



Common Bond

Genesee County

(810)232-6498 – www.namigenesee.org namigenesee@gmail.com January, 2024

If your address changes, please call (810)232-6498 and leave your name and correct mailing address and/or e-mail address.

Mailing address: NAMI Genesee County P.O. Box 1320, Flint, MI 48501-1320

NAMI Genesee County Support Meetings

If any Genesee County school is closed because of bad weather, our support group is cancelled that evening.

We offer in person support in Genesee and Saginaw counties.

Call ahead is not required. Family support is for relatives and friends of people living with a mental health disorder.

Family Support Second and fourth Tuesdays 7-9 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays at 7 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, Third Tuesdays, 6:30 p.m. Flint Library Next meeting Jan. 16.

Saginaw Connections Support

Saginaw has a NAMI G.C. Connections support meeting for people with a disorder. Meetings are 6 p.m. first and third Thursdays at McDonald GMC Cadillac, 5155 State St., Saginaw

Sue (989)780-0825

sue.smith3185@outlook.com

NAMI support groups, classes and most activities are free of charge. Reminder: Please do not discuss anything heard in a meeting anywhere else. ##

NAMI does not give medical or legal advice. Please consult your doctor, pharmacist or lawyer.

NAMI F-2-F Classes

NAMI Family-to-Family classes are for family and friends of adults with mental disorders to help you with your loved one.

The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. Next classes will begin Saturday, February 24, at 9:30 a.m.

Peer-to-Peer classes are for persons living with mental illness. The series of 8 classes is to provide education about your illness and help you maintain your mental health. Call (810)232-6498 for information.

NAMI Basics OnDemand is a free, six-session online education program for family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. Information and registration: www.basics.nami.org

NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Their Families is a free online suite of resources designed to increase understanding, communication, wellness and advocacy skills. www.homefrontresources.nami.org

NAMIhomefront online is 6 classes for veterans' family members on nami.org

NAMI Provider Training for mental health professionals, provides education to increase confidence and understanding of people with mental health issues.

“Ending the Silence” is a free of charge online presentation about mental disorders to be used in schools. www.ets.nami.org

Transportation for Substance Use Treatment Patients

Serenity House Communities, located at 1019 Church Street, Flint, MI, provides "Rides for Recovery" serving Genesee and Lapeer Counties. Funding is provided by the Michigan Department of Human Services.

Transportation can be provided to recovery-related events, meetings and activities. Transportation is provided to detox, treatment and hospital facilities and basic needs, such as grocery shopping or other recovery-related errands.

Recovery transportation operates from Tuesday through Friday, 12:00 pm to 8:00 pm, and Saturdays from 11:00 am to 7:00 pm. (810)336-1018, www.flintserenityhouse.org www.lapeerserenityhouse.org.

A Big Thank You

Thank you to Meijers, Fenton Knights of Columbus and Genesee Health System, who recently provided generous donations to NAMI Genesee

County. We cannot operate and provide our programs without our sponsors and donors. ##

NAMI COMMON BOND

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- NAMI Connections Facilitators
- Maureen Post, Karen Henry
- Saginaw: Sue Smith, Brandon & Lisa Hillaker
- Brain Bank Contact, (617)855-2400

MEMBERSHIP FORM

Annual Dues are shared between NAMI Genesee County, NAMI Michigan and NAMI. Memberships are for one year and include all benefits including newsletters. Your dues support NAMI’s mission. You may join at www.nami.org (specify NAMI Genesee County) or www.namigenesee.org and pay dues on-line using a credit card, or you can fill out and mail the form below with a check. Please make checks payable to NAMI Genesee County. Mail to P.O. Box 1320, Flint, MI 48501-1320

Low Income “Open Door” membership \$5 _____
Household membership \$60 _____
Donation \$ _____

(NAMI Genesee County is a 501c3, non-profit, tax exempt corporation. Dues and donations may be tax deductible as allowed by law.)

NAME (s) _____
 ADDRESS _____
 CITY, STATE, ZIP _____
 Telephone _____
 E-mail _____

Research Shows Racial Disparity in Autism Spectrum Disorder

Autism spectrum disorder (ASD) is a developmental disability characterized by persistent impairments in social interaction and the presence of restricted, repetitive patterns of behaviors, interests, or activities that can cause a wide array of difficulties in social interaction, communication and participation in daily activities. The CDC began monitoring ASD and developmental disorders in 11 states in 2020.

Research reported in 2023 found that the percentage of 8 year old children identified with Autism Spectrum Disorder was higher among Black, Hispanic, Asian or Pacific Islander children compared with white children. This was a change from earlier research that showed no differences in the groups. Researchers said that the findings might indicate improved ASD awareness, identification and access to services for non-white communities.

The following percentages were published: Black 29.3%, Hispanic 31.6%, Asian/Pacific 33.4%, 24.3%. Racial differences in intellectual disability among 8 year olds were also identified. 37.9% of 8 years olds identified with ASD also had an intellectual disability (ID). 50% of Black kids had ID in addition to ASD, Hispanic kids 34.9%, white kids 31.8%.

More work is needed to understand why the ADDM Network continues to find a higher percentage of Black children identified with ASD and ID when compared to other racial and ethnic groups. The continued increase in children identified with ASD—particularly among Black, Hispanic, and A/PI children and among girls—highlights the importance of equitable diagnostic, treatment, and support services for all children with ASD. There were considerable differences in findings across states, suggesting that more research be done to identify the reasons for differences. Source: cdc.gov/ncbddd/autism/addm-community-report/spotlight-on-racial-ethnic-differences.html ##

Eating Disorders Can Be Fatal

Anorexia nervosa is a condition where people avoid food, severely restrict food, or eat very small quantities of only certain foods. They also may weigh themselves repeatedly. Even when dangerously underweight, they may see themselves as overweight.

There are two subtypes of anorexia nervosa: a "restrictive" subtype and a "binge-purge" subtype.

- In the restrictive subtype of anorexia nervosa, people severely limit the amount and type of food they consume.
- In the binge-purge subtype of anorexia nervosa, people also greatly restrict the amount and type of food they consume. In addition, they may have binge-eating and purging episodes—eating large amounts of food in a short time followed by vomiting or using laxatives or diuretics to get rid of what was consumed.

Anorexia nervosa can be fatal. It has an extremely high death (mortality) rate compared with other mental disorders. People with anorexia are at risk of dying from medical complications associated with starvation. Suicide is the second leading cause of death for people diagnosed with anorexia nervosa.

Symptoms include:

- Extremely restricted eating
- Extreme thinness (emaciation)
- A relentless pursuit of thinness and unwillingness to maintain a normal or healthy weight
- Intense fear of gaining weight
- Distorted body image, a self-esteem that is heavily influenced by perceptions of body weight and shape, or a denial of the seriousness of low body weight

Other symptoms may develop over time, including:

- Thinning of the bones (osteopenia or osteoporosis)
- Mild anemia and muscle wasting and weakness
- Brittle hair and nails
- Dry and yellowish skin
- Growth of fine hair all over the body (lanugo)
- Severe constipation
- Low blood pressure
- Slowed breathing and pulse
- Damage to the structure and function of the heart
- Brain damage

- Multi-organ failure
- Drop in internal body temperature, causing a person to feel cold all the time
- Lethargy, sluggishness, or feeling tired all the time
- Infertility

It is important to seek treatment early for eating disorders. People with eating disorders are at higher risk for suicide and medical complications. Complete recovery is possible. Source: nimh.nih.gov #

Save the Date

Depression on College Campuses Conference, March 12-13, 2024, U. of Michigan Rackham Grad. School, 915 E. Washington St., Ann Arbor. Registration opened Nov. 6, 2023. Questions: (734)232-0330 Stephanie Salazar www.depressioncenter.org/docc

Good Resource for Patients with Bipolar Disorder and the Family

“Patient and Family Guide to the CANMAT and ISBD Guidelines on the Management of Bipolar Disorder” www.canmat.org ##

New In Michigan

Domestic Violence Hotline:

(800)799-7923

Suicide Prevention Website

www.LetsTalkGenesee.com

Do You Need Help?

Findhelpgenesee.org Information for most problems, food, clothing, housing, medical care, etc. ##

Free Job Training

Free training is available to qualifying Genesee County

residents who are interested in a healthcare career. Information: call or text (810)853-6423. ##

GHS Behavioral Health Urgent Care Center

The center is located at 422 W. 4th Avenue, across the street from the GHS main building near Hurley Hospital. Hours are 8:30 a.m. –10:30 p.m. Monday through Friday, video chat 24 hours a day, 7 days a week. No cost. No referral or insurance needed. (810)496-5500 (877)-346-3648 **Dial 211 for information to get human services help**

Under Stress and Need to Talk?

“Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week. 1(888)733-7753 ##

Virtual Behavioral Health Urgent Care in Genesee County

Video based chat support 24 hours a day, 7 days a week with a therapist. Open to everyone in Genesee County at no cost. Call (810)257-3705 for instructions.

GHS crisis services

(810)257-3740.

MyStrength

GHS offers an online service & phone app called MyStrength. www.MyStrength.com

University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions. www.michiganopioidcollaborative.org

Vista Drop-in Center Art Gallery

VISTA art gallery in the Genesee Valley Center open Mondays, Wednesdays and Fridays 12-3 p.m. (810) 766-7085 or visit www.thevistacenter.org ##

Disaster Distress Helpline

Text TALKS WITH US to 66746
Available 24 hours, 7 days. ##

Help to find Health Care

Insurance For Kids

Greater Flint Health Coalition
(810)853-6458 ##

Mothers of Joy University

mothersofjoyuniversity@gmail.com
Support and information for parents.

NAMI Helpline Resource Directory

From nami.org on the left side of
the home page click on NAMI
Helpline, then on Resource
Directory.

Center for Parent Information and Resources

www.michiganallianceforfamilies.org
1-800-552-4821 ##

Voices for Children Advocacy Ctr.

www.voicesforac.org
(810)238-3333 Ext. 209 ##

Depression and Bipolar Support Alliance Meetings

Call before attending. Faith-
based, Holy Family Church,
Grand Blanc, 6:30-8 p.m. first and
third Thursdays, (810)347-4706

Help for Veterans

Veteran's Support for
Servicepersons: Crisis Line
(800)273-8255 ext. 1, or text to
838255, or click the Veterans tab
www.suicidepreventionlifeline.org

National Call Center for Homeless
Veterans **(877)424-3838**
Genesee County Dept. of
Veterans Services counselor
available Mon. 8-6 & Tues. 9-3
(810)257-3068

1101 Beach St., Flint 48502
Saginaw County Veteran's Affairs

Call for veteran's peer support
group information **(810)257-3068**
Disabled American Veterans
(810)742-9220

M, T, W, Th, F 9 a.m.-2 p.m.
Transportation office for disabled
veterans (810)742-9220

**NAMI Homefront Mental Health
Resources for Military Service
Members, Veterans and Families**
available online 24/7 days,
extensive information.
www.homefrontresources.nami.org

Medications

Reach an FDA pharmacist 888-463-
6332.
FDA Medwatch 800-332-1088 to
report adverse drug reactions.
To check on-line pharmacies:
Safe.pharmacy/buy-safely or
BeSafeRx:KnowY ourOnlinePharmacy
vipps.nabp.net LegitScript.com

To check licensing of Canadian
pharmacies: cipa.com/verifypharmacy
**Canadian law allows generic
versions of drugs to be only 80% as
effective as brand names. U.S.
generics must be essentially
equivalent to the brands.**

Assistance with Medical Costs

Assistance Fund 1-(855)-845-
3663
SAMHSA 1-(800)-662-4357
referrals to low-cost and sliding
scale mental health care
www.findtreatment.SAMHSA.gov

www.needymeds.org 1(800)503-
6897 non-profit information
source for patient assistance
programs for medications and
free or low-cost clinics.

**To check board certifications and
licensing of medical**

professionals,
www.michigan.gov/my/license

Advocacy for Prisoners

www.prisoneradvocacy.org
(734)761-8283

To locate a prisoner:

www.michigan.gov/corrections/
click "offender search"
Citizens for Prison Reform
Resource Guide: www.micpr.org

Help Locating Treatment for Substance Use Disorders

Promise of Hope (810)275-2690
Support group for families dealing
with narcotics
www.familiesagainstnarcotics.org
UCAN (United Community
Addiction Network) (810)397-7175
in Genesee County
ucanmichigan@gmail.com

Website for opioid information,
addiction treatment, etc.

www.KnowMoreGenesee.org
Help for Sobriety Court Members
www.partners4recovery.org

Partnership for Drug-Free Kids,
855-3784-3733 or text 55753

OK2SAY@mi.gov Hotline to
report threatened suicide by
teenagers or threats to schools.

Local GHS Crisis Services

810-257-3740, 1-877-346-3648
genhs.org/mystrength

National Suicide Hotline **988**

NAMI Helpline 1-800-950-6264
Text NAMI to 741741 to
reach help in a crisis

**Public Mental Health System
Board Meetings, January**

GHS Board Meetings, Flint

Services: (810)257-3705 420 W.
Fifth Ave., Flint 48503
SUD Advisory, Mon. 1/8, Board
Room, 420 W. 5th Ave. 4 p.m.
Board of Directors, Thurs. 1/25,
CCIS room 108
Region 10, Fri, 1/19, 9 a.m., Port
Huron
Agency closed Mon. Jan. 15 for
Martin Luther King Day

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Mon. 1/8, 5:15, OURS
Further Board meeting times were
not available at our deadline. Call
(989)754-2288 for information.