Reference pages for Sault Tribe's Health Services

CONTAINS IMPORTANT BASIC INFORMATION YOU NEED ABOUT THE HEALTH SERVICES "COMMITTED TO GIVING YOU OUR VERY BEST"

SAULT STE. MARIE TRIBE OF CHIPPEWA INDIANS HEALTH CENTERS

Grand Island Chippewa Community Center

622 W Superior, Munising, Ml 49862

(906) 387-4721 (800) 236-4705

Hours: Mon-Fri 7:30 a.m. – 5 p.m. Services: Medical, Community Health, Traditional Medicine and Nutrition

Marquette Tribal Community Health Center

1229 W. Washington Street Marquette, MI 49855 (906) 225-1616

Hours: Tuesday 9:30 a.m. – 3 p.m. Services: Medication Pick up, Community

Health and Nutrition

Escanaba Tribal Community Health Center

1401 North 26th Street Suite 105 Escanaba, MI 49829

Escanaba, M1 49829 (906) 786-2636

Hours: Mon-Fri 8 a.m. – 5 p.m.

Services: Medication Pickup, Community

Health and Traditional Medicine

Manistique Tribal Community Center

5698 W Hwy US-2, Manistique, MI 49854 (906) 341-8469; Toll Free: (866) 401-0043

Hours: Mon-Fri 9 a.m. – 5 p.m.

Services: Medical, Optical, Dental, Pharmacy, Behavioral Health, Community Health,

Traditional Medicine and Nutrition

Newberry Tribal Community Health Center

4935 Zeez-ba-tik Lane, Newberry, MI 49868

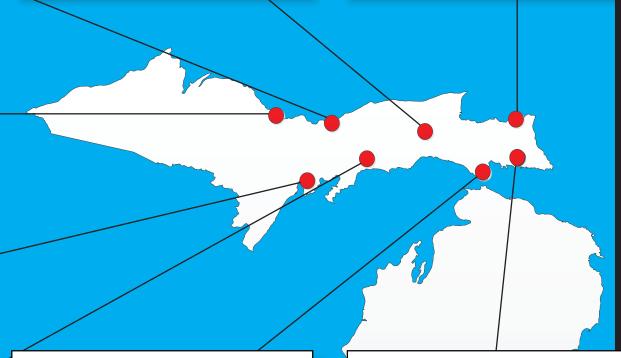
Phone: (906) 293-8181 Hours: Mon-Fri 8 am – 5 pm Services: Community Health, Nutrition, Medication Pickup and Traditional

Medicine

Sault Ste. Marie Tribal Health Center

2864 Ashmun, Sault Ste. Marie, MI 49783 (906) 632-5200; (877) 256-0009 Hours: Mon-Fri 8 am – 5 pm Services: Medical, Dental, Optical, Phamacy,

Behavioral Health, Community Health,
Traditional Medicine and Nutrition



Sault Tribe Health & Human Services Ctr.

1140 N State, Suite 2805, St. Ignace, MI 49781 (906) 643-8689; Toll Free: (877) 256-0135

Hours: Mon-Fri 8 a.m. – 5 p.m.

Services: Medical, Dental, Optical, Pharmacy, Behavioral Health, Community Health, Traditional Medicine and Nutrition Hessel Tribal Community Health Center 3355 N. 3 Mile Rd, Hessel, MI 49745 (906) 484-2727

Hours: Mon-Fri, 8 a.m. – 4:30 p.m. Services: Medication Pickup, Community Health and Traditional Medicine

Above, health clinics in the tribe's service area. Don't live in the service area? Visit the Indian Health Service homepage at www.ihs.gov to find IHS facilities nearest to you. In lower Michigan, one may also contact American Indian Health and Family Services 4880 Lawndale St., Detroit, MI 48210 (313) 846-6030, for medical, behavioral health and dental services.

Mission and Description

The mission of Sault Tribe health services is to provide high quality, patient-centered care that is responsive, courteous and sensitive to individual, family, community and cultural needs with an emphasis on disease prevention and health promotion.

The tribe has four main health clinics, which are in Sault Ste. Marie, St. Ignace, Manistique and Munising and offer general medical care, clinical nursing, community health nurnsing, health education, nutrition services, diabetes programs, immunizations, laboratory services, dental services, optical services, audiology, pharmacies, radiology, ultrasound, wellness programs, mental health services, substance abuse prevention and treatment and traditional medicine practicioners.

In addition, some health services are available at four tribal community health centers providing various levels of medical services in Marquette, Newberry, Hessel and Escanaba.

The tribal health facilities are stationed throughout the tribe's seven-county service area in the Upper Peninsula of Michigan.

In general, services are offered to all members of federally rec-

ognized American Indian tribes, from infancy to adult with priority given to Sault Tribe members. Likewise, members of Sault Tribe may find services available at Indian Health Service facilities or independent services beyond the tribe's service area.

Appointments at Sault Tribe clinics are appreciated and necessary for scheduling most services. Appointments can be made by calling the nearest facility that can accommodate the services.

Generally, all health care facilities are open from 8 a.m. to 5 p.m., Monday through Friday.

Members who reside in the tribe's service area who need emergency care on weekends should be seen at the nearest hospital for emergency services and report the visit to **Sault Tribe Purchased Referred Care** (PRC) within three business days of receiving care at 632-5200 or toll free at (800) 922-0582.

Coverage sources for medical bills from weekend emergency care will be determined by PRC. Patients should be ready to report income to detemine eligibility for different types of coverage.

Emergency Numbers

Dial **911** for emergencies in all counties of the tribe's service area.

The National Suicide Prevention Lifeline — call toll free at (800) 273-8255 — No matter what problems you are dealing with, counselors at the NSPL want to help you find a reason to keep living. A call connects one to a skilled, trained counselor at a crisis center in your area, anytime.

The Lifeline provides free and confidential

emotional support to people in suicidal crisis or emotional distress.

The Veterans Crisis
Line is available through
the National Lifeline.
When calling the
Lifeline's toll-free number at (800) 273-8255,
veterans, active military
and their families are
prompted during the
automated greeting to
press 1 to be connected
to a veterans suicide prevention hotline specialist



Patient Satisfaction

The health services teams are always deeply concerned that clients are satisfied with the services they receive at the tribe's health facilities. In fact, we encourage members to participate in their telephone surveys conducted by Arbor Associates, a trusted company specializing in patient satisfaction surveys.

For last year, our patient satisfaction rates for all centers exceeded 96 percent.

Interviews are annonymous and conclude by asking the respondent if they have any unresolved issues that they wish to have someone from health services call them about. If so, they will then be explicitly asked for permission to give their name and telephone number to the appropriate clinic or community center for follow-up.

Respondents will also be asked to briefly describe the nature of the issue so the appropriate person can prepare for the call

The names, numbers and nature of the issues will be faxed or e-mailed to a pre-designated person at health services that same day for interviews.

Meet the health care providers for the Sault Ste. Marie Tribe of Chippewa Indians

Sault Ste. Marie



Rebecca Werner, M.D., attended the Uniformed Services University of the Health Sciences and conducted her family practice residency at Georgetown University/Providence Hospital in Washington, D.C. She began her practice with Sault Tribe in the year 2000 and has special medical interests in women's health and in-office procedures. In her spare time, she enjoys riding horses, running, yoga and being the proud mother of three beautiful daughters.



Carla Behling, F.N.P., attended graduate school at Northern Michigan University in Marquette, Mich. She began practicing with Sault Tribe in 1997 and has a special medical interest in women's health. In her leisure time, she enjoys reading, boating and traveling.



Western Reserve University School of Dental Medicine in Cleveland, Ohio, and has been practicing with Sault Tribe since 1995. He has special professional interests in public health and preventive dentistry. In his spare time, he particularly enjoys family and outdoor activities the region offers.

David Drockton, D.D.S., studied at Case



Zachary Brian, D.D.S., studied at the University of Louisville School of Dentistry in Kentucky. He began his practice with Sault Tribe in February 2014 and has special professional interests in oral surgery and periodontics. He likes to spend his leisure time enjoying outdoor sports, camping, spending time with his dog, reading and writing creative fiction.

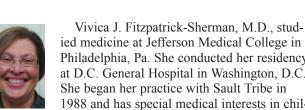


Michelle Kroupa-Kulik, M.D., attended Michigan State University in East Lansing, Mich., and conducted her residency with the Department of Pediatrics at William Beaumont Hospital. She practiced with Sault Tribe from 2001 to 2010 and returned in 2014. She has special professional interests in children, management of obesity and diabetes. The mother of five enjoys outdoor activities, skiing, gardening, coaching science olympics and foster parenting. She is a life-long resident of the U.P.

Munising



Eronico Javellana, M.D., studied at the University of Santo Tomas in the Phillipines and completed a general practice residency at Delaware County Memorial Hospital and Pottsville Hospital in Pennsylvania along with an internal medicine residency at Englewood Hospital in New Jersey and Detroit Memorial Hospital. He has been practicing with Sault Tribe since 2010. He has a special professional interest in newborns, children and adults of all ages. He became a doctor at 23 years of age and is the youngest of 12 children. Orginally, he wanted to become a priest.





ied medicine at Jefferson Medical College in Philadelphia, Pa. She conducted her residency at D.C. General Hospital in Washington, D.C. 1988 and has special medical interests in children's health care. In her spare time, she enjoys reading, sewing, ceramic painting and singing in a drum group.



Genevieve Maloney, M.D., attended Columbia University College of Physicians and Surgeons, New York, N.Y., and conducted her family medicine residency at St. Joseph Regional Medical Center in South Bend, Ind. She began practice with Sault Tribe in 2011 and her special medical interests lean to full-spectrum health, including children and women's health as well as family medicine. She enjoys running.

Lowell Lamar Styer, M.D., studied at



Temple Unversity in Philadelphia, Pa., and completed his residency at Grant Hospital in Columbus, Ohio. He began practice with Sault Tribe in 2010 and has special medical interests in vitamin deficiencies and ear acupuncture. Eagle Scout Styer played soccer in college, can still run 5K in less than 30 minutes and enjoys singing in church choir and local musicals.



Rae Ann Brand, F.N.P.-B.C., studied at Northern Michigan University in Marquette, Mich. She originally began practicing with Sault Tribe in 1999 until 2009 and returned in 2013. She has special professional interests in women's and children's health. She is married for 22 years to Sault Evening News reporter Scott Brand and has two children. In her spare time, she enjoys reading, attending her children's sporting events and leading her daughter's Girl Scout troop.



Dan Rick, P.A.-C, studied at Idaho State University in Pocatello, Idaho and has practiced with Sault Tribe since 2011. His hobbies include long distance running and oil painting.



Steve Obreiter, D.D.S., studied at the University of Michigan School of Dentistry in Ann Arbor, Mich., and has practiced with Sault Tribe since 2008. He participates in den-America and Alaska. He enjoys spending time with family, serving at church, following sports and helping his children with 4-H projects.



tal humanitarian missions to Guyana, South

Sault Ste. Marie and St. Ignace

Krysta Hinman, O.D., studied at the Ferris State

University Michigan College of Optometry in Big

Rapids, Mich. She conducted residency in rotations

Wellness Plan. She began practice with Sault Tribe in

aspects of optometry with special emphasis on ocular

disease and contact lens. In her free time, she enjoys outdoor activities with her husband and daughter.

2010 and alternates between Sault Ste. Marie and St.

Igance. She has special professional interests in all

at Detroit Veterans Hospital, Henry Ford and The



Shelley Baker, O.D., studied at Michigan State University and the Illinois College of Optometry. She began practice with Sault Tribe in 2006 and is a behavioral optometrist specializing in correcting and improving visual dysfunctions. She is a member of the American Optometric Association, Michigan Optometric Association, College of Optometrics in Vision Development and the current president of the Upper Peninsula Optometric Physicians Society. She completed 147 hours of post-graduate education in vision therapy and is a clincal associate of the Optometric Extension Program, a non-profit research and education foundation. She enjoys traveling, reading, camping and spending time with her family and friends.

Manistique



Colin Irish, D.O., studied at Des Moines University in Iowa and conducted an internship at Sparrow Hospital in Lansing, Mich., and a residency at Ingham Regional Medical Center, Lansing, Mich. He began practice with Sault Tribe in 2010 and has special medical interests in osteopathic manipulation, acupuncture and sports medicine. He enjoys competitive sailing, skiing and biking.



Myrth Condon, N.P., studied at Nazareth College where she acquired a Bachelor of Science in Nursing and earned a Master of Science in Nursing from Michgian State University. She began practice with Sault Tribe in 2009 and has special medical interests in family health, women's health, children's health, dermatology and is certified to conduct CDL physicals. In the winter, she loves snowmobil-



Jeffrey Lozen, O.D., studied at Ferris State University Michigan College of Optometry in Big Rapids, Mich. He began practice with Sault Tribe in 1984 and has special interests in general practice and contact lenses. His leisure activities include membership in the Chippewa County Sunrise Rotary, hiking, fishing, kayak-

ing and skiing.



Timothy Hoffman, M.D., studied at Wayne State University School of Medicine in Detroit, Mich., and performed his residency at the Detroit Medical Center. He began his practice with Sault Tribe in 2013 and has special medical interests in obesity medicine, mental health and execise medicine. He enjoys reading, mostly non-fiction such as history, health, politics and religion. He is fond of international travel and enjoys endurance sports like running and

St. Ignace



Ian Liskiewicz, D.D.S., studied at the University of Michigan School of Dentistry in Ann Arbor, Mich., and has practiced with Sault Tribe since 2012. He has special professional interests in public health, community service and prevention. He enjoys activities with his family, hockey, movies and reading.



Keith Smith, traditional healer, is an enrolled member of the Red Lake Band of Chippewa from Minnesota and moved to the U.P. with his wife over a year ago. He began practicing with Sault Tribe in 2011. Traditional healing practices come in the form of guidance and providing traditional medicines to those who request help with a wide range of physical and mental health issues. He enjoys singing and drumming with various drums and is a member of two Anishinaabe societies. His leisure activities include fishing, relaxing by waters and traditional crafts with an emphasis on wood and

Traditional Healers



Harlan Downwind, traditional healer, is associated with Augimook mide, Midewiwin and traditional healers Adam Lussier and Dorothy Sams. He began practicing with Sault Tribe in 1998 and has special professional interests in diabetes among Natives and overall health issues of Ojibwe and First Nations people. His hobbies include powwow dancing, playing guitar and he enjoys raising his children and grandchildren.

stone carving.



Bruce Anderson, D.D.S., MAGD, attended the University of Iowa College of Dentistry in Iowa City, Iowa, and completeed a fellowship with the Academy of General Dentistry in 1998 and a mastership with the same institution in 2004. He began his practice with Sault Tribe in 1988 and has special professional interests in studying occlusion and comprehensive dentistry with the Pankey Institute. His hobbies include gardening, bicycling, skiing and trav-



Tracy Texter, adult-gerontology primary care nurse practicioner, studied at Vanderbilt University in Nashville, Tenn., and began practicing with Sault Tribe in 2014. She has special professional interests in mental health, adolescent, adult and geriatric health. She loves winter and recently moved to St. Ignace with her husband, who also loves the area. Her husband is a pilot and she is an amateur musician as well as a former music teacher. She hails from Harbor Springs and has many relatives in the area.



Margaret Comfort, F.N.P., attended Daemen College in Amherst, N.Y. and conducted her residency in the state of New York and northern Michigan. She began practicing with Sault Tribe in 2014 and has special professional interests in diabetes, hypertension, dyslipidemia and cancer. At her leisure, she enjoys hiking, camping, kayaking and her husky, Nutmeg.







TRIBAL HEALTH AND HUMAN SERVICES IN ST. IGNACE, MICH.

Purchased Referred Care: What is is, how it works

ndian Health Service (IHS) changed the name of Contract **Health Service to Purchased** Referred Care (PRC) to better reflect services provided.

PRC provides appropriate access for Sault Tribe members to achieve high quality care beyond what is available through tribal health facilities. PRC works within financial resources and clearly communicates its program and services to members

What is PRC?

PRC benefits are established by federal law and regulations and funded through federal appropriations. PRC funds are available for services not provided at one of our health centers.

Tribes establish priorities for coverage based on funding appropriated as to what services they can provide to their people.

Members should not rely solely

on PRC for medical coverage. If members are eligible for an alternate resource, such as Medicare, Medicaid, MI Child/Healthy Kids, VA, employee sponsored insurance, etc., they should apply for those programs. PRC is the payor of last resort and may be used as a secondary payor should there be a primary insurance on an authorized "covered service."

Who is eligible?

Sault Tribe members living in the tribe's service area, non-Indian dependents covered for pre- and post-natal care and delivery, for communicable disease.

Members must be permanent residents of the tribe's service area, which covers Mackinac, Chippewa, Luce, Schoolcraft, Delta, Alger and Marquette coun-

> Eligibility requirements Resident members of the

tribe's service area must have completed applications on file and be approved for PRC prior to the program paying for services deemed covered outside of our tribal clinics. Applicants must provide proof of income such as current 1040 tax returns, and proof of residency, which would include copies of driver's licenses, utility receipts, voter registrations, etc. Applicants must be enrolled in the program for 90 days prior to PRC assisting with an in-patient stay.

Proof of income is used to determine eligibility for alternate resources. If members are eligible for an alternate resource, such as Medicaid, Medicare, health insurance provided by employer, VA, etc., they need to apply for those programs as the PRC program is the payor of last resort. PRC may be used as a secondary payor for any copays or deductibles on a

"covered" service authorized to pay by PRC.

Patient responsibilites

Members (patients) are responsible for requesting assistance (prior authorization/voucher) by contacting the PRC office directly for all services not provided at tribal clinics for which they are requesting assistance. Program staff will determine eligibility for the program at this time. Requests for assistance should be done prior to receiving service, unless it is an emergency visit that occurs after hours or on the weekend when tribal clinics are closed, then members must report this to PRC within 72 hours of the event. The emergency room report or physician notes will be reviewed to determine priority to determine if PRC will cover the service.

It is members' responsibility to call PRC for their voucher for all out-of-clinic services, not the referral coordinators at each clinic, who set up members' referral appointments to the outside providers. PRC staff determine if referred care is covered service

based on funding and established priorities of coverage for that fis-

Referrals are marked by categories — Priority 1A, 1B, 2, 3, 4 and 5 by the clinic providers based on guidelines set up by IHS. Extenuating circumstances may happen where providers request special committee reviews. The committee — medical director, clinic manager, health director, nursing supervisor and PRC manager —meets bi-weekly

PRC staff and contact info PRC staff can be reached toll free by telephone at (800) 922-0582 or locally at 632-5220.

The PRC office is on the third floor of the Sault clinic at 2864 Ashmun Street. The mailing address is Purchased Referred Care, PO Box 1628, Sault Ste. Marie, MI 49783.

PRC staff members: Utilization Manager Tina Fox; certifier Carol Pages-Montie; patient care coordinators Kim Menard (A-G), Nicole McKechnie (H-N), Claudette Crook (O-Z).

Tribal members and the Affordable Care Act: Coverage and tax forms

One of the most important pieces of the Affordable Care Act (ACA) is the requirement that most Americans have health care coverage. If you don't have coverage for you and your family, you could be assessed a tax penalty.

The Health Insurance Marketplace benefits American Indians and Alaska Natives by providing opportunities for affordable health coverage. On the Marketplace, you and your family may be eligible for lower/no costs monthly premiums and out-ofpocket costs (such as co-pays and deductibles) based on your income. You can enroll any time.

Despite being covered for services at our health centers, the Marketplace offers new options for health coverage and supplies your tribe more money to invest in additional health care programs for your

If you have insurance – private coverage through an employer, Medicare, Medicaid, MIChild, veterans coverage or Tricare - then you have satisfied the "Individual Mandate" and do not need additional health care coverage to avoid the tax penalty.

Federally-recognized American Indians are one of several groups exempt from the insurance mandate. The exemption may be claimed through the tax filing

process or through a paper application process. The Sault Tribe Health Division is recommending that you visit the Marketplace and determine what coverage you are eligible to receive. In some cases, health insurance coverage is available at no cost or at a very limited cost to you and your family. By enrolling in health coverage through the Marketplace, you have better access to services that our clinics may not provide.

If you do not have health insurance, please call, schedule an appointment or come in to visit with one of our certified applications counselors at any one of our clinics to see what type of health coverage you may be eligible to receive:

Sault Ste. Marie, 632-5200, Lane Barber, Jodie Hoglund, Carol Pages-Montie, Tom Sauro.

Hessel, 484-2727, Teresa Jedele.

St. Ignace, 643-8689, Heather Lester.

Newberry, 293-8181, Lois Bryant or Shirley Manistique, 341-8469, Jennifer Sitkoski or Kellie

Lakosky Munising, 387-4721, Chris Marinoff or Nancy

Escanaba, 786-2636, Tara Duchene.

-Sault Tribe Behavioral Health Program and urgent needs

Sault Tribe Behavioral Health serves all Sault Tribe members and their immediate family members and other Native Americans aged 3 and older.

If openings are available, it also serves those with Medicaid insurance and Sault Tribe employees regardless of tribal affil-

SERVICES — Auricular acupuncture (Sault clinic), alcohol/drug education for first time offenders, case management/care coordination/client advocacy, crisis intervention/urgent care, discharge and transition planning, driver's license review assessments, Employee Assistance Program counseling; individual, couples, family and group therapy counseling; intake and assessment, intensive outpatient (Sault clinic), psychological evaluations and testing, prevention, education and consultation, recovery support/continuing care counseling, and screening, referral and fol-

LOCATIONS — Sault Tribe Health Center, 2864 Ashmun St., Sault Ste. Marie, Mich., 635-6075, toll free (800) 726-9105.

St. Ignace Health Center, 1140 N. State St., Mackinaw Straits Hospital, second floor, St. Ignace. Mich., 643-8689, toll free (800) 726-9105.

Munising Health Center, 622 W. Superior St., Munising, Mich., 387-3906, toll free (800) 236-

Manistique Health Center, 5698 W. Highway US-2, Manistique, Mich., 341-8469, toll free (800) 347-7137.

HOW TO GET HELP —

During regular office hours, call (800) 726-9105 or go to any one of the clinics listed above, and request help.

A staff member will request information from you to determine the type of help needed and you will be assigned to a professional clinician who is qualified to assist

Guidelines for tribal pharmacies refills

Sault Ste. Marie tribal health services operates three pharmacies, in Sault Ste. Marie, St. Ignace and Manistique. Each pharmacy provides services to patients that are seen by providers at that clinic. The Manistique pharmacy also serves patients seen at the Munising clinic.

General guidelines for requesting refills: Each tribal pharmacy has its own refill phone line available 24 hours a day, seven days per week. Requests are processed during normal business hours in the order in which they were received.

The phone numbers for the three pharmacy refill lines are:

Sault Ste. Marie, 632-5226 St. Ignace, 643-4996 Manistique, 341-9544

Please call in your refill requests at the pharmacy indicated at the top of your prescription bottle. Whenever possible, include your chart number, located just below your name on the prescription bottle. If you do not have the bottle and do not know your chart number, then include your date of birth.

List each medication being requested individually, please do NOT say "all of my medications." Note the number of refills and expiration date of your prescription, located on the lower left

hand corner of the label. If your prescription has expired, is out of refills or needs to be written each time it is filled, the request will be forwarded to your provider who will have to re-authorize the prescription. This process takes

Tribal pharmacies do NOT give early refills of medications, except in extenuating circum-

After it is filled at your tribal pharmacy, your prescription can be picked up at that pharmacy, routed to one of the other tribal pharmacies or routed to one of the non-pharmacy delivery sites for pickup.* To request that your medica-

tions be delivered to one of our delivery sites, please remember to indicate that in your message. Keep in mind that delivery will take time due to courier routes and pickup times, especially for limited delivery locations such as Escanaba and Marquette. Check with your pharmacy for specifics if you have questions about this.

Tribal pharmacy and non-pharmacy pickup locations and their hours of operation include: Sault Ste. Marie: 632-5226

Mon-Fri 8 a.m. to 5:30 p.m. Tue & Thu 9 a.m. to 5:30 p.m. Wednesday 8 a.m. to 4 p.m.

St. Ignace: 643-4996

Mon-Fri 8 a.m. to 5 p.m. **Manistique:** 341-9544 Mon, Tue, Thu, Fri 8 a.m. to 5

Wednesday 8 a.m. to 3 p.m. Closed each day from 12:30 to 1:30 p.m. for lunch

Hessel: 484-2727 Mon-Fri 8 a.m. to 4:30 p.m. Closed from 12 to 12:30 p.m. for lunch.

Munising: 387-4721 or (800) 236-4705

Mon-Fri 7:30 a.m. to 5 p.m. **Newberry:** 293-8181 Mon-Fri 8 a.m. to 5 p.m Closed 12 to 1 p.m. for lunch. Marquette: Tuesdays only 9:30 a.m. to 3 p.m.

Escanaba: Fridays only 9:30 a.m. to 3 p.m.

Tribal pharmacies also deliver to the following non-tribal locations operated by War Memorial Hospital or Mackinac Straits.*

DeTour Medical Center, 297-3204, Tuesdays and Thursdays 9 a.m. to 3 p.m.

Drummond Island Medical Center, 493-5221, Mon-Thu 9 a.m. to 3 p.m. and Friday 9 a.m. to 12 p.m.

* Please note that by requesting delivery of your medications to another site, you are authorizing staff at that site, and any couriers that may be necessary, to act as your agent in that regard.

HOW TO GET URGENT ASSISTANCE FOR A **BEHAVIORAL HEALTH** OR SUBSTANCE ABUSE **PROBLEM** — During regular office hours, call (800) 726-9105 or go to any one of the clinics listed above and request help.

At the Sault Ste. Marie clinic, Behavioral Heath has Urgent Care coverage during normal office hours and you don't need an appointment. You can also call and ask to speak with the Urgent Care worker on duty during our regular office hours.

HOW TO GET EMERG-ENCY ASSISTANCE FOR A BEHAVIORAL HEALTH OR SUBSTANCE ABUSE **PROBLEM** — Sault Tribe Behavioral Health staff members can assist with emergency problems needing hospitalization or detoxification services (e.g., suicidal, hallucinating). If coming to one of the clinics for help, it is best if another person either brings you or comes with you.

HOW TO GET HELP WHEN THE CLINICS ARE **CLOSED** — Report to your closest emergency room where you can be screened and assisted. It is best if you are driven or accompanied by another person.

The National Suicide Lifeline (800) 273-8255 can be contacted 24 hours a day. If transportation is a problem, call 911 and ask for help.

24 HOUR CRISIS HOTLINES Alger Co.(888) 728-4929 Antrim Co.(800) 442-7315 Charlevoix Co. (800) 442-7315 Cheboygan Co. ... (800) 442-7315 Chippewa Co. (800) 839-9443 Delta Co.(888) 728-4929 Emmet Co.(800) 442-7315 Kalkaska Co. (800) 442-7315 Luce Co.(888) 728-4929 Mackinac Co. (800) 839-9443 Marquette Co. (888) 728-4929 | Otsego Co.(800) 442-7315 ¦ Schoolcraft Co. .. (800) 839-9443