



ACMH Resource Guide

Youth Behavioral Health Resources for Youth Ages 10–12

Southeast Michigan and Additional Michigan Resources

Current as of August 2026

About This Guide

This resource guide was developed by the **Association for Children's Mental Health (ACMH)** in response to a request for behavioral health resources for youth ages **10–12** in **Southeast Michigan**.

The original request sought information about **Partial Hospitalization Programs (PHPs)**, **Intensive Outpatient Programs (IOPs)**, and **similar behavioral health services** for younger youth who may require a higher level of support or may not be able to participate in a traditional camp setting due to **Serious Emotional Disturbance (SED)**. Because available services for this age group are limited, this guide also includes additional behavioral health programs, community supports, and therapeutic recreation resources from other regions of Michigan that families may wish to consider.

Service	Description
PHP (Partial Hospitalization Program)	Structured daytime behavioral health treatment for children and adolescents who need more support than traditional outpatient therapy but do not require 24-hour hospitalization.
IOP (Intensive Outpatient Program)	Intensive treatment that allows youth to continue living at home while participating in therapy several days each week.
Community Behavioral Health	Counseling, crisis support, care coordination, and family services.
Therapeutic Recreation/Camp	Programs designed to provide therapeutic, social, or recreational experiences in supportive environments.

How to Use This Guide

Every child and family's needs are unique. This guide is intended to help identify potential resources and serve as a starting point for exploring available services. Programs vary in the ages they serve, eligibility criteria, insurance participation, and availability. We encourage families and professionals to contact organizations directly to determine whether a program may be an appropriate fit.

Important Note: Program eligibility, ages served, insurance participation, services, and availability may change. Contact each organization directly for the most current information.

Southeast Michigan PHP & IOP Resources

The following programs offer Partial Hospitalization (PHP), Intensive Outpatient (IOP), or similar intensive behavioral health services in Southeast Michigan. Ages served, eligibility, and services vary by program and location.

Havenwyck Hospital – Branches of Auburn Hills

Program Type: Partial Hospitalization Program (PHP)

Ages Served: 11-17

Location: Auburn Hills, Michigan

Insurance/Funding: Medicaid and many commercial insurance plans accepted; coverage/authorization should be verified for the specific program.

Program Highlights

Offers a Child and Adolescent Partial Hospitalization Program providing structured, intensive daytime mental health treatment for youth who need a higher level of support than traditional outpatient care while continuing to live at home. Programming includes group, individual and family therapy, psychiatric support, medication education, and recreational therapy.

Website: <https://havenwyckhospital.com/programs/partial-hospitalization-program/child-adolescent/>

Phone: 833-574-9400

New Oakland Family Centers

Program Type: Partial Hospitalization Program (PHP) | Intensive Outpatient Program (IOP)

Ages Served: Varies by program and location; some programs serve children as young as age 8

Location: Multiple Southeast Michigan locations

Insurance/Funding: Accepts most major insurance plans. For youth under 18 with Medicaid, the Crisis Team may provide screening for authorization. Coverage and authorization requirements should be verified directly with New Oakland.

Program Highlights

One of the few providers identified as serving children as young as elementary age. Offers both Partial Hospitalization (PHP) and Intensive Outpatient (IOP) services across multiple Southeast Michigan locations.

Website: <https://newoakland.org/services/>

Phone: 800-395-3223

Trinity Health Michigan

Program Type: Partial Hospitalization Program (PHP) | Intensive Outpatient Program (IOP)

Ages Served: 12–17

Locations: Ann Arbor (PHP) | Brighton/Genoa (IOP)

Insurance/Funding: Accepts a variety of insurance plans. Coverage and authorization requirements should be verified directly with Trinity Health Michigan.

Program Highlights

Offers intensive mental health treatment for adolescents who need more support than traditional outpatient therapy while continuing to live at home.

- **Adolescent PHP:** Provides structured weekday treatment for youth with more significant mental health needs. Programming includes individual and group therapy, psychiatry, medication management, and support with coping skills, emotional regulation, and other behavioral health needs.
 - The Adolescent **PHP** is at **Huron Oaks in Ann Arbor**, Monday–Friday, **6 hours/day, 5 days/week**.
 - **Website:** <https://www.trinityhealthmichigan.org/services/mental-and-behavioral-health/partial-hospitalization>
 - **Phone: 734-712-5750**
- **Adolescent IOP:** Provides group therapy three days per week, along with individual and family therapy. The program is designed for youth who can manage daily activities but need additional support or are transitioning from a higher level of care.
 - The adolescent **IOP** is at **Brighton/Genoa**, **3 hours/day, 3 days/week** and includes group, individual, and family therapy
 - **Website:** <https://www.trinityhealthmichigan.org/location/trinity-health-adolescent-intensive-outpatient-program-genoa>
 - **Phone: 810-844-7824**

University of Michigan Health

Program Type: Partial Hospitalization Program (PHP) | Teen Intensive Outpatient Program (IOP)

Ages Served:

- **Child & Adolescent PHP:** Ages 12–17
- **Teen IOP:** Ages 12–18

Locations: Ypsilanti (PHP) | Ann Arbor (Teen IOP)

Insurance/Funding: U-M Health participates with most insurance plans. **Teen IOP** requires a referral from an existing U-M Health primary care or psychiatry provider and does not currently accept Medicaid. Insurance coverage and authorization requirements should be verified directly for each program.

Program Highlights

Offers two intensive outpatient treatment options for adolescents with significant mental health needs:

- **Child & Adolescent PHP:** Provides intensive, short-term daytime treatment including individual and group therapy, psychiatry and medication management, family support, therapeutic recreation, coping-skill development, and educational support. Youth return home each afternoon and on weekends.
- **Teen IOP:** Provides short-term treatment for adolescents who need more support than traditional outpatient therapy. Programming includes evidence-based group treatment, coping and emotional-regulation skills, safety planning, and weekly caregiver support. Participants attend three hours per day, three days per week for approximately four weeks.

Website: <https://www.uofmhealth.org/our-care/specialties-services/child-adolescent-partial-hospitalization-program>

Phone: 734-896-4750

Additional Michigan Treatment Resources

Because intensive behavioral health treatment options for younger youth are limited, families may also wish to explore programs in other regions of Michigan.

Forest View Hospital

Program Type: Partial Hospitalization Program (PHP) | Intensive Outpatient Program (IOP)

Ages Served:

- **Child/Adolescent PHP:** Ages 8–17
- **Adolescent IOP:** Ages 13+

Location: Grand Rapids, Michigan (West Michigan)

Insurance/Funding: Most health insurance plans are accepted, including Medicaid. Coverage and authorization requirements should be verified directly with Forest View Hospital.

Program Highlights

Offers intensive behavioral health treatment for children and adolescents who need more support than traditional outpatient therapy while remaining in the community.

- **Child/Adolescent PHP:** Provides structured daytime treatment for youth ages 8–17, with a focus on coping skills, anxiety and depression, emotional regulation, communication, stress management, grief and loss, and resilience.
- **Adolescent IOP:** Serves adolescents ages 13+ and provides a less intensive level of care that can serve as an alternative to or step-down from higher levels of treatment. The program is offered three days per week and may be available in person or virtually.

Note: Forest View also provides inpatient psychiatric treatment for children and adolescents requiring crisis stabilization and 24-hour care.

Websites:

Forest View Child & Adolescent PHP <https://forestviewhospital.com/programs-services/outpatient-programs/child-adolescent-partial-hospitalization>

Forest View Adolescent IOP <https://forestviewhospital.com/programs-services/outpatient-programs/intensive-outpatient-program>

Phone: 616-942-9610

Pine Rest Christian Mental Health Services

Program Type: Adolescent Partial Hospitalization Program (PHP) | Pediatric Eating Disorder PHP

Ages Served: Adolescents through completion of high school; minimum age varies by program and should be confirmed

Location: Grand Rapids, Michigan (West Michigan)

Insurance/Funding: Accepts many insurance plans. Coverage and authorization requirements should be verified directly with Pine Rest.

Program Highlights

Offers short-term, intensive Partial Hospitalization Programs for children and adolescents who need more support than traditional outpatient treatment but do not require 24-hour inpatient care. Youth participate in structured daytime treatment and return home in the evenings.

Note: Pine Rest also offers a specialized **Pediatric Eating Disorder PHP** for ages 12 through completion of high school.

Website: <https://www.pinerest.org/day-programs>

Phone: 800-678-5500

University of Michigan Health Sparrow

Program Type: Adolescent Partial Hospitalization Program (PHP) – **Planned for 2028**

Ages Served: 10-17

Location: Lansing, Michigan

Insurance/Funding: To be determined for the new adolescent PHP.

Program Highlights

UM Health-Sparrow is developing a new behavioral health hospital in Lansing scheduled to open in 2028. The new facility will expand behavioral health services in Mid-Michigan and include a Partial Hospitalization Program for adolescents, as well as dedicated child and adolescent inpatient psychiatric services.

Note: The adolescent PHP is not currently available and is expected to launch as part of the new behavioral health facility in 2028.

Website: <https://www.uofmhealthsparrow.org/NewBehavioralHealth>

Phone: 517-364-1000

Community, Crisis & Family Support Resources

These organizations provide additional supports for youth and families, including crisis services, family stabilization, counseling, temporary care, and other community-based assistance. **These resources are not PHP or IOP programs and should not be considered substitutes for behavioral health treatment.** Services vary by organization.

Ozone House

Program Type: Youth & Family Support | Crisis Services | Emergency Shelter

Ages Served: Youth ages 10–24; some programs have specific age requirements

Location: Washtenaw County / Ypsilanti, Michigan

Insurance/Funding: All services are 100% free to young people.

Program Highlights

Provides free, voluntary, and confidential support for youth and families, including crisis support, counseling, case management, and housing services. Safe Stay provides emergency shelter for youth ages 10–17 and includes individual and family therapy, group therapy, life-skills support, educational assistance, and safe recreational activities.

Website: <https://ozonehouse.org/how-we-help/for-parents/>

Phone: 734-485-2222

Safe Families for Children/ Bethany Christian Services

Program Type: Family Support | Crisis Support | Temporary Host Family Care

Ages Served: Children ages 0–17

Location: Southeast Michigan and other Michigan communities

Cost: Safe Families for Children is provided at no cost to participating families.

Behavioral Health Resources for Youth Ages 10–12

Association for Children's Mental Health

~ Hope for Families, Shaped by Lived Experience. ~

www.acmh-mi.org | 6017 W. St. Joe Hwy., Suite 200 | Lansing, MI 48917 | 517-372-40165

Program Highlights

Provides voluntary, prevention-focused support to families experiencing a temporary crisis. Services may include temporary care for children through volunteer Host Families, parent and caregiver mentorship, practical assistance, resource connections, and ongoing family support. The goal is to help stabilize and strengthen families and prevent unnecessary involvement in the child welfare system.

Parents maintain custody of their children while participating in Safe Families and may request their children's return at any time.

Websites: <https://bethany.org/help-a-child/emergency-care/safe-families>

Phone: 248-414-4080

SafeHaus

Program Type: Children's Intensive Crisis Residential

Ages Served: 10-17

Location: Warren, MI

Insurance/Funding: Enrolled in Michigan Medicaid. Safehaus also lists BCBS, BCN, Priority Health, other affiliated third-party insurers, and single-case agreements. Families should verify coverage and authorization directly with Safehaus.

Program Highlights

Provides trauma-informed counseling, crisis support, and family-centered behavioral health services designed to strengthen children and families in their communities.

Website: <https://www.safehaus123.com/services>

Phone: 855-236-4812

Camps, Respite & Therapeutic Recreation

These programs offer camp, respite, therapeutic recreation, and other supportive experiences for children and youth. **These resources are not mental health treatment providers or substitutes for behavioral health treatment.** Eligibility, ages served, support needs, and available funding vary by program.

Camp Fish Tales

Program Type: Inclusive Camp | Adaptive Recreation | Respite

Ages Served: 7-17

Location: Pinconning, Michigan (Great Lakes Bay Region)

Insurance/Funding: Camp scholarships are available. Families should check with their local CMH or other funding source regarding possible respite or camp funding.

Program Highlights

Provides barrier-free, adaptive camp experiences for youth and adults with disabilities and special needs. Programs promote independence, friendships, personal growth, inclusion, and participation in recreational and outdoor activities.

Youth programming includes week-long summer camp sessions for ages 7–17 as well as year-round respite weekends. Respite weekends provide a supervised camp experience for youth while offering parents and caregivers a temporary break.

Website: <https://campfishtales.org/>

Phone: 734-636-1000

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Camp Therapyology

Program Type: Therapeutic Camp | Mental Health Groups & Workshops

Ages Served: 4-17

Location: West Bloomfield, Michigan

Insurance/Funding: Therapyology accepts Blue Cross Blue Shield of Michigan. Coverage for Camp Therapyology programs should be verified directly.

Program Highlights

Offers therapist-led, camp-style mental health programming designed to help children and teens build social connections, coping skills, self-confidence, communication skills, and emotional well-being. Programs combine therapeutic support with interactive activities, games, and group experiences. Specialized programs and workshops are offered around topics such as friendships, family transitions, emotional regulation, self-esteem, and other social and emotional needs.

Website: <https://therapyology.com/camp-therapyology/>

Phone: 248-733-4899

Eagle Village

Program Type: Day Treatment | Therapeutic & Experiential Programs | Respite & Intervention

Ages Served: Varies by program; Day Treatment ages 12–17

Location: Hersey, Michigan

Insurance/Funding: Funding options vary by program. Some youth may qualify for scholarships or funding through CMH, juvenile court, DHHS programs, or Adoption Subsidy.

Program Highlights: Provides therapeutic and experiential services for youth that combine clinical support with hands-on activities designed to build coping, relationship, behavioral, and life skills.

The specialized Day Treatment Program combines academics, clinical therapy, and experiential therapy for eligible youth ages 12–17 in Osceola and Mecosta Counties who have court involvement and recurring school suspensions or expulsions.

Eagle Village also offers respite and intervention programs for youth and families.

Websites:

Eagle Village: <https://eaglevillage.org/>

Day Treatment 12-17: <https://eaglevillage.org/daytreatmentprogram/>

Phone: 231-832-2234

St. Francis Camp on the Lake

Program Type: Residential Camp | Day Camp | Respite & Therapeutic Recreation

Ages Served: 8-17

Location: Jerome, Michigan (near Jackson)

Insurance/Funding: Some participants may be able to use CMH respite or therapeutic camp funding, adoption or medical subsidies, or other community-agency funding. Limited need-based campership assistance is also available.

Program Highlights

Provides residential and day camp experiences for children and adults with intellectual and developmental disabilities. Youth camp serves ages 8–17 and combines traditional camp activities with opportunities to develop independence, social skills, decision-making skills, and daily living skills.

Programs are designed to accommodate a range of behavioral, medical, dietary, and support needs. The camp maintains a 3:1 camper-to-staff ratio and offers 1:1 support for campers who require additional assistance.

Activities include swimming, boating, fishing, sports, arts and crafts, nature activities, outdoor cooking, music, games, and other recreational experiences.

Website: <https://www.saintfranciscamp.org/>

Phone: 517-688-9212

The Fowler Center

Program Type: Inclusive Camp | Therapeutic Recreation | Respite

Ages Served: 6-17

Location: Mayville, Michigan (Michigan Thumb)

Insurance/Funding: Self-pay and other funding sources may be available. Many participants use CMH respite or therapeutic-camping funds. Families should contact their CMH supports coordinator and The Fowler Center to determine eligibility and available funding.

Program Highlights

Provides inclusive, barrier-free recreational and outdoor experiences for individuals with physical, cognitive, developmental, and behavioral support needs. Programs include overnight summer camp, weekend respite camps, equestrian activities, specialty camps, and other year-round recreational opportunities.

Youth programs provide opportunities to build independence, social connections, confidence, and life skills through structured recreational and outdoor activities. Weekend respite camps also provide caregivers with a temporary break while participants engage in supervised camp activities.

Website: <https://www.thefowlercenter.org/>

Phone: 989-673-2050

Explore the ACMH Youth Behavioral Health Resource Library

This guide is part of the **ACMH Youth Behavioral Health Resource Library** a growing collection of topic-specific resource guides developed in response to requests from families, caregivers, professionals, and community partners.

Visit the Resource Library to access additional guides as they become available.

Scan the QR code to explore the Resource Library.



www.acmh-mi.org/resource-library

Disclaimer: This guide is provided for informational purposes only. Inclusion of an organization or program does not constitute endorsement by the Association for Children's Mental Health. Program services, eligibility requirements, ages served, insurance participation, website information, and availability may change.

Families, caregivers, and professionals are encouraged to contact each organization directly to verify current information and determine whether a program may be appropriate for the child or family's individual needs.

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