

JUNE 16, 2020

VOICES



Update: Consumer Screening Process

In order to make sure that CMHA-CEI facilities are as safe and healthy as possible, all staff, visitors, and consumers are asked to complete a brief health screening when entering CMHA-CEI facilities.

The screening process has changed slightly over the past few weeks to be even more useful- here are the latest updates on what to expect.



Upon entering the building, you will:

- Be asked screening questions.
- Be asked to wear a face covering, either your own or a CMHA-CEI issued mask.
- Have your temperature taken.

We appreciate the patience and understanding of consumers who have completed a screening over the last few weeks- thank you for your help in keeping all of us healthy and safe!

Get In Touch!



Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Or, do you need assistance accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Map of Free Public WiFi

This map from the State of Michigan shows places that have free WiFi available for public use across the state. To view the map, [click here](#).



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

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

Untitled Poem

By Tina Bertram

Every year the colors are layered the same. God brings the yellow, orange and pink up just like waving a flag of celebration. Each color on top of each other as the sun rises. The 5am duty never gets easier. The timing to perform for this phase of morning radiance is also arduous. This act of self-discipline in late May gives me the excuse to witness my neighborhood for the board and concrete that it is. The bright colors push the boundaries of the street. Today's run covers my building and the resident along the road. The scene overwhelms me as the panorama of sky takes over. I start, setting off the timer that changes the majestic to blue. It's only an hour but God entrusted a few with this sight given out, the hour passes. The soles of my feet carried me into it and back. The colors have now faded to solid blue. It is no longer mine to use. I go inside and start the chores of the day.

Tips for LGBTQ+ Teens and Young Adults During COVID-19

This resource from the State of Michigan outlines coping strategies for young LGBTQ+ people during COVID-19 ([click here](#) for the full resource). These strategies include:

1. Pay attention to how you feel

Changes related to COVID-19, like social distancing, may increase feelings of isolation, depression, and anxiety. There are many ways to manage these feelings, which is especially important during stressful times like COVID-19.

2. Try out mindfulness

Mindfulness is one way to tackle negative thoughts related to depression and anxiety.

3. Use daily affirmations

Unsupportive family members may deny gender affirming messages. One way to counteract this is by using affirmations, which are positive messages we can always tell ourselves.

4. Seek social support

Social distancing may leave us feeling isolated. Calling, texting, or video chatting can help connect with friends, teachers, coaches, relatives, and other supportive people.



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

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