

CMHA-CEI Services and Operations

Building access and screenings

- Consumers and Staff entering a CMHA-CEI building will be asked screening questions specific to COVID-19 symptoms and may have their temperature taken. Please remember to be patient and respectful to our staff who are facilitating these screenings, follow any directives they issue to you, and maintain proper distancing (6ft) from others while awaiting your turn.
- If you are feeling ill, please call to discuss rescheduling your appointment prior to coming to the building.

Service	Provision Options
Customer service	Call 517-346-8244
Access Services	Call 517-346-8318
Crisis Services	Call first 517-346-8460
Youth Crisis Services	Call first 517-346-8008
Recipient Rights	Call 517-346-8249
Medicaid Eligibility	Call 517-346-8259
Ascension Pharmacy	Call first 517-394-5019 (Hours reduced)
Medication Clinic	As arranged by Clinic
Veterans Navigation	Call 517-346-8355
Bridges Crisis Unit	As usual; no visitors
The Recovery Center (detox)	Call 517-267-7623
Case Management & Therapy	Call first; provided tele-health
Outpatient Counseling Services	Call first; provided tele-health
Charter house	Call 517-371-2077
Older Adult Services	Call first 517-346-8376
ACT	In-Person only as needed
Adult Urgent care	In-Person only as needed
House of Commons	Call 517-244-0393
AMHS Residential Services	As usual; no visitors
CSDD Residential Services	As usual; no visitors
Applied Behavioral Analysis (ABA)	Call 517-346-8318

Birch Health Center Update:

Ingham County has determined that during this time Birch Health Center will not operate out of the 812 E. Jolly Rd location. Moving forward Birch will operate out of Forest Community Health Center located at 2316 South Cedar Street in Lansing.

This change includes the Sparrow lab operating out of Birch Health Center. Sparrow lab services are operational at the Forest Community Health Center as a drive through.

Hours and other information can be found here:

<http://www.hd.ingham.org/SeekingCare/CommunityHealthCenters/LocationsHours.aspx>

Community Resources and Information

We understand that people may be worried about this new virus and potential transmission between staff or from individuals or families we serve at CMHA-CEI. Risk is dependent on exposure. Follow the preventative guidelines and the Governor's executive order to stay home.

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.



Other resources:

- General CDC information about COVID-19: [click here](#)
- COVID-19 fact sheet: [click here](#)
- Taking care of your behavioral health during a disease outbreak: [click here](#)
- Talking with children: tips for caregivers, parents, and teachers during infectious disease outbreaks: [click here](#)
- Self-care during COVID-19: [click here](#)
- Social support- Getting and staying connected: [click here](#)
- NAMI frequently asked questions about COVID-19: [click here](#)
- Coping with stress during a disease outbreak

COPING WITH STRESS

during a disease outbreak

Check in with yourself

- Monitor yourself for signs of stress- including: trouble sleeping or eating, increased fear or worrying, irritability, and crying.
- Accept when you are feeling stressed and take extra care of yourself when those feelings arise.

Take care of your physical health

- Eat healthy, well-balanced meals. This is a great time to try a new recipe!
- Stock up on canned and frozen fruits and vegetables.
- Go outside, just make sure to give others 6 feet of space.
- Try an exercise video! Many are available online for free.

Prioritize rest and fun

- Meditating or doing yoga can help you feel calm.
- Distract yourself- watch movies, play a board game, learn a new skill like knitting or baking, or catch up on some reading.
- Connect with friends and family virtually with a virtual dinner party or a movie night over speaker phone!

Stay informed, but set boundaries

- It's okay to tell others you need a break from discussing the outbreak.
- Ensure that your information is current and credible from places like local health departments and the CDC.
- Avoid constantly watching the news and limit your time on social media each day to give yourself a mental break.



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

Upcoming events, trainings, and public meetings

All upcoming events, trainings, and public meetings are cancelled or postponed until further notice. This includes all April Census events.

The Annual Community Breakfast has been rescheduled for June 15, 2020. You must re-register if you wish to attend. There are two ways to re-register:

- Online: www.cmham.org/education-events/conferences-trainings/
- Email: adaul@cmham.org
Don't have access to a computer? Call (517) 374-6848.

Rev. 04/03/2020