

CATHOLIC HUMAN SERVICES, INC.

President and CEO

Chip Cieslinski
Traverse City

Consultant

Dr. David Best, DO

Central District

Cheboygan, Gaylord, Grayling,
Houghton Lake, Roscommon,
Mancelona and West Branch

Central Region QA Coordinator

Katherine V. Seal, LMSW

Central Region Administrator

Kara Stienke

Clinical Supervisor

Larry LaCross, LMSW CAADC

CHEBOYGAN OFFICE

802 S. Main Street Suite 4
989-732-6761 Office
231-627-2531 Fax

Therapists

Dennis Lawrence, Psy D
Alcohol and Drug Services
Family Services

Kathaleen G. Mason, BA,
CADC-M, CCJP
Alcohol and Drug Services

Susan Whitener, MA, LPC
Alcohol and Drug Services
Family Services

REGIONAL OFFICE LOCATIONS

ALPENA

154 S. Ripley Blvd.
Alpena, MI 49707
989-356-6385 Fax: 989-356-4909
800-356-5755

CADILLAC

421 S. Mitchell, Suite 2
Cadillac, MI 49601
231-775-6581 Fax: 231-775-5421

GAYLORD

829 W. Main Street Suite C3
Gaylord, MI 49765
989-732-6761 Fax: 989-732-6763
800-506-3602

TRAVERSE CITY

1000 Hastings Street
Traverse City, MI 49686
231-947-8110 Fax: 231-947-3522
800-779-0449

TRAVERSE CITY – LOGAN

1832-A Oak Hollow Drive
Traverse City, MI 49686
231-929-7070 Fax: 231-929-1247



802 S. MAIN STREET SUITE 4

CHEBOYGAN, MI 49721

PH: 989-732-6761

FAX: 231-627-2531

www.catholichumanservices.org

Catholic Human Services, Inc.
...all faiths ...all incomes
...all families

MISSION STATEMENT

Catholic Human Services, Inc. enhances the lives of those we serve by providing hope-filled social, emotional and spiritual support to all people.

VISION STATEMENT

The purpose of Catholic Human Services, Inc. is to fulfill the social mission of the Catholic Church. Catholic Human Services, Inc. seeks to heal, strengthen, enhance and build healthy individuals, families and communities by providing a wide range of services including advocacy, education, counseling, adoption, prevention and outreach services to all people throughout the life span within the twenty-one counties of northern lower Michigan.

Catholic Human Services, Inc. seeks to vigilantly identify the needs of the region and is committed to fostering community collaborations to proactively address those needs. It is dedicated to providing assistance to all those in need, particularly to the poor and otherwise disadvantaged. In this way, Catholic Human Services, Inc. serves as a witness to Christian values in our communities. Catholic Human Services, Inc. demonstrates a long-term commitment to the individuals, families and communities it serves.

Anger Management

This program consists of 10, 2-hour weekly counseling groups learning to manage anger. Groups consist of outside agency referrals as well as self referrals. Content includes but is not limited to:

- Conflict Resolution
- Parenting Skills
- Workplace Anger
- Communication Skills

Employee Assistance Program (EAP)

This program provides consultation, assessment, brief therapy and referral services for employees.

Family Services

Provides counseling to individuals, couples and families with adjustment problems other than alcohol and other drugs. Some common issues include anxiety, depression, relationship issues and other psychosocial issues.

Insight Awareness

This is an eight week educational group that will help clients to increase awareness of past and current relationship with alcohol and other drugs.

- Stages of Addiction
- Abuse vs. Dependency
- Consequences of Use
- Alternatives to Use
- Effects on mind and body and lifestyle

Moral Reconciliation Therapy (MRT)

Class meets weekly to change maladaptive behaviors as it relates to substance use and criminal behaviors. An individually paced class that enhances:

- Self-Image
- Promotes Positive Self-Identify
- Moral Decision Making
- Change Maladaptive Behaviors

Prime for Life

This program is for those who do not meet abuse or dependence criteria but may benefit from Drug & Alcohol Education. An evidence based prevention and intervention program with demonstrated success in significantly altering attitudes, increasing abstinence and reducing high risk drinking and drug use from early teen years through adulthood. The 12-hour course is conducted in a weekend format to meet the specific needs of the individual.

Relapse Storytelling Prevention

Provides support and education for men and women in recovery.

- Maintain abstinence from mood-altering substances
- Develop new strategies and coping skills to avoid relapse
- Identify triggers to relapse and understand of the relapse process
- Develop a relapse plan with specific recovery group per individual situation

Prevention Services

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