Summer/Fall, 2026 Edition

VOICES

Community MENTAL HEALTH CLINTON • EATON • INGHAM
Together we can.



Sara Lurie, former Chief Executive Officer (CEO) of Community Mental Health of Clinton, Eaton and Ingham Counties, (CMHA-CEI) has officially retired after 11 years of dedicated leadership, and unwavering commitment to our community. On October 1, 2026, a Retirement Celebration was held for Sara. Staff, consumers, board members, and CAC members from across CMHA-CEI gathered to bid Sara a heartfelt farewell as she steps into this next exciting chapter of her life.



CMHA-CEI's new Chief Executive Officer is Gwenda Summers. During her 26 years with the agency, she most recently served as Director of Families Forward.

"I have had the privilege of growing alongside this organization and witnessing the incredible impact our staff make every day. I am honored and excited to serve in this new role and look forward to the next chapter of our journey together."

Gwenda's experience, vision, and commitment to CMHA-CEI's mission will serve our organization, employees, and community well in the years ahead. Please join us in congratulating Gwenda on this well-deserved appointment and supporting her as she prepares to assume this important leadership role.

If you see Gwenda at CMHA-CEI community events, please introduce yourself and welcome her to the agency.

CMHA- CONSUMER ADVISORY COUNCIL (CAC)

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



The council gives members an opportunity to provide meaningful input and represent people served by CMHA-CEI. Members meet with the Board of Directors, the CEO and staff from departments across 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.

The Consumer Advisory Council (CAC) celebrated a 10-year milestone on September 3, 2026. Past and current members, Board of Directors members and staff attended the celebration.

Since 2017, consumers and secondary consumers at CMHA-CEI have come together to advocate for change and for a behavioral health system that supports people with mental health, substance use, and developmental needs. Today we look back at what that advocacy has built and we look forward to the future of the CAC.



We extend special recognition to CAC members for their meaningful contributions over the council's first 10 years. Your voices, advocacy, and dedication have shaped the CAC and strengthened behavioral health services for consumers, families, and the broader community. With sincere gratitude, we celebrate your lasting impact.

CRISIS CARE CENTER DEDICATION CEREMONY



On September 22, 2026 Community Mental Health Authority of Clinton, Eaton and Ingham Counties (CMHA-CEI) new Crisis Care Center (CCC) had a fall dedication ceremony to mark the opening of the new 24/7 Youth Crisis Services and Adult Crisis Services.

The Crisis Care Center, located at the former site of McLaren Greenlawn campus, officially opened on June 24, 2026. is located at 2900 Stabler St. in Lansing, on the former McLaren Greenlawn campus. Youth Crisis Services, also known as Families Forward, and Adult Crisis Services will move from their current locations, 812 E. Jolly Rd. and 5303 S. Cedar St. Building 2 in Lansing, to the Stabler Street location for walk-in and drop-off services.



The Recovery Center (ITRS) and Bridges Crisis Residential Unit have also moved into the new Crisis Care Center.

The CCC marks the next chapter in CMHA-CEI's ongoing work to strengthen crisis response across the region. By bringing Youth and Adult Crisis Services into the new building first, CMHA-CEI is creating a clearer, more centralized entry point for immediate behavioral health support.



The ceremony also included a special tribute to Sara Lurie, former Chief Executive Officer. After 11 years leading the organization, Sara was honored by CMHA-CEI staff with a room dedication plaque recognizing her leadership and legacy. She retired on October 9, 2026, having led the organization since 2015.

If you or someone you know is experiencing a mental or behavioral health crisis, please call Adult Crisis Services at 517-346-8460 or Youth Crisis Services at 517-346-8008 for immediate support. Additional information about CMHA-CEI services is available on the organization's website: https://www.ceicmh.org/services/crisis-services.html.

If you would like to take a virtual tour before coming to the CCC you can watch a video clip, produced by Able Eyes https://my.matterport.com/show/?m=ZiUbq8CnSjy.

21st WALK-A-MILE IN MY SHOES (WAM) RALLY

The 21st Annual Walk-A-Mile (WAM) In My Shoes Rally was held Wednesday, September 23, on the Michigan State Capitol lawn in Lansing. About 2,000 people from across the region attended to raise awareness of behavioral health, public health and overall wellness.

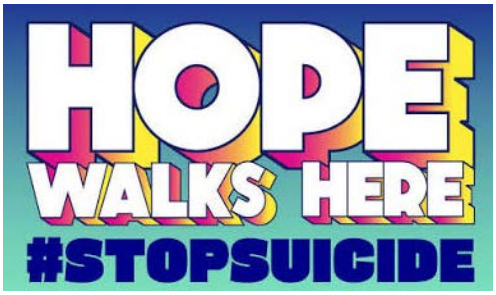
The rally helps reduce the stigma to those living with mental illness, substance use, and intellectual/developmental disabilities. Stay tuned for more information regarding next year's event by visiting: https://cmham.org/education-events/walk-a-mile-rally/











The Annual American Foundation for Suicide Prevention (AFSP) Out of Darkness Lansing/Capital Area Walk was on Saturday, September 19, 2026 at Hawk Island Park. A total of $37,446.00 was raised to help with the AFSP's mission to save lives and bring hope to those affected by suicide.

For more information about AFSP as well as updates on festivals and events visit the AFSP Michigan Chapter Facebook page at https://www.facebook.com/AFSPMichigan

2026 ANNUAL POTTER PARK ZOO EVENT

The 2026 Potter Park Zoo event, held on Saturday, September 26, 2026, was a huge success! This event is held yearly for CMHA-CEI friends, families of staff and consumers, as well as the community to enjoy a free day at the zoo along with food, face painting by Just for Fun Ink!, books provided by UKirk at MSU, and the League of Enchantment Michigan. Attendees received free giveaways, mental health resources and information from local partnering organizations, vendors and internal CMHA-CEI departments.



Thank you to our generous event sponsors, for the 2026 Potter Park Zoo event. We greatly appreciate these organizations for their support: Beacon Specialized Living, Branches Lansing (service center of Cedar Creek Hospital), Forest View Hospital, McLaren Hospital, Southridge Behavioral Hospital, HC Ryan, Lansing Community College (LCC), McBride Quality Care Services, Inc., National Alliance on Mental Illness (NAMI) of Lansing, Top Notch Tree Care LLC, University of Michigan Health-Sparrow, Forest View Hospital, Southridge Behavioral Hospital, Impression 5 Science Center, Launch Lansing, Lansing Lugnuts, Granger Waste Services, Dave & Busters and Costco.



A special thank you to all our volunteers (staff, family, and friends) and community vendors who were a part of our very special day at Potter Park Zoo.

We can't wait to see what is in store for next year.

To 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.

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:

- Veterans' Day: November 11, 2026
- Thanksgiving: November 26, 2026 and November 27, 2026
- Christmas Eve/Day: December 24, 2026 and December 25, 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

VOICES NEWSLETTER



Created by the CAC, the VOICES Newsletter helps people served by CMHA-CEI stay connected through agency updates, special-event information, and stories, poems and artwork by people in recovery from mental illness or substance use and by people with developmental disabilities.

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

WRITERS' CORNER FOR RECOVERY STORIES, POEMS AND ART

My Support Group

By: Christina Hazel

I'm encouraged by these beautiful broken people. My fellow intrepid travelers down the road towards recovery. Ever, striving forward to stability. Yearning for peace out of chaos. From the sharing of woes. Only the downtrodden know. Here, to mend the soul. Understanding grows. Together, at this gathering we chose. Through which we've learned to smell the rose, conquer metaphorical foes and dip our toes. And not, stay bogged down by the lows of the way life sometimes goes.



Michelle LaLone, Consumer Advisory Council (CAC) member and Charter House Clubhouse member, has successfully written 5 books, sharing her journey of recovery from a person who has lived experience with mental illness and a traumatic brain injury.

"Laughter is the best medicine. If I can make one person laugh or smile, my day was not wasted. "

Michelle joined the CAC because of her own lived experience with mental health challenges. Michelle said that, the council allows me to learn more about mental health while advocating for myself and my peers. My goal is to become a Peer Support Specialist with a focus on Suicide Awareness. Being a member gives me the opportunity to work through my own depression while making a meaningful difference in the lives of others.

The 988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline, formerly the National Suicide Prevention Lifeline, connects callers, texters and chat users with trained counselors who listen, provide support and share resources when needed. The Lifeline includes more than 200 locally and state-funded crisis centers across the United States.

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?



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.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:



Adults
517-346-8460

Children & Young Adults
517-346-8008

Mobile Crisis Response



at their home & in the community

Crisis Services



Adults & Youth

2900 Stabler Street
Lansing. MI

Ongoing, non-emergency therapeutic services



Access Department

517-346-8318