



Mental Health Therapy, Substance Use Disorder Counseling, and Support Services for Adults, Children, and Families in St. Clair County



Providing Help. Giving Hope.
ccsem.org

Our Services in St. Clair County

Reflecting a profound respect for human life at all stages and with a strong commitment to enhance family life, Catholic Charities of Southeast Michigan (CCSEM) is a non-profit organization providing dozens of services to individuals and families. CCSEM annually assists more than 20,000 people of all faiths, races, and cultures throughout the region.



"We passionately believe through Christ nothing is impossible, every person has dignity, and we embrace every opportunity to value and transform lives."

– Jason Shanks, Chief Executive Officer
Catholic Charities of Southeast Michigan

Licensed, accredited, and offering services to all, CCSEM in St. Clair County provides quality mental health services to children, teens, adults, and families in a caring, professional environment. Services are provided at the CCSEM office in Port Huron.

For counseling and therapy services, CCSEM accepts insurance from all major providers, including Aetna, Blue Cross Blue Shield, Cofinity, Health Alliance Plan (HAP), HealthPlus, McLaren, Priority Health, United Behavioral Health, and others. CCSEM provides services through Medicare; also accepting Medicaid and several Medicaid HMOs.

Hours: Monday – Thursday: 8:30 am to 8:30 pm
Friday: 8:30 am to 4:30 pm
Saturday: by appointment
To make an appointment, call **810-987-9100**.

Behavioral Health

Professional counseling can help change painful or destructive ideas, behaviors, or relationships, and help promote positive mental, spiritual, physical, and emotional well-being. All CCSEM clinicians have master's degrees and are licensed in the State of Michigan in social work, counseling, or psychology. CCSEM therapists design treatment plans unique to each individual, couple, or family to help address and resolve the issues hindering or disrupting their lives at work, school, and home.

CCSEM therapists can help with:

- Abusive behaviors
- Addictive behaviors
- Anger management
- Anxiety
- Caregiver stress
- Childhood and adolescent challenges
- Attention deficit disorders
- Bullying
- Chronic illness adjustments
- Court-ordered counseling
- Depression
- Domestic violence
- Family therapy
- Grief and loss
- Marriage and couples counseling
- Men's issues
- Obsessive compulsive disorder
- Older adult counseling services
- Post-traumatic stress
- Pre-marriage counseling
- Relationship conflicts
- Self-injury
- Stress management
- Substance use disorders
- Teen counseling
- Women's issues
- Workplace and industry-related issues



CCSEM Behavioral Health services are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).



Substance Use Disorders

The CCSEM Behavioral Health office in Port Huron operates a State of Michigan-licensed substance abuse treatment program offering individual assessment and treatment for substance abuse and dependence. Other services include substance use disorder (SUD) evaluations as ordered by local and state courts, SUD evaluations required for driver's license reinstatements, and treatment for co-occurring disorders of addictions and mental health issues.

Play Therapy

Recognizing children express themselves more fully through play than verbally, CCSEM's Port Huron office provides this unique therapy through licensed mental health therapists and registered play therapists. Play therapy is most effective for children between 3 and 12 years of age as a means through which feelings can be communicated and conflicts resolved. This enables children to change the way they think about, feel toward, and resolve their problems.

Play therapy at CCSEM begins with a thorough assessment completed by the therapist and the parents of the child who together develop treatment goals and objectives. Play therapy can be used as the primary intervention for behavioral issues caused by bullying, grief and loss, divorce, abandonment, physical and sexual abuse, crisis, and trauma. Play therapy also addresses mental health disorders such as anxiety, depression, ADHD, autism spectrum, social and academic impairment, and conduct disorders.

"The works of Catholic Charities of Southeast Michigan are works of mercy. We are an instrument of God's love and mercy."

– Allen H. Vigneron, Archbishop of Detroit
President, Catholic Charities of Southeast Michigan

Mission

Compelled by the love and teachings of Jesus Christ, Catholic Charities of Southeast Michigan provides compassionate, quality, professional services and support to people in need.

Vision

CCSEM strives to be the organization of choice for people in need, transforming lives, encountering Christ, and mobilizing hope in our community.

Values

Catholic Charities of SE Michigan holds foremost that all our actions and efforts will be modeled after Jesus Christ and in conformity to the teachings and values of the Catholic Church.

Dignity of Human Life – We act with respect, kindness, and hospitality to all persons who come to us for assistance.

Compassion – We hold a deep awareness of the suffering of others, accompanied by the desire to relieve their pain.

Integrity – We can be trusted to deliver our services with conviction, courage, and transparency.

Professionalism – Our professional staff and volunteers conform to the highest ethical standards and quality of services measured by the licenses and accrediting of our employees and programs.

Transformational – We endeavor to transform the lives of the people we serve by tracking measurable outcomes of improvement.



"The mercy of God has no limits if one turns to him with a sincere and contrite heart."

– Pope Francis



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⁹Certified Sex Offender Treatment Specialist

¹⁰Registered Play Therapist–Supervisor

¹¹Master of Arts

¹²Limited License Professional Counselor

¹³Limited License Master of Social Work

¹⁴National Certified Counselor

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Funding for CCSEM counseling and therapy services comes from multiple sources including client insurance, fees for service, grants, government contracts, and through many financial gifts from generous donors. CCSEM is a State of Michigan Region 10 provider of substance abuse treatment services made possible through state and federal funding.