



Community Resource Guide

Provided by



Information re: **Community Resource Database**

The complete **Community Resource Database** is available to you on the OPNS website at www.opns.org under the link OPNS Resources.

Information contained in the **Community Resource 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.128 with any questions you may have or if you would like to provide information regarding additional community resources. Please ask for Bev or Linda. Thank you.

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Resources for Diseases & Conditions

Cancer:

National Resources for Cancer:

Contact Information:	Details:
American Cancer Society (800) ACS-2345 www.cancer.org	-Cancer facts & figures -Treatment decision tools -Access to health care
National Cancer Institute (800) 4-CANCER www.cancer.gov	-Cancer topics -Clinical trials -Cancer statistics

Local Resources for Cancer:

Contact Information:	Details:
Breast and Cervical Cancer Control Program (BCCCP) <i>ACS Metro Detroit Service Center</i> (800) 922-MAMM	-Free for all who qualify -Must be at the federal poverty level -Must be uninsured or under insured -Ages 40-64 or ages 18-39 who have been identified with a cervical abnormality -Mon-Fri 8:30-5pm
Breast Cancer Support Group 21st Century Oncology/MIRO 6770 Dixie Highway, Suite 106 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 first Tuesday of each month at 7:00 P.M. (Excluding July and August)
Karmanos Cancer Institute 4100 John R. Detroit, MI 48201 (800) KARMANOS www.karmanos.org	-Information on cancer by type -Support groups for men, women, children & families -Nutrition counseling -Smoking cessation classes & resources -Classes on cancer-related topics
Local American Cancer Society Office Metro Detroit Area Service Center 20450 Civic Center Drive Southfield, MI 48076 (248) 663-3400 www.cancer.org/docroot/COM/COM_0.asp	-Search for support groups and services in your area -Local program information -Upcoming events -Michigan mammogram facility guide

<p>St. Joseph Mercy Oakland <i>Kids Kicking Cancer Support Group</i> St. Joseph Mercy Oakland Alice Gustafson Lobby (313) 557-0021 x19 E-mail: cindy@kidskickingcancer.net www.powerpeacepurpose.com</p>	<ul style="list-style-type: none"> -Meets every Tuesday 5:30pm-6:30pm -Free -Preregistration required -Open to children living in Oakland country with cancer or sickle cell disease & their siblings
<p>St. Joseph Mercy Oakland <i>Look Good...Feel Better Support Group</i> St. Joseph Mercy Oakland Anthony M. Franco Communication Center 1-800-395-LOOK (5665) www.stjoesmercyoakland.org</p>	<ul style="list-style-type: none"> -Provides information and cosmetic advice to women battling cancer -Free -Preregistration required -Meeting is held from 1-3 pm on June 8, September 14 and December 14, 2009
<p>St. Joseph Mercy Oakland <i>Women's Cancer Support Group</i> St. Joseph Mercy Oakland Alice Gustafson Lobby www.stjoesmercyoakland.org</p>	<ul style="list-style-type: none"> -Meets 3rd Thursday of the month -From 7-9pm -Registration is not required -Free
<p>St. Joseph Mercy Oakland <i>Young Survival Coalition Support Group</i> St. Joseph Mercy Oakland Alice Gustafson Lobby www.youngsurvival.org</p>	<ul style="list-style-type: none"> -For young women living with breast cancer -Meets the 3rd Tuesday of each month from 7-9pm -Free -Preregistration is not required
<p>Swan for Life</p> <p>Inspirational, free programs for lives touched by cancer</p> <p>In Clarkston (248)620 -9600</p> <p>In Rochester (248)650 - 1090</p>	<ul style="list-style-type: none"> -designed for cancer patients, survivors, family and friends throughout Northern Oakland County -programs available at no charge include support groups, nutrition counseling, symptom management, integrative medicine such as yoga, massage and acupuncture -simply call to inquire about program times and locations

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 (800) 242-8721 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 1301 Pennsylvania Ave., NW, Suite 800 Washington, DC 20004 Lung HelpLine: (800) 548-8252 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) 4-STROKE 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 101 N. Washington Ave. Ste 1A Margate City, NJ 08402-1195 (609) 822-1575 http://tchin.org</p>	<ul style="list-style-type: none"> -International organization -Support groups -Reliable information -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>National Stroke Association 9707 E Easter Lane Building B Centennial, CO 80112 (800) STROKES E-mail: info@strokes.org; www.stroke.org</p>	<ul style="list-style-type: none"> -Information on strokes -How to prevent a stroke -Stroke recovery -Risk factors for a stroke -Current stroke news
<p>Pulmonary Hypertension Association 801 Roeder Rd. Ste 400 Silver Spring, MD 20910 Toll Free Helpline: (800) 748-7274 E-mail: adrienne@phassociation.org 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 25900 Greenfield Road, Suite 401 Oak Park, MI 48237 Direct: (248) 784-2000 Toll Free: (800) 543.LUNG (5864) E-mail: alam@alam.org www.lungusa/association/states/michigan</p>	<ul style="list-style-type: none"> -Information on lung diseases -Local events -Advocacy -Research
<p>Asthma Initiative of Michigan (AIM) 403 Seymour Lansing, MI 48933 E-mail: info@GetAsthmaHelp.org www.getasthmahelp.org</p>	<ul style="list-style-type: none"> -All about Asthma -Resources -Kids & Teens -Asthma management tools -Event calendar -Insurance tips
<p>Better Breathers Clubs <i>American Lung Association</i></p> <p>-Royal Oak 3rd Thursday of month, 3-4 p.m. Beaumont Health Center, Classrooms #1, Linda Sanchuck, (248) 655-5790</p> <p>-Warren 2nd Tue. of month, 2 p.m. Macomb Hospital Center Sandra Pfunk or Deanna Graves, (586) 573-5233</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 www.MiBCN.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 www.MiBCN.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 www.MiBCN.com</p>	<p>Program for managing congestive heart failure for BCN and Blue Choice members ages 18 and older</p>
<p>Change of Pace Stroke Club 5460 Arden Warren, MI 48093 (586) 258-2069 Contact person: Lina Cascione E-mail: nightmoves1970@yahoo.com</p>	<ul style="list-style-type: none"> -Group meets every Wednesday at 9:30am -Social support group -Activities include having speakers, going on field trips, parties for special occasions, playing games, adapted exercising, picnics, and more
<p>Local American Heart Association 24445 Northwestern Hwy Suite 100 Southfield, MI 48075 (248) 827-4214</p>	<ul style="list-style-type: none"> -Community -Research -Local events -CPR classes -Start! Southeast Michigan
<p>Michigan Society for Respiratory Care 1000 W. St. Joseph Hwy, Suite 200 Lansing, MI 48915 (517) 485-9408 E-mail: info@michiganrc.org www.michiganrc.org</p>	<ul style="list-style-type: none"> -Events -Community -Education

Chronic Kidney Disease:

National Resources for Chronic Kidney Disease:

Contact Information:	Details:
American Association of Kidney Patients 3505 E. Frontage Road, Suite 315 Tampa, FL 33607 (800) 749-2257 E-mail: info@aakp.org www.aakp.org	-Chronic Kidney Disease information -Dialysis information -Transplant information -Pediatric information -Educational programs & events
National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC) 3 Information Way Bethesda, MD 20892 (800) 891-5390 www.kidney.niddk.nih.gov	-Information on Kidney and Urologic diseases -Statistics -Awareness and Prevention -Resources
National Kidney Foundation 30 East 33rd Street New York, NY 10016 (800) 622-9010 www.kidney.org	-Facts, symptoms, & causes of CKD -Emergency resources -Information on Kidney Early Evaluation Program (KEEP)
Toll Free Kidney Helpline (888) 335-4363	Information concerning dialysis treatment, transplant recipients and their loved-ones, before, during and after emergencies

Local Resources for Chronic Kidney Disease:

Contact Information:	Details:
DaVita Dialysis Centers (800) 244 - 0680 <i>Call to find the nearest center</i> www.davita.com	-Center locations include Clarkston, Commerce Twp., Novi, Rochester Hills, Southfield, Warren & Waterford -Home dialysis also available
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	-Local events & news -Information on transplantation, bed-wetting, dialysis, CKD, nutrition & diet

Diabetes:

National Resources for Diabetes:

Contact Information:	Details:
American Diabetes Association (ADA) 1701 North Beauregard Street Alexandria, VA 22311 (800) DIABETES (342-2383) www.diabetes.org	-Nutrition -Fitness -Community programs & local events -Diabetes Research -For parents & kids
The Diabetic Gourmet Magazine Dedicated to diabetic dining and healthy living diabeticgourmet.com	-Recipes for diabetics -Eating out -Healthy living tips
National Diabetes Education Program One Diabetes Way Bethesda, MD 20814-9692 Email: ndep@info.nih.gov www.ndep.nih.gov To order publications: (888) 693 - 6337	-Overview of Diabetes -Diabetes control -Diabetes prevention -Children & adolescents -Resources
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 (800) 860 - 8747 diabetes.niddk.nih.gov	-A-Z list of diabetes topics -Diabetes treatments -Diabetes complications -Statistics -Awareness & prevention -Tools & resources

Local Resources for Diabetes:

Contact Information:	Details:
Blue Care Network of Michigan <i>Diabetes Management Program</i> (800) 392-4247 www.MiBCN.com	Program for BCN and Blue Choice members of all ages diagnosed with Type 1 or Type 2 diabetes mellitus

<p>Southeast Michigan Diabetes Outreach Network 1900 E. Jefferson Ave Detroit, MI 48207 (800) 482 - 1455 E-mail: semdon@nkfm.org www.diabetesinmichigan.org/HomeSEMDON.htm</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>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>

Developmental Disabilities & Autism:

National Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<p>American Association of People with Disabilities 1629 K Street NW, Suite 503 Washington, DC 20006 (800) 840-8844 www.aapd-dc.org</p>	<ul style="list-style-type: none"> -Programs -Advocacy -Disability resources
<p>The ARC of the United States 1010 Wayne Avenue, Suite 650 Silver Spring, MD 20910 (301) 565-3842 / (800) 433-5255 E-mail: info@thearc.org 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 (301) 657 - 0881 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 (818) 345-2345 Email: info@centerforautism.com 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 1330 W. Schatz Lane Nixa, MO 65714 (877) NAA-AUTISM E-mail: wendy@nationalautism.org www.nationalautismassociation.org</p>	<ul style="list-style-type: none"> -All about autism -Resources -Services to help families -Treatments -Autism and safety

Local Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<p>Angel's Place 25240 Lahser Road, Suite 2 Southfield, MI 48033 (248) 350-2203 www.angelsplace.com</p>	<p>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>
<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 E-mail: chapterinfo@asaoakland.org 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 need to stay, but in separate room</i> <i>-\$15/family or \$5/individual</i></p> <p>"After Hours" Support Group <i>-for ages 18 and up who have Asperger's Syndrome and High-functioning Autism</i> <i>-3rd Monday every month</i></p>
<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>Jewish Community Center of Metro Detroit (JCC) West Bloomfield: 6600 West Maple Road West Bloomfield, MI 48322 (248) 661-1000 (main) (248) 432-5585 (special needs department) apatronik@jccdet.org www.jccdet.org</p> <p>Oak Park: 15110 W. Ten Mile Rd. Oak Park, MI 48237 (248)967-4030</p>	<p>Kids All Together <i>-inclusion program for children with special needs into the JCC's typical youth programs</i></p> <p>Thursday Night Social Group <i>-a variety of social programs for adults with disabilities</i></p>
<p>Macomb-Oakland Regional Center (MORC) 1270 Doris Road Auburn Hills, Michigan 48326 (248) 276-8000 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

Mental Health & Substance Abuse:

National Resources for Mental 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 (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 (301) 443-1124 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 P.O. Box 2345 Rockville, MD 20847 (877) SAMHSA-7 (1-877-726-4727) Email: SHIN@samhsa.hhs.gov 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
<p>Suicide Prevention Hotlines 1-800-273-TALK 1-800-SUICIDE 1-800-779-4TTY (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 Mental Health & Substance Abuse:

Contact Information:	Details:
<p>Alcoholics Anonymous of Southeast Michigan P.O. Box 2843 Southfield, MI 48037 (313) 831-5550 (24 hour hotline) www.aa-semi.org</p>	<ul style="list-style-type: none"> -Hotlines -Meetings -Calendar of events -Group registrations -Information for young people in AA
<p>Blue Care Network of Michigan <i>Depression Management Program</i> (800) 392-4247 www.MiBCN.com</p>	<ul style="list-style-type: none"> -Program for BCN members 18 years of age or older diagnosed with depression -Self-care handbook -Prescription refill reminders
<p>Clarkston Family Counseling Associates 6770 Dixie Hwy, Suite 308 Clarkston, MI 48346 (248) 922-9077 http://clarkstoncounseling.com</p>	<p>Psychotherapeutic counseling service to children, adolescents, adults, and families will be provided as one of the following: Individual Therapy, Family Therapy, Conjoint Therapy, Play Therapy and Group Therapy</p>
<p>Common Ground Sanctuary 1410 South Telegraph Bloomfield Hills, MI 48302 (248) 456-8150 24-Hour Crisis Line: (800) 231-1127 E-mail: contactus@commongroundsanctuary.org www.commongroundsanctuary.org</p>	<ul style="list-style-type: none"> -Services for individuals & families in crisis, victims of crime, person with mental illness, people trying to cope with critical situations and runaway and homeless youth -Residential & non-residential programs -Support groups -Resources
<p>Henry Ford Behavioral Health – Maplegrove Center 6773 West Maple Road West Bloomfield, MI 48322 (248) 661-6100 www.henryfordhealth.org</p>	<ul style="list-style-type: none"> -Addiction treatment for adults, adolescents, and their families -50-bed residential center
<p>Horizon Treatment Center 17117 West 9 Mile Road, Suite 606 Southfield, MI 48075 (248) 423-1728 www.horizontreatment.org</p>	<ul style="list-style-type: none"> -Outpatient counseling clinic specializing in mental health, behavioral health, and substance abuse -Court services -Domestic Violence Intervention Program -Resources

<p>Jewish Family Services – West Bloomfield 6555 West Maple Road West Bloomfield, MI 48322 (248) 592-2300 www.jfsdetroit.org</p>	<ul style="list-style-type: none"> -Counseling services -Addiction recovery services -Domestic violence services -Crisis support
<p>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</p>	<ul style="list-style-type: none"> -Information & resources on serious emotional disturbances, developmental disabilities and mental illness -Service providers for mental illness -Newsletters & resource guides
<p>Oakland Family Services <i>114 Orchard Lake Road Pontiac, MI 48341 (248) 858-7766</i></p> <p><i>2045 E. West Maple Rd, Suite D407 Walled Lake, MI 48390 (248) 624-3812</i></p> <p><i>130 Hampton Circle, Suite 100 Rochester Hills, MI 48307 (248) 853-0750</i></p> <p>www.oaklandfamilyservices.org</p>	<p>-Therapeutic treatment is offered to children and adults as individuals and in family groups to overcome problems associated with mild to severe symptoms of diagnosed mental health issues and those related to use or abuse of alcohol and other drugs. The goal is to plan and carry out treatment that increases the ability to function and improves relationships at home, work, school and in other activities of daily life.</p> <ul style="list-style-type: none"> -Group support
<p>Suicide Prevention Hotline <i>Common Ground Sanctuary</i> 1-800-231-1127</p>	<ul style="list-style-type: none"> -24 hours -7 days a week

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) CDC-INFO E-mail: cdcinfo@cdc.gov www.cdc.gov/STD</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 704 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 36 East Pontiac, MI 48341 (248) 858-1305</p> <p>27725 Greenfield Road Southfield, MI 48076 (248) 424-7046</p> <p>1010 East West Maple Walled Lake, MI 48390 (248) 926-3361 www.oakgov.com</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 www.plannedparenthood.org/midsouthmi</p>	<ul style="list-style-type: none">-Birth control services-HIV testing & treatment-STD testing & treatment-Men's & women's health services-Pregnancy testing, options & services-Sexual education for patient-LGBT services
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Resources for Special Populations

Pediatrics:

National Resources for Pediatrics:

Contact Information:	Details:
<p>American Academy of Pediatrics 141 Northwest Point Boulevard Elk Grove Village, IL 60007 (847)434-4000 www.aap.org</p>	<p>-Parenting tips -Resources -Information on Autism, ADHD, DD, Allergies, Depression, Asthma, etc.</p>
<p>Nemours Foundation KidsHealth 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. kidshealth.org</p>	<p>Information on: - General health - Infections -Emotions & behaviors -Growth & development -Nutrition & fitness -Medical problems -Positive parenting -Doctor and hospital visits</p>
<p>Text4baby Free mobile information service designed to promote maternal and child health. Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB). text4baby.org</p>	<p>Provides free text messages: -throughout your pregnancy relevant to your pregnancy timeline -through your baby's first year -can be received in Spanish -Must register to receive messages</p>
<p>WIC (Women, Infants, and Children) Working to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. 3101 Park Center Drive Alexandria, VA 22302 (800) 942-1636 www.fns.usda.gov/wic</p>	<p>- The WIC target population are low-income, nutritionally at risk: Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends). Breastfeeding women (up to infant's 1st birthday) Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends) Infants (up to 1st birthday). WIC serves 45 percent of all infants born in the United States. Children up to their 5th birthday.</p>

Local Resources for Pediatrics:

Contact Information:	Details:
<p>American Academy of Pediatrics - Michigan Chapter 221 N. Pine St. Lansing, MI 48933 (517)484-3013 E-mail: info@miaap.org www.miaap.org</p>	<ul style="list-style-type: none"> -News -Upcoming events
<p>DMC – Children’s Hospital of Michigan 3901 Beaubien Detroit, Michigan 48201 1-888-DMC-2500 www.childrensdmc.org</p>	<ul style="list-style-type: none"> -Wide range of services including autism, cancer, neurology, child protection, communication disorders -Health tools -Family resource library
<p>Skillman Center for Children 100 E. Palmer Detroit, Michigan 48202 (313) 872-7166 E-mail: skillmancenter@wayne.edu www.skillmancenter.culma.wayne.edu</p>	<ul style="list-style-type: none"> - 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>St. Joseph Mercy Oakland Healthy Start/Healthy Families Oakland *Must live in Oakland County to receive services 248-335-5638 http://www.stjoesoakland.org/outreach_HealthyStart.htm</p>	<ul style="list-style-type: none"> -Provides home visitation services for vulnerable families with infants and young children throughout Oakland County -Provides nine health and human services in order to promote healthy child growth and development and to strengthen families

<p>WIC (Women, Infants and Children) Working to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.</p> <p>Michigan Department of Community Health Lewis Cass Bldg 320 S Walnut St. 6th Floor Lansing, MI 48913</p> <p>Toll free in state (800) 942 – 1636 www.michigan.gov/wic</p>	<p>-The WIC target population are low-income, nutritionally at risk: Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends). Breastfeeding women (up to infant’s 1st birthday). Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends). Infants (up to 1st birthday). WIC serves 45% of all infants born in the United States. Children up to their 5th birthday.</p>
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Senior Citizens:

National Resources for Senior Citizens:

Contact Information:	Details:
Alzheimer's Association 225 N. Michigan Ave., Fl. 17 Chicago, IL 60601 24-Hour Helpline: (800) 272.3900 E-mail: info@alz.org www.alz.org/index.asp	<ul style="list-style-type: none">-Information on Alzheimer's disease-News & events-Local support groups-Respite care-Special events-Education programs
American Association for Retired People (AARP) 601 E Street NW Washington, DC 20049 (888) OUR-AARP www.aarp.org	<ul style="list-style-type: none">-Information on health issues, money concerns, insurance, long-term care, leisure living, travel, family, housing options, living after loss and making a difference as it pertains to retired people
Home Instead Senior Care National: (888) 484-5759 Michigan office: (866) 922-1400 www.homeinstead.com/home.aspx	<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>Area Agency on Aging 1-B – Oakland County 29100 Northwestern Hwy., Suite 400 Southfield, MI 48034 (800) 852-7795 (248) 357-2255 www.aaa1b.com/index.php</p>	<ul style="list-style-type: none"> -Community services -Medicare and Medicaid -Out-of-home care -Senior driving -Senior center locations -Financial fraud and prevention guide
<p>Caregiver Support Groups for Oakland County <i>Alzheimer’s Association Greater Michigan Chapter</i> www.alz.org/gmc/documents/Oakland_CSG_2.pdf</p>	<ul style="list-style-type: none"> -Lists support groups in Oakland County -Provides days/times of meetings, eligibility, etc. -Provides specific contact information for each group
<p>Oakland County Health Division <i>Senior Citizen Resource Directory</i> www.oakgov.com/seniors/index.html</p>	<p>Resource directory provides contact information for various senior services including transportation, health services, housing information and meals</p>
<p>Waterford Aging Network (with collaboration with Waterford Township Public Library) <i>Directory of Services for Older Adults</i> www.waterford.lib.mi.us/outreach/directory.htm</p>	<p>Directory of services include support groups, transportation, in-home services, legal services, insurance information, respite care, food & nutrition, recreation programs, and much more.</p>

Resources for Support Services

Discounted Medical Care:

Local Resources for Discounted Medical Care:

Contact Information:	Details:
Father Bob's Clinic 440 South Boulevard Pontiac (at Bagley) (248) 334-2126	-Call Mon. after 1:45pm or Wed. after 3:30pm only -Free walk-in clinic -Offers blood pressure screenings, flu shots, and Vitamin B shots as well as physician services
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
Mercy Place Clinic 55 Clinton Pontiac, MI 48342 (248) 333-0840	-Serves persons who have low income -Does not serve individuals with insurance
Michigan Donated Dental Services Judith Berry (248) 489-2204	-Dentists donate services to people who are permanently disabled or seniors over 62 -Costs: Free -For individuals who need extensive dental services
Michigan Psychiatric Society 271 Woodland Pass Ste. 125 East Lansing, MI (517) 333-0838	-Information and referral line to area psychiatrists -Can identify psychiatrists who use sliding fee schedule and who take Medicaid and Medicare
Michigan Psychological Association (800) 270-9070 www.apa.org	-Information and referral to psychologists in your area -Can identify professionals who use sliding scale

<p>Oakland Community College Dental Hygiene Clinic Highland Lake Campus (248) 942-3260</p>	<p>-Serves everyone - One fee of \$25 (could involve multiple visits) - Cleanings, x-rays, exams, fluoride, sealants</p>
<p>Oakland County \$7 Prescription Relief Program (866) 378-4686 www.co.oakland.mi.us</p>	<p>-Assists individuals who need to take prescription medication, but lack the income to afford the monthly expenses</p>
<p>Oakland County Dental Program Oakland County Service Center Building 36E 1200 N. Telegraph Pontiac, MI 48341 (248) 858-1306</p>	<p>-Serves Oakland County residents who do not have dental insurance or Medicaid -Costs: Registration fee is \$10 per family. Patient pays lab fee only. Dental visit is \$5 per appointment. -Services: exams, x-rays, patient education, cleaning and fluoride, sealant, fillings, extractions, partial and full dentures</p>
<p>Oakland Primary Health Services 46 N. Saginaw Pontiac, MI (248) 322-6747</p>	<p>-Family practice clinic -Sliding fee scale, with a minimum fee of \$10 -Bring proof of income (last three pay stubs) and picture ID</p>
<p>Partnership for Prescription Assistance (888) 477-2669 www.pparx.org</p>	<p>-If you don't have prescription coverage and can't afford your medicines you could get help paying for them. Here's what you do: Make a written list of the meds you take Call toll-free at (888) 477-2669. A trained specialist will answer your questions and help you apply. -This program is not limited to individuals with mental illness.</p>
<p>Pharmaceutical Research Manufacturers of America (PhRMA) <i>Prescription Drug and Patient Assistance Program</i> (202) 835-3400 www.phrma.org www.needymeds.org</p>	<p>-Directory of programs that provide drugs to patients who could not otherwise afford them -Under the entry for each program is information about how a physician can make a referral for assistance, what medications are covered and basic eligibility criteria</p>

<p>POH Riley Foundation Sister & Sister Program – Free Mammogram (248)338-5608</p> <p>POH Regional Medical Center 50 North Perry Street Pontiac, MI 48342</p>	<p>To qualify for a free mammogram, must be:</p> <ul style="list-style-type: none"> -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 -Under 40 years of age with a physician referral for a mammogram
<p>Tri-County Dental Health Council (248) 559-7767</p>	<p>-Organization refers to low cost dentists and clinics</p>
<p>University of Detroit School of Dentistry (313) 494-6700</p> <p>University Health Services Detroit Receiving Hospital, 4201 St. Antoine Detroit, MI 48201 first floor 2G</p> <p>University of Detroit – Mercy Campus 8200 W. Outer Drive Detroit, MI 48219</p>	<ul style="list-style-type: none"> -Serves tri-county area -Services are 25-50% lower in cost than those provided in private practice -There is a set fee for every service -There is no sliding scale based on ability to pay. -Full service clinic
<p>University of Michigan School of Dentistry Ann Arbor (734) 763-6933</p>	<ul style="list-style-type: none"> - Services cost 1/3 less than services provided in a traditional dentist office -There is a set fee for every service -There is no sliding scale based on ability to pay -Full service clinic
<p>Veteran’s Health Service <i>John D. Dingell VA Medical Center</i> 4646 John R Street Detroit, MI 48201 Phone: (313) 576-1000 www.detroit.va.gov/index.asp</p>	<ul style="list-style-type: none"> -Services for veterans include rehabilitation, HIV/AIDS support group, mental health, pharmacy, polytrauma clinic, spinal cord injury, surgical care, woman’s health -Service are either free or require a small co-pay

Home Care:

Local Resources for Home Care:

Contact Information:	Details:
<p>Jeffrey Danto, DPM 4396 Dixie Hwy. Waterford, MI (248) 674-4141</p> <p>29520 6 Mile Rd Livonia, MI 48152 (734) 261-4444</p>	<p>-Provides in-home podiatry (foot care) services for Wayne and Oakland counties</p>
<p>Trinity Home Health Services <i>Mercy Home Care, Oakland</i> 281 Enterprise Court, Suite 200 Bloomfield Hills, MI 48302 (248) 858-7735 www.trinityhomehealth.com/servicelines/medicare.shtml</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 25900 Greenfield Road, Suite 600 Oak Park, MI 48237 (800) 882-5720 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 (888) 742-0285 - Toll Free E-mail: southfield@visitingphysicians.com www.visitingphysicians.com</p>	<p>-Review medical history, physical examinations and treatment -Medication management and medication refills -Portable diagnostic testing -Medical Balance Assessment and treatment -Physical therapy and rehabilitation services -Transitional Care Program from hospital to home -Community placement consultations</p>

Hospice Needs & Grief Counseling:

National Resources for Hospice Needs and Grief Counseling:

Contact Information:	Details:
<p>Hospice 401 Bowling Avenue, Suite 51 Nashville, TN 37205 E-mail: info@hospicenet.org www.hospicenet.org</p>	<ul style="list-style-type: none"> -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:
<p>Hospice of Michigan 400 Mack Avenue Detroit, MI 48201 (313) 578-5000 www.hom.org</p>	<ul style="list-style-type: none"> -Patient & family services in the home and other settings such as hospitals and nursing homes -Grief counseling services and support groups -Spiritual care services
<p>Michigan Hospice & Palliative Care Association 5123 W. St Joseph Hwy, Suite 204 Lansing, MI 48917 (800) 536-6300 E-mail: mihospice@mihospice.org www.mihospice.org</p>	<ul style="list-style-type: none"> -Locate the nearest hospice -Grief and family care -Advice on how to choose a hospice -Palliative care -Guides, tool kits, & resources
<p>New Hope Center for Grief Support 113 E Dunlap St Northville, MI 48167 (248) 348-0115 E-mail: griefhelp@newhopecenter.net www.newhopecenter.net</p>	<ul style="list-style-type: none"> -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 (800) 523-5880 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 (800) 777-8005 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
Oakland Health Plan – ABW Oakland County Department of Human Services Saginaw Street District 235 N. Saginaw Pontiac, Mi 48342 Oakland County Department of Human Services Walled Lake District 195 Ladd Rd. Walled Lake, MI 48390 (800) 258-3669	-Must be Oakland County resident -Ages 19-64 -Not disabled or eligible for Medicaid or any other medical programs -Income less than 35% of federal poverty level (about (\$200 -\$250 per month) -Eligibility determined by Michigan Department of Human Services -Plan covers visits to an assigned PCP, referrals to specialists, referrals for outpatient diagnostic services and procedures and prescription drugs -Program only available during open enrollment periods determined by the State of Michigan

Smoking Cessation:

Local Smoking Cessation Programs:

Contact Information:	Details:
Blue Care Network <i>Quit the Nic</i> (800) 811-1764 (24 hour enrollment)	-Blue's free smoking cessation program -Telephone counseling -Work one-on-one with a registered nurse -Provides educational materials
Free Quit Kit <i>Through Oakland County Health Department</i> (248) 424-7172	Call to receive a free Quit Kit, resources & smoking cessation materials
Smokefree.gov (877) 44U-QUIT – Call from anywhere (800) QUITNOW – Help within state www.smokefree.gov	-Online guide to quit smoking -Talk to a counselor who can help (English & Spanish) -Access print resources -Find studies

Transportation:

Local Resources for Transportation:

Contact Information:	Details:
Ambu - Trans, Inc. 24782 Hathaway St. Farmington Hills, MI 48335 (248) 471-7400	
Lighthouse of Oakland County (248) 620-6116	-Serves Oxford, Orion, Independence, Groveland, Holly, Springfield and Leonard for medical appointments only -Reservation: 1 week notice -Mon-Fri 10am-3pm -No charge (donations encouraged) -No wheelchair vehicles available
FISH (248) 351-2350	-Farmington, Farmington Hills, Southfield area -1 week notice -No charge (donations encouraged)
Give-A-Lift 17800 Northland Park Southfield, MI 48075 (248) 569-5010	24 hours notice
Jewish Family Services 6555 W. Maple West Bloomfield, MI 48322 (248) 592-2266	7 – 10 days notice
Milford / Highland Transport Route Schedule (248) 887-4979	24 hours notice
Neighborhood House 1234 Inglewood P.O. Box 80112 Rochester, MI 48308 (248) 651-5836	-1 week notice -Rochester area -Wheelchair accessible vehicle available -No charge (\$2 donation encouraged) -Monday-Friday: 8:30am-3:30am
North Oakland Transportation Authority (248) 628-7900	-Orion, Oxford, Addison Twp., Villages of Lake Orion, Leonard areas -24 hour notice -Wheelchair accessible vehicle available -Mon-Fri 6am-5pm, Sat 8am-1pm, Sun 8am-1pm

Novi Senior Transportation 25075 Meadowbrook Rd. Novi, MI 48375 (248) 735-5617	48 hours notice
Rehab Transit 33634 West Eight Mile Farmington Hills, MI 48335 (248) 474-0803	-48 hours notice -Farmington Hills area
SMART Buhl Building 535 Griswold Street Suite 600 Detroit, MI 48226 (866) 962-5515 E-mail: postmaster@smartbus.org www.smartbus.org	-Wayne, Oakland, Macomb Counties -Fixed routes, connector, and community transit -Connector fares: \$2 general public, \$1 seniors/people with disabilities -Provide curb-to-curb transportation
St. John Oakland Hospital 19251 Mack Ave., Suite 201 Grosse Pointe, MI 48326 (313) 343-7500	3 days notice
Transport-Care Services, LLC (888)811-4655 www.transport-care.com	-Door to door wheel chair transportation to medical appointments, treatment sessions, rehabilitative therapies -Transportation within OAKLAND and MACOMB counties -24 hours, 7 days/week service including holidays
Travelers Aid Society (313) 962-6740	Transportation for doctor appointments & job interviews
Troy Medi-Go Plus (248) 457-1100	-2 days – 2 weeks notice -No charge
Troy People Concerned 930 John R. Suite 2123 Troy, MI 48083 (248) 589-9199	-48 hours notice -No cost
Veteran's Services (248) 858-0785	Services for veterans only

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 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: (877) 394-8747	-Information on which vaccines and medications you need for the country you will be visiting

Local Resources for Traveler's Health:

Contact Information:	Details:
Botsford General Hospital Travel Clinic 28080 Grand River Avenue Suite 306 Farmington Hills, MI 48336 (248) 471-8314 www.botsford.org/travel	-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
Crittenton Hospital Travel Medicine 441 S. Livernois, Suite 100 Rochester Hills, MI 48307 (248) 652-5976 www.crittenton.com	-Registered nurses will make sure you get all the required and recommended vaccinations -Inform travelers about what is safe to eat and drink -Variety of 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 Sterling Heights: (586) 977-6490 West Bloomfield: (248) 661-7350 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.beaumont hospitals.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 Locations in Mt. Clemens, St. Clair Shores, and Warren (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 Southfield: (248) 552-0620 Novi & Bingham Farms: (248) 344-2000 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, Southfield, and Walled Lake (248) 858-1305 www.oakgov.com</p>	<p>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.</p>

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) 844-1004 Miteam.org</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>Self-Directed Weight Loss Program In partnership with Health Management Resources (HMR)</i> (248) 858-2556</p>	<p>Included in your self-directed kit are:</p> <ul style="list-style-type: none"> -72 servings of shake/pudding mix -44 Healthy Entrees -Quick Start Guide -Support Guide -Weight Loss Recipe Book -Weekly Progress Charts -Planning for more Weeks of Weight Loss
<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 1-800-340-DIET www.mwlc.com</p>	<ul style="list-style-type: none"> -Multiple locations in the area -Programs for adults, new moms, & teens
<p>Weight Watchers 1-888-3-FLORINE www.weightwatchers.com</p>	<ul style="list-style-type: none"> -Find meetings in the your local area -Food & recipes -Fitness & health

<p>St. Joseph Mercy Oakland <i>Shape Down: Weight Management for Children and Teens</i> (248) 858-2556</p>	<ul style="list-style-type: none"> -Ages 6-18 -Free orientation session -Ten weekly two-hour classes -Group session of eight to 12 families -Classes that offer nutritional education, exercise and communication techniques -A team of health professionals who co-lead each class, including a nutritionist, social worker and exercise physiologist -Workbooks for children and teens and parent guidebooks -Two individualized family sessions -Follow-up resources and referrals available
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General Health Resources

General Health Resources:

Contact Information:	Details:
<p>Center for Disease Control and Prevention 1600 Clifton Road Atlanta, GA 30333 (800) 232-4636 – 24 hours/Every day TTY: (888) 232-6348 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 www.mayoclinic.com</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.migeneticsconnection.org/supportdirectory.shtml</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.medlineplus.gov</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>United Way 2-1-1 Hotline Dial 2-1-1 Alternate number: (800) 552-1183 www.uwsem.org/gethelp/index.html</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
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Resources in Other Languages

(American Sign Language, Arabic & Spanish)

Resources that use American Sign Language (ASL):

Contact Information:	Details:
DeafMD.org www.deafmd.org	-Information on diseases & illnesses -Understanding tests -Find deaf-friendly doctors in your area
Deaf Community Advocacy Network 2111 Orchard Lake Road Suite 101 Sylvan Lake, MI 48320 (248)332-3323 TTY (248)332-3331 Voice 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	
Family Practice – Dr. Philip Zazove 7300 Dexter-Ann Arbor Road, Suite 110 Dexter, MI 48130 (734) 426-2796	
Women’s Health Consultants – Dr. Lester Voutsos Keystone Medical Center 46325 W. 12 Mile Road Novi, MI 48377 (248) 465-1200	

Resources that Speak Arabic:

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

Resources that Speak Spanish:

Contact Information:	Details:
<p>Clinica Santa Teresa 55 Clinton Street Pontiac, MI 48342 (248) 333-0840</p>	<ul style="list-style-type: none"> -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
<p>Easter Seals Michigan 1105 N. Telegraph Rd Waterford, MI 48328 (248) 451-2900 Toll-free: 1-800-75-SEALS mi.easterseals.com</p>	<p>Provide the following services in Spanish:</p> <ul style="list-style-type: none"> -Outpatient counseling for adults, children and families -Crisis intervention -Educational workshops -Case management services -A dual diagnosis program for those with both mental illness and substance abuse -Substance abuse recovery services -Prenatal workshops -Prenatal care in partnership with St. Joseph Mercy Oakland Hospital -Domestic violence help in partnership with HAVEN -Healthy Start in Spanish -Rehabilitation services for perpetrators of domestic violence -Nurturing programs for parents -School based counseling services -English as a second language

Resources on Self-Management Programs

National Chronic Disease Self-Management Programs:

Contact Information:	Details:
Stanford Patient Education Research Center 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> 517-335-9461 Contact: Karen Olson E-mail: Olsonk2@michigan.gov www.MiPath.org	-Find a class/workshop in your area -Program descriptions -Upcoming events -Resources

Resources for Office Transformation

Local Resources for Practice Transformation/Improvement:

Contact Information:	Details:
<p>Michigan Primary Care Consortium P.O. Box 30195 Lansing, MI 48909 (517) 241-7353 E-mail: PCCstaff@mipcc.org www.mipcc.org www.stjohndoctors.org/practicetransformation</p>	<p>Practice Transformation Database containing:</p> <ul style="list-style-type: none">-Organizations, programs and resources to support practice transformation and creation of Patient-Centered Medical homes-Michigan organizations engaged in practice transformation activities