Mental Health Counseling

At Southwest Solutions, we recognize that an individual’s problems – whether mental illness, substance abuse, homelessness, or juvenile justice – are often inter-related and multi-faceted. Helping an individual to become and remain healthy often requires a range of services. Our mental health counseling, advocacy, and support services enhance the lives of people of all ages and backgrounds in southwest Detroit. We help them move from a difficult past to self-reliance and health and, in many cases, to become community leaders. Many consumers become employees, both in our Fisher Clubhouse and on our mental health counseling teams. They infuse our organization with spirit, hope, and know-how.

In my teenage years, I had lots of problems – with school, being teased, failing grades, and drinking. Aggressive behavior. I became sedated and was in and out of the psychiatric hospital for several years. I was constantly told “You are not like me – you are different.” because of my illness and my diagnosis. Now I am a senior at Wayne State getting a bachelor’s degree in the social work program. To me, my life now – working, raising two children, success in school – is the opposite of what people expected me to become back then. I used to ask God why me, why all the bad luck. I realize now it was to build my strength and make me what I am today. I will be empathetic.

Katherine McBurney, former mental health consumer and current staff person of Southwest Solutions’ juvenile justice program.

- We serve 2,500 adults and children each year in our mental health counseling programs.
- Our services include individual and group therapy, intensive case management, psychiatric services, nursing, drop-in center, employment preparation, clubhouse, and supported housing.
- Our consumers reduce time in psychiatric hospitals and residential centers by 63% and increase time at home, in school, and at work.

Who are the people?
- We serve a diverse community.
- 33% of our consumers of mental health counseling are African American.
- 34% are Hispanic.
- 19% are Caucasian.
- 0% are multicultural.
- 1% are Native American.

Our families’ incomes tend to be low:
- 53% earn less than $10,000/year.