

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

NAMI Genesee County Support Meetings

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

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 at 7 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, Third Tuesdays, 6:30 p.m. Flint Library Next meeting Feb. 20.

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 will begin soon at the Church Without Walls, 6202 Dupont St., Flint (810)232-6498

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.

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

NAMI G.C. Needs Your Help

We need Board members with time to attend one meeting a month and do the work to keep our affiliate functioning. We need volunteers to help with fundraisers, presentations and people who have attended our classes and support groups to take the NAMI training to be facilitators. If you have time to contribute, please call (810)232-6498 and leave a message. ##

Postpartum Depression

About 17% of women develop postpartum depression during pregnancy or after delivery. In severe cases, there can be risk of suicide or harm to infants. This type of depression appears to be linked to hormone changes during and after pregnancy. Women with a family history of psychiatric illness are at higher risk.

In August, 2023, the FDA approved zuranolone, the first oral medication to treat PPD. The brand name is Zurzuvae. It is given once daily for 14 days and acts within 3 days. There has been no research on the safety for breast fed babies. Source: “Therapy Update” *Brain and*

Behavior magazine, February 2024, p. 41 *Editor's note: New mothers experiencing depression might not have energy to seek help themselves. Please help your family member.* ##

NAMI COMMON BOND

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Post, Sally Parker, April-Cook-Hawkins

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) or www.namigenesee.org 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

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

Depression on College Campuses Conference, March 12-13, 2024, U. of Michigan Rackham Grad. School, Ann Arbor. Registration free to students from any campus. www.depressioncenter.org/docc

Helping Children and Adolescents Deal with Trauma

It is typical for children and adolescents to have a range of reactions after experiencing or witnessing a traumatic event, such as a natural disaster, an act of violence, or a serious accident.

Regardless of age, children and adolescents may:

- Report having physical problems such as stomachaches or headaches.
- Have nightmares or other sleep problems, including refusing to go to bed.
- Have trouble concentrating.
- Lose interest in activities they normally enjoy.
- Have feelings of guilt for not preventing injuries or deaths.
- Have thoughts of revenge.

Young children (age 5 and younger) may:

- Cling to caregivers and/or cry and be tearful.
- Have tantrums, or be irritable or disruptive.

- Suddenly return to behaviors such as bed-wetting and thumb-sucking.
- Show increased fearfulness (for example, fear of the dark, monsters, or being alone).
- Incorporate aspects of the traumatic event into imaginary play.

Older children (age 6 and older) and adolescents may:

- Have problems in school.
- Withdraw or become isolated from family and friends.
- Avoid reminders of the event.
- Use drugs, alcohol, or tobacco.
- Be disruptive, disrespectful, or destructive.
- Be angry or resentful.

Many of these reactions are normal and will lessen with time. If these symptoms last for more than a month, the family should reach out to a health care provider.

How adults respond to trauma can strongly influence how children and adolescents react to trauma. When caregivers and family members take steps to support their own ability to cope, they can provide better care for others.

Caregivers and family members can help by creating a safe and supportive environment, remaining as calm as possible, and reducing stressors. Children and adolescents need to know that their family members love them and will do their best to take care of them.

- Ensure children and adolescents are safe and that their basic needs are addressed.

- Allow them to be sad or cry.
- Let them talk, write, or draw pictures about the event and their feelings.
- Limit their exposure to repetitive news reports about traumatic events.
- Let them sleep in your room (for a short time) or sleep with a light on if they are having trouble sleeping.
- Try to stick to routines, such as reading bedtime stories, eating dinner together, and playing games.
- Help them feel in control by letting them make some decisions for themselves, such as choosing their meals or picking out their clothes.
- Pay attention to sudden changes in behaviors, speech, language use, or strong emotions.
- Contact a health care provider if new problems develop, particularly if any of the following symptoms occur for more than a few weeks:
 - Having flashbacks (reliving the event)
 - Having a racing heart and sweating
 - Being easily startled
 - Being emotionally numb
 - Being very sad or depressed

Avoid any of the below, do not:

Expect children and adolescents to be brave or tough.
 Make them discuss the event before they are ready.
 Get angry if they show strong emotions.
 Get upset if they begin bed-wetting, acting out or thumb-sucking.
 Make promises you can't keep (such as "You will be OK tomorrow" or "You will go home soon.") Source: www.NIMH.gov.

Trauma, Mental Health and the Brain, Dr. James Henry

notes by Ramona Deese from a Mental Health Association Video 11/7/2023

Our experiences make new pathways in the brain. Kids in chaotic situations develop strong hyper-vigilant "fight or flight" pathways. They may develop ADHS, ODD, conduct disorder, or PTSD. A lot of kids with ADHS actually have effects from trauma such as neglect or abuse, according to Dr. Henry. They may have poor self-esteem, depression, lack of control, sleep problems, and inability to handle stress. The longer time from trauma, the longer time is needed for treatment. The impact becomes larger over time because of reinforcement. Prior exposure to trauma increases vulnerability to further traumatic events.

Dr. Henry indicated that 90% of patients with borderline personality disorder were sexually abused as kids. The results are: 1. suspicion, lack of trust, always testing if people are trustworthy; 2. alteration of self-perception, (I can never be the same again); 3. age inappropriate sexual behavior (this is the most specific marker of sexual abuse in kids).

What can be done to help adults?

1. Provide safe relationships that help the adult feel wanted, valued and appreciated.
2. Help the person learn coping strategies so childhood bad experience don't control.
3. Learn to stay in the present and be aware of what is happening now,
4. Turn down the stress.
5. Practice.
6. Realize that reaction to trauma is normal.

Domestic Violence Hotline:
 (800)799-7923

Suicide Prevention Website
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 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 8:30 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.

GHS crisis services
 (810)257-3740

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

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 ##

Autism Alliance of Michigan
www.lookingthroughthepuzzle.com

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

Help to Find Health Care Insurance For Kids
Greater Flint Health Coalition
(810)853-6458 ##

Mothers of Joy University
mothersofjoyuniversity@gmail.com
Support and information for parents.
NAMI Helpline Resource Directory

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

Center for Parent Information and Resources
www.michiganallianceforfamilies.org 1-800-552-4821 ##

Voices for Children Advocacy Ctr.
www.voicesforac.org
(810)238-3333 Ext. 209 ##

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

[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, extensive information.
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

Help Locating Treatment for Substance Use Disorders

Promise of Hope (810)275-2690
Support group for families dealing with narcotics
www.familiesagainstnarcotics.org
UCAN (United Community Addiction Network) (810)397-7175 in Genesee County
ucanmichigan@gmail.com

Website for opioid information, addiction treatment, etc.
www.KnowMoreGenesee.org
Help for Sobriety Court Members
www.partners4recovery.org

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

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

Local GHS Crisis Services
810-257-3740, 1-877-346-3648
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
GHS Board Meetings, Flint**

Services: (810)257-3705 420 W.
Fifth Ave., Flint 48503

SUD Advisory, Mon.2/14, Board
Room, 420 W. 5th Ave. 4 p.m.

Consumer Council, Mon. 2/19,
3:30 p.m., location TBD

Board of Directors, Thurs.2/22,
Finance, Program & Evaluation
CCIS room 108 4 p.m.

Region 10, Fri, 2/16, 9 a.m., Port
Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

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

Mon. 2/12, Board, 5:15 p.m.

Thurs. 2/15, Governance, 5:15

Mon. 2/26, Ends, 5:15

Wed. 2/28, Executive Limitations,
5:15