



Rockford Public Schools

Quality Community – Quality Schools

Together Building a Tradition of Excellence

Rockford Public Schools Mental Wellness Community Resource Guide 2024-2025

Emergency/Crisis Mental Health Support

Network 180

Access Center
616-336-3909
Open 24 hours-walk-in
790 Fuller Ave NE
Grand Rapids, MI 49503

Children's Crisis Mobile Response Team (Network 180)

616-333-1000
Monday-Friday 9am-9pm
Saturday-Sunday 11am-9pm
Same-day appointments for assessment. Please call as early as possible. They have a mobile unit and will come to you.

Helen Devos Children's Hospital

866-989-7999
Open 24 hours
100 Michigan St NE,
Grand Rapids, MI 49503

Pine Rest

616-455-9200
300 68th Street SE
Building E (Blue), Entrance E1
Grand Rapids, Michigan 49548

Forest View Hospital

616-942-9610
Toll-Free 800-949-8439
1055 Medical Park Dr SE
Grand Rapids, MI 49546

Children's Advocacy Center (CAC)

<https://cac-kent.org/>

616-336-5160

2855 Michigan Ave
Grand Rapids, MI 49506

The Children's Advocacy Center offers a variety of services and programs geared around topics of sexual assault, sexual/emotional/physical abuse, and safety/prevention. Programs include forensic interviews, family advocacy, therapy, case management, support for parents and victims, and education.

National Suicide Lifeline

Call: 988
Open 24 hours

The 988 Lifeline provides confidential support to people in suicidal crisis or mental health related distress. Calling or texting this line will connect you to a mental health professional with the lifeline network.

Assessment/Testing Resources

North Kent Guidance

<http://northkentguidance.com/>

616-361-5001
5250 Northland Dr. NE, Suite A
Grand Rapids, MI 49525

North Kent Guidance offers various types of testing and outpatient therapy options for private insurances and some forms of Medicaid. Offices are located close to our Rockford community!

Behavior Health Partners (BHP)

<http://behaviorhealthpartners.com/>

616-363-5337
5242 Plainfield Ave. Suite A
Grand Rapids, MI 49525

Behavior Health Partners offer various types of testing, Autism Spectrum Disorder testing, ABA therapy, and outpatient therapy options for private insurances and some forms of Medicaid.

Integral Psychological Services

<https://integralpsy.com/service>

616-600-2845
8 E. Bridge St NE #C2
Rockford, MI 49341

Services include ADHD Testing, Academic Testing, Cognitive Testing, Personality Testing, DSM diagnoses, Bariatric pre-survey evaluation, and outpatient therapy. Insurances accepted include Blue Cross Blue Shield, Priority Health, United Health Care, Medicare

Brains

<http://brainspotential.com/>

616-365-8290

3292 N. Evergreen Dr. NE
Grand Rapids, MI 49525

Brains offers individual and group therapy options for most private insurances and some Medicaid insurances. They also offer some ABA therapy services and an assortment of social skills groups. They provide occupational therapy, trauma focused therapy, cognitive behavior therapy, dialectical behavior therapy, and family focused therapy.

Pine Rest Psychological Consultation Center

<http://www.pinerest.org/locations/psychologicalconsultationcenter>

616-281-6382

6500 Byron Center Ave SW # 300
Byron Center, MI 49315

Pine Rest's Psychological Consultation Center specializes in assessing the relationship between behavior and brain functioning. Clinicians use state-of-the-art tests and a comprehensive clinical history that generally includes an interview, discussion with family members and a review of school and medical records. The goal is to provide an in-depth understanding of a person's strengths and weaknesses that can yield helpful recommendations for short and long-term treatment planning.

Counseling Resources

Allow Therapy Partners

<https://www.allowtherapy.com/>

877-255-6987

Multiple Locations:

1324 Lake Dr Suite #8
Grand Rapids, MI 49506

6739 Courtland Dr NE Suite #203
Rockford, MI 49341

Allow Therapy Partners offers a wide range of trauma-informed and trauma-responsive tools. Offers a strengths-based approach, to employ cutting-edge therapeutic interventions including: Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapies, Mindfulness, Body Awareness, Movement Therapy, Emotional Regulation, Self Compassion and the Live Brave Method.

Counseling Center of West Michigan

<https://www.counselingcenterwm.org/>

616-805-3660 ext. 1123

Multiple locations including Rockford, Grand Rapids, Cascade, Greenville, and more
502 Northland Dr NE Suite 100
Rockford, MI 49341

Grand Rapids Pride Center

<https://grpride.org/portfolio-item/youth-group/>

616-458-3511

343 Atlas Ave SE

Grand Rapids, MI 49506

The Pride Center is aimed at empowering our LGBTQ+ community through supportive services and awareness. The Pride Center offers multiple social and support groups.

Wedgwood Christian Services

<http://www.wedgwood.org/>

616-942-7294

3300 36th St. SE,

Grand Rapids, MI 49512

Wedgwood offers a full continuum of child and family services, including the area's primary option for group and individual adolescent substance abuse support. Services also include Psychological Testing, Abuse/Neglect Support, Trauma Support, Dialectical Behavior Therapy (DBT), and several residential programs for adolescents. Wedgwood also offers alternative school learning environments that include Lighthouse Academy and Hope Academy.

Epic Discoveries Counseling

<http://www.epicdiscoveries.com>

4867 E Beltline Ave NE Building 1 Suite 400

Grand Rapids, MI 49525

616-202-2253

Epic Discoveries believes that growing in self-awareness and emotional freedom are epic achievements! The way we see it: you are on one *incredible* journey and you can triumph as the hero of your one-of-a-kind story. We know the path can be steep and rocky, yet the progress is worth every step.

Spot to Talk

www.spottotalk.com

8 E Bridge St Suite E1

Rockford MI 49341

406-890-6786

Spot to Talk is a therapy experience that strives to support all clients by cultivating an authentic and communicative therapeutic relationship to meet one's individual needs. Therapists are dedicated to connecting with clients in an individualized and non-judgmental manner. Spot to Talk specializes in Child Centered Play Therapy for ages 2-13 to help children develop self-control, self-responsibility. Therapists also support adolescents and adults dealing with anxiety, depression, grief and loss, identity formation, OCD, substance use challenges, school refusal, relationship challenges, and family dynamics.

School Assistance Program

A Guide to Your Benefits



Rockford Public Schools

REF | ROCKFORD EDUCATION
FOUNDATION



800.442.0809

(press 1 and follow the prompts)

Please remember to say, "I have a SAP with Rockford Public Schools"

Your SAP Benefits Include

- 3 sessions of free, confidential counseling per episode of care
- In-the-moment support available 24/7
- Free consultations
- Personal Advantage online library
- Wallet Wisdom online financial wellness
- All benefits available to every member of the household



Scan the QR code
to call the SAP
benefit line.

What if I Need Immediate Support?

If you or a loved one are in crisis or experiencing suicidal thoughts, please visit a hospital ER or Pine Rest Psychiatric Urgent Care Center.*

Access in-the-moment support by calling 800.442.0809 (press 1 and follow the prompts).

**ER and Psychiatric Urgent Care are not included in the SAP benefits.*

SAP Contact Info

800.442.0809 (press 1 and follow the prompts)
eap@pinerest.org

Confidential Counseling Services

How do I schedule my free counseling sessions?
Call 800.442.0809, press 1 and follow the prompts. Remember to say at the beginning of your call, "I have a SAP with Rockford Public Schools".

What is an episode of care?
An episode of care begins with your first visit and doesn't end until you have left treatment and your case is closed. An episode of care may include addressing multiple issues.

Will my school be notified?
All SAP services are 100% confidential.

Are my family members eligible for SAP benefits?
Every member of your household is eligible including dependents who are away at school.

Free Online Resources

Personal Advantage is an online library with thousands of resources related to health and wellness, financial and legal issues and more. This library includes articles, videos, webinars, calculators, locators, assessments and trainings.



pinerest.org/PAL
My Company Username is:
RockfordPS

Wallet Wisdom is a financial resource library of webinars, calculators and articles to help you with complex financial issues such as debt consolidation, student loans, retirement saving, mortgage lending and more.



[Wallet Wisdom](http://WalletWisdom.go.lmcu.org/pine-rest)
go.lmcu.org/pine-rest

Free Consultations

Elder Care Consultation with an elder care specialist from Pine Rest provides guidance, assessment of needs, education and resources for housing, care and support groups.

Legal Consultation with an attorney from law firm, Rhoades McKee, for a free 30-minute consultation on any legal matter. Additional services receive a 20% discount.

Financial Consultation with a finance expert from Lake Michigan Credit Union to discuss any financial matter via telephone, video call or in-person at a LMCU location.

Infant Feeding Support Consultation with a board-certified lactation consultant from baby beloved, inc. to discuss prenatal, postnatal, return-to-work, breastfeeding, or bottle feeding concerns. Free webinars and 25% discount on additional online educational courses.

Real Estate Consultation with a licensed realtor from Cripe Real Estate to discuss any real estate related questions, receive a home valuation and property availability search. Free 1-year home warranty with purchase or sale of a home.

How to Access Your Free Consultations

Option 1: Call 800.442.0809, press 1 and follow the prompts to select your free consultation.

Option 2: Scan the QR code below to email your request. Please identify the type of consultation requested.

Remember to say, "I have a SAP with Rockford Public Schools".



Scan the QR code to
email your request for a
free consultation.

Additional Helpful Resources:

Information about Anxiety:

- [Anxiety: A Brief Overview](#)
- [What is Anxiety?](#)
- [10 Signs of Anxiety](#)

Information about Depression:

- [What is Depression?](#)
- [What Depression Actually Feels Like](#)
- [Signs of Depression in Children](#)

Rockford Public Schools Mental Health Liaisons

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