

Fall, 2023

VOICES



Upcoming Events

TRUNK OR TREAT

OCT 27
4pm to 7pm

FUN HOUSE • CIDER & DONUTS • CANDY ENTERTAINMENT • RAFFLES AND MORE!
LOCATED AT 812 E. JOLLY RD., LANSING, MI
EAST EMPLOYEE PARKING LOT
ENTER THROUGH BATTENFIELD ENTRANCE

*Wearing a Halloween Costume is Optional

Come celebrate Halloween with CMHA-CEI for their 3rd Annual Trunk or Treat Event.

This event is FREE for:

- CMHA-CEI employees, families, & friends
- Consumers, families, friends, & caregivers
- Community members

Join us for FREE!

- Live entertainment
- Cider and Donuts (provided by Quality Dairy)
- Raffles
- Hot Dogs & Chips (provided by Mad Dogz)
- Candy and more
- Fun House (provided and sponsored by Families Forward)

During this free event, you will have an opportunity to meet several CMHA-CEI teams and learn about our services/programs.

This event is sponsored by the Michigan State Police and the Delta District Library.

Upcoming Trainings

Mental Health First Aid Trainings

Register today by visiting our Eventbrite Page. For more information, email Prevention@ceicmh.org or Call 517-887-5232.

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

QPR (Question, Persuade, Refer)

is an evidence-based emergency mental health intervention that teaches participants to recognize the signs of suicide and the steps to getting a person to help. (1 hour training)

\$15 ADULT MENTAL HEALTH FIRST AID (MHFA)
FREE QUESTION, PERSUADE, REFER (QPR)



Register on Eventbrite at <https://www.eventbrite.com/o/community-mental-health-authority-clinton-eaton-ingham-cmha-cei-8564584343>

2023 Annual Potter Park Zoo Event Recap

Memories were made at the Annual Potter Park Zoo Event! The event was held at Potter Park Zoo on Saturday, August 26, 2023. It was a beautiful day, with around 1,750 consumers, their friends, families and caregivers, members of the community, stakeholders as well as CMHA-CEI staff and their families were in attendance.

This is an annual event in which CMHA-CEI opens the Zoo to the community, for a morning with free admission, parking and fun activities, including food, books, face painting, and a chance to meet Superheroes while exploring Potter Park Zoo!



Photo: Superheroes from the League of Enchantment Michigan, CMHA-CEI Staff & Volunteers.

Continue to follow us on social media for updates on the 2024 Potter Park Zoo Event.

19th Annual Walk-a-Mile in My Shoes (WAM) Rally

WALK 
A MILE
In My Shoes



Photo: Sally Cookie Therapy Dog

The 19th Annual Walk-a-Mile in My Shoes (WAM) Rally was held at the State Capitol Building, Lansing on September 13, 2023.

Around 2,000 Michigan citizens attended the "Walk a Mile in My Shoes" Rally, bringing more attention and awareness to behavioral health, public health and overall wellness. The rally helps reduce the stigma to those living with mental illness, substance use, intellectual/developmental disabilities.

This event brings awareness to legislature and the public on why mental health, public health, and wellness matters.



Group Photo of participants from Clinton, Eaton & Ingham Counties.

The Community Mental Health Association of Michigan (CMHAM), with other community behavioral health services from each county in Michigan, organized this event.

SEPTEMBER IS NATIONAL SUICIDE PREVENTION AND AWARENESS MONTH



The month of September is dedicated to National Suicide Prevention and Awareness. During this month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness in hopes to help reduce stigma and reduce suicide deaths as well as recognize risk factors, protective factors, and warning signs. There is a wealth of organizations around the world that are dedicated to suicide prevention.

SEPTEMBER IS NATIONAL RECOVERY MONTH

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Recovery Month celebrates the gains made by those living in recovery.



**"Every Person. Every Family.
Every Community."**

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.

If you are thinking about suicide, or worried about a friend or loved one, or would like emotional support the Lifeline network is available 24/7, free, and confidential.

Behavioral Health Screening Tool

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>

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

CMHA-CEI Highlights Integrated Treatment and Recovery Services (ITRS) and Recovery Stories

Meet **Emily Little** *ITRS Outpatient Recovery Coach*



Emily Little, a CMHA-CEI Peer Recovery Coach, works with Integrated Treatment and Recovery Services (ITRS) Outpatient team, which provides clinical and medical services including Substance Use Disorder (SUD) assessments, individual and group counseling, and care coordination.

When reflecting on her own recovery journey, Emily, identified that one of the most significant factors was the support she felt while receiving services in detox, residential, and outpatient settings, noting that she “had a sense of support that I’d never experienced before, because I’d never been in treatment.” Supportive staff and treatment programs provided motivation and helped her understand the process of recovery, and it was this experience that led to her to seek out a “position where she could be of that service to someone else.”

Through her own recovery experience and in her experience working with those in recovery, Emily recognized that there are many different pathways toward the same goal of “having a life of healthy choices and being substance free.” An important part of her job as a recovery coach is helping someone identify what treatment will look like for them and then guiding and supporting them on that pathway. Emily identified that “clients that I work with feel a sense of being out of control a lot of the time,” and that, “asking them what they want, focusing on what their idea is, and giving them just a little bit of control on their decision making helps build their confidence.”

There are challenges individuals face when seeking recovery, including personal and family’s understanding of substance use disorders, the struggle to make change and leave one’s own comfort zone, and concerns about stigma when sharing their story. Emily emphasized that, with the support of services, those seeking treatment, “are not alone in this journey of recovery, we will go through this experience together, we will find our pathway, it may be a little difficult at times, but we will work on it together.”

Individuals that Emily works with often are not aware of resources that are available in the community. Sharing information about ITRS services and other services available in the Greater Lansing Area through Recovery Month and other education efforts is an important step in connecting people to life changing, and often life-saving services and support.

SUICIDE PREVENTION WALKS



**American
Foundation
for Suicide
Prevention**

American Foundation for Suicide Prevention (AFSP) held several "Out of the Darkness Community Walks" as a journey of remembrance, hope, and support.



These walks unite our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. For more information, please visit: afsp.org.

The Out of the Darkness movement, began in 2004 with the Community Walks, and are held in hundreds of cities across the country. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost. Now, more than ever, it's important to be there for one another and take steps to safeguard our mental health and prevent suicide.

- September 17, 2023: Grand Rapids/West Michigan Walk Millenium Park, Grand Rapids, MI
- September 17, 2023: Lansing / Capital Area Walk Adado Riverfront Park, Lansing, MI



"It's not how far we walk but how far we've come" NAMI

Embracing the power of community, NAMIWalks Grand Rapids stands as a beacon of hope in the realm of mental health advocacy. NAMI has been tirelessly working to erase the stigma surrounding mental health issues and provide support for individuals and families affected by mental health conditions.

NAMIWalks Grand Rapids at Davenport University
Saturday October 14, 2023 at 10:00 am to 12:30 pm

Ride the Bus to the Walk!

NAMI of Lansing is providing transportation from 3500 S. Cedar, Suite 110, Lansing, MI. The bus will depart at 8:10 am, returning about 2:30 pm.

To donate or join the NAMI Lansing Team Capitals! go to:

<https://www.namiwalks.org/index.cfm?fuseaction=donate.team&teamID=60468> or for more information about NAMIWalks go to: [namiwalks.org](https://www.namiwalks.org).

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

Join the Consumer Advisory Council



The Consumer Advisory Council is recruiting new members. If you would like to have an opportunity to help improve our services and share your voice with lived experiences or advocate for individuals with mental illness, substance use disorder (SUD) and/or intellectual and developmental disability (IDD).

The council gives you the opportunity to meet with members of the Board of Directors and the CEO, Sara Lurie, as well as the chance to meet staff from various departments. The council has provided input on a variety of topics.

The council participated in focus groups for the development of the upcoming Crisis Service Unit (CSU), provided input in making the Jolly Road lobby a welcoming environment and assisted in the renaming of the department that provides substance use services. The council also participates in advocating for behavioral health services and stays up to date with legislation. Participation in the council allows you to share your input.

Members are made up of consumers and/or family members who are currently receiving or have received services from CMHA-CEI and live in Clinton, Eaton or Ingham Counties. The council requires a two-year commitment and members receive compensation for attending the meeting.

If you or anyone you know have an interest in becoming a member, consider attending a meeting. Meetings are open to the public and occur monthly on the 1st Thursday of the month from 3:30pm to 5:00pm via phone or Zoom.



Consider applying if you would like to:

- Share your voice
- Get paid for your time
- Meet new people
- Learn about the agency and services
- Want to make a difference

The VOICES Newsletter

The Consumer Advisory Council created the VOICES Newsletter to help CMHA-CEI consumers to 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.

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

2023 CMHA-CEI Hiring Fair



2023 CMHA-CEI HIRING FAIR

THURSDAY OCTOBER 19TH 12:00 PM – 5:00 PM

812 E. JOLLY RD., LANSING, MI 48910

CMHA-CEI is looking to fill openings for
Paraprofessional positions

ON THE SPOT INTERVIEWS AVAILABLE!



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM
Together we can.

Come learn more about employment opportunities with CMHA-CEI on October 19th from 12:00-5:00 pm.

There will be giveaways, on the spot interviews, and great networking! To apply for any relief position, all candidates must have a valid driver's license, a GED or high school diploma, and must be able to pass a background check.

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

CMHA-CEI RECEIVES CARF ACCREDITATION



The Commission on Accreditation of Rehabilitation Facilities (CARF) International has announced that Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) has been accredited through June 30, 2026.

CMHA-CEI's latest accreditation is the 7th consecutive Three Year Accreditation that CARF has awarded to CMHA-CEI.

By pursuing and achieving accreditation, CMHA-CEI has demonstrated that it meets standards for quality and is committed to pursuing excellence.

The agency retained accreditation for eighteen clinical programs, and all administrative units. Accreditation for two additional programs, Family Support Case Management (IDD-Children) and Adult Outpatient Case Management, were added.

For more information about the accreditation process, please visit the CARF website at www.carf.org.

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