

For Immediate Release

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CMHA-CEI Invites the Community to the 2025 CMHA-CEI In-Person Community Annual Event

Lansing, MI - Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) invites the community to the 2025 CMHA-CEI Annual Community Event, which takes place on Tuesday, April 1st from 9am to 12pm at the Lansing Center, located at 333 E Michigan Ave, Lansing, MI 48933. The theme for this year's event is Caring for Community.

The event will include the presentation of the CMHA-CEI 2024 Annual Report to the Community. Sara Lurie, Chief Executive Officer details the significant projects that the report will entail, including some big announcements coming to the Greater Lansing area, "CMHA-CEI has been proud to be a part of the Capital Area for over 60 years—a community that values partnership, embraces collaboration, and works tirelessly to improve the health and lives of all its residents. The CMHA-CEI **2024 Annual Report** reflects our unwavering commitment to **Caring for Community**. The report features updates on our progress in areas such as strengthening partnerships and optimizing services. Featured stories include The **Crisis Care Center**, currently under development, the launch of the **Counseling and Support Clinic**, the **CMHA-CEI MSU Social Work Scholars** program and the incredible honor of being named the **2024 Agency of the Year** by the **National Association of Social Workers (NASW) Michigan Chapter**," explained Sara Lurie, Chief Executive Officer.

Following the presentation of the 2024 Annual Report to the Community, keynote speaker, Darryll Stinson will provide an engaging presentation on how to identify and reduce causes of stress, how to reframe mental health stigmas, develop a system of self-care using his C.A.R.E. framework. Darryll discusses the C.A.R.E. framework and how it has become successful from his own experiences with suicide and mental health. "I'm a suicide survivor who rebuilt my life to a high level of success because of my investment into my own mental health. After years of counseling, therapy and other healing modalities, and helping thousands of other people improve their mental health and elevate their performance around the world, I wanted to find a simple way to help people understand how to prioritize and systematize their mental health. So, I developed the care system to give people just that. It combines all of the best practices I've learned from mental health that has helped me not go into a suicide state of mind, and to help many others elevate their mental health and performance," explained Darryll.

Doors will open at 9:00 a.m., breakfast will be served, and the event will start at 9:30 a.m.

To register for the event, please visit <https://bit.ly/2025CMHACEIAnnualEvent> or by calling (517) 237-3155.

To learn more about our services and programs, please visit CMHA-CEI at www.ceicmh.org

About Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI):

The Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) provides, directly and through partnerships, a comprehensive set of person-centered, high quality, and effective behavioral health, substance abuse, and developmental disability services to the residents of this community.

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