



COPPER COUNTRY MENTAL HEALTH SERVICES

SERVING BARAGA, HOUGHTON, KEWEENAW & ONTONAGON COUNTIES

March 13, 2020

Dear CCMH Consumers:

As you are aware, the Coronavirus (COVID-19) is causing a lot of concern in the United States. Copper Country Mental Health (CCMH) is taking steps to ensure the safety of our consumers and staff and so we are instituting some changes that we want to make you aware of. These instructions may change as the Health Department updates us with new information.

There are some things we all can do to prevent the spread of this disease. Attached is an informational flyer on how to prevent the spread of germs. You will notice signs in the various CMH building lobbies regarding hand washing and tissue disposal. Please sneeze into tissues and then dispose of them into a trash can. We advise you not to put a used tissue in your pocket. It is important to wash your hands thoroughly for a least 20 seconds.

In general, we are asking anyone who is experiencing fever, cough, and/or shortness of breath to stay home and rest. The Centers for Disease Control (CDC) is asking ill persons to stay home as much as possible for 2 weeks and rest. If you feel you need to go to the ER, you should call ahead to the hospital first for instructions.

The following services will be stopped until April 5, 2020 (or longer if needed):

- Group day program/skill building services in Baraga and Ontonagon (including the car wash),
- Clubhouse in Hancock,
- Consumer group community outings,
- Non-essential community outings
- Group meetings at the CCMH clinics.

When we decide these services can start again, CCMH staff will let you know.

If you have an appointment scheduled at CCMH, and you are not feeling well, we ask that you call to speak with staff regarding your symptoms, and, if needed, to reschedule your appointment. For services in the community or in your home, if you or your family member is not feeling well, we ask that you contact your clinician. We may need to reschedule the appointment, but we want to make sure you get your needs met so please contact us to discuss other options for support during this time.

Our emergency services phone number is 1-800-526-5059 for mental health emergencies. If you have specific questions about the Coronavirus there is additional information on the Western UP Health Department's website that is updated frequently. The address is: <http://www.wupdhd.org/>

Please take care.

Sincerely, 

Cari Raboin, Executive Director

Attachment

Baraga County	Houghton County	Keweenaw County	Ontonagon County	Training & Prevention
BARAGA CO. CENTER 15644 Skanee Road L'Anse, MI 49946 (906) 524-5885 Fax: (906) 524-5866	RICE MEMORIAL CENTER 901 West Memorial Drive Houghton, MI 49931 (906) 482-9400 Fax: (906)-482-9794	CALUMET (CLK) CENTER 56938 Calumet Avenue Calumet, MI 49913 (906) 337-5810 Fax: (906) 337-2108	ONTONAGON CO. CENTER 515 Quartz Street Ontonagon, MI 49953 (906) 884-4804 Fax: (906) 884-4856	THE INSTITUTE 900 West Sharon Avenue Houghton, MI 49931 (906) 482-4880 Fax: (906) 482-7657