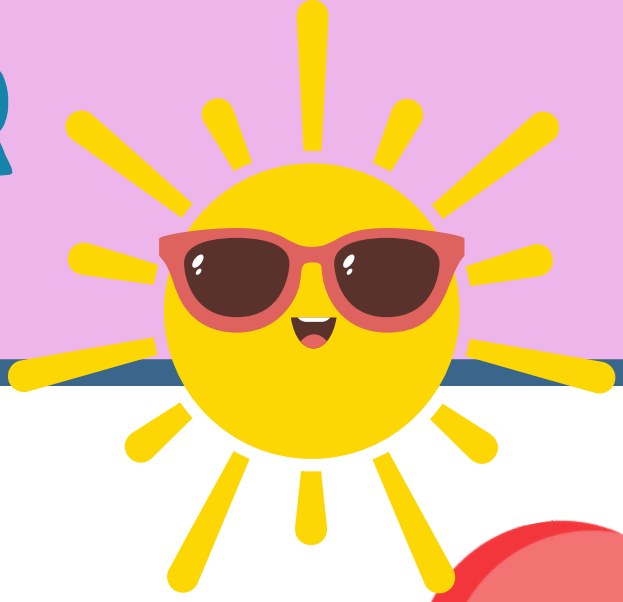
LIVINGSTON COUNTY COMMUNITY MENTAL HEALTH

SUMMER 2026 Newsletter



WALK-A-MILE

September 23, 2026
12:00 PM-3:00 PM
Michigan State Capitol 100 N. Capitol Ave

The annual Walk-A-Mile in My Shoes event will happen this September in Lansing. Each year, communities from across Michigan come together in order to increase awareness of mental health, developmental disabilities, and substance use disorders. This event promotes hope, recovery and inclusion.

Advocates from across Michigan attend this event every year in the hopes of highlighting the need for increased funding for mental health services, and promoting policy discussions that will end behavioral health stigmas.

If you are interested in attending the event with the CMH team, please contact Customer Service & Training Coordinator Melanie Watson at 517-546-4126.



2025 Walk-A-Mile photo

WELLNESS TIPS



- Take a 10-minute walk outside
- Text/call someone you care about
- Watch a sunset
- Try a new hobby or activity
- Spend 15 minutes doing something relaxing
- Write 3 things you're grateful for

STOP SKILL



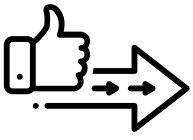
STOP



TAKE A BREATH



OBSERVE WHAT YOU'RE FEELING



PROCEED THOUGHTFULLY

CONNIE`S CORNER

KEEPING FOCUSED ON OUR TRUE VISION

Written by: Connie Conklin

One of the realities of operating a public community mental health organization is the number of financial, compliance, clinical, and operational audits we undergo each year. While most people never see this work happening behind the scenes, these reviews are an important part of ensuring that we remain accountable to the people we serve, our community, and our funding partners. They challenge us to demonstrate that we are providing high-quality services while being responsible stewards of the public resources entrusted to us.

Over the past several years, our organization has navigated significant challenges. Funding uncertainties, workforce shortages, and ongoing discussions about the future of Michigan's public mental health system have created distractions that could easily pull our attention away from what matters most. Yet through it all, I have been continually inspired by the commitment of our staff to remain focused on our mission.

Our purpose has never changed. Every day, our employees come to work with one goal in mind: to improve the lives of the individuals and families who depend on Livingston County Community Mental Health. That unwavering commitment defines who we are as an organization.

Recently, we welcomed surveyors from The Joint Commission for our three-day accreditation review. They examined our medical records, clinical practices, safety protocols, policies, and many other aspects of our operations. While accreditation surveys naturally bring a heightened level of preparation and anticipation, they also provide an invaluable opportunity for an independent evaluation of the quality of our work.

I have always been proud of the care and compassion our employees demonstrate but hearing that same message affirmed by an objective reviewer was especially meaningful. Throughout the survey, the reviewer commented not only on the quality of our services, but also on the creativity, innovation, and genuine dedication our staff bring to meeting the unique needs of the people we serve. Those observations reflect a culture that cannot be created through policies alone–it is built by people who truly care.

Recognition like this is gratifying, but it is not our destination. It is simply confirmation that we are staying true to our vision. While regulations, audits, funding challenges, and policy debates will continue to evolve, our responsibility remains constant: to provide compassionate, high-quality care that helps individuals live healthier, more meaningful lives.



PARENTING THROUGH CHANGE

A SUCCESS WORTH CELEBRATING

Written by: Rebecca Deras



Lisa Paquette and Tracey Cousins

At Child and Adolescent Services, we are excited to celebrate the graduation of seven families from our 2026 Summer 10-week Parenting Through Change (PTC) therapeutic parenting group. This excellent group is led by Lisa Paquette, Family Case Management Program Coordinator and Tracey Cousins, Parent Support Partner. Both have been awarded with the state-wide Parenting Through Change Golden Loop Award at the annual PMTO/PTC Conference.

Throughout the program, caregivers learned and practiced evidence-based parenting strategies designed to strengthen parent-child relationships, improve communication, encourage positive behavior, and build effective discipline skills. Families supported one another, shared experiences, and demonstrated a strong commitment to creating positive change in their homes. The group provides a fun and strengths-based way for parents to learn skills and get support from other parents in a supportive environment.

The success of this group was made possible in part by the dedication of our staff volunteers, who provided childcare throughout the 10-week program. By offering a safe and engaging environment for the children, families were able to fully participate in each session without the barrier of securing childcare. Currently we are planning to offer PTC twice a year and plan to continue to provide childcare. Any parent receiving services personally or with their children at CMH can attend! Watch for emails that the group is being offered and reach out to Lisa or Tracey at 517-548-0081 if you have questions.

PEER EXCELLENCE

MAKING AN IMPACT

Written by: Matthew Faust



Donna Coleman



On Tuesday June 2nd, 2026 Genesis House member Donna Coleman was recognized at the Annual Michigan Clubhouse Statewide Employment Celebration in Lansing. Donna was presented proclamation recognition plaques from State Senator Lana Theiss, and State Representatives Jason Woolford and Jennifer Conlin.

Michigan Clubhouse working members and Transitional Employment partners throughout the state are nominated by their Clubhouse for this prestigious recognition. Donna was celebrated at the Capitol for her longtime, dedicated success as a Certified Peer Support Specialist for Livingston County CMH and her Transitional Employment successes with Genesis House. Donna was also celebrated by her State Representatives for her unwavering support and devotion to Genesis House! Donna was joined in Lansing by her loving parents, family members and Genesis House colleagues.

Donna truly embodies what Genesis House and clubhouse is all about! Way to go Donna. We are all so very proud of you!



CONSUMER ADVISORY PANEL

HOW CONSUMER VOICES SHAPE OUR SERVICES

Livingston County Community Mental Health (CMH) has a Consumer Advisory Panel (CAP) that is composed of members receiving CMH services.
The purpose of this panel is to:

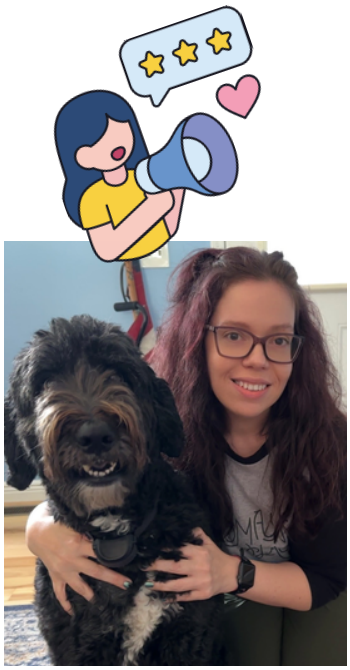
- Provide recommendations for service improvements.
- Brainstorm innovative ideas.
- Suggest ways to incorporate consumer voice.
- Assist in planning CMH events.
- Identify barriers that may exist for consumers.

You will see CAP members at various community events such as our annual Town Hall, Walk-A-Mile, Genesis House 5K, and more!

What CAP members want you to know about the group:
"We have fun planning things like events and workshops, and do things like creating posters. You don't have to be afraid if you are thinking about joining us."

What CAP members want you to know about CMH services:
"We offer a lot here it's all-encompassing. CMH helps with a lot of stuff and if they can't help, they will find someone that does."

If you are interested in learning more, please contact Melanie Watson, Customer Service at 517-546-4126



Melanie and Georgie, her Bernedoodle

CONNECTING VOICES TO ACTION

INTRODUCING OUR NEW CUSTOMER SERVICE AND TRAINING COORDINATOR

My name is Melanie Watson, and I am the new Customer Service & Training Coordinator at Livingston County Community Mental Health. Before joining CMH I worked as a Licensed Clinical Social Worker providing therapy and support to children and families. That experience helped me develop an appreciation for listening to individuals and using feedback to improve services. My role here is to help ensure that the voices of people served are heard and valued. I work closely with consumers, staff and community partners to gather feedback, support quality improvement efforts, and coordinate trainings.

You may see me at different community events, trainings, our annual Town Hall, or other activities throughout the year. I am passionate about obtaining feedback and helping CMH grow and improve. I look forward to meeting you! I can be reached at 517-546-4126

GROUPS

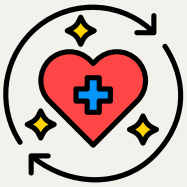


Craft Group

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. If you are interested in having us teach your group, please reach out.
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, Ste. 102, Howell. It's a cognitive-based model to promote change with any addictions. Just stop in.



Yoga Days

Join our yoga instructor who is certified in 12-step recovery yoga and trauma-focused yoga. This group runs Saturdays at 1PM (8/15, 8/27, 9/12, 9/19, 9/26) and Thursdays at 6:15PM (8/6, 8/20, 9/3, 9/17). We will also be at the Pinckney Food Trucks on Friday 8/21 at 5:00 PM.
Located at Stepping Stones Engagement Center, 2020 E. Grand River, Ste. 102, Howell.



Recovery Speaker Series

Join us Tuesday September 15th at 7PM at Stepping Stones Engagement Center, 2020 E Grand River, Ste. 102, Howell for a free event highlighting hope, growth and recovery. Snacks will be provided. For more information call 517-376-6262

Are there other groups that you would like to see at CMH?
Send your suggestions to Customer Service at 517-546-4126

TOWN HALL 2026

Thank you to all who attended our annual Town Hall and shared your thoughts. Your feedback ensures that we understand the needs of the community and helps to shape our priorities. Here is what we heard:



Areas of Strength

- Compassionate and supportive staff
- Strong peer support services
- Consumers have a voice
- A welcoming environment
- Programs that provide hope and connection

Areas to Grow

- Understanding access to services
- Increase community outreach
- Stories of hope and recovery
- Caregiver supports
- More peer programs
- Increase opportunities for consumer involvement

2280 E. Grand River Ave
Howell, MI 48843