

Spring, 2023

VOICES



Upcoming Events

2023 Unite to Face Addiction Michigan (UFAM) Rally

The 6th Annual UFAM Rally and Advocacy Day at the Michigan State Capitol is on Thursday, May 18th from 10AM to 4PM. The UFAM Rally creates Strength in Unity to eliminate stigma, highlight improved access to treatment, support prevention and promote recovery from addiction through advocacy, education, and outreach.



Register on Eventbrite by searching:
[6th Annual Unite To Face Addiction Michigan Rally 2023](#)



2023 Potter Park Zoo Event

August 26, 2023
More details to come!

2023 Walk a Mile In My Shoes Rally

September 13, 2023 - Lansing State Capital Lawn



Upcoming Trainings

Mental Health First Aid Trainings

Register today by visiting our Eventbrite Page
For more information, please email
Prevention@ceicmh.org or Call 517-887-5232

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

QPR (Question, Persuade, Refer) is an evidence-based emergency mental health intervention. Teaches participants to recognize the signs of suicide and the steps to getting a person to help. (1 hour training)

\$15 ADULT MENTAL HEALTH FIRST AID (MHFA)
FREE QUESTION, PERSUADE, REFER (QPR)



Register on [Eventbrite here](https://www.eventbrite.com/o/community-mental-health-authority-clinton-eaton-ingham-cmha-cei-8564584343): <https://www.eventbrite.com/o/community-mental-health-authority-clinton-eaton-ingham-cmha-cei-8564584343>

2023 CMHA-CEI Annual Community Event Recap

“2022 was a year of hope and healing as we boldly emerged from the peak of the pandemic re-engaged, innovated, and celebrated,” explained Sara Lurie, Chief Executive Officer at CMHA-CEI as she welcomed over 300 audience members at the 2023 CMHA-CEI Annual Community Event which took place on Monday, April 3rd at the Lansing Center.

This year’s theme was Hope and Healing. “CMHA-CEI officially became a Certified Community Behavioral Health Clinic (CCBHC) as one of Michigan’s 13 demonstration sites. As a CCBHC in 2022, we increased delivery of crisis stabilization services to over 13,000 individuals and families across the tri-county area. We stepped up to embrace new opportunities to work with community partners as we plan for a future Crisis Stabilization Center on the Green Lawn McLaren Campus,” stated Lurie.



CEO, Sara Lurie and Senator Stabenow on the stage at the 2023 Annual Community Event

The event was beautifully decorated with “Hope and Healing” themed balloons, sunflower seeds, and CMHA-CEI branded giveaways were distributed as members enjoyed a buffet style breakfast. Sara Lurie welcomed the audience members and recognized consumers, staff, key community stakeholders, law enforcement, elected officials, community event sponsors, and community event partners.

US Senator Debbie Stabenow was welcomed by Sara Lurie and Dwight Washington, the CMHA-CEI Board Chair and Clinton County Commissioner. “We are so fortunate to have you with us this morning, Senator, Debbie Stabenow! Senator Stabenow is the leader in the U.S. Senate in the movement to increase community mental health and substance use disorder services. She authored the Mental Health Parity Provisions in the Affordable Care Act. Her excellence in mental health and addictions treatment created a new and more effective system that funds Behavioral Health Services in the same way we fund physical health services in the community,” explained Lurie.

Senator Stabenow accepted the CMHA-CEI 2023 Distinguished Service Award and described the on-going efforts to sustain Medicaid funding for Community Mental Health. “Michigan is one of ten states to begin to put demonstration grants into place. This is transformative and not just another grant. By providing Certified Community Behavioral Health Centers, we are transforming the way we are providing Healthcare in Behavioral Health.” Senator Stabenow praised CMHA-CEI for bringing in funding from many sources for the development of the Crisis Stabilization Center, and for being at Michigan State University to assist students, faculty and community members who suffered in the aftermath of the mass shooting that took place earlier this year.

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2023 CMHA-CEI Annual Community Event Recap

After the award recognition, Lurie presented the event attendees with the 2022 Report to the Community, which highlighted new and emerging initiatives. The highlighted department for this year's Annual Event was Community Services for the Developmentally Disabled (CSDD). Karla Block, Director of CSDD, introduced a video, stating "the purpose and mission of our services in this area is tied to movement. Assisting in the movement for individuals to reach their goals and people to be increasingly immersed and supported by their communities. I am incredibly proud of the work our staff do to promote access and to ensure full rights to community participation for those individuals that we support. This video reflects the ever evolving stories of people's lives as they step into the community, but it reflects the essentials to supporting community-based connections for people."



“Being a hero boils down to living the hero habits. Choosing happiness, instead of defaulting to misery.”

**- Keynote Speaker, Michael Hahn,
Author of Hero Habits.**

Michael Hahn, Keynote Speaker and author of Hero Habits was welcomed to the stage. Michael began the presentation stating "I'll be sharing the habits of everyday heroes like you... I'll give you a chance to think about a hero from your past and appreciate them for their sacrifice, dedication and example. I hope you'll discover that you already possess many of the Hero Habits." Michael used interactive strategies to keep the audience engaged. His son, Madden played the guitar to compare upbeat songs to sad songs, which was to make the point that you are who and what you surround yourself" stated Michael. "The presentation was very interactive and I loved the fact that Michael had several activities to have the audience members participate and talk to one another," explained Rebecca West, Customer Service Representative and Peer Support Specialist at CMHA-CEI. Michael's presentation ended with a fun and surprising ending by Madden joining him on stage and ripping their shirts to expose the Batman shirts underneath to highlight their superpowers and that everyone can be a superhero!

The recorded broadcast will be aired on Sunday, May 7th from 10am to 11am on WILX.

Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org to obtain a copy of the 2022 Report to the Community.

A promotional graphic for the 2023 Annual CMHA-CEI Community Event. It features a circular inset photo of Michael Hahn. The text reads: "Watch the 2023 Annual CMHA-CEI Community Event on May 7th from 10am to 11am on WILX!". Below this, it says "2022 Report to the Community Special Presentation by Sara Lurie, CEO at CMHA-CEI". The background is light blue with a sunflower.

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Honoring the Memory of Linda Matson, CMHA-CEI CAC Member

On February 16, 2023, the CMHA-CEI Board of Directors, formally presented a Resolution, honoring the memory of Linda Matson, to her son, Adam Matson. Adam is also a Board Member.

Resolution Honoring the Memory of Linda Matson, Founding CMHA-CEI Consumer Advisory Council Member

WHEREAS, the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties Consumer Advisory Committee and the broader community lost a valued member and dedicated mental health advocate on January 4, 2023 with the passing of Linda Matson; and

WHEREAS, Linda Matson was a tireless and outspoken advocate for the public behavioral health system; and

WHEREAS, Linda was a volunteer with the Association for Children's Mental Health, a Board Member at Charterhouse Clubhouse, and a founding member of the CMHA-CEI Consumer Advisory Council; and

WHEREAS, Linda used her lived experience as a parent and individual receiving services to advocate for expanding access to behavioral health services to help other people in the community; and

WHEREAS, She supported youth, families, friends, neighbors whoever needed help – never asking for recognition or thanks; and

WHEREAS, Linda cared deeply about people, never wanting anyone to suffer alone; and

WHEREAS, Linda used her voice to empower and encourage individuals receiving behavioral health services to actively engage in the community, to share their recovery stories, to exercise their right to vote, and to stand up and be counted in the census; and

WHEREAS, Linda had an unyielding desire to support her community and encourage people of all ages to accomplish their goals, encouraging all to chase their dreams, and to live life to the fullest; and

WHEREAS, Linda Matson was much appreciated for her compassion, creativity, energy, and dedication by her family, friends and those fortunate enough to know her; and

THEREFORE BE IT RESOLVED, that the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties Board of Directors recognizes the significant contributions of Linda Matson; and

BE IT FURTHER RESOLVED, that the Board of Directors extends its sincerest condolences to her son, Adam Matson and to her extended family and friends.



Linda and her son, Adam

"Help those in need. Live life to the fullest. Please take care of everyone; do the right thing; we don't want people to suffer alone. I want everyone to know that I love them. If you got a dream, chase it because a dream won't chase you back."
- Linda Matson.

Jerri Nicole Wright Places First in the 2023 Disability Rights Coalition Essay Contest

Jerri Nicole, won first place in the Disability Rights Michigan (DRM) Annual Essay Contest in honor of an outstanding disability rights advocate, Ernie Reynolds, who passed away in 2012. The essay was asking for motivating stories about people with disabilities who have successfully overcome barriers and achieved success while advocating for themselves or others.

Jerri Nicole is a strong advocate for persons that struggle with living with a severe and persistent mental illness, substance abuse, and/or a developmental disability, as well as prejudice. She has a passion to share her recovery story in the hopes to reduce stigma and to promote mental health services. She is a role model to her peers and colleagues, instilling hope that recovery is possible.



*Jerri Nicole with her husband, Thomas,
at the 5th Annual NAMI Michigan
Honors Black-Tie-Gala*

"Hello, my name is Jerri and I am in long term recovery from severe and persistent mental illness. It has taken decades for me to recover. But I have come a long way with the help of Charter House and Community Mental Health. I lived an isolated life with my husband Tom for many years. I had no place in the community. I would yell at Tom, "You don't understand". I didn't have a life. Later in our marriage we bought our first home and I started a new therapy program called Dialectical Behavior Therapy or DBT. This taught me a new way to think which in turn helped me change my self destructive behaviors. I then chose to join Charter House. I was very nervous and anxious at the program, but I was determined to make it work. I now had a safe place in the community. There was no stigma and I was accepted by new Clubhouse Peers and Staff. Slowly, over time, we built mutual trust. That was so very important for the start of my recovery. I thought I would never work again. But after three months of good attendance and support, I accepted a Transitional Employment position, or TEP, as a confidential document shredder right at my Clubhouse. I held that part time job for 5 years. I also worked in the Charter House kitchen, called the Vineyard Grill. That taught me a lot of food safety skills and gave me great teamwork experience. By working all of that time at Charter House, it gave me the confidence to try a supported employment position at MSU Brody Dining Hall. This was a real job in the East Lansing Community. Those years working at Charter House set me up for real success. I worked at the Brody Dining Hall for 6 years before I retired. Late in life, I had a solid 15 year work history and it all started with my supported membership at Charter House. Due to my illness, I had a difficult time speaking in front of groups. My experiences in recovery, attending Charter House, and working gave me the confidence to be a public advocate for Charter House and CMH. I have shared my recovery story on the steps of the State Capitol at Walk A Mile rallies. I told my story at the MSU Wharton Center for This Is My Brave, which is a non-profit stage show that travels throughout the country. I've also been on public radio three times advocating for people, like me, with mental illness. My life has changed so much for the better because Charter House was there for me. At first I greatly needed the program and now I am paying it forward for others coming through. Sharing my contributions with others helps me in my recovery journey.

To read the other 2023 prize winners of the Disability Rights Michigan (DRM) Ernie Reynolds Essay Contest go to www.drmich.org/ernie-reynolds-essaycontest/

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Join the Consumer Advisory Council

The Consumer Advisory Council is recruiting new members. We have an opportunity for you to improve our services and share your voice with lived experiences to advocate for individuals with mental illness, substance use disorder (SUD) and/or intellectual and developmental disability (IDD).

The council gives you the opportunity to meet with members of the Board of Directors and the CEO, Sara Lurie, as well as the chance to meet staff from various departments. The council has provided input on a variety of topics. For example, they participated in focus groups for the development of the upcoming Crisis Service Unit (CSU), provided input in making the Jolly Road lobby a welcoming environment and assisted in the renaming of the department that provides substance use services. The council also participates in advocating for behavioral health services and stays up to date with legislation. Participation in the council allows you to share your input.

Members are made up of consumers and/or family members who are currently receiving or have received services from CMHA-CEI and live in Clinton, Eaton or Ingham Counties. The council requires a two-year commitment and members receive compensation of \$40 per meeting.

Consider applying if you would like to:

- Share your voice
- Get paid for your time
- Meet new people
- Learn about the agency and services
- Want to make a difference

If you or anyone you know have an interest in becoming a member, consider attending a meeting. Meetings are open to the public and occur monthly on the 1st Thursday of the month from 3:30pm to 5:00pm via phone or Zoom.

Contact Customer Service for more information or to request an application at 517-346-8244 or via email at customerservice@ceicmh.org



Writing Submissions

Do you have a story that you think could be shared in a future issue of this newsletter?

Contact Customer Service at 517-346-8244 or via email at customerservice@ceicmh.org

May is Mental Health Awareness Month

NATIONAL
MENTAL HEALTH
AWARENESS
MONTH



May is Mental Health Awareness Month is recognized in the United States each May and has been observed every year since 1949. The purpose of Mental Health Month is to help eliminate the stigma associated with mental illness by raising awareness of mental health conditions and those who have them. Mental health is just as important as physical health.

Be sure to visit the CMHA-CEI website at www.ceicmh.org, and our Facebook page at www.facebook.com/CEICMH for more news, upcoming events, information and resources surrounding May is Mental Health Awareness Month.

The 988 Suicide & Crisis Lifeline

(formerly known as the National Suicide Prevention Lifeline) is made up of an expansive network of over 200 local and state funded crisis centers located across the United States. When people call, text or chat, they will be connected to trained counselors that are part of the existing Lifeline network.

If you are thinking about suicide, or worried about a friend or loved one, or would like emotional support the Lifeline network is available 24/7, free, and confidential.

When You Contact **988**

You don't have to say **Who you are or Where you are.**

You will get support from a trained **Crisis Counselor.**

Call or text 988, or chat **988Lifeline.org**

There is Hope.

988 SUICIDE & CRISIS LIFELINE

Behavioral Health Screening Tool

Community MENTAL HEALTH CLINTON • EATON • INGRAM Together we can.

CURIOUS ABOUT YOUR MENTAL HEALTH & WELLBEING?

Click here for an anonymous online screening!

Behavioral Health screening – which includes mental health, substance use, and more – is a key instrument in assessing your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from your neck up. This tool is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

Link: <https://screening.mentalhealthscreening.org/cei>

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