

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

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

NAMI Genesee County Support Meetings are now on Thursdays. We offer in person support in Genesee County.

Call ahead is not required.

Family Support Second and fourth *Thursdays* 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498
Family support is for relatives and friends of people living with a mental health disorder.

NAMI Connections is for people with a mental disorder. Meetings are second *Thursdays* 7-8:30 p.m. at McLaren Oak Bridge Center off the east side of S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, Zoom, first Mondays, 7 p.m.

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 and deal with the stress of care-giving. The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. We plan to start the next classes soon.

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.

We can provide speakers by request.

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

Kratom, Not a Safe Supplement

Products prepared from kratom leaves are available in the U.S. online and in brick-and-mortar stores. Kratom is often used to self-treat conditions such as pain, coughing, diarrhea, anxiety and depression, opioid use disorder, and opioid withdrawal. An estimated 1.7 million Americans aged 12 and older used kratom in 2021.

There are no prescription or over-the-counter drug products containing kratom or its known alkaloids that are legally on the market in the U.S. FDA warns the public against the use of kratom for medical treatment. Kratom is not appropriate for use as a dietary supplement. Dietary supplements that are or contain kratom are adulterated. It is an unsafe food additive within the meaning of section 409. Based on determinations by FDA, kratom is not lawfully marketed as a dietary supplement and cannot be lawfully added to conventional foods.

7-hydroxymitragynine (7-OH) is a naturally occurring alkaloid in the kratom plant, but only a minor constituent. It is a narcotic. 7-OH is 13 times more potent than

morphine, according to research published in the Journal of Medicinal Chemistry. Concentrated forms of 7-OH are

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48501-1320 Ph. 810-232-6498.

Editor: Ramona Deese,

Circulation: 157 copies via e-mail

Board Members and Officers:

President, Dave Ballenberger

Vice President, Tia Coles

Recording Secretary, Tarnesa Martin

Treasurer, Elena Hernandez

Adam Castillo

Lacey Benjamin

April Cook-Hawkins

Ramona Deese

Latressa Gordon

Dante Jennings

Mark Langdon

Zoe Lynch

Shearese Stapleton

Danielle Snell

Director Emeritus, Erma Barber

Family Support Group Facilitators

Ramona Deese, Karen Henry, Maureen

Post, Dave Ballenberger, Jennifer Marx,

Suzanne Kellom, Linda Howard

NAMI Connections Facilitators

Maureen Post, Karen Henry

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) 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

"Open Door" membership \$5 _____

Household membership \$60 _____

Individual membership \$40 _____

(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 _____

Please go to nami.org and pay dues to NAMI Genesee County.

sold in vape shops, gas stations and corner stores selling pills, gummies, candies and even products like ice cream cones that are adulterated. These products are illegal and they are easy for kids to get. 7-OH may be referred to as 7-OHMG, 7-Hydrocy, 7-HMG or 7. Some products may contain 7-OH at a level 500% higher than would be expected in kratom leaf, though there is evidence that kratom plants have been developed with a higher level of 7-OH.

Kratom and its products are addictive. Side effects include withdrawal symptoms, insomnia, anxiety, seizures, and fatal respiratory depression. If used during pregnancy, the baby may be born with dangerous addiction and respiratory problems. Source and more information: <https://www.fda.gov/news-events/public-health-focus/hiding-plain-sight-7-oh-products> ##

Reminder, deadline for the Baer Reintegration Scholarship applications is January 31, 2026.

Information and application instructions:

www.reintegration.com/2023-application-process ##

Aging Parent, Where Will My Adult Child Live When I Am Gone? A letter from a parent.

"People with mental illness who are currently supported by aging family members are a large and silent group of people, and they are not recognized among the potentially homeless. I am forming a list of people in Michigan who are current caregivers for their mentally ill adult child in order to draw attention to this problem. I hope to share this information throughout the state with decision makers and to meet with housing experts to verify this need.

Will you join me and help officials become aware of this growing issue? All I need is for you to respond to me at Doty2605@gmail.com with your name, phone and address. If you are willing, a brief sentence about your situation would also be very helpful, but not mandatory." (Letter edited for space) ##

Help for Housing from the Genesee Community Health Center

Genesee Community Health Center, is the coordinated entry for emergency and longer-term housing in Genesee County.

Crisis help, (810)544-4357 intake

Phone: (810)600-4525

e-mail: housingservices@genchc.org

Walk-in: 422 W. 4th Ave.

Tuesday and Thursday, 9:30 a.m.

Mon. Wed. Fri. 9:30 a.m.

Emergency shelters: Shelter of Flint, My Brother's Keeper, Reach Resource Service, Carriage Town, YWCA (women), Pokey's House (women and kids)

Warming centers: Center of Hope (men), Shelter of Flint (women and kids)

Food: Carriage Town, North End Soup Kitchen

<https://geneseehousing.org>

e-mail: housing@Flint.org

Information from meeting of the Greater Flint Health Coalition, MH&SU Task Force, Dec. 2025

Facts, Myths and Misconceptions About Artificial Intelligence

NAMI Ask the Expert, 12/11/2025

There are efforts to use AI for mental health therapy.

Data would be uploaded on a computer and AI would sort through examples. There are problems with using AI for psychiatry because the DSM5 goes not define each disorder completely for a diagnosis. Since computers do not have a brain it makes mistakes if information is incomplete.

If a person is trying to get therapy with AI, there are real safety implications for mental health. The language training for AI comes from internet social websites. AI makes mistakes with language. It may say harmful things because it doesn't completely understand language.

It has been suggested that AI could be used in areas where there is shortage of mental health providers. The presenter, John Torous, psychiatrist, MD, MBI, says that AI is not safe for therapy. It could be useful for patients to monitor their own sleep, moods, etc. between

appointments and share with a psychiatrist or therapist. ##

New NAMI Caregiver Helpline

If care giving for a loved one with mental illness is overwhelming, a text, call or e-mail to the NAMI Family Caregiver Helpline will connect you with support. Available M-F 10 a.m. to 10 p.m. text Family to 62640 or (800)950-6264 Press 4 or helpline@nami.org

www.nami.org/medicaid for state fact sheets and NAMI policy positions about Medicaid. ##

Local GHS Crisis Services

810-257-3740, 1-877-346-3648

www.genhs.org/helpnow

National Suicide Hotline 988

NAMI Helpline 1-800-950-6264

Text NAMI to 741741 to reach help in a crisis

Suicide Prevention Website

www.LetsTalkGenesee.com

GHS Behavioral Health Urgent Care Center

The Behavioral Health Urgent Care Center is located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. Hours are Monday-Friday 8 a.m. to 10:30 p.m. and Saturday and Sunday 10 a.m. to 6:30 p.m. Phone (810)496-5500 (877)-346-3648

NAMI has updated the information about PTSD on www.nami.org. Look for "Trauma and PTSD: Dispelling Myths, Inspiring Hope." ##

Websites to Help Locate Missing Kids

www.missingkids.org

1-800-843-5678

National Runaway Safeline

www.1800runaway.org

1-800-785-2929

Adult missing person information on www.nami.org ##

Free health care career training: (810)232-2228
geneseehhealthcarecareers.org

Do You Need Support Services?

The Genesee County Prevention Coalition has a Partners in Prevention Portal with 37 links to help for everything from abuse to Veterans services. (810)285-9047
www.info@theGCPC.org ##

One Stop Housing

Comprehensive housing placement services for Genesee County people who are experiencing homelessness, at risk of becoming homeless or have special needs.

www.ccsgec.org/onestophousing
OneStopHousing@ccsgec.org ##

Domestic Violence Hotline:

(800)799-7923

Do You Need Help?

Dial 211 for information to get human services help.
Findhelpgenesee.org

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

GHS Outpatient Therapy Services Location, Davison

9171 Lapeer Rd., Suite 200,
Davison 48423.

Under Stress and Need to Talk?
“Warm Line” Peer support 10
a.m.-2 a.m. 7 days a week.
1(888)733-7753 ##

Vista Drop-in Center
Genesee Valley Mall, Open 11
a.m. to 3 p.m. Monday through
Friday (810)766-7085
www.vistacenter.info
Activities and support for
mentally ill and developmentally
disabled adults.

Disaster Distress Helpline
Text TALKS WITH US to 66746
Available 24 hours, 7 days. ##
Mothers of Joy University
mothersofjoyuniversity@gmail.com
Support and information for parents.

**Help to Find Health Care
Insurance For Kids**, Greater Flint
Health Coalition, (810)853-6458
Autism Alliance of Michigan
www.lookingthroughthepuzzle.com
**Center for Parent Information
and Resources**: 1 (800)552-4821
www.michiganallianceforfamilies.org

**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

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

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.
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:KnowYourOnlinePharmacy
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

Promise of Hope (810)275-2690
www.familiesagainstnarcotics.org
support group for family members

**Smart Recovery Family &
Friends** support group for
families of persons with addiction
disorders. Saturdays 2-3 p.m. at
the Bridge Church, G-3326
Corunna Rd. Flint 48532
(810)285-9047, info@thegcpc.org

Help for Sobriety Court Members
www.partners4recovery.org

**UCAN (United Community
Addiction Network)** (810)397-
7175 in Genesee County
ucanmichigan@gmail.com

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

Website for opioid information,
addiction treatment, etc.

www.KnowMoreGenesee.org

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

Voices for Children Advocacy Ctr.

www.voicesforac.org

(810)238-3333 Ext. 209 ##

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

Genesee Health System services

**1040 W. Bristol Rd., Flint MI
48507**

Services: (810)257-3705
Meetings are held in the Board
room on the second floor.

GHS full Board Thurs. 1/22/26, 4
p.m.

Region 10, Fri, 1/16, 9 a.m., Port
Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

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

Board, Mon. 1/12/26, 5:15

Recipient Rights, Wed. 1/21, 5:15

Ends, Mon. 1/26, 5:15

Executive Limitations, Wed. 1/28,
5:15

Have a safe and healthy 2026.