



Community Resources



Call 2-1-1 a simple way to connect people to human resources

real people with real answers 24 hours a day, 7 days a week

cell phone /pay phone users dial 231 733-1155 or 1-877-211-LAKE

Arc

Education, advocacy and support services for people with developmental disabilities.

www.arcmi.org/ and <http://community.mlive.com/cc/arc-muskegon>

Arc/Advocacy and Resource Center

665 136th Ave. Suite #10

Holland, MI 49424

Arc / Muskegon

1145 E. Wesley Ave.

Muskegon, MI 49442

(231) 777-2006

CMH: Quality Improvement through Consumer Involvement

People who use mental health services meet to improve the quality of services available in the community.



Muskegon County

Consumer Advisory Committee

Disability Connection of West MI

27 E. Clay St.

Muskegon, MI 49441

(231) 722-0088

Consumer Voice

Arc/ Muskegon recruits, trains and supports consumer involvement in the design and monitoring of CMH services.

1145 E. Wesley Ave., Muskegon MI 49442

(231) 777-2006

Ottawa County Consumer Advisory Committee

Meets the 2nd Monday of every other month

(even months). The time is 1:30p - 3:00p



12265 James St., Holland, MI 49424

Call Customer Services (616) 494-5545 for information

Questions ? Call Customer Services at:

Muskegon County (231) 720-3201
www.co.muskegon.mi.us/cmh



Ottawa County (616) 494-5545
www.miottawa.org/cmh



Community Resources

Center for Independent Living (CIL)

Advocacy, education, and referrals for individuals with disabilities.

Disability Connection of West MI
27 E. Clay St.
Muskegon MI 49442
(231) 722-0088
www.dcilmi.org

Disability Network/ Lakeshore
426 Century Lane, Holland MI 49423
(616) 396-5326
www.dnlakeshore.org

Consumer Support

Call Customer Services for the current list of available groups.

Holland Cornerstone Drop-In Center
704 Michigan Ave. Holland, MI
(616) 355-2207

Recovery Cooperative of Muskegon
1871 Peck St.
Muskegon MI 49441
(231) 722-3741
Drop-in Center :Mon—Fri & Sat call for times

Depression Bipolar Support Group (DBSA)

Muskegon

2nd & 4th Mondays 7:00 PM
Recovery Cooperative of Muskegon
1871 Peck St.
Muskegon MI 49441
(231) 722-3741

Ottawa

DBSA—Safe Harbor
1st & 3rd Thursday 6:00—7:30 PM
Cornerstone Drop-In Center
704 Michigan (29th St)
616 335-2207

Department of Human Services (DHS)

Medicaid, food stamps, placement, protective services, and home help services for people who meet eligibility criteria.

DHS Muskegon
2500 Baker St., Muskegon Hts. MI 49444
(231) 733-3700
To report suspected abuse/neglect:
(231) 733-8281

DHS Holland
12185 James St., Ste 200, Holland MI 49424
(616) 394-7200
To report suspected abuse/neglect:
1-800-762-8273

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Community Resources

Great Lakes Business and Disability Technical Center

Information about the Americans with Disabilities Act and its application.
<http://www.adagreatlakes.org/> or call 1-800-949-4232

Great Lakes Creative Arts Project

Our goal offer the opportunity to explore creativity in many different mediums. All classes are still free and you do not have to have "proven talent" to participate! Call Customer Service for more information.

Job Accommodation Network (JAN)

Providing information to people with disabilities about Title I of the ADA and a range of workplace accommodations. <http://www.jan.wvu.edu/english/homeus.htm>
1-800-526-7234 www.jan.wvu.edu/

Lemonade Stand of Muskegon

A consumer-run organization to promote quality of life in Muskegon County.
1192 Jefferson St., Muskegon MI 49441
(231) 727-0670

Michigan Disability Rights Coalition (MDRC)

Consumer education, advocacy, and empowerment services. <http://www.copower.org/>
1-800-760-4600

Michigan Department of Labor and Economic Growth/

Michigan Rehabilitation Services (MRS) <http://www.michigan.gov/mdcd/>

Provides vocational training and employment support services for persons with disabilities. Will assist with such things as hearing aids and transportation if job related.

316 Morris Avenue
Muskegon, MI 49440
231-722-2013
800-810-4349 (Toll Free)
231-773-2926 (TTY/Voice)

121 Clover Ave., Holland
(616) 395-8495

Michigan Protection and Advocacy Services (MPAS)

Provides information about disability rights and grievance procedures for persons with disabilities.

<http://www.mpas.org>
1-800-288-5923

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Muskegon & Ottawa County Health Departments

Provides a wide range of services including immunizations, WIC, Children's Special Health Care Services, AIDS treatment and services, health education and more.

Muskegon County Health Department
209 E. Apple Ave., Muskegon
(231) 724-6311

Ottawa County Health Department
12251 James St., Holland
(616) 396-5266

National Alliance on Mentally Illness (NAMI)

Consumers of mental health services and their families and/or loved ones meet to provide support and share experiences and knowledge.

<http://www.nami.org/>

NAMI—Muskegon SHAIR
Meets 1st Tuesday of the month
6:00 – 8:00 p.m.

Meets at Central United Methodist Church
1011 2nd Street
Muskegon, MI 49440
Call (231) 720-3201 for information

Parent/caregiver Support Group

extends through CMH and into the community-**EVERYONE IS WELCOME**. First Wednesday every month 12 noon to 1:00 PM
Meets at 376 E. Apple, call 724-6040 to sign up

People First

A grass roots organization run by and for persons with developmental disabilities to share, support and plan community events.

In Holland: Meets monthly
665 136th Ave. Ste 90, Holland, (616) 738-8570

Recovery Cooperative of Muskegon

The Recovery Cooperative is based on the values of self-help, self-responsibility, democracy, social equality and peer support. The Coop is: • Open to all persons able to use the services and willing to accept the responsibilities of membership.

1871 Peck St., Muskegon MI 49442, (231) 722-3741
www.recoverycooperative.org

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www.co.muskegon.mi.us/cmh



Ottawa County (616) 494-5545
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Social Security Administration

SSI and SSDI benefits for individuals with disabilities.

2585 Barclay St., Muskegon
(231) 759-2525

657 Hastings Ave., Holland
(616) 392-4404 or 1-800 772-1213
TTY 1-800 325-0778

Society of Autistic Children

For persons with autism and their families.

Muskegon

Meets 3rd Tuesday of the month

7:00 p.m. MAISD

630 Harvey St., Muskegon

Call (231) 894-9552 for information

Autism Society of West Shore

P.O. Box 1054

Holland, MI 49422

www.asws.org

Meets monthly, for more info contact

(616) 395-4095

Mediation & Restorative Services (formerly Westshore Dispute Resolution Center)

Assists with mediation and dispute resolution between individuals, agencies, and organizations to resolve problems or complaints.

27 E Clay., Muskegon

(231) 727-6001

665 136th St, Ste 100 Holland

(616) 399-1600 or 1-800-RESOLVE

West Michigan Veterans Service Center

Provides health and support services for United States veterans.

165 E. Apple Ave., Bldg. F, Muskegon, (231) 722-3499

Women's Services

Provides crisis intervention services to women and children, including emergency and runaway shelters, counseling, etc.

Every Woman's Place, Inc.

175 W. Apple Ave., Muskegon

(231) 759-7909

Crisis Line: (231) 722-3333

Center for Women in Transition

411 Butternut, Holland

(616) 392-2829

Crisis Line: (616) 392-1970

Toll Free 1-800-848-5991

Wellness Recovery Action Planning (WRAP)

an exciting new recovery tool. Simple, yet powerful, this process teaches you how to take control of your life and move beyond the consequences of mental illness and the effects of stigma - - toward wellness and recovery. for information call April Elliott 724-3699 in Muskegon and Berna Welling (616) 494-5573 in Ottawa

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