



Extra Help & Care

The **CHAT Program** “wraps an extra layer of help and care” around people who are enrolled.

It is for people who meet the qualifications, including living in one of Northern Lakes CMHA’s six counties.

The **CHAT Program** includes a **Connected Health Assistance Team** who will work with you to coordinate, support, and help manage your health care and social needs.

With this extra support, you can take control of your care.

■ *For those already receiving Northern Lakes services, the CHAT Program will be **in addition to your current services with no extra charge.** Call (231) 935-3657 for information.*

For more information regarding Behavioral Health Homes, please visit Michigan.gov/BHH.

Whom to Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

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For crisis call 1-833-295-0616 (TTY 711)

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To access services call (231) 922-4850 or 1-800-492-5742 or one of the four offices listed below

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To access Substance Use Disorders Services call NMRE 1-800-834-3393

OFFICE HOURS MONDAY-FRIDAY 8 AM-5 PM

ADMINISTRATIVE OFFICE

105 Hall Street, Suite A
Traverse City, MI 49684
(231) 922-4850

2715 South Townline Road
Houghton Lake, MI 48629
(989) 366-8550

527 Cobb Street
Cadillac, MI 49601
(231) 775-3463

204 Meadows Drive
Grayling, MI 49738
(989) 348-8522

northernlakescmh.org

If you speak a language other than English, language assistance services, free of charge, are available to you. Call Customer Services 1-800-337-8598 (TTY 711). Northern Lakes Community Mental Health Authority (NLCMHA) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NLCMHA is a member of Northern Michigan Regional Entity (www.nmre.org) and receives its principal funding from the Michigan Department of Health and Human Services.

This information was reviewed by consumers.

JANUARY 2025



CHAT Program

Connected Health Assistance Team

A MDHHS Behavioral Health Home benefit



Supporting the connection
between your mental and
physical health

northernlakescmh.org



There are 6 main services provided:



Comprehensive Care Management

A Care Manager will help you identify and achieve your health and wellness goals.



Care Coordination

Coordinate with your current provider(s) or access new provider(s) including specialists, with care tailored to your specific needs.



Health Promotion

Access health education opportunities and resources.



Transitional Care

When you have a change in your care needs, such as leaving the hospital, our team can support you and make sure you have what you need to be safe and healthy.



Individual and Family Support

Community health workers, peer supports, peer recovery coaches, support groups, self-care programs are all available to you.



Referral to Community and Social Support

We will help you find resources closest to your home and help you access these resources.

PROGRAM OBJECTIVES

Through the delivery of core services, the **CHAT Program** seeks to:

- Improve your health outcomes.
- Coordinate and provide all of your healthcare needs.
- Increase access to care.
- Increase hospital post-discharge follow-up.
- Reduce unnecessary hospital and emergency department visits.

ELIGIBILITY

- You have Medicaid, Healthy Michigan Plan, or MICHild.
- You have a qualifying healthcare condition.
- You live in one of Northern Lakes' six counties (Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, Wexford).