



ACCESS

Community Health &
Research Center





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Since its inception in 1989, the ACCESS Community Health program has become the largest and most comprehensive Arab community-based health and mental health center in North America. When the ACCESS Community Health and Research Center officially opened the doors to its new facility in 2003, it became the first of its kind nationwide—a fully integrated community health ‘one-stop service’ center that is comprised of medical, public health and research, mental health, and environment programs. The founding philosophy maintains that health promotion and disease prevention activities are the most humane and effective ways to ensure the health and well-being of the community-at-large.

Central to its mission statement is the provision of public health initiatives and the pursuit of research that focuses on the health needs of Arab populations locally and elsewhere. In addition, the center serves as a training site for residents, nurses, and public health professionals in collaboration with the University of Michigan School of Public Health and Wayne State University Schools of Medicine, Pharmacy and Nursing. The Wayne County Health Department’s Women, Infants & Children (WIC) program continues to experience significant growth.

HISTORY



The ACCESS Community Health & Research Center participates nationally and internationally in collaborative research programs and forums. Our goal is to continue to gather and disseminate the fundamental, rare minority health information that is needed for Metro Detroit's Arab/Chaldean community. This research, along with activities and events we develop in collaboration with our partners, is intended to improve healthcare programming for minority populations nationwide and to raise public awareness about the health issues and disparities in our community.

The Conference on Health Issues in Arab Communities has been a crucial medium of collecting and publishing health data that is pertinent to Arab Americans. We have co-authored over 100 publications in the fields of behavior and epidemiological research, including the ethnicity and disease special supplements on Arab American health in "Introduction: Proceedings of the 4th Biennial National Conference on Health Issues in the Arab-American Community" (*Ethnicity & Disease*, Vol. 1501, Supplement 3, February 2005, S1-VII). In 2010, the proceedings of the 5th National Conference on Health Issues in the Arab American Community were compiled and published in the newly established journal ACCESS Health.

PROGRAM GOALS & OBJECTIVES

IMPROVE healthcare programming for minority populations nationwide by gathering and disseminating the fundamental minority health information

ENHANCE understanding of non-Arab participants of cultural and social factors that influence health-related behaviors and decision-making among Arab populations

ESTABLISH links between scholars in the Arab World and their counterparts in countries with Arab immigrants, thereby enhancing the understanding of disease patterns and epidemiology

IDENTIFY barriers to and solutions for effective health promotion and disease prevention among Arab and other immigrant communities

CREATE collaborative initiatives for improving management of chronic diseases in Arab populations across the world

RESEARCH



The ACCESS Health Clinic is the largest Arab American community-based, one-stop medical facility in the United States. It provides a comprehensive range of services to the community-at-large and to Arab Americans, in particular.

We accept all form of insurance; for the uninsured, charges are based on a sliding scale fee schedule, making it affordable for everyone, regardless of financial circumstances.

MEDICAL SERVICES

PRIMARY CARE: Traditional internal medicine and family medicine services include standard physical examinations, periodic check-ups, immunizations, pap smears, breast examinations, and family counseling.

SPECIALTY CARE: Obstetrics and gynecology services are provided in partnership with Henry Ford Health System, General Surgery and Oncology.

SUPPORT SERVICES

- Pharmacy, located on premises
- Complete laboratory services, provided in partnership with DMC University Lab
- Radiology (pending), to provide conventional diagnostic X-Ray exams, mammography and ultrasound.

Breast & Cervical Cancer Control Program (BCCCP)

This program conducts research and measures accurate levels of awareness of Arab American women in the areas of prevention, detection, and intervention of breast and cervical cancers. This program relies on home visits to provide one-on-one counseling, referrals, support, and follow-up.

Goals

The primary goal of the program is to increase the utilization of cancer education, prevention, and screening services of Arab American women by bridging the gaps between cultural needs/norms and local area health services.

Services

- Conduct individual home visits with Arab American women at risk of cancer
- Provide information, mammograms, pap smears, and other health screenings to Arab women
- Provide necessary health referrals based on information obtained during a typical home visit
- Provide services and/or cultural assistance with services for the prevention and treatment of breast and cervical cancer



Target Clientele

Low income and/or non-insured women who are 40 years old or older



Child & Adolescents Health Center (CAHC)

The CAHC promotes health and health education programs for adolescents and parents by maintaining consistent outreach efforts in the community through local school systems. We involve adolescents and parents in planning and promoting overall family health.

Goals

- Provide health promotion and education programs for adolescents, parents, and professionals through direct community outreach
- Continue to successfully strengthen relationships with schools, health facilities, other community centers, and youth serving agencies
- Classroom Educational Services
- Parenting Curriculum (6-8 sessions)
- Anti-Bullying Curriculum (6 sessions)
- Problem ID & Referral, classifying those at risk through unhealthy behaviors and assess whether their behavior or health may be reversed through education

Program Assistance

- Health Screening and Medical Services
- Sports/School Physical Examinations
- Immunizations
- Prevention Education Services, targeting youth and young adults

- Follow-up Services and Referrals

Target Clientele

Children and adolescents from 10-21 years of age from Dearborn and adjacent communities

The Refugee Health Assessment Program (RHAP)

The Refugee Health Assessment Program provides psychosocial and medical assessments to newly arrived refugees from all over the world. In order to successfully complete these assessments, ACCESS works with two local organizations: Lutheran Social Services (LSS) and the Archdiocese of Detroit (AD) in tending to the needs of Detroit area refugees.

Goals

- Offer a comprehensive medical and counseling assessment to each client within the first 90 days of their arrival in the United States
- Refer clients to appropriate specialists whenever follow-up is needed
- Provide appropriate cultural and language services

Components

- Counseling and Mental Health Services through the Psychosocial Rehabilitation Center for Refugees and Victims of Torture
- Collaboration with local agencies to provide medical services to refugees
- Interpretation services, as necessary



Target Clientele

All recent refugees in the tri-county area (Wayne, Macomb, and Oakland)



Women, Infants & Children Program (W.I.C.)

A proven effective healthcare program, WIC helps women and their families to have a healthy start in life. Funded by the USDA through the Michigan Department of Community Health, services include providing a variety of supplemental foods, nutrition counseling, and program referrals based on health screening and need assessment.

Goals

- WIC helps improve pregnancy outcome
- Reduces infant mortality
- Significantly reduce anemia among preschool children

Components

- Nutritional education and counseling, tailored to the individual client's needs
- Breast-feeding promotion up to 1 year of age
- Screening for health problems
- Healthy weight in pregnancy and for children
- Assessing and promoting childhood immunizations
- Parenting skills
- Referrals to appropriate health and social services

Target Clientele

Respecting the dignity and diversity of those that ACCESS WIC serves, the staff includes professional, experienced, and multi-cultural personnel who are sensitive to the needs of women and their families from Wayne County.



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The Public Health Division of the ACCESS Community Health & Research Center offers a range of educational programs that focus on disease prevention and health promotion. Our philosophy is based on the premise that health promotion and disease prevention activities are the most effective ways to ensure the health and well-being of the community-at-large.

PUBLIC HEALTH

The Healthy Kids Project (HKP)

The Healthy Kids Project (HKP) is a family-based health promotion program funded through support from local foundations.

Goals

- Developing stronger nutritional, physical activity, environmental and mental health lifestyle habits among 5-10 year-old Arab American youth
 - Parents are highly encouraged, and sometimes required, to participate in various HKP activities, thereby modeling for our youth the importance of practicing healthy habits through a lifetime
- bullying curricula, educational presentations, hands-on workshops, community gardening, and other related physical activity opportunities

Components

HKP engages the community through:

- Home visits, holistic health promotion curricula, anti-



Target Clientele

5-10 year old Arab American youth



Environment Program

The ACCESS Environmental Program promotes the right of every person to live in a clean, safe, and healthy environment. We engage community members in outdoor programs, i.e., community gardening to promote positive connections with and build stewardship for our environment.

Goals

- Building and sustaining a stronger, more diverse environmental movement across Michigan
- Partnerships with neighboring communities, organizations, and research projects
- The impact on these concerns on health
- Academic and career opportunities related to environmental health and justice
- Leadership development, particularly among youth and young adults
- Advocacy at the local, county, and state levels

Components

The program aims to improve environmental quality for Southeastern Michigan by promoting education and awareness of:

- Environmental issues of concern to our Arab communities

Target Clientele

Youth and young adults in metropolitan Detroit

HIV/AIDS & STD Prevention Program

The HIV/AIDS and STD Prevention Program provides high quality, scientifically proven behavioral change interventions to clients at high risk for contracting HIV. This program has a client-centered approach, paying attention to social and cultural factors affecting our clients. Our service providers are experts at providing culturally and linguistically appropriate programming to the diverse community we serve.

Goals

ACCESS' goal is to ensure that persons at increased risk for HIV and HIV-infected persons:

- Have access to HIV testing to promote early knowledge of their HIV status
- Receive high-quality HIV prevention counseling to reduce their risk for transmitting or acquiring HIV
- Have access to appropriate medical, preventive, and psychosocial support services
- Immediately link people to continuous and coordinated quality care when they are diagnosed with HIV
- Promote a more holistic approach to health that addresses not only HIV prevention, but also the prevention of HIV related co-morbidities, such as STDs and hepatitis B and C.



Components

- HIV testing & STD testing
- Hepatitis A & B vaccines
- Promoting early knowledge of HIV status through HIV testing
- Treatment of HIV/AIDS at the Community Health and Research Center Clinic made possible by federal Ryan White Care Act funds
- Ensuring that all persons that are receiving HIV testing are provided information regarding transmission, prevention, and the meaning of HIV test results

Contact Information

Dearborn office (313) 216-2253
MPowerment. (CONNECT M.E)
Office (Ferndale Facility)
248-629.7629

Target Clientele

All persons at increased risk of HIV transmission and acquisition in Metropolitan Detroit

Substance Abuse Prevention Program & Coalition

The Substance Abuse Prevention (SAP) program focuses mainly on addressing a form of water-pipe tobacco smoking called Argileh or Hookah, a prevalent problem especially in the Arab American community. In recent efforts, the ACCESS Community Substance Abuse Coalition (ACSAC) has been established to address additional substances, including tobacco, alcohol, prescription drugs, and marijuana among youth within the Arab American communities of Dearborn and Dearborn Heights, Michigan.

Goals

- Increase awareness and change community norms regarding the dangers and health hazards of Argileh and second-hand smoke
 - Reduce accessibility and use of Argileh products among this population, especially minors
 - Advocacy and policy change
 - Legislator education
 - Coalition capacity building
 - Prescription drugs safety disposal forums
 - Bilingual printed material
 - Pregnant moms tobacco curriculum
 - Youth/parent ATOD life skills curriculum
 - Tobacco cessation
- Components**
- Bilingual school and community presentations



Target Clientele

Southeastern Michigan with a focus on Dearborn and Dearborn Heights, Michigan



Domestic Violence Prevention Program

The Domestic Violence Prevention Program focuses on changing social attitudes toward domestic violence, empowering individuals at risk for domestic violence, and decreasing the incidence of domestic violence in the Arab American community.

Goals

- Increase awareness among Arab Americans
- Prevent the occurrence of domestic violence

Services

- Development and implementation of activities at the local level to prevent and reduce the incidence of domestic violence

Target Clientele

The Arab American community-at-large



The ACCESS Mental Health Division is committed to providing outstanding, consumer-valued mental health and human services to clients residing in Southeastern Michigan. Lincoln Behavioral Services provides a comprehensive continuum of services by professionals trained and prepared for managed care and experienced in working with priority populations.

With a goal to help clients access needed mental health services, the center adopts a holistic, bio-psychosocial counseling modality. The provided treatment modalities include: individual, family counseling, and psychiatric service for children and adults. The center follows the person-centered planning protocols in providing its counseling services.

The ACCESS Mental Health Division offers a wide range of services for adults, children, and families. Many of its services are directly related to issues that exist within the Arab American and immigrant communities, while others are directed towards the greater community.

ACCESS Mental Health Programs include:

- Adult Mental Health and Family Counseling
- Children's Mental Health Counseling
- Psycho-Social Rehabilitation Center
- Victims of Crime
- Access Hope House (Clubhouse)

Adult Mental Health & Family Counseling

The Adult Mental Health Program serves the adult population in Southeastern Michigan suffering from mental illness, acculturation, and substance abuse counseling. The adult program is a comprehensive bilingual English/Arabic outpatient mental health treatment accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

Goals

- Improve the mental health and well-being of clients
- Increase the level of awareness of mental illness and available treatments
- Improve communication and conflict resolution skills to improve family relations
- Provide access to psychiatric assessment medication and services

Services

- Mental illness assessment and treatment
- Individual, family, and group therapy
- Substance abuse counseling
- Crisis intervention (referral)
- Case management services

Staff

All mental health services are provided by state licensed doctors and clinicians



Target Clientele

Southeast Michigan



Children's Mental Health Unit

This program addresses the mental health needs of children and young adults from 6-17 years of age.

Goals

- Early On Program 5
- Children's mental health programming helps children 6-17 years old and their families to manage symptoms associated with behavioral, cognitive, emotional, or family adjustment to mental illness
- The current infant programming consists of three components:
 - Early On
 - PAT (Parents as Teachers)
 - Great Parents/ Great Start
- Establishing a fourth component of infant mental health is currently in progress

Services

- Thorough trauma screening and assessment
- Trauma informed interventions
- Research topics affecting the community, such as the state of children's mental health, outcomes, and evaluation

Target Clientele

- Dearborn and Dearborn Heights residents, regardless of ethnic background
- Wayne County referrals for any Arab Americans (*due to special competency within the Arab American population*)

Psychosocial Rehabilitation Center for Victims of Torture and Refugees

An overwhelming percentage of refugees and victims of torture who struggle with emotional problems including Post-Traumatic Stress Disorder (PTSD) and major depression utilize the services of the ACCESS Mental Health Program. This program serves a large number of survivors of torture, as well as refugees and their families out of two locations: Dearborn and Sterling Heights.

Goals

- To alleviate the suffering of refugees and torture survivors and their families
 - To facilitate the process of their integration into the larger community
 - To provide comprehensive services to survivors in order to enhance the quality of their lives
- providing services to the whole family from other ACCESS departments
 - Psychiatric treatment
 - Case management, social consultations, immigration assistance, and translation help
 - The Social Club, Women's Craft Group, Yoga and Massage Therapy

Services

- Psychotherapy, family therapy, marital therapy, art and crafts female group therapy, and group therapy
- Holistic, multidisciplinary approach to treatment,
- Community Outreach and linking services
- Educational opportunities for clients and their families, as well as the community:
 - Parenting skills training
 - Health Education
 - HIV/AIDs prevention

Target Clientele

- Refugee families from Iraq, Palestine, Algeria, and other Arab countries
- Asylum seekers mainly from African countries
- Refugees from Afghanistan and Bosnia



ACCESS Hope House

The ACCESS clubhouse provides continuity of care for members diagnosed with a mental disorder. Our evidence-based, incredibly successful recovery-focused program adopts a holistic, psychosocial rehabilitation approach to help enhance the quality of life for people who are struggling. The center follows the person-centered treatment planning protocols in planning needed services.

Education Unit

- Publishing daily and monthly newsletters
- Maintaining a library
- Vocational training
- Resume writing
- Conducting mock interviews
- Providing outreach
- Scheduling presentations for general health issues
- Offering job search resources
- Performing case management

Clerical Unit

- Serving as receptionist/ answering phones
- Ordering and receiving supplies
- Completing intake packets
- Filing

- Keeping daily and weekly time sheets
- Performing case management
- Checking attendance
- Making copies

Kitchen Unit

- Maintaining a snack shop
- Planning field trips
- Cleaning up the kitchen
- Cooking healthy meals five days a week

Additional Services

- Screening
- Treatment Planning
- Individual Plan of Service (IPOS)
- Crisis Intervention
- Group Therapy (separate from the work ordered-day) for clubhouse members only

Victims of Crime Program

The primary purpose of this program is to bring honor to victims of crime by providing fundamental rights, comprehensive services, and resources necessary to restore what a victim has lost. The program adopts a culturally competent, evidence-based approach in serving its clients. Services are delivered in a manner that is consistent with and sensitive to the diversity of cultures in the Southeastern Michigan community.

Services

- Psychological assessment and/or testing
- Crisis intervention
- Psychiatric help
- Individual, family, and group therapy
- Parent skills training
- Case management services and advocacy
- Referral and follow up
- Community education on victimization issues
- Legal support and advocacy
- Referral for medical services

Who receives help?

- Victims of domestic violence
- Victims of child physical and sexual abuse

- Victims of hate crimes
- Victims of sexual assault
- Victims of robbery, assault and theft
- Victims of violent crimes
- Victims of survivors of homicide victim

Common problems among victims

- Depression and anxiety
- Need for parenting skills training
- Marital problems that affect the child/children
- Emotional problems of parents that may affect the child/children
- Behavioral problems at home or school



ACCESS Community Health & Research Center of Macomb County

ACCESS Community Health and Research Center of Macomb County provides psychosocial and medical evaluation and treatment to newly arrived Iraqi refugees and to the community-at-large. This location was designed to fulfill the needs of the growing arrival of Iraqi refugees in Macomb County.

Services

- Mental health counseling to victims of war and torture
- One-on-one home visits for breast and cervical cancer screenings
- Health evaluations, treatment, and referrals for individuals and families

We also collaborate with local agencies to offer medical and language interpretation services, as needed. All services are supported by a spectrum of social determinants in health programs, including ESL classes and public health education. Our goal is to assess all new refugees living in Macomb, Wayne, and Oakland Counties within their first 90 days of arrival in the United States.

Contact Information

ACCESS Community Health & Research Center

6450 Maple Street
Dearborn, MI 48126
Main Phone: 313-216-2200
Fax: 313-584-3226
Administration: 313-216-2240
Clinic: 313-216-2203
WIC: 313-216-2201
DMC Laboratory: 313-216-2252
ACCESS Pharmacy: 313-216-2213
Psychosocial Rehabilitation Center: 313-216-2202

Family Counseling Community Mental Health Division

6450 Maple Street
Dearborn, MI 48126
Phone: (313)945-8123
Fax: (313) 584-3226

ACCESS Hope House

6470 Williamson Street
Dearborn, MI 48126
Phone: 313-582-5979
Fax: 313-582-7022

HIV/AIDS & STD Prevention Program

Dearborn Office: (313) 216-2253
MPOWERment. (CONNECT M.E) Office (Ferndale Facility): 248-629.7629

ACCESS Community Health & Research Center—Macomb County

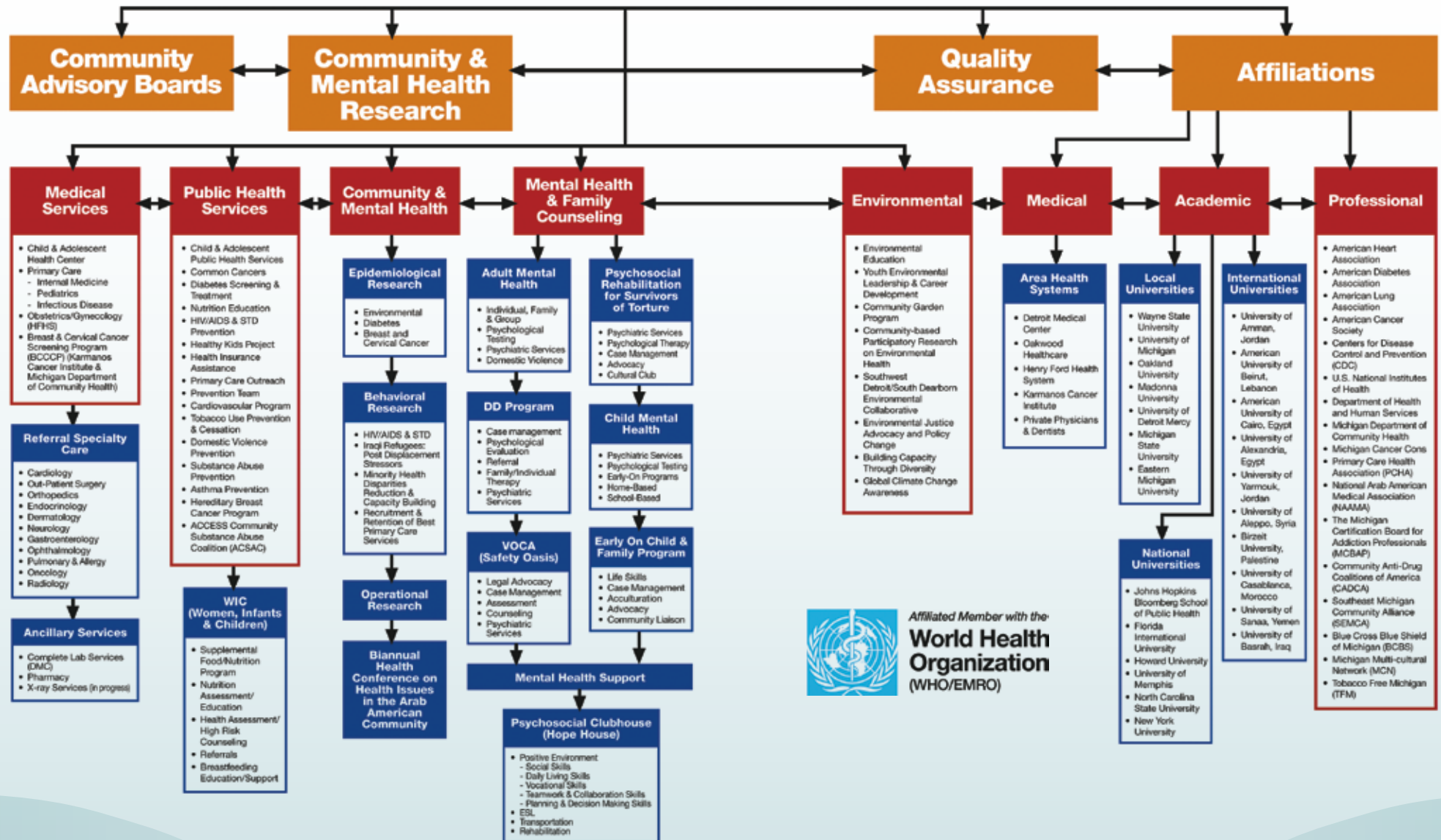
4301 E. Fourteen Mile Road
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