



Mental Health
Awareness Month
In Review



Common Ground
helping people move from crisis to hope

Volume 6: Issue 3
Summer 2023

CommonConnections

May: A month of appreciation and awareness

From Common Ground nurse and paramedic recognition, to community outreach events, and Legacy of Hope Breakfast, May was a busy month. Common Ground staff attended many outreach events throughout the metro Detroit area, educating youth and adults about Common Ground and how we support mental health.



Legacy of Hope Breakfast on May 5th: The funds raised from the breakfast will benefit several programs that are subsidized through fundraising dollars including the Behavioral Health Urgent Care and Victim Assistance Program. We are so grateful to all sponsors, attendees and donors for contributing to nearly \$10,000 raised.

“Be a rainbow
in someone
else’s cloud”

-Maya Angelou

**KEEP SHARING
HOPE !**

**LOOK WHO'S
TURNING**

1

**988 SUICIDE & CRISIS
LIFELINE**

**ALL FOR OXFORD
RESILIENCY CENTER**

**BEHAVIORAL
HEALTH URGENT
CARE**

Expansion to serve
ages 12 & up



Inside Common Ground's SOBER SUPPORT UNIT

Learn more about the services and manager
of the Sober Support Unit (SSU)



Ethan Ogans
Manager of
Sober Support Unit

Q. How long have you been working at Common Ground? **I've been working at the Sober Support Unit since its inception in 2017. I have managed the SSU for almost three years now.**

Q. Tell us about the services the SSU offers. **The SSU is here to guide and place individuals who are currently abusing substances such as alcohol and drugs. SSU's resources range from information about substance abuse to inpatient substance abuse placement.**

Q. What is your vision for the future of the program? **My short-term vision for the future of the SSU would be to add more beds. My long-term vision for the SSU is the addition of on-site withdrawal management**

Q. Tell us about your background. **I started working Fire/EMS and the medical side of my job led me to work for Star EMS in Pontiac.**

Q. How did you come to work for Common Ground? **I furthered my medical experience and began working for a local Pontiac hospital where I learned about Common Ground and the SSU. I was instantly interested and admired what Common Ground did for people.**

Q. What thoughts would you like to share? **The SSU is always here to assist an individual when it comes to substance abuse. If you or anyone you know is struggling with drugs or alcohol, please come to Common Ground or call the SSU at 800-231-1127.**

Remember to follow
and share our socials:

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[www.linkedin.com/
commongroundhelps](https://www.linkedin.com/company/commongroundhelps)
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Twitter: @CGHelps





Heather Rae
President & CEO
Common Ground

From the President & CEO

Checks & Balances: Every non-profit organization has rigorous standards to maintain, and there are time-consuming consequences that take away from our mission when those standards are not met. I'm thrilled to report on our recent audit results:

Congratulations to our Michigan Crisis & Access Line (MiCal) team for achieving a perfect audit! You have exceeded operational standards. Keep up the great work.

Speaking of audits, this October is our tri-annual Commission for Accreditation of Rehabilitation Facilities (CARF) Re-Accreditation Survey. Expect to see fun quizzes (& maybe a little healthy competition) to get us all up to speed and ready to pass this agency-wide audit with flying colors.

We're celebrating the one-year anniversary of three very important programs: (1) The nation-wide implementation of the 988 Suicide & Crisis Lifeline call/text/chat (2) The opening of the All for Oxford Resiliency Center, & (3) The expansion of our Virtual Behavioral Health Urgent Care to include serving adolescents, ages 12—17. Thank you, MiCal, Oxford, & BHUC teams. Keep going strong!

We are proud of what's been accomplished over the last year, and humbled and motivated to forge ahead as we continue to deliver life-changing crisis services to our community.

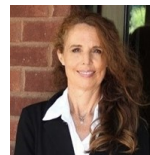


This spring was an excellent time for outreach! Many of our own wonderful staff and ambassadors went above and beyond their job descriptions to attend a variety of community events. They put a caring face to our services.

Thank you **Branden Coleman, Laura Gemgellaro, Brooke Seagraves, Kristin Blevins, Art Ingram,** and any others who we aren't aware of, (and would like to be) for going the extra mile! These team members represented Common Ground at schools, companies, and other local venues. They distributed our brochures, stress balls, pens, bracelets & other logoed materials, while delivering our message of hope.



The Development Department is interested in new opportunities to reach people in our area. Let us know if you are interested in attending an outreach event. Please give us as much notice as possible when you need materials for your event. We are here to support you.



Michelle Hess
Marketing Lead
Common Ground
mhess@cghelps.org



Thank you to everyone who attended and supported the 2023 Legacy of Hope fundraising breakfast. The \$10,000 funds raised from the breakfast will benefit several programs including the Behavioral Health Urgent Care and Victim Assistance Program.





Congress Representative tours RCC

Early May, Representative Lisa McClain toured the Resource and Crisis Center (RCC), with Heather Rae, CEO and President of Common Ground. (Pictured from left to right, Jake German (Dunaskiss Consulting), Rep. McClain, Heather Rae & Senator Mat Dunaskiss (Dunaskiss Consulting)).

We support mental health 24/7 however in May we highlighted its importance with Congresswoman McClain, representing Michigan's 9th District in the U.S. House of Representatives.

"We appreciate our state leaders acknowledging and taking interest in the mental health crisis facing our community and world today," said Rae

WHAT'S COMING...



Ride or Volunteer
Ride2endsuicide.com



artwork by P. Stolvoort

50% of the proceeds benefit Common Ground

Celebration of HOPE 2023

Join us in celebrating Common Ground's 3rd annual Celebration of Hope and raise funds for the Victim Assistance Program. Enjoy a night of camaraderie & networking, strolling dinner with drinks, live entertainment and a program celebrating Common Ground's 2022-23 accomplishments and vision for the coming year.

SAVE THE DATE: October 20, 2023
Oakland University's Oakland Center

CARF SURVEY

It's almost time for our **CARF RE-ACCREDITATION SURVEY**. Most of our crisis intervention programs at Common Ground are accredited through the *Commission for Accreditation of Rehabilitation Facilities*, and **this October brings us to our three-year renewal** of that accreditation and certification.

Accreditation by CARF serves two important points: (1) It gives us the critical external 'seal of approval' to people seeking our services, as well as our funders and other stakeholders in the community. It shows that our services meet the highest standards in the industry. (2) The accreditation process provides us with an excellent mechanism for continuous quality improvement.

How will the accreditation impact you? The survey will be conducted over a three-day period this fall. The Reviewers will evaluate our administrative processes and programs to measure compliance with the current standards. Staff members may be asked to participate in an interview, assist in providing a tour, or review records. We will help you be prepared.

More details to come as we get closer to the October survey date. Thank you in advance for all your support during this important process. **Sean Sylvester, Common Ground's Compliance Analyst**





VOLUNTEER SPOTLIGHT

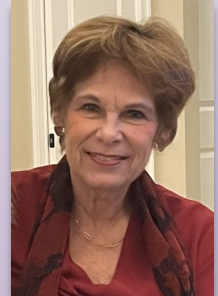
Diane Sansalone. Diane has volunteered as a member of Common Ground's Citizens' Advisory Council (CAC) since its founding in 2012, providing input and insight from the perspective of an individual who has received services. She is currently the Chair of our CAC, as well as Common Ground's representative on Oakland



Community Health Network's CAC where she currently serves as Vice Chair. Most recently, she received **NAMI of Southeast Michigan's Direct Care Worker of 2023 award** for her work providing in-home services for an adult with developmental disabilities. What is even more admirable, is that Diane has accomplished all these things while legally blind! Thank you Diane, for your dedication and service. The CAC is always looking for new members. For more information, contact Sean Sylvester at ssylvester@cghelps.org.

DONOR SPOTLIGHT

Jane Dallas. Jane's experience with Common Ground dates back to 1979 when she worked with Junior League, where she was sent out into the community to volunteer. Jane chose Common Ground and it stuck, because she was trained here and volunteered on the board and the resource and crisis helpline for the next 10 years! Jane became busy with life and raising her family, and stepped away for a time, but she's returned and able to reengage with us. We're thrilled to have Jane back as a volunteer, Celebration of Hope Committee Member, and faithful donor. Welcome back Jane! We're grateful for your contribution to the community through Common Ground, and beyond.



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helping people move from crisis to hope

1410 S. Telegraph Road
Bloomfield Hills, MI 48302

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PLACE
STAMP
HERE

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