

VOICES

The 2026 CMHA-CEI Annual Community Event, was held on Monday, March 23, 2026, at the Lansing Convention Center. There were over 500 staff, persons served, community members, and stakeholders in attendance.

The keynote speaker was Kevin Fischer. Kevin is the Executive Director of NAMI Michigan and Crisis Intervention Team (CIT) International Michigan. NAMI, the National Alliance on Mental Illness, is the nation's largest, grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Crisis Intervention Team International is a community partnership of law enforcement, mental health and addiction professionals, individuals who live with mental illness and/or addiction disorders, their families, and other partners to improve community response to mental health crises.

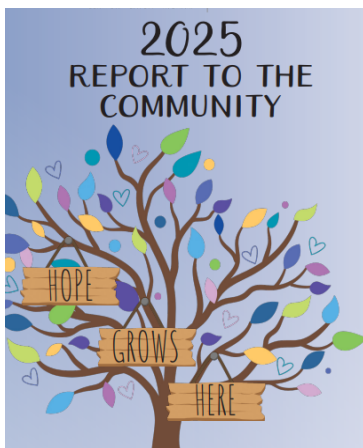


EVERYBODY-VS-STIGMA is the vision and passion of Kevin & Sonya Fischer, with the mission to spread a global message of behavioral health awareness, inclusion, and HOPE!

EVERYBODY-VS-STIGMA is a mental health advocacy organization dedicated to eliminating the STIGMA associated with mental illness, which is the leading barrier to the early diagnosis and treatment that leads to better outcomes.

To learn more information, please visit: EVERYBODYVVSSTIGMA.com

Scan the QR Code to access EVERYBODY-VS-STIGMA



You can access CMHA-CEI's 2025 Annual Report to the Community in a few ways:

- By visiting the "News & Events" tab on the CMHA-CEI website, ceicmh.org, clicking "Reports & Publications," followed by "Annual Report 2025"
- By visiting the following link: <https://www.ceicmh.org/userfiles/filemanager/bhttp3d6uekcbq4zspn4y/>
- By scanning the QR code to the right

Scan the QR Code to access the Annual Report online



A GLIMPSE INTO OUR ANNUAL COMMUNITY EVENT



Sara Lurie, Chief Executive Officer (CEO) of CMHA-CEI, has announced that she will be retiring in October 2026 after 11 years as CMHA-CEI's CEO and a career of more than 40 years in human services.

She was honored at the Annual Community Event by the CMHA-CEI Board of Directors, staff, community members, and stakeholders.



VOICES NEWSLETTER

The VOICES Newsletter was created by the CAC to help persons served from CMHA-CEI stay connected by providing agency up-dates, promoting special events, and sharing poems, stories, and artwork from individuals in recovery from a mental illness, substance use, or who have a developmental disability.



The newsletter is published three (3) times a year and can be found on the CMHA-CEI website, Facebook page, and posted around the agency.

If you would like to share a story, poem or photo of your art in a future newsletter, please contact Customer Service at 517-346-8244 or via email at customerservice@ceicmh.org.

WRITERS' CORNER FOR RECOVERY STORIES AND POEMS

Unlikely Friendship Written By: Jane Weis

Maggie does not like to swim. In fact, she hates water except when she is thirsty.

Today, she was on a boat ride and it started to sink. Maggie did not want to get wet. She fell in the water and started to drown.

She met a sea turtle that helped her into a lifeboat. Maggie asked what the sea turtle's name was, and it told her its name was Sunflower.

Sunflower asked if there was a rope in the lifeboat. Maggie said yes and threw one end to Sunflower. Sunflower towed the boat toward shore. They were a mile offshore when the boat sank. Sunflower said, "Jump on my back and I will take you to shore!"

When they got to shore, Sunflower decided to stay for a while. Maggie got some wood around and they made a bonfire and toasted marshmallows. They spent the night on the beach but in the morning parted ways.

Maggie was usually a bully and hated making new friends, but she could when she wanted to.



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ART CONTEST WINNER FOR TRAVELING ART SHOW

Congratulations to the winners of this year's art contest! In conjunction with the Community Mental Health Association of Michigan (CMHA), the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) held an art contest for persons (ages 8 and up) who currently receive services at CMHA-CEI and reside in Clinton, Eaton or Ingham counties.



The tour has two goals:

- ◆ To help de-stigmatize mental illness, developmental disabilities, and substance use disorders by showcasing the talents of people who use CMH services
- ◆ To highlight the recovery potential of the arts



The 1st place winner for the CMHA-CEI art contest is Brooke Nugent. Her piece is titled, "Big Red" and is a printed photograph on canvas of a red flower (16x20).

Her winning art will be showcased in the two-year statewide traveling art show that will be displayed at different venues (i.e. convention centers, universities, museums, and community mental health agencies) all around Michigan.

Her art work will be available for sale while touring or auctioned at the end of the tour.

Brooke shared what art meant to her when answering the following questions:

Briefly describe what art means to you.

Photography is form of self-expression. The way, angle, and substance help me to feel connected to the world.

What do you like about art?

It often forces me to expand my awareness of what is around me.

What does doing art do for you?

I feel so full of wonder and joy when I take pictures. It really lights me up.

Does art help your recovery?

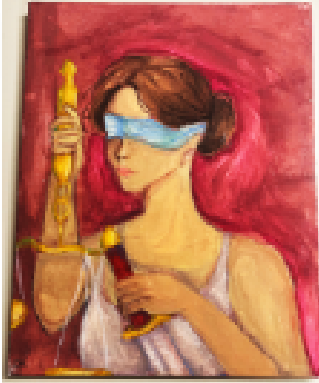
It helps me feel whole and seen. It helps me to see the beauty of the world I love.

Does art help you develop other life skills?

Yes, it gets me out of the house, helps me focus on something positive, and I love to share my photography so it connects me with people in a positive way.

I love photography so much because it brings me closer to the world, but also because it reminds me that life just needs focus, which can be attained through a little adjustment, a few tweaks on my part.

ART CONTEST SECOND PLACE, THIRD PLACE, AND HONORABLE MENTIONS



The 2nd place winner was Araceli Ceballos.

Her piece is titled, "Lady Justice" and is an acrylic painting on canvas.

She won a \$50.00 gift card to Meijer.



The 3rd place winner was Chris M.

His piece is titled, "Zane" and is an Animae of Ninga Zane Aima water color painting.

He won a \$25.00 gift card to Meijer.

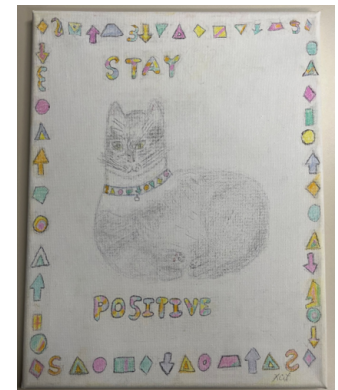
We would like to recognize and give Honorable Mentions to the following talented artists who submitted their art to the CMHA-CEI Art Contest and for the CMHA Statewide Traveling Art Show.



"Marine Life"
Rammond Eddings Jr.



"The Taste of Lansing"
Rammond Eddings Jr.



"Stay Positive"
Karen A. Ferguson



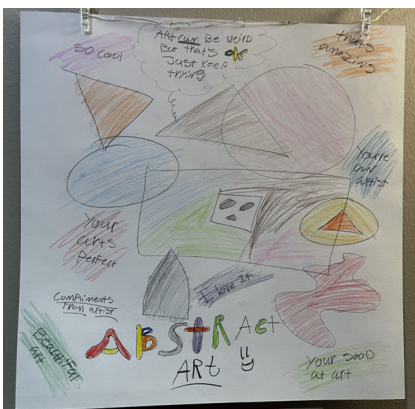
"Beautiful Summer Day"
Cara Jones



"Dark Day"
Cara Jones



"Colorful Art Shape"
Karen A. Ferguson



"Abstractly Shaped"
Austin M.



"Butterfly Garden"
Brenda S.



"Abstract Foliage"
Brenda S.

JOIN THE CONSUMER ADVISORY COUNCIL

The Consumer Advisory Council is recruiting new members. Members are made up of persons served and family members who are currently receiving or have received services from CMHA-CEI and reside in Clinton, Eaton, or Ingham Counties. The council requires a two-year commitment and members receive compensation for attending the meeting.



If you would like the opportunity to provide meaningful input and to

be a voice of those served by CMHA-CEI, the council provides the opportunity to meet with members of the Board of Directors, the CEO, Sara Lurie, as well staff from various departments within the agency.



The council has provided valuable input on a variety of topics and participated in focus groups. They have been actively providing valuable feedback in the development of the upcoming Crisis Care Center.

The council actively stays up to date with legislation and participates in advocating for behavioral health services for individuals with a broad range of behavioral/mental health challenges.

If you, or anyone you know, have an interest in becoming a member, consider attending a meeting. The CAC meets monthly on the 1st Thursday of the month from 3:30 pm to 5:00 pm via phone or Zoom.

Contact Becki at 517-346-8366 or via email at customerservice@ceicmh.org if you have questions, would like more information or to obtain the Zoom link.

CONGRATULATIONS TO CAC MEMBERS

The Consumer Advisory Council (CAC) would like to take a moment to congratulate a few of their members for their leadership and advocacy efforts and being appointed to new opportunities and positions.

Daniel Arnold has been appointed to the CMHA-CEI Board of Directors for Ingham County. He served on the CAC since April 2024.

Lisa Alicea, CMHA-CEI Board of Directors for Ingham County, has been appointed to serve as an ex-officio member of the council as the CAC Board Liaison. We look forward to working along side her and welcome her to the council.

Luna Brown has been appointed as the CAC Representative to the Board and Faith Halick as the Alternate Representative to the Board, being a liaison between council members and the Board of Directors.

Question. Persuade. Refer. (QPR) Gatekeeper Training Mental Health First (MHFA) Training



QPR (Question, Persuade, Refer), is a free, one-hour Zoom training offered by CMHA-CEI to help prevent suicide.

QPR teaches participants how to recognize the warning signs of suicide crisis and apply the three-step process to help save a life from suicide and provide hope. Registration is required via [Eventbrite](#).



Learn more about QPR training by visiting: qprinstitute.com

Questions and Training Information:

Contact the Prevention & Wellness Specialist at 517-887-5232 or prevention@ceicmh.org



Mental Health First Aid (MHFA) is a 7 hour training for professionals, community members, caregivers and families to learn the skills needed to reach out and provide initial support to someone who may be developing a mental health, substance use disorder or experiencing a crisis. Registration is required via [Eventbrite](#). Learn more about MHFA training by visiting: mentalhealthfirstaid.org



Questions and Training Information:

Contact the Prevention & Wellness Specialist at 517-887-5232 or prevention@ceicmh.org

Upcoming Holiday Closures

Community Mental Health Authority of Clinton, Eaton and Ingham Counties will be closed in observance of the upcoming holidays:

Memorial Day: Monday, May 25, 2026

Juneteenth: Friday, June 19, 2026

Independence Day Observance: July 3, 2026

Upcoming events and activities, postings of holiday closures, and other pertinent information, such as trainings, advocacy events, programs, and services can be found on the calendar in the lobby at our Jolly Rd building. Additionally, resource racks are located outside of Suite 108 near the main lobby or by the Atrium on the ground floor.

You can also find upcoming events and activities that we are hosting or involved in on CMHA-CEI's website and Facebook page. CMHA-CEI's website and Facebook page are used to share resources that promote mental well-being in various populations including children and youth, older adults, parents, minority groups, and LGBTQIA+ communities.



www.ceicmh.org



<https://www.facebook.com/>



www.instagram.com

The 988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) is made up of an expansive network of over 200 local and state funded crisis centers located across the United States. When people call, text, or chat, they will be connected to trained counselors that are part of the existing Lifeline network, who can help, listen, offer support, and provide resources if needed.



If you, or someone you know, are having thoughts of suicide, or experiencing a mental health or substance use crisis, call 988 for compassionate help.

The 988 Suicide & Crisis Lifeline is available 24/7 and is free and confidential.

The Veterans Crisis Line is for any Veteran, service member, and their families. They can help even if you're not enrolled in VA benefits or health care.

Are you curious about your mental health and wellbeing?

YOUR MENTAL HEALTH MATTERS.

QUICK, EASY, AND SECURE BEHAVIORAL HEALTH SCREENINGS, JUST FOR YOU.

CLICK **HERE** TO ACCESS THE FREE AND ANONYMOUS ONLINE SCREENING



Together we can.

CMHA-CEI has updated the new Behavioral Health Screening Tool with a new URL link and a new look.

The Behavioral Health Screening includes mental health, substance use, and more, and is a key instrument in assessing you or someone you care about's overall well-being.



https://app.aibery.io/mindcare/community_mental_health_authority_of_clinton_eaton_and_ingham_cmha_cei

If you need extra emotional support, CMHA-CEI is here for you. Our 24/7 Crisis Services can be accessed by:



Adults
517-346-8460

Children &
Young Adults
517-346-8008

Mobile Crisis
Response



at their home & in
the community

Crisis Services



812 E. Jolly Road

Moving Soon:
2900 Stabler Street
Lansing, MI

Ongoing,
non-emergency
therapeutic services



Access Department
517-346-8318