

April 2018



**Community**  
MENTAL HEALTH  
CLINTON • EATON • INGHAM

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

## CULTURE OF HEALTH & WELLNESS COMMITTEE

CMHA-CEI's newly formed Culture of Health and Wellness Committee (CWHC) will be holding its first meeting on April 30th!

This group aims to create a culture of health and wellness by expanding upon Behavioral Health Prevention and Wellness Promotion initiatives targeting CMHA-CEI consumers, staff, and community. This group will prioritize the identified goal areas within the Creating a Culture of Health Plan.

## TRI-COUNTY LIFESAVERS

The Tri-County LifeSavers, a coalition of concerned professionals, agencies, individuals, and organizations from across Clinton, Eaton, and Ingham Counties who have come together to address youth suicide prevention, is holding our first public meeting.

**Please feel free to share with your networks!**

**WHEN:** Friday, May 4, 9am-11am

**WHERE:** Haslett Public Schools Administration Board Room  
593 Franklin St., Haslett

**RSVP:** Contact Jody Nelson at Families Forward if you plan to attend or with any additional questions you may have.

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## SPRING INTO WELLNESS!

After a long winter, spring has finally arrived and with it comes many opportunities to improve your health and wellness!

### 1. "Spring Up" Your Diet

Eat foods that are available in the spring season. This is a healthy way to eat that naturally helps you shed those winter pounds. Foods that are in season during the spring include leafy greens, strawberries, baby asparagus, and seasonal fish and shellfish.

### 2. Get In A Springtime Mood

Scientists have estimated that we have up to 60,000 thoughts a day, the vast majority of which are negative! For one week, every time you catch yourself having a negative thought, which robs you of energy, state it in the opposite way. Replace "I can't" with "I can." Make that shift over and over until you begin to see more and more time pass between negative thoughts.

### 3. Commit To Outdoor Time

Studies have indicated that being outdoors in nature makes people happier, calmer, healthier, and more energetic. Make a conscious effort to spend at least 30 minutes

outside daily doing anything. You will feel significantly less stressed, more connected, and more energetic.

### 4. Try Something New

Springtime is a time for renewal. To get into the mood of change and forward momentum, try a new recreational activity or an old one you haven't done for a long time. Often, when we engage in new activities, it's especially motivating. The more types of activities you engage in, the more energetic you'll feel.

### 5. Accept That Challenge Is Normal

Lots of us this time of year look in the mirror and think, "I'll never get in shape by swimsuit season." Challenge is a normal part of striving, growing, and overcoming obstacles. Realizing this will help you manage your fear and negativity and propel you forward.

The CMHA-CEI Online Screening is available NOW on our website homepage

[www.ceicmh.org](http://www.ceicmh.org) !



BEHAVIORAL HEALTH SCREENING



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HOW ARE YOU FEELING?



## Rally for Hope & Recovery!



**2018 Walk a Mile in My Shoes Rally**  
Wednesday, May 2, 12 pm - 4 pm  
On the Capitol Lawn

Join the thousands of participants, including CMHA-CEI staff and consumers, joining together at the Capitol Lawn in Lansing to enhance public awareness about mental health, because legislators need to know mental health matters.

We rally to put an end to the stigma related to mental illness & developmental disabilities, because Michigan does not have equality between mental health & physical health care coverage.

We rally to promote mental health and wellness, because we can make a difference!



**2018 Unite To Face Addiction Rally**  
Thursday, May 17, 10 am - 4 pm  
On the Capitol Lawn

Join the thousands of participants, including CMHA-CEI staff and consumers, at the UFAM Rally creating Strength in Unity to eliminate stigma, highlight improved access to treatment, support prevention, and promote recovery from addiction through advocacy, education, and outreach.

The Rally is dedicated to unifying the voices of Michigan citizens impacted by the health crisis of addiction and the organizations working to CHANGE the way addiction and recovery are perceived and treated in our state.



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