

MAY 26, 2020

# VOICES



## Update - Anticipated Timeline of Phased-in Recovery Plan

Anticipating the ongoing loosening of the Stay-at-Home Executive Order that is in effect until June 12, CMHA-CEI is currently planning towards increasing the amount of in-person services to meet urgent consumer needs. **The tentative target date to begin Phase 1 of the recovery plan is June 8th.**



It is important that we begin this roll-out process while maintaining adequate health and safety measures. In order to do so, planning and readiness for increased in-person services includes ensuring all staff members are trained in safety protocols, and that there are adequate cleaning and protective supplies, staff and consumer health screenings, and that social distancing is able to be maintained.

## 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](mailto:customerservice@ceicmh.org).

## Resource Guide

This Greater Lansing Area COVID-19 Resources Guide was created by Peckham and is updated regularly. To view the resource guide, [click here](#).

## Virtual Recovery Resources

This resource, developed by the Substance Abuse and Mental Health Services Administration, highlights resources for supporting individuals in recovery during this time when social distancing and quarantine are necessary for health and safety.



The tip sheet highlights opportunities for social connectedness that can support recovery from mental health and substance use disorders. Take a look at this link: [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](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).

# Consumer Screening Process

All consumers are screened upon entrance to CMHA-CEI facilities and before in-person contact in the community or consumer home. Here's what to expect!

- Consumer screening includes questions related to symptoms the consumer may be experiencing and contact they have had with others who may be symptomatic or diagnosed with COVID-19.
- Consumer screening questions processes are based on the latest guidance from the CDC, State, and local health authorities.
- Consumer screening questions are consistent for both on-site and community/in-person services.
- While consumers are asked about fever during screening, consumer temperatures are not taken as part of the screening processes. However, consistent with current practice, consumer temperatures may be taken during clinical services as determined to be clinically appropriate.



## Celebrate Mental Health Awareness Month!

May is Mental Health Awareness month! Connect with us on Facebook at [www.facebook.com/CEICMH](http://www.facebook.com/CEICMH) for more messages of strength, hope, and resilience.



### 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.**



## DIY Mindfulness Jar

Feeling stressed or upset? Try using your own glittery mindfulness jar- just give the jar a gentle shake and practice focusing on slowed, calm breathing while the glitter settles.

What you'll need:

- A jar or plastic bottle (recycle if you can!)
- Warm water
- 1/2 cup glitter glue or clear glue
- 1-2 teaspoons of extra glitter

Directions: Pour 2 inches of warm water into the bottom of the jar. Add the glitter glue and extra glitter. Fill the jar the rest of the way with warm water. Seal the jar- you may want to add super glue to the lid to make it extra secure.

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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