

# PEOPLE'S CLINIC

## For Better Health

Integrated health care services at St. Clair County Community Mental Health



### + WELCOME TO THE PEOPLE'S CLINIC

People's Clinic operates as a **partnership** between Lake Huron Foundation and St. Clair County Community Mental Health (CMH). Through this partnership, People's Clinic provides care to adults 18 and over:

- Who receive services through St. Clair County Community Mental Health for a mental illness (MI), substance use disorder (SUD) or a co-occurring MI and SUD
- Who have Medicaid insurance or both Medicaid and Medicare
- Who would like to have a treatment team to help coordinate their behavioral health and physical health care
- Who would like to have the People's Clinic as their Primary Care Provider (PCP)

The clinic is conveniently located inside the CMH main office in Port Huron, making it easy for people to access **behavioral health and physical health services all in the same location**. When you go to People's Clinic, you can receive the same type of medical you would receive from a primary care provider. The clinic location offers convenient access to public transportation, on-site Genoa Pharmacy, and dental care through Port Huron Dental Center, located just outside the CMH office.

### + SERVICES AT THE PEOPLE'S CLINIC

The caring staff at People's Clinic provide:

- Care of chronic diseases, like diabetes or high blood pressure
- Care for routine illness, like colds and flu
- Wellness checkups
- Lab and radiology testing
- Referrals to specialist if more care is needed

### + ABOUT INTEGRATED HEALTHCARE

Integrated healthcare is the coordination of physical and behavioral health. Integrating mental health, substance use treatment and primary care services produces **good outcomes**. It is also a very effective way to care for people who have multiple healthcare needs. Integrated healthcare helps to remove barriers making it **easier for you to take care of yourself, both mentally and physically**.

People who receive behavioral health services at CMH and physical health services at the Peoples' Clinic will have a treatment team that will include your CMH caseholder and medical staff that will meet regularly to help coordinate your care, **ensuring that all of your health needs are being met**.

## + MEET THE STAFF



**Clayton House, RN, DNP, FNP-C** is a Nurse Practitioner. He attended the University of Michigan and graduated with a Doctorate in Nursing Practice with honors. Clayton says, "I enjoy working at the clinic because at the end of the day I know I've made and impact on someone's life."

**Mary Lynn Zaremba, APRN- BC** is a Nurse Practitioner. A graduate of the University of Michigan, Mary Lynn has a Masters in Nursing and over 25 years of practical nursing experience. "I enjoy working in the clinic, knowing that I am helping my patients take steps to improve their health and continue to move in the right direction."



**Tiffany Higgins** is a Medical Assistant. When asked about what she likes best about her work at The People's Clinic, Tiffany says, "I enjoy providing healthcare services to individuals within our community."

**Jessica Compton** is a Peer Support Specialist at CMH, providing support and navigating care with people who receive CMH services and also use the People's Clinic as their medical provider. Jessica says, "I like working with The People's Clinic because I get to be part of a team that is helping individuals achieve health & wellness within our community"



**Angie Lademer** is the Clinic Coordinator and often the first friendly face you'll see when visiting The People's Clinic. She reports that, "I feel very fortunate to be a part of such a caring team that provides exceptional care to the individuals that we serve."

## + COVID SAFETY MEASURES

For the safety of everyone who visits People's Clinic and CMH, there are COVID safety procedures in place. When you arrive at the front door, your temperature will be taken and staff will ask you a few questions about how you have been feeling. If you are experiencing any COVID symptoms, we ask that you call People's Clinic first before coming in for your appointment with your primary care provider.

“

CMH and People's Clinic have given me my life back. They are understanding, helpful and uplifting. I like that the services are connected especially with my meds. It makes me feel safer.”

## + WHAT TO EXPECT AT YOUR FIRST APPOINTMENT

You can expect your first appointment at the clinic to take about an hour. After you check in, your height, weight, blood pressure, temperature and medical history will be recorded in your chart. Next, you'll meet with a health care professional who may take bloodwork, provide further testing, or provide vaccinations. When your appointment is finished, staff will help you make your next appointment or connect you with a specialist if needed.

## + WHAT IF I NEED MORE SUPPORT?

People's Clinic and CMH have a Peer Support Specialist who is available to help people manage their health care needs. The Peer Support Specialist can attend your appointment with you, if you choose, to help make you feel more comfortable. They help explain the health information provided by the medical team, they can help you make and manage your appointment times, and can teach you self-management tools for your health conditions.

## CLINIC HOURS & LOCATION

3111 Electric Avenue, Port Huron, M 48060

Monday	8:00 am - 5:00 pm
Tuesday	1:00 am - 6:00 pm
Wednesday	8:00 am - 5:00 pm
Thursday	1:00 am - 6:00 pm
Friday	8:00 am - 3:00 pm

Visit People's Clinic any time during office hours to meet the staff, ask questions, schedule an appointment, or tour the facility. The friendly staff are happy to help you take care of your health!

Call today: (810) 985-4747