

# CENTRAL OKLAHOMA COMMUNITY MENTAL HEALTH CENTER



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## FEMA Crisis Counselors

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## OUR MISSION

Our mission to join with individuals, families, and communities to encourage hope, recovery, and wellness.

COCMHC staff use person centered planning designed to help you identify your strengths and abilities as well as focus services on the areas you identify as personally important.

This emphasizes your role in planning and participating in your recovery journey.

## WHO WE SERVE

COCMHC is proud to serve Cleveland and McClain counties as well as individuals from the surrounding area.

COCMHC offers mental health and substance abuse services to children, youth, adults, and families. We are committed to your overall health and wellness and are excited to partner with you to find ways to enhance your wellbeing in every facet of life.

All services at COCMHC are based on the recovery model which supports co-occurring, trauma informed, and culturally competent service delivery.

COCMHC staff are highly qualified mental health and substance use disorders treatment professionals. Our therapists, case managers, nurses, peer specialists, psychiatrists, administrative and support staff are ready to partner with you in your path to recovery. We look forward to being your provider of choice.

COCMHC staff embrace input from the people we serve and support greater involvement of those individuals in the leadership of the center. A number of people are invited to participate on advisory boards, community teams, and peer volunteer staff.

## QUESTIONS?

**Adult Services:** (405) 573-3926—909 E Alameda, Norman, OK 73071

**Adult Services Intake:** Monday through Friday 8am-4pm by appointment or walk-in.

**Children's Services:** (405) 573-3812—1120 E Main, Norman, OK 73071

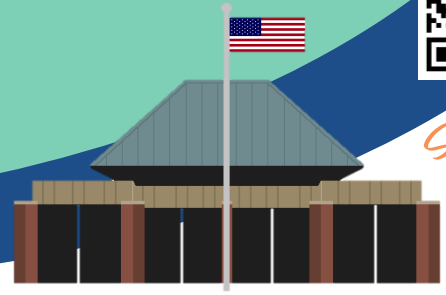
**Children's Services Intake:** Monday through Thursday from 1pm-3pm.

*Please call our offices any day, any time.*

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## FEMA Crisis Counselors

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## ADULT SERVICES INCLUDE:

*Adult Outpatient Services  
Adult Home Health  
Medication Clinic*

*Program of Assertive Community Treatment (PACT)  
Primary Care Clinic by appointment only  
Mobile Crisis Response Team*

*Wellness Team  
Mental Health Court  
Drug Court*

## CASE MANAGEMENT SERVICES:

Case management services at COCMHC cover a wide array of needs. Case Managers work to help individuals find solutions to everyday problems. This includes linking consumers to resources in order to fulfill basic needs; referrals for needed services such as physical/ mental health treatment or housing programs, as well as advocating on behalf of the consumer to ensure needs are being met. Case management works to provide support to those working toward recovery from mental illness.

## ADULT OUTPATIENT SERVICES:

Adult Outpatient services offers time limited group therapy that address a variety of needs in small group settings. Many people are anxious about the thought of attending a group but evidence shows groups can be very effective through connecting with others and gaining multiple perspectives. Many of the groups offered are evidence based meaning they have demonstrated effectiveness in addressing specific issues. Mobile crisis services are available.

## CHILD AND FAMILY SERVICES INCLUDE:

*Child and Family Outpatient Services*

*Mobile Crisis Services*

*Children's Health Home/Systems of Care*

## CHILD AND FAMILY SERVICES:

Child and Family services provides convenient hours and an array of services to support children, youth, young adults and families who may be experiencing complex emotional and behavioral challenges. Services are available from early childhood through transition aged young adulthood (18-25).

Services at COCMHC have restored continuous functionality to our lives and the lives of others who receive services here. They restore hope and courage which allows a person to experience happiness and live their lives to the fullest.

A person can choose from many different groups and programs to address their particular needs as well as have access to medical and physician services.

COCMHC is the place to begin on a recovery path and journey to a wellness lifestyle and fully embrace a meaningful place in the community of their choice.  
- Peer Volunteer Staff