



Genesee County

# Common Bond

(810)232-6498 – [www.namigenesee.org](http://www.namigenesee.org) [namigenesee@gmail.com](mailto:namigenesee@gmail.com) March 2025

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, Spring, 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)

**Please Join Us**  
Our annual membership meeting will be held on Monday, April 7, 6 p.m. 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. Non-members are welcome.

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.#

### Visit the NAMI Information Tables at Two Events

The Delta Sigma Theta Community Basic Needs Fair will be at the Flint Library on Saturday, March 22 from 10 a.m. to 1 p.m. There will be much important information at the fair.

The Swartz Creek Public Schools will hold the Annual Connections

to Wellness event on Saturday, March 22 from 10 a.m. to 1 p.m. There will be door prizes, food and fun children's activities as well as lots of good information.#

### **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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Post, April-Cook-Hawkins, Suzanne

Kellom, Linda Howard

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 \_\_\_\_\_

*Please go to [nami.org](http://nami.org) and pay dues to NAMI Genesee County. \$5 is O.K.; membership numbers give NAMI political power. #*

### **Dermatillomania**

Skin picking disorder, also termed dermatillomania is a condition that leads to repetitive picking of the skin ending up in skin and soft tissue damage. It is classified in the Diagnostic and Statistical Manual of Mental Disorders Fifth edition under the "obsessive compulsive and related disorders" section. Often associated with other psychiatric conditions like autism, alcohol abuse, obsessive compulsive, body dysmorphic, mood, anxiety and borderline personality disorders, it is a disorder that is quite often under-reported.

The criteria for the disorder per DSM-5 are: (a) recurrent skin picking resulting in skin lesions;(b) repeated attempts to decrease or stop skin picking;(c) the skin picking causes clinically significant distress or impairment in social, occupational, or other important areas of functioning;(d) the skin picking is not attributable to the physiological effects of a substance or another medical condition; and (e) the skin picking is not better explained by symptoms of another mental disorder.

The age of onset may be during childhood, adolescence or adulthood, but generally it tends to be in adolescence between ages 13 and 15 years of age. It is more common among females than males. Sometimes it begins as a reaction to skin irritation, a rash or an insect bite. The disorder can cause infections and scarring. It can also result in lowered self-esteem. Patients may try to hide the symptoms out of embarrassment.

Treatment of dermatillomania is a multipronged approach and should include treatment of the underlying psychiatric illness, the treatment for infections and topical treatment of the lesions. Selective serotonin reuptake inhibitors (SSRIs) have proved to be the most effective in treating the psychiatric component of dermatillomania. Non-pharmacological treatments such as behavioral therapy, habit reversal exercises and support groups have also proved to be helpful and are well tolerated amongst patients suffering from dermatillomania. Source: [pmc.ncbi.nlm.nih.gov](http://pmc.ncbi.nlm.nih.gov) Edited for space.#

### **Notes From a NAMI Webinar on Treatment of Major Depression**

By Ramona Deese

I "attended" a NAMI webinar with NAMI's consulting psychiatrist, Dr. Duckworth and guest Maruizio Fava, M.D. of Harvard Medical School. The webinar is in NAMI archives.

In any year, 10% of Americans have an episode of depression. There is a 20% chance of anyone having an episode in a lifetime. Depression is more common in

women. The younger a person is, the more likely to experience major depression. Protective factors: more education, higher income and being married.

Risk factors: heredity is 30%, gender (female), emotional upset or under stress. Each episode of major depression increases the risk: 50% after one episode, 70% after a second episode and 90 % after a third episode. Early intervention is very important. With standard antidepressant medication 33% of patients go into remission, but it can take up to 3 months to work. There are treatments for patients with treatment resistant depression, defined as not responding to two different medications. TMS, trans-magnetic stimulation, is non-invasive and very effective. ECT, electric convulsive therapy, is also effective, but with side effects. Low dose Ketamine is an effective treatment if given by well trained providers under carefully monitored conditions.

Researchers are trying to improve antidepressant response by adding other medications. Within 5 years we should have approval of new treatments that are currently being researched. More information on the National Institute of Mental Health website [nimh.nih.gov](http://nimh.nih.gov) ##

### **Empowering Loved Ones**

A free educational program for family members, partners and friends of people who use substances problematically. It is taught by professionals in addiction medicine personally impacted by a loved one's substance use. Second and fourth Wednesdays every month, 7-8:30

p.m. via Zoom. Register [EmpoweringFamilies@bmc.org](mailto:EmpoweringFamilies@bmc.org) (Information provided only; this is not a NAMI program.) ##

### **FDA Approved Cannabis (Marijuana) Products**

FDA has approved one cannabis-derived drug product: Epidiolex (cannabidiol), and three synthetic cannabis-related drug products: Marinol (dronabinol), Syndros (dronabinol), and Cesamet (nabilone). These approved drug products are only available with a prescription from a licensed healthcare provider. Importantly, the FDA has not approved any other cannabis, cannabis-derived, or cannabidiol (CBD) products currently available on the market.

Epidiolex treats some rare childhood seizures. Marinol and generics are approved for nausea related to cancer chemo or anorexia associated with HIV/AIDS. Unapproved products can interact dangerously with prescribed meds. Source: *Worst Pills, Best Pills News, February 2025 Vol 31, No 2* ##

**Free health care career training: (810)232-2228**  
[geneseehhealthcarecareers.org](http://geneseehhealthcarecareers.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](mailto: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  
Genesee Health System services**

**1040 W. Bristol Rd., Flint MI  
48507** Services: (810)257-3705

Meetings are held in the Board  
room on the second floor.

Recipient Rights, Mon. 3/3, 4  
p.m.

SUD Advisory, Mon.3/10, 4 p.m.

Board of Directors, 3/27, 4 p.m.

Region 10, Fri, 3/21, 9 a.m.,

Port Huron

**Saginaw Co. CMHA Board**

(989)797-3400 sccmha.org

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

Advisory, 3/6, 6 p.m.

Board of Directors, 3/10, 5:15  
p.m.

Recipient's Rights, 3/19 5:15

Ends, 3/24 5:15 p.m.

Executive Limitations 3/26, 5:15