

# YOU'VE COMPLETED YOUR VISIT!

The ABCD study at the University of Michigan thanks you for another year of participation in our study! We realize that participating in this study was time consuming and may have asked a lot of you. We value the time you committed to our research efforts.

You were 1 of 11,000+ families contributing data to our study across the country. It is only with the help of volunteers like you that the ABCD study is able to gather groundbreaking knowledge about the brain, knowledge that can improve the lives of children all over the world.

Your data is being compiled each year with other families in the study to produce scientific findings from researchers across the nation. You can find more information about the data being published each day on the ABCD website:

<https://abcdstudy.org/es/publications/>

We look forward to your next visit with us! Here's a reminder of what your ABCD participation time line looks like, and what you can expect for your next visit based on your current time point:

Year 4	Year 5	Year 6	Year 7	Year 8	Year 9
Scan Year 7-8 hr visit	No scan 3-4 hr visit	Scan Year 7-8 hr visit	No scan 3-4 hr visit	Scan Year 7-8 hr visit	No scan 3-4 hr visit

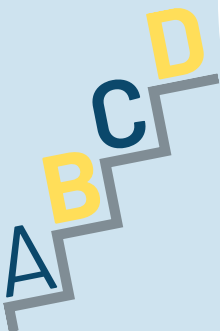
If your child participated in the blood draw or blood pressure measurement during their visit today, you can expect a report to be sent to you with the following values: 1. Blood pressure 2.) total & HDL cholesterol 3.) blood glucose levels (A1C).

Attached to this letter is also a list of resources you may find beneficial for you and your child. If you need other resources, feel free to email us at [abcdmichigan@med.umich.edu](mailto:abcdmichigan@med.umich.edu) or call or text us at (734)-407-7696 and we will try to assist you.

Thank you again for attending your appointment today and for your contribution to science, see you soon!

*The ABCD Study Team*

**M** UNIVERSITY OF MICHIGAN



## Mental Health Resources

### OPEN COUNSELING

- For local affordable mental health care  
<https://www.opencounseling.com/>

### CRISIS TEXT LINE

- 24/7 Crisis counseling available. Text HOME to 741741

### NATIONAL SUICIDE HOTLINE

- Call or text 988

### COMPASSIONATE FRIENDS

- For families dealing with loss  
<https://www.compassionatefriends.org/>

### NATIONAL ALLIANCE ON MENTAL ILLNESS

- For mental health education, free referrals and support [www.nami.org](http://www.nami.org)



## Substance Use Resources

### SAMHSA

- Treatment locator  
<https://findtreatment.gov/>

### TRUTH INITIATIVE

- Information to quit smoking & vaping  
<https://truthinitiative.org/thisisquitting>
- Text DITCHVAPE to 88709

### LIFE RING

- Alternative to 12 step programs  
<https://lifering.org/>

## Food and Shelter Resources

### 211 RESOURCE FINDER

- <https://www.211.org/>
- Connects you with local resources and assistance
- Local Website: <https://unitedwaysem.org/>

### MICHIGAN SHELTER DIRECTORY

- <https://www.homelessshelterdirectory.org/state/michigan>

### HUD EXCHANGE

- Food, housing, health, and safety
- <https://www.hudexchange.info/housing-and-homeless-assistance/>

### GLEANERS COMMUNITY FOOD BANK

- Food distribution sites in Southeast Michigan

## U of M Hospital Resources

### PSYCHIATRIC EMERGENCY SERVICES

- 24/7 Hotline: (734) 936- 5900
- Address: University Hospital, 1500 East Medical Center Drive, Reception: Emergency Medicine, Ann Arbor, MI 48109

### CHILD & ADOLESCENT CONSULTATION

- Inpatient Program
- Appointments: (734) 764-0231
- Care for mood, anxiety, psychosis, behavioral, and developmental disorders

## Family Services

### PEACE NEIGHBORHOOD CENTER

- Local support for after school programs, mentoring and tutoring, and more
- <https://peaceneighborhoodcenter.org/>

## Local Support Groups

### CAMPUS MIND WORKS GROUPS

- [www.campusmindworks.org](http://www.campusmindworks.org)
- University of Michigan, Psychiatry faculty-led support groups

### UM DEPRESSION CENTER

- [www.depressioncenter.org](http://www.depressioncenter.org)
- Depression and Bipolar groups
- Survivors of Suicide groups

### CENTER FOR EATING DISORDERS

- [www.center4ed.org](http://www.center4ed.org)
- Support groups for eating disorders

### UM SPECTRUM CENTER

- [www.spectrumcenter.umich.edu](http://www.spectrumcenter.umich.edu)
- Workshops and educational resources for local community

### ELE'S PLACE

- [elesplace.org](http://elesplace.org)
- Healing center for grieving families



# Health Coverage in Washtenaw County

## HOPE CLINIC

518 HARRIET ST. YPSILANTI, MI 48197

(734) 484-2989 [WWW.THEHOPECLINIC.ORG](http://WWW.THEHOPECLINIC.ORG)

FREE SERVICES, FOOD AND CARE, NO RESIDENCY REQUIREMENTS,  
NOT INCOME-CONTINGENT

## THE CORNER HEALTH CENTER

47 N. HURON STREET, YPSILANTI, MICHIGAN 48197

(734) 484-3600 [CORNERHEALTH.ORG](http://CORNERHEALTH.ORG)

MEDICAL CARE, HEALTH EDUCATION AND SUPPORT FOR LOW  
INCOME PATIENTS 12-21

SLIDING FEE SCALE, MEDICAIDE AND SOME INSURANCES  
ACCEPTED

## REGIONAL ALLIANCE FOR HEALTHY SCHOOLS

3621 S. STATE STREET ANN ARBOR, MI 48108

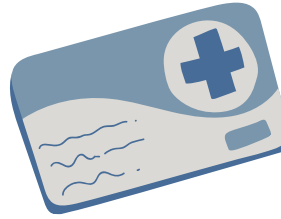
(734) 998-2163 [UMHS-RAHS.ORG/SERVICES/HEALTH-CARE/](http://UMHS-RAHS.ORG/SERVICES/HEALTH-CARE/)

17 SCHOOL BASED PHYSICAL AND MENTAL HEALTH CENTERS  
PROVIDING SERVICES FOR SCHOOL AGE CHILDREN AND  
SIBLINGS

## PACKARD HEALTH

MULTIPLE LOCATIONS [PACKARDHEALTH.ORG](http://PACKARDHEALTH.ORG)

PRIMARY MEDICAL CARE FOR ADULTS AND CHILDREN,  
ASSISTANCE APPLYING FOR HEALTH COVERAGE



## PLANNED PARENTHOOD

3100 PROFESSIONAL DR., ANN ARBOR (734) 973-0710

[HTTP://WWW.PLANNEDPARENTHOOD.ORG/MIDSOUTHMI](http://WWW.PLANNEDPARENTHOOD.ORG/MIDSOUTHMI)

ABORTION REFERRAL, BIRTH CONTROL, LGBT, PREGNANCY  
SERVICES, STD TREATMENT, HEALTH SERVICES

## UNIVERSITY OF MICHIGAN HEALTH SYSTEM

PATIENT FINANCIAL SERVICES: 734-647-5225

## ST. JOSEPH MERCY HEALTH SYSTEM

PATIENT FINANCIAL SERVICES: 734-712-3700

OR 1-800-676-0437

## HEALTH SERVICES ACCESS

734-544-3050 OR 1-800-440-7548

MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

## Dental Care

### COMMUNITY DENTAL CENTER

406 NORTH ASHLEY STREET ANN ARBOR, MI 48103

(734)-998-9640

[DENT.UMICHEDU/PATIENT-CARE/COMMUNITY-DENTAL-CENTER](http://DENT.UMICHEDU/PATIENT-CARE/COMMUNITY-DENTAL-CENTER)

DENTAL SERVICES FOR CHILDREN AND ADULTS WHO LIVE IN  
WASHTENAW COUNTY.

### UNIVERSITY DENTAL CLINICS

U OF M SCHOOL OF DENTISTRY

1011 N. UNIVERSITY, ANN ARBOR

734-764-1523 [HTTP://WWW.DENT.UMICHEDU/PATIENTS/](http://WWW.DENT.UMICHEDU/PATIENTS/)

PATIENT CARE PROVIDED BY DENTAL STUDENT UNDER  
SUPERVISION OF EXPERIENCED PROVIDERS WITH LOWER FEES



### MY COMMUNITY DENTAL CENTER YPSILANTI

111 NORTH HURON STREET, YPSILANTI, MI 48197

(734) 480-4250 [HTTPS://WWW.MYDENTAL.ORG/CLINIC-LOCATION/YPSILANTI/](https://WWW.MYDENTAL.ORG/CLINIC-LOCATION/YPSILANTI/)

YOUTH AND ADULT DENTAL SERVICES ACCEPTING NON-INSURED  
AND INSURED PATIENTS

## More Health Care Resources

### MEDICAID

30 DIFFERENT HEALTH PROGRAMS FOR CHILDREN, ADULTS, AND  
FAMILIES

SUBMIT DHS APPLICATION 1171 TO 22 CENTER STREET, YPSILANTI, MI 48197  
MICHIGAN BENEFICIARY HELP LINE: 1-800-642-3195

### HEALTHY KIDS MEDICAID

HEALTH CARE AND DENTAL CARE FOR CHILDREN UNDER 18 AND  
PREGNANT WOMEN

Submit Healthy Kids application to 22 Center Street, Ypsilanti, MI 48197  
Enroll online at <https://healthcare4mi.com>

### PLAN FIRST!

FAMILY PLANNING SERVICES FOR LOW INCOME WOMEN AGES 19-44  
WITH A SOCIAL SECURITY NUMBER

ENROLL ONLINE AT [HTTPS://HEALTHCARE4MI.COM](https://HEALTHCARE4MI.COM)

### BCCCP - TITLE XV

BREAST AND CERVICAL CANCER SCREENING FOR WOMEN WITH  
NO OR LIMITED HEALTH INSURANCE AGES 40-64

UNIVERSITY OF MICHIGAN TAUBMAN OB/GYN

O 734) 763-6295 ST. JOSEPH ACADEMIC OB/GYN CLINIC

O (734) 712-3967

### WASHTENAW COUNTY PRESCRIPTION PLAN

DISCOUNT PRESCRIPTION PROGRAM, NO REQUIREMENTS

Call (734) 544-6886. Or apply online at:

<http://www.communityhealthplans.org/IHP/OLDIHPWEBAPP/Cappenrollment.asp>