

December, 2022

# VOICES



## Holiday Greetings

Happy Holiday Greetings from all of us at CMHA-CEI!! It is our great privilege to serve the community with a wide range of behavioral health and wellness services.

To all we serve, we say thank you for putting your trust in us and allowing us to be partners in your care and recovery. During the holiday season we at CMHA-CEI are thankful for the special relationship we have with you. You continue to inspire and challenge us to improve and expand our service delivery.

We at CMHA-CEI value you and admire your resilient spirit. We look forward to our ongoing work together in the New Year! On behalf of our Board of Directors, and all of our staff members we hope you have a time of peace, reflection, relaxation and celebration this holiday season.

Best Wishes,

Sara Lurie, CEO



## 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

## Writing Submissions



We are still taking submissions for our Writer Spotlight! Do you have a story 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

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).

# Join the Consumer Advisory Council

The Consumer Advisory Council is recruiting new members. We have an opportunity for you to improve our services and share your voice with lived experiences to 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. For example, they 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 of \$40 per meeting.

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

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.

Contact Customer Service for more information or to request an application at 517-346-8244 or via email at [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org)

# Holidays and Self Care

## Prioritize Your Mental Health

The holidays are a time of year filled with celebration and activity. Amid all of the hustle and bustle, it is common to feel overwhelmed and run-down from time to time. Being intentional about self-care can help you to enjoy the holiday season without all the stress.

### 1. Take breaks

Take time to disconnect and relax- build in times to rest and recharge in your busy holiday schedule. Even a quick nap or solo walk around the block can help to clear your mind.

### 2. Maintain your routine

It can be easy for routines to get lost or shifted during holiday travel. Try focusing in on your morning and bedtime routines to help maintain consistency and keep you feeling balanced.

### 3. Set boundaries

The holidays can come with obligations and time commitments. It's okay to say "no" and prevent yourself from becoming over-committed - a common culprit for stress.

### 4. Practice mindfulness

Take a few moments to focus on your senses. Spend time identifying the specific sights, sounds, smells, and sensations of the holidays.

### 5. Focus on gratitude

The holidays are a great time to practice identifying things you are grateful for! Make sharing gratitude a part of mealtimes with family and friends, or try writing them down in a "gratitude journal."

### 6. Stick to your budget

Over-spending can become a major stressor any time of year, and it's especially easy to do during the holidays. Set a budget for things like gifts, travel, and special meals well in advance, and avoid the temptation to over-spend.



# Vocational Success Stories

## Meet Sara

"It's been so long!" Sara exclaimed as she and Vocational Coordinator Alexis met to discuss her employment journey. Sara and Alexis worked together when Sara was in the Work Services Program through the Vocational Services Department at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties. Sara and Alexis worked on resume building, interview preparation and practice, going through an interview and normal hiring process, and follow along services after Sara gained employment.

"Everything was so supportive. I wouldn't change a thing," Sara explained. Sara independently gained new employment at a brand new store in East Lansing (opening soon), but previously worked part time at Lane Bryant until they closed September 2022. "I was there about 11 months. My position was a stylist. I'm going to miss it but I'm excited to start my new job too."



At Lane Bryant, Sara ran the cash register, styled women in the dressing rooms, hung clothes up on the floor, and did inventory. Sara stated what she loved about her job at Lane Bryant was "My co-workers, boss, and regular customers. Everyone was so nice and welcoming. I'm moving next year and my boss and co-workers want to throw me a going away party eventually. Last year we also had a Christmas party together at my house." When asked what a big accomplishment was for Sara, she replied "I organized a spirit week at Lane Bryant. You know like what they do in schools? I was able to organize it, run it, and pick what themes were each days. I also loved helping people at work and evolving my own fashion sense."

Vocational Coordinator Alexis North stated "my favorite thing about Sara's story is how much confidence she has gained throughout this process and how happy she's been. She has blossomed in so many ways in her journey towards employment and when Lane Bryant closed, she independently got a job at the new store opening up. She is an inspiration!" Employers can reach out to the Vocational Services Department at CMHA-CEI by contacting Scott Belanger at [belanger@ceicmh.org](mailto:belanger@ceicmh.org) or Alexis North at [northal@ceicmh.org](mailto:northal@ceicmh.org).

Those interested in participating in Vocational Services may contact our Access Center at 517-346-8318 or email at [access@ceicmh.org](mailto:access@ceicmh.org).

# Behavioral Health Screening Tool

Behavioral health – 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, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

Link: <https://screening.mentalhealthscreening.org/cei>



# 2023 CMHA-CEI Annual Event

SAVE THE DATE!

The 2023 CMHA-CEI Annual Event will take place in - person at the Lansing Center on April 3rd, 2023. More information to come regarding the date for the live broadcast on WILX.



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).