

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

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.smith3185@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

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. Call to get your place on the list for fall classes.

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

NAMI Homefront classes are online for family and friends of veterans and active duty military with mental health issues.

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

“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. ##

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.

Schizoaffective is relatively rare, with a lifetime prevalence of only 0.3%. Many people with schizoaffective disorder are often incorrectly diagnosed at first with bipolar disorder or schizophrenia.

The symptoms of schizoaffective disorder can be severe.

There are two major types of schizoaffective disorder: bipolar type and depressive type. Depending on the type of mood disorder diagnosed (depression or bipolar) people will experience different symptoms:

- Hallucinations, which are seeing or hearing things that aren't there.

NAMI COMMON BOND

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Saginaw: Sue Smith

Brain Bank Contact, (617)855-2400

ADDRESS _____

CITY, STATE, ZIP _____

Telephone _____

E-mail _____

- Delusions, disorganized thinking.
- If a person has been diagnosed with schizoaffective disorder depressive type, they will experience feelings of sadness, emptiness, feelings of worthlessness or other symptoms of depression.
- If a person has been diagnosed with schizoaffective disorder bipolar type, they will experience feelings of euphoria, racing thoughts, increased risky behavior and other symptoms of mania.

Schizoaffective disorder tends to run in families. This does not mean that if a relative has an illness, you will get it, but there is a greater chance of you developing the illness. Stress can trigger symptoms or an onset of the illness. Psychoactive drugs such as LSD have been linked to the development of schizoaffective disorder.

Schizoaffective disorder can be difficult to diagnose because it has symptoms of both schizophrenia and either depression or bipolar disorder. 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 can be managed in several ways: medications, including antipsychotic medications, mood stabilizers and antidepressants; psychotherapy; and self-management strategies and education. Substance use is a real danger and may need identification and treatment.

Source: www.nami.org ##

Free Job Training

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. ##

HIV Treatment for Homeless People, Mentally Ill and/or Substance Use Disorder

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. 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) _____

A long-acting antiretroviral treatment (LA-ART) given every four to eight weeks, and delivered with comprehensive support services, suppressed HIV in people who were previously not virologically suppressed. This is according to a study of 133 people with HIV, funded by the National Institutes of Health. The study included people with housing insecurity, mental illnesses, and substance use disorders. The study findings indicate that long-acting injectable ART can benefit people who face many treatment barriers and are historically underserved.

Source: NIMH press release Feb. 21, 2023, nimh@public.govdelivery.com

Dyslexia

Dyslexia is a neurobiological disorder that specifically impairs a person's ability to read. Individuals with dyslexia have normal intelligence but they read at levels significantly lower than expected. People with dyslexia often have a hard time sounding out words, understanding written words and naming objects quickly.

Dyslexia appears to be hereditary. Though it is not a mental illness, children may have depression from the stress of trying to read. Dyslexia is a disability that qualifies a student for special education services.

Some people lose the ability to read after a stroke or an injury to the area of the brain involved with reading. This kind of reading disorder is called alexia. Source: nichd.nih.gov and ninds.nih.gov ##

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 ##

Rose Hill Flower Sale

Save the date: Saturday, May 13 is the date for the Rose Hill Center annual flower sale. Get plants for your porch or garden. 5130 Rose Hill Blvd, Holly 48442 Proceeds benefit the residents. #

Amazon Donations to NAMI

Go to 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

GHS crisis services

(810)257-3740.

MHAM Free Mental Health Screenings Online

www.mha-mi.com/ ##

Mothers of Joy University

mothersofjoyuniversity@gmail.com
University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions. 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 ##

Genesee County Suicide Prevention Website

www.LetsTalkGenesee.com ##

Disaster Distress Helpline

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

NAMI Helpline Resource Directory

From 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

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. ##

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

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

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

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

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

FAN (Families Against Narcotics)

(810)275-2690

www.familiesagainstnarcotics.org

UCAN (United Community Addiction Network) (810)397-7175 in Genesee County
ucanmichigan@gmail.com

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.

Website for opioid information, addiction treatment, etc.

www.KnowMoreGenesee.org

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,

March 2023

GHS Board Meetings, Flint

Services: (810)257-3705 420 W.
Fifth Ave., Flint 48503
SUD Advisory, Mon.
3/13/2023, Board Room, 4 p.m.
Board, Thurs. 3/23, (Human
Resources, Finance, Program &
Evaluation) 4 p.m. at the new
children's services building, 1402
S. Saginaw St.
Region 10, Fri. 3/17, Lapeer
CMH, 9 a.m.

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Citizen's Advisory, Thurs. 3/2, 6
p.m.
Board, Mon., 3/13/2023 5:15 p.m.
Recipient Rights, Fri. 3/17 5:15
p.m.
Executive Limitations, Wed. 3/22
5:15 p.m.
Ends, Mon. 3/27 5:15 p.m.