



National Alliance on Mental Illness

NAMI | Lansing

What's Inside?

Healing Through Art
Out of the Darkness Walk
NAMI Walks Your Way

Live Events Are Back

NAMI Lansing has restarted some in-person programming! It has been great to see some of you already at the NAMI Lansing picnic and the NAMI Connection support group.

We plan additional live programs this fall including Healing Through Art, our annual celebration of art and recovery, in a new outdoor location this year, and a booth at the Lansing Out of the Darkness Walk in support of the American Foundation for Suicide Prevention.

We also are developing hybrid programming which will allow people to participate either on site or on Zoom. Our Peer-to-Peer and Family-to-Family classes will be offered in a hybrid format. Our hybrid technology capability is thanks to a generous grant from the Capital Region Youth Action Committee.

Zoom has allowed us to collaborate in new ways with other affiliates. Our last F2F class was offered in conjunction with NAMI Kent County and NAMI Grand Traverse. We are looking at more ways to share ideas, programs, and support across affiliates.

NAMI Lansing is committed to providing services in a safe and responsible manner to support individuals and families affected by mental illness. We hope our multiple options will allow you and your loved ones to participate.



"Art has always been an important part of my life. I've been drawing since I was five years old. Creating art has always helped me manage and resolve difficult parts of my life, including my father's death when I was only 10 years old. When I paint, I work through my progressions on a canvas, while at the same time, assessing and evaluating my own emotions, for a mental healthier me."

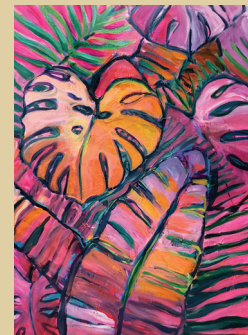
Edward Smith, Contributing artist in NAMI Lansing Center City Art Project



Healing Through Art

This year NAMI Lansing will hold its Healing Through Art celebration on October 8 from 5 to 10 PM at an exciting new outdoor location in East Lansing, the covered walkway from 200 Albert Avenue to Target. Art will be available to view and purchase from select local artists who are expressing their creative visions and challenges.

The event, held in conjunction with Newman Lofts, will be adjacent to the Center City Art Display, NAMI Lansing's rotating display space donated by the Albert Avenue Condominium Association. We'll have snacks and beverages and if you choose, you can enjoy downtown East Lansing's fine restaurants. Help us celebrate Mental Illness Awareness Week.



Images courtesy of artists (L to R): Hanna Peplinski, Paul VerBurg, Paul VerBurg, Svitlana Martynjuk, and Edward Smith.

NAMI Signature Programs Highlights

Peer-to-Peer: This class for adults with mental illness on a journey toward recovery will meet for 8 weeks starting Monday, October 4 from 6 to 8 PM. Presented live and on Zoom.

Family-to-Family: Register now for this class starting in late September. Helps family members support their loved ones while maintaining wellbeing. Available in person and on Zoom.

Family Support Group: Meets Thursdays from 4 to 5 PM on Zoom.

Connection Recovery Support Group: Check out our new time and location: Thursdays, 6 to 7:30 PM in person at the NAMI Lansing office, McLaren Orthopedic Hospital, Ground Floor, Suite E0003. Meetings are for adults with mental illness to find and share support. Hybrid meetings coming soon.

Visit www.namilansing.org for details and registration information for all programs.

NAMI Michigan Advocacy Award Winner Judge Thomas P. Boyd

We congratulate Judge Thomas P. Boyd, the NAMI Michigan Advocacy Award winner.

Judge Boyd's award reflects his founding of the 55th District Mental Health Court in Mason, advocacy for individuals with mental illness in the criminal justice system, and the great attention and compassion with which he approaches his work. Judge Boyd is now serving as Michigan's State Court Administrator.



**Youth
Action
Committee**

COMMUNITY
FOUNDATION



Youth Action Committee Grant

The Capital Region Youth Action Committee selected NAMI Lansing to receive a Youth Grant to support mental health programs. The most recent youth survey indicated that teens are struggling with many issues relating to mental health, which have been heightened during the Covid-19 pandemic.



NAMI Lansing used the generous grant to obtain the technology to offer hybrid programs. This technology allows people to participate in the same meeting either in person or on Zoom and makes our programs more accessible to people in rural areas or with issues that make in person attendance difficult. NAMI Lansing is grateful for the support of the YAC and appreciates their commitment to supporting mental health.

Being part of the Youth Action Committee (YAC) teaches teens that their voices matter and empowers them to explore and support projects that can improve the lives of their peers. To learn more about the YAC, visit tinyurl.com/YAClansing.



Walk to support mental health on October 2 at Grand Rapids or participate in NAMI Walks Your Way Michigan with a personal or local event. Register and donate to the Lansing Team Capitals at <https://www.namiwalks.org/team/NAMILANSING-TEAM-CAPITALS> or start your own team.

Out of the Darkness Walk

NAMI Lansing is a sponsor for the Lansing Out of the Darkness Walk on September 26 from 11 AM to 2 PM at Adado Riverfront Park in Lansing. This important event is held by the American Foundation for Suicide Prevention, which has the mission of saving lives and bringing hope to those affected by suicide. Please look for us there.

If you are in crisis, please call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)** or contact the **Crisis Text Line** by texting **TALK** to **741741**.



Want to be more involved? NAMI Lansing is looking for a new recording secretary. Please let us know if you're interested. Contact kkeeler@namilansing.org.

Healing Through Art

Advocating for Mental Health

Friday, October 8 from 5 to 10 PM
The covered walkway at 200 Albert Avenue, East Lansing

ORIGINAL ART SHOW AND SALE!



National Alliance on Mental Illness

www.namilansing.org • info@namilansing.org • 517-484-3404

Healing Through Art
October 8, 2021

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