



## IMAGINE, BELIEVE AND ACHIEVE

### 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.

Through its Outpatient Clinic, TTI provides outpatient therapy in Genesee, Macomb, Oakland and Saginaw counties.

In addition, through collaboration with Blue Care Network and Priority Health, TTI provides other comprehensive outpatient services, to include case management, peer support and extensive autism services.

Most insurances are accepted. Private pay options are also available.

### 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 لجنسي.

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 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

#### 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

#### TTI Saginaw

3665 Bay Rd.  
Saginaw, MI 48603  
(989) 799-6542

#### Bayside

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

Outpatient Clinic: (877) 688-5900

\*Children and adolescent services at these locations



## Training & Treatment Innovations, Inc.

Providing traditional outpatient therapy for children, adolescents and adults

## Outpatient Clinic

# Outpatient Clinic

TTI Outpatient Clinic offers a full range of therapy services. Our outpatient therapists are experienced licensed, Master's Level Clinicians.



Following are the different types of therapies the Outpatient Clinic offers:

## Individual therapy:

Clients work one-on-one with a clinician in a collaborative process that aims to facilitate change and improve quality of life.

Family therapy: The clinician helps family members understand problems within the family and how to resolve them.

Group therapy: A clinician facilitates a small group of people who have similar issues or problems.

## WE'RE HERE WHEN YOU NEED US

Most of us are constantly adapting and evolving through life's changes: marriage, divorce, children arriving (or leaving the nest), blending families, work, health problems, etc. When faced with such a challenge, it can be helpful to have a neutral and caring person to help you sort through it all.

At TTI Outpatient Clinic, our clinicians work to provide insight, support and a different perspective to clients, and help them develop healthy approaches and solutions for all types of life challenges.

Finding the right treatment option is your first step on the path to feeling and doing better. TTI's team of licensed mental health professionals is committed to helping clients improve their emotional and mental health, and to improving their coping skills and resilience so that they may lead more balanced and fulfilling lives.

## In addition, a clinician can help you:

- Attain a better understanding of yourself, your goals and your values
- Develop skills for improving relationships
- Improve communication and listening skills
- Improve self-esteem and boost self-confidence
- Manage anger, grief, depression and other emotional pressures
- Change old behavior patterns and develop new ones

## TREATMENT BASED ON YOUR NEEDS

Your clinician will partner with you to explore the nature of your concerns, help you identify and set specific goals, and create a plan tailored to your individual strengths, needs and circumstances.

Our clinicians are committed to providing a trauma informed system of care. Treatment is based on an understanding of a client's traumatic experience, allowing the clinician to most effectively help the client move toward healing and recovery, while avoiding reliving the past.

In addition to counseling, a clinician can arrange a medication consultation as needed.



## WHAT KIND OF HELP IS AVAILABLE?

- Alcohol and drug use
- Anxiety
- Autism spectrum disorders
- Behavior disorders
- Bullying
- Co-dependency
- Depression
- Divorce/separation problems
- Employment issues
- Grief, loss and mourning
- Intellectual & developmental disabilities
- Marriage & family problems
- Parenting/step-parenting/blended families
- Phobias
- Post Traumatic Stress Disorder
- School-related issues
- Sexual orientation/identity
- Stress disorders
- Work-related stress



Evening appointments are available.