

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

**We offer in person support in Genesee County.**

Call ahead is not required.

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

Family Support Second and fourth Tuesdays 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays 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. Next classes, late winter, 2025.

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](http://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](http://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](http://www.ets.nami.org)

### Save the Date

Our annual membership meeting will be held on Monday, April 7 at Aubree's Pizza & Grill, 11501 S. Saginaw St. Grand Blanc 48439. Attendees will order from the menu and pay our individual bills. Kevin Fischer, NAMI Michigan Executive Director, will be our speaker. He retired from a corporate executive position. Why he became involved with NAMI is a heart-rending story. Kevin is a wonderful role model for minority youth.

The annual report will be presented. Election of Board members will take place. Running for election are: Dave Ballenberger, Adam Castillo, Ramona Deese, Mark Langdon, Tarnesa Martin, Danielle Snell.#

### We All Need to be Advocates

#### Editorial by Ramona Deese

Medicare and Medicaid finance much of the medical care for retired persons and our loved ones with mental disorders. With a new federal administration and newly elected members of Congress, we must pay good attention to federal action that could reduce Social Security benefits, Medicare, Medicaid, mental health research and

programs that provide food for children and needy adults. Let your legislators know your opinion on any proposed cuts. ##

### 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:

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NAMI Connections Facilitators  
Maureen Post, Karen Henry, Tawanna Anderson, Latressa Gordon  
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](http://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 for financially stressed people \$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 \_\_\_\_\_

*A Memorial Donation has  
been made in Memory of  
David Fritz*

*By the Fritz Family and  
Friends*

### “Breaking the Cycle” Family Friendly Magic Show and Informaton

Partners4Recovery will present magician and showman Robert Zarius, on Thursday, February 13, 6-8 p.m. at the Valley Church, 4201 Lippincott Blvd., Burton 48519. There will also be speakers from Partners4Recovery and Nar-Anon. Information: Bob (810)610-2918 ##

### A Townhall Conversation on Community Violence from a Youth Perspective

Friday, February 28, 6-8 p.m. at the Flint City Hall, 1101 S. Saginaw St., Flint. The meeting is for youth, parents, school officials, neighborhood leaders and organizations. It is sponsored by many community organizations. Information: (810)600-5663

e-mail [keykent@msu.edu](mailto:keykent@msu.edu)

### Research Update

Youth diagnosed with bipolar spectrum disorders are at high risk of suicide attempts. Up to 60% of first suicide attempts are lethal. A Pittsburgh research team financed by a NARSAD grant tested a specific form of psychotherapy, DBT (Dialectical Behavior Therapy,) for young people diagnosed with bipolar spectrum disorders in an attempt to reduce suicide attempts.

DBT helps persons accept themselves and make healthy changes. They develop new skills, like coping methods and mindfulness practices in order to avoid unhealthy thoughts and harmful behaviors. DBT is more intense than Cognitive Behavioral Therapy and is used for people with very strong emotions.

One hundred young people participated in the research. Forty-seven received 1 year of DBT sessions, with some family involvement. Fifty-three had other psychotherapy. Both groups received medication.

The youths who received DBT had fewer suicide attempts over 1 year. Suicide attempts declined more over time than among the group receiving standard psychotherapy. Both types of therapy showed similar improvement in depression and hypomania/mania, but standard therapy had minimal impact on suicide risk. Source: “Brain & Behavior” journal of the Brain & Behavior Research Foundation, (NARSAD) Winter, 2025 & Wikipedia

### Schizoaffective Disorder

Schizoaffective disorder is a chronic mental health condition characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as mania and depression.

Many people with schizoaffective disorder are incorrectly diagnosed at first with bipolar disorder or schizophrenia. Because it is less well-studied than the other two conditions, many interventions are borrowed from their treatment approaches.

Schizoaffective has a lifetime prevalence of only .03%. Men and women experience schizoaffective disorder at the same rate, but men often develop the illness at an earlier age. Schizoaffective disorder can be managed effectively with medication and therapy. Co-occurring substance use disorders are a serious risk and require integrated treatment.

There are two major types of schizoaffective disorder: bipolar type and depressive type. To be diagnosed with schizoaffective disorder a person must have the following symptoms.

- A period during which there is a major mood disorder, either depression or mania, that occurs at the same time that symptoms of schizophrenia are present.
- Delusions or hallucinations for two or more weeks in the absence of a major mood episode.
- Symptoms that meet criteria for a major mood episode are

present for the majority of the total duration of the illness.

- The abuse of drugs or a medication are not responsible for the symptoms.

Schizoaffective disorder is treated and managed in several ways: Medications (including mood stabilizer, antipsychotic medications and antidepressants), psychotherapy (such as cognitive behavioral therapy or family-focused therapy), self-management strategies and education. Source: NAMI.org ##

### Breathable Animals

A Family Support Group member talked about her method of stress reduction. She has stuffed animals with batteries that simulate breathing and a human heartbeat. They help her anxiety. They are available at Walmart and Amazon. We do not recommend products; make your own decision. ##

**Free health care career training:** (810)232-2228  
[geneseehalthcarecareers.org](http://geneseehalthcarecareers.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](http://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](http://www.ccsgec.org/onestophousing)  
[OneStopHousing@ccsgec.org](mailto:OneStopHousing@ccsgec.org) ##

**Domestic Violence Hotline:**  
(800)799-7923

### Suicide Prevention Website

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

### 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 crisis services

(810)257-3740

### 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. (810)496-5500 (877)-346-3648 Hours are 8:00 a.m. –10:30 p.m. Monday through Friday and 10 a.m.-6:30 p.m. Saturday and Sunday. Video chat support 24 hours a day, 7 days a week with a therapist. No cost. No referral or insurance needed. Call (810)257-3705 for instructions.

### Under Stress and Need to Talk?

“Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week.  
1(888)733-7753 ##

**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 art gallery in the Genesee Valley Center open Mondays,

Wednesdays and Fridays 12-3 p.m. (810) 766-7085 or visit [www.thevistacenter.org](http://www.thevistacenter.org) ##

### **Disaster Distress Helpline**

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

### **Mothers of Joy University**

[mothersofjoyuniversity@gmail.com](mailto: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](http://www.lookingthroughthepuzzle.com)

**Center for Parent Information and Resources:** 1 (800)552-4821

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

### **NAMI Helpline Resource**

#### **Directory**

From 4ame.org on the left side of the home page click on NAMI Helpline, then on Resource Directory.

### **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

### **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](http://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](http://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:KnowY ourOnlinePharmacy  
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  
[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)

### **Promise of Hope** (810)275-2690

[www.familiesagainstnarcotics.org](http://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](mailto:info@thegcpc.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)

**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)

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

### **Voices for Children Advocacy Ctr.**

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

### **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 2025  
New Location for Genesee  
Health System services 1040 W.  
Bristol Rd., Flint MI 48507**  
Services: (810)257-3705  
SUD Advisory, Mon.2/10, 4 p.m.  
Board room, second floor  
Board of Directors, 2/27, 4 p.m.  
Board Room  
Region 10, Fri, 2/21, 9 a.m.,  
Port Huron

**Saginaw Co. CMHA Board**  
(989)797-3400      [sccmha.org](http://sccmha.org)  
Meetings are held at 500 Hancock  
St, Saginaw, Michigan 48602  
Advisory, 2/6, 6 p.m.  
Board of Directors, 2/10, 5:15  
p.m.  
Governance, 2/20, 5:15 p.m.  
Executive Limitations 2/26, 5:15  
Ends, 2/24. 5:15 p.m.