

OCTOBER 7, 2020

VOICES



Update: CMHA-CEI COVID-19 Protocols Remain in Place

You may be aware that on Friday a Michigan Supreme Court ruling on the Governor's Emergency Powers put into question the validity of existing COVID-19 Executive Orders issued by the Governor. It is important to note that all Emergency Orders that were issued by Michigan Department of Health and Human Services Director, Robert Gordon, as well as by Local Public Health Officers are not impacted by this ruling.

While this is still being sorted out, all of our CMHA-CEI COVID-19 safety protocols remain fully in place. We

ask that while at CMHA-CEI sites, you continue to wear a mask, participate in screenings, and maintain a physical distance from others.



Michigan's Health Insurers Provide No Cost COVID-19 Testing, Treatment

Governor Gretchen Whitmer and the Michigan Department of Insurance and Financial Services (DIFS) **announced** that the state has secured agreements from nearly all of the state's health insurers to waive all out-of-pocket costs for COVID-19 testing and treatments through the end of 2020. At least through year's end, consumers with these individual and group health plans will not be charged cost-sharing for medically appropriate COVID-19-related medical treatment, such as primary care visits, diagnostic testing, emergency room visits, ambulance services, and U.S. Food and Drug Administration-approved medications and vaccines when they become available. In accordance with federal law, consumers with Medicaid or Medicare may also receive a no-cost COVID-19 test and related services provided by a health care provider.

DIFS can help consumers with health insurance questions and complaints. Contact DIFS Monday through Friday from 8 a.m. to 5 p.m. at 877-999-6442 or DIFS-HICAP@michigan.gov.



DO THE FIVE
to stop COVID-19

1. **HANDS** wash them often
2. **ELBOW** cough into it
3. **FACE** don't touch it
4. **SPACE** keep safe distance
5. **HOME** stay if you can

Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Halloween Coloring Pages

Print out some free spooky coloring and activity pages for kids and grown-ups alike from Crayola by [clicking here](#).

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

Going Back to School & Youth Mental Health - MHFA Resource

Mental Health First Aid (MHFA) describes that, "Starting a new school year is an exciting time but can also be a stressful one. This year adds COVID-19 to the mix, as children and youth face challenges such as physical distancing in schools and virtual learning." Use these tips from the Youth Mental Health First Aid Curriculum to help young people take care of their mental health when going back to school.



1. Ask how they're doing. Youth may hesitate to initiate a conversation about their worries and concerns. Check in with them and encourage them to share how they feel. When having this conversation, it's important to listen non-judgmentally so the young person understands they can talk freely about their problems and feelings.

2. Give reassurance. Provide emotional support and understanding, empathize with how the young person feels and voice hope. Remind them that you and those around you are taking steps to be prepared and safe.

3. Provide practical help. Helping with daily tasks can help a young person feel more prepared and secure. This can include helping to pack their bag the night before school, preparing lunches together, and talking through the next day's schedule.

4. Develop a routine. Try to establish a school-day routine to help your child adjust to waking up early and going to bed on time. If you're teaching, in a virtual or physical classroom, help your students establish a daily routine as well so they know what to expect.

5. Be a role model. If, despite the many unknowns, you appear calm and confident about the upcoming school year, your kids will too. Use [these self-care strategies](#) to take care of your own mental health so you can be the best role model for the youth around you.

For more information on how to support young people, please visit these resources:

- [Five Ways to Manage Your Back-to-School Mental Health](#)
- [Tips to Help Children and Youth Take Care of Their Mental Health During COVID-19](#)
- [Talking to Your Kids About COVID-19](#)

Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136,
7 days a week from 8 a.m. to 5 p.m.



Email COVID19@michigan.gov 24/7. Emails
will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates
at Michigan.gov/Coronavirus.



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County
Health Department

Mid-Michigan District
Health Department

Barry-Eaton
Health Department

Michigan Department of
Health and Human Services

Centers for Disease
Control and Prevention

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