

# Macomb County Mental Health Court



## Participant Handbook

March 2022

## **Table of Contents**

Introduction to Mental Health Court	<b>3</b>
Treatment Court Team and Contact Information	<b>4</b>
General Program Rules	<b>5</b>
Courtroom Etiquette	<b>6</b>
Participant Agreement	<b>7-9</b>
Program Milestones	<b>10-13</b>
Incentives & Sanctions	<b>14</b>
Testing Information	<b>15</b>
Drug and Alcohol Testing Policy	<b>16-17</b>
Medications—What is okay to take, what is not	<b>18-19</b>
Community Resources	<b>20</b>

# Introduction to Mental Health Court



## Welcome to the Macomb County Mental Health Court!

This handbook has been designed as a resource for participants in our Mental Health Court Program. It will provide you with basic information about the program and the requirements to progress successfully through it. We hope this will answer many of your questions, but if you need clarification or can't find an answer to your question, please ask any of the team members. We are here to assist you throughout the process.

This program is designed to be structured, therapeutic, and hold you accountable in maintaining your mental health. It is meant to help you make life changes which do not always come easy. Please remember as you progress through the program, reaching goals and maintaining change takes time, commitment, hard work and patience. This program is here to assist you every step of the way. The treatment court team will help you in any way possible. However, just keep in mind, that no one else should be doing more work for your benefit than you.

## Treatment Court Team and Contact Information

The Macomb County Mental Health Court is held weekly at the Macomb County Circuit Court in Judge Sandra Harrison's courtroom.



### Mental Health Court Team

Sandra Harrison	Judge		
Jennifer Prill	Coordinator	(586) 463-2542	<a href="mailto:jennifer.prill@macombgov.org">jennifer.prill@macombgov.org</a>
Regina Williams	Probation Agent	(586) 475-1872	<a href="mailto:williamsr27@michigan.gov">williamsr27@michigan.gov</a>
Amber Sivalelli	CMH Therapist	(586) 842-8685	<a href="mailto:amber.sivalelli@mccmh.net">amber.sivalelli@mccmh.net</a>
Matt Jenkins	CMH Case Manager	(586) 876-7889	<a href="mailto:matthew.jenkins@mccmh.net">matthew.jenkins@mccmh.net</a>
Jon Biernat	Defense Counsel	(586) 493-5377	<a href="mailto:biernatlawgroup@gmail.com">biernatlawgroup@gmail.com</a>



# Program Rules



You are placed on probation for up to two years. In addition to the Mental Health Court Coordinator, you will be assigned a probation agent and a case manager from Community Mental Health. As a participant in the program, you are required to know and follow the rules of the program:

## Things to Do

1. Report to your probation agent as directed
2. Attend all treatment as directed
3. Take all prescribed medication as directed
4. Submit to alcohol / drug testing as ordered
5. Maintain confidentiality of all Mental Health Court participants
6. Report any and all law enforcement contact
7. While in Court, remain seated and quiet at all times
8. Understand the requirements of the Program can and will change from time to time and that all participants are treated individually

## Things NOT to Do

1. Do not commit any criminal offenses
2. Do not leave the State without prior permission
3. Do not possess or consume alcohol or illegal drugs
4. Do not go to casinos, other gambling establishments or places that primarily serve alcohol
5. Threats toward other participants or staff or violent behavior will not be tolerated

\*\*\* Sanctions may be imposed for failing to follow the rules \*\*\*

\*\*\* Failure to follow these rules could result in termination from the program \*\*\*

**Honesty is always the best policy!**

**\*\* Honesty will always be considered when sanctions are imposed \*\***

# Courtroom Etiquette

You will be appearing in the courtroom frequently for review hearings as part of the treatment court. You are expected to be present for the entire treatment court session each time you appear. Please observe the following rules for all of your courtroom appearances:



- ✓ Do arrive to review hearings 5-10 minutes early
- ✓ Do turn off all cell phones or other electronic devices
- ✓ Do use the restroom before arriving in the courtroom to avoid disruptions
- ✓ Do bring your support group attendance sheets and any other requested paperwork
  
- ⊘ Do NOT talk while the Judge is speaking
- ⊘ Do NOT swear or use profane language in the courtroom
- ⊘ Do NOT bring food or beverages into the courtroom
- ⊘ Do NOT sleep in the courtroom
- ⊘ Do NOT wear clothing with obscene or inappropriate language, pictures or references
- ⊘ Do NOT wear tank tops, flip flops or other disrespectful clothing
- ⊘ Do NOT wear hats, bandanas or sunglasses in the courtroom

**Sanctions may be imposed for failing to follow the rules**

## **Participant Agreement**

### **I agree to:**

1. Complete any assessments or evaluations as directed by the MHC and follow the recommendation thereof. A treatment recommendation will be made and shared with the mental health court team.
2. Work with treatment staff to develop a treatment plan and follow the plan accordingly, including aftercare and continuing care recommendations.
3. Not use, possess, or consume alcohol, marijuana and/or other illegal or controlled substances, nor be in the presence of any person using, possessing, or consuming said substances; nor enter premises where alcohol is the primary source of revenue. I understand if I am found to be under the influence of drugs, alcohol, or medication not prescribed to me I may be sanctioned and/or terminated from the program.
4. I agree not to consume or use any expired/non-current prescriptions, medications not prescribed to me, over the counter medication, products or supplements that may contain alcohol or other mood altering substances, supplements (unless approved) or any other substances described in the MHC Drug and Alcohol Testing Policy. I agree if I am uncertain of their contents, I will not use until speaking directly to the MHC coordinator. I agree and understand that I shall be held fully accountable for any and all substances that I put into my body.
5. Submit to PBT's, electronic alcohol monitoring, and/or drug and alcohol screening as requested.
6. Be employed or enrolled in an educational program or participate in another positive activity as directed.
7. Notify the mental health court of any changes in phone number within 24 hours.
8. Not change my place of residence without prior authorization from the mental health court.
9. Notify the mental health court of any police contact, arrest or criminal charge within 24 hours.
10. Make full and truthful reports to the mental health court, as directed by any team member.
11. Not engage in any antisocial, assaultive, threatening, or aggressive behavior.
12. Not leave the state without the prior consent of the mental health court.
13. Maintain the confidentiality of other mental health court participants.

## **Participant Agreement - continued**

14. Pay all outstanding monies resulting from my conviction including but not limited to: court fines, court costs, court fees, and restitution. However, if the court determines that the payment of court fines or court fees would be a substantial hardship for me or would interfere with my treatment, the court may waive all or part of those fines or fees.
15. Appear in court on all scheduled court dates and to attend all appointments with my probation officer, coordinator and/or treatment provider.
16. Comply with the program's policies and conditions discussed within the MHC Participant Handbook.
17. I will inform all treating physicians if I am a recovering addict, prescribed psychotropic medications and give the treating health care professionals the Medical/Dental/Medication Form found in my introduction packet folder. If a physician wishes to treat me with narcotic or addictive medications or drugs or medication containing alcohol after I have disclosed I am an addict, prescribed psychotropic medications and handed them the form, I must disclose this to my treatment provider and inform the MHC team **PRIOR** to filling and/or taking the prescription.

### **I waive the following rights:**

1. The right to a speedy trial.
2. With the agreement of the prosecutor, the right to a preliminary hearing.
3. To be present at the team staffing meetings.
4. The right to representation by an attorney at the review hearings, although I continue to have the right to an attorney for any program violation or probation violation where the facts are contested and a liberty interest is at stake, or if I may be terminated from the mental health court program.

### **I understand that:**

1. The mental health court program has a duration of 18 to 24 months.
2. I must have prior permission from the mental health court before consuming any medication.
3. The data in my public and confidential file may be used for research, data analysis and program evaluation by the mental health court, court staff, or individuals or others independent of the mental health court. Any data used in this way will be de-identified prior to distribution.



## Participant Agreement – continued

4. I understand I am required to attend all appointments for court, treatment, ancillary services, and all drug and alcohol testing as scheduled.
5. I understand that mental health court staff may make unscheduled home visits, and I will allow mental health court team members, together with law enforcement officials if accompanied, into my home at any time for supervision or compliance reasons.
6. I recognize that the mental health court may have professional and/or educational observers visit the program and attend team staffing meetings and/or review hearings. Any nonteam member attending a team staffing meetings must sign a confidentiality agreement forbidding unlawful disclosure of confidential information. I understand that participants will not be present at staffing meetings.
7. Failure to fully comply with all the terms and conditions of the program listed above may result in the following:
  1. Notification to the judge that I am in violation of the program,
  2. Should I admit guilt to or be found guilty of a program violation, sanctions, up to and including jail, may be imposed or additional conditions may be added as determined by the Judge with input from the mental health court team, and/or
  3. Termination from the program
8. I understand that the mental health court may amend these conditions and/or add new conditions, notice of which will be provided to me in writing. I understand that I must comply with the amended or added conditions.

### **The mental health court coordinator agrees to:**

1. Meet with the program participant as needed to help assure successful completion in the program.
2. Report the participant's progress and tests results to the court.
3. Refer the participant to any community agency at the mental health court's disposal which may assist in the participant's recovery.



# Mental Health Court Milestones

The Mental Health Court is designed to be a total of 18-24 months from start to finish. Specialty Courts normally have phases to guide participants in their progression through the program. The Mental Health Court team has categorized these “phases” into broader life skill milestones.

## **Milestone I - Stabilization**

Estimated time: 4-6 weeks

### What to expect during this milestone:

- Attend weekly Court Review sessions.
- Attend bi-weekly appointments with MDOC agent
- Attend weekly appointments with court coordinator
- Submit to random drug testing as directed
- Attend treatment services as directed
- Attend psychiatric evaluations and medication reviews as directed
- Attend peer support services (individual and group) and/or 12-step meetings as directed
- Apply for SSI Disability and/or cash assistance when applicable

### Minimum requirements to advance to next milestone

- Complete probation intake
- Complete intake at TAP
- Develop preliminary plan of service and provide copy to court coordinator
- Develop individual goals for therapy and provide copy to court coordinator
- If referred to psychiatrist and are prescribed medications, begin taking medications regularly
- Minimum of 14 days with no sanctions
- Refrain from mood and mind altering substances
- Written essay on “What is (diagnosed disorder)” and how can taking mood/mind altering substances effect medications prescribed. Submit to court coordinator.
- Complete a milestone review with court coordinator

I'M NOT TELLING  
YOU IT'S GOING  
TO BE EASY  
I'M JUST TELLING  
YOU IT'S GOING  
TO BE WORTH IT



# Mental Health Court Milestones - continued

## **Milestone II - Engagement**

Estimated time: 3-5 months

### What to expect during this milestone:

- Attend bi-weekly Court Review sessions.
- Attend bi-weekly appointments with MDOC agent
- Submit to random drug testing as directed
- Attend weekly appointments with court coordinator
- Attend CMH case management appointments as directed
- Attend psychiatric evaluations and medication reviews as directed
- Attend individual and group therapy and support group meetings as ordered
- If homeless or living in unstable housing, apply with Community Housing Network and apply for six subsidized housing
- Involvement in a productive activity (employment, volunteering, education, training, Michigan Rehabilitation – MRS or another approved activity)



### Minimum requirements to advance to next milestone:

- Minimum of 30 days substance free
- Minimum of 30 days with no sanctions
- Compliance with treatment; including attendance, engagement and medication compliance
- AA/NA or other peer support group verification (if applicable)
- Compliance with MDOC Agent
- Provide verification to the court coordinator of a minimum of 20 hours of productive activity
- Complete full Plan of Service and provide copy to court coordinator
- Complete a milestone review with court coordinator
- Write essay and present at court review session. Essay topic: The following are my primary triggers and these are the tools and coping skills that help me most and why...

## Mental Health Court Milestones - continued

### **Milestone III – Commitment**

Estimated time: 4-8 months

#### What to expect during this milestone:

- Attend Court Review sessions every three weeks or as directed
- Continue contact with MDOC agent as directed
- Submit to random drug testing as directed
- Continue attending CMH guided treatment as directed, including but not limited to case management, individual and group therapy, support group meetings, psychiatric/medication reviews, Club Houses and appointments with Support Specialist.
- Assign / choose a primary care physician.
- Make sincere effort toward healthy living goals such as making and keeping appointments with primary care physician, dentist, and eye doctor.
- Continued participation in productive activity weekly such as employment, volunteer work, MRS, employment search activities, exercise, education/training, etc.



#### Minimum requirements to advance to next milestone:

- Minimum of 60 days substance free
- Minimum of 30 days with no sanctions
- Compliance with treatment; including attendance, progress and medication compliance
- Compliance with MDOC agent
- AA/NA or other peer support group verification (if applicable)
- Medication Adherence
- Provide verification to the court coordinator of an additional 40 hours of productive activity
- Write essay and present at court review session. Essay topic: I have changed in the following ways...
- Complete a milestone review with court coordinator

# Mental Health Court Milestones - continued

## **Milestone IV – Maintenance**

Estimated time: 6-8 months

### What to expect during this milestone:

- Attend monthly Court Review sessions or as directed
- Continue contact with MDOC as directed
- Submit to random drug testing as directed
- Continue attending CMH guided treatment as directed, including but not limited to case management, individual and group therapy, support group meetings, psychiatric/medication reviews, Club Houses and appointments with Support Specialist.
- Continue follow-up treatment with appropriate staff to promote physical health.
- Continued participation in productive activity weekly such as employment, volunteer work, MRS, employment search activities, exercise, education/training, etc.
- Regular payment on Court fees if not paid in full

### Requirements for Graduation:

- Participant must complete Milestones I, II and III
- Minimum of 90 days substance free
- Minimum of 30 days with no sanctions
- Continued compliance with treatment plan including therapy, psychiatric appointments, medication adherence, and peer support and 12-step meetings.
- Create a plan with treatment provider for post-graduation and provide copy to court coordinator
- Payment of all Court fines and costs
- No new criminal activity or outstanding warrants
- Written essay presented at graduation



# Incentives & Sanctions

Incentives reward good behavior and may include but are not limited to:

- ◆ Books, gift drawing or gift certificates
- ◆ Excused Court review session
- ◆ Praise from the judge
- ◆ Applause
- ◆ Decreased alcohol/drug testing



*“You are free to make your choices but you are not free to choose the consequences”*

- Unknown

Sanctions are used to change unwanted behavior and may include but are not limited to:



- ◆ Community service, work program
- ◆ Curfew, tethering, jail
- ◆ Increased drug/alcohol testing
- ◆ Verbal warning
- ◆ Additional Court review session
- ◆ Writing assignments

## Testing Information

- ◆ All testing is done with Testing and Prevention (TAP).
- ◆ Call TAP **every day** at (586) 960-0006 or check online at [www.mycallin.com](http://www.mycallin.com) and enter your individual PIN to see if you need to test. DO NOT stop calling even if you feel you have tested enough times for the week. Extra tests will be called to keep the system random and if you miss, it will be a sanction.
- ◆ Testing is SAME DAY ONLY testing. If you are required to test, you have that morning or evening to provide a sample.
- ◆ **If you fail to test, fail to provide enough of a sample or provide a dilute sample, it will be treated as a positive and you will be sanctioned accordingly.**
- ◆ TAP hours vary by location. TAP location hours may vary based on weekday or weekend or holiday. It is your responsibility to know TAP testing hours.
- ◆ You need to be in TAP at least 10 minutes before the closing time to be tested.
- ◆ The Mental Health Court will pay for same day testing ONLY. If you are unable to provide a sample or provide an adulterated sample and return the following day to test, YOU are responsible for any testing fee assessed.
- ◆ Do NOT drink more than normal before testing. Consuming too much water (or any other fluid), “flushing”, will result in an adulterated test and may be considered a positive.
- ◆ If you have a positive test and choose to have an independent confirmation test done, you will have to notify TSA and pay the cost in full within 24 hours of your notification of the test result.

If you have any questions regarding testing, please contact your Probation Agent or the Mental Health Court Coordinator.

### TAP Locations

#### **Romeo:**

105 Peyerk Court, Romeo, MI 48065  
Mon-Fri: 6:30am – 9:30am & 4pm – 7pm  
Saturday, Sunday & Holidays: 7am – 10am

#### **New Baltimore: TEMPORARILY CLOSED**

51145 Washington Suite A, New Baltimore, MI 48047  
Mon-Fri: 6:30am – 9:30am & 4pm – 7pm  
Saturday, Sunday & Holidays: 7am – 10am

#### **Clinton Twp:**

43550 Elizabeth Rd, Clinton Twp, MI 48036  
Mon-Fri: 6am – 9am & 4pm – 8pm  
Saturday & Sunday: 7am – 10am & 4pm – 7pm  
Holidays: 7am – 10am

#### **Sterling Heights:**

34224 Van Dyke Avenue, Sterling Heights, MI 48312  
Mon-Fri: 6am – 9am & 5pm – 8pm  
Saturday, Sunday & Holidays: 7am – 10am & 4pm – 7pm

#### **Madison Heights:**

26747 John R Road, Madison Heights, MI 48071  
Mon-Fri: 6am – 9am & 5pm – 8pm  
Saturday & Sunday: 7am – 10am & 4pm – 7pm  
Holidays: 7am – 10am

## 16<sup>TH</sup> Circuit Mental Health Court Drug and Alcohol Testing Policy

Upon completion of the intake process, all Mental Health Court participants shall be made aware of the following rules. These are intended as general guidelines and are not to be considered all-inclusive.

I understand that ALL testing must be completed at the designated testing agency, Testing and Prevention Center (TAP).

I understand that when I am selected to test, I **MUST** appear **THAT DAY** for testing.

I understand that if I am late for a test, or miss a test, it will be considered as a positive test for drugs/alcohol.

I understand that failure to provide a urine sample or to produce a sufficient amount of urine is considered a positive test.

Do NOT drink more than normal before testing. Consuming too much water (or any other fluid) “flushing” will result in an adulterated or diluted test.

I understand that an adulterated or diluted test is considered a positive test.

**I understand that I shall be held fully accountable for any and all substances that I put into my body.** This shall include, but is not limited to, over the counter medications containing “dextromethorphan”, substances that warn could interact with prescribed medications, all substances containing “alcohol”, medications not prescribed to the participant, including expired medications. **K2, spice, Kratom, supplements (unless approved), inhalants, Ketamine, steroids, GHB, “rave drugs” and poppy seeds are prohibited in the program.** You may be subjected to testing for these drugs at any time during your participation.

I understand that the Medical/Dental/Medication Form must be signed by the prescribing physician and submitted to the MHC coordinator **prior** to taking any prescriptions other than those prescribed by my CMH designated physician. Use of any controlled substances is highly discouraged while in the program. Consideration will be given to those in emergency situations with the appropriate paperwork filed and approval from the Mental Health Court team.

I understand that all testing will be observed by a staff member of the same sex. Any attempt to manipulate or adulterate a sample, may result in a sanction against the participant, which could include termination from the program.

I understand that I may be requested to test on a random basis at any time, for any reason. Failure to comply is a violation of probation and appropriate sanctions may be imposed.

I understand that should I test positive, I am to notify the Mental Health Court Coordinator **IMMEDIATELY!**

ANY testing violation can be subject to a sanction or result in a violation of probation.





## Drug and Alcohol Testing Policy continued...

### Urine abstinence testing and incidental alcohol exposure contract

Recent advances in the science of alcohol detection in urine have greatly increased the ability to detect even trace amounts of alcohol consumption. In addition, these tests are capable of detecting alcohol ingestion for significantly longer periods of time after a drinking episode. Because these tests are sensitive, in rare circumstances, exposure to non-beverage alcohol sources can result in detectable levels of alcohol (or its breakdown products). In order to preserve the integrity of the Mental Health Court (MHC) testing program, it has become necessary for us to restrict and/or advise Mental Health Court (MHC) participants regarding the use of certain alcohol-containing products.

It is **YOUR** responsibility to limit your exposure to the products and substances detailed below that contain ethyl alcohol. It is **YOUR** responsibility to read product labels, to know what is contained in the products you use and consume and to stop and inspect these products **BEFORE** you use them. **Use of the products detailed below in violation of this contract will NOT be allowed as an excuse for a positive test result. When in doubt, don't use, consume or apply.**

**Cough syrups and other liquid medications:** MHC participants have always been prohibited from using alcohol-containing cough/cold syrups, such as Nyquil®. Other cough syrup brands and numerous other liquid medications, rely upon ethyl alcohol as a solvent. MHC participants are required to read product labels carefully to determine if they contain ethyl alcohol (ethanol). All over-the-counter (OTC) medications should be reviewed with your MHC Coordinator before use. Information on the composition of OTC medications should be available upon request from your pharmacist. Non-alcohol containing cough and cold remedies are readily available at most pharmacies and major retail stores.

**Non-Alcoholic Beer and Wine:** Although legally considered non-alcoholic, NA beers (e.g. O'Douls®, Sharps®) do contain a residual amount of alcohol that may result in a positive test result for alcohol, if consumed. MHC participants are **not** permitted to ingest NA beer or NA wine.

**Food and Other Ingestible Products:** There are numerous other consumable products that contain ethyl alcohol that could result in a positive test for alcohol. Flavoring extracts, such as vanilla or almond extract, and liquid herbal extracts (such as Ginko Biloba), could result in a positive screen for alcohol or its breakdown products. Communion wine, food cooked with wine, and flambé dishes (alcohol poured over a food and ignited such as cherries jubilee, baked Alaska) must be avoided. Read carefully the labels on any liquid herbal or homeopathic remedy.

**Mouthwash and Breath Strips:** Most mouthwashes (Listermint®, Cepacol®, etc.) and other breath cleansing products contain ethyl alcohol. The use of mouthwashes containing ethyl alcohol can produce a positive test result. MHC participants are required to read product labels and educate themselves as to whether a mouthwash product contains ethyl alcohol. Use of ethyl alcohol-containing mouthwashes and breath strips by MHC participants is not permitted. Non-alcohol mouthwashes are readily available and are an acceptable alternative. If you have questions about a particular product, bring it in to discuss with your MHC Coordinator.

**Hand sanitizers:** Hand sanitizers (e.g. Purell®, Germex®, etc.) and other antiseptic gels and foams used to disinfect hands contain up to 70% ethyl alcohol. Excessive, unnecessary or repeated use of these products could result in a positive urine test. Hand washing with soap and water are just as effective for killing germs.

**Hygiene Products:** Aftershaves and colognes, hair sprays and mousse, astringents, insecticides (bug sprays such as Off®) and some body washes contain ethyl alcohol. While it is unlikely that limited use of these products would result in a positive test for alcohol (or its breakdown products) excessive, unnecessary or repeated use of these products could affect test results. Participants must use such products sparingly to avoid reaching detection levels. Just as the court requires MHC participants to regulate their fluid intake to avoid dilute urine samples, it is likewise incumbent upon each participant to limit their use of topically applied (on the skin) products containing ethyl alcohol.

**Solvents and Lacquers.** Many solvents, lacquers and surface preparation products used in industry, construction, and the home, contain ethyl alcohol. Both excessive inhalation of vapors, and topical exposure to such products, can potentially cause a positive test result for alcohol. As with the products noted above, MHC participants must educate themselves as to the ingredients in the products they are using. There are alternatives to nearly any item containing ethyl alcohol. Frequency of use and duration of exposure to such products should be kept to a minimum. A positive test result will not be excused by reference to use of an alcohol-based solvent. If you are in employment where contact with such products cannot be avoided, *you need to discuss this with your MHC Coordinator.* Do not wait for a positive test result to do so.

**Remember! When in doubt, don't use, consume or apply.**

# Medications

## Prescription and Over-the-counter information you NEED to know



As a person living with a mental illness, in recovery and/or a person actively drug testing as part of this treatment court, it is very important that you not take certain medications, as they could be detrimental to your recovery as well as cause positives in your drug screening. Please use this guide to help you determine what is safe to use and what isn't. **When in doubt, error on the side of caution and don't take it!** Contact a team member with any questions.

The chart on the next page is a summary guide meant to assist you in making appropriate choices when in need of medicine. It does NOT include every option available, so if you have questions about a specific drug, either prescription or over-the-counter, PLEASE ASK! It is better to be safe than sorry.

All medications prescribed by your designated psychiatrist are safe when taken as directed. The result of these medications can be greatly affected when you combine other substances or medications. You are responsible for disclosing all medications prescribed by other physicians, including dentists, to your psychiatrist and the MHC team before filling them to make sure they are safe and will not interfere with your commitment to the MHC. If you are unsure, contact a team member before accepting the prescription. YOU are responsible for your health. If you are unsure if a medication is safe, YOU have the RIGHT to ask questions.



# Medications

## Prescription and Over-the-counter information you NEED to know

### Pain Relief / analgesics

#### **Safe**

Acetaminophen (Tylenol)  
Aspirin  
Excedrin  
Ibuprofen (Advil, Motrin)  
Naprosyn (naproxen)

#### **Unsafe—Do NOT use**

No otc pain reliever containing Benadryl (diphenhydramine) – many times indicated as “pm”. For example, Tylenol pm

Any prescription categorized as a narcotic and/or a controlled substance. You must ask your prescribing physician what type of medication you are being given!

These include, but are not limited to:

Darvon, Darvocette (propoxyphene)  
Demerol  
Fentanyl  
Fiorinal, Fioricet  
Hydrocodone  
Hydromorphone  
Methadone  
Opium  
Oxycodone  
Soma  
Ultram (Tramadol)

### Cold and cough products

#### **Safe**

Mucinex (guaifenesin)  
Tessalon Perles (benzonatate)

#### **Unsafe—Do NOT use**

Anything containing codeine or hydrocodone as an ingredient.

Any over-the-counter or prescription med containing alcohol, such as Nyquil or Comtrex

All allergy relief medications are safe to use as long as they don't have a decongestant in them. You should NOT take anything that ends with a D (example: Allegra D, Zyrtec D, Claritin D)

## Community Resources

Alcoholics Anonymous	586-756-1209
Area Agency on Aging	586-226-0309
Care House	586-463-0123
Child Support info line	866-540-0008
Community Housing Network	866-282-3119
Crime Victims Rights Unit	586-469-5675
CRISIS CENTER	586-307-9100
DHS-Mt Clemens	586-469-7700
DHS-Sterling Heights	586-254-1500
DHS-Warren	586-427-0600
Dial-A-Ride – Mt Clemens	586-469-7433
Friend of the Court (Macomb)	586-469-5160
Greenpath Debt Solutions	800-547-5005
Health Dept-Mt Clemens	586-469-5235
Legal Aid	877-964-4700
Macomb Care Connect	586-783-9355
Macomb Food Program	586-469-6004
Macomb Homeless Coalition	586-285-0400
MCCMH (mental health) Access Center - substance abuse screening	586-948-0222
MCCMH – Emergency Psychiatric	586-466-9895
Macomb County Office of Substance Abuse	586-469-5278
MCREST (rotating church shelter)	586-468-0775
Medicaid Information	800-642-3195
Michigan Rehab Services – Clinton Twp	586-412-1510
Michigan Works! – Mt Clemens	586-469-7702
Mobile Clinic	586-493-3640
Prescription Resource Network	586-263-2110
Salvation Army	586-469-6712
Salvation Army Soup Kitchens	586-754-7400
Shelter Services	800-274-3583
SMART bus	313-962-5515
Social Security Administration	877-772-1213
St. Vincent de Paul	586-758-4444
Turning Point	586-469-5471

Community Resources