



National Alliance on Mental Illness

NAMI | Lansing

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NAMI Lansing Is Here to Help

This has been a difficult year for most of us due to the pandemic. Mental health needs in the community have increased. More than ever we need to support each other.

While we can't meet in person, we have adapted our support groups, classes, and presentations to meet online. NAMI Lansing is still here for you, just in a different form.

The 2020 mental illness awareness events were a success. We thank everyone who assisted and attended. To maintain that

energy, the Ignite and Inspire series will have online events this winter. Thanks to a new partnership, we now have an ongoing art exhibit in downtown East Lansing which will increase awareness of recovery and NAMI programs. Please consider a donation to NAMI Lansing to help support these expanded efforts.

The holiday season can be stressful. If you face a mental health challenge, please know that you are not alone and help is available. There is a place for you in the NAMI Lansing family.



"The goal of Youth Intensive Crisis Stabilization Services/Mobile Crisis units is to stabilize crisis mental health concerns, prevent further escalation of a crisis, and link with services. We find that the sooner we can support a family in a crisis, the quicker the family can stabilize and continue with the ongoing work."

Lia Sibilski, Families Forward Supervisor of Access
and Community Outreach, CEICMH



"So many are suffering around us during these holidays. Let us focus on the spirit of the moment more than the traditions."

Dr. Abbasi

Asking for Help Is a Big Deal!

"My name is Brandon. I'm a musician, mental health advocate, and an active participant in NAMI Lansing's programs. These programs have been very helpful to me and can help with mental health challenges that folks are feeling.

NAMI Lansing offers support groups and education programs where participants can express themselves. One great way I communicate my recovery is through music.

NAMI Lansing is here to help!"



Members of Tachyon Groove (left to right) Carl Ely, Brandon Hahn, and Alan Billingham.

Coping with Holiday Stress by Dr. Farha Abbasi, Psychiatrist

Extra stress, unrealistic expectations, and memories of holidays past can cause feelings of loneliness, sadness, anxiety, and frustration, often known as holiday blues. Holiday struggles are now compounded by COVID-19. Good self-care practices may help reduce these feelings.

- Stick to normal routines as much as possible.
- Get enough sleep and exercise.
- Eat and drink in moderation.
- Set reasonable expectations about holiday preparations and gathering.
- Use healthy alternative activities such as walking outdoors; prayer, meditation, or deep breathing; limiting stressful media; or focusing on lighthearted reading, listening, or television.
- Acknowledge your feelings. It's okay to feel sad for a time. The feelings will pass.
- Reach out to your medical or mental health provider if needed.
- Join online NAMI, faith, or community groups to stay connected.
- Because of COVID, consider virtual celebrations.

Signature Programs on Zoom

Register now at [namilansing.org/register](https://www.namilansing.org/register).

Winter Classes Available

Family-to-Family: Family members learn to understand and support their ill relative while maintaining their well-being.

Peer-to-Peer: For adults with mental illness who want to better understand their conditions and journey toward recovery.

Basics: For parents and caregivers of children and adolescents with symptoms of mental illness.

Support Groups Meet

Connection Recovery Support Group: For adults living with mental illness. Talk and share with people who understand. Meets weekly.

Family Support Group: For family members of persons with mental illness. Find support, information, encouragement, and hope. Meets weekly.

NAMI Presentations for Your Organization or School

In Our Own Voice: Trained presenters living with mental illness tell their personal stories of recovery and answer questions.

Ending the Silence: For students in grades 7-12. Presentation by a young adult living with a mental illness and a family member.

Youth Intensive Crisis Stabilization Services

Youth Intensive Crisis Stabilization Services (ICSS)/ Mobile Crisis units are available from the Community Mental Health Authority of Clinton Eaton Ingham. These specialized two-person teams can come to the home and into the community to assist with a mental health crisis involving a child or youth. The mobile crisis teams also can assist a student in crisis at school, with parental permission and participation.

"The goal of ICSS is to stabilize crisis mental health concerns, prevent further escalation of a crisis, and link with services" said Lia Sibilski, Families Forward Supervisor of Access and Community Outreach. "We find that the sooner we can support a family in a crisis, the quicker the family can stabilize and continue with the ongoing work."

The mobile mental health team can help with a crisis as defined by the family that might include suicidal ideation/thoughts, psychosis and other mental health symptoms. The team helps with crisis stabilization, crisis and safety planning, and psychoeducation. They develop a plan for success and then follow up with the family after the crisis. This might include short-term follow up at CMHA-CEI, moving to the intake process to determine eligibility for additional services, and/or coordinating with a community provider.

For a mental health emergency with a young person, call Families Forward Crisis Services at 517-346-8008 at any time. Mobile youth crisis teams are available Monday through Friday from 10 AM to 10 PM with the exception of holidays.

Adult Crisis Services can be reached 24/7 at 517-346-8460. Call 9-1-1 if someone needs medical attention.



Center City Art Display

Visit NAMI Lansing's Center City Art Display in downtown East Lansing! At the invitation of our new partner the Albert Avenue Tower Condominium Association, we have an ongoing art exhibit that also features information about NAMI programs. The Center City Art Display is located at 200 Albert Avenue in the walkway between Albert Avenue and the north entrance to Target. This highly visible location will engage East Lansing residents and MSU students with creative images and the healing power of art.

The current show has a holiday theme and many pieces are for sale. You might find a unique gift. The exhibit will be updated through the year. The art committee, Paul Verberg, Alexa Magsoudi, and Kevin Keeler, have set future themes which include winter introspections, animals in our lives, and family and love. Details on submitting art are at namilansing.org/ccart.



At least 1 in 5 people will experience a mental illness this year. Whether you or a family member are affected, find support at NAMI Lansing.

Thank You to these friends of NAMI Lansing:

Allegra of Okemos FootPrint Fund | 100 Plus Women Who Care | Lansing Institute of Behavioral Medicine | McLaren Greater Lansing | Sparrow Behavioral Health | Sunovion | Community Mental Health Authority of Clinton Eaton Ingham Counties | MSU Department of Psychiatry | MSU College of Nursing | KAK Network | Urban Beat | Peckham | ETCH – Early Treatment and Cognitive Health



Images courtesy of Center City Art Display artists Edward Smith, Eli Stewart, and Kyle Coulter.

NAMI Lansing winter program information inside.

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