



Improving Lives Through Healthy Minds  
810-648-0330

# SUD Services

Substance Use Disorder Treatment  
Services

## Common Signs of Substance Use Disorder:

- Sudden weight loss or gain
- Pale skin, bruises or marks on arms and legs
- Lack of coordination or slurred speech
- Dilated pupils or bloodshot eyes
- Shaking, headaches, runny nose, sweating or itchy skin
- Neglected hygiene or appearance
- Changes in personality or mood
- Risk taking or secretive behaviors
- Changes in appetite and sleeping patterns
- Unusual odors on breath, body, clothes
- Feeling paranoid, anxious, or fearful
- Unexplained change in personality
- Lack of motivation
- Feeling excessively tired
- Periods of excessive energy, mental instability, or restlessness
- Increased agitation or anger

*Sanilac County Community Mental Health* is dedicated to delivering high-quality care to those it serves. We are committed to addressing the needs of each individual comprehensively to improve lives through healthy minds.



### Talk To Us:

Sanilac County  
Community Mental Health  
227 E. Sanilac  
Sandusky, MI 48471

☎ 810-648-0330 Assistance 24/7

🌐 [www.sanilacmh.org](http://www.sanilacmh.org)

📘 [facebook.com/sanilacmh](https://facebook.com/sanilacmh)

**Help is available; you are not alone.**

If you need assistance for yourself or a loved one,  
we are here for you 24/7.

If a situation is potentially life-threatening,  
call 911 immediately.





## Substance Use Disorder

Substance Use Disorders (SUD) result from persistent alcohol and/or drug use, leading to severe impairment, encompassing health issues, disability, and the inability to fulfill major responsibilities at work, school, or home. SUD involves mental/emotional, physical, and behavioral challenges, including difficulty in reducing or stopping substance use, intoxicated driving, and withdrawal symptoms. These disorders are treatable conditions affecting individuals regardless of age, race, gender, employment status, income, or education level.

## Recovery

Recovery from a substance use disorder involves a journey toward enhanced physical, psychological, and social well-being following struggles with substance-related challenges. Despite the severity and chronicity of the disorder, individuals can overcome it and restore their health and overall sense of well-being.

## SUD Treatment Services

Sanilac County Community Mental Health SUD services offer screenings, treatment, and support for individuals with substance use disorders through:

- **Individual Therapy** is often helpful for those living with SUD. It can reinforce motivation to maintain recovery and target any underlying mental health concerns such as trauma, anxiety or depression. Therapy can teach coping skills to help work through and manage life challenges.
- **Certified Recovery Coaches** are people who are successfully living in recovery who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, Recovery Coaches help people become and stay engaged in the recovery process, providing support along the way.
- **SUD Relapse Prevention Group** supports people seeking long-term recovery from SUD. Topics include: understanding addiction, coping skills for recovery, and preventing relapse from stressors of everyday life.

## Progression and Program Exit

Recovery is a lifelong journey, and many individuals eventually reach a point where they can independently manage their substance use disorder symptoms.

At Sanilac CMH, your Clinician and or Care Team may recommend changing to a different level of service based on progress and goals achieved. Individuals have the right to end treatment at any time unless court ordered. Exiting the program may occur when individuals have developed a strong support system within the community to help maintain their recovery successfully.

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