

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

NAMI Genesee County Support Meetings

We offer in person support in Genesee and Saginaw counties.

Call ahead is not required. If any Genesee County public school is closed because of bad weather, our meeting is cancelled that day.

Family support is for relatives and friends of people living with a mental health disorder.

Flint area Family Support Second and fourth Tuesdays 7-9 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498

Saginaw area Family Support Second Mondays at 6:30 p.m. at the Comfort Inn Conference Room, 11911 Dixie Hwy, Birch Run 48415 (next to Meijers).

Third Thursdays at 1 p.m. at New Heart United Methodist Church, 1802 W. Michigan Ave., in Saginaw 48602 Information: (989)780-0825

sue.smith3185@outlook.com

NAMI Connections is for people with a mental disorder. Flint meetings are second Tuesdays at 7 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498

Saginaw area, 6 p.m. second and fourth Thursdays at McDonald GMC Cadillac, 5155 State St., Saginaw Information: Sue (989)780-0825

sue.3185@outlook.com

NAMI G.C. Board Meetings, 6:30 p.m. third Tuesdays in our office.

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 Begin in February 2023

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. Flint classes will begin 9:30, Saturday, Feb. 25 at 2346 Stonebridge Dr.; Saginaw classes will begin 9:30, Saturday Feb. 4 at Victorious Believers Ministries on Outer Drive.

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. (810)232-6498

NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other 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 classes are online for family and friends of veterans and active duty military with mental health issues.

www.research.net/r/HomefrontOnlineRegistration

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. Available 24/7 by computer or mobile devices.

www.homefrontresources.nami.org

“Ending the Silence” is a free of charge online presentation about mental disorders designed by NAMI to be used in schools.

www.ets.mani.org ##

Medication Update

Lovox (fluvoxamine), FDA approved for treatment of OCD, interacts with several medications. If you get all of your prescriptions filled at the same pharmacy, the computer will flag dangerous interactions. Lovox also interacts with some over-counter medications. Used along with aspirin and other nonsteroidal anti-inflammatory drugs or Plavix (clopidogrel) can increase the risk of stomach bleeding. Lovox interacts with St. John’s wort. Source: *Worst Pills, Best Pills News December 2022* ##

Melatonin Can Poison Kids

Many people safely use melatonin to treat sleep problems. Accidental melatonin poisoning

of children is dangerous and can kill. Source: *Morbidity and Mortality Weekly Report* June 3, 2022 ##
NAMI COMMON BOND

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NAMI Connections Facilitators
Maureen Post, Tawanna Anderson,
Saginaw: Sue Smith
Brain Bank Contact, (617)855-2400

MEMBERSHIP FORM
Annual Dues are shared between NAMI Genesee County, NAMI Michigan and NAMI. All membership are for one year and include all benefits including newsletters. Your dues support NAMI's mission. You may join at www.nami.org or namigenesee.org and pay dues on-line using a credit card or 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
Enclosed are my dues:
Individual \$40. _____
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 _____

Do You Know If Your Child Needs Mental Health Help?

All children are sad, anxious, irritable, or aggressive at times, or they occasionally find it challenging to sit still, pay attention, or interact with others. In most cases, these are just typical developmental phases. However, such behaviors may indicate a more serious problem in some children. Mental disorders can begin in childhood.

Consider seeking help if your child's behavior persists for a few weeks or longer; causes distress for your child or your family; or interferes with your child's functioning at school, at home, or with friends. If your child's behavior is unsafe, or if your child talks about wanting to hurt themselves or someone else, seek help immediately.

Young children may benefit from an evaluation and treatment if they: • Have frequent tantrums or are intensely irritable much of the time • Often talk about fears or worries • Complain about frequent stomachaches or headaches with no known medical cause • Are in constant motion and cannot sit quietly (except when they are watching videos or playing video games) • Sleep too much or too little, have frequent nightmares, or seem sleepy during the day • Are not interested in playing with other children or have difficulty making friends •

Struggle academically or have experienced a recent decline in grades • Repeat actions or check things many times out of fear that something bad may happen.

Older children and adolescents may benefit from an evaluation and treatment if they: • Have lost interest in things that they used to enjoy • Have low energy • Sleep too much or too little or seem sleepy throughout the day • Are spending more and more time alone and avoid social activities with friends or family • Diet or exercise excessively, or fear gaining weight • Engage in self-harm behaviors (such as cutting or burning their skin) • Smoke, drink, or use drugs • Engage in risky or destructive behavior alone or with friends • Have thoughts of suicide • Have periods of highly elevated energy and activity and require much less sleep than usual • Say that they think someone is trying to control their mind or that they hear things that other people cannot hear.

Ask their teacher about your child's behavior in school, at daycare, or on the playground. Talk with your child's pediatrician or health care provider and describe the child's behavior, as well as what you have observed and learned from talking with others. You also can ask the health care provider for a referral to a mental health professional who has experience and expertise in treating children. Source: infocenter.nimh.nih.gov ##

Depression on College Campuses Conference

“ Student Mental Health in a Hybrid World”

Free for students from any campus. U. of M. Rackham Graduate School, Ann Arbor, March 14-15. Online registration is available on www.depressioncenter.org/docc ##

Brain & Behavior Research Foundation Free Monthly Webinars

International experts give updates on research by web or phone. [www. bbrfoundation.org/events?](http://www.bbrfoundation.org/events?) Below is a summary of the presentation by Dawn Villigan, PhD “When Medication Is Not Enough to Treat Psychosis.”

Medication usually works to reduce positive symptoms of schizophrenia, delusions, hallucinations and disorganized thinking. Medication does not address the negative symptoms.

Cognitive Behavioral Therapy helps reduce persistent positive symptoms by helping the person come up with an explanation for symptoms. People who still hear voices when on meds can learn to distract from the voices. Do not confront the person or argue about the delusion or hallucination, but do not agree with the delusion.

The cognitive symptoms dealing with attention, memory, information processing speed or executive functions may occur before the onset of schizophrenia. Intervention for cognitive problems involves drill and practice with verbal or visual cues. Form habits and reorganize belongings so that they are neat and easy to find. Reduce clutter.

For problems with memory and organization, write appointments on a large calendar, wear a watch, put a sign with reminders in a prominent place, use medication boxes with days, use check lists for everyday tasks and have daily schedules.

Negative symptoms are difficulty feeling pleasure, lack of socialization and others. Anticipating pleasure helps people to plan. Discuss emotions and practice facial expressions before a mirror. Address self-defeating thoughts. Practice social skills. Join a NAMI support group and a club house. ##

Amazon Donations to NAMI

Go to Smile.amazon.com/about for details to donate part of your purchase price at no cost to you.

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. 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.

MyStrength

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

GHS crisis services

(810)257-3740.

MHAM Free Mental Health Screenings Online

www.mha-mi.com/ ##

Mothers of Joy University

mothersofjoyuniversity@gmail.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 has an art gallery in the Genesee Valley Center open Mondays, Wednesdays and Fridays 12-3 p.m. or by appointment. (810) 766-7085 or visit www.thevistacenter.org ##

Genesee County Suicide Prevention Website

www.LetsTalkGenesee.com ##

Disaster Distress Helpline

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

NAMI Helpline Resource Directory

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

One-on-One Health Care Coverage Enrollment Assistance For Children

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

**Center for Parent Information
and Resources**

e-mail: info@michiganallianceforfamilies.org

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

**Voices for Children Advocacy
Center**

www.voicesforac.org

(810)238-3333 Ext. 209 ##

**Children's Behavioral Health
Resources in Flint**

Mott Children's Health Center and the Boy's and Girl's Club in Flint have cooperated to provide a grant-funded behavioral health specialist. There is a \$10 fee that is waived for participants who can't afford to pay. ##

**Depression and Bipolar Support
Alliance Meetings**

Call before attending. Faith-based, Holy Family Church, Grand Blanc, first and third Thursdays, (810)347-4706 Disability Network, Flint, second and fourth Thursdays, 6-7:30 p.m. (616)745-2672 ##

Help for Veterans

Veteran's Support for Servicemen: 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
(810)257-3068

1101 Beach St., Flint 48502

Disabled American Veterans

(810)742-9220

M, T, W, Th, F 9 a.m.-2 p.m.

Veteran's Support Group

(810)760-9471 Paul Hitch

NAMI Homefront Classes Online for Family and Friends of Veterans and Active Duty Military
www.research.net/r/HomefrontOnlineRegistration

Medications

Reach an FDA pharmacist 888-463-6332. FDA Medwatch 800-332-1088 to report adverse drug reactions.

To check on-line pharmacies:

BeSafeRx:Know

YourOnlinePharmacy

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 in communities.

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**

FAN (Families Against Narcotics)

(810)275-2690

www.familiesagainstnarcotics.org

UCAN (United Community Addiction Network) (810)397-

7175 in Genesee County
ucanmichigan@gmail.com

Help for Sobriety Court Members

www.partners4recovery.org

OK2SAY@mi.gov Hotline to

report threatened suicide by teenagers or threats to schools.

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

Website for opioid information, addiction treatment, etc.

www.KnowMoreGenesee.org

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,
November 2022**

GHS Board Meetings, Flint

(810)257-3705 420 W. Fifth
Ave., Flint 48503 4 p.m. Board
Room

SUD Advisory, Mon. 1/9/2023

Board, Thurs. 1/26, (Human
Resources, Finance, Program &
Evaluation)

Agency closed, Mon. 1/16 for
Martin Luther King Day

Region 10, Fri. Jan. 20, 9 a.m.

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602

Board, Mon., 1/9/2023

Recipient Rights, Wed. 1/18

Ends, Mon. 1/23

Executive Limitations, Wed. 1/25