

# Contents

- Arbor Circle Program Divisions Overview..... 3
  - Child Welfare Services..... 3
  - Community Based Recovery Services..... 3
  - Early Childhood Services..... 3
  - Family Based Services ..... 3
  - Outpatient Services..... 3
  - Prevention & Advocacy Services..... 3
  - Youth Development Services..... 3
- Children & Family Services..... 4
  - Adoption Services..... 4
  - Children's Behavioral Health Home (CBHH) ..... 4
  - Court Appointed Special Advocates (CASA) of Ottawa County ..... 4
  - Foster Care Services ..... 4
  - Infant Toddler Development Services (ITDS) ..... 5
  - Healthy Families Kent County (HFKC) ..... 5
  - Muskegon Parents' Initiative (MPI)..... 5
  - Parent Education, Classes, and Groups ..... 5
  - Parent Nurturing / Nurturing Parent Group Services ..... 5
  - Strong Beginnings / Families Fuertus Y Saludables ..... 6
  - Wraparound Services ..... 6
- Counseling Services..... 7
  - Outpatient Counseling Services ..... 7
  - Therapeutic Groups..... 7
- Prevention Services ..... 8
  - Ottawa Substance Abuse Prevention Coalition (OSAP) ..... 8
  - Stop Child Abuse & Neglect Council (SCAN)..... 8
- School-Centered Services ..... 9
  - Great Start to Quality Western Resource Center ..... 9
  - Keep Early Education Positive (KEEP) ..... 9
  - School-Based Mental Health Services..... 9
  - Total Trek Quest (TTQ) ..... 9
  - Youth Prevention & Education ..... 10
- Substance Use Recovery Services..... 11

Allegan County Jail Re-Entry Services - Currently on Hold ..... 11

Intensive Outpatient Services (IOP) ..... 11

Kent County Correctional Services ..... 11

Medication Assisted Treatment (MAT) ..... 11

Outpatient Substance Use Counseling for Kent County Veterans ..... 12

Recovery Management Services..... 12

Services for Women..... 12

Sobriety Treatment Court ..... 12

Substance Use and Alcohol Assessments ..... 12

Youth Services ..... 13

    The Bridge..... 13

    Street Outreach ..... 13

    Youth Supportive Housing..... 13

# Arbor Circle Program Divisions Overview

## Child Welfare Services

**Overview:** Arbor Circle's dedicated Child Welfare team works to prevent child abuse and neglect in our community, as well as advocate for children in the child welfare system.

**Outcome:** Safety, Permanence, and Wellbeing

**Program Director:** Chelsea Tucker

## Community Based Recovery Services

**Overview:** Recovery from alcohol and drug addiction can be a lifelong journey. Arbor Circle provides a variety of clinical, peer recovery, and case management support alongside a person and their family while they take each step.

**Outcome:** Increased Recovery Capital

**Program Director:** Cathy Worthem

## Early Childhood Services

**Overview:** Becoming a strong family can be a rewarding journey for parents and a life-changing one for children. Arbor Circle offers many services for expectant caregivers and families with young children.

**Outcome:** Improved parent/child relationship

**Program Director:** Susan Chang

## Family Based Services

**Overview:** Arbor Circle's Family Based staff work alongside families as children/youth face mental health challenges, providing a range of clinical and support services to the entire family.

**Outcome:** Improvement in overall functioning

**Program Director:** Carrie Newberg

## Outpatient Services

**Overview:** Arbor Circle supports children, youth, families, and adults as they face a variety of behavioral health concerns.

**Outcome:** Improved wellbeing

**Program Director:** Emmy Ellis

## Prevention & Advocacy Services

**Overview:** Arbor Circle works with a variety of coalitions and community partners to improve individual and family wellbeing. Our Prevention & Advocacy team increases awareness of issues surrounding mental health, substance use, and healthy family development through dynamic presentations and activities.

**Outcome:** Increase youth's perception of harm/risk of substance use, Improve positive family management, Ensure all children have high quality early learning opportunities

**Program Director:** Leigh Moerdyke

## Youth Development Services

**Overview:** Arbor Circle provides safe and stable housing opportunities and support services to youth and young adults.

**Outcome:** Increase safe and stable housing

**Program Director:** Monique Carter

## Children & Family Services

**Overview:** Family support through early childhood and home-based services, parenting groups and education, and foster care and adoption services.

### Adoption Services

The adoption program focuses on children in foster care who are available for adoption. This includes children in the Arbor Circle foster care program, as well as those in placement through other agencies across the state of Michigan. In every case, adoptive placements are made based on the needs and best interest of the child. Special needs include: sibling groups, older children, children from cross-cultural backgrounds, and children with impairments (mental, physical, emotional).

**Service Area:** Muskegon, Ottawa & surrounding counties

**Division:** Child Welfare

**Supervisor:** Melissa Burke

### Children's Behavioral Health Home (CBHH)

In-home mental health services for children, youth, and their families with intensive support needs. This model encourages right service at the right time to promote overall improved wellness for children and families through an integrated approach. Interdisciplinary teams including clinicians, case managers, wrap coordinators, a health liaison, primary care practitioners, and psychiatrist work together to improve behavioral and physical health outcomes. Services included based on the needs of the family: therapy, case management, specialized family case management, wraparound, community living supports (CLS), psychiatric care, and adult therapy for caregivers.

**Service Area:** Kent County

**Ages Served:** 4-17 years at intake (services up to age 21)

**Referral:** Network180

**Division:** Family Based

**Supervisor:** Kelsey Leonard

### Court Appointed Special Advocates (CASA) of Ottawa County

CASA are trained volunteers who advocate for children in foster care throughout the court process and report to the family court judges as to what is best for the children involved. CASA volunteers are typically assigned to one child or sibling group at a time and they meet with their assigned child(ren) once every 7-10 days throughout their assignment, which allows them to be strong advocates for the child(ren) within the child welfare process.

**Service Area:** Ottawa County

**Division:** Child Welfare

**Supervisor:** Hannah Konnie

### Foster Care Services

The foster care program is designed to serve children and families who are involved with the child welfare system due to abuse and neglect. The goal of foster care is to provide for the child's permanency, safety, and wellbeing. The team works toward reunifying the child with their birth family or an alternative permanency plan such as adoption, guardianship, or another permanent living arrangement if reunification cannot occur. The foster home licensing team licenses and supports licensed foster parents in order to provide nurturing and trauma-informed homes for children who are in the foster care system.

**Service Area:** Muskegon, Ottawa & surrounding counties

**Referral:** DHHS

**Division:** Child Welfare

**Supervisor:** Kelsey Maas & Alison Williams

## **Infant Toddler Development Services (ITDS)**

In-home infant mental health clinical interventions that are designed to build the bond between infants/toddlers and parent/caregiver thereby reducing the incidence and prevalence of abuse, neglect, developmental delays, behavioral issues, and emotional disturbances.

**Service Area:** Kent & Ottawa Counties

**Ages Served:** Pregnant - 5 years (up to 6 years for uninsured/private insurance)

**Referral:** Kent: Medicaid through Network180, all insurance & uninsured open referral / Ottawa: Medicaid only (0-3) through Ottawa CMH

**Division:** Early Childhood

**Supervisor:** Bailey Pierson

**Intake/Info:** Michelle Hielkema

## **Healthy Families Kent County (HFKC)**

In-home family support, parent education, and skill-building services for at risk parents to assist children in meeting developmental milestones and accessing appropriate health care.

**Service Area:** Kent County

**Ages Served:** Pregnant - 3 years

**Referral:** Community partners

**Division:** Early Childhood

**Supervisor:** Vacant

## **Muskegon Parents' Initiative (MPI)**

Coalition of professionals, community members, and parents who are working together to increase support for parents in Muskegon County. The goals of the coalition are to connect and increase parent education while preventing duplication, create a culture of acceptance and support for parenting education, and engage community members to be a resource and connection for families in their neighborhoods.

**Service Area:** Muskegon County

**Division:** Prevention & Advocacy

## **Parent Education, Classes, and Groups**

Educational classes and groups for parents. Classes may include: Strengthening Families 10-14 Program, Circle of Parents, Just for Dads, and Conscious Discipline.

**Service Area:** Allegan, Muskegon & Ottawa Counties

**Division:** Prevention & Advocacy

## **Parent Nurturing / Nurturing Parent Group Services**

Structured parent and children groups for families with children in out-of-home placements.

**Service Area:** Kent & Ottawa Counties

**Ages Served:** 0-17 years

**Referral:** WMPC, DHHS

**Division:** Kent: Early Childhood / Ottawa: Prevention & Advocacy

**Supervisor:** Kent: Susan Chang / Ottawa: Leigh Moerdyke

**Intake/Info:** Erica Wing

## **Strong Beginnings / Families Fuertus Y Saludables**

Therapy services to improve the health and wellbeing of Black and Latinx parents and their babies, from pregnancy through early childhood. Strong Beginnings seeks to promote racial equity and eliminate disparities in birth outcomes between white people and people of color in Kent County. Individual and group support is provided, along with coordination of mental health services, substance use concerns, and psychiatric services.

**Service Area:** Kent County

**Ages Served:** Pregnant - 18 months

**Referral:** Maternal Health Providers

**Division:** Early Childhood

**Supervisor:** Vauwn Nghiem-Olson

## **Wraparound Services**

Wraparound is a team-based planning process used to bring all system providers – school, court, child welfare, mental health, etc. – and natural supports together with a youth and their family to create a shared plan that is strength-based and focuses on the youth and family's identified needs and goals.

**Service Area:** Kent & Ottawa Counties

**Referral:** Network180

**Division:** Family Based

**Supervisor:** Kim Bergbower

## Counseling Services

**Overview:** Trauma-informed and culturally responsive mental health and substance use counseling and therapeutic groups.

### Outpatient Counseling Services

Outpatient mental health and substance use services for children, youth, and adults. Assessment, group, and individual services available. Limited psychiatric medication support is available in Kent County for outpatient and substance use recovery clients who are receiving counseling services through Arbor Circle. Outreach sites include Mel Trotter, Guiding Light, Alternative Directions, and Sparta-Peace Lutheran Church.

**Service Area:** Allegan, Kent, Muskegon, Newaygo & Ottawa Counties

**Division:** Outpatient

**Supervisor:** Allegan: Brett Romanowski-Pfeiffer / Kent: Donna Kuiper / Muskegon: Stacey Glynn / Newaygo: Vacant / Ottawa: Anna Wehrmeyer

### Therapeutic Groups

Therapeutic group sessions focusing on a variety of substance use recovery topics. Availability of groups varies. Groups provided may include:

- **Health Professional Recovery Program (HPRP):** Supports the recovery of health professionals so they may safely return to practice and protect the safety of the general public.
- **Pathways:** Participants learn how to tell the difference between problem and social use of alcohol and other drugs, and develop harm reduction plans to reduce the likelihood of further related problems. Group utilizes evidence-based curriculum Prime for Life.
- **Recovery Skills:** Addresses many areas important for long-term recovery. This group is a great transition for those who have recently completed IOP.
- **Relapse Prevention:** Allows for those in recovery to help identify and implement effective plans for recovery. Teaches skills related to craving/trigger management, management of moods and thoughts, and an overall decreasing of vulnerability to relapse.
- **Seeking Safety:** Provides practical tools and techniques to learn safe coping skills that apply to both PTSD and substance use disorders. Participants learn to restore ideals that have been lost, including respect, care, protection, and healing.

**Service Area:** Allegan, Kent & Newaygo Counties

**Division:** Outpatient

**Supervisor:** Allegan: Brett Romanowski-Pfeiffer / Kent: Donna Kuiper / Newaygo: Vacant

## Prevention Services

**Overview:** Community-focused substance use, mental health, and child abuse prevention and advocacy.

### Ottawa Substance Abuse Prevention Coalition (OSAP)

Coalition of community members, human service professionals, businesses, law enforcement, government officials, schools, and school personnel who are working together to create change regarding youth substance use. OSAP has a number of sub-committees:

- **Building Resilient Youth (BRY):** Suicide prevention committee under OSAP which seeks to build resilient youth and provide help for teens who are struggling with depression and suicide. BRY provides education and training including Question, Persuade, Refer (QPR) and Mental Health First Aid.
- **Marijuana Taskforce:** Community coalition to address high-risk marijuana use and subsequent consequences including addiction and prevent underage access to marijuana.
- **Reducing Ottawa Area Drunk Driving (ROADD):** Community coalition under OSAP which seeks to reduce underage drinking and impaired driving crashes in Ottawa County by reducing underage access to alcohol, increasing the perception of consequences of drunk driving, and encouraging responsible beverage service practices.
- **Student Leaders Initiating Change (SLIC):** Youth coalition initiative of OSAP developing leadership skills to encourage peers to make decisions that have a positive impact on themselves and the community.
- **Raise Your Voice:** High school students involved in SLIC teach peer refusal skills, effective communication, decision-making skills, and assertiveness to sixth grade students.
- **TalkSooner:** Statewide initiative made up of county coalitions working together to send out a common message to parents of youth ages 10-18 about alcohol, tobacco, and other substances. The goal of TalkSooner is to delay the onset of substance use through encouraging positive, honest conversations with youth that are centered on factual information.

**Service Area:** Ottawa County

**Division:** Prevention & Advocacy

### Stop Child Abuse & Neglect Council (SCAN)

Community-based effort to prevention child abuse and neglect in Ottawa County.

**Service Area:** Ottawa County

**Division:** Prevention & Advocacy



## School-Centered Services

**Overview:** School-based prevention and mental health counseling, support for daycare and preschool providers, and after-school programs including Total Trek Quest (TTQ).

### Great Start to Quality Western Resource Center

Funded through the Michigan Department of Education, Great Start to Quality is Michigan's system which sets quality standards and evaluates the quality of early care and education programs. Resource Centers work with childcare and preschool providers to improve their quality.

**Service Area:** Ionia, Lake, Mason, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, Osceola & Ottawa Counties

**Division:** Prevention & Advocacy

**Supervisor:** Crystal Park

### Keep Early Education Positive (KEEP)

KEEP offers specialized comprehensive clinical support and consultation to childcare providers, teachers, and parents when a child is facing any kind of difficulty in childcare or preschool. The program provides clinical intervention and support so children have a successful experience in their early education.

**Service Area:** Kent County

**Ages Served:** 0-5 years

**Division:** Early Childhood

**Supervisor:** Zachary Meston

**Intake/Info:** Rebecca Porras

### School-Based Mental Health Services

Arbor Circle provides clinical services out of various school settings to respond to the mental health needs of students. We currently provide services in the following schools:

- **Allegan County:** Allegan High School, LE White Middle School, Plainwell Renaissance Alternative High School & Adult Education
- **Kent County:** Burton Elementary, Caledonia High School, Cedar Springs Public Schools, Cesar Chavez, Grandville East Elementary, Kent City, Northview Schools, Southwest Community Campus, William C. Abney, WMCAT
- **Newaygo County:** Patricia St. Clair Elementary School
- **Ottawa County:** Holland High School, Hudsonville High School

**Service Area:** Allegan, Kent, Ottawa & Newaygo Counties

**Division:** Kent: Family Based / Allegan, Ottawa & Newaygo: Outpatient

**Supervisor:** Kent: Jennifer Mack / Allegan, Ottawa & Newaygo: Anna Wehrmeyer

### Total Trek Quest (TTQ)

TTQ is a high energy, interactive nine-week program for boys in grades 3-5. Practices include: healthy snack, curriculum-based activities and games, strength and stretching exercises, and training for a 5k run. Coaches are committed volunteers.

**Service Area:** Allegan, Kent, Muskegon, Newaygo & Ottawa Counties

**Division:** Prevention & Advocacy

**Supervisor:** Zach Yokom

## Youth Prevention & Education

Psycho-educational group services and evidence-based curriculums for youth, including services during the school day for youth who are working to return to school after a long-term suspension or expulsion. Specialized services for youth with first time or second time misdemeanor offenses and other behavior concerns.

**Service Area:** Kent, Ottawa & Newaygo Counties

**Division:** Prevention & Advocacy

**Supervisor:** Zach Yokom

## Substance Use Recovery Services

**Overview:** Substance use recovery including assessments, group and individual counseling, and peer support that is gender-responsive and offered in a variety of community and jail-based locations

### Allegan County Jail Re-Entry Services - Currently on Hold

A continuum of substance use and mental health co-occurring treatment services for individuals who are currently incarcerated in the Allegan County Correctional Facility and/or are re-entering the community. Services address substance use and mental health concerns as well as employment, housing, and other basic needs to improve the ability to live successfully in the community.

**Service Area:** Allegan County

**Division:** Community Based Recovery

**Supervisor:** Brett Romanowski-Pfeiffer

### Intensive Outpatient Services (IOP)

Intensive Outpatient treatment is designed for those individuals who have moderate to severe diagnosis of problems with substance use and prior attempts to stop or reduce use has been unsuccessful. For individuals that need more than the traditional outpatient model. IOP is offered in morning and early evening hours, three hours a day, four days a week.

**Service Area:** Kent County

**Division:** Outpatient

**Supervisor:** Donna Kuiper

**Intake/Info:** OCC Intake Line

### Kent County Correctional Services

A continuum of substance use and mental health co-occurring treatment services for individuals who are currently incarcerated in the Kent County Correctional Facility and/or are re-entering the community. Specific programs include:

- **Sober Living Unit:** Substance use treatment for individuals of any gender incarcerated in Kent County Correctional Facility
- **Turn the Page:** Peer recovery coach and re-entry services in partnership with Hope Network for men receiving employment services in the jail
- **Valued Community Member (VCM):** Clinical program providing comprehensive individual and group treatment and re-entry case management services for men with a co-occurring substance use and mental health condition in the jail and up to one year upon release

**Service Area:** Kent County

**Division:** Community Based Recovery

**Supervisor:** Mike Cole

### Medication Assisted Treatment (MAT)

Treatment of opioid use disorders using medications in combination with counseling and psychosocial support. Available for clients who are receiving Arbor Circle counseling services.

**Service Area:** Newaygo County

**Division:** Outpatient

**Supervisor:** Vacant

**Intake/Info:** OCC Intake Line

## Outpatient Substance Use Counseling for Kent County Veterans

Assessment, group, and individual services available for Kent County Veterans using evidence-based treatment modalities. Services provided at Kent County Veterans Services location.

**Service Area:** Kent County

**Division:** Outpatient

**Supervisor:** Donna Kuiper

**Intake/Info:** OCC Intake Line / Sarah Patrick-Beard

## Recovery Management Services

Community-based treatment, coordination, and recovery support for adults with significant substance use recovery needs provided by a therapist and a peer recovery coach.

**Service Area:** Allegan, Kent & Muskegon Counties

**Division:** Community Based Recovery

**Supervisor:** Allegan: Brett Romanowski-Pfeiffer / Kent: Mike Cole / Muskegon: Stacey Glynn

## Services for Women

Specialty programs providing in-home and community-based substance use and co-occurring mental health treatment services for women and their families. Specific programs include:

- **Enhanced Women's Services:** Community-based peer support and case management services for women with substance use needs that are pregnant or have an infant up to 12 months old and are ineffectively engaged with community service providers
- **Family Engagement Team (FET):** Therapy, peer recovery support, and case management services for women with substance use needs that are caring for children ages 0-17 in their home
- **Women's Case Management:** In-home and community-based services for women with substance use needs whose children are in the child welfare system

**Service Area:** Allegan, Kent, Muskegon & Ottawa Counties

**Division:** Community Based Recovery

**Supervisor:** Terri Sprader

## Sobriety Treatment Court

Counseling, coordination, and drug testing for eligible individuals convicted of certain drunk driving offenses to obtain a restricted driver's license after admittance into sobriety court.

**Service Area:** Allegan & Muskegon Counties

**Division:** Community Based Recovery

**Supervisor:** Allegan: Brett Romanowski-Pfeiffer / Muskegon: Stacey Glynn

## Substance Use and Alcohol Assessments

Complete substance use assessments that deliver ongoing treatment recommendations, driver's license assessments, and Alcohol and Other Drug Highway Safety Class.

**Service Area:** Allegan, Kent, Muskegon, Newaygo & Ottawa Counties

**Division:** Outpatient

**Supervisor:** Donna Kuiper

**Intake/Info:** OCC Intake Line

## Youth Services

**Overview:** Prevention, outreach, and housing support for youth and young adults ages 10-24 experiencing homelessness, including The Bridge emergency youth shelter.

### The Bridge

Temporary safe shelter program for youth ages 10-17 at risk of running away or experiencing housing instability. Services include case management, counseling, and other supportive services. Shelter is voluntary and youth may stay up to 21 days. The Bridge also provides a 24-Hour Crisis Line available 24/7/365 for youth in need of support or referral at 616.451.3001.

**Service Area:** Ionia, Kent, Montcalm & Ottawa Counties

**Ages Served:** 10-17 years

**Division:** Youth Development

**Supervisor:** Andrew Carrell

**Program Coordinator:** Ashlyn Alexander

### Street Outreach

Mobile and place-based outreach to youth and young adults who are experiencing homelessness, have runaway, or are otherwise without safe shelter. Street Outreach provides basic needs supplies, crisis intervention, case management, and access to safe and stable shelter and housing options.

**Service Area:** Ionia, Kent, Montcalm & Ottawa Counties

**Ages Served:** Up to 24 years old

**Division:** Youth Development

**Supervisor:** Dani Shields

### Youth Supportive Housing

Access to safe and stable housing options along with case management and counseling for youth and young adults ages 16-24 experiencing homelessness or housing instability. Specific programs include:

- **Host Homes:** Addresses the needs of youth ages 16-18 experiencing homelessness by connecting them with caring adults who provide safe housing and support. Caring and trained adult volunteers make this resource possible in Kent and Ottawa Counties.
- **Transitional Housing:** Provide housing support to youth ages 18-20 experiencing homelessness through apartments leased by Arbor Circle in Kent and Ottawa Counties.
- **Rapid Rehousing:** Support through a collaborative partnership with other homeless-serving agencies within Kent County

**Service Area:** Kent & Ottawa Counties

**Ages Served:** 16-24 years

**Division:** Youth Development

**Supervisor:** Dani Shields