



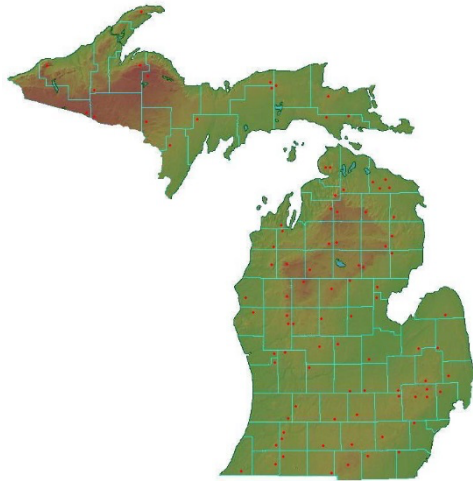
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## Michigan Integrative Mental Health Practitioners

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See [OnwardMentalHealth.com/resources](https://OnwardMentalHealth.com/resources) for an array of integrative mental health material including the latest version of this document. Also, see the disclaimer.\*

Drug therapy is the most common approach to help those with mental health issues. However, scientific trials show that many non-drug treatments - including psychological therapies, biomedical therapies (e.g. nutrient therapy, hormone therapy, detoxification, etc.) and wellness approaches – can be very effective.



The emerging field of *integrative* mental health offers significant hope for mental health recovery by offering you a remarkably diverse set of options that include, but go well beyond, medication. Although there are no silver bullets in mental health, working with integrative mental health practitioners can help open the door to sustainable wellness. These practitioners can help you determine which of the many options are most likely to help you, based on thorough testing and evaluation, and a review of your personal history. They can then work with you to experiment with your chosen approaches in a priority order, since the only way to know your individual response to an approach is to try it.

The non-drug approaches of integrative mental health offer potentially life-changing symptom improvement with little or no side effects. They have helped many people reduce, and in some cases eliminate, the need for psychiatric drugs, and reduce or avoid drug side effects.

There is good reason for you to be hopeful. Many people with mental health diagnoses live in recovery today through a unique combination of approaches that fit their body chemistry, life experience and needs. In fact, these individuals commonly say that non-drug approaches are vital to their wellness.

The following is a partial list of integrative mental health facilities and practitioners in Michigan.

Mental health recovery is often best achieved through the use of a team of practitioners covering the full array of appropriate therapeutic options. For considerations in forming your practitioner team and an overview of the 27 broad non-drug approaches to mental health, see the book [Choices in Recovery](#).

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### Clinics and Facilities

#### **HUDA Free Community Health Clinic.**

13240 Woodrow Wilson St., Detroit, MI 48238. 313-865-8446.

Offering free counseling and treatment to veterans, homeless, uninsured, and the working underinsured.

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### Integrative Mental Health Practitioners

The following list emphasized those Michigan practitioners with biomedical therapy expertise since this area shows great promise. When looking for a practitioner with biomedical expertise, consider integrative psychiatrists. However, also consider functional medicine practitioners, integrative general practitioners, naturopathic doctors (ND), Doctors of Osteopathic Medicine (DO), and Orthomolecular practitioners – provided they have specific expertise in the potential physical issues that can cause mental health symptoms.



Other directories can be used to find Michigan-based therapists, psychologists and other practitioners who offer a wide-range of psychosocial approaches to recovery. One such directory can be found at the [Michigan Mental Health Networker](#).

**Anastasia Banicki-Hoffman, MD**

General Psychiatry, Child & Adolescent Psychiatry  
MidMichigan Medical Center-Alpena  
1501 West Chisholm Street Alpena, MI 49707-1401  
(989) 356-7390  
(listed in Psychiatry Redefined listserv))

**Teresa Birkmeier-Fredal, MD**

The Restorative Medicine Center  
245 Barclay Cir., Ste. 400  
Rochester Hills, MI 48307  
drbirkmeier@gmail.com  
Phone: (248) 289-6349, Fax: (586) 991-0804  
**Areas of Focus:** AD(H)D, Anxiety, Autism, Depression, OCD, ODD, PDD, Sleep Disorders, Tourette's  
[www.mywellness-medicine.com](http://www.mywellness-medicine.com).  
(listed in Integrative Medicine for Mental Health Directory)

**Tony Boggess, DO**

Natural Balance Wellness Medical Center  
Accepts new patients and sees all ages  
States Licensed: Michigan  
Practice Description: Holistic family care addressing a wide variety of neurological, emotional, and physical conditions in children and adults  
1310 S. Main Street, Ann Arbor, MI 48104  
Phone: 734-929-2696  
Email: admin@nbwellness.com  
[www.nbwellness.com](http://www.nbwellness.com)  
(listed with Walsh Institute)

**Dr. Marnie Burkman**

Michigan Integrative Psychiatry, PC  
c/o Ann Arbor Holistic Health  
230 Collingwood Dr., Suite 150  
Ann Arbor, MI 48103  
Ph: 734-707-8075  
Fax: 866-484-8073  
**Areas of Focus:** AD(H)D, Anxiety, Bipolar Disorder, Depression, OCD, Sleep Disorders  
[www.michiganintegrative.com](http://www.michiganintegrative.com)  
(listed in Integrative Medicine for Mental Health Directory)



**Ann Burton, MD**

12741 S. Saginaw St.  
Grand Blanc, MI 48439 Fax: (810) 695-4622  
Phone: (810) 344-4635  
nyota139@aol.com

**Areas of Focus:** Anxiety Disorders, Bipolar Disorder, Depression

[www.ayburtonmd.com](http://www.ayburtonmd.com).

(listed in Integrative Medicine for Mental Health Directory)

**Christopher Collier, DO**

3700 52nd Street Southeast, Grand Rapids, MI 49512  
Phone: (616) 656-3700

**Areas of Focus:** Chelation therapy, acupuncture, anti-aging, laser surgery, allergies, cellulite, therapy, gynecology, prolotherapy. Can help take patients off of psychiatric drugs

(listed in Safe Harbor directory)

**Diane Culik, MD**

37300 Dequindre Rd. Ste. 102  
Sterling Heights, MI 48310  
Phone: (855) 669-9355, Fax: (586) 722-7820  
drculik@gmail.com

Areas of Focus: AD(H)D, Anxiety, Autism, Auto-Immune Disease, Behavioral Disorders, Bio-Identical Hormones, Bipolar Disorder, Chronic Fatigue, Chronic Yeast, Depression, Eating Disorders, Fibromyalgia, Food Allergies, Insomnia, Migraines, Natural Thyroid, Neurological Diseases, Nutrition for Cancer, OCD, ODD, PDD, Schizophrenia, Sleep Disorders, Tourettes

[www.drculik.com](http://www.drculik.com).

(listed in Integrative Medicine for Mental Health Directory)

**Katherine Erlich, MD**

5821 W. Maple Rd., Ste. 192  
West Bloomfield, MI 48332  
Phone: (248) 254-6646, Fax: (248) 851-0421  
inquiry@healingthewholechild.com

**Areas of Focus:** AD(H)D, Anxiety, Autism, Behavioral Disorders, Bipolar Disorder, Depression, Eating Disorders, PDD

[www.healingthewholechild.com](http://www.healingthewholechild.com),

(listed in Integrative Medicine for Mental Health Directory)

**Carol Hartford, LMSW, CAADC**

**(with Thomas Snelling, LMSW & Christine Hapeman, LMSW)**

THE ANN ARBOR DBT CENTER  
202 East Washington Street, Suite 500, Ann Arbor 48104  
(734) 945-4644

**Area of focus:** Dialectic Behavioral Therapy



[www.annarbordbt.citymax.com/therapy.html](http://www.annarbordbt.citymax.com/therapy.html).

**Thomas Herbst, MD**

202 E Washington ST STE 708  
Ann Arbor MICHIGAN 48104, US  
734 - 327 – 9322  
(listed in APA CAIM directory)

**Jay Horowitz, MD**

Integrative Psychiatry & Psychotherapy  
Accepts new patients and sees ages 20 & older  
States Licensed: Michigan  
Practice Description: Individualized, personal and committed care for psychiatric, emotional, relationship, life-transition and work-related problems  
Franklin, MI 48025  
Phone: 248-851-4640  
Email: [jhorowitz@horowitzmd.net](mailto:jhorowitz@horowitzmd.net)  
(listed with Walsh Institute)  
(listed in APA CAIM directory)  
(listed in Integrative Medicine for Mental Health Directory)

**Corina Lazar, MD**

32000 Northwestern Hwy., Ste. 165, Farmington Hills, MI 48323  
Phone: (248) 670-2134, Fax: (248) 538-8556  
[synergisticmedicine@arounddetroit.biz](mailto:synergisticmedicine@arounddetroit.biz)  
**Areas of Focus:** AD(H)D, Anxiety, Bipolar Disorder, Depression, Fibromyalgia/Chronic Fatigue, Thyroid and Hormonal Imbalance  
[www.drlazaronline.com](http://www.drlazaronline.com)  
(listed in Integrative Medicine for Mental Health Directory)  
(listed in the Institute of Functional Medicine Directory)

**David Leavitt, MD**

107 Aprill Dr., Ste. 4  
Ann Arbor, MI 48103  
Phone: (734) 913-0350, Fax: (734) 913-0350  
**Areas of Focus:** AD(H)D, Anxiety, Behavioral Disorders, Bipolar Disorder, Depression  
[www.michiganintegrative.com](http://www.michiganintegrative.com)  
(listed in Integrative Medicine for Mental Health Directory)

**Richard Linsk, MD**

21751 West 11 Mile Rd., Southfield, MI 48076  
Phone: (248) 327-7175  
[drlinsk@shalvapsychiatry.com](mailto:drlinsk@shalvapsychiatry.com)



**Areas of Focus:** AD(H)D, Anxiety, Autism, Behavioral Disorders, Bipolar Disorder, Brain Math, Depression, Eating Disorders, Homeopathy, Neurofeedback, OCD, ODD, Psychotherapy, Schizophrenia

[www.shalvapsychiatry.com](http://www.shalvapsychiatry.com).

(listed in Integrative Medicine for Mental Health Directory)

**Rachelle Johnson Maiga, MSN**

Psychiatric Mental Health Nurse Practitioner

3300 Washtenaw Ave., Ste. 295

Ann Arbor, MI 48104

Phone: (734) 799-3302, Fax: (734) 527-6032

[pmhnursepractitioner@gmail.com](mailto:pmhnursepractitioner@gmail.com)

**Areas of Focus:** AD(H)D, Anxiety, Autism, Behavioral Disorders, Bipolar Disorder, Depression, Eating Disorders, OCD, ODD, Schizophrenia, Sleep Disorders

Review Practice Profile at [www.psychologytoday.com](http://www.psychologytoday.com).

(listed in Integrative Medicine for Mental Health Directory)

**Dr. Lila Massoumi, MD**

Integrative Medicine Psychiatrist

Michigan Integrative Holistic Psychiatry

31555 West Fourteen Mile, Suite #103

Farmington Hills, MI 48334

Phone: (248) 468-1889, Fax: (248) 419-2453

E-mail: [DrLMassoumi@gmail.com](mailto:DrLMassoumi@gmail.com)

[www.drlmassoumi.com](http://www.drlmassoumi.com)

**Chris Modrack, MA Ed/Psych, FNTP, EEMCP**

Functional Nutritional Therapy Practitioner

Eden Method Certified Practitioner

Michigan Science Teacher of the Year

[chrismodrack.ntp@gmail.com](mailto:chrismodrack.ntp@gmail.com)

[chrismodrack-ntp.com](http://chrismodrack-ntp.com)

248-514-6165

Farmington, Michigan (Metro-Detroit Area)

**Areas of Focus:** ADHD, Anxiety/Depression and support of any mental health issues through nutritional interventions. Whole body health issues are addressed through assessment and rebalancing of nutrient deficiencies. Works remotely and in-person.

**Scott Monteith, MD**

121 S. Garfield Ave., Suite D

Traverse City MICHIGAN 49684, US

[www.drscottmonteith.com](http://www.drscottmonteith.com)

(listed in APA CAIM directory)



**Diana Quinn, ND**

Integrative Healthcare Providers

Licensed naturopathic doctors are general practitioners specializing in natural medicine. Training is based in Western biomedical diagnostic and treatment and integrates natural modalities such as botanical medicine, nutrition and homeopathy. Naturopathic doctors specialize in evidence-based care.

3053 Miller Rd., Ann Arbor, MI 48103

P (734) 547-3990, F (734) 547-3980

dquinn @ ihcpaa.com

**Malcolm Sickels, MD, ABOIM, ABIHM**

Accepts new patients and sees all ages

States Licensed: Michigan

Practice Description: Holistic care for the whole family including the treatment of mood disorders, women's health, and cancer prevention

210 Little Lake Drive, Suite 10, Ann Arbor, MI 48103

Phone: 734-332-9936

[www.dricksels.com](http://www.dricksels.com)

(listed with Walsh Institute)

**Stephanie Woodfin, DO**

121 S Garfield Avenue, Suite A

Traverse City MICHIGAN 49686, US

231-943-2328

(listed in APA CAIM directory)

**Clinics, Hospitals, and Centers.**

**St. Joseph's Mercy Hospital, Chelsea Michigan**

<http://www.stjoeschelsea.org>

734-593-6000

Recognized by many individuals in mental distress and their loved ones as the best SE Michigan facility for mental health crisis and inpatient care. Competent, humane, calm, caring staff. Conventional psychiatric care, but respecting the individual with some doctors open to alternative treatments.

**Steiner Health Center**

1825 W. Stadium Blvd., Ann Arbor, MI, 48104

Grounded in Anthroposophic Medicine (Anthropos = human being : Sophia = wisdom), a form of complementary medicine developed by Rudolf Steiner that views the entire human being. The anthroposophic approach to medicine adds spiritual insight to diagnosis and healing. Applied by conventionally trained medical doctors who combine orthodox medical treatment with complementary practice.

Practitioner Directories.

- Ann Arbor Alternative Medicine Directory. [www.a2altmed.com](http://www.a2altmed.com)



- American Psychiatric Association Caucus on Complementary, Alternative, and Integrative Medicine, [www.IntPsychiatry.com](http://www.IntPsychiatry.com).
- Integrative Medicine for Mental Health Registry. [www.integrativemedicineformentalhealth.com/registry.php](http://www.integrativemedicineformentalhealth.com/registry.php).
- American College for Advancement in Medicine. [www.acam.org](http://www.acam.org).
- Walsh Institute Clinicians. [www.walshinstitute.org/clinical-resources.html](http://www.walshinstitute.org/clinical-resources.html).
- International College of Integrative Medicine. [www.icimed.com](http://www.icimed.com).
- AlternativeMentalHealth.com Practitioner Directory, <http://goo.gl/13q2LK>.
- Academy of Integrative Health Medicine. [www.aihm.org](http://www.aihm.org).
- Orthomolecular.org Worldwide Directory. [www.orthomolecular.org/resources/pract.shtml](http://www.orthomolecular.org/resources/pract.shtml).
- Canadian Society of Orthomolecular Medicine. <https://ionhealth.ca/public/find-a-practitioner>.
- American Holistic Health Association. <http://ahha.org/holistic-practitioners>.
- Functional Medicine (select “find a practitioner”). [www.FunctionalMedicine.org](http://www.FunctionalMedicine.org).
- Find a Naturopath. [www.findanaturopath.com](http://www.findanaturopath.com).
- Naturopathic Physicians (select “find a doctor”). [www.naturopathic.org](http://www.naturopathic.org).
- Canadian Association of Naturopathic Doctors. [www.cand.ca](http://www.cand.ca).

*\*Disclaimer. Listing practitioners does not constitute endorsement. It is important to assess for yourself the credentials and areas of focus of your chosen practitioners. This document is intended for educational and informational purposes only and does not diagnose or recommend treatment.*

*Practitioners who wish to be included on this list, please send your information to [Craig@OnwardMentalHealth.com](mailto:Craig@OnwardMentalHealth.com).*