

Sept 2018



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM

Our Vision: “To Promote a culture of health and wellness for those we serve, our staff, and our communities”

CULTURE OF HEALTH & WELLNESS COMMITTEE

CMHA-CEI’s newly formed Culture of Health and Wellness Committee (CWHC) has held it’s third meeting!

This group aims to create a culture of health and wellness by expanding upon Behavioral Health Prevention and Wellness Promotion initiatives targeting CMHA-CEI consumers, staff, and community. This group has prioritized the identified goal areas within the Creating a Culture of Health Plan and will begin the implementation of initiatives, starting with a wellness checklist for consumers and staff.

STAND UP 2 STIGMA!



The Stand Up 2 Stigma Movement is currently being integrated into all CMHA-CEI initiatives!

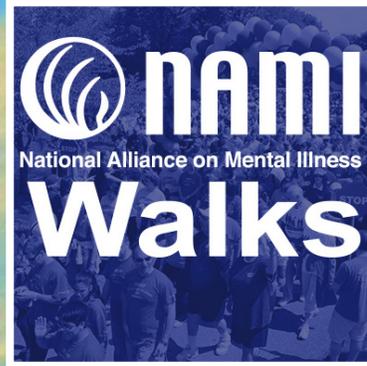
It is the mission of the Stand Up 2 Stigma Movement to reduce stigmatizing language, thoughts, and behaviors by promoting positivity, hope, inclusion, and acceptance of behavioral health issues throughout the community.

You can find out more information by heading to:
www.ceicmh.org/stand-up-2-stigma

FINANCIAL WELLBEING?

When thinking about your wellbeing, finances aren’t usually the first thing to come to mind. However, your financial wellbeing can play a large role in your overall health and wellness! Here are 6 tips for financial wellness from Huffington post.

- 1. Where are you over-extending?**
Do an honest expense report for yourself. Where are you spending too much? Rent is a common culprit — experts say this should not be more than 20 percent of your income. Moving to a cheaper place is extremely freeing!
- 2. Automate your savings.**
This is a trick many financial-savvy people know about. Before you spend a single cent — put away at least 10 percent of your income into a savings account. If you can, put all bonuses (or any expected income) into this account too. Name it something fun like “Round the world ticket” or “Dream Home” to remind you why you are socking cash away each month.
- 3. Limit the entertainment overdose.** Eating and drinking out are often the reason you run out of money fast. Only commit to things you can afford and don’t say yes to things just because you are invited.
- 4. No spending one day a week.** This can be played creatively like a game! If you have a transport pass, food in the fridge, coffee in the cupboard and wifi at home - you are set. A walk outside, making lunch for your partner and Skyping a friend are all free and fun!
- 5. Remember less is more!**
Need all those cable channels? Need that gym membership if you only go once a week? Look for cheaper alternatives. How much is a drop in exercise class? Is there a free first pass? Is Hulu a better option? Refer to your report to see where you can cut back.
- 6. Carry cash.** Not only does this make you feel wealthy - you are less likely to want to dole out cash on things like cabs and the small things that add up (another mimosa, a t-shirt on sale). Swiping plastic does not have the same realization as to what you are spending as handing over cold, hard cash.



CMHA-CEI's Online Behavioral Health Screening is available NOW on our homepage!
www.ceicmh.org

 **BEHAVIORAL HEALTH SCREENING** 

HOW ARE YOU FEELING?

Anonymous and Free Online Screenings for:
Mental Health & Substance Abuse



Join Us!

Saturday, November 10, 2018 | 1:00 - 4:00 pm

You're invited to a FREE event at the Potter Park Zoo!

There will be fun fall themed activities, animal exhibits, informational stations, food provided, and all the fun the Potter Park Zoo has to offer!

Please share this event with your consumers and networks!

Walk for Wellness and Hope !

Out of the Darkness Community Walk
American Foundation for Suicide Prevention
Sunday, September 23, 2018 at 9 am
Hawk Island Park

The American Foundation for Suicide Prevention (AFSP) is holding it's annual Out of the Darkness Community Walk!

This walk is a great way yo help supporters unite with the common goal of breaking the silence surrounding suicide and mental illness.

CMHA-CEI will have a walking teal at the Walk and is still accepting team members!
We also have a fundraising goal of \$1,500.

If you would like to join our team or donate go to <https://afsp.donordrive.com/team/CMHA-CEI>

NAMIWalks
National Alliance on Mental Illness
Saturday, October 13, 2018 at 10 am
Grand Rapids, MI

The National Alliance on Mental Illness (NAMI) is holding it's annual NAMIWalks!

Each NAMIWalks is a 5k event that raises awareness and funds for NAMI organizations across the country.

CMHA-CEI will have a walking team at NAMI Walks and is still accepting team members! A bus will pick up the team at CMHA-CEI at 8 am the morning of the walk. CMHA-CEI has a fundraising goal of \$1,500 for this event.

Click here to join our team or donate!
<https://www.namiwalks.org/team/CMHA-CEI>