

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

## Support Groups Available

Because of the pandemic, our support group schedule has changed temporarily. We offer in person **Family Support at our office, 2346 Stonebridge Dr., Building H, Flint, second Tuesdays 7-9 p.m.** If any Genesee County public school is closed because of bad weather, this support group is cancelled.

All attendees are required to wear a face mask and CDC guidelines are followed.

### Online Family support groups are as follows:

2<sup>nd</sup> Mondays 6:30-8 p.m. Saginaw area facilitators.

4<sup>th</sup> Tuesday 7-9 p.m. Flint area facilitators. Family Support is for family and friends.

### Online Connections support group

2<sup>nd</sup> Tuesday 7-8 p.m. NAMI Connections is for people living with mental illness.

**NAMI G.C. Board Meetings**, third Wednesdays, 6:30 p.m.

To request an invitation with information and codes, send an email to [namigenesee@gmail.com](mailto:namigenesee@gmail.com). Indicate which support group you want to attend. Please do this at least 3 days before each meeting. NAMI support groups are free of charge. ##

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

Reminder: Do not discuss anything heard in a meeting anywhere else. #

## Free of Charge NAMI Classes

Online Peer-to-Peer classes for persons living with mental illness will begin in April. The series of 8 classes is to provide education about your illness and help you maintain your mental health. Registration is required. Call (810)232-6498. ##

NAMI Family-to-Family classes for family members and friends of adults with mental disorders. Next 8 week series will begin in September. Reserve a seat now.

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](http://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](http://www.research.net/r/HomefrontOnlineRegistration)

## THC Caused Psychotic Symptoms in Adults with No Mental Illness

A single dose of THC equivalent to smoking one marijuana cigarette caused temporary psychotic symptoms, according to research published in *Lancet Psychiatry* by Guy Hindley. The research included 9 studies with a total of 196 people. Half took THC and half took a placebo.

The THC had a large effect on psychotic symptoms and negative symptom severity (such as emotional flatness or avolition). It

also had an effect on positive symptom severity such as hallucinations or delusions. The effects were larger with intravenous administration than with inhaled administration.

Other studies have shown that longer term use of marijuana in adolescents and young adults doubles the risk of psychosis. Chronic use of marijuana at high doses has been associated with new onset of bipolar disorder or schizophrenia. Source: *Bipolar Network News*, Vol. 24, Issue 2, 2020, Free subscriptions [bipolarnews.org](http://bipolarnews.org) ##

## Postpartum Mood Disorders

Researcher Ian Jones found that 15% of women who experience postpartum mood disorders shortly after childbirth will go on to develop bipolar disorder over time. He reported his findings at the 2020 meeting of the International Society for Bipolar Disorders. Research shows that early mood episodes may be triggered by psychosocial stress and other endocrine factors. It is important that new mothers receive help to reduce stress and avoid sleep deprivation. Because of sensitization called kindling, later episodes of bipolar may emerge without triggers, each episode tending to be more severe.

A previous diagnosis of bipolar affective disorder is the biggest predictor that a woman will be readmitted to a hospital for postpartum mental illness, a 37% chance. General population risk is about 15%.

Source: *Bipolar News*, Vol. 24, Issue 3, 2020 [bipolarnews.org](http://bipolarnews.org) ##

## NAMI COMMON BOND

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## 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](http://www.nami.org) or [namigenesee.org](http://namigenesee.org) and pay dues on-line using a credit card or fill out and mail the form below with a check.

### 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 \_\_\_\_\_

Please make checks payable to  
NAMI Genesee County. Mail to  
P.O. Box 1320, Flint, MI 48501

## Putting Sleep Disorders to Sleep

Approximately 50% of insomnia cases are related to depression, anxiety or psychological stress. Often the qualities of a person's insomnia and their other symptoms can be helpful in determining the role of mental illness in a person's inability to sleep. Early morning wakefulness can be a sign of depression, along with low energy, inability to concentrate, sadness and a change in appetite or weight. On the other hand, a sudden dramatic decrease in sleep which is accompanied by increase in energy, or the lack of need for sleep may be a sign of mania.

Many anxiety disorders are associated with difficulties sleeping. Obsessive-compulsive disorder (OCD) is frequently associated with poor sleep. Panic attacks during sleep may suggest a panic disorder. Poor sleep resulting from nightmares may be associated with posttraumatic stress disorder (PTSD).

Substance use disorders can also cause problems with sleep. While alcohol is sedating in limited quantities, intoxication with alcohol can make you wake up numerous times in the night and disturbs your sleep patterns. Illicit drugs such as LSD and ecstasy are also associated with interruptions in sleep. Some sedative medications may cause sleepiness during intoxication but can disturb sleep and cause serious problems sleeping in people who are misusing or withdrawing from these medications.

Poor sleep has been shown to significantly worsen the

symptoms of many mental health issues. Severe sleep problems can decrease the effectiveness of certain treatments. Treatment of sleep disorders has also been studied in relationship to schizophrenia, ADHD and other mental illnesses. All of the scientific data shows the connection between medical and mental illnesses: good sleep is necessary for recovery—or prevention—in both types of conditions.

The first-line treatment for insomnia is good sleeping habits and taking care of any underlying conditions that may be causing the problems with sleeping. When these are not enough, other treatment options should be considered. Long-term insomnia lasts for more than three weeks and should be investigated by a physician with a potential referral to a sleep disorder specialist, which includes psychiatrists, neurologists and pulmonologists who have expertise in sleep disorders. Source: [www.nami.org](http://www.nami.org) #

## Dealing with the Stress of Covid 19

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel anxiety, worry, or fear.

Some of these stressors are your own health status, the health status of others whom you may have exposed to the disease, the resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you. The experience of monitoring yourself, or being monitored by others for signs and

symptoms of the disease time taken off from work and the potential loss of income and job security cause anxiety. The challenges of securing things you need, such as groceries and personal care items and concern about being able to effectively care for children or others in your care can be real problems.

We are faced with uncertainty or frustration about how long this will last and fears for the future. Hardest for many is the loneliness associated with feeling cut off from the world and from loved ones. Boredom comes from not being able to participate in usual activities.

There may be symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much even in people with no history of these problems. Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled may appear. If you or a loved one experience any of these reactions for 2 to 4 weeks or more, contact your health care provider. Unfortunately, there is an unhealthy increased tendency to use alcohol or drugs to cope.

Consider the real risk of harm to yourself and others around you. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be quite low. Take steps to get the facts. Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7

since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television. Check the CDC website or Genesee County Health Department for credible sources for information about Covid 19.

Speaking out about your needs is particularly important if you are in quarantine, since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable. Contact the health department or a senior center to find out how you can arrange for groceries and toiletries to be delivered to your home as needed. Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

If you choose to have the vaccine, go to the Michigan or county Covid 19 websites to learn how to sign up for an appointment when you become eligible. If you are a senior citizen in Genesee County, the nearest senior center can help you get signed up.

Check out the resources we have listed below. Most are free of charge and several have been designed specifically to help with the stress we are all dealing with. Source: SAMHSA Fact Sheet "Survivors of a Pandemic-Managing Stress" More info. on samhsa.gov ##

### **National Disaster Distress Helpline**

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

### **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. It offers personalized resources to improve your mood.

1. Visit: [www.MyStrength.com](http://www.MyStrength.com)
2. On the MyStrength.com home page, click on "Sign-up."
3. Enter the following Access Code depending on where you get your services:

- Genesee Health System: GHSHH
- Consumer Services Inc: GHSCSI
- Hope Network/New Passages: GHSHNNP
- Training & Treatment Innovations: GHSTTI
- Other providers and anyone else: GHScommunity

### **Center for Parent Information and Resources**

e-mail: [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)  
[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)  
1-800-552-4821

### **Voices for Children Advocacy Center**

[www.voicesforac.org](http://www.voicesforac.org)  
(810)238-3333 Ext. 209 ##

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

Greater Flint Health Coalition  
(810)853-6458

**Mothers of Joy University**  
[mothersofjoyuniversity@gmail.com](mailto:mothersofjoyuniversity@gmail.com)

### **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](http://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](http://www.research.net/r/Homefront)**

**OnlineRegistration**

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](http://vipps.nabp.net) LegitScript.com

To check licensing of Canadian pharmacies: [cipa.com/verifypharmacy](http://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](http://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.

**To check board certifications and licensing of medical professionals, [www.michigan.gov/my/license](http://www.michigan.gov/my/license)**

### **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 ##

### **Advocacy for Prisoners**

[www.prisoneradvocacy.org](http://www.prisoneradvocacy.org)

(734)761-8283

To locate a prisoner:

[www.michigan.gov/corrections/](http://www.michigan.gov/corrections/) click "offender search"

Citizens for Prison Reform Resource Guide: [www.micpr.org](http://www.micpr.org)

### **Help Locating Treatment for Substance Use Disorders**

**FAN (Families Against Narcotics)**

(810)275-2690

[www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.org)

**UCAN** (United Community Addiction Network) (810)397-7175 [ucanmichigan@gmail.com](mailto:ucanmichigan@gmail.com)

UCAN works specifically in Genesee Co.

**Referrals** from the Substance Abuse and Mental Health Administration:

(800)662-HELP (4357)

[www.findtreatment.SAMHSA.gov](http://www.findtreatment.SAMHSA.gov)

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

Website for opioid information, addiction treatment, treatment of chronic pain, treatment facilities.

[KnowMoreGenesee.org](http://KnowMoreGenesee.org)

### **Help for Sobriety Court Members**

[www.partners4recovery.org](http://www.partners4recovery.org)

### **Local GHS Crisis Services**

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

[genhs.org/mystrength](http://genhs.org/mystrength)

### **National Suicide Hotline**

1-800-273-8255

### **Michigan Stay Well**

### **Counseling Covid 19**

1-888-535-6136 press 8

**NAMI Helpline 1-800-950-6264**

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

### **OK2SAY@mi.gov**

Suicide Prevention Hotline to report threatened suicide by teenagers

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

### **Public Mental Health System Board Meetings**

Because of the coronavirus pandemic, it is best to check with their website or call to determine if Genesee Health System and Saginaw Community Mental Health Authority meetings are being held electronically or in the buildings. Genesee Health System (810)257-3705 [www.genhs.org](http://www.genhs.org) Genesee Health System board February and March board meetings will be electronic.

Saginaw Community Mental Health Authority (989)797-3400 [www.sccmha.org](http://www.sccmha.org) Click on notices. ##

### **Cognitive Behavioral Therapy**

CBT can help many people manage stress. People often learn using a workbook. Two suggestions: *The 10 Minute Cognitive Workout*, by Peggy D. Snyder PhD or *Cognitive*

*Behavioral Therapy in 7 Weeks,*  
by Seth J. Gillihan        ##