

SPRING/SUMMER 2024

VOICES



Upcoming Events:



**20th Annual Walk-a-Mile In My Shoes (WAM) Rally:
Thursday, September 12, 2024 from 12:30-3:00 pm**

Join us to celebrate the 2024 Walk-a-Mile in My Shoes Rally at the Michigan State Capitol in Lansing, MI as we educate the public about behavioral health issues and intellectual and developmental disabilities. More details to come!

Potter Park Zoo Event: Saturday, September 21, 2024

CMHA-CEI is inviting friends, families of staff and consumers, as well as the community to a free day at the zoo! This event is scheduled for Saturday, September 21, 2024. More details to come!



**Out of Darkness Lansing/Capital Area Walk: Saturday,
September 21, 2024 at the Adado Riverfront Park**

CMHA-CEI is joining hundreds of thousands of people across the country who are walking in the Out of the Darkness Community Walks to prevent suicide and support the American Foundation for Suicide Prevention (AFSP). The AFSP's mission is to save lives and bring hope to those affected by suicide.

To register online go to: <https://supporting.afsp.org/index.cfm?fuseaction=register.start&eventID=9888>

Registration On-Site

Starts: 11:00 am

Program Starts: 12:00 pm

For more information or to donate on behalf of CMHA-CEI go to: <https://supporting.afsp.org/participant/CMHA-CEI>

CMHA-CEI's website and Facebook page are used to share resources that promote mental well-being in various populations including children and youth, older adults, parents, minority groups, and LGBTQIA+ communities. You can also find upcoming events and activities that we are hosting or involved in on CMHA-CEI's website and Facebook page.

Upcoming events and activities, postings of holiday closures and other pertinent information, such as trainings, advocacy events, programs and services can also be found on the calendar in the lobby at our Jolly Rd building. Additionally, resource racks are located outside of Suite 108 near the main lobby or by the Atrium on the ground floor.

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

2024 CMHA-CEI ANNUAL COMMUNITY EVENT

Thank you everyone who attended the 2024 CMHA-CEI Annual Community Event that took place on Tuesday, April 2nd at the Lansing Center! The theme this year was Belonging Matters.

We had a fun morning with a guest speaker, Robert Sheehan, Executive Director at Community Mental Health Association of Michigan. Attendees also learned about our 2023 agency highlights from the 2023 Report to the Community, presented by our CEO, Sara Lurie.

To view and download the full 2023 Annual Report, visit <http://www.ceicmh.org/about-us/annual-reports>.



The keynote speaker, Dr. Tonya Bailey, was well received. She gave an inspirational and informative presentation about Diversity, Equity, and Inclusion (DEI) strategies, followed by a book signing. To learn more about Dr. Tonya Bailey you can visit her website here: <https://tonyabailey.com/>.

If you were unable to attend this year's CMHA-CEI Annual Community Event or watch the recorded broadcast that was shown on WILX, on Sunday, April 28th you can still view it on our YouTube page at https://www.youtube.com/watch?v=5pw_nSHlfOY

"CMHA-CEI has a commitment to fostering Diversity, Equity, and Inclusion (DEI). We are dedicated to strengthening existing partnerships and creating new pathways into behavioral health careers. Our report features stories on Veterans Navigation, Diversity Advisory Council, and Health Equity Training, showcasing our commitment to creating inclusive spaces where everyone feels acknowledged and valued. Our guiding theme is Belonging Matters! and Together We Can... build resilient communities that champion empathy, understanding, and a sense of belonging," -Sara Lurie, Chief Executive Officer.



CMHA-CEI's Diversity Advisory Council (DAC) is comprised of staff from different areas of the agency and is led by our Diversity, Equity, and Inclusion Officer.

CONSUMER SATISFACTION SURVEY

CMHA-CEI is completing our annual Consumer Satisfaction Survey during the months of June and July. All persons receiving services from CMHA-CEI will be given the opportunity to share their satisfaction with the services that they receive from the agency.

There are three ways that the survey can be completed:

- ◆ In-person
- ◆ Mail
- ◆ Online



Consumers and/or family members/guardians were mailed a paper copy of the survey with a self addressed, postage paid return envelope. Case managers are also distributing paper copies of the survey at appointments (i.e. in-person, in the office, at a home visit, or at community based appointment). The survey can also be completed online using the QR code included on the distributed surveys or using the links included below.

If you haven't yet, please complete the survey at the following links based on the services you receive:

Children Services Survey Links:

Families Forward (FF) for Children

<https://lp.constantcontactpages.com/sv/iSMAdyf/YSSFF24>

Community Services for the Developmentally Disabled (CSDD) for Children

<https://lp.constantcontactpages.com/sv/47PYryP/YSSCSDD24>

Adult Services Survey Links:

Adult Mental Health Services (AMHS)

<https://lp.constantcontactpages.com/sv/EEYdbqS/mhsip24>

Community Services for the Developmentally Disabled (CSDD) for Adults

<https://lp.constantcontactpages.com/sv/lD9Utwl/CSDDsurvey>

Thank you for taking the time to complete the Consumer Satisfaction Survey and for providing your input on the services that you receive from CMHA-CEI. Your feedback helps the agency provide the best possible care for you or your family member.

If you have questions or need assistance, please call Customer Service at 517-346-8244 or via email at customerservice@ceicmh.org.

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.

ART CONTEST WINNER FOR TRAVELING ART SHOW

Congratulations to the winners of this years art contest!

In conjunction with the Community Mental Health Association of Michigan (CMHA), the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) had an art contest for persons (ages 12 and up) who currently received services at CMHA-CEI and resided in Clinton, Eaton or Ingham counties.



The tour has two goals:

- ◆ To help de-stigmatize mental illness, developmental disabilities, and substance use disorders by showcasing the talents of people who use CMH services
- ◆ To highlight the recovery potential of the arts

The 1st place winner for the CMHA-CEI art contest is Stephanie McGee-Owens. Her piece was titled, "Warrior Dream Catcher" and was a framed Diamond Dots Art (16x23). Her winning art will be showcased in the two-year statewide traveling art show that will be displayed at different venues (i.e. universities, convention centers, art museum, community mental health agencies) all around Michigan. Her art work will be available for sale while on the tour or auctioned at the end.



Stephanie shared what art meant to her, when answering the following questions:

What do you like about art?

Art helps my imagination, I love color and working with different textures.

What does doing art do for you?

Art makes me relaxed, more focused, also I enjoy making art for other people to give them happiness.

Does art help your recovery?

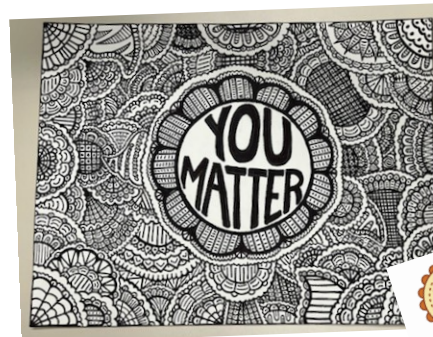
Art has helped my brain heal from my stroke. I try to keep my mind busy for healing.

Does art help you develop other live skills?

Yes, art helps my eye-hand coordination, my imagination, self-esteem, my focus and relaxation and joy of sharing with others.



"Mountain Morning"
Acrylic painting on
canvas (10x14)



"You Matter"
Drawing on cardstock with
Sharpie marker (9 x 12)

ART CONTEST HONORABLE MENTIONS



"St. Francis of Assisi"
Acrylic Paint on Canvas
Size: 16 x 20



"Peaceful Serenity"
Water Color Paints
on Canvas
Size: 8 x 10



"MSU Memorial for Tragedy on 2.13.24"
Glitter Paint on Canvas
Size: 16 x 20



"Peace of Mind"
Marker Drawing
Size: 8 x 10



"Quilted Cross"
Fabric Art Wall Hanging
Size: 31 x 39



"Connie's Childhood Home"
Black and Silver
Scratch Off

ART CONTEST HONORABLE MENTIONS

We would like to recognize and give Honorable Mentions to the following talented artists who submitted their art to the CMHA-CEI Art Contest and for the CMHA Statewide Traveling Art Show.



"Aim High"
Chalk on Black Paper
Size: 16 x 20



"The Devil Made Me Do It"
Oil Paint on Canvas
Size: 9 x 12



Oil Painting on Canvas
Size: 11 x 14



"Mom & Dad"
Water Color Paint
Mono-Chromatic Caricature
Size: 11 x 14



"Mushroom Alien"
Pencil and Ink Drawing
Size: 8.5 x 12



**"Find Things to Keep
Your Fire Going"**
Glass, Rubbing Alcohol & Food Dye
Size: 5 x 7



"Colorful Capitol Building"
Glitter Paint on Canvas
Size: 11 x 14



**"Super Armored
Power Crab"**
Crayon Coloring
Size: 8.5 x 11

CMHA-CEI CONSUMER ADVISORY COUNCIL (CAC) MEMBER SPOTLIGHT

KATHRYN W.



CAC Member since 2018

CONSUMER ADVISORY COUNCIL INITIATIVES:

- Census 2020 United Way Grant
- Creating a Welcoming Environment
- Crisis Service Unit (CSU) Focus Group
- VOICES Newsletter
- Letters to Legislature
- Provide a voice within CMH to advocate for those like myself

WHY I LIKE BEING ON THE CAC:

"It allows me to have a voice to advocate for myself and others who share in similar experiences."

THINGS I ENJOY DOING:

* Walking *Crafts *Hanging Out With My Friends *Helping Others



THINGS ABOUT ME:

- Charter House Clubhouse Member
- CMHA-CEI Consumer Advisory Council member
- CMHA-CEI Behavioral Health Council (BHC) member
- Participates in the CMHA-CEI Lifeskills group
- Attends the annual Potter's Park Zoo Event
- Resident of the Kalkidan's AFC Home

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 council because CMHA-CEI has been a place of growth, development and change for me. I want to give back to my peers, especially those that have yet to find their voices." -Jerri Nicole Wright, CAC member since January 2017

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.

"I like being on the Consumer Advisory Council because "it allows me to have a voice to advocate for myself and others who share in similar experiences."

- Kathryn W., CAC Member since 2018



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.

CMHA-CEI CONSUMER ADVISORY COUNCIL (CAC) MEMBER SPOTLIGHT

Jerri Nicole Wright

ADVOCACY:

- Walk-a-Mile (WAM) in My Shoes Rally at MI State Capitol
- Participates in Public Forums surrounding behavioral health initiatives
- Write to legislators at the House & Senate, and Governor to help reject bills that jeopardize services for the public behavioral health system & Clubhouses throughout MI



Founding CAC Member-2017

WHY I LIKE BEING ON THE COUNCIL:

"I like being on the council because CMHA-CEI has been a place of growth, development and change for me. I want to give back to my peers, especially those that have yet to find their voices."

- THINGS I ENJOY DOING:**
- * Spend quality time with husband, family & friends
 - * Watch a good movie
 - * Attend Charterhouse Clubhouse
 - * Sing in the Church Choir
 - * Attend Sunday Service
 - * Read & Study Scriptures
 - * Teach Sunday School
 - * Advocate for those struggling with behavior health issues



THINGS ABOUT ME:

- Charter House Clubhouse Member/Ambassador/Advisory Board
- Founding member of CMHA-CEI CAC-2017
- NAMI of Lansing Board Member at Large
- Proudly share Recovery story on public forums
- Member of the Tithes Missionary Baptist Church
- Spiritual Leader-Strong woman of faith
- Certified Peer Support Specialist (CPSS)
- Study and apply Dialectic Behavioral Therapy (DBT) skills

ACTION FOR HAPPINESS

Prioritizing happiness and kindness influences how we approach everything - including our personal lives, families, communities, schools and workplaces. It shapes our views on public policy and helps us to consider the wellbeing of future generations.

There is a monthly campaign calendar available to download that is full of practical and actionable ideas to make a difference and help achieve happiness all around you. It is available in a variety of different languages.

Do you want to help create a happier and kinder world? If so, join the movement by downloading the app, signing up for a monthly newsletter, and by visiting their Facebook page.



Download the FREE Action for Happiness app for iOS or Android

- > Gives you friendly nudges with an action idea each day
- > Sends you inspiring messages to give you a boost
- > Helps you connect & share ideas with like-minded people



[https://
actionforhappiness.org/](https://actionforhappiness.org/)

[https://
www.facebook.com/
actionforhappiness](https://www.facebook.com/actionforhappiness)

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.

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 are or someone you know is 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