



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

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No Regrets

By Heide AW Kaminski

I did not have a happy childhood. I was raised by a mentally ill, Nazi-brainwashed mother and by the age of 4, she was all I had left to protect me. Enough said.

Nonetheless, there are a few memories that were happy. They include food, somewhat morbid circumstances, and music.

There were the Saturday nights. We were poor and every Saturday night, a chicken baked in a Römer-topf, a ceramic pot with a lid, used in the oven, was our Sunday treat. However, every Saturday night, around midnight, we would nibble on the chicken, barely leaving enough for a decent Sunday dinner. For my birthday, every year, mom would prepare sweet and sour kidneys for me, to this day one of my favorite foods.

There were the summer nights. We lived in an apartment building on the fourth floor. In Germany, pretty much every apartment building has balconies for every apartment. Our little patios with flower-filled rails in the city. Every night, we would both stand on the balcony and have a battling contest, hitting June-bugs with badminton bats.

My mother was a huge fan of music. As a child she played the accordion, well enough to be part of a concert in front of Adolf Hitler. No wonder, she adored this evil man. She had very few fond memories of her own and this was one of them. She sang well enough at some point of her life that teachers recommended voice lessons. But her mother deemed her unworthy, not to mention that the family did not have the money.

One of her favorite singers was Edith Piaf. And to this day, one song stands out in my mind:

“Non je ne regrette rien.” You can listen to it here: <https://www.youtube.com/watch?v=JKPvx38D4GM>

It is sooooo beautiful!
The English translation is like this:

No, absolutely nothing
No, I regret nothing
Not the good that has been given
Not the bad, it's all the same to me

No, absolutely nothing
No, I regret nothing
It is paid, done, forgotten
I don't care about the past

With my memories
I light the fire
My pains, my pleasures
I don't need them anymore
I'm done with the loves
and all their troubles
I'm done for-ever
I start over with nothing

No, absolutely nothing
No, I regret nothing
Not the good that has been given
Not the bad, it's all the same to me
No, absolutely nothing
No, I regret nothing
Because my life, because my joys
today, they start with you

The only thing I would change about the lyrics is the last line. My version is: “Today they start with ME.”

In my teens, I rebelled against my mother's unreasonable demands. She used to call me a bad kid, so I decided I might as well be one. But that really wasn't who I am, so I became extremely confused to the point of experiencing an identity crisis.

In my early 20's I hit rock-bottom so hard that I did not want to live any more. God had other plans in mind, obviously, I am talking to you right now !

Following the “normal” pattern of an abused child, I sought out one abusive relationship after another. One day, in my mid-forties, I decided I had enough. I took my new memories into my own hands. Fifteen years later I can wholeheartedly say: “I love myself!”

But about my past, I have no regrets.

A few weeks ago, I heard someone posing the question, “If you could live your life all over again, what would you change?”

After reflecting on my life, I came to the realization that my answer to that is, “Nothing!”

My mother taught me how to be a good mom by modeling the opposite.

My abusers taught me how to stand up for myself even in the fear of serious consequences.

My rough teen years taught me how to be a compassionate teacher for struggling kids - and now adult prisoners.

My painful memories taught me how to be a very caring and very strong person.

I am who I am today, because of all these experiences, and I like myself more now than ever, why would I change anything?

My New Year's Resolution is:
No Regrets!



Ministerial Miscellany
By Rev. Annie Kopko

Get ready for a great ride in 2019!

It feels like without any warning we get to go through hell and back and then we start over. We start over, do the same thing again or we start over to a new world, a new person, some new thoughts "I'll never do that again" and sometimes we do anyway.

No matter what has happened to us we get to use it the way we want, we start over with the fear of the next thing, or with the love that we have allowed to become stronger. We remember that for a butterfly to come out of its chrysalis it must struggle in order that its wings fill with blood and unfold ready to fly. A baby turtle must run fast toward the ocean, avoiding hungry seagulls, and be ready to swim once it reaches the water. No doubt, struggle is sometimes necessary for our growth. On Christmas Eve, Jeshua reminded us to welcome all things that seem to just happen to us. We need those events to strengthen us. We do learn how to accept the unacceptable. It is a great act of our spirit.

This new year if you make any resolutions, make one something like "Today I remember who walks beside me, and I may not be fearful."

This month there are wonderful events at Interfaith (always more details and information on our website)

This is one of my favorites: Death Café is January 8th, at 6:30PM. This includes discussions about all aspects of death. Community Pot luck is at 5:45PM. (Believe me, talking about death can be fun!)

Sunday the 13th, guest speaker Jim Phillips from Indiana will speak about Secrets of the Mystics. He will have an afternoon lecture that day, and a workshop all day on the 19th. Join us and begin your year of mystical exploration and expanding consciousness. As always, bring your friends.

Sunday the 20th Rev. Dwight Wilson will speak to us. I have heard him speak to the Interfaith Roundtable group, and his words moved me more powerfully than most others.

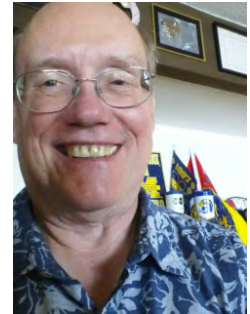
Many Blessings, and much gratitude to all for your love and intentions of well being for me and Larry. I feel extraordinarily blessed to have you in my life.

I love you so much. Annie

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**Community
Member
of the
Month**

**Big Hearted
Bob**



By Jaclyn Morrow

You see him every week during announcements. And boy does he have a mouthful to say. The first thing you'll notice about what Bob Hopkins says every week is that he has a lot of thanks to give! So we are thrilled to take the time out to say to Bob- Thank you for everything you do! Every single volunteer is crucial here at Interfaith. And what would we do without an organized, caring and persistent volunteer coordinator? That's a rhetorical question- we shudder to think what the answer could be.

Bob has been part of Interfaith Center for Spiritual Growth since its inception. He was part of the Unity Church of Ann Arbor that broke off in support of Dave Bell and eventually became what it is today. Bob was on the original Board of Trustees and has continued supporting the Center at the Welcome table and in every way he can.

He was born and raised in Detroit to a strong Catholic family. His education involved Catholic School from first through twelfth grades and he continued on the Catholic path until he began to struggle with things such as the Church's treatment of women as second class citizens and its stance on abortion and divorce. The Catholic Church continued to leave him further and further behind.

Bob is an asset to his community, and this reaches past the Interfaith Center. He's a talented therapist, who began his lengthy education at the University of Michigan in Ann Arbor. His time in Ann Arbor began during the Vietnam War and was a place surged with energy, change and a lot of eye opening. He earned a bachelor and master degree in business administration in Ann Arbor and left town in pursuit of a PhD, growing from his increasing interest in the oppression evident in large organizations. There are two paths to change- and Bob was choosing to change the beast from within.

Continued on page four

Volunteer Coordinator Corner

By Bob Hopkins

This space will be used to identify volunteer needs and appreciation
as of December 16, 2018

We regularly need to add to our pool of people who help to set-up and clean-up for potlucks – See Ted
We want responsible people to set up and tidy up the sanctuary before or after the service – See Annie
We can always use treats for after Service – See Ted or just bring them in
We could use one person to be at the Welcome table on the fourth Sunday of the month – See Bob
We need a new transportation coordinator/provider – see Marilyn Alf
We need a person to coordinate musical concerts designed to attract the young -- See Bob Hopkins

APPRECIATION

THANKS TO: Dawn Swartz who organized the music for choir and Children's performance and the Christmas carol event.

THANKS TO: Linda Rykwald and Lori Kumpf for serving at the Welcome table on 5th Sunday

THANKS TO: Janis Beard for assisting with tidying up after the services.

THANKS TO: Delyth Balmer, Dave Bell, Nancy Biehn, Randall Counts and Bob Hopkins for contributions to the Christmas Eve Candlelight Service

THANKS TO: Delyth Balmer for coordinating the New Year's Eve party

December Board Meeting Highlights

Submitted by MaryAlice Truitt

Budget/Financials:

Sound System and Tech Budget - about \$800 of the amount reserved for equipment has been used. Equipment is old and could soon fail. It was recommended that the reserve equipment fund have money added to it for security that it will be available when a need arises. The finance team will give input.

What are the Budget Priorities for 2019? Sound System, Salaries, Staffing, everything that helps us achieve our mission? We will focus on this at April board retreat.

Susan offered to research grants available to spiritual communities.

Stewardship Program proposal

Esther commented that we need to request that people give on a regular basis even if they are not here every Sunday. They can do this electronically through their bank account, paypal, or network for good. Delyth has details for those interested.

Ray spoke of the objectives of having a Stewardship Program in place so that people know what is needed and that they make a commitment based on their own abilities. This is a pledge that the individual makes to themselves, and we giving encouraging feedback on their progress. Each member has the opportunity to make some type of pledge. Whether it is for giving of time OR money. Stewardship Idea needs more work, but much enthusiasm on the board.

Communication team report

Identifying locations and timelines for posting advertisements and event promotions are priorities of this team; Social media strategy will be priority of the coming year. Discussion of how to respond to comments/emails shared

through the website: the webmaster and administrator will monitor for incoming messages and shall respond appropriately--administrator is responsible for general inquiries and rental requests; if necessary messages presenting dilemmas will be shared with the board for further deliberation.

Layla has done amazing work on our website and making it more functional around events and calendars.

Administrator Report

From Leadership Team meeting: New idea: Club 704! A Saturday concert for a youth-focused music scene. Very exciting, but will Need a volunteer to step up to manage this idea.

January Special Events - Jim Phillips will be a guest speaker on January 13th, followed by a lecture from 1:30p-3:30pm; January 19th: Secrets of the Mystics -an all day workshop. Registration available on our featured events webpage; or prior arrangement to pay at door

Delyth on vacation January 14th through the 26th.

Artisan 704 - 6 vendors made about \$150 for the Center!

Interfaith Roundtable having an event on January 27 - we are a sponsor - donated \$100.00.

Co-creation Team

QCC's scheduled for 5th Sundays in March, June, September and December of 2019.

Next Visioning Session is scheduled on January 6th (Potluck Sunday) 1-2:30pm; focus is on clarifying from a centered heart-space the purpose of ICSG in the words of our current community.

Discussion of leadership and organizational structure expected to be focus for at least the first half of 2019.

Board housekeeping: Nominating committee for the next Board will need to identified and begin soliciting interested candidates. Election will be at the Annual Meeting March 31, 2019.

CMM, Continued from page two

This pursuit led him to Madison, Wisconsin. Bob became a member of the New Wine Commune and got involved in the Center for Conflict Resolution. During this time, Bob was exploring life as an agnostic. He finally discovered Unity Church in Madison through a friend who was also trying different churches on for size. She helped him to see that God is bigger than any church. At Unity he "liked the concept that there is only 1 power", opposed to the idea that there are 2 powers- God and Devil. He was also inspired by the Force mentioned in Star Wars, which helped build the bridge back from agnosticism. This opened him to find like-minded people.

As Bob's politics were beginning to clash with the university, and a few other reasons, he made his way into the University of Wisconsin-Madison Department of Social Work. Between 1978 and 1983, he earned two degrees. One was the Master of Social Work and a PhD in Social Welfare.

Personal considerations led him back to the Ypsilanti/Ann Arbor area where he linked up with the local Unity Church. Here is where we catch up with him making his way with Dave Bell and many others to become the Interfaith Center in its infancy. He studied the Course in Miracles for just over two years. Bob, as always, was a diligent student and read each lesson, 1 a day for a year. He continued studying the Course in class for another year. He recently took the Conversations with God Book 4 class with Dave Bell. "The book really does remove the fear of death." He had given up on the idea of heaven and hell a long time ago. So then what is heaven? This book discusses the idea of disembodied spirits throughout the universe that have come back to earth to enlighten and encourage those open to the intervention. This view of the universe really resonated with him.

After Interfaith service on Sundays Bob continues his

spiritual experience at Dance Church at A2 Yoga on any Sundays he can make it there. This experience is 2 hours focused on prayer, meditation and trusting yourself and others through movement. And if you know Bob, this church makes a lot of sense.

Maybe you've seen him around town at the local festivals. He loves to dance. Recently he's joined a coworker at Star Center in Detroit. Star Center is a methadone clinic where people get a substance and counseling that can help to beat addiction to opiates. Roberta Dippel and Bob joined together to form the Christopher Cause. Roberta was inspired by her nephew and his lost battle with drugs, dying at the age of 27 from a heroin overdose. The message of the Christopher Cause (named for Roberta's deceased nephew) is simple: DO DANCE, NOT DRUGS. They take a CD player and music they arranged together out into the public. Bob dances wearing the shirt. The Christopher Cause is noted on the front of the shirt and shows a dancing figure on the back of the shirt, along with the message of Do Dance not Drugs and the invitation of "Dancing with Dr. Bob". Meanwhile, Roberta brings the signage and handouts explaining their message on drug prevention. Their mission is ultimately to target kids before they become involved in drugs. Anyone that gets the message from them may be a life they save from the horrors of drug addiction. They are hoping to carry this true content into schools and community centers. This current passion is the ultimate combination of Bob's skills. Personal empowerment and success brought forth from the joy of dance is providing a new angle of therapeutic and spiritual support he offers the larger metropolitan community.

So when you run into Bob next Sunday -- after offering your volunteer services (wink wink!) you can give him a hug of thanks for all he does for us here at Interfaith and for all the effects he has on the community at large.

Read more about Dr. Bob's program on pages 7,8,9

January Music

**6: Katie Geddes-David
Vaughn**

12: Spirit Singing Band

20: Janet Cannon (Viol)

27: Bob Songer

January Talks

- 6: Rev. Delyth Balmer
"Spiritual Growth through
Stewardship and Service"
- 13:: Jim Phillips: Secrets of
Mystics
- 20: Guest: Rev. Dwight Wil-
son
- 27 : David Frankel
"Knowledge of God: A Ba-
ha'i Perspective"

**January
Birthday Babies
Happy Birthday!**

- 2: Susan Major**
- 3: Fred Sauer**
- 5: Peggy Lubahn**
- 12: Ahna Cleveland**
- 13: Sheila Orlowski**
- 14: Jeanne Adwani**
- 15: Alaura Massaro**
- 16: Shekinah Errington**
- 19: Vivian Sanders**
- 20: Lucie Nisson**
- 29: Marice Clark and Lisa Salisbury**

A BEGINNER'S GUIDE TO CELL TALK

In the past several years, I've mentioned talking to your cells to quite a few people. None of them had ever heard of it; a few were excited about it, and a few were dismayed.

On one level, talking to your cells is simple and straightforward: your cells are YOU, right? But on another level, I remember that I was also uncomfortable with the idea at first. Maybe I would find out stuff I didn't want to hear; like a potential for cancer, or that my stomach really hates curry!

I was introduced to the idea of cells as living, conscious beings about twenty years ago by a Brazilian woman who presented a talk at one of the spiritual fairs in Ann Arbor. (Sorry, I've not been able to remember her name; but I'll call her Josepha.) The idea really appealed to me, and has been part of my personal practice ever since.

It might help to think of your body and all its systems as being like a factory. All the different departments and job descriptions are expected to work together harmoniously. Picture this:

I had a terrible migraine and asked Josepha if she could help. She described connecting with a "foreman" in a vast bustling workshop who listened to her question. Then he called out, "Hey, who's working on this headache?" A few "crew members" came forward, and there was a short discussion. "Too much stress, not enough sleep," the foreman reported to Josepha. "We'll see what we can do." And yes, my headache did taper off quite a bit.

Ready to try it? Get comfortable, clear your mind, or slip into a meditative state. Let's say your left knee aches. Tap lightly on your knee three times. "Hello, everyone, this is Mom. Can you help with this knee pain?"

You might, or might not, hear actual words in response. You might feel a sense of agreement or cooperation, or nothing at all. Remember, if you've never done this, your cells are going to be surprised at the contact. But I can guarantee they'll be pleased and excited to work with you in this manner. And as time passes, the connection should become easier and smoother.

I hope you'll give it a try. It can't do any harm, so what have you got to lose?



Youthful Spirits



Picking
photos was
hard, soooooo
many good
ones!



*Love, Light, and Laughter
Heide, Kellie, Tommy, Dawn,, and the Youthful Spirits*

DANCING WITH DR. BOB TO DO AWAY WITH DRUGS attention to the message we wish to share.

Bob Hopkins

DON'T DO DRUGS, DO DANCE!!!
ANNOTATED TABLE OF CONTENTS

Roberta Dippel and Robert Hopkins, PhD. are long-term employees of Star Center, Inc., which has been providing Methadone treatment services to the community of opiate abusers and addicts from its location in Detroit since 1994 when it was founded by Lucy Ryder and her (now deceased) husband Patrick Ryder.

Roberta and Robert conceived of this project on their own initiative as a way to steer young people (and ultimately) all people away from drug experimentation, regular use, abuse and addiction to all forms of illicit opiates.

Roberta has been working at Star Center since 1999. She has working closely in the admission process and has seen hundreds of the now more than 7,000 different clients served by Star Center over the years.

She has wanted to make a difference in the prevention of use and abuse of heroin for many years and this commitment was strengthened with the death of her nephew Christopher at the age of 28 in 2011 due to an accidental overdose of heroin. Roberta will consider it a victory if one person's life is saved that might have been lost to drug addiction. That one person's life will save their family the grief that she and her siblings suffered at the death of Christopher. She elaborates on her concerns and aspirations regarding drug prevention on one of the pages to follow.

Dr. Bob is Robert Hopkins. He holds a PhD. in Social Welfare and a Master of Science of Social Work degree from the University of Michigan. However, he is a native of Detroit, who has been residing in Ypsilanti since 1985. He has been a life-long devotee of dance, taking it up more than 50 years ago and dancing his way through life since then.

He has been a recovering addict himself since 1991, although alcohol and marijuana, not opiates, were his drugs of choice. He has been a counselor at Star Center since 2009. It was at Star that he has worked with more than 150 opiate addicts as an individual counselor. It is while working in the capacity that he has come to understand the nature of the relationship between endorphins, dopamine and opiates that is contained in these pages

The ideas set forth in these pages, the T-shirts you will see today, the arrangement of the CDs that will be used as well as the commitment involved to help to reach out to potential drug users and their families are solely the product of the collaboration between Roberta Dippel and Robert Hopkins. They are not being compensated by anyone to provide this form of information and entertainment. If you do not like what you see or hear, there is no one responsible but the two of them to whom you complain. While we welcome feedback, we will continue to try to get out the message of abstinence from mind-altering drugs. If you would like to contribute to our efforts, we will be happy to receive contributions to enable us to continue to produce the written material and defray the cost of added posters that will continue to evolve to attract

The following is a listing of the pages that follow with a brief description of each page and the possible uses you might find for each page.

The page that follows this one is a list of organizations and resources designed to provide information and referral in the area of opiate abuse and addiction. These have been segmented to distinguish those primarily responsible for information dissemination, from those that can help with options for treatment.

The page that follows that is Dr. Bob's attempt to provide concrete information on how the pursuit of dopamine in every human being can pave the way to opiate abuse and short-circuit the brain's natural capacity to produce the endorphins, which is the chief means by which human beings produce dopamine.

The next page contains the information that Roberta wishes every parent and loved one would know about drug use and abuse, so that they may act wisely to assist their family member avoid drugs or get the help needed to prevent the escalation of the drug crisis.

The next page is taken from the work of Albert Ellis in a book designed to make use of Cognitive Behavioral Therapy to address concerns associated with drug addiction. Our apologies to Dr. Ellis if he feels this is a copyright infringement, but it is our attempt to lay out some patterns of thinking that can be indicative of a potential drug abuse and thus is known by the name he applied to it: Precursors of

The final two pages are simple tests used in the field of drug and alcohol abuse prevention and treatment to detect the extent of the involvement with drugs and alcohol and assess the severity of the problem. They are known as the DAST and MAST, respectively. Again we apologize to the authors of these tests if they feel that the use of them requires some special permission to put forward in this format. However, our intent is to allow people to self-assess or families in the know to get a sense of the extent of emerging or even profound problems with alcohol or drugs.

A list of the music played on each of 4 CDs used in the Dancing with Dr. Bob presentations can be obtained via a personal request directed to the care of Star Center, Inc. 13575 Lesure Detroit, MI. 48227.

If you or a group with which you are affiliated wishes to discuss a session of Dancing with Dr. Bob Doing Away with Drugs, please feel free to contact:

Roberta Dippel (810) 623-5269

Robert Hopkins (734) 604-3590

Otherwise look for information about us on You Tube and/or watch for us to pop up in another location near you as we try to get out the message of alternatives to drugs.

UNDERSTANDING THE CONNECTION BETWEEN DRUGS, DOPAMINE, ENDORPHINS AND THE BRAIN

Bob Hopkins

Dopamine is a key chemical in the composition of everyone's brain. We are all addicted to it DOPAMINE is important to us because it does three things very well:

Dopamine elevates mood and calms anxiety at the same time.

Dopamine is responsible for providing the focus and motivation for the task at hand.

Dopamine keeps the brain from being aware of all but the most severe forms of pain.

These properties are what makes Dopamine so special and why all people are addicted to it.

Dopamine is released when certain sites in the brain are activated by other chemicals.

The sites in the brain that cause the release of Dopamine are known as opiate receptors.

The brain has a chemical known as a natural opiate that is called Endorphin.

The presence of a negative mood, pain or low energy trigger the natural release of Endorphin.

There are many activities and behaviors that can cause the increase in release of Endorphin.

The opiate receptor sites are designed to respond Endorphin to release Dopamine.

Getting a high from the extra Endorphins released by dancing and is naturally reinforcing

There are, of course, many, many types of activities that can step up the release of Endorphins

All psychoactive substances are noted for triggering the opiate receptor sites to do their job.

Psychoactive substances include: caffeine, tobacco containing nicotine, alcohol, marijuana,

THC

Psychoactive substances include: cocaine, amphetamines, meth-amphetamines, Xanax, Valium

Psychoactive substances include: all other forms of benzodiazepine medications and crack

Psychoactive substances include: Oxycodone, Norco, Vicodin, Dilaudid, Codeine (Tylenol 3 &4)

Psychoactive substances include: Fentanyl, AND HEROIN.

All psychoactive substances can be habit forming because of the excess of Dopamine released.

The brain responds to these substances because they release far more Dopamine than is normal.

Therein lies the potency of psychoactive sub-

stances. Clearly, not all are illegal!

Heroin and other members of the opiate family, Oxycodone and the others listed are unique.

The receptor sites are known as opiate receptor sites for a reason.

Opiates trigger an amount of Dopamine that is 10 times greater than Endorphin on its best day.

WHY WOULDN'T A RATIONAL PERSON CHOOSE OPIATES AND FEEL TEN TIMES BETTER THAN NORMAL?

OPIATES and ALL OTHER PSYCHOACTIVE DRUGS don't last and can be costly, but there is more

Over time, sustained use of psychoactive substances desensitize the opiate receptor sites.

This result creates tolerance, which means it takes more to achieve the desired result.

In as little as 6 months of regular use of opiates, the brain's ability to produce Endorphin suffers.

It can take the brain months, if not years, to recover the natural operation of Endorphins.

THUS WE DANCE

We believe that dancing can stimulate a rather high level of Endorphins.

We believe that people who do not use drugs can discover alternatives.

We believe that people who are informed can choose health over abuse.

We believe that addicts who stop their drug use can choose DANCE.

We believe that cardio-vascular exercise can be helpful to heart and lungs.

We believe that carrying a beat in our feet, legs, arms is a natural process.

We believe that anyone who is motivated can transfer that beat into dance.

We know that there are many other ways to stimulate endorphins.

ROBERT AND ROBERTA invite you to join us today to dance and then

DANCE YOUR WAY THROUGH YOUR LIFE AND ABOVE ALL ELSE

DO DANCE NOT DRUGS

INFORMATION SOURCES ON DRUG ABUSE AND ADDICTION

National Institute for Drug Abuse provides Easy to Read Drug Facts on various issues on line, eg.

- Do Your or a Loved One Have a Drug Problem
- Pain Medicine (Oxy, Vike) Facts
- Drugs The People Abuse
- Heroin (Junk, Smack) Facts
- How Does Drug Abuse become Addiction

National Institute for Alcohol Abuse and Alcoholism is a division of the National Institutes of Health

- Harmful Interactions: Mixing Alcohol with Medicines
- Beyond Hangovers: Understanding Alcohol's Impact on Your Health

Substance Abuse and Mental Health Services Administration is a division of the US Public Health

- Tips for Teens: The Truth About Heroin -- is only one of many available pamphlets from SAMHSA

Cognitive Therapy of Substance Abuse, Aaron T. Beck, Fred D. Wright, et.al. Guilford Press, 1993

"Opiate Addiction: Understanding Replacement Therapy", HBO ADDICTION FILMS, 2007

- One of many videos produced in the HBO Addiction series available through HBO. Com

LOCAL RESOURCES TO ASSIST WITH DRUG TREATMENT AND ASSESSMENT

Detroit Wayne Mental Mental Health Authority SUBSTANCE USE DISORDERS PROGRAM

- Call Well Place at (800) 241-4949 for treatment options if you are Wayne County resident

Macomb County Community Mental Health OFFICE OF SUBSTANCE ABUSE (MCOSA)

- 22550 Hall Road Clinton Township 48036 Call (586) 469-5278 8:30 - 5:00 M - F

Oakland County Community Mental Health SUBSTANCE ABUSE SERVICES

- Located at 1200 N. Telegraph Road Building 32 East, Pontiac Call (248) 858-5200
- If after hours, call Common Ground (800) 231-1127

Washtenaw County Community Mental Health Administration 555 Towner St. Ypsilanti 48197

- Access - Intake, Assessments & Substance Abuse Referrals (734) 544-3050
- Call Access/Screening at (800) 440-7548 (24 hours)

Brighton Center for Recovery 12851 Grand River Ave. (810) 227-1121 or (877) 9-SOBER=1

SAMHSA has a comprehensive directory of Substance Abuse Treatment options throughout the country Available on line with codes that help to specify the specific types of treatment offered in each facility.