

Against the backdrop of accelerating pressures in everyday life, CHS offers counseling to help individuals and families get through an array of complex problems.

- Loss and grief
- Difficulty managing stress
- Mild to moderate mental health issues
- Marital, family, or relationship conflicts
- Adjustment-related problems
 - Trauma
 - Anxiety and depression
 - Addiction



INTENSIVE OUTPATIENT TREATMENT SERVICES INCLUDING:

- Substance Abuse Assessments
- Secretary of State Assessments
- Individual Counseling Services
- Group Counseling Services
- Peer Recovery Coaching Support
- Family Recovery Coaching Support
- Family Counseling Services and Support Programs
- Wellness Response Team (Post Overdose Response Support)
- Auricular Acupuncture
- EMDR Trained Clinicians
- Medication Assisted Treatment Partnerships
- Case Management Services for Treatment Clients
- Prevention Services and Programming

989.356.6385

catholicumanservices.org
154 S. Ripley Blvd. Alpena, MI 49707

Services are available locally in Alpena, Montmorency, Presque Isle, Alcona, Iosco and 16 other counties in northern Michigan.