

Community Health Services Booklet

This Community Health Resources guide has been compiled for Michigan State University students and family members as an informational tool to locate low-cost or free health services in the community. Telephone numbers and available services are included under the name of each agency. We hope this resource will be beneficial to you in accessing community health services, especially for those services that may not be covered through the Michigan State University student health insurance plan.

Please feel free to contact our office regarding the Community Health Resources guide or the Michigan State University student health insurance plan at 517-353-4434, or email studentinsurance@hr.msu.edu.

For information not related to health insurance visit the [MSU Family Resource Center Web site](#) , or email strom@hr.msu.edu to obtain a Resources Guide for Families. This guide includes information for MSU student families such as housing, child care options, financial aid and Student Parents On a Mission (SPOM), a student-parent support group.

Ingham County Health Department's Registration and Enrollment Department is a connection to many resources in the community. If you have questions about:

- Where to go for health care
- Health insurance for your family
- Insurance coverage during pregnancy
- How to find a primary care doctor
- State and federal programs you may be eligible for
- Pregnancy coverage for non-citizens

Visit the Registration and Enrollment Department located at the information desk, Second Floor, Ingham County Health Department, 5303 S. Cedar Street, Door #3, Lansing, MI 48911. Or phone 517-887-4306 Monday through Friday, 8 am - 5 pm.

ADULT HEALTH SERVICES

Smoke Free Ingham

PO Box 30161, Lansing, MI 48909

517-887-4315

The Capital Area Partners for Smoking Cessation is a coalition of health organizations committed to providing consistent, reliable, continuous smoking cessation services in Michigan's Capital area. Information on group classes, individual counseling, nicotine patches, Zyban prescription service, support groups, free quit kits, and phone support are available options when calling for help. Call for a free quit kit which includes a smoke free home and vehicle decal kit, insurance benefit grid, and monthly class listings.

Child & Family Services, Capital Area

4287 Five Oaks Drive

Lansing, MI 48911

517-882-4000

Child & Family Services, Capital Area is a private, nonprofit agency providing mental health and adolescent substance abuse treatment services, and foster care and adoption services.

Hours: Monday and Wednesday, 8:30 am – 8:00 pm., Tuesday and Thursday, 8:30 am – 7:00 pm. Friday, 8:30 am – 5:00 pm.

Mental Health Counseling services are available to a broad range of individuals including children,

adolescents, adults, couples and families. Most health insurances are accepted. Services are available on a sliding fee scale for uninsured or underinsured individuals. Household income and number of dependent children are considered when establishing the fees. Mental health counseling is also available at the agency's St. John's office. Appointments can be made through the Lansing office.

Adolescent Substance Abuse Treatment services are available to adolescents age 10-20 and their families. Substance abuse evaluations, individual, family, and group (when adequate numbers of youth are available) are provided. As with mental health services, most insurances are acceptable and the sliding fee scale is also available for uninsured, underinsured low to moderate income families.

Appointments can be made by phoning the agency's main number, 517-882-4000, and selecting extension 2 to contact the department secretary.

Family Health Clinic
Cristo Rey Community Center
1717 N High, Lansing, MI 48906
517-371-1700

The Cristo Rey Clinic is staffed by a full-time medical team. Staff is bilingual in English/Spanish. Services are available to anyone in the community. Sliding fee scale based on family income. Treatment and intervention services include counseling, prescriptions, preventive services, flu shots and medications for flu and cold symptoms, first aid for cuts including sutures, screening and treatment for body and head lice, treatment for acute and chronic illnesses such as diabetes, hypertension, asthma, and adult internal medicine problems. Diagnostic services include EKGs and pulmonary function testing, diabetes testing, venereal disease and AIDS testing, physical exams, and cancer screening. Education and information services include classes provided every month, special clinics for hearing, vision, and other community services, and diabetes classes. Hours: Monday - Friday, 8 am - 5 pm, by appointment only.

Hannah's House
PO Box 27595, Lansing, MI 48909
517-482-5856

Hannah's House serves single, expectant mothers in crisis pregnancies by providing many of the essential services the mothers need to become healthy, successful parents. We provide opportunity for development of living skills, from basic needs such as housing and clothing to nutrition and parenting education. Women may stay free of charge at Hannah's House through pregnancy and up to nine months after the birth of the child.

Ingham County Health Department
5303 S Cedar St, Lansing, MI 48909

- **Adult Health Services 517-887-4302** Primary medical care for low-income Ingham county residents over 18 years of age. Full-time doctor and nurse practitioners provide treatment for acute and chronic conditions. Sliding fee scale. Hours: Monday - Thursday 8am-12noon & 1-5pm. Friday 10am-12noon & 1-5pm
- **Breast and Cervical Cancer Control Program 517-887-4364** Provides free breast and cervical cancer screen services to women age 40 and over with low or moderate incomes. Qualified women receive a Pap test, pelvic exam, clinical breast exam, mammogram, and health education. Diagnostic and treatment services are available to women who are found to have an abnormality through screening.
- **Cholesterol Screening 517-887-4315** Cholesterol screening on Wednesday mornings, 8 am - 12 noon,

free of charge.

- **Healthy Kids Medicaid 800-988-6300** Full coverage Medicaid for children up to 19 years of age and pregnant women of any age. For pregnant women coverage includes: Prenatal care visits, lab and x-ray tests, prescriptions, delivery of the baby, hospital care, other services that Healthy Kids for Children covers.
- **Outpatient Medical Services 517-887-4306** A health coverage program that provides prenatal and postpartum outpatient pregnancy-related services to women who are pregnant or recently pregnant and who are not eligible for full Medicaid coverage. Targeted population includes: Emergency Services Only (ESO) recipients, many of whom are non-citizens and therefore not eligible for full Medicaid coverage, and women who have become Medicaid eligible but whose Medicaid coverage does not extend to the beginning of prenatal care.

Otto Community Health Center
500 E Thomas Street
Lansing, MI 48906
517-702-3555

School based health services and medical care for Otto Middle School students and their families, as well as children attending other Lansing Schools. Primary medical care for uninsured and underinsured Ingham County residents. Hours: Monday, Tuesday, Thursday, Friday 7am-12noon and 1-4pm. Wednesday 7am - 1pm.

Ingham County Department of Human Services
5303 S Cedar St, Lansing, MI 48910
517-887-9400

Family Independence program for parents with children under 18 years, Medicaid assistance, and food assistance.

Hours: Monday - Friday, 7:30 am - 5 pm. Walk in to apply for assistance.

Olin Health Center Phone Information Nurse
517-353-5557

The Olin Health Center Phone Information Nurse service is available 24-hours per day year-round. The Phone Information Nurse will answer health-related questions for MSU faculty and staff who have occupational health issues, and for MSU students with any general health concerns. The Phone Information Nurse can help students assess symptoms, provide information about local medical facilities, and help students decide whether a health concern warrants a trip to the emergency room or if it can wait for medical care the next morning. Hours: Monday - Friday, 9 am - 5 pm. for test results, 24-hours per day for health-related information.

Planned Parenthood
300 N Clippert St Ste 6, Lansing, MI 48912
517-351-0550
515 E. Grand River, Suite G, East Lansing, MI 48823
517-333-6744

Birth control information, exams, pregnancy testing, birth control without exam, STI testing, sexuality awareness, HIV testing/counseling. Sliding fee scale based on income.

Lansing branch hours: Monday, 9:00 am– 6:00 pm, Tuesday, Wednesday, Thursday, 9:00 am – 8:00 pm., Friday, 10:00 am – 6:00 pm, and Saturday, 10 am - 2 pm.

East Lansing branch hours: Monday -Friday, 10 am - 6 pm.

Pregnancy Services of Greater Lansing
1045 E Grand River Ave., East Lansing, MI 48823
Across from the two story McDonald's.
Phone: 517-332-0633
24-hr Hotline: 1-800-395-4357

Website: <http://www.pregnancylansing.com/>

E-mail: pregnancychoices@gmail.com

Provides the following: free walk-in pregnancy tests and counseling, free ultrasounds, free HIV tests, free post-abortion counseling and a "listening ear". Offers a fun and easy parenting program to earn free baby items.

Womancare of Lansing
1601 E Grand River Ave Suite D
Lansing, MI 48906-5468
517-337-7350

Gynecological services, general women's health information, walk-in pregnancy testing. Fees reduced for persons without insurance.

Hours: Monday - Friday, 9 am - 6 pm, Saturday, 9 am - 4 pm.

CHILD HEALTH SERVICES

Ingham County Health Department
5303 S Cedar St, Lansing, MI 48909

- **Child Services for Infants and Children 517-887-4305** The clinic staff provides a complete range of services including preventive health maintenance visits of acute and chronic problems, laboratory tests and referrals to specialists. Patient health education, nutrition and social work counseling are provided in the clinic as well as in the home, if necessary. Patients seen by appointment only. Fees based on ability to pay and gross income.
- **Children's Special Health Care Services 517-887-4309** CSHCS is a program for children with special health needs and their families. Benefits include payment of specialty medical bills, coordination of services from multiple providers, information about specialty providers, coordination of health insurance benefits, protection from paying balances due for services, and coverage of copays or deductibles. Must meet eligibility criteria.
- **Healthy Kids Medicaid 517-887-4306** Full coverage Medicaid for children up to 19 years of age and pregnant women of any age. For children coverage includes: Ambulance, dental, doctor visits, family planning, hearing aid speech services, home health care, hospice care, hospital care, immunizations, lab and x-ray tests, nursing home care, medical supplies, mental health services, physical therapy, prenatal care and support services, prescriptions, substance abuse services, surgery, vision care, well-child visits. There are no co-pays or deductibles. Eligibility is determined by family size and household income.
- **Vision and Hearing Screening Program 517-887-4500** Provides vision and hearing screening services. Annual school vision screening is provided to children in preschool, kindergarten, and grades 1, 3, 5, 7, 9, and to special education students. Hearing screening is provided to children in preschool, kindergarten, and grades 1, 3, and 5. Screening is provided to other children ages 3 or older who are referred to the program by a parent, teacher, or school nurse because of a suspected vision or hearing problem.

MICChild
888-988-6300

Coverage through the health plan includes physician services, inpatient and outpatient hospital, pharmacy, laboratory, radiology, regular check-ups including immunizations, emergency care, therapy, medical supplies and equipment, vision, hearing screening and diagnostics, dental, mental health, and substance abuse programs. The cost is \$5 per family per month. Must meet eligibility criteria. Questions regarding eligibility should be directed to call the toll free number.

Olin Health Center Phone Information Nurse
517-353-5557

The Olin Health Center Phone Information Nurse service is available 24-hours per day year-round. The Phone Information Nurse will answer health-related questions for MSU faculty and staff who have occupational health issues, and for MSU students with any general health concerns. The Phone Information Nurse can help students assess symptoms, provide information about local medical facilities, and help students decide whether a health concern warrants a trip to the emergency room or if it can wait for medical care the next morning. Hours: Monday - Friday, 9 am - 5 pm. for test results, 24-hours per day for health-related information.

Pediatric Clinic
Cristo Rey Community Center
1717 N High, Lansing, MI 48906
517-371-1700

The Cristo Rey Clinic is staffed by a full-time medical team. Staff is bilingual in English/Spanish. Services are available to anyone in the community. Sliding fee scale based on family income. The Pediatric Clinic services include well-baby checkups and immunizations, treatment of childhood illnesses, diagnosis of treatment of acute and chronic illnesses, and Attention Deficit Disorder assessments. Hours: Monday - Friday, 1 pm - 5 pm by appointment only.

Willow Plaza Services
306 W Willow, Lansing, MI 48906
517-702-3500

Health education with every visit. Services and treatment offered: sports, school or work physicals, treatment for minor illnesses, sexually transmitted infections and general health problems, counseling and referral to community services, free HIV testing and counseling, prenatal care, immunizations, substance abuse referrals, confidential family planning services, physical exams, birth control options, emergency contraception, contraceptive supplies, little or no cost pregnancy testing. Teen Health Care Center serves ages 11-21. Sliding fee scale. Adolescents are never turned away. Hours: Monday, Wednesday, 8 am - 7 pm. Tuesday and Friday, 8 am - 5 pm. Open one Saturday per month during the school year 10 am – 2 pm.

DENTAL SERVICES

Adult Dental Center
Ingham County Health Department
5303 S Cedar St, Lansing, MI 48911
517-887-4423

The Dental Clinic provides preventive and restorative treatment for uninsured and underinsured Ingham county residents 18 and older. The Dental Clinic staff of licensed dentists, dental hygienists, and dental assistants

provides routine care such as cleanings, fillings, and extractions. Hours: Monday - Thursday 8am-12noon & 1-5pm. Friday 10am-12noon & 1-5pm

Donated Dental Services (DDS)
P.O. Box 115, Jackson, MI 49204
866-263-4067

Donated Dental Services is a program of the Michigan Dental Association and the National Foundation of Dentistry for the Handicapped, serving the State of Michigan. DDS provides dental care to people with permanent disabilities, advanced age, or who have chronic illnesses and are unable to work. Dentists throughout Michigan have volunteered to donate comprehensive dental care. Qualified individuals are generally treated at no cost; however, people who are able to pay for part of their care may be asked to do so. Phone for an application.

Healthy Smiles Dental Clinic

Ingham County Health Department
2815 S Pennsylvania Ste 203, Lansing, MI 48910
517-272-4150

Healthy Smiles Dental Center provides routine dental work to children under the age of 18 with Medicaid, MIChild, or Healthy Kids. Services include exams, evaluations, consultations, cleanings, x-rays, fillings, fluoride, extractions, root canals, education, emergencies, and referrals. Hours: Monday - Thursday 8am-12noon & 1-5pm. Friday 10am-12noon & 1-5pm

Lansing Community College Dental Hygiene Clinic
515 N Washington Square, Lansing, MI 48901-7210
517-483-1458

The Dental Hygiene Clinic provides dental hygiene care while giving dental hygiene students practical experience. Offers cleaning, oral exams, fluoride treatments, custom mouth guards, dental X-ray pictures and health education only. It is not a diagnostic clinic. There is a fee. Call the clinic for a Free Screening Assessment appointment. Appointments are available from September through December on Tuesdays, 1 pm to 5 pm and Thursdays, 8 am to 12 pm and 1 pm to 5 pm. Appointment times from January to April include the previous days and times and also Tuesdays from 8 am to 12 pm and Wednesdays, 1 pm to 5 pm.

Midwestern Dental Associates
3525 S Martin Luther King Blvd, Lansing, MI 48910
517-394-1495

Enrollment fees are \$69 for 12 months or \$135 for 24 months. All services must be rendered by a Midwestern Dental Center provider. No charge for eligible exams, bitewing X-rays, panoramic X-rays, cleanings, emergency exams, and specialty consults. 20% discount for all general dentistry services, endodontic treatment, periodontic treatment, oral surgery services and orthodontics (braces). To enroll phone 800-544-6374 (Michigan in-state only) and ask for an RLI MSU Student Application and Information Packet.

University of Michigan's School of Dentistry
1011 N University, Ann Arbor, MI 48109-1078
734-763-6933
Toll-free: 888-707-2500

The University of Michigan's School of Dentistry provides low-cost dental care to people in need. The School of Dentistry provides a full range of dental treatment and some specialty clinics (i.e., oral surgery, periodontal, Hospital Dentistry Clinic). Everyone receives a preliminary visit, which includes an examination and X-rays (if needed). Each person is then assigned to one of the clinics where a comprehensive treatment plan is designed for the patient. Students provide care under supervision of dentists. Fees are dependent on services. Hours: Monday - Friday, 8 am - 12 noon, and 1 pm - 5 pm.

DIABETIC SUPPLIES

HomeCare Store
800-493-4902

- Free test supplies
- Phone to get an application
- Available to those with or without insurance
- Grant Program pays for 25% of test supplies

Rainbow Foundation
800-226-5913

Phone for more information.

FAMILY PLANNING

Hannah's House
PO Box 27595, Lansing, MI 48909
517-482-5856

Hannah's House serves single, expectant mothers in crisis pregnancies by providing many of the essential services the mothers need to become healthy, successful parents. We provide opportunity for development of living skills, from basic needs such as housing and clothing to nutrition and parenting education. Women may stay free of charge at Hannah's House through pregnancy and up to nine months after the birth of the child.

Ingham County Health Department
5303 S Cedar St, Lansing, MI 48909

- **Healthy Kids Medicaid 800-988-6300** Full coverage Medicaid for children up to 19 years of age and pregnant women of any age. For pregnant women coverage includes: Prenatal care visits, lab and x-ray tests, prescriptions, delivery of the baby, hospital care, other services that Healthy Kids for children covers.
- **Maternity Outpatient Medical Services 517-887-4306** A health coverage program that provides prenatal and postpartum outpatient pregnancy-related services to women who are pregnant or recently pregnant and who are not eligible for full Medicaid coverage. Targeted population includes: Teens (17 and under), who because of confidentiality concerns, chooses not to apply for Medicaid or are not Medicaid eligible, Emergency Services Only (ESO) recipients, many of whom are non-citizens and therefore not eligible for full Medicaid coverage, and women who have become Medicaid eligible but whose Medicaid coverage does not

extend to the beginning of prenatal care.

Obstetrics and Gynecology Clinic
Cristo Rey Community Center
1717 N High, Lansing, MI 48906
517-371-1700

The Cristo Rey Clinic is staffed by a full-time medical team. Staff is bilingual in English/Spanish. Services are available to anyone in the community. Sliding fee scale based on family income. Individual prenatal counseling and exams are provided. A caseworker from the Ingham County Health Department is available by appointment to review eligibility of pregnant women for medical and cash grants to cover care until three months after delivery. Services include physical exams, PAP tests, breast exams, pregnancy testing, pre-marriage counseling, referrals and coordination with MichCare services, nutrition counseling, childbirth and parenting education, and diagnosis and treatment of sexually transmitted diseases (STDs).

Hours: Thursday, 8 am - 12 noon.

Planned Parenthood
300 N Clippert St Ste 6, Lansing, MI 48912
517-351-0550
515 E. Grand River, Suite G, East Lansing, MI 48823
517-333-6744

Birth control information, exams, pregnancy testing, birth control without exam, STI testing, sexuality awareness, HIV testing/counseling. Sliding fee scale based on income.

Lansing branch hours: Monday, 9:00 am– 6:00 pm, Tuesday, Wednesday, Thursday, 9:00 am – 8:00 pm., Friday, 10:00 am – 6:00 pm, and Saturday, 10 am - 2 pm.

East Lansing branch hours: Monday -Friday, 10 am - 6 pm.

Shared Pregnancy Women’s Center
503 N Walnut, Lansing, MI 48933
517-484-1882

Shared Pregnancy provides free, confidential pregnancy tests and counseling. Our counselors will talk through your issues and options in a non-threatening, non-pressure environment. Hours on Monday – Thursday 10 am – 3:30 pm. Also available are parenting class and material assistance with baby items.

IMMUNIZATIONS

Immunization Clinic
Ingham County Health Department
5303 S Cedar St, Lansing, MI 48909
517-887-4316

The Immunization walk-in clinic serves clients of all ages five days per week at the Ingham County Health Department South Cedar location. Services available on a walk-in basis include routine childhood immunizations, TB skin testing and adult vaccines. Please note, there may be a fee charged for childhood vaccines as well as for adult vaccines and TB tests. Menactra is available to college students. The approximate cost is \$106. Influenza vaccine is offered in the fall through special clinics. Hours: Monday - Friday 9:30 am - 11:30 am, and 1 pm - 4:30 pm (open Wednesdays 9:30 am – 11:30 am, and 1 pm. – 6 pm. Thursdays 1 pm.– 4:30 pm. No TB tests given on Thursdays.

The **International Travel Clinic** is by appointment only. A registered nurse reviews the itinerary, departure time, location of travel, type of travel, immunization history, and personal health history to determine appropriate vaccines to administer on a fee-for-service basis. Phone for details.
Hours: Monday - Friday, 8 am - 9:30 am.

Pediatric Clinic
Cristo Rey Community Center
1717 N High, Lansing, MI 48906
517-371-1700

The Cristo Rey Clinic is staffed by a full-time medical team. Staff is bilingual in English/Spanish. Services are available to anyone in the community. Sliding fee scale based on family income. All immunizations required by the State of Michigan are provided.

MENTAL HEALTH / COUNSELING

Children's Services
Ingham Counseling Center
5303 S Cedar St, Bldg. 2, Lansing, MI 48911
517-346-8000

- Child and Adolescent Services - This program provides a full range of psychotherapeutic services for children through age 17 and their families. Following assessment, individual, group, family, and psychiatric services are provided within an overall family focus.

- Family Guidance Services - This program provides family-oriented treatment for severely emotionally impaired children who are at risk for psychiatric hospitalization or out-of-home placement. Intensive home-based treatment, family therapy, emergency and crisis intervention, as well as crisis and respite residential care available.

Children's Services
Ingham Counseling Center
812 Louisa St, Lansing, MI 48911
517-887-5251

Early Intervention Services - This program consists of various early interventions for families with children ages 0-5 where potential problems or risks for future mental health problems of children have been identified.

Community Mental Health
Emergency Services
812 E Jolly Suite 111, Lansing, MI 48910
517-346-8460 or 800-372-8460
FAX--517-346-8446

An emergency phone or walk-in service providing crisis intervention assessment and screening for voluntary and involuntary psychiatric hospitalization. Open 24-hours every day. Serving Clinton, Eaton, and Ingham Counties. Cost for services is determined on the basis of your ability to pay.

Counseling Services
Cristo Rey Community Center
1717 N High Street, Lansing, MI 48906
517-371-1700

The Cristo Rey Clinic is staffed by full-time therapists. Staff is bilingual in English/Spanish. Services are

available to anyone in the community. Sliding fee scale based on family income. Adult counseling.

MSU Family & Child Clinic
Suite A-233 Clinical Center
(Service Road Between Hagadorn and Farm Lane)
Michigan State University
517-432-2272

The Michigan State University Family & Child Clinic is the clinical facility of the Ph.D. specialization in Marriage & Family Therapy (MFT). The MFT doctoral specialization at MSU provides the education and training for the professional practice of MFT as a mental health service. All therapy is conducted by MFT doctoral interns under the supervision of clinical faculty. Our mission is to provide therapeutic services for families, couples, and individuals of all ages through a systemic lens.

The Family & Child Clinic can help with: Relationship building Extended family concerns; Coping with divorce; Coping with life transitions; Remarriage adjustment ; Parenting concerns; Family communication. The Family & Child Clinic can help in resolving: Premarital issues Anxiety and depression; Marital issues; Loss and grief; Work and school stress; Childhood trauma; Child behavior problems; Sexual concerns. Our clinic is open Monday - Thursday from 9am - 8pm and by appointment on Fridays. To schedule an appointment or for more information call (517) 432-2272. If you receive our voicemail, please leave your contact information and your call will be returned as soon as possible. The Family & Child Clinic is self-supporting and operates on a reduced fee basis. A standard clinical session is 50 minutes in length. Session fees are as follows: \$30 per session between 8am - 4pm., \$35 per session between 4pm - 8pm, \$15 per session for MSU students

Family Counseling Center
St Vincent Catholic Charities
2800 West Willow
Lansing, MI 48917
517-323-4734 ext 1700

Family Counseling Center offers individual, child, couples, and family counseling by professionally trained staff. Issues or problems (but not limited to); depression, anxiety, illness, conflicts, major loss or change, financial problems, substance abuse assessment and issues, parent-child relationships and communication are addressed in a safe and supportive environment. In addition, Family Counseling Center is a provider of educational groups to the community on anger management and healthy relationships. The centers' services are non-denominational. No one will be excluded from services because of ethnic background, beliefs, gender, disability or age. The location is convenient to the bus line and has ample free parking. Most major insurances are accepted. For people with limited financial resources, fee subsidies may be available. Call for further information. Hours: Monday-Thursday 8am - 9pm, Fridays 8am -5pm.

Higher Ground
Gateway Community Services
2875 Northwind Drive, Suite #105
East Lansing, MI 48823 517-351-4000

Higher Ground offers individual, family and group counseling for youth ages 12-17 and their families who live in Ingham, Eaton, or Clinton County. The goal is to help youth and their families learn healthy ways to cope with their problems while working on solutions. Through counseling they can help families resolve conflicts that may come from ordinary problems associated with making the transition to adulthood. Crisis intervention and shelter are also available to runaways and potential runaways. No cost.

The Listening Ear

313 W Grand River, East Lansing, MI 48823

24-Hour Crisis Line: 517-337-1717

Business Line: 517-337-1728

24-hour crisis intervention center. Provides free and confidential service for telephone and drop-in clients in crisis. The Listening Ear also provides up to 15 weeks of one-on-one sexual assault counseling for survivors or their significant others. Call or stop in to The Listening Ear on Grand River in East Lansing.

MSU Counseling Center

207 Student Services

517-355-2310

517-355-8270

TTY: 517-353-7278

Monday - Tuesday 8am-7pm

Wednesday - Friday 8am-5pm

Web site: <http://www.counseling.msu.edu/>

The Counseling Center offers time limited counseling to MSU students who are in the pursuit of academic and personal goals. Programs include group and limited individual counseling, referral testing, multicultural issues, substance abuse assessment, and sexual assault crisis and safety education. Any student registered for one or more credits is eligible for a consultation or assessment interview. As resources permit, additional services may be provided or a referral will be offered.

MSU Psychological Clinic

151 Psychology

517-355-9564

Web site: <http://psychology.msu.edu/clinical/clinic/index.html>

The Clinic provides a variety of services for children, adolescents, adults, families, couples, and older adults. They offer psychotherapy, psychological assessments and evaluations. In addition, psychotherapy services are confidential, short-term or long-term. Income-adjusted and reduced fees allow the Clinic to offer services to individuals who could not otherwise afford it. MSU students can be referred to the clinic through the MSU Counseling Center.

Pregnancy Services of Greater Lansing

1045 E Grand River Ave., East Lansing, MI 48823

Across from the two story McDonald's.

Phone: 517-332-0633

24-hr Hotline: 1-800-395-4357

Website: <http://www.pregnancylansing.com/>

E-mail: pregnancychoices@gmail.com

Provides the following: free walk-in pregnancy tests and counseling, free ultrasounds, free HIV tests, free post-abortion counseling and a "listening ear". Offers a fun and easy parenting program to earn free baby items.

Shared Pregnancy Women's Center

503 N Walnut, Lansing, MI 48933

517- 484-1882 Shared Pregnancy provides free, confidential pregnancy tests and counseling. Our lay counselors will talk through your issues and options in a non-threatening, non-pressure environment. Hours on Monday – Thursday 10 am – 3:30 pm. Also available are parenting class and material assistance with baby

items.

Willow Teen Clinic

306 W Willow, Lansing, MI 48906

517-702-3500

Health education with every visit. Services and treatment offered: sports, school or work physicals, treatment for minor illnesses, sexually transmitted infections and general health problems, counseling and referral to community services, free HIV testing and counseling, prenatal care, immunizations, substance abuse referrals, confidential family planning services, physical exams, birth control options, emergency contraception, contraceptive supplies, little or no cost pregnancy testing. Teen Health Care Center serves ages 11-21. Sliding fee scale. Adolescents are never turned away. Hours: Monday, Wednesday, 8 am - 7 pm, Tuesday, Thursday and Friday, 8 am - 5 pm.

POSTPARTUM CARE

Obstetrics and Gynecology Clinic

Cristo Rey Community Center

1717 N High, Lansing, MI 48906

517-371-1700

The Cristo Rey Clinic is staffed by a full-time medical team. Staff is bilingual in English/Spanish. Services are available to anyone in the community. Sliding fee scale based on family income. The Cristo Rey OB/GYN clinic is open Thursdays from 8 am- 12 noon. Individual prenatal counseling and exams are provided. A caseworker from the Ingham County Health Department is available by appointment to review eligibility of pregnant women for medical and cash grants to cover care until three months after delivery. Services include physical exams, PAP tests, breast exams, pregnancy testing, pre-marriage counseling, referrals, and coordination with MichCare services, nutrition counseling, childbirth and parenting education, and diagnosis and treatment of sexually transmitted diseases (STDs).

Planned Parenthood

300 N Clippert St Ste 6, Lansing, MI 48912

517-351-0550

515 E. Grand River, Suite G, East Lansing, MI 48823

517-333-6744

Birth control information, exams, pregnancy testing, birth control without exam, STI testing, sexuality awareness, HIV testing/counseling. Sliding fee scale based on income.

Lansing branch hours: Monday, 9:00 am– 6:00 pm, Tuesday, Wednesday, Thursday, 9:00 am – 8:00 pm., Friday, 10:00 am – 6:00 pm, and Saturday, 10 am - 2 pm.

East Lansing branch hours: Monday -Friday, 10 am - 6 pm.

Pregnancy Services of Greater Lansing

1045 E. Grand River Ave., East Lansing, MI 48823

Across from the two story McDonald's.

Phone: 517-332-0633

24-hr Hotline: 1-800-395-4357

Website: <http://www.pregnancylansing.com/>

E-mail: pregnancychoices@gmail.com

Provides the following: free walk-in pregnancy tests and counseling, free ultrasounds, free HIV tests, free post-abortion counseling and a "listening ear". Offers a fun and easy parenting program to earn free baby items.

Shared Pregnancy Women's Center
503 N Walnut, Lansing, MI 48933
517-484-1882

Shared Pregnancy provides parenting classes to help participants be a better parent. While attending parenting classes, participants can earn items needed for their baby such as cribs and car seats.

PREGNANCY COUNSELING

Maternal Support Services
517-887-4400

Client need for maternal support services is assessed and documented during an initial clinic visit. Clients are assigned to a primary nurse who is responsible for coordinating development of a care plan, coordinating client care and providing educational services. The client is also seen by a social worker and nutritionist. The social worker and nutritionist are responsible for psychosocial and nutrition-related assessment and counseling.

Obstetrics and Gynecology Clinic
Cristo Rey Community Center
1717 N High, Lansing, MI 48906
517-371-1700

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Women's Health Services
Ingham County Health Department
5303 S Cedar St, Lansing, MI 48909

· **Healthy Kids Medicaid 800-988-6300** Full coverage Medicaid for children up to 19 years of age and pregnant -women of any age. For pregnant women coverage includes: Prenatal care visits, lab and x-ray tests, prescriptions, delivery of the baby, hospital care, other services that Healthy Kids for children covers.

PRENATAL CARE
Catholic Social Services
517-323-4734

Pregnancy counseling helps people deal with the problems and stress associated with pregnancy. This program offers counseling, support, and referrals to assist with pregnancy's many issues. Pregnancy

Counseling is a free, objective, and confidential service.

Pregnancy Services of Greater Lansing
1045 E. Grand River Ave., East Lansing, MI 48823
Across from the two story McDonald's.
Phone: 517-332-0633
24-hr Hotline: 1-800-395-4357

Website: <http://www.pregnancylansing.com/>

E-mail: pregnancychoices@gmail.com

Provides the following: free walk-in pregnancy tests and counseling, free ultrasounds, free HIV tests, free post-abortion counseling and a "listening ear". Offers a fun and easy parenting program to earn free baby items.

Shared Pregnancy Women's Center
503 N Walnut, Lansing, MI 48933
517-484-1882

Provides free pregnancy tests and counseling. Also offers program called Learn & Earn. By attending parenting classes or watching parenting videos, women earn points, which they trade in for baby items such as diapers, clothes, cribs, and car seats.

Womancare of Lansing
1601 E Grand River Ave Suite D
Lansing, MI 48906-5468
517-267-1800

Gynecological services, general women's health information, walk-in pregnancy testing. Insurance accepted and fees reduced for persons without insurance.
Hours: Monday - Friday, 9 am - 6 pm, Saturday, 9 am - 4 pm.

Women's Health Services
Ingham County Health Department
5303 S Cedar St. Lansing, MI 48909
517-887-4320

Reproductive health services are currently available through five programs in the health department: Family Planning, Prenatal Care, Maternal Support Services, Prenatal Enrollment and Coordination, and the Maternal Infant Outreach Program. Services include comprehensive medical, educational and counseling services related to contraception. Contraceptive supplies are also provided. Surgical contraception and colposcopy services are provided by referral.

PRESCRIPTION ASSISTANCE

Capital Area Prescription Program (CAPP)
Ingham County Health Department
5303 S Cedar St, Lansing, MI 48911
517-887-4465 or 1-866-291-8691 (Ingham County)

The Capital Area Prescription Program (CAPP) helps residents of Ingham County without prescription benefits save an average of 20 percent on prescription medications. The CAPP card is a prescription discount card for all age groups and income levels. There is no cost for the CAPP card or to enroll in the program, you just pay the discounted price to the participating pharmacy. CAPP is sponsored by the Ingham Health Plan

Corporation (IHPC) and is working with the Ingham County Health Department

Cristo Rey Community Center
1717 N High St, Lansing, MI 48906
517-372-4700 ask for Veronica or ext 118

- Residents with low income only
- No other insurance
- Phone for more information first

People's Prescription Plan
800-667-6914

People's Prescription Plan offers participating pharmacies the lowest or best price available for their members. About 90% of the time the price will be lower than what you would pay without the plan. Family members in household are covered as long as they are financially dependent on member. Phone for more information.

Tri-County Office on Aging
5303 S Cedar St, Lansing, MI 48911
517-887-1440 or 800-405-9141

- 60+ years old except for MIchoice program (18+ if meets medical and financial criteria).
- Phone for details. Appointments preferred
- Income qualifications for some programs
- Meals-on-wheels and other in-home services
- Information assistance

VETERAN AFFAIRS

Ingham County Veteran Affairs
Human Services Building
5303 S. Cedar, Lansing, MI 48911
Phone: (517) 887-4331
Fax: (517) 272-4185

Veterans Affairs provides Ingham and Clinton County veterans and their families efficient and timely services to ensure maximum delivery of benefits to veterans and their families. Our accredited counselors assist veterans and their families with every veteran benefit to include emergency financial assistance, burial, compensation, pension, education, medical, home loan, and life insurance. Our transportation program provides local veterans access to complete medical services at the VA Health Care System in Ann Arbor, Michigan.

Veterans Affairs also provides office space for psychologists from the Vet Center who provide individual and group counseling for war veterans and counselors from the Vocational Rehabilitation Division of the U.S. Department of Veterans Affairs who provide schooling and employment services for disabled veterans.

Hours of Operation: Monday - Friday 8:00 a.m. 12:00 p.m. 1:00 p.m. - 4:30 p.m. (Appointments Preferred)

Randy Marwede, Director (517) 887-4395
Chuck Ross, Deputy Director (517) 887-4386
Amy Pocan, Veteran Benefits Counselor (517) 887-4387
Veterans Trust Fund (517) 887-4331

We are available to provide services and assistance to those distinguished men and women who have

honorably served and protected our country. Whether you served your country during war or peacetime, your sacrifice and commitment are appreciated. Therefore, it is our privilege to ensure that you receive and are informed of all benefits to which you and your dependents are entitled.

VISION / HEARING

Vision and Hearing Screening Program
Ingham County Health Department
5303 S Cedar St, Lansing, MI 48909
517-887-4500

Provides vision and hearing screening services. Annual school vision screening is provided to children in preschool, kindergarten, and grades 1, 3, 5, 7, and students in special education. Hearing screening is provided to children in preschool(ages 3-5), kindergarten, and grades 1, 3, and students in special education. Screening is provided to other children ages 3 or older who are referred to the program by a parent, teacher, or school nurse because of a suspected vision or hearing problem.

FAMILY HEALTH SERVICES DIRECTORY

Food and Nutrition (all telephone numbers are in the 517 area code)

Capital Area Community Services - 393-7077

Child Care Food Programs:

Association for Child Development - 332-7200

Eastminster Child Development Center - 351-6228

Christian Services - 394-5411

Community Supplemental Food Program - 676-1065

Cooperative Extension (Clinton County) - 224-5240

Cooperative Extension (Eaton County) - 543-2310

Expanded Food & Nutrition (Ingham County) - 887-4588

Ingham County Food Bank - 887-4588

Laingsburg Food Bank, United Methodist - 651-5531

St. Johns Food Parish - 337-9778

The Garden Project - 887-4660

WIC Program, Clinton County - 224-7734

WIC Program, Eaton & Barry Counties - 543-2430

WIC Program, Ingham County - 887-4326

WIC Program, Shiawassee County - 743-2383

Car Seat Loan Program

Christian Services - 394-5411

Clinton County Family Resources (St. Johns) - 224-1173

Cristo Rey Community Center - 372-4700

Hayes Green Beach Hospital (Charlotte) - 543-1050

Sparrow Hospital - 483-2700

Parenting Resources and Childbirth Education

Adoption Connections Consortium - 346-8053

Black Child & Family Institute - 487-3775

Building Strong Families (Ingham County) - 887-4590
Expectant Parents Organization - 337-7365
Hannah's House - 482-5856
LaLeche League - 484-5005
Mother and Baby Care - 694-5290
MSU Child & Family Care Resources - 432-3745 ext 146
Planned Parenthood of Mid-Michigan - 351-0550
Pregnancy Services of Greater Lansing - 332-0633
Shared Pregnancy Women's Center - 484-1882
Sister's Crisis Maternity Ministry - 371-3128
St. Lawrence Hospital - 372-3610
Student Parents on a Mission - 432-3745 ext 146

Special Needs Children

Association for Children's Mental Health - 336-7222
Beekman Center - 325-6740
Citizens Alliance to Uphold Special Education - 886-9167
Center of Handicapper Affairs - 882-0813
Children's Special Health Care (Clinton County) - 224-7772
Children's Special Health Care (Eaton/Barry County) - 543-2430
Children's Special Health Care (Ingham County) - 887-4309
Children's Special Health Care (Shiawassee County) - 743-2355
Eaton Intermediate School District (Charlotte) - 543-5500
Ingham Intermediate School District (Project Find) - 676-1051
Lansing School District Special Education - 325-6155
Michigan Protection and Advocacy - 487-1755
Shiawassee Regional Education Service - 743-3471

Substance Abuse

Al Anon - 484-1977
Eaton County Substance Abuse - 543-2580
Mid-South Substance Abuse Commission - 337-4406
P.A.C.E. (Owosso) - 725-8124

FAMILY COMMUNITY SERVICES DIRECTORY

General Information/Multi-Service Agencies

(all telephone numbers are in the 517 area code)

American Red Cross (Mid-Michigan Chapter, Lansing) - 484-7461
Black Child and Family Institute - 487-3775
Capital Area Community Services - 393-7077
Christian Services - 394-5411
Cristo Rey Community Center - 372-4700
Gateway Community Services - 351-4000
Lansing Human Relations & Community Services - 483-4477
Lutheran Social Services - 321-7663
Meridian Township Human Services - 349-1200
Michigan Self-Help Clearing House - (800) 777-5556

Office for Young Children - 887-4319
Rural Emergency Outreach (Ingham County) - 676-1065
The Listening Ear - 337-1728

English as a Second Language Programs

Haslett English Program - 337-8353
Lansing Public Schools - 325-6800

Recreation and Museums

4-H Children's Garden (MSU) - 355-0348
Abrams Planetarium (MSU) - 355-4676
Big Brothers/Big Sisters of Greater Lansing - 372-0160
Big Brothers/Big Sisters of St. Johns - 224-8552
Boys and Girls Club of Lansing - 394-0455
Boy Scouts of America - 321-7278
Capital Girl Scout Council - 699-9400
Cristo Rey Community Center - 372-4700
East Lansing Recreation and Arts - 337-4442
Fenner Arboretum - 483-4224
Foster Community Center - 483-4233
Gier Community Center - 483-4313
Impression 5 Center - 485-8115
Ingham County Parks - 676-2233
Kingsley Community Center - 483-4311
Kresge Art Center (MSU) - 355-7610
MSU Museum - 355-7474
Turner Dodge House - 483-4220
Wharton Center for the Performing Arts - 432-2000
Woldumar Nature Center - 322-0030
YMCA (Haslett) - 332-8657
YMCA (Lansing Downtown) - 484-4000
YMCA (Lansing Oak Park) - 694-3901
YMCA (Owosso) - 725-8136