

FALL 2024

VOICES



REGISTER TO VOTE

The Community Mental Health Authority of Clinton, Eaton and Ingham Counties (CMHA-CEI) Consumer Advisory Council (CAC), put together a voting information and resource guide to assist anyone who is interested in voting, especially for those that receive services from CMHA-CEI.

People who have a guardian can register to vote in Michigan as long as they are a Michigan resident and are at least 17 and a half years old.

MICHIGAN VOTER INFORMATION

- Register to VOTE!
- Confirm voter registration status
- Apply for an absentee ballot
- Find your clerk
- View a sample ballot
- Track your absentee ballot
- Find your early voting site or Election Day polling place
- Find a ballot drop box in your election jurisdiction
- And more...



MICHIGAN VOTER
INFORMATION

You can find the voting information resource guide on the CMHA-CEI Facebook page www.facebook.com/CEICMH or by requesting a copy from Customer Service by calling 517-346-8244. There will be limited printed copies available throughout the Jolly Road building and at other satellite offices, including Charter House.

20th ANNUAL WALK-A-MILE IN MY SHOES (WAM) RALLY



The 20th Annual Walk-A-Mile (WAM) In My Shoes Rally was held at the Michigan State Capitol lawn in Lansing, MI on Tuesday, September 17th. Around 2,000 Michigan citizens from around the region attended the WAM rally, bringing more attention and awareness to behavioral health, public health overall wellness, and the importance of voting in this year's presidential election. The rally helps reduce the stigma to those living with mental illness, substance use, and intellectual/developmental disabilities. Stay tuned for more information regarding next year's event by visiting: <https://cmham.org/education-events/walk-a-mile-rally/>



The Annual American Foundation for Suicide Prevention (AFSP) Out of Darkness Lansing/Capital Area Walk was on Saturday, September 21, 2024 at the Adado Riverfront Park. A total of \$41,762 was raised to help with the AFSP's mission to save lives and bring hope to those affected by suicide. Visit the AFSP Michigan Chapter Facebook page at <https://www.facebook.com/AFSPMichigan> for more information about AFSP as well as updates on festivals and events.

2024 ANNUAL POTTER PARK ZOO EVENT

The 2024 Potter Park Zoo event, held on Saturday, September 21, 2024, went swimmingly! Everyone had a splashing good time meeting the new Magellanic Penguin chicks that were born in June.

This event is held yearly for CMHA-CEI friends, families of staff and consumers, as well as the community to enjoy a free day at the zoo along with food, face painting by Just for Fun Ink!, books provided by UKirk at MSU, and the League of Enchantment Michigan, who walked around the zoo providing photo opportunities.



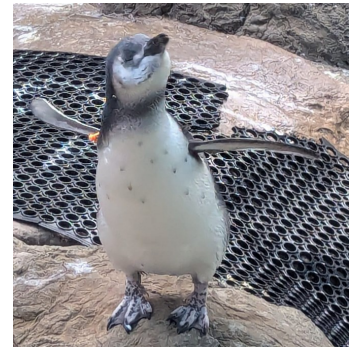
Sara Lurie, CMHA-CEI CEO with some of the League of Enchantment Superheroes



One lucky family won donated passes to the Impression 5 Science Museum

Thank you to our event sponsors Peckham Inc, and National Alliance on Mental Illness (NAMI) of Lansing.

A special shout out to all of our volunteers (staff, family, and friends) and community vendors who were a part of our very special day at Potter Park Zoo.



The Magellanic Penguin Chicks that were born in June



For more information about upcoming events at CMHA-CEI, please visit our website at www.ceicmh.org or Facebook page at <https://www.facebook.com/ceicmh>

CMHA-CEI HIRING FAIR



Community Mental Health Authority of Clinton, Eaton and Ingham (CMHA-CEI) counties is hosting a Hiring Fair.

Thursday, October 24, 2024
12:00-5:00 pm
812 E. Jolly Road, Lansing, MI
in the Atrium

CMHA-CEI is looking to fill openings for Paraprofessional positions! Come learn more about us. There will be giveaways, on the spot interviews, and great networking!

To learn more about various open positions, please visit: www.ceicmh.org/employment.

CMHA-CEI WEBSITE, FACEBOOK PAGE & INSTAGRAM

Did you know that CMHA-CEI has a public website, Facebook page, and Instagram? You can go to the website, Facebook page, or Instagram to get a variety of resources that promote mental well-being in various populations including children and youth, older adults, parents, minority groups, and LGBTQIA+ communities. As well as upcoming events and activities, postings of holiday closures and other pertinent information, such as trainings, advocacy events, programs and services.



www.ceicmh.org



<https://www.facebook.com/>



www.instagram.com/

VOICES NEWSLETTER

The Consumer Advisory Council (CAC) created the VOICES Newsletter to help CMHA-CEI consumers stay connected to our agency and to the community. It provides consumers with agency updates, agency news/events, as well as consumer created poems, stories, and artwork.

The newsletter is published three (3) times a year and can be found on the CMHA-CEI website, Facebook page, and posted around the agency. Future newsletters will highlight some of our current CAC members, our Chief Executive Officer, Sara Lurie, as well as some of our CMHA-CEI Board of Directors.

If you would like to share a story, poem or photo of your art in a future newsletter, please contact Customer Service at 517-346-8244 or via email at customerservice@ceicmh.org.



Join the Consumer Advisory Council



The Consumer Advisory Council (CAC) is recruiting new members.

The CAC provides an opportunity for consumers who are currently receiving or have received services to advocate for individuals with mental illness, substance use disorder (SUD), and intellectual and developmental disabilities (IDD). Those sitting on the CAC have the opportunity to meet with members of the Board of Directors, CMHA-CEI's CEO, Sara Lurie, as well as staff from various CMHA-CEI departments.

***"I like being on the CAC because I get to learn more about what goes on behind the scenes at CMH, and my opinions can influence my experience in receiving services here."
- Faith Halick, CAC Member since May 2024***

Consumers provide meaningful input on policies, processes, and services that are presented to the Board. The Council allows consumers to share their voices and perspectives gained through lived experiences. The Council has been instrumental on a variety of topics. They participated in focus groups for the development of the Crisis Stabilization Unit (CSU), provided input on making the Jolly Road lobby a welcoming environment, and assisted with the renaming of the department that provides substance use services.

Members are required to reside in Clinton, Eaton or Ingham Counties. The Council requires a two-year commitment and provides a stipend per meeting for attendance. Meetings occur on the 1st Thursday of the month from 3:30 pm to 5:00. pm via phone or Zoom.

If you or anyone you know has an interest in becoming a member, consider attending a meeting. Contact Customer Service for more information or to request an application at 517-346-8244 or via email at customerservice@ceicmh.org.

***"It is a great way to advocate for people and to learn more about the resources and services that CMHA-CEI has to offer to those that need them."
-Lori G, CAC Member since 2017***



Consider applying if you would be interested in:

- ◆ Advocating so that those without a voice maybe heard.
- ◆ Meeting new people with shared experience.
- ◆ Learning about the agency and services available.
- ◆ Being a CMHA-CEI Ambassador.

The 988 SUICIDE & CRISIS LIFELINE

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, who can help, listen, offer support, and provide resources if needed.



If you, or someone you know, are having thoughts of suicide, or experiencing a mental health or substance use crisis, call 988 for compassionate help.

The 988 Suicide & Crisis Lifeline is available 24/7 and is free and confidential.

The Veterans Crisis Line is for any Veteran, service member, and their families. They can help even if you're not enrolled in VA benefits or health care.

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. Immediately following the brief questionnaire you will see your results, recommendations, and key resources.

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

CURIOUS ABOUT YOUR MENTAL HEALTH & WELLBEING?

Click here for an anonymous online screening!

If you need extra emotional support, CMHA-CEI is here for you. Our 24/7 Crisis Services can be accessed by:



517-346-8460 - Adults
517-346-8008
Children &
Young Adults

Mobile Crisis
Response



at their home &
in the community

Crisis Services



812 E. Jolly Road
Lansing MI

Ongoing,
non-emergency
therapeutic services



Access Department
517-346-8318