

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

NAMI Genesee County

Support Meetings Updates

We offer in person Support in Genesee and Saginaw counties.

If any public school in the county is closed because of bad weather, our support groups are cancelled that evening. Call ahead is not required.

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). 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, 1 p.m. second and fourth Wednesdays at St. Thomas Aquinas Church, 5376 State St., Saginaw 48603 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. Attendees are asked to wear masks in the NAMI office. Reminder: Please do not discuss

anything heard in a meeting anywhere else.



Genesee County

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

Free of Charge NAMI Classes

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 to be put on the list.

NAMI Family-to-Family classes for family members and friends of adults with mental disorders. Next 8 week series will begin in 2022. Registration is required. (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 in the U.S. and overseas by computer or mobile devices, the resource center includes information about:

- Mental health conditions,
- Treatment options
- Approaches to increase overall wellness
- Tips for self-care and managing stress
- Communication strategies
- Transitioning from military to civilian life
- Links to helpful organizations and crisis services
- More

www.homefrontresources.nami.org

GHS Behavioral Health Urgent Care Center, Free Help!

The center is located at 422 W. 4th Avenue, across the street from the GHS main building near Hurley Hospital. Operating hours are 8 a.m. –10:30 p.m. Monday through Friday. Video chat is available 24 hours a day, 7 days a week and 365 days a year. No referral is required and, there is no cost. (810)496-5500 ##

MI Senate Bills 597 & 598

S.B. 597 & 598 would turn over the public mental health system in Michigan to for-profit Medicaid HMOs. Mental and physical care would not be integrated. The bills would eliminate local control and accountability. CMHs, including Genesee Health System, would be virtually destroyed. Call your legislator with your opinion. ##

“Spread smiles today.” Ramona

NAMI COMMON BOND

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E-mail

College Scholarships for Persons Living with Schizophrenia, Bipolar disorder, Schizoaffective Disorder

Deadline for applications for Baer Reintegration Scholarships is January 31, 2022 for fall 2022 and spring 2023 semesters. Information and application: www.reintegration.com ##

Research: Cognitive Inflexibility in Children Diagnosed with Bipolar Disorder

Daniel Dickstein, MD FAAP, Harvard Medical School, studied the importance of cognitive flexibility in children diagnosed with bipolar disorder.

Cognitive inflexibility—problems adapting one’s thinking and behavior to a changing environment—affects children diagnosed with bipolar disorder and may worsen, along with other aspects of cognition, as affected children advance into young adulthood. In some, this means more days in a depressed mood and in some a tendency to suicidal thinking.

The inability to learn or adapt in such situations has been linked with the difficulty depressed people have in experiencing or seeking pleasure, a symptom called anhedonia. Cognitive flexibility deficits are also thought to generate or reinforce feelings of helplessness in the face of a threat or challenge, thus potentially contributing to depression as well as to suicidal thinking.

Also, those with childhood-onset bipolar I demonstrated impaired

executive functioning and impaired spatial working memory compared to controls. Patients with bipolar I thus may benefit from therapeutic strategies specifically targeting reward processing and positive reinforcement, such as behavioral activation and problem solving.

The researchers suggest that existing psychotherapies may be supplemented with cognitive remediation, Mindfulness-Based Cognitive Therapy and Dialectical Behavior Therapy. Source: study published in *European Childhood and Adolescent Psychiatry*, summarized at www.bbrfoundation.org April 29, 2021#

Misuse of Prescription Drugs by Youth and Young Adults

The misuse of prescription pain relievers, tranquilizers, sedatives, and stimulants among youth and young adults aged 12 to 25 is a major public health issue in the United States. The prevalence of prescription drug misuse is highest among young adults between the ages of 18 and 25; over 11 percent report the misuse of prescription drugs in the past year. Similarly, over 4 percent of youth between the ages of 12 and 17 report prescription drug misuse in the past year.

Prescription stimulant misuse includes: using medication without a prescription of one’s own, even if with therapeutic intent; using medication in greater amounts, more often, or longer than prescribed; using medication in any way other than directed by a prescriber; or using medication for recreational purposes or without therapeutic intent.

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 _____

When taken at greater than therapeutic doses, prescription stimulants may have serious health consequences, which can include a dangerous increase in body temperature, seizures, and/or adverse cardiac events.

Peer pressure may cause youth to misuse drugs. Other common reasons are for cognitive enhancement, such as increasing concentration, alertness, and energy to cope with one's workload; improving performance on academic tests; and experiencing the euphoria, or high, produced when taken at higher than therapeutic doses. Enhancing performance at school or work is one of the most common reasons youth and young adults misuse prescription stimulants. Less frequently, youth and young adults give weight loss as their motivation for prescription stimulant misuse.

One study found that among a group of students with a prescription for stimulant medication, more than half had been approached by peers to divert their medication. Disposing unused medication at drug take-back days and storing prescription medication in locked boxes are two strategies that may help reduce the potential for diversion.

Educators in middle and high schools, and even those working with students in elementary grades, may consider the following to help reduce prescription stimulant misuse: incorporate substance use prevention programming into the

curriculum and emphasize the prevention of prescription stimulant misuse; educate students on the dangers of prescription stimulant misuse, the personal, legal, and financial consequences of diversion and misuse; dispel myths about prescription stimulant use (e.g., that it improves academic performance, and is safe); encourage social-emotional learning strategies; offer methods to improve academic performance and healthy study habits, such as study tips and peer tutoring or academic studying programs; and share evidence-based strategies that support healthy sleep. Source and more information: "Prescription Stimulant Misuse Prevention Among Youth and Young Adults" www.SAMHSA.gov resource center. #

Free Health Care Career Training

The Greater Flint Health Coalition offers free training for health care careers to eligible adults with a high school diploma or GED. Information: (810)232-2228 ##

Vista Art Gallery

VISTA has an art gallery in the Genesee Valley Center where VISTA's art students can exhibit their artwork. The gallery is open Mondays, Wednesdays and Fridays 12-3 p.m. or by appointment. For additional information, please call Pat Beal, Director, at (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. ##

Mothers of Joy University
mothersofjoyuniversity@gmail.com

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. ##

Virtual Behavioral Health Urgent Care in Genesee County

Video based chat support 24 hours a day, 7 days a week. The video chats are with a therapist and are open to everyone in Genesee County regardless of insurance. The service does not require a referral and there is no cost to the caller. If you or someone you know needs to talk to a therapist, call (810)257-3705 for instructions. VBUC does not replace the existing GHS crisis services, (810)257-3740. ##

MyStrength

GHS offers an online service & phone app called MyStrength.

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 ##

Michigan Stay Well Counseling Covid 19

1-888-535-6136 press 8

**Dial 211 for information to get
human services help.**

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/Homefront
OnlineRegistration

**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.
Users can access the information

and support 24/7, both in the U.S.
and when stationed overseas.

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 Your Online Pharmacy
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.**

Non-profit information source for
patient assistance programs and free
or low-cost clinics nationwide:
www.needymeds.org 1-800-503-6897

Assistance with Medical Costs

Assistance Fund 1-(855)-845-3663
SAMHSA 1-(800)-662-4357
government agency gives referrals
to low-cost and sliding scale
mental health care in
communities.

www.needymeds.org

1(800)503-6897 non-profit
source for patient assistance
programs for medications and
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

ucanmichigan@gmail.com UCAN
works specifically in Genesee
County.

Referrals from the Substance
Abuse and Mental Health
Administration: (800)662-4357
www.findtreatment.SAMHSA.gov
Partnership for Drug-Free Kids,
855-3784-3733 or text 55753

Website for opioid information,
addiction treatment, etc.

www.KnowMoreGenesee.org

Help for Sobriety Court Members
www.partners4recovery.org

Local GHS Crisis Services

810-257-3740,

1-877-346-3648

genhs.org/mystrength

National Suicide Hotline

1-800-273-8255

NAMI Helpline 1-800-950-6264

**Text NAMI to 741741 to
reach help in a crisis**

OK2SAY@mi.gov

Hotline to report threatened
suicide by teenagers or threats to
schools.

Public Mental Health System

Board Meetings, January

GHS Board Meetings, Flint

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

SUD Advisory, Mon. 10, zoom
Human Resources., Wed. Jan 12,
Board Room 4 p.m.

Finance, Wed., Jan. 12 after HR

Full Board Thurs. Jan. 27, Board
Room 4 p.m.

Region 10 Board, Fri, Jan 10, 9
a.m. location TBD

Saginaw Co. CMHA Board

(989)797-3400 Location:

Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602 at
5:15 p.m.

Board, Jan. 10

Recipient Rights, Jan. 19

Ends, Jan. 24

Executive Limitations, Jan. 26