

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 Family Support in Flint and Birch Run. Family support is for relatives and friends of people living with a mental health disorder.

Flint area Family Support meets second and fourth Tuesdays 7-9 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. Call ahead is not required.

Saginaw area Family Support meets second Mondays at 6:30 p.m. at the Comfort Inn Conference Room, 11911 Dixie Hwy, Birch Run 48415. Please call or e-mail for information before attending. (810)232-6498 namigenesee@gmail.org

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. Saginaw area, 1 p.m. second and fourth Wednesdays at St. Thomas Aquinas Church, 5376 State St., Saginaw 48603

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

810.

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

Free of Charge NAMI Classes

Peer-to-Peer classes for persons living with mental illness have begun and the class is full. 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 waiting 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

Flint has a New Behavioral Health Urgent Care Center

The Behavioral Health Urgent Care center opened the physical location on Monday, October 4,

2021. The center is located at 422 W. 4th Avenue, which is across the street from the GHS main building. Operating hours will be 8 a.m. – 12 p.m. Monday through Friday, to start, with telehealth available 24 hours a day, 7 days a week, and 365 days a year. This is a soft opening for the facility, as supply chain issues have caused a delay in furniture and equipment delivery, according to Dan Russell. There will be a grand opening announcement later. ##

Please Be an Advocate

Please contact your state senators and representatives and ask them to vote against SB 597 and 598. The bills would amend the Mental Health Code and Social Welfare Act, fundamentally altering the way that the community mental health system in Michigan is structured.

Administrative costs would be doubled, costing taxpayers \$300 million more each year because care would be contracted to for-profit HMOs with much higher administrative costs than our public system. For profit insurance companies have no experience in providing services for people with the most serious mental illnesses.

The idea for the changes would be to integrate physical and mental health care, but only funding would be integrated. The changes would not improve or guarantee better care and lower costs. The experience of other states that have contracted to HMOs is dismal. Care suffered and costs were not reduced. ##

NAMI COMMON BOND

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NAMI Connections Facilitators

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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 or 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

Seasonal Affective Disorder, SAD

Many people go through short periods of time where they feel sad or not like their usual selves.

Sometimes, these mood changes begin and end when the seasons change. People may start to feel "down" when the days get shorter in the fall and winter and begin to feel better in the spring.

Millions of American adults may suffer from SAD. It occurs much more often in women than in men, and it is more common in those living farther north, where there are shorter daylight hours in the winter.

SAD is more common in people with major depressive disorder or bipolar disorder, especially bipolar II disorder, which is associated with recurrent depressive and hypo-manic episodes (less severe than the full-blown manic episodes typical of bipolar I disorder). Additionally, people with SAD tend to have other mental disorders, such as attention-deficit/hyperactivity disorder, an eating disorder, an anxiety disorder, or panic disorder.

Treatments are available that can help many people with SAD. They fall into four main categories that may be used alone or in combination: light therapy, psychotherapy, antidepressant medications, Vitamin D. Talk to your health care provider about which treatment, or combination of treatments, is best for you.

Source: www.NIMH.nih.gov

Editor: Sometimes an early morning walk in the sunlight and bright lights in buildings help. ##

Michigan Has a Shortage of Beds for Inpatient Psychiatric Care

Any family member who has had to travel an hour or more to visit a

loved one in a psychiatric ward knows that Michigan has a serious problem. In 2016, there were 255,329 people in Michigan living with serious mental illness. The total number of public psychiatric beds was 725. 53% of these beds were in forensic facilities. 9887 adults with serious mental illness were incarcerated.

A minimum of 50 beds per 100,000 people is considered necessary to provide minimally adequate treatment for people with serious mental illnesses. Michigan has 7.3 beds per 100,000 people, putting us nearly at the bottom of all states with a ranking of 48.

Estimated prevalence of serious mental illness in Michigan, NIMH and U.S. Bureau of the Census 2017: total population 7.8 million, persons with schizophrenia 86,000, persons with severe bipolar disorder 171,000 Source: Treatment Advocacy Center website ##

Wise Giving—How to Check Organizations

Check these websites for information and ratings of organizations asking for your \$.

www.charitynavigator.org highest rating is 4 stars.

www.charitywatch.org highest rating is A+

www.give.org (Better Business Bureau Wise Giving Alliance)

www.irs.gov Search for "Exempt Organizations Select Check"

NAMI (national) has a 4 star rating from Charity Navigator and A from Charity Watch. NAMI also has BBB Accreditation.

CIT Training

Fourteen Genesee County officers participated in the first crisis intervention training held in early September. There will be another training in December and NAMI will again provide a panel during the 40 hour training.

The trainings are open to all jurisdictions in the county and are free of charge. The purpose is to teach officers to respond to crisis in ways that do not endanger officers or citizens and do get appropriate help for people. Please ask your Chiefs of Police if their officers have received training and if not, encourage them to participate. ##

Are You Eligible for a Third Covid Vaccine?

Although COVID-19 vaccination for adults ages 65 years and older remains effective in preventing severe disease, recent data suggest vaccination is less effective at preventing infection or milder illness with symptoms over time. Evidence also shows that among healthcare and other frontline workers, vaccine effectiveness against COVID-19 infections is also decreasing over time.

This lower effectiveness is likely due to the combination of decreasing protection as time passes since getting vaccinated, as well as the greater infectiousness of the Delta variant.

At the present time, the following people are eligible for a third dose of Moderna or Pfizer Covid vaccine 6 months after the second shot: age 65 or older, age 18-64 with underlying medical conditions including mood disorders (depression, bipolar, schizophrenia spectrum), 18 years

and older who live in long-term care settings, age 18+ who work or live in high risk settings.

Anyone 18 years or older who received one shot of the Johnson & Johnson vaccine is eligible for a booster two months after the first shot. The J&J vaccine has less effectiveness over time than the Moderna and Pfizer. Source: Center for Disease Control www.CDC.gov

The State of Mental Health in America, Ranking the States

In 2020, Mental Health America did a study to rank the state of mental health for each state. Among the criteria they used were prevalence of mental illness and access to care in each state. Michigan ranked 6 for adults, 20 for youth and 15 overall. Vermont rated highest overall and Nevada was the worst. To read the entire report, go to www.mhanational.org and look for 2020 Ranking the States, The State of Mental Health in America. ##

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.
www.MyStrength.com ##

Happy Thanksgiving!

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

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
vips.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-HELP (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

Suicide Prevention Hotline to report threatened suicide by teenagers

Public Mental Health System

Board Meetings, October

GHS Board Meetings, Flint

(810)257-3705 Location: Legacy Ctr., 705 S. Dort Hwy, Flint 48503

SUD Advisory, Mon. 11-8 via zoom only, 4 p.m.

Consumer Council, Mon. 11-15,
4-5:30 p.m. location to be
determined.

Full Board, Finance and Program
Eval. Thurs. 11-18 , 4 p.m.
Agency closed Nov. 25 & 26

Saginaw Co. CMHA Board

(989)797-3400 Location: All
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Citizens Advisory Thurs., 11-4,
6:00pm

Board Meeting Mon.11- 8,
5:15pm

Recipient Rights Wed., 11-17,
5:15pm

Ends Mon., 11-22, 5:15pm

Executive Limitations Mon.,
11-22, 6:00pm