

Summer, 2025 Edition

VOICES



2025 CMHA-CEI POTTER PARK ZOO COMMUNITY CELEBRATION!

On Saturday, September 13th Community Mental Health Authority of Clinton, Eaton and Ingham counties (CMHA-CEI) hosted the annual Potter Park Zoo Community Celebration!

It was an amazing afternoon with a overwhelming turnout.

This yearly event provides free parking and entrance to families in the Tri-County area, providing them with a free lunch, face painting and the chance to take a photo with their favorite princess, superhero or character with the League of Enchantment Michigan.

Partnering organizations were also in attendance to provide valuable community resources.

Hopefully we'll see you there next year!



If you would like more information about the League of Enchantment Michigan or if you would like to request them to attend your special event visit <https://www.leagueofenchantment.org/>

21st Annual “Walk A Mile in My Shoes Rally”



On Wednesday, September 17, 2025 the Community Mental Health Association of Michigan (CMHAM) held its annual “Walk -A-Mile in My Shoes” (WAM) Rally at the Michigan State Capitol in Lansing. The rally hosted nearly 2,000 individual that advocated for more than 300,000 Michiganders who receive behavioral health services in the state. The WAM Rally walk is not a mile long walk, it is a ‘symbolic mile, that many participated in.



Former U.S. Senator Debbie Stabenow was the keynote speaker. Stabenow was joined by other Michigan legislators, advocacy agencies, municipal leaders, and labor leaders for a news conference before the rally at the Capitol Tower to voice their opposition to the Michigan Department of Health and Human Services. (MDHHS).

Our mission remains focused on ending the stigma around behavioral health care and demanding that our legislators reflect on how it feels to be in need of something and not be able to obtain it,” - CMHAM CEO Robert Sheehan

“This year’s rally is particularly important as we address the negative impacts of seeking bids for the state’s mental health managed care system with a system that favors the private insurance company takeover of the system.”



Attendees were encouraged to meet with state legislators outside the House of Representatives and Senate chambers, or in their offices if the session is over.

According to event officials, the rally will highlight the importance of accessible mental and behavioral health care for all Michigan residents and the strong opposition, by a broad coalition, to the planned bid-out to manage the state’s public mental health system.

An article was featured in MLNS Top Stories <https://www.wlns.com/top-stories/walk-a-mile-in-my-shoes-rally-underway-at-state-capitol/>

“Walk-A-Mile in My Shoes Rally”



A highlight of this event is a march with speakers representing their community mental health entity while carrying their county flag, from all over Michigan.

County flag bearers for CMHA-CEI were Sara Lurie, CEO (Eaton), Michelle LaLone, CAC member (Ingham) and Kristy Medes CMHA-CEI Customer Service Supervisor (Clinton).

Statements were provided by Luna Brown, Consumer Advisory Council (CAC) member; Daniel Arnold, CAC Board Representative and Danielle Schlueter, Charterhouse Clubhouse member,

“Together we can make our voices heard and fight for a better world for Mental Health consumers. Today we stand against stigma and advocate for compassion.

Instead of judgement, Walk a Mile in My Shoes!” -Luna Brown



“I've been through storms, but I'm grateful for my care team. Walk A Mile in My Shoes!”

-Daniel Arnold

“Many People, Many Ways, One Mission. Walk a Mile in My Shoes!”

-Danielle Schlueter

We hope to see you at the Capitol in 2026 for Walk-A-Mile in My Shoes Rally.

Photo: Kristy Medes, Sara Lurie, Luna Brown, Michelle LaLone, Daniel Arnold and Danielle Schlueter.

UPCOMING WALKS



SATURDAY, SEPTEMBER 27, 2025

**Start time: 10:00 am
Davenport University
Grand Rapids, MI**

(plans are pending regarding transportation via bus)

Join NAMI (the National Alliance on Mental Illness) of Lansing in supporting NAMIWalks 2025, the largest and most vibrant mental health event in the United States.

Through NAMIWalks, we are funding our local NAMI's free, top-rated programs, amazing services, far-reaching guidance, and valuable education for our entire community, focused on the 1 in 5 touched by mental illness.

NAMI also promotes critical awareness here in town and beyond, and further builds our inspiring, borderless mental health community.

Together, we are strong enough to lift hope.

For more information about NAMI of Lansing visit <https://www.namilansing.org>

JOIN CMHA-CEI AND THE
CMHA-CEI CONSUMER
ADVISORY COUNCIL **FOR THE**



American
Foundation
for Suicide
Prevention

**OUT OF THE
DARKNESS
WALK**

Walk to help
prevent suicide!

Join CMHA-CEI and the Consumer Advisory Council (CAC) along with more than 400 communities nationwide who are walking the Out of the Darkness Community Walks, to raise awareness and much needed funds, strongly sending the message that suicide can be prevented, and no one is alone.

The AFSP's mission is to save lives and bring hope to those affected by suicide.

For more information about AFSP visit <https://afsp.org>

SATURDAY, OCTOBER 4, 2025

**Start time: 10:00 am
Hawk Island, Lansing, MI**

JOIN OUR TEAM AND/OR DONATE

**TO JOIN OUR
CMHA-CEI & CONSUMER ADVISORY
COUNCIL TEAM, SCAN THE QR CODE**



**TO DONATE TO
AFSP AND TO THE CMHA-CEI TEAM,
SCAN THE QR CODE**



ROUNDTABLE MEDIA EVENT ON MEDICAID

On Wednesday, May 21, 2025, CMHA-CEI hosted a roundtable media event in the Jolly Road Atrium in Lansing, MI. This event was facilitated in partnership with Protect MI Care, a coalition of over 100 health care providers, advocates, and community organizations.

This event hoped to urge our elected leaders to stand up for the people of Michigan and protect Medicaid. The event was by invitation and featured stakeholders representing Behavioral Health, Long Term Care, Home Help Services, and Public Health. We were happy to host this important event and are grateful that the coalition has made behavioral health a key focus of their efforts.



Michael Daeschlein, Long-Term Policy Specialist for Michigan Elder Justice Initiative



Nate Dunbar, CMHA-CEI Peer Recovery Coach

Members of the CMHA-CEI Consumer Advisory Council, Charter House Club House, and a CMHA-CEI Peer Recovery Coach, provided a powerful message to end the event.

Three individuals with lived experiences shared their personal and powerful insights on the impact that reduced Medicaid coverage and a lack of access to mental health services and medications would have on their lives. Representing CMHA-CEI were Consumer Advisory Council (CAC) member, Taperra Riddle, Charter House Clubhouse member, Paul Miller, and CMHA-CEI Peer Recovery Coach, Nate Dunbar.

Those interested in watching the event recording can find the viewing instructions below, as well as an article about the event, featured in Michigan Advance:

A recording of the full event is available at the following link. The three speakers representing CMHA-CEI spoke last and their portion begins around 47 minutes into the video. You will need to enter the passcode G?\$QU3dL to view the video:

https://bellwetherpr.zoom.us/rec/share/c_kbjwy7H-8tuvFHKkO4ZR_ngObrj1WliqJ3QDFZpCEfEDm87RJDaCtkEWImfAH8.t6fTcBw6nh3T3ZoR?startTime=1747835897000

The Michigan Advance, is a non-profit news site that provides in-depth reporting and commentary on Michigan politics and policy across the state. They focus on the impact of state and local events on residents' lives, often telling stories that other news outlets overlook. Michigan Advance reported on this event; to read the article click the following link: <https://michiganadvance.com/2025/05/21/michigan-health-advocates-slam-trump-bill-cutting-down-medicaid/>

Question. Persuade. Refer. (QPR) Gatekeeper 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](#). See the dates and links to register below.

FRIDAY, OCTOBER 24, 2025

10:00 – 11:00 AM

Virtual via Zoom

<https://www.eventbrite.com/e/public-virtual-question-persuade-refer-qpr-training-tickets-1556743986169>

FRIDAY, NOVEMBER 14, 2025

10:00 – 11:00 AM

Virtual via Zoom

<https://www.eventbrite.com/e/public-virtual-question-persuade-refer-qpr-training-tickets-1556827275289>

FRIDAY, DECEMBER 12, 2025

10:00 – 11:00 AM

Virtual via Zoom

<https://www.eventbrite.com/e/public-virtual-question-persuade-refer-qpr-training-tickets-1556958457659>

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



[ps://www.facebook.com/](https://www.facebook.com/)



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

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.

WRITERS' CORNER FOR RECOVERY STORIES AND POEMS

Rolling on a Dead Man's Train

By: Frank Merritt

Rolling on a dead man's train
Can you feel my pain?
My emotions and feelings so numb

The engine of the train just runs and runs
I fall asleep my addiction felt within my chest
I wake up urges and cravings at their best
In this train I get no rest
Dead souls dressed in black vests

They laugh and tell jokes
Each car of the train filled with smoke
I choke and choke
My seat reserved next to my name written
"it's all he wrote"

Shivers flying down my spine
My ticket has no arriving time
I look at the timeless clock
I notice the dead man's train hasn't stopped

Next to me sits a glass of poisonous wine
A prisoner in chains punished by a cycle of
crime
The dead man's train comes to an end
The sign says last chance before you drop so
when will you begin

I rush off and awake from the dream
Blurry eyed my room filled with steam
Anything I want more than anything is to just
stay clean

I pray to God to save my soul
I pray for self-control
The urges and cravings go
I hope the dead man's train for you will never
show

Addiction is a disease that never sleeps
Wherever and whatever makes it creep
In our lives – people places things
Tragedy and destruction – nevermind the
dead man's train

The dream the memory of it brought me pain
Looking back, I was the engineer –
the conductor who drove the train



The Residential Options, Inc, (ROI) Dewitt home staff love doing crafts with the residents and love keeping the environment engaging. Photos are from the "Under the Sea" theme.



For more information about Residential Options, Inc., visit www.roi-mi.com

Updates on State, Federal, Local Matters



Now more than ever before, voices need to be raised in support of services to persons with mental health, developmental/intellectual disabilities, and substance use disorders. Please take a few minutes to reach out to your legislators and tell them how the decisions they make impact your local community.

For more information, and/or to sign up for alerts go to <https://cmham.org/advocacy/take-action-now/>

Recently there have been important updates on a number of issues that CMHA-CEI is tracking, including the following:

1. Michigan Department of Health and Human Services (MDHHS) Pre-Paid Health Plan (PIHP) Procurement Proposal/Rebid
1. Conflict-Free Assessment and Planning
2. Changes to Federal Medicaid Funding & Fiscal Year 2026 Budget
3. Eaton County Funding

To learn more about each issue, including the potential impact on CMHA-CEI and how you can take action, read the additional information provided on the next couple of pages.

MDHHS Pre-Paid Health Plan (PIHP) Procurement Proposal/Rebid

What's happening:

The State issued a RFP on August 4th to change how Medicaid funds for mental health services are managed. Right now, 10 public PIHP regions oversee those funds. The State wants to reduce that to 3 larger regions and has opened up bidding to include private managed care companies.

Why it matters:

This impacts the PIHP level and, while CMHs would remain public agencies and providers of service, it could take local management delegated to CMHs away from local public agencies and shift it to large private organizations. This continues to be the most serious concern right now. This proposal appears to be an attempt to privatize the public mental health system at a time of already great uncertainty. Let your House and Senate members know that you support meaningful reforms that enhance access and quality of care, but this procurement process is not the way to do it.

Updates on State, Federal, Local Matters

Conflict-Free Assessment and Planning

To meet federal rules, the State wants to separate assessment and planning from service delivery. That means the agency that writes your plan would no longer be the one providing your services.

What this could mean for us:

It could lead to big changes in how we do intake, assessments, and treatment planning. We haven't received any instructions from the State yet, so the Mid-State Health Network region has determined that no changes or formal planning can happen immediately. Any future plans will aim to avoid disruption for staff and the people we support.

How it connects to the PIHP rebid:

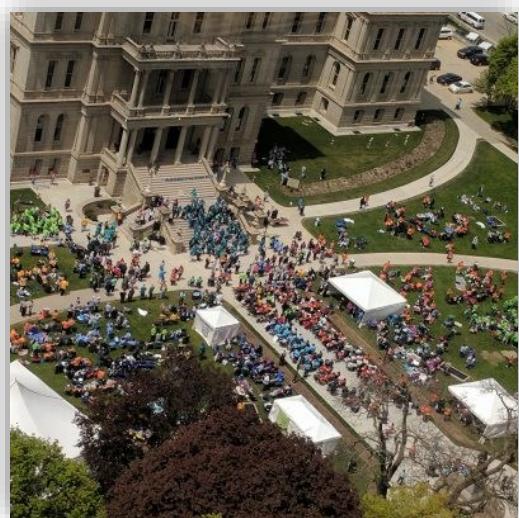
If private companies take over, they could also take control of this new conflict free assessment and planning process. That's why stopping the PIHP rebid is so important right now.



The Community Mental Health Association of Michigan (CMHAM) provides a quick and easy platform for you to send messages about key issues directly to your representatives.

Sign up for action alerts from CMHAM to receive notifications when your advocacy is most needed!

<https://cmham.org/advocacy/take-action-now/>



Federal Medicaid Funding and Fiscal Year 2026 (FY26) Budget

What's happening:

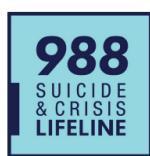
The One Big Beautiful Act (OBBA) bill was passed by Congress and the president signed the final federal budget in July 2025. The budget signed was smaller than the budget projections from the Governor or Senate.

What this could mean for us:

We are not expecting any immediate changes with most provisions not beginning until January 2027 or after. Your advocacy helped result in some aspects of the bill being adjusted to not take immediate effect, with other aspects being phased in over many years. While it may feel small in the moment, aspects like this could open the door for future advocacy efforts to mitigate the impacts.

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.



DIAL 988 then **PRESS 1**

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.aiberry.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:



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