

IMAGINE, BELIEVE AND ACHIEVE

## MISSION

At TTI, we seek to enhance the quality of life of those we serve through an array of clinical best practices that inspire healthy living, empowerment, and recovery while promoting the attainment of personal goals and independence.

## FUNDING

Funding for TTI services comes primarily from local county community mental health agencies and authorities under contract with the Michigan Department of Community Health. Funding is also provided by HUD and MSHDA, the U.S. Department of Veterans Affairs, and through grants. This funding is generally used for persons with the most severe forms of disabilities who are eligible for Medicaid.

## ABOUT TTI

TTI is a private, not-for-profit agency that has been providing mental health services and training in Michigan since 1987. TTI provides a wide range of clinic and community-based services to support adults with behavioral health issues and co-occurring disorders. In addition, TTI provides a full array of services to children with autism spectrum disorders, developmental disabilities and emotional impairments. TTI delivers a wide range of specialty mental health services to include Applied Behavior Analysis, Clubhouse, and Employment Services. TTI accepts Medicaid and private insurances.

## NON-DISCRIMINATION POLICY

TTI complies with applicable Federal civil rights laws and does not discriminate on the basis of culture, ethnicity, religion, economic status, gender expression or identity, or sexual orientation.

TTI cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de cultura, etnia, religión, situación económica, expresión o identidad de género u orientación sexual.

TTI 遵守適用的 Federal 民權法，不基於文化、種族、宗教、經濟地位、性別表達或身份或性取向進行歧視。

تميز على أساس الثقافة أو الحقوق المدنية السارية ولا F بقوانين TTI تلتزم العرق أو الدين أو الوضع الاقتصادي أو التعبير عن الجنس أو الهوية أو التوجه الجنسي.

Training & Treatment Innovations, Inc. is accredited by the Commission on Accreditation of Rehabilitative Facilities (CARF).



Phone: (800) 741-1682

Website: [www.ttiinc.org](http://www.ttiinc.org)

## Locations

TTI Oxford  
1450 S. Lapeer Rd.  
Oxford, MI 48371  
(248) 969-9932

Clubhouse Inspiration  
1350 S. Lapeer Rd.  
Oxford, MI 48371  
(248) 969-9375

TTI Saginaw  
304 S. Niagara Street  
Saginaw, MI 48602  
ACT: (989) 799-0066  
Case management:  
(989) 799-6542

Bayside Lodge  
2700 W. Genesee Road  
Saginaw, MI 48602  
(989) 799-1266

TTI Sterling Heights  
13213 E. 14 Mile Rd.  
Sterling Hgts, MI 48312  
(586) 939-4374

TTI Flint  
929 Stevens St.  
Flint, MI 48502  
(810) 232-6081  
ACT: (810) 232-0461

TTI Troy  
1225 E. Big Beaver Rd.  
Troy, MI 48083  
(248) 524-8801

TTI Jackson (Housing)  
2301 E. Michigan Ave.,  
Suite 219  
Jackson, MI 49201  
(517) 782-0010

## ACCESS CENTERS

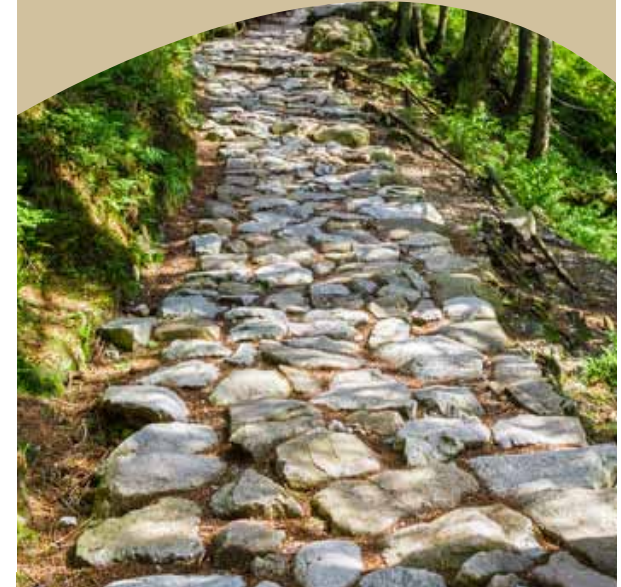
If you or someone you know could benefit from services, please contact the access center for your county to see if you meet eligibility requirements. The numbers are:

- Oakland: Common Ground, (800) 231-1127
- Genesee: Crisis Hotline, (810) 257-3740
- Macomb: Access Center, (586) 948-0222
- Saginaw: Access Services, (989) 797-3559
- Jackson: Lifeways Access Center, (517) 789-1200
- SSVF Hotline: (866) 787-6734



Training & Treatment  
Innovations, Inc.

A provider of behavioral  
health services since 1987



Dialectical Behavioral  
Therapy (DBT)

# Dialectical Behavioral Therapy (DBT)

DBT is an evidence-based model of practice for consumers primarily diagnosed with Borderline Personality Disorder (BPD). It is an intensive, behaviorally-focused approach that combines therapy and skills training. DBT is designed to help people change patterns of behavior that are not effective, such as self-harm, suicidal thinking and substance abuse.

DBT treatment helps consumers to identify the triggers that lead them to such behavior and to build coping skills that most effectively help them prevent it. This approach has been shown to be effective in decreasing suicidal behavior, as well as psychiatric hospitalizations. It's also shown to help consumers improve in areas including emotional regulation, distress tolerance, interpersonal skills and the reduction of impulsive behaviors.

DBT is currently offered at TTI's Oxford location.

## INDIVIDUAL THERAPY

Consumers in the DBT program receive individualized treatment, support and education that



helps them to further build the skills necessary to better cope in everyday life situations. DBT therapists work with consumers to guide and facilitate all areas of treatment. Therapy is typically provided weekly, and is conducted by a trained DBT therapist.

## CRISIS INTERVENTION

Coaching is available for crisis intervention 24 hours a day.



## SKILLS TRAINING

The foundation of DBT is learning skills necessary to improve one's quality of life. A series of skills are taught via four training modules. Learning and utilizing these skills helps consumers improve their interpersonal relationships, mood stability, and the ability to cope with feelings such as depression, anger and anxiety. Skills group is not group therapy; it is a group in which to learn skills, that when used in conjunction with individual therapy, is part of successful DBT treatment.



## FAMILY SKILLS GROUP

Family skills group is a 12-week educational and skills-based group for consumers and their family members designed to help foster effective relationships within the family. Consumers and their families learn skills that enhance the quality of their relationships, improve communication, help them get through stressful situations more effectively, and gain a better understanding of the impact that Borderline Personality Disorder has on the person and their natural supports.

## THE DBT MOTTO

"Changing ineffective patterns to build a life worth living."