

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](mailto: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. first and third Thursdays at McDonald GMC Cadillac, 5155 State St., Saginaw Information: Sue (989)780-0825

[sue.3185@outlook.com](mailto: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](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)

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](http://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](http://www.ets.mani.org). ##

Free training is available to qualifying Genesee County residents who are interested in a healthcare career via the Flint Healthcare Employment Opportunities program. Participants will receive the skills and experience necessary to succeed in a high-demand healthcare career. Information: call or text (810)853-6423. ##

## **Patients Treated for Opioid Addiction Need Long Observation and Support**

A study published June 22 in the Journal of the American Medical Association showed an increase of more than 50% of overdoses, emergency room visits and hospital admissions during the second year after tapering was

started. The researchers suggest monitoring for at least two years. Source: *Worst Pills, Best Pills News* # NAMI COMMON BOND

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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](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. 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 \_\_\_\_\_

### 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](http://www.depressioncenter.org/docc) ##

### Eating Disorders

Eating disorders are serious and often fatal illnesses. They can affect people of all ages, racial/ethnic backgrounds, body weights, and genders. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

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.

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 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.

Bulimia nervosa is a condition where people have episodes of eating unusually large amounts of food followed by forced vomiting, excessive use of laxatives or diuretics, fasting, excessive exercise, or a combination of these behaviors. People with bulimia nervosa may be underweight, normal weight or overweight. Symptoms of bulimia include:

- Chronically inflamed and sore throat and/or swollen salivary glands in the neck and jaw area
- Worn tooth enamel and increasingly sensitive and decaying teeth as a result of exposure to stomach acid
- Acid reflux disorder and other gastrointestinal problems
- Intestinal distress and irritation from laxative abuse
- Severe dehydration from purging of fluids
- Electrolyte imbalance (too low or too high levels of sodium, calcium, potassium, and other minerals) which can lead to stroke or heart attack

Binge-eating disorder is a condition where people lose control over their

ating and have reoccurring episodes of eating unusually large amounts of food. Unlike bulimia nervosa, periods of binge-eating are not followed by purging, excessive exercise, or fasting. As a result, people with binge-eating disorder often are overweight or obese. Binge-eating disorder is the most common eating disorder in the U.S. Symptoms include:

- Eating unusually large amounts of food in a specific amount of time
- Eating even when you're full or not hungry
- Eating fast during binge episodes
- Eating until you're uncomfortably full
- Eating alone or in secret to avoid embarrassment
- Feeling distressed, ashamed, or guilty about your eating
- Frequent dieting, possibly without weight loss

Avoidant restrictive food intake disorder (ARFID) is a condition where people limit the amount or type of food eaten. Unlike anorexia nervosa, people with ARFID do not have a distorted body image or extreme fear of gaining weight. ARFID is most common in middle childhood and usually has an earlier onset than other eating disorders. Many children go through phases of picky eating, but a child with ARFID does not eat enough calories to grow and develop properly, and an adult with ARFID does not eat enough calories to maintain basic body function.

It is important to seek treatment early for eating disorders. People with eating disorders are at higher risk for suicide and medical

complications. They can often have other mental disorders (such as depression or anxiety) or problems with substance use.

Treatment plans may include one or more of the following: individual, group, and/or family psychotherapy; medical care and monitoring; nutritional counseling; and/or medications.

Source:

<https://www.nimh.nih.gov/health/topics/eating-disorders> Last reviewed January 2023 More information on this website.

#### **Amazon Donations to NAMI**

Go to [Smile.amazon.com/about](https://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](http://www.MyStrength.com)

**GHS crisis services**  
(810)257-3740.

#### **MHAM Free Mental Health Screenings Online**

[www.mha-mi.com/](http://www.mha-mi.com/) ##

#### **Mothers of Joy University**

[mothersofjoyuniversity@gmail.com](mailto:mothersofjoyuniversity@gmail.com)

**University of Michigan** provides consultations to physicians doing opioid treatment and telemedicine delivered interventions. [www.michiganopioidcollaborative.org](http://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](http://www.thevistacenter.org) ##

#### **Genesee County Suicide Prevention Website**

[www.LetsTalkGenesee.com](http://www.LetsTalkGenesee.com) ##

#### **Disaster Distress Helpline**

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

#### **NAMI Helpline Resource Directory**

From [nami.org](http://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](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 ##

**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](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/HomefrontOnlineRegistration](http://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](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.**

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

[www.needymeds.org](http://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](http://www.michigan.gov/my/license)

**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 in Genesee County  
[ucanmichigan@gmail.com](mailto:ucanmichigan@gmail.com)

**Help for Sobriety Court Members**  
[www.partners4recovery.org](http://www.partners4recovery.org)

**[OK2SAY@mi.gov](mailto: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](http://www.KnowMoreGenesee.org)

**Local GHS Crisis Services**

810-257-3740, 1-877-346-3648  
[genhs.org/mystrength](http://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, February 2023**

**GHS Board Meetings, Flint**  
Services: (810)257-3705 420 W. Fifth Ave., Flint 48503  
SUD Advisory, Mon. 2/13/2023 via Zoom, 4 p.m.

Board, Thurs. 2/23, (Human Resources, Finance, Program & Evaluation) 4 p.m. at the new children's services building, 1402 S. Saginaw St.

Region 10, Fri.2/17, St. Clair CMH, 9 a.m.

Consumer Council, Mon. 2/20, 4-5:30 teleconference

**Saginaw Co. CMHA Board**

(989)797-3400 [scmha.org](http://scmha.org)

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

Citizen's Advisory, Thurs. 2/2, 6 p.m.

Board, Mon., 2/13/2023 5:15 p.m.

Governance, Thurs. 2/16, 5:15

p.m.

Executive Limitations, Wed. 2/22

5:15 p.m.

Ends, Mon. 2/27 5:15 p.m.