

September, 2022

VOICES



Upcoming Events

2022 Potter Park Zoo Event

Register by visiting ceicmh.org

September 10, 2022

SAVE THE DATE!

September 10, 2022



2022 Walk a Mile Event

Walk a Mile in My Shoes Rally

Save the Date!

September 15, 2022



AFSP: Out of the Darkness Walk

Hosted by: American Foundation for Suicide Prevention

Walk Date: Saturday, October 1, 2022

Walk Location: Adado Riverfront Park

Walk Start Time: 11:00 am

Join our CMHA-CEI team and/or donate!

<https://supporting.afsp.org/index.cfm?fuseaction=donordrive.team&teamID=300158>



NAMIWalks Your Way Grand Rapids

Walk Date: Saturday, October 8th, 2022

Walk Location: Davenport University: 6191 Kraft Ave SE, Grand Rapids, MI 49512

Walk Start Time: 8:00am to 12:00pm

Join the CMHA-CEI Team and/or donate!

<https://www.namileaks.org/index.cfm?fuseaction=donor-Drive.team&teamID=52779>

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

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

Suicide Prevention Efforts and Back to School

September brings football games, hot apple cider, and excitement for the first month back to school for students. The beginning of September also marks Suicide Prevention week, which is a nationally recognized week to raise awareness of suicide prevention and mental health.

For most students, mental health is becoming a less stigmatizing topic due to the rise of individuals on social media openly discussing their mental health and behavioral health concerns; especially in schools where open dialogue with staff and students is encouraged and coping strategies are given to students to deal with pressures of stress and anxiety. However, even though the conversations have changed to be more open and accepting regarding mental health, the number of youth who are experiencing mental health issues are continuing to increase. "Looking at the 2020 Youth Behavioral Health Survey data and the 2021 Michigan Profile for a Healthy Youth Survey (MiPHY) data we did see an increase in depression and anxiety across the board for youth in 7th, 9th, and 11th grade," stated Jennifer Cronkite, Senior Mental Health Therapist at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI). The broad numbers involving suicide data determine that for the majority, suicide numbers are trending downwards overall over the past several years, however, when looking at specific demographics there are alarming upward trends within marginalized youth. Developing strategies that specifically target those demographics will be essential in prioritizing mental health and suicide prevention within those communities. We hope that this year will be much smoother than the previous years due to COVID, stated Ms. Cronkite. "Especially for those young kids who missed out on the full pre-school or kindergarten experience. There are kids who have never done school before or kids who for the past year and a half were at home with different levels supervision and accountability because their parents were having to work frontline jobs or had a change in employment. Last year, we had a lot of students that did not have a traditional school experience."

Many school districts in the Tri-County area are continuing to practice resiliency and are weaving in new mental health and suicide prevention strategies to assist students with the continuing shifts in our everyday lives due to COVID.

School Districts Implement the Save Our Students Act for Suicide Prevention

Many school districts in the Tri-County area are providing students with mental health supports, such as mindfulness sessions and meditation breaks to lessen the stress of everyday life, sports, and school work. According to Melea Belton, Director of Behavior/Mental Health Services at Eaton RESA, many of the school districts in the area are implementing initiatives that serve youth, but when it comes to mental health, efforts are based on school districts capacity and need and should not be a "one shoe fits all" approach.

Many of the districts are implementing specific mental health initiatives that address the district and their students' needs. Additionally, there is emerging legislation that give schools a universal resource to enhance their mental health efforts.

Under the new Save Our Students Act, on October 15th, 2022, all school districts throughout the State will be required to provide the 988 Suicide and Crisis Lifeline to their students. 988 has been designated as the new three-digit code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide and Crisis Lifeline). The previous Lifeline phone number (1-800-273-8255) will continue to remain available to people in emotional distress or suicidal crisis. The Lifeline's network of over 200 crisis centers has been in operation since 2005. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

Melea Belton described the various strategies that Eaton RESA will implement to assist the districts in their rollout and implementation aimed to be completed by October 15th. All enrolled students are required to have the 988 Suicide and Crisis Lifeline printed on their school issued identification cards. While only the printing on the ID is required, other strongly recommended strategies include prominent placement on the school district's home page on their website which displays the 988 Suicide and Crisis Lifeline, counselors who work in the district with a mental health focus will be required to have the 988 Suicide and Crisis Lifeline information displayed in their office, and the main office in every district will be required to have the information displayed as well. Eaton RESA is determined to ensure that parents, students, and administration understand the Save Our Students Act, including when to use it, why it is important and how to access the hotline information. "For us, it is very important for students to understand that anyone can access the 988 Suicide and Crisis Lifeline by text, chat, and voice line," explained Melea.

Eaton RESA continues to provide their staff with the latest education and trainings. All of the districts have sent staff to conferences and are continuing education within the districts to ensure staff are trained in Question Persuade and Refer (QPR), Safe Talk, Mental Health First Aid, and other behavioral health related topics.

What to look out for? Suicide Prevention

The first day back to school can bring a full range of different emotions. Some students may be anxious, depressed, excited, etc. Ms. Cronkite discusses the signs that parents should be on the lookout for when noticing a change in behavior, as these can be signs of depression or other serious mental health concerns.

1. Pulling back from friends and loved ones and not making new social connections: "Look out for changes in our kiddos. Are we seeing a student who previously enjoyed school, and then all of a sudden becomes stubborn and dreading going to school? Are we noticing a student who typically has a big social circle and loves to be social, but all of a sudden becomes isolated and does not talk about those social connections anymore? We are always keeping in mind the developmentally appropriate changes that we see in kids. It's okay to be making new friendships and making new connections, but if we see them pulling back on their family members,

friends, and not making new relationships/connections, that can be a concern."

2. Pulling back on activities that once made them happy: "If we start seeing a child pull back on their activities like sports, art, or music that brings them joy, and not replacing them with a new activity, there is cause for concern."

3. Change in appearance: "For older youth, it could be a change of appearance and physical presentation. It could look like a change in hygiene or a change in fashion. This could mean a child is experiencing a change in mental health."

Outside School Resources to Help Youth with Mental Health

CMHA-CEI is currently providing the community with resources and tools to help frontload kids with some of the skills that they might need in school. The Integrated Community Youth Outreach Unit (ICYOU) within CMHA-CEI has launched two different sessions to help youth and young adults obtain the tools to appropriately navigate any emotional and behavioral challenges that they may face in school or everyday life. Stress Busters has been developed for age ranges 3 to 10 years old. The material is age appropriate as social skills change as an individual matures over time. An example of age based material from 3 to 6 years old may be learning how to make eye contact when someone is speaking, how to conduct active listening, etc.

Coping with Life has been developed for age ranges 11 to 17 years old. For example, teenagers may learn how to develop healthy relationships and how to set healthy boundaries during their work with a Youth Engagement Specialist who facilitates the group.

Jody Nelson, Coordinator for Youth Engagement Services within CMHA-CEI, explains that, "we know that we will encounter some children that will need the help now, so we will have the groups available to meet the needs of those children that are currently struggling. We also know that we may encounter children who have not shown any signs of emotional and behavioral issues right now, and that we will be preventing those children from developing emotional issues later on in life as we are equipping them with the skills early on."

Here is a list of current open sessions and locations:

Tuesdays:

- Stress Busters (3-6 year olds): CADL South Branch Library 1-2pm
- Coping with Life (11-14): CADL South Branch Library 4-5pm

Wednesdays:

- Coping with Life (11-14): Crosswalk Teen Center, Charlotte 4:30-5:30pm

Thursdays:

- Stress Busters (3-6): Delta Township Library 1-2pm
- Coping with Life (7-10): Delta Township Library 4-5pm
- Coping with Life (11-14): Delta Township Library 4-5pm

Behavioral Health Screening Tool

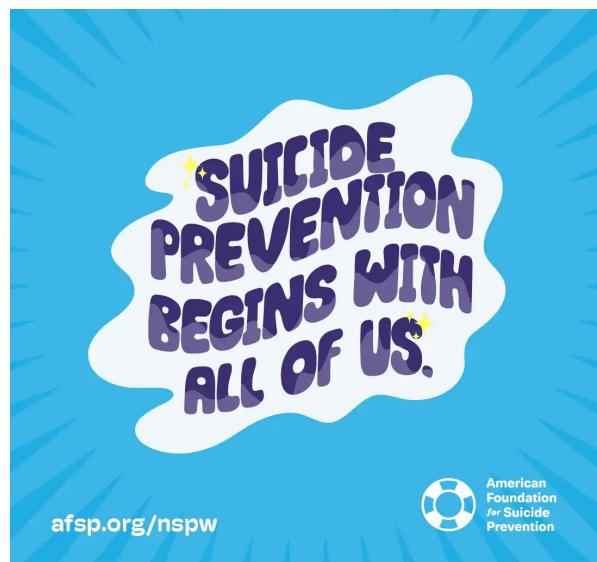
Behavioral health – which includes mental health, substance use, and more – is a key instrument in assessing your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from 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>



September 4th-10th is Suicide Prevention Week

September 4th-10th is Suicide Prevention Week. Thank you to the all the CMHA Consumer Advisory Council members for all their valuable contributions and advocacy efforts around Mental Health and the services provided by CMHA-CEI.



For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Public Hearing on CMHA-CEI FY23 Budget

Public hearing will include a presentation of priority needs and proposed budget for fiscal year 2023 and opportunity for public and board comments related to the budget proposal.

Who: Open to the public

What: Budget Hearing Meeting on CMHA-CEI FY23 Budget

When: Thursday, September 22, 2022 at 5pm

Where: (Hybrid) Zoom and In-Person at the Atrium, located at 812. E. Jolly Rd. Lansing, MI.

ZOOM Information:

<https://zoom.us/j/99211096956>

Meeting ID: 992 1109 6956

If you need accommodations in order to fully participate in this meeting, please email echols@ceicmh.org or call 517-346-8238. If, however, you are deaf/hard of hearing or deaf/blind, please call Michigan Relay Center, TTY/Voice by dialing 711 or 844-578-6563 and ask them to forward your message to 517-507-6771. This meeting is open to all members of the public under Michigan's Open Meetings Act.

2022 Facebook Toolkit

Mental Health doesn't have to be a hard conversation to have. Let us help you get the conversation started within your social media circle. View the 2022 CMHA-CEI Facebook Toolkit that provides you with content and social media graphics surrounding topics like suicide prevention, trauma, mental health, and more.

Steps to download:

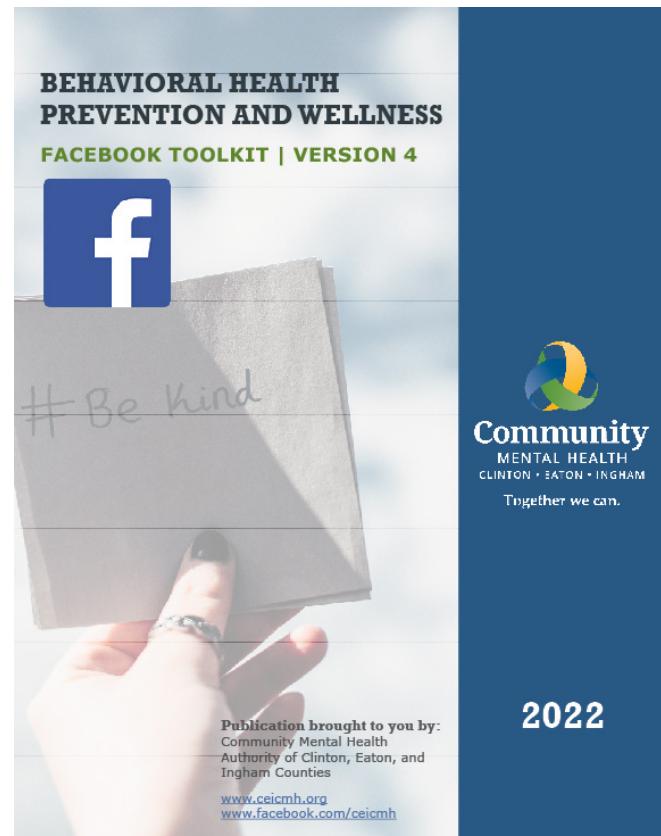
Visit our "About Us" tab on [ceicmh.org](http://www.ceicmh.org)

Selection "Publications"

Scroll down and click "2022 Facebook Toolkit"

Or, view and download the PDF here:

<http://www.ceicmh.org/about-us/publications>



For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Join a Consumer Committee!

CMHA-CEI is looking for new members to serve on the:

- CMHA-CEI Consumer Advisory Council (meets monthly)

And

- Mid-State Health Network (MSHN) Regional Consumer Advisory Council (meets every other month)
- Advocate for all consumers living with mental illness or substance use
- Meet new people
- Share your voice
- Compensated for time
- Learn more about the services and programs that CMHA-CEI offers.

Contact Customer Service for more information or to request an application at 517-346-8244 or via email at customerservice@ceicmh.org

Work with CMHA-CEI to make a difference!

Visit

<http://www.ceicmh.org/employment>
to view the latest job postings.



Join a Consumer Committee!



- Advocate for all consumers
- Meet new people
- Share your voice
- Compensated for time
- Learn about the agency

Consumer Advisory Council

PURPOSE: To inform policy and practice decisions throughout CMHA-CEI, and assist in the planning and implementation of a behavioral healthcare system that is person and family centered.

DETAILS: Meetings occur monthly on the 1st Thursday of the month from 3:30pm to 5:00pm at 812 E. Jolly Rd., in the Atrium and/or virtually. Two (2) year term (October 1st to September 30th).

Recipient Rights Advisory Committee

PURPOSE: To protect the office of recipient rights from pressures that could interfere with the impartial, even-handed, and thorough performance of its function.

DETAILS: Meetings occur on the 1st Thursday in March, June, September, December at 5:30pm. Terms are for six (6) years (June 1st to March 30th).

Mid-State Health Network (MSHN) Regional Consumer Advisory Council

PURPOSE: To inform policy and practice decisions throughout the MSHN Region, and assist in the planning and implementation of a behavioral healthcare system that is person and family centered.

DETAILS: Meetings occur every other month on the 2nd Friday of the month from 12:30pm to 3:00pm in Alma County or virtually. (Transportation is provided from Jolly Road to the meeting and back). Two (2) year term (October 1st to September 30th).

*Contact Customer Service for more information or to request an application at
517-346-8244 or customerservice@ceicmh.org*

www.ceicmh.org



"They definitely give you the time and the space to improve and grow in your career. They support your education to get there as well."

**Jessica,
Coordinator**

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