

JUNE 23, 2021

# VOICES



**Community**

MENTAL HEALTH  
CLINTON • EATON • INGHAM

Together we can.

## Get Vaccinated at the Eaton County Counseling Center!



**Barry-Eaton  
District  
Health  
Department**

Be Active • Be Safe • Be Healthy



**Community**

MENTAL HEALTH  
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Together we can.



The Barry-Eaton District Health Department will facilitate a free, walk-in vaccine clinic at the Eaton County Counseling Center! This is another great opportunity to make the COVID-19 vaccine accessible to our consumers, their families, others in their lives, and CMHA-CEI staff. Please share widely!

**DATE:** Friday, June 25th

**TIME:** 9:00 A.M. to 4 P.M.

**LOCATION:** Eaton County Counseling Center, 551 Courthouse Dr. #5, Charlotte, MI

**REGISTRATION:** Scan the QR code above, [click here](#), or call (517) 543-2430. Unable to register? Walk-ins are welcome!

**DETAILS:** The Pfizer vaccine will be available for anyone ages 12 and over. The Johnson & Johnson vaccine will be available for anyone ages 18 and over. Parent/guardian will be required for individuals under the age of 18.

## Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

## Writing Submissions



We are still taking submissions for our Writer Spotlight! Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter?

Make submissions to Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

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](http://www.facebook.com/CEICMH).

# Fast, Drive-Thru COVID-19 Test in South Lansing - ICHD Resource

To make quick diagnostic tests for COVID-19 more accessible to Greater Lansing residents, Ingham County Health Department (ICHD) and LynxDx have teamed up to offer drive-thru, saliva tests at the Human Services Building in Lansing. Testing is available now, and tests are at no out-of-pocket cost to patients with results delivered via email or text in 1-2 days.

The contactless, saliva (spit) sample tests are available Monday-Thursday, 10 a.m. to 4 p.m., at 5303 S. Cedar Street in Lansing. Patients must pre-register and schedule an appointment at: <https://lynxdx.health/register>

"This is a new type of test in our community," said Ingham County Health Officer Linda S. Vail. "While we have rapid antigen tests and PCR tests, the former lacks high accuracy and the latter can take several days for results. This test offers quick and accurate results without any nasal or throat swabs."



Patients collect their own saliva samples. They must not eat or drink for at least 30 minutes prior to testing. The test is a high-accuracy qPCR test. The drive-thru testing site will be closed on Monday, July 5 in observance of Independence Day. For more information visit: <https://www.lynxdx.com/covid19info>

## Virtual Support Groups

To help Michiganders through the mental health challenges of COVID-19, behavioral health professionals at the Michigan Department of Health and Human Services created the Stay Well Crisis Counseling Program. Through this program, virtual support groups are being offered for the following populations (click links below to learn more and register for upcoming meetings):

**Older Adults in Michigan:** Are you an older adult burdened by COVID-19 isolation and worry? It may help to talk it over with others feeling the same way. Wednesday, June 30, 2021 - 10:00 a.m.

**Healthcare Workers and First Responders:** COVID-19 first responders and healthcare workers: could you use some emotional support? How about decompressing with others who understand what you're dealing with? Thursday, June 24, 2021 - 4:00 p.m. or 7:30 p.m.

**Michigan Families (Parents):** Has the pandemic disrupted your family life? Many MI parents are feeling overwhelmed by extra responsibilities and stress from COVID-19. Find comfort talking to others who share similar feelings. Monday, June 28, 2021 - 4:00 p.m.

**Michigan Teens (14 to 17):** Being a teenager can be hard - and when a pandemic disrupts your normal routines, it can get a lot harder. Connect with other teens from around the state to share your feelings and experiences. Wednesday, June 30, 2021 - 4:00 p.m.

**People who are Grieving:** If you've lost a loved one during the COVID-19 pandemic, you are certainly not alone. It may help to talk with others who understand from personal experience what you are going through. Tuesday, June 29, 2021 - 11:00 a.m. or 7:00 p.m.

**Michigan Educators:** With K-12 schools going virtual/non-virtual, teachers are feeling stressed. If you're an educator, you may benefit from the emotional support of others in your shoes. Tuesday, June 29, 2021 - 4:00 p.m.