

# Oklahoma Department of Mental Health and Substance Abuse Services

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For Immediate Release

## **First Community Mental Health Center in United States Celebrating 50 Years**

Central Oklahoma Community Mental Health Center (COCMHC), located on Alameda St. in Norman, OK is celebrating 50 years of excellence this summer.

In 1963, the Community Mental Health Act was signed into law. This led to the establishment of community mental health centers across the United States, linking Americans to life-saving mental health care in their own communities. COCMHC was the country's first community mental health center to be built using those funds, and has served thousands of Oklahomans from Norman and surrounding communities throughout the past fifty years.

"It is exciting to be celebrating fifty years of service to the state," said ODMHSAS Commissioner Terri White. "COCMHC has been a vital part of the Norman community and a leader in the delivery of innovative treatment for mental health and substance use. We were the first in the country to begin bringing services to people at the community level, expanding access to care and finding ways to address community need."

The facility offers mental health and substance abuse treatment to children, youth, adults and families. These services include mental health and addiction screening, adult outpatient services, counseling services for adults and children, case management, a medication clinic, services to support specialty courts, medication assisted treatment for opioid use disorder, a mobile crisis program and more. People seeking help can call for an appointment or simply walk in the door during business hours. Services are available without cost for those who qualify or on a sliding scale. The facility also accepts Medicaid and many private insurance plans.

COCMHC is one of three Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) facilities located in Norman, including Griffin Memorial Hospital and the Children's Recovery Center. The department also contracts with multiple local community providers to deliver an array of prevention, treatment and recovery services.

"Community support has been tremendous," said Cathy Billings, COCMHC director. "COCMHC works with so many different partners throughout Norman and Central Oklahoma, and we look forward to growing and strengthening those partnerships in years to come. We want to be of service to all Oklahomans in need of mental health and substance use care, and find ways to link those individuals and families to the right services as soon as possible so that we can accelerate the path to recovery and wellness."

For additional information about how to access services or questions about local resources to address mental health and substance use issues, contact COCMHC at (405) 360-5100 or visit [odmhsas.org/cocmhc](http://odmhsas.org/cocmhc). You may also call 211 or 1-800-522-9054 to find additional links to services, or visit [odmhsas.org](http://odmhsas.org) for a statewide list of certified treatment providers.

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