

January 2019



Our Vision: “To Promote a culture of health and wellness for those we serve, our staff, and our communities”

CULTURE OF HEALTH & WELLNESS COMMITTEE

The group is focused on creating a culture of health and wellness by expanding upon Behavioral Health Prevention and Wellness Promotion Initiatives targeting CMHA-CEI consumers, staff, and community. A list of current initiatives are below:

- Keys to Wellness Poster
- Wellness Checklist
- Winter Warm Up – 5k training program
- Expansion of the Stand Up 2 Stigma Campaign
- Take the Stair signage within CMHA-CEI buildings
- Launch of Health & Wellness Central (currently located in the Jolly building lobby) which includes a blood pressure monitoring system
- Health & Wellness Central Quarterly Newsletter

In addition, we are excited to announce upcoming Health & Wellness mini grants/ scholarships that will be available to CMHA-CEI departments to provide more specific wellness initiatives that may or may not be agency wide. Additional information will be shared soon!

13 KEYS TO WELLNESS

Which Keys to Wellness are you working on?

The CMHA-CEI Culture of Health and Wellness Committee has identified the following 13 keys to a healthy lifestyle.

Healthy relationships	Healthy environment
Positive attitude & outlook	Life purpose and meaning
Healthy hobbies (me time)	Good nutrition
Self care	Regular exercise
Work/life balance	Sleep
Strong support system	Meditation
Good coping methods	Financial stability



BEHAVIORAL HEALTH SCREENING



HOW ARE YOU FEELING?

Anonymous and Free Online Screenings for:
Mental Health & Substance Abuse

CMHA-CEI's Online Behavioral Health Screening is available NOW on our homepage! www.ceicmh.org

COME WALK WITH US!

Winter Warm Up

Have fun getting fit with the **Blue Cross® Winter Warm Up**. Meet up with peers, friends, and family to join in on this great way to meet your 2019 health goals! The 5K training program is free and open to all ages and abilities.

Location: Ingham County Health Department Building #3, 2nd floor, 5303 S Cedar St, Lansing

Dates: Every Tuesday and Thursday from January 28 - March 24, 2019

Time: 12:00 - 1:00 pm

Register!

Go to www.MIBluesPerspectives.com/BlueCross-WinterWarmUp

STAND UP 2 STIGMA!



The Stand Up 2 Stigma Movement is currently being integrated into all CMHA-CEI initiatives!

It is the mission of the Stand Up 2 Stigma Movement to reduce stigmatizing language, thoughts, and behaviors by promoting positivity, hope, inclusion, and acceptance of behavioral health issues throughout the community.

To see our partners Standing Up 2 Stigma visit and like our Facebook! facebook.com/ceicmh

You can find out more information by heading to: www.ceicmh.org/stand-up-2-stigma

CARES EMPLOYEE ASSISTANCE PROGRAM

Sparrow's Employee Assistance Program, CARES-EAP, helps CMHA-CEI employees deal with personal issues that might adversely impact their work performance, health, and well being. Included services are assessment, short term counseling, and referral services for employees and any eligible person in the employee's family.

CMHA-CEI knows that the personal problems in life can sometimes effect you at work. By making available this system for staff to resolve personal problems, we make sure that you are your best self while at work.