

COMMON CONNECTIONS



Common Ground
helping people move from crisis to hope

July 2024



New Admin Office

30200 Telegraph Road, Ste. 300
Bingham Farms, MI 48025

Staff expected to occupy the new office space by late summer of 2024

Crisis to Hope for 53 years

As Common Ground continues to adapt to serve the needs of the community and state of Michigan, we embrace change and growth.

This year brings about a change of address for our administrative staff, and the opening of the United Resiliency Center in East Lansing.



The newest program of Common Ground, the United Resiliency Center (URC) in East Lansing, serves as safe space for another community that's experienced mass violence. URC is funded by the state of Michigan through a federal Antiterrorism and Emergency Assistance Grant. The Center is staffed by crisis-trained personnel and offers the opportunity for people to come together and restore their sense of well-being, and help each other move forward.



800.231.1127 (24/7)

COMMONGROUNDHELPS.ORG



Service HIGHLIGHTS

988 Suicide & Crisis Lifeline is operated by Common Ground and serves as Michigan’s primary 24/7 Suicide and Crisis Lifeline. We are available for people in immediate distress who don’t know where to turn.

Peer Warmline connects individuals living with persistent mental health and or substance use conditions with MDHHS Certified Peer Support Specialist and recovery coaches who have experience behavioral health issues and are trained to support and empower callers. Operates seven days a week from 10am-2am. Call 888-733-7753 or visit: mical.michigan.gov/s/michigan-warmline

Virtual Behavioral Health Urgent Care. Easily schedule a virtual health visit with a mental health expert. Open M, T, Th, F from 11am-8pm. Same day appointments are available. Serving ages 12 and up. Accepting most insurances or cash payment.

Staff Member HIGHLIGHT



Phillip Hunter
Director of CRU Retreat

Phillip joined the Common Ground family in November of 2023 as the Director of the Crisis Residential Unit (CRU) at the Resource & Crisis Center in Pontiac.

He earned his BA in psychology from Oakland University, a MA in clinical psychology from the University of Detroit Mercy, and his PsyD in organizational psychology from Touro University. Phillip saw an opportunity to be a part of something really exciting at Common Ground - to help shape the way we think about crisis work and establish a more collaborative, integrative clinical philosophy.



As an alternative to inpatient psychiatric hospitalization, the CRU offers voluntary, short-term, recovery-oriented psychiatric care, which includes medication management and monitoring, nursing, group therapy, art therapy, and discharge planning. Everyday, we focus on creating a safe environment for people to continue their recovery in the most comfortable setting possible.



IN PHILLIP’S WORDS: At the CRU, we start every day with a morning huddle to keep each other on the same page regarding the status of current guests. After that, we organize four therapy groups each day and create opportunities for a lot of 1:1 emotional support. We find that the admission process is a critical part of our day because it gives us the chance to create a soft landing for someone who may have had significant, recent psychiatric needs and trauma. Constant collaboration is required within and outside the team to assure that all team members concur with the specific type of support a new CRU resident will need before they enter the program.

I also meet with other leaders to ensure that we’re addressing any barriers to quality or efficiency across the facility. I’m very fortunate to be able to approach those conversations with the perspective of my staff, who provide hands-on experience and expertise on how we can better serve our population.



-Phillip Hunter, PsyD, LLP, CAADC, CCS



Heather Rae
President & CEO



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From the President & CEO

The recent act of local violence sent our team in motion. While we are deeply saddened by another mass shooting, we are proud and grateful for Common Ground teammember's responsiveness and compassionate outreach to local victims of crime and violence.

Following the shooting in Rochester Hills on June 15, 2024, Common Ground's Victim's Assistance Program (VAP) team was asked by the Oakland County Sheriff's Department, to visit and assist those taken to area hospitals.

"The VAP Team was spectacular, Jamie Ayers (VAP Director), Laura Gemellaro (VAP Manager), Chris Ruen (VAP Volunteer), Kelly Marshall (All 4 Oxford Resiliency Center Manager) and I were spread out among 4 hospital emergency departments and got connected to all of the injured for support which will continue in the days ahead. The team worked side-by-side with the Oakland County Sheriff's Department". – Janet Sarkos, Chief Crisis Operations Officer at Common Ground

Please remember that Common Ground's Resource & Crisis Hub is available 24/7 for anyone to call for mental and emotional support any time day or night: 800-231-1127. Save this number as well as 988 in your phones and share with friends and family.

New Legislation



RESOURCE & CRISIS CENTER

1200 N. Telegraph, Bldg. 32E
Pontiac, MI 48341

(Open 24/7)

800-231-1127



Bill 5114 is currently on the Floor of the Michigan House of Representatives and we'd like to bring it to your attention since it could have a positive outcome for Common Ground if passed.

We're asking for your support. House Bill 5114 would amend the Mental Health Code to include Certified Nurse Practitioners in the definition of mental health professionals. This would allow Common Ground's Nurse Practitioners to deliver medically necessary psychiatric assessment and treatment for people experiencing a mental health crisis.

If you are in agreement with this Bill, please send a short message to your State Representative **in support of Bill 5114**. YOU WOULD BE ACTING AS AN INDIVIDUAL, NOT AN EMPLOYEE, VOLUNTEER OR SUPPORTER OF COMMON GROUND.

- [My Reps \(datamade.us\)](https://datamade.us) – Visit this website to quickly find your state representative.
- Click on this link for an analysis of HB 5114.
- If you'd like to see a copy of Heather Rae's letter to her Representative, please email your request to: Development1@cghelps.org



Dr. Turner and Ethan Ogans, Sober Support Unit Program Manager.

Dr. Melanie Turner

A leading research psychiatrist from Australia won a research grant (Winston Churchill Trust) that allows her to travel the globe in pursuit of perspectives from psychiatric treatment programs.

Dr. Turner is studying non-hospital alternatives to crisis work and long-term suicide risk mitigation. She learned of Common Ground through Phillip Hunter (CG Director of CRU) and requested a tour and the opportunity to speak with some of Common Ground’s staff to learn about our model. In late May 2024, we were privileged with the opportunity to exchange success stories, challenges and ideas.



Living Well with a Mental Health Condition

Having a mental health condition can make it a struggle to work, keep up with school, have healthy relationships, socialize, maintain hygiene, and more.

However, with early and consistent treatment—often a combination of medication and psychotherapy—it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

1. Stick to a treatment plan.
2. Keep your primary care physician updated.
3. Learn about the condition. Being educated can help you stick to your treatment plan
4. Practice good self-care. Control stress with activities such as meditation or tai-chi; eat healthy and exercise; and get enough sleep.
5. Reach out to family and friends. Maintaining relationships with others is important. In times of crisis or rough spells, reach out to them for support and help.
6. Develop coping skills. Establishing healthy coping skills can help people deal with stress easier.
7. Get enough sleep. Good sleep improves your brain performance, mood and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions.
(Source: SAMHSA)

Call Common Ground if you need help: 800-231-1127

2024 Event REVIEW

APRIL

HOPE IN ACTION BREAKFAST

Networking event that brought together many community leaders to learn about our organization, hear first-hand testimonials, & become informed of sponsorship and involvement opportunities.

MAY

RIDE 2 END SUICIDE

Almost \$50,000 was raised for Common Ground services at this 9th annual bike ride fundraising event.

2024 Event PREVIEW

SEPTEMBER



OCTOBER



Visit our website for more information: commongroundhelps.org/events