

Fall, 2025 Edition

# VOICES



## Upcoming Holiday Closures:

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

### **Christmas and Christmas Eve**

Wednesday, December 24, 2025

Thursday, December 25, 2025

### **New Year's Eve and New Year's Day**

Wednesday, December 31, 2025

Thursday, January 1, 2026

All upcoming events and activities, postings of holiday or weather closures and other pertinent information, such as trainings, advocacy events, programs, and services can be found on the [ceicmh.org](http://ceicmh.org) website and on our Facebook page.



You are invited to the 2025 CMHA-CEI Community Annual Event on Monday, March 23, 2025, at the Lansing Convention Center from 9:30 am to 12:00 pm.

- 2025 Annual Report to the Community
- Live Entertainment
- Open to the Public
- Validated Parking
- Live ASL Interpreters
- Free Breakfast

More details about the guest speaker and registration information will be shared closer to the event. Preregistration is required to attend.

## Honoring the Memory of Raul Gonzalez

### CMHA-CEI Board of Directors Member and Consumer Advisory Council Board Liaison

**In Memory and Honor of Raul Gonzales:** It is with deep sadness that we remember and honor our colleague, board member, and consumer advisory council board liaison, Raul Gonzales.

Raul retired from CMHA-CEI in August 2003 and joined our Board of Directors in March 2006 actively serving for the past 19 years. He was a founding member of the Consumer Advisory Council that was established in 2017 and actively serving as the Board Liaison to the CAC.



Prior to retiring and during his 20-year career at CMHA-CEI, Raul served as a Mental Health Therapist, spending most of his time in Adult Mental Health Services, where he provided outpatient therapy and case management. He was also deeply involved in community outreach, supporting organizations that served the Hispanic community in the Lansing area. Following his retirement in 2003, Raul continued to share his expertise through counseling and consultation in private practice.

As a CMHA-CEI Board Member and CAC Board Liaison, Raul was a passionate advocate for the public behavioral health system and a steadfast supporter of the important, challenging, and rewarding work we do. He served as Chair of the Program & Planning Committee playing an instrumental role in supporting our strategic planning efforts.

Raul was especially proud of helping to launch and nurture the Consumer Advisory Council (CAC), where he served as the Board Liaison from 2017 to the present. He consistently championed consumer voice in our operations and encouraged CMHA-CEI to remain active, visible, and responsive to the community's mental health and substance use disorder needs. He also was instrumental in creating the VOICES Newsletter, a consumer focused newsletter with personal recovery stories and poems with upcoming community events, and highlights programs and services provided by CMHA-CEI.

When asked what he liked most about being on CAC he responded that "it is the shared insight about how to improve wellness in our tri-county community and our voices communication with persons served"

Raul was a familiar and friendly presence at CMHA-CEI events, always taking time to connect with staff and the individuals we serve, offering words of encouragement, appreciation, and pride in our shared mission. Beyond his professional contributions, Raul was also a dedicated musician who joyfully shared his love of music throughout the community, enjoyed being outdoors with hobbies that included gardening and drawing.

He would like to jokingly say, "growing old is mandatory...growing up is optional".

As we continue our important work, we will deeply miss Raul's encouragement, warmth, and unwavering dedication. We honor his memory and his many lasting contributions to CMHA-CEI.

## Resolution Honoring the Life and Service of Raul Gonzales



**WHEREAS**, it is with deep sadness that the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) Board of Directors recognizes the passing of our long-standing Board Member and retired colleague, **Raul Gonzales**; and

**WHEREAS**, Raul Gonzales dedicated more than twenty (20) years of service to CMHA-CEI, working as a **Mental Health Therapist** in Adult Mental Health Services, where he provided outpatient therapy, case management, and compassionate care to countless individuals; and

**WHEREAS**, Raul also played a key role in **community outreach**, fostering partnerships with local organizations serving the Hispanic community in the Lansing area and advancing equitable access to mental health services; and

**WHEREAS**, following his retirement from CMHA-CEI in 2003, Raul continued to share his knowledge and expertise through private counseling and consultation, furthering his lifelong commitment to improving the well-being of others; and

**WHEREAS**, as a **CMHA-CEI Board Member** since 2006, Raul was a strong and thoughtful **advocate for the public behavioral health system**, consistently promoting and supporting the vital work of CMHA-CEI staff and programs; and

**WHEREAS**, Raul provided exemplary leadership as **Chairperson of the Board's Program & Planning Committee**, contributing meaningfully to the organization's strategic planning efforts; and

**WHEREAS**, Raul was instrumental in the creation and ongoing success of the **CMHA-CEI Consumer Advisory Council (CAC)**, serving as its **Board Liaison** from its inception in 2018 until his passing, and ensuring that the voices and experiences of consumers remained central to the agency's mission; and

**WHEREAS**, Raul encouraged CMHA-CEI to be active and visible in the community, urging leadership and staff to champion outreach, media, and public education efforts in response to mental health and substance use disorder needs; and

**WHEREAS**, Raul's warmth, kindness, and enthusiasm were evident at every CMHA-CEI event he attended, where he connected personally with staff and the individuals we serve, always offering words of encouragement and pride in our collective work; and

**WHEREAS**, Raul was also a **dedicated musician** who shared his love of music generously throughout the community, enriching the lives of many through his art;

**NOW, THEREFORE, BE IT RESOLVED**, that the CMHA-CEI Board of Directors hereby honors **Raul Gonzales** for his many years of dedicated service, leadership, and advocacy; and

**BE IT FURTHER RESOLVED**, that the Board expresses its heartfelt sympathy to Raul's family, friends, and colleagues, and extends its deepest gratitude for his lifelong commitment to advancing mental health and well-being in our community; and

**BE IT FINALLY RESOLVED**, that this resolution be entered into the official minutes of the CMHA-CEI Board of Directors and that a copy be shared with Raul's family in recognition of his lasting impact and contributions to CMHA-CEI and the broader community.

**Adopted this 20th day of November, 2025 by the Board of Directors of the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties**

# 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](http://qprinstitute.com)

### Questions and Training Information:

Contact the Prevention & Wellness Specialist at 517-887-5232 or [prevention@ceicmh.org](mailto: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](http://mentalhealthfirstaid.org)

### Questions and Training Information:

Contact the Prevention & Wellness Specialist at 517-887-5232 or [prevention@ceicmh.org](mailto:prevention@ceicmh.org)

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



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



[www.instagram.com](http://www.instagram.com)

## 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](mailto:customerservice@ceicmh.org) if you have questions, would like more information or to obtain the Zoom link.

## VOICES NEWSLETTER

The VOICES Newsletter was created by the CAC to help persons served from CMHA-CEI stay connected by providing agency updates, 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](mailto:customerservice@ceicmh.org).



## ART CONTEST FOR TRAVELING ART SHOW

The Community Mental Health Association of Michigan (CMHA) is sponsoring a two-year statewide traveling art show featuring the work of artists who access community mental health (CMH) services statewide.



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

In conjunction with CMHA, Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) is having an art contest for persons (ages 8 and up) who are currently receiving services at CMHA-CEI to be submitted into the statewide traveling art show, on behalf of CMHA-CEI.

- ◆ The artwork must be original and produced by the named artist.
- ◆ The actual size of the artwork, excluding any matting or framing. Art must be at least 11 inches wide by 11 inches high (11x11) and no larger than 36 inches wide and 36 inches high (36x36). Only 2 pieces of art per artist will be accepted.
- ◆ The artwork must be appropriate for family audiences and consistent with community standards of good taste.

Art submissions can be dropped off Monday-Friday from 8:30 am to 3:30 pm at 812 E. Jolly Rd., Suite 108. starting Monday, December 8, 2025 to Friday, January 30, 2026. All submissions can be viewed at CMHA-CEI at 812 E. Jolly Rd., Lansing, MI on the first floor, until the end of the contest and will be judged by CMHA-CEI staff members.

The 1st place winning art work from CMHA-CEI will be showcased in the State Wide Traveling Art Show at different venues (universities, convention centers, art museum, community mental health agencies) all around Michigan. Each piece will be priced individually and will be available for sale while on the tour or auctioned at the end. Proceeds will be used for future statewide art projects through the CMHA. The 2nd and 3rd place winners, will receive their art back at the end of the contest.

### Items Accepted: 2-dimensional (2D) Medium Art Work

- Oil/acrylic/ watercolor paint
- Pastels chalk
- Pen and ink
- Drawings
- Photography
- Crayon



1st Place: \$100.00 Check  
(travel in art show-auctioned)



2nd Place: \$50.00 Meijer Gift Card  
(art will be returned to artist)



3rd Place: \$25.00 Meijer Gift Card  
(art will be returned to artist)

### Items not accepted:

3-dimensional (3D) Artwork such as

- Sculptures
- Quilts
- 3D paintings

Contact Customer Service at 517-346-8244 or via email at [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org) if you have questions or would like more information about the rules, conditions or guidelines of submitting your art.

# 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 overall well-being.



[https://app.aibery.io/mindcare/community mental health authority of clinton eaton and ingham cmha cei](https://app.aibery.io/mindcare/community%20mental%20health%20authority%20of%20clinton%20eaton%20and%20ingham%20cmha%20cei)

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



517-346-8460 - Adults

517-346-8008 -  
Children &  
Young Adults

Mobile Crisis  
Response



at their home &  
in the community

Crisis Services



812 E. Jolly Road  
Lansing MI

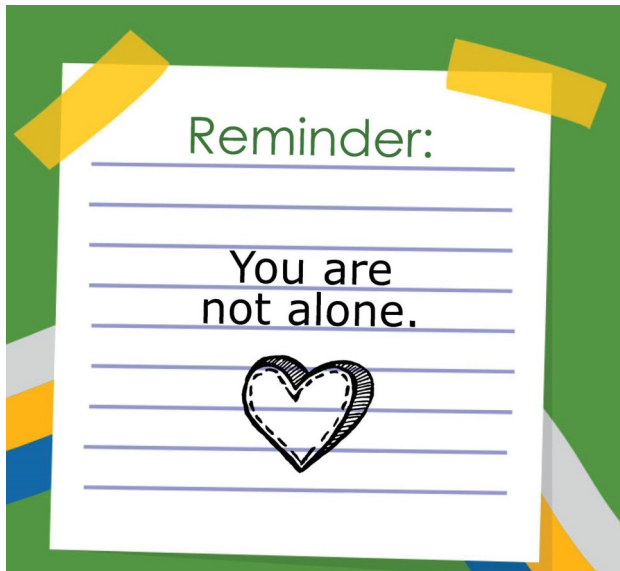
Ongoing,  
non-emergency  
therapeutic services



Access Department  
517-346-8318

## STAYING WELL DURING CHALLENGING TIMES

There are things that we can do to help cope with loneliness and stress. Here are some tips for staying mentally well during challenging times:



1. Take care of your physical health: Eat nourishing foods and get your body moving with walks, yoga, or dancing!
2. Connect with others: Find creative ways to connect (use video calling, play an online game, or send some old-fashioned snail mail).
3. Relax: Find time to do things that are relaxing and feel good. Take a bubble bath, snuggle up with a pet, or start an art project or puzzle.

4. Be kind to yourself: Give yourself a break. It's okay to be less productive while under high levels of stress-treat yourself with the same compassion and gentleness that you would a loved one.
5. Ask for help: Mental health services are available, and there is no shame in reaching out for support.



Get Connected. Get Help.™

2-1-1 is a United Way funded, one-stop service that saves time and frustration by connecting people in need with hundreds of health and human service organizations throughout Michigan.

What kind of help is available?

Referrals for food, housing, utilities, childcare, home repair, emergency shelter, clothing, legal aid, literacy, transportation, substance abuse, senior issues, disability information, medical and dental care, prescriptions, mental health and more. Simply dial 2-1-1 and talk to a trained professional about the hundreds of health and human services available in your area.

Email and chat is available at [www.211nemichigan.org](http://www.211nemichigan.org)

**EFFICIENT, FAST AND  
EASY TO USE**

**CONNECT WITH A  
CARING  
PROFESSIONAL**

**FREE, CONFIDENTIAL  
INFORMATION AND  
REFERRALS**

**AVAILABLE 24 HOURS  
A DAY, 7 DAYS A  
WEEK**