To learn more about CARS, visit county.milwaukee.gov/BHD-CARS or contact one of our community-based access point locations:

CARS
9455 W. Watertown Plank Rd.
414-257-8095

IMPACT
6737 W. Washington St., Suite 2225
414-649-4380

M&S Clinical Services
2821 N. 4th St.
414-263-6000

Justice Point
414-278-2140

Wisconsin Community Services
414-343-3569

MILWAUKEE COUNTY BEHAVIORAL HEALTH DIVISION

Empowering safe, healthy and meaningful lives by ensuring that everyone gets connected to great behavioral health care.

The Milwaukee County Behavioral Health Division (BHD) is the community's connection point to vital, high-quality behavioral health care. We provide care and treatment to adults, adolescents, and children with mental illness, substance abuse disorders and co-occurring illnesses.

It's in our DNA to constantly and courageously push for better in our community because everyone in Milwaukee County deserves access to behavioral health services that can help them and change their lives. Because every single person deserves access to compassionate, quality care, no matter their ability to pay.

milwaukee.gov/bhd

MILWAUKEE COUNTY BHD Behavioral Health Division

COMMUNITY ACCESS TO RECOVERY SERVICES

Milwaukee County Department of Health & Human Services

MILWAUKEE COUNTY BHD Behavioral Health Division

Helping individuals and families in Milwaukee County get connected with trustworthy, high-quality, reliable services to support them in addressing their mental health, substance abuse and co-occurring (mental health and substance abuse) treatment and recovery needs.

Milwaukee County Department of Health & Human Services

BHD MILWAUKEE COUNTY Behavioral Health Division

Access the treatment and recovery services you need to take charge of your health and wellness today. **Call CARS at 414-257-8095.**

COMMUNITY ACCESS TO RECOVERY SERVICES (CARS)

Available through the Milwaukee County Behavioral Health Division

If you or your loved one is living with a mental health, substance abuse or co-occurring (mental health and substance abuse) disorder, find peace of mind knowing recovery is possible.

Community Access to Recovery Services (CARS) specializes in helping Milwaukee County residents like you or your loved one get connected with the resources needed to guide and support you on the journey to recovery. CARS has five main areas of focus that put you or your loved one at the center of care, while following best practices to achieve the most positive outcomes. The areas include:

- Prevention
- Access
- Treatment
- Care management
- Recovery support services

CARS's strong partnerships with trusted, local providers give you or your loved one access to treatment and recovery services that are close to home. Recovery services provide the support and education to learn how to use proven tools to take charge of your health and wellness.

The first step on the journey to recovery

Get started by contacting CARS for an assessment to learn which services are the best fit. There are many ways to begin the assessment process:

- Ask the behavioral health professional caring for you or your loved one to download and complete a referral form at county.milwaukee.gov/BHD-CARS.
- Fax completed forms to 414-454-4242.
- Call CARS directly at 414-257-8095.
- Visit or call one of CARS's community-based access point locations.

An assessment typically takes 1-1/2 to 2 hours. This in-depth screening may include questions about mental health history, drug and alcohol use, and other areas of life for you or your loved one. With this information, the CARS team and access point staff can connect you or your loved one to the appropriate programs, level of care, and services that meet your interests and needs.

PREVENTION

In many cases, a personal or family crisis occurs without warning. But that doesn't mean the only time to think about a crisis is in the moment it is happening. There are things that you, your loved ones and even the general public can do to help prevent a crisis.

Being more aware of, informed about and educated on mental health, substance abuse and co-occurring disorders is important for crisis prevention. That's why CARS is taking steps now to help Milwaukee County residents like you become more knowledgeable about these life challenges.

As more people have a better understanding of mental health, substance abuse and co-occurring disorders, we can reduce the stigma, shame and embarrassment often felt by those in need. This, in turn, will encourage more individuals to reach out for help before a crisis occurs.

CARS also focuses on building bridges and opportunities in communities throughout Milwaukee County, working side by side with other organizations to help improve wellness and decrease the stigma of mental health, substance abuse and co-occurring disorders.

ACCESS

A mental health, substance abuse or co-occurring disorder crisis can be very frightening. Knowing where to turn for help can improve your or your loved one's chances of getting quickly connected to the necessary treatment and recovery services. CARS offers a variety of community-based access point locations that you or your loved one can easily visit or call:

BHD - CARS
9455 W. Watertown Plank Road
414-257-8095
Fax: 414-454-4242 for completed referrals

IMPACT
6737 W. Washington St., Suite 2225
414-649-4380

M&S Clinical Services
2821 N. 4th St.
414-263-6000

Justice Point
414-278-2140

Wisconsin Community Services
414-343-3569

The staff at each community-based access point location are specially trained to help you or your loved one begin the CARS assessment process. Working with you or your loved one, they will make recommendations for the treatment and recovery services that best meet your needs.

TREATMENT

On the journey to recovery, it is not uncommon for you or your loved one to participate in and work through a variety of treatment programs. These programs may include:

- Residential treatment
- Outpatient treatment
- Day treatment
- Medication assisted treatment

The treatment teams will help guide you or your loved one in identifying and managing the symptoms of the mental health, substance abuse or co-occurring disorder.

By combining both proven clinical methods (i.e., medications, if needed) with relationship building, you or your loved one will learn how to safely and comfortably function at work, home and/or in the community. Even better, the treatment process will help you or your loved one enjoy an improved quality of life that will have you feeling healthier and more satisfied.

CARE MANAGEMENT

To help make sure you or your loved one continues to actively participate in treatment, Care management may be needed. This includes regular contact from a specially trained care manager who will work with you or your loved one to:

- Design a treatment and recovery plan
- Put the plan in place
- Monitor the plan
- Change the plan, if needed, to achieve recovery goals

Care management is another way the CARS team puts you or your loved one at the center of care and helps you or your loved one choose the options and services that best meet your needs.

RECOVERY SUPPORT SERVICES

No matter if you or your loved one is living with a mental health, substance abuse or co-occurring disorder, the CARS team believes recovery is possible for everyone. That's why CARS offers a variety of programs through recovery support services that will help connect you or your loved one with community-based resources for success.

These programs can include:

- Peer specialist services
- Spiritual support
- Supported employment
- Parenting assistance
- Anger management
- Domestic violence services
- Clubhouse
- Drop-in centers
- Physical health monitoring
- And many more

In addition to the Recovery Support Services offered through CARS, CARS believes it is important for you or your loved one to also make meaningful connections with the people around you and within the community. These connections are just as important as the clinical treatment provided under our care.