

SOCIAL RECREATION PROGRAMS

CMHOC offers four different social and recreation programs for adults who live in Ottawa County. Social and recreational activities help to enhance an individual's health and well-being and play an important role in bringing meaning to one's life. These programs are funded by the Mental Health Millage. Staying connected to friends and avoiding isolation is important for all people, especially the most vulnerable in our community.

The four different programs each have their own calendar and advanced registration is required. Some of the activities being offered include dance and exercise classes, bowling, movie nights, sporting events, crafting, advocacy, cooking, exercise, education, and museum visits. If you are interested in learning more about the available programs, visit www.miottawa.org/cmh or contact your Supports Coordinator or Supports Coordinator Aide for more information.

CONTACT US

I/DD TEAM

Front Desk.....(616)-392-8236

ELIGIBILITY FOR SERVICES

The Access Center.....(616) 393-5681

Toll-Free.....1-877-588-4357



24/7 CRISIS INTERVENTION HELPLINE:

1-866-512-4357

National Suicide Prevention Lifeline:

800-273-8255

Crisis Text Line.....Text HOME to 741741

RECIPIENT RIGHTS.....(616) 393-5763

BILLING.....(616) 494-5560

QUESTIONS/CONCERNS....(616) 494-5545

Community Mental Health of Ottawa County
12263 James Street
Holland, MI 49424
Phone: (616)-392-8236
cmhcustomerservices@miottawa.org

HOURS OF OPERATION

Monday - Friday:

8:00am - 5:00pm



SERVICES FOR PEOPLE WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES



**COMMUNITY
MENTAL HEALTH**
OTTAWA COUNTY



**COMMUNITY
MENTAL HEALTH**
OTTAWA COUNTY

www.miottawa.org/cmh

OUR SERVICES

Supports and services for people with Intellectual and/or Developmental Disabilities (I/DD).

Some examples include:

- Supports Coordination
- Community Living Supports
- Supported Employment
- Social Recreational Programs
- Residential Support
- Respite
- Psychology/Behavioral Supports
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Nursing
- Psychiatric Services
- 24-hour Behavioral Health Emergency Services

WHAT TO EXPECT



ACCESS AND ELIGIBILITY:

To access services call our Access Center (616) 393-5681 to request services and have an eligibility assessment completed.



ASSIGNED SUPPORTS COORDINATOR:

After the Access Center has determined you are eligible for I/DD Services, you will be assigned a Supports Coordinator. The Supports Coordinator will coordinate the development of the Individual Plan of Service (IPOS) using the Person-Centered Planning process. They will also update IPOS as directed by you.



ASSESSMENTS:

A Psychosocial Assessment and/or an Supports Intensity Scale will be completed prior to the development of your IPOS. If needed, additional assessments may be completed such as an Occupational Therapy Assessment, a Physical Therapy Assessment, or a Nursing Assessment. The assessments will be used during the Person-Centered Planning process to identify the services and supports that are medically necessary for you.



PERSON-CENTERED PLANNING (PCP) PROCESS:

During the PCP process, you will be asked who you would like to attend your PCP meeting, who will facilitate, the location of the meeting and when it will be held. During PCP, you will be asked what your hopes and dreams are and will be helped to develop goals or outcomes you want to achieve. The people attending this meeting will help you decide what supports, services, or treatments you need, who you would like to provide this service, how often you need the service, and where it will be provided.



SERVICES AND SUPPORTS:

Once your IPOS is developed, you will begin receiving the services and supports that were identified. In order to implement your IPOS, you will be working regularly with a Supports Coordinator Aide. The Aide will monitor, link and coordinate all of the supports and services included in your IPOS. They will also work with the Supports Coordinator if you request an update or change to your IPOS.

