/center.

**Wellness Institute of Michigan** Provides individual, family and couples therapy for all ages in a safe, private and welcoming environment. Highly trained, fully licensed therapists provide cognitive behavioral therapy for those with SUD, including telehealth counseling. Please call (517) 347-4645 or go to [www.wellnessinstitutemi.com](http://www.wellnessinstitutemi.com) Spanish and Japanese interpreter services are available.

**Wellness Inx** Provides screenings, brief intervention and referrals to treatment (SBIRT), one-on-one planning sessions with a recovery coach and peer facilitated recovery groups. Zoom meetings are available for the following support groups.

- **Multiple Pathways Support Meeting** Mon-Fri 10:00am- 11:00am & 7:00pm-8:00pm
- **Peer to Peer Coaching Meetings** Mon-Fri 9:00am-12:00pm & 1:00pm-4:00pm

Please call (517) 272-0520

For Zoom links, go to [www.wellnessinx.com/recovery-meetings.html](http://www.wellnessinx.com/recovery-meetings.html)

**Workit Health (Telemedicine)** Offering digital addiction care in Michigan, including Suboxone and therapy for opioid addiction. This provider offers clinically validated solutions accessible via smartphone and computer. This agency helps people struggling with opioid addiction, including medication management, 24/7 messaging with a counselor, online group therapy, virtual drug testing, and a personalized curriculum of engaging courses. Please call (734) 329-5419 or go to [www.workithealth.com](http://www.workithealth.com)

# Local Residential/Inpatient Treatment Providers

**House of Commons** A 40-bed, residential Substance Abuse Disorder Treatment Program, helping men in need of substance use disorder treatment. This CMH program works to create a co-occurring capable system that is welcoming, person-centered, recovery-oriented culturally competent and trauma-informed. Please call (517) 244-0393. Interpreter services are available.

**Mid-Michigan Recovery Services (MMRS)** This substance abuse treatment agency provides services for people experiencing problems with alcohol or other drugs. This includes information, education, and treatment on an outpatient, intensive outpatient or long-term residential basis. Special programming is available for women and families. Please call (517) 887-0226 or go to [www.midmichiganrecovery.com](http://www.midmichiganrecovery.com) Interpreter services are available.

- **Glass House** Residential treatment program and recovery housing for women with chronic chemical dependency including alcoholism and other substance use disorders. Part of MMRS. Please call (517) 482-2028
- **Holden House** Residential treatment program and recovery housing for men with chronic chemical dependency including alcoholism and other substance use disorders. Part of MMRS. Please call (517) 887-0226

**The Recovery Center** A withdrawal management program (Medically managed detoxification) that operates 24/7, with both Nursing and counseling services. This CMH program has 10 beds available for men and women and promotes a safe and caring environment. Please call (517) 267-7623

## Q: What is inpatient or residential treatment?

A: Residential treatment programs are usually available between 14-21 days, depending on insurance.

During inpatient/residential treatment, patients live at a facility in which intensive drug and alcohol treatment programs are the cornerstone of the patient's daily activities.

Often, patients who have attempted outpatient treatment programs but have ultimately relapsed back into drug and alcohol use, or have found outpatient programs difficult to complete, achieve success in a residential program.

Patients who require detoxification services due to concerns about withdrawal also benefit from residential programs, as detox services can be included as a part of residential treatment programs.

# Medication Assisted Treatment (MAT/MAR)

**Connected Health PLCC** Provides compassionate in person or telehealth outpatient MAT services for individuals struggling with Substance Use Disorders (SUD). Hepatitis C treatment and gynecologic care is also available. Please call (517) 816-8723 or go to <https://myconnectedhealth.com/> Interpreter and ADA services are available.

**Jeanne Kapenga, M.D, F.A.S.A.M.** Provides MAT services for Opioid Use Disorder and Alcohol Use Disorder in Clinton, Eaton and Ingham counties. Access to expanded services are available for all treatment. Please call (616) 822-5509

**Michigan Therapeutic Consultants** Provides MAT (Methadone and Suboxone) for Opioid Use Disorder. They also offer assessments, individual and group counseling, driver's license restoration evaluations and alcohol highway safety classes. Serving Clinton, Eaton and Ingham counties. Please call (517) 272-4357 or email [lansing@mtchelp.com](mailto:lansing@mtchelp.com)

**Ingham Community Health Centers** Provides SUD treatment for Ingham Community Health Center clinic patients. Services include screening, assessment, outpatient counseling and medically supervised MAT. Additionally, staff can assist patients who need higher levels of care, get connected with those services. Please call (517) 887-4400

**Samaritas** Provides substance use outpatient, intensive outpatient and community-based counseling, individual and group services. MAT services include Buprenorphine & Naltrexone, Recovery Coach and Case Management Services. Please call (517) 325-9090 or go to [SUDInfo@samaritas.org](mailto:SUDInfo@samaritas.org)

**Victory Clinical Services** Provides Medication Assisted Recovery and counseling services to individuals with an opioid use disorder. MAT services include Methadone Maintenance, Buprenorphine Maintenance, Vivitrol Treatment, individual SUD counseling, group therapy, and much more. Please call (517) 394-7867 or go to [www.victoryclinic.com](http://www.victoryclinic.com)

## Q: What is MAT/MAR?

A: Medication Assisted Treatment (MAT) can also be referred to as Medication Assisted Recovery (MAR), combining the use of FDA approved medications with counseling and behavioral therapy to provide a whole patient approach to treat substance use disorders (SUD).

Research shows the combined use of medication and therapy can successfully treat SUD, and helps sustain patient recovery.

MAT helps treat addiction to opioids. Certain medications can help normalize brain chemistry blocking the euphoric effects and relieves cravings to help people in their recovery journey.

# Recovery Housing

**Second Chance Men's Recovery Housing** Provides twelve-step recovery-based housing for men recovering from substance use disorders. Please call (989) 397-0253 or go to [www.transitionalhousing.org/li/second-chance-recovery-house](http://www.transitionalhousing.org/li/second-chance-recovery-house)

**Endeavor House Ministries- Men's Services** This ministry uses a faith-based approach and has residential transitional housing designed to help men find freedom from drug and alcohol disorder. They also provide NA and AA meetings.

Please call (517) 285-1270 or (517) 230-0348 or go to [endeavorhouseministries.com](http://endeavorhouseministries.com)

## **Angie's Place Women's House (Endeavor House Ministries)**

This ministry uses a faith-based approach to provide transitional sober living housing for women in recovery. They provide resources and supports, educating women how to live a lifestyle without alcohol and drug use behaviors. Please call (517) 599-3001 or go to

<https://endeavorhouseministries.com/womens-house/>

**Pinnacle Recovery Services** Provides transitional housing to help men maintain their recovery by addressing their physical, spiritual and mental health. Services offered include Peer Recovery Coaches, DHS help, employment help and help secure housing afterwards.

Please call (517) 574-4456 or go to [pinnaclerecoveryservicesmi.org](http://pinnaclerecoveryservicesmi.org)

**RISE Recovery Community Men and Women's Recovery Housing** Assists people into treatment and provides supportive housing for those who have successfully completed treatment. Their supportive community understands the heartache and pains of addiction and the strength that can be gained from successful treatment.

Please call (517) 703-3389 or go to [www.rrclansing.org](http://www.rrclansing.org)

**Safe Harbor Recovery Housing** A sober living environment to help people who are suffering from chronic substance use and co-occurring disorders. Part of MMRS.

Please call (517) 887-0226

**Unity House (Men's)** A faith based sober living house for men who want to focus on their drug and/or alcohol recovery. This facility is able to house up to 12 men.

Please call (517) 346-7747

## **Q: What is a recovery house?**

A: Recovery houses are healthy living environments that promote recovery from alcohol and other drug use and offer peer-to-peer recovery support.

Some also provide professionally delivered clinical services aimed at promoting abstinence-based, long-term recovery.

Credentialed recovery residences publish policies on relapse sanctions and readmission criteria and other rules governing group living.

Recovery residences may require abstinence from particular types of medications according to individual policy.

Individuals build resources while living in a recovery residence that will continue to support their recovery as they transition to living independently and productively in the community.

Services provided span from peer to-peer recovery support (all recovery residences) to medical and counseling services (recovery residences offering higher levels of support).

## Other Residential/Inpatient Treatment Centers in Michigan

**Addiction Treatment Center-** Traverse City, MI (231) 346-5216

**Bear River Health-** Boyne Falls, MI (231) 535-2822

**Brighton Center for Recovery-** Brighton, MI (810) 227-1211 Interpreters are available.

**Dakoske Hall Men's Residential Program-** Traverse City, MI (800) 622-4810

**Dawn Farm Spira Recovery Center-** Ann Arbor, MI (734) 669-8265

**Great Lakes Recovery Centers (Adolescent)-** Marquette, MI (906) 228-4692

**Great Lakes Recovery Centers (Adults)-** Marquette, MI (906) 228- 7611

**Great Lakes Recovery Centers Women's New Hope House-** Sault St. Marie, MI (906) 632-2522

**Great Lakes Recovery Centers Men's New Hope House-** Sault St. Marie, MI (906) 635-5542

**Harbor Hall Residential Treatment Center-** Petoskey, MI (888) 880-5511

**Harbor Oaks Hospital (Adults, Adolescent)-** New Baltimore, MI (586) 330-5202 Interpreters are available.

**Harbortown Treatment Center-** Benton Harbor, MI (269) 926-0015

**Henry Ford Allegiance Addiction Recovery Center -** Jackson, MI (517) 205-4001 Interpreters are available.

**Henry Ford Maplegrove Center-** Bloomfield MI (248) 661-6100 Interpreters are available.

**Holy Cross Services-** Multiple Treatment Center Locations in MI- (844) 452-4767

**Landmark Recovery-** Battle Creek, MI (269) 443-0905

**Metro East Substance Abuse Treatment Corp.-** Detroit, MI (313) 371-0055 Interpreters are available.

**NMSAS Services-** Gaylord, MI (989) 732-1791 Interpreters are available.

**Phoenix Hall Women's Residential-** Traverse City, MI (231) 922-4811

**Recovery Unlimited Treatment Center-** Flint, MI (810) 785-4930 Interpreters are available.

**Sacred Heart Rehabilitation** in Michigan (888) 802-7472

**Sanford House Addiction Treatment Centers-** Grand Rapids, MI (844) 776- 9651

**Skywood Recovery Center-** Augusta, MI (855) 396-4479

**Sunrise Center-** Alpena, MI (989) 356-6649



# Treatment Navigation Support

These organizations/services can help individuals and/or families identify treatment services and providers that best fit their needs, and/or determine eligibility for health plan coverage of services.

**Community Mental Health Authority of Clinton, Eaton and Ingham Counties (CMHA-CEI)** Provides services to support people in crisis, including those with emotional and behavioral challenges, intellectual and developmental disabilities and those with substance use disorders. Please call toll free (888) 800-1559 or (517) 346-8318 or go to [www.ceicmh.org](http://www.ceicmh.org)

Interpreter services are available.

**Hope Not Handcuffs** A person struggling with a substance use disorder can approach an officer, stating they would like to get into treatment. Transportation will be given to a local participating law enforcement agency, where they will be met by an Angel & Peer Recovery Coach, and placed into treatment. Please call HOPELINE at (833) 202-HOPE (4673) or go to [www.familiesagainstnarcotics.org/hopenothandcuffs](http://www.familiesagainstnarcotics.org/hopenothandcuffs)

Interpreter services are available.

**Ingham County Rapid Response**- A multi-agency collaborative focused on reducing drug overdose fatalities through post overdose response education and support. They also provide connection to harm reduction resources and recovery supports. Referrals can be made to various forms of SUD treatment, detox services and harm reduction service and supplies. For more information, call (517) 887-4444 or email [dmiller@ingham.org](mailto:dmiller@ingham.org)

Interpreter services are available.

**Mid-State Health Network** Partners with SUD prevention and treatment service providers, offering an array of services throughout MSHN's 21 county region. Call toll free (844) 405-3095 or go to <https://midstatehealthnetwork.org/provider-network-resources/provider-information/directory>

Interpreter services are available.

**Pathways to Care** A home visiting program working with Medicaid-eligible adults living in Ingham County or the city of Lansing. Community Health Workers meet with clients to connect them to services and resources in their community. Resources include health care enrollments, finding medical providers, dentists, specialty care services, and connecting clients to recovery resources. For referrals, please call (517) 272-4123, email [skennedy@ingham.org](mailto:skennedy@ingham.org) or go to

[https://health.ingham.org/health/health\\_promotion\\_and\\_prevention/pathways\\_to\\_care.php](https://health.ingham.org/health/health_promotion_and_prevention/pathways_to_care.php)

Interpreter services are available.

**Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA)** Free, confidential 24/7 treatment and referral information for individuals and family members facing mental health or substance use disorders. Referrals to treatment facilities, support groups & community-based organizations. Please call (800) 662-HELP (4357) or go to [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

Spanish interpreter services are available.

# Crisis Hotlines

**Alcoholics Anonymous Central Helpline 24/7** For a list of available meetings for the tri county area, please call (517) 377-1444 Central Office or go to <http://www.aalansingmi.org>

**Capital Area Narcotics Anonymous Helpline** Please call (800) 230-4085 or go to <https://michigan-na.org/>

**Child Protective Services** If you think a child is in danger of abuse or neglect, please call (855) 444-3911

**Community Mental Health Authority of Clinton, Eaton & Ingham- Behavioral Health Online Screening Platform** Provides anonymous and confidential online questionnaires to access general wellness, mental health and substance use disorders. They use validated screenings and provide results and referrals to local treatment networks. Please go to <https://screening.mentalhealthscreening.org/cei>

**Community Mental Health Crisis Services** Provides services to support people in crisis, including those with emotional and behavioral challenges, intellectual and developmental disabilities and those with substance use disorders. For 24/7 help, call (800) 372-8460, locally at (517) 346-8460 Interpreter services are available.

**Crisis Text Line** Free text crisis help available 24/7, supported by trained crisis counselors for those struggling with Coronavirus, anxiety, depression, substance use, suicide, domestic violence/ emotional abuse, eating disorders and mental health challenges. Text HOME to 741741 to connect with a Crisis Counselor, or go to [www.crisistextline.org](http://www.crisistextline.org)

**Disaster Distress Helpline** Provides confidential counseling, referrals and other support 24 hours a day, seven days a week. Please call (800) 985-5990

**Greater Lansing Al-Anon and Alateen Helpline** Worried about someone struggling with a drinking problem? Please call (517) 484-1977 or go to [al-anon.org/al-anon-meetings/](http://al-anon.org/al-anon-meetings/)

**Listening Ear Crisis Hotline** Provides free, confidential crises help for those feeling depressed, suicidal thoughts, loneliness, sexual assault, grief, among others. Referrals for services can be made throughout the Lansing area. Phone lines open from 2 p.m.- 2 a.m. Please call (517) 337-1717 or go to [www.contactus@theear.org](http://www.contactus@theear.org)

**National Domestic Hotline** Provides free confidential calls in more than 200 languages. Advocates are available 24/7. Please call (800) 799-7233 or TTY (800) 787-3224 or go to [www.thehotline.org/help](http://www.thehotline.org/help)

**Never Use Alone Overdose Prevention Hotline** Someone will stay on the line with you and notifies emergency services if you become unresponsive. Please call (877) 696-1996

**Poison Control** Available 24 hours a day. Please call (800) 222-1222

**988 Suicide & Crisis Hotline** (Formerly the National Suicide Prevention Lifeline) If you're thinking about suicide, worried about someone, or would like emotional support, the 988 Lifeline network is available 24/7 across the U.S. They offer call, text and chat access with trained crisis counselors who can help. Please call 988 or go to <https://988lifeline.org/talk-to-someone-now/> to access 988 lifeline chat

**988 Veterans Crisis Hotline** If you're a Veteran in crisis or are concerned about one, a crisis chat is available 24/7, even if you're not enrolled in VA benefits or healthcare. The chat is free and confidential. Please call 988 then press 1 or Text 838255. More information can be found at <https://www.veteranscrisisline.net/get-help-now/chat/>

## Support Groups

**Alano Club East** For a list of meeting days and times, please, go to their Facebook page, call (517) 482-8957 or go to <https://alanoeastclub.org>

**Alano Club West** For a list of meeting days and times, please go to their Facebook page or call (517) 321-4989

**Al-Anon Meetings** Provides support groups for families and friends of people struggling with alcohol use disorder. During groups, peers share their experiences in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. Please call (517) 484-1977 or go to <https://al-anon.org/al-anon-meetings/>

**Alateen Meetings** Provides peer support group for teens struggling with the effects of someone else's problem drinking. Please go to <https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>

**Alcoholics Anonymous Central Michigan-Intra–Area District (Greater Lansing Area)** Covering Ingham, Eaton and Clinton counties. Virtual and face-to-face meetings are available. Spanish speaking meetings are available in the tri-county area. For the current meeting schedule, please call (517) 377-1444 or go to <http://www.aalansingmi.org>

**Capital Area Narcotics Anonymous** Dedicated to helping people overcome the problems of addiction by providing a statewide website to help those in recovery find meetings and local NA functions in their communities. Virtual meetings are available. Please call (800) 230-4085 or go to [michigan-na.org/capital-area/meetings/](http://michigan-na.org/capital-area/meetings/)

**Celebrate Recovery at Trinity Church** Celebrating the healing and transformation through faith-based recovery principles. Childcare is available. Please call (517) 272-3820 or go to <https://wearetrinity.com/group/celebrate-recovery>

**Cocaine Anonymous Service Area** Cocaine Anonymous meetings are available online. Please go to [www.ca-online.org](http://www.ca-online.org)

**Codependents Anonymous** Lansing Area CoDA Tuesday Night Meetings have been temporarily converted to phone meetings. Please call (425) 436-6327 Access Code: 541632 or go to <https://coda.org/meeting/lansing-area-coda-tuesday-night-meeting/>

**Depression and Bipolar Support Alliance (DBSA)** Online support groups are available for people living with depression and bipolar disorder to help meet the need for caring and connection. Please go to <https://www.dbsalliance.org/>

**Ele's Place** Providing no cost grieving services for grieving children in the event of a death within the family. In person and virtual support groups are available. Please call (517) 482-1315 or go to <https://www.elesplace.org/branch-locations/capital-region/about>

**Families Against Narcotics-Ingham County** Providing free services raising awareness of the drug abuse epidemic, to reduce stigma and change the face of addiction. Family recovery coaches work with peers and families, providing education and support those affected by drug abuse and addiction. Meetings are held at East Lansing University Lutheran Church at 7 pm on the 4<sup>th</sup> Tuesday of the month. Please call 833-202-4673 or go to [www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.org)

**GRASP Grief Recovery after a Substance Passing** A free monthly, in-person support group for individuals who have experienced the death of a loved one due to drugs or alcohol. Meetings are held in East Lansing the first Thursday of the month from 6:00-7:30 pm. Pre-registration is required prior to the first meeting. Please call (517) 339-4156 email [MidmiGRASP@gmail.com](mailto:MidmiGRASP@gmail.com) or go to [www.grasphelp.org](http://www.grasphelp.org)

**Lifeboat Network Center** Provides one-on-one Peer Recovery Coaching (PRC) and a variety of mutual support meetings. Many classes are available related to recovery and life skills. They also offer one on one planning sessions with a recovery coach, peer facilitated recovery groups. Computer access is available for various needs such as job searches and applying for public assistance.

- **Multiple Pathways Meetings** - Mon-Fri 10:00 a.m. - 11:00 a.m. & 7:00 p.m.-8:00 p.m.
- **One-on-One Recovery Support Chat Space**- Mon-Fri 9:00 a.m. - 12:00 p.m. & 1:00 p.m. - 4:00 p.m.

Links for zoom meetings: <http://www.wellnessinx.com/>

Please call (517) 977-1772, after hours or go to <https://lifeboataddictionrecovery.org> Spanish interpreter is available.

**Marijuana Anonymous** A fellowship of people sharing their experiences, strength and hope, to help others recover from marijuana addiction. Virtual meets are available.

Please go to <https://marijuana-anonymous.org/find-a-meeting>

**MSU Collegiate Recovery Community (CRC)** Serving students seeking recovery from alcohol and other substance use disorders. CRC provide a safe, supportive campus community for those in recovery, so they can achieve their academic, personal and professional goals. Virtual recovery meetings are available.

Please go to <https://healthpromotion.msu.edu/recovery/index.html>

**Nar-Anon** Family groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve-step program, they offer help by sharing experiences, strength, and hope. Local meetings are Tuesdays @ 7:30 at St. Michaels Episcopal Church at 6500 Amwood Dr. Lansing, MI 48911. Please call toll free (800) 477-6291 go to <https://www.nar-anon.org/>

**National Alliance of Mental Illness (NAMI)** Dedicated to improving the lives of persons living with serious mental illness and their families in a supportive environment. Virtual meetings are available.

Please call (517) 484-3404 or go to [www.namilansing.org/](http://www.namilansing.org/)

**Nicotine Anonymous** Providing help for those who want to quit using nicotine. They host virtual meetings using different formats. The Voices of Nicotine Recovery host daily online meetings.

Please call (877) 879-6422 or go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) Interpreter services are available.

**Refuge Recovery** Peer led movement using Buddhist inspired practices and principals combined with successful recovery community structures to overcome addiction. Online and in person meetings are available at 18 locations in Michigan. Please go to <https://refugerecoverymeetings.org/meetings?tsml-day=any>

**SMART Recovery** Self-Management and Recovery Training (SMART) support group uses a 4-Point program of: Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings and Behaviors and Living a Balanced Life. Participants help each another resolve problems with addiction to drugs, alcohol or activities such as gambling and overeating. Lansing area virtual meetings are Wednesdays from 7:00- 8:30 p.m. Please call (440) 951-5357 or go to [www.smartrecovery.org](http://www.smartrecovery.org)

**Wellness InX** Provides training and assessments related to substance use, driver's license restoration and legal assistance in Clinton, Eaton and Ingham County. Please call (517) 272-0520

**Project ASSERT** Provides SBIRT navigational services for those struggling with substance use disorders who come to the emergency department. For more information, go to [www.wellnessinx.com](http://www.wellnessinx.com)  
Spanish interpreter services are available.

## Peer Recovery Coaches (PRC)

**Families Against Narcotics (FAN) Peer Recovery Coaches (PRC)** Provides freelance Peer Recovery Coach assistance to individuals who want to assistance accessing treatment and recovery service. Please call HOPELINE at (833) 202-4673

**Lifeboat Network Center** Provides freelance Peer Recovery Coaching (PRC) and a variety of mutual support meetings. Many classes are available related to recovery and life skills. They also offer one on one planning sessions with a recovery coach, peer facilitated recovery groups. Please call (517) 977-1772. After hours or go to <https://lifeboataddictionrecovery.org> Spanish interpreter is available.

### Q: What is a Peer Recovery Coach (PRC)?

A: PRC's are individuals with personal lived experience with addiction and/ or co-occurring mental health disorders who have sustained 2 or more years of recovery.

PRC's are professionally trained to provide non-clinical educational support to help individuals connect to multiple pathways of Substance Use Disorder treatment and recovery services.

## Harm Reduction Resources

**Fledge Foundation** Provides community members with opportunities for life, liberty and justice through harm reduction. A free store provides a variety of basic needs such as food, clothing, and hygiene supplies. Harm reduction supplies include Naloxone, cookers, armbands, fentanyl test strips, first aid supplies and more. Please call (517) 930-2907 or email [fledgefoundation@gmail.com](mailto:fledgefoundation@gmail.com)

**Ingham County Health Department Narcan Training** Learn how to reverse the effects of an opioid overdose by using Narcan. Learn the signs and risk factors of an overdose and how to use Narcan. After receiving training, arrangements can be made to receive a free Narcan kit. For more information, please call (517) 887-4315 or email [tmaidlow@ingham.org](mailto:tmaidlow@ingham.org)

**Ingham County Health Department (ICHHD)- Narcan & First Aid Vending Machine** Free Narcan, first aid and some harm reduction products are available during normal business hours inside ICHD's Door 3 lobby at 5303 South Cedar St. Lansing. For more information about available products, please call (517) 887-4315

**Ingham County Naloxone Vending Machine Map Link** Provides Ingham County locations where to access free Naloxone. Please go to [https://health.ingham.org/health/health\\_promotion\\_and\\_prevention/naloxone.php](https://health.ingham.org/health/health_promotion_and_prevention/naloxone.php)

**Lansing Syringe Access (LSA)** Provides supplies and education for safer drug use, including syringes, safer smoking supplies and Naloxone. For current hours and services, please call or text (517) 258-2491 or go to [www.facebook.com/lansingsyringeaccess](https://www.facebook.com/lansingsyringeaccess)

**MDHHS Naloxone Vending Machine Map Link** For a list of Narcan vending machines throughout Michigan <https://www.google.com/maps/d/embed?mid=1W-AhICd89o40lOrUIEbLMUmJNSPyU&ehbc=2E312F%22&ll=43.956289468619104%2C-85.09427392910118&z=8>

**Punks with Lunch- Lansing** Provides street outreach in the Lansing area where unsheltered populations typically frequent. They provide food, hygiene, menstrual supplies and safe sex kits. Their harm reduction supplies include Naloxone, syringes, fentanyl test strips, sharps containers and first aid supplies. Their office located inside the Fledge Foundation is open Monday– Friday from 12:00-5:00 p.m. For more information, please call (419) 405-1308, email [punkswithlunchlansing@gmail.com](mailto:punkswithlunchlansing@gmail.com) or go to <https://www.punkswithlunchlansing.org/>

**Warmline** Connecting people living with persistent medical conditions. Certified peer support specialists with lived experience of behavioral health issues, trauma or personal crisis and are trained to support and empower callers. Available daily from 10 a.m. to 2 a.m. Please call (888) 733-7753

## Other Resources

**Eaton RESA School Wellness and Prevention** Offers Evidence-Based prevention Programming to foster resiliency in all youth, rather than targeting those at risk. They use developmentally appropriate prevention strategies to counteract the multiple risk factors for alcohol, tobacco, and other drug use. Service area includes the schools and communities of Clinton, Eaton, and Ingham Counties in the capital area of mid-Michigan. More information can be found at <https://www.eatonresa.org/>

**Headspace Counseling Services** Providing individual therapy to children, teens, young adults, adults and their families– Focusing on **Addiction, Drug & Alcohol Related Concerns, Substance Use Disorder, LGBTQIA+ Affirming Therapy, TBI Therapy, South Asian Therapy**. They also offer substance abuse assessments as well as ADD/ADHD assessments. For more information please call (517) 657-3533 or go to <https://www.headspace-counseling.com/>

**Ingham County Health Department Resource Guides** Assists Ingham County residents with different healthcare needs. A list of different guides includes information for:

- Health Care Coverage (Ingham County Health Care Coverage Options Guide)
- Food Access (Ingham County Food Resource Guide)
- Medical Transportation (Ingham County Medical Transportation Guide)
- Substance Use Disorder Resources (Ingham County Substance Use Disorder Resource Guide)

Guides are updated on a regular basis and can be found using this link

[https://health.ingham.org/health/health\\_promotion\\_and\\_prevention/resourceguides.php](https://health.ingham.org/health/health_promotion_and_prevention/resourceguides.php)

Please call (517) 887-4306 if you are unable to access guides.

**Prescription Drug Disposal** Proper disposal of expired or unused medication is important to keep communities safe. Flushing or throwing away unwanted medications is environmentally harmful. Flushed water and landfill water are sent to water treatment facilities but this water is not checked for opioids or hormones before being discharged into our waterways. Take Back Meds safely disposes unwanted medications. For a list of local locations where to dispose of prescription medications, please go to <https://hd.ingham.org/seekingcare/substanceuse/takebackmeds.aspx>

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Please call (888) 733-7753



# Wellness Resources for People in Recovery

**Headspace (Website)** Free, evidence-based guided meditations, and at-home workouts, guiding people through mindful exercise, sleep assistance, and children's content to help address rising stress and anxiety. For more information, please go to [www.HeadSpace.com/MI](http://www.HeadSpace.com/MI)

**Ingham County Parks** For a list of all Ingham County Parks please go to <http://pk.ingham.org/>

**Burchfield Park** Located in Holt, this park has over 500 acres of scenic woods, trails and beaches. This is Ingham County's largest park, offering a beach, bathhouse, canoe and kayak rentals. They have many fun summer and winter things to do. For more information, please go to <http://parks.ingham.org/parks/burchfield.php>

**Fenner Nature Center** Located in Lansing, there are 134 acres of green space and over four miles of trails, towering maple groves and so much more. For more information, please go to <https://mynaturecenter.org/>

**Harris Nature Center** Located in Okemos, it's surrounded by 200 acres of forest and meadows. Beautiful walking trails are a great way to enjoy nature. For more information, please go to [www.meridian.mi.us/visitors/hidden-gems/visit-harris-nature-center](http://www.meridian.mi.us/visitors/hidden-gems/visit-harris-nature-center)

**Hawk Island** Located in South Lansing, this 100-acre park offers rowboat and pedal boat rentals, a swimming beach, splash pad, picnic areas, paved accessible walkways, and a fishing dock. They have many fun summer and winter things to do. Dogs are welcome, but must be on a leash. For more information, please go to [http://parks.ingham.org/parks/hawk\\_island.php](http://parks.ingham.org/parks/hawk_island.php)

**Lake Lansing Park, North-** Located in Haslett, there are over 500 acres of natural recreation area, woods and 5 miles of trails available for year-round outdoor activity. Dogs are welcome but must on a leash. For more information, please go to [http://parks.ingham.org/parks/lake\\_lansing\\_north.php](http://parks.ingham.org/parks/lake_lansing_north.php)

**McNamara Canoe Landing** Located in Mason, this landing provides access to the Grand River and is about 45 minutes upstream from Burchfield Park Canoe Livery. Restrooms, picnic tables, and grills are available. For more information, please go to [http://parks.ingham.org/parks/mcnamara\\_landing.php](http://parks.ingham.org/parks/mcnamara_landing.php).

**Riverbend Natural Area** Located in Holt, about 15 minutes from Burchfield Park, this canoe-landing site has nature trails and restrooms. During the summer, hiking and biking are permitted on the nature trails. For more information, please go to <http://parks.ingham.org/parks/riverbend.php>.