

COUNSELOR'S CORNER



Hello Huron Valley Families,

Are you looking for academic guidance, social emotional support, or career planning & exploration advising? Schedule an appointment with your counselor, social worker or school psychologist. We are here to help, please reach out as needed. We have also included community resources and a SEL toolkit.

Community Resources

Michigan COVID Counseling

'Be Kind to Your Mind' says you can talk about the strain from COVID with trained counselors who are available for free if you call 888-535-6136 and press 8, or visit Michigan.gov/StayWell."

Oakland County Youth Mobile Crisis Team

877-800-1650

Hours: 7 days a week, 2 P.M. - 10 P.M., including holidays

The Mobile Crisis Team travels throughout Oakland County to meet children, youth, or young adults where they are in the community when they are experiencing a crisis. This service is for individuals between the ages of 0 to 21 who need support during a mental health crisis. The mobile team, provided by New Oakland Family Centers, helps individuals when experiencing situations such as social isolation, loss of coping skills, suicidal thoughts, self-harm, aggression, dangerous or impulsive decision-making, or property destruction. As a Medicaid-funded service, individuals must have Medicaid or be presumed Medicaid eligible, and be located within Oakland County.

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CORNER

Easter Seals

For current individuals accessing Easter Seals services, Easterseals is offering telehealth. This process can be completed through a smartphone, tablet or computer. For those individuals that do not have access to the Internet, Easterseals is offering telephonic services. This will be done on a case-by-case basis. People can call 248-475-6300 to get set up for an appointment.

For new/potential clients, call Easterseals office at 248-475-2150 to get scheduled for an intake. Easterseals will offer intake using telehealth and will continue to provide services using a telehealth platform. For those individuals that are utilizing their psychiatrist/doctors, they are using telehealth as well. People can call 248-475-6300 to get an appointment.

[NAMI](#)

24-hour Mental Health Hotline, text NAMI to 741741, or visit their website

New Oakland Family Centers

During the current response to the COVID-19 virus in Michigan, New Oakland Family Centers remain **OPEN** for **FACE to FACE** (PHP) program and outpatient services. **Telephone and televideo psychiatric and therapy services have been expanded significantly.** Key safety precautions have been reinforced to ensure services are provided within the requirements, recommendations and guidelines of state and local public health authorities. Transportation services will continue on normal schedules.

COUNSELOR'S



CORNER

	The Clarkston office number is (248) 620-6400.
Common Ground	call or text 1-800-231-1127, online chat @ https://commongroundhelps.org/ Sliding scale mental health services. They even offer a mobile youth crisis unit to provide services directly to at risk youth homes.
YWCA	Domestic Violence/Sexual Assault Hotline - 24-hour crisis hotline, call 810-238-7233
OLHSA	Oakland Livingston Human Services Agency - services for financial crisis, housing crisis, health crisis, senior citizen care, veteran care, call for information 248-209-2600, or visit their website.
United Way's 211 Assistance Line	housing support, financial assistance, food banks, etc., call 211, text your zip code to 898211 or visit their website.
Oakland County Guide to COVID-19	how to social distance/quarantine/isolate, how to properly wash your hands, how to stop the spread of germs, etc., visit their website
Oakland Community Health Network	non-emergency call 248-464-6363
Oakland County Nurse On Call	(800) 848-5533 or email noc@oakgov.com

SEL Toolkit
Our primary concern is to support our students and their families health and emotional wellbeing while making resources easily accessible.

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CORNER

Resources	Oakland Schools COVID-19 Resources Community Resource List Social Services Resource Sheet Michigan Unemployment Application How To Check the Status of Your Unemployment Claim Google Tools/Resources to support Social-Emotional Learning
Coping with Anxiety	Take Care of Your Mental Health Managing Anxiety Self Care
Self Care for Teens	Trails to Wellness: COVID-19 Self-Care for Teens TRAILS to Wellness Resources Sticking to a Schedule TRAILS Self- Care Resources
Helpline	Disaster Distress Helpline Mental Health Hotline Suicide Prevention- You Matter United Way's 211 Assistance Line
Coping with School Closures	How School Closures Can Strengthen Your Family
A Comic Exploring The New Coronavirus	Just for Kids: A Comic Exploring The New Coronavirus
Family Coping Plan	My Kid's School is Closed, So Now What?
Exercise	Activities From Home Yoga with Adriene Free Yoga App
Mindfulness Video Links	Daily Calm 10 Minutes Mindful Breathing Two Minute Mindfulness Headspace Breathe

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CORNER

	More Information on Mindfulness
Destress Activities	Focus & Destress Activity
TED Talks	Everyday Leadership How Stress Affects Your Brain
Mindfulness/Meditation Apps	Headspace Calm Stop. Breathe. Think.
Topics	How are you handing the quarantine? How are you coping with the pandemic? The Discomfort You're Feeling is Grief Take Care of Your Mental Health What can you control today?
Suicide Prevention	988 FCC Approved 3 Digit Suicide Prevention Hotline (800) 273-talk (8255) or text 741741A

Private Counseling Resources		
Name	Phone Number	Location
David Peradotto	(248) 344-7420 northbrookpsychologicalclinic.com	Northbrook Clinic 43450 W. 10 Mile Rd. Novi, MI <ul style="list-style-type: none"> • Attention Deficit Disorder in children, adolescents, and adults • Mood disorders (i.e. major depression, bipolar depression, grief reactions) • Anxiety disorders (i.e. panic disorder, generalized anxiety, phobias) • Marital relationship issues

COUNSELOR'S



CORNER

		<ul style="list-style-type: none"> • Family issues • Substance Abuse • Crisis counseling
Affiliated Psychologists	(248) 642-6066	<p>74 W Long Lake Rd # 104 Bloomfield Hills, MI 48304</p> <ul style="list-style-type: none"> • Family Counseling
U of M Psychiatry	<p>(800) 525-5188 Adolescents- (734) 764-7269 Children- (734) 764-0231</p> <p>http://www.psych.med.umich.edu/child/</p>	<p>Rachel Upjohn Building 4250 Plymouth Rd. Ann Arbor, MI 48109 Tel: (734) 764-0231</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Hospitalization • Severe Problems • Emergency Assessment
Dr. Herring- Shaw Leonard Beagler	<p>(248) 684-6400</p> <p>http://www.oakpsych.com/</p>	<p>Oakland Psychological Clinic 1800 North Milford Road #100 Milford, MI</p> <ul style="list-style-type: none"> • Individual Psychotherapy • Group Psychotherapy • Marital/Relationship Therapy • Family Therapy • Stress Management • Medication Management • Alcohol and Substance Abuse Treatment • Substance Abuse Education • Co-Occurring Disorders (both mental health and substance abuse treatment)
Dr. Donnelly (psychiatrist) Debra Gregory	<p>(248) 922-9077</p> <p>http://www.clarkstoncounseling.com/</p>	<p>Clarkston Family Counseling 5639 Sashabaw Rd. Clarkston, MI 48346</p> <ul style="list-style-type: none"> • ADD or ADHD (Attention Deficit Hyperactivity Disorder) • Autistic Disorder, Asperger's Disorder • Learning, School Difficulties and Behavioral Problems

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CORNER

		<ul style="list-style-type: none"> • Depression, Bipolar Disorder • Anxiety Disorders including Panic Attacks, Obsessive Compulsive Disorder, Phobias • Eating Disorders and Elimination Disorders • Grief and Bereavement • Family, Marital and Parenting Problems • Physical, Emotional and Sexual Abuse Issues • Substance Abuse Problems and Pain Management • Women's Issues • Geriatric Psychiatry
Abaris Behavioral Health	(248) 426-9900 http://abarishealth.com/	40000 Grand River Avenue Novi, MI <ul style="list-style-type: none"> • Intake diagnostic evaluations • Treatment planning • Psychological testing and evaluation • Individual • Family • Group psychotherapy
Laura Aula	(313) 682-6175	Balanced Path Counseling 504 Union St. Milford, MI 48381 <ul style="list-style-type: none"> • Individual Counseling • Adolescents • Family Counseling
Daniel Rosenbaum	(248) 848-1558	Counseling Associates 33045 Hamilton Court Suite W300 Farmington, MI 48343 <ul style="list-style-type: none"> • Adolescents • Learning Disabilities • Anger Management
Dr. Mark Carpenter	(248) 887-6710	Carpenter Counseling Center 1641 S. Milford Rd Milford, MI 48381
Christine M. Rossi	(810) 599-1890	11075 Runyan Lake Rd. Fenton, MI 48430

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		<ul style="list-style-type: none"> • Christian Counseling
Kim Cardeccia	(248) 330- 9813	Hartland, MI 48353 <ul style="list-style-type: none"> • Elementary Students
Penelope Butler PhD	(248) 684-2847	218 Union St. Milford, MI
Henry Ford- Maplegrove	(248) 661-6500	6773 W. Maple West Bloomfield, MI <ul style="list-style-type: none"> • Substance Abuse/ Addiction
CHADD Children with ADD	(313) 438-3763	<ul style="list-style-type: none"> • Advocate
Dr. Anne Campbell	(248) 910-9159	8898 Commerce Rd Suite 3A Commerce Township, MI 48382 <ul style="list-style-type: none"> • Specializes in Clinical Child & Adolescent Psychology
James R. Neuenschwander	(734) 995-3200	412 Longshore Ann Arbor, MI 48105 <ul style="list-style-type: none"> • Specializing in complementary and alternative medicine
Judith E. Lipson	(248) 568-8665	Spiral Wisdom LLC 5665 West Maple Road, Suite A West Bloomfield, MI 48322 <ul style="list-style-type: none"> • Specializes in anxiety, ADHD, Autism, Empowerment and Advocacy, Sensitives, and Guided Imagery
Dr. Debby Feinberg	(248) 499-6059	Vision Specialists of Michigan 2550 S. Telegraph Rd. Ste 100 Bloomfield Hills, MI 48302
Jennifer Buswinka, MS, TLLP	(248) 294-0870 (734) 890-4057 jbuswinka.nps@gmail.com	Northville Psychological Services 18600 Northville Rd, Suite 400B Northville, MI 48168
Dr. Mark Soverinsky, MD	(248) 865-0992	Child/ adolescent psychiatrist Farmington Hills, MI
Dr. Lauren Katz	(734) 973-6001	Literacy, Language, and Learning Center

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		Ann Arbor, MI <ul style="list-style-type: none"> Testing for Dyslexia
Milford Counseling	120 S Main St, Milford, MI 48381 (248) 390-5791	Milford Counseling 120 S Main St. Milford, MI 48381 Drug Counseling Women/Men's Half Way House
Thrive Leadership Academy	(844) 852- 1778	Barton Tutoring Specialize in Dyslexia
Madonna University Psychological Department	(734) 432-5493	Learning Disability Testing Testing for Dyslexia 1 ½ month waiting list
LAPS	(248) 363-2850	8898 Commerce Rd. Suite 3A Commerce, MI 48382 Psychological Reports
Neurobehavioral Consultants	(248) 723-9200	31600 Telegraph Rd. Suite 230 Bingham Farms, MI 48025 admin@neurobehavioralconsultants.com Psychoeducational Reports
	(734) 398-7518	Helping schools and communities afford scholarship funding for field trips, school assemblies, and parent education programs. Stjoeshealth.org/health-exploration-station <ul style="list-style-type: none"> Drugs 101
DR. KOTRBA	(810) 225-3417	Thriving Minds Behavioral Health 10524 East Grand River, Suite 100 Brighton, MI 48116 information@drkotrba.com
JOHN FRAUENHEIM STACY GRINDLING	(248) 691-4744	Center for Human Development Beaumont Children's Center 30503 Greenfield Rd. Southfield MI 48076 *Psychoeducational Testing
DR. RECCO	(248) 620-1019	North Oakland Family Counseling 6887 Dixie Hwy # A Village of Clarkston, MI 48346

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CORNER

<p>DR. FUELING PSYCHIATRIST</p>	<p>(248) 529-6383</p>	<p>Milford Counseling 120 S Main St C, Milford Charter Twp, MI 48381</p>
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