LIVINGSTON COUNTY COMMUNITY MENTAL HEALTH

NEWSLETTER



Annual Town Hall:
We value your input

Livingston County CMH will again invite input from our consumers and their families at the Annual Town Hall 2026. The Consumer Action Panel (CAP) created the theme to this year's Town Hall: "Keeping Hope Alive: Hope is in the Little Things" and also helped prepare the agenda. The event is scheduled Tuesday, 5/12 at 5:30-7:30 pm at the Livingston Educational Service Agency (LESA), 1425 W. Grand River, Howell.

This open forum allows consumers to speak directly to our Board of Directors and staff. We will also extend invitations to local and state legislators. It is a great opportunity to share what you value about your services, what areas need improvement, and what ideas you have for supports in our community. Each of our consumers and their families manages their recovery journey every day and they best know what works for them. Share what adds hope in your life to give an idea to another person.

In past years, families have talked about needing more psychologist time for guardianship evaluations, more groups, and more Community Living Support providers. Additionally, consumers have expressed their appreciation for Genesis House services, youth peers, supports for families, and case management. Also, families have been able to advocate for mental health services and direct care worker wages in person with local and state legislators and leaders by sharing their experiences and challenges. Your ideas are greatly valued and promote many service decisions.

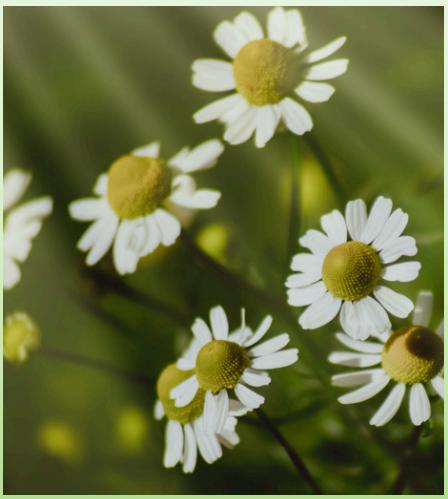
Keeping Hope Alive: Hope is in the Little Things

Please join us for the event in May. Light snacks will be provided. LETS will also offer late bus transport to the event. If you need help with transportation, please contact Michelle Roberts at 517-546-4126.

If you cannot attend in person, but would like to offer input, please use the QR code to submit your ideas!

Livingston CMH has a new logo! You'll see the logo at the top of this page and on our materials now.

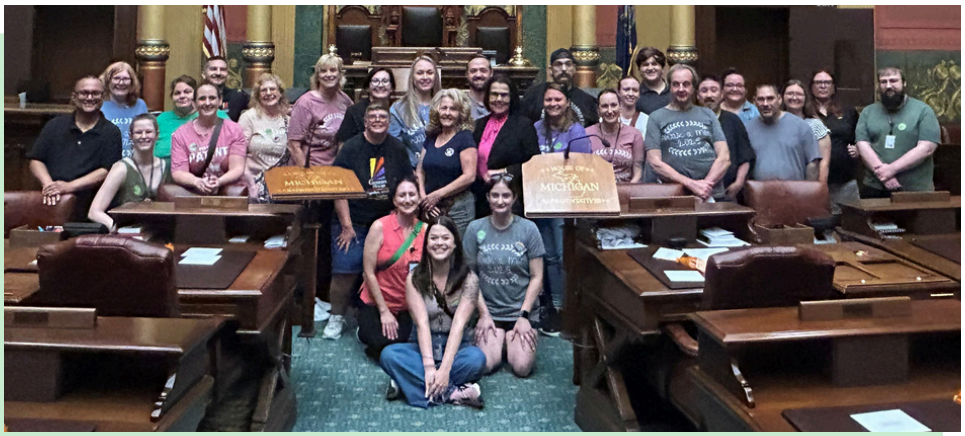
We are also in the process of developing a new website. Watch for more information and updates on our website in coming months!



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Photo: Livingston advocacy at Walk-a-Mile Day in Lansing



Connie's Corner

A word from our Executive Director

Over the past several years, our public mental health system has faced significant challenges. In 2025, the Michigan Department of Health and Human Services (MDHHS) released a Request for Proposal (RFP) that introduced a number of new requirements—many of which raised serious concerns about how Community Mental Health (CMH) agencies would be able to continue providing services to the individuals and families we serve.

In response to these concerns, several Prepaid Inpatient Health Plans (PIHPs) and CMH organizations filed a lawsuit to halt the RFP process. In January 2026, a Michigan Court of Claims judge ruled that key language in the proposal violated the state's mental health code. Following this decision, MDHHS withdrew the RFP.

While this outcome addressed immediate concerns, we remain attentive to the broader direction of MDHHS and the potential impact on the services our community depends on.
Livingston County CMH is committed to continuous improvement. We support thoughtful, meaningful changes that strengthen our system of care and lead to better outcomes for those we serve. However, we will continue to advocate for approaches that are driven by evidence, collaboration, and the best interests of our consumers—not change for its own sake.

Rights Team earns perfect score on state audit

In March, the Michigan Department of Health and Human Services (MDHHS) completed their Office of Recipient Rights Assessment for Livingston CMH. This audit occurs every three years. Our team earned Full Compliance for the 2026 audit!

The MDHHS auditors "were extremely complimentary of Livingston's Recipient Rights protection system and the hard work put in by the Rights Officers, the agency and our team," said Katie Snay, Regional Recipient Rights Director. "They highlighted that Full compliance is rare for any office, but especially an office with newer staff."

Andrea Bonomo and Molly Myska are the assigned Rights Officers for Livingston CMH. They exemplify the hard work that makes the region's Rights System so strong. Bravo!



Molly Myska and Andrea Bonomo, Livingston CMH Rights Officers

100%

Groups, groups, groups

Craft Group
The last Thursday of each month at 1 pm at the 2280 E. Grand River building. Craft group is free to any community member and offers an opportunity for creativity and socialization.

Mental Health First Aid (MHFA)
MHFA helps community members recognize and support people with mental health symptoms in the community. Our next training is Monday 5/18. Contact MHFAlivingston@cmhliv.org to register.

Smart Recovery
This group is offered every Tuesday and Sunday at 7 pm at Stepping Stones Engagement Center, 2020 E. Grand River, Howell. It's a cognitive-based model to promote change with any addictions. Just stop in.

McFarland Family Education
This evidence-based model helps consumers and families learn together about their new mental health diagnoses and treatments while problem-solving through family challenges.

Greatest Hits
This five-week group focuses on Coping Skills to benefit anyone in managing their life and stressors. Another series will start soon. Your case manager can refer you.

Dialectical Behavior Therapy (DBT)
DBT promotes coping skills for people with borderline personality disorder with individual therapy, group and phone coaching. We are also looking to start a monthly group for DBT graduates as a skill refresher.

Parenting through Change (PTC)
This 10-week evidence-based practice teaches parenting skills to parents/caregivers of children 3 to 18 years of age. Childcare is provided. Our next series starts in June. Contact your case manager if interested.

Co-occurring mental health and substance groups
We offered several groups about coping skills for mental health and substance challenges in the last year. We plan to repeat these group opportunities again soon. Contact your case manager if interested.

Mindfulness
A time-limited group to teach mindfulness skills, journaling and vision board work for any consumer. Contact Engagement Center at 517-376-6262 for information.

Are there other groups that you would like to see at CMH? Send your suggestions to Customer Service at 517-546-4126 or share at our Town Hall meeting on 5/12.

New Yoga Grant



Livingston CMH was just awarded a Healing and Recovery Grant through the Community Mental Health Partnership of Southeast Michigan. The grant program is funded by Opioid Settlement Funds to offer recovery yoga and Tai Chi through September 2026 at Stepping Stones Engagement Center. Research shows that alternative programming can greatly enhance recovery from substance use. These services will be offered at no cost to support people working on their recovery journeys. Yoga mats will be provided. Space is limited. Please contact Stepping Stones Engagement Center at 517-376-6262 for participation.

Livingston County
Mental Health Awareness

May is Mental Health Awareness Month

This special month of recognition raises awareness about mental illness, its prevalence in today's society, and its impacts on people of all ages and backgrounds.

Please join us in supporting Mental Health Month 2026!
Local mental health awareness events include:

May 2

No Minds Left Behind 5K Run/Walk

Race Start: **10AM**
Lakeland Trail

Registration required.

May 4

Question, Persuade Refer (QPR) Suicide Prevention Training

1PM-2:15PM
Microsoft Teams
Call 734-712-5728 to register.

May 7

VA SAVE Training

10AM - 11AM
Microsoft Teams
Call 734-222-7472 to register

FREE Movie "LUCA"

Doors open: 5PM
Movie: 6PM
Historic Howell Theater

Thank you to our sponsor:

HOWELL CARNEGIE DISTRICT LIBRARY

T-Shirt Fundraiser



T-shirts, crewnecks and sweatshirts available!

Help us raise awareness about mental illness in our community by supporting our t-shirt fundraiser!
Order yours by May 31, 2026.

May 12

Livingston County Community Mental Health Town Hall

5:30PM - 7PM
Livingston Educational Service Agency

May 15

Youth Art Voice

6PM - 7:30PM
Howell Opera House

May 16

Resource Awareness Days

10AM-2PM
Hidden Springs Church

May 18

Mental Health First Aid Training

9AM-5PM
Community Mental Health (2280 E. Grand River)
Email mhfalivingston@cmhliv.org to register

CEUs available

May 27

Student Panel

1:30PM-3:00PM
LESA

May 28

MAYson Jar Craft Event

1PM - 3PM
Community Mental Health (2280 E. Grand River.)
Call 517 -546-4126 to register

Follow us on Facebook for calendar updates!
Complied by the Mental Health Awareness Workgroup of the Human Services Collaborative Body

Support Groups

Teen Grief and Loss Support Group

Mondays from 4PM-5:30PM
The Connection Youth Services

Call 866-440-7233 to register

NAMI Livingston Parents Together Support Group

2nd Thursday of the month (7-8PM)
First United Methodist Church or Zoom

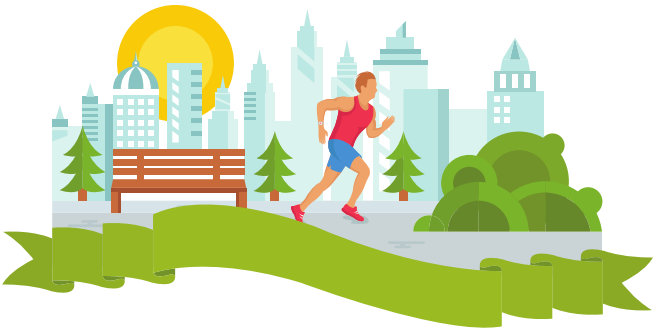
Registration required.

Youth teams enhance therapy skills

At Child and Adolescent Services, we are currently participating in the Michigan Department of Health and Human Services (MDHHS) 40th Cohort of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)!

Home-Based Program Coordinator Wendy Kunce is, for the fourth time, supervising a team of six therapists in this state-wide learning collaborative. LCCMHA's child and adolescent team has utilized TF-CBT with youth for more than 20 years. We are again very lucky to have the support and resources to complete another 15-month training program so therapists can gain specific skills to provide this evidence-based practice for youth.

To complete this training, therapists have intensive training in the model, participate in data collection for MDHHS, use TF-CBT with youth and families, and receive weekly TF-CBT-specific supervision. This is a long and intensive training process, and we wish Wendy and her team the best as they embark on this learning collaboration to help meet the clinical needs of our youth and families.



No Minds Left Behind 5K

- The Consumer Advisory Panel (CAP) and Genesis House invite you to participate in our annual 5K race on Saturday 5/2 at 10 am on the trail at Zukey Lake.
- Consumers may participate and receive a T-shirt for free. Talk with your case manager to get registered for the free option.
- Proceeds support extra activities and needs at Genesis House.

Check out the great free family activities during Mental Health Awareness Month

NEW

Psychology Services

Over the last year, Livingston CMH secured and strengthened our contracts with psychologists and behavioral support providers.

We are growing in our partnership with Dr. Holly Stewart of Sundial Psychology. She continues to arrive onsite at Livingston CMH once a week to complete guardianship assessments for adults with developmental disabilities.

Livingston CMH has also expanded its work for additional behavioral supports with Work Skills Corporation and added new behavioral support services with Psych Resolutions. Both providers are committed to completing functional behavioral assessments and deepening behavior treatment plans for children and adults with complex behavioral needs.

Their professional expertise has been an asset for individuals we serve to ensure their needs are met safely in their home and in their community.

R	E	G	N	A	H	C	U	R	B	C	U	P	X	C
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F	E	L	D	X	I	Y	W	L	G	V	K	A	W	S

Hope Drives Recovery Word Search

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

Exercise	Choice
Goals	Friends
Healing	Growth
Learning	Joy
Recovery	Progress
Change	Strength
Family	Peace
Goals	Care
Hope	Worthy

2280 E. Grand River Ave
Howell, MI 48843