

Who is Eligible for Services?

Oakland County residents who have an intellectual/developmental disability, mental illness, children with serious emotional disturbance, and people with substance use disorders may be eligible to receive specialty public mental health services.

Most of these people have Medicaid/Healthy MI Plan coverage. However, individuals who are uninsured and underinsured may still receive services for substance use disorders through Federal Block grant funding.

Our Mission: Inspire Hope • Empower People • Strengthen Communities

Our Core Values:

- We promote equality and personal choice leading toward self-directed lives.
- We are guided by the goals, needs, and desires of people we serve.
- We promote and protect the rights of people served as they seek to achieve their personal life outcomes.
- We lead with integrity, accountability, and transparency.
- We strengthen our community by identifying needs and implementing innovative solutions.
- We collaborate in shared purpose with individuals served, staff, service providers, and the community.

Our Vision: OCHN will be a national leader in the delivery of quality integrated physical and mental health supports and services to children and adults with developmental disabilities, mental illnesses and substance use disorders. We respond to our community's needs and empower people to achieve the lives that are important to them.

RESOURCE & CRISIS HELPLINE

800-231-1127 Toll Free
24 Hours A Day

**Non-Emergency Access & Eligibility
Includes Substance Use Services
(248) 464-6363**

M & Th (8 a.m. - 8 p.m.)
Tues., Wed. & F (8 a.m. - 5 p.m.)

**Customer Services
(800) 341-2003** Toll Free
8 a.m. to 5 p.m.

**Office of Recipient Rights
(877) 744-4878** Toll Free
Video Conference Phone Available

OCHN Administrative Offices
5505 Corporate Dr.
Troy, MI 48098
(248) 858-1210
www.oaklandchn.org

**Senior Resources:
Area Agency On Aging 1-B
(248) 357-2255**
29100 Northwestern Hwy
Southfield, MI 48034
www.aaa1b.org



Developmental Disabilities • Mental Health • Substance Recovery

OCHN does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. Free interpreter services are available. If special accommodations are needed to inquire about services, please contact (248) 858-1210.

This brochure is available in Spanish, Arabic, audio, and large print.

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**Inspire
HOPE
Empower
PEOPLE
Strengthen
COMMUNITIES**

Senior Health



**OAKLAND COMMUNITY
HEALTH NETWORK**
248.464.6363



Celebrate the Longevity Revolution!

For most of human history, life expectancy was approximately 18 years. Today, mid seventies is the norm. With this change in physical and mental health, the potential for much higher quality of life is rich and the benefits are abundant:

- Special senior discounts
- Wisdom
- Time to enjoy children and grandchildren
- Learn new skills and take up new hobbies

Tips for a Healthy Lifestyle

- Eat a nutritious diet
- Exercise regularly
- Practice restful sleep habits
- Use good stress management
- Nurture meaningful relationships
- Engage in social activities
- Schedule physical exams
- Maintain a sense of purpose in life

I. MEMORY LOSS

Memory loss is a common concern as people age. Everyone forgets things: appointments, names, or where they parked the car. However, temporary confusion about how to operate appliances, who people are, or lack of understanding simple instructions, could indicate something more serious is wrong. People who are worried about memory problems should see a physician.

Questions To Ask Your Doctor:

- Is there significant memory loss?
- Is it short or long term?
- Could the medications I'm taking affect my memory?
- Is my memory loss related to Alzheimer's or dementia?
- What can I do to improve my memory?
- What are signs of worsening memory loss?

II. DEPRESSION

Depression is not an inevitable part of aging. It is a biological, chemical disorder, and nothing of which to be ashamed! Depression often accompanies heart disease, stroke, diabetes, cancer, and Parkinson's. Untreated, depression can delay recovery from other health issues.

If someone you know is having suicidal thought, contact the OCHN Resource & Crisis Helpline immediately: (800) 231-1127, available 24 hours a day.

III. GRIEF AND CHANGE

Dealing with loss often makes people at risk for anxiety and depression. It is helpful, though not always easy, to discuss and plan ahead for changes and challenges that occur during the later stages of life:

- Loss of family members and friends
- Inability to drive safely
- Moving to a smaller home or assisted living arrangement
- Transitioning from career to retirement

IV. SUICIDE AND DEPRESSION

The highest suicide rate of any age group occurs among those aged 65 and older. There is an average of one suicide among the elderly every 90 minutes.

The best way to counteract this potential health hazard is to learn more about the symptoms of depression and to promptly seek professional help. Signs of depression may include:

- Persistent sadness and anxiety
- Feelings of helplessness
- Lack of interest in activities
- Changes in sleep
- Changes in appetite
- Thoughts of death or suicide