

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 March 19.

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. (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

You are Invited to the NAMI Genesee County Annual Meeting

Our annual meeting will be held on Tuesday, April 30, 6:30 P.M. at Aubree's Pizza & Grill 11501 S. Saginaw, Grand Blanc, 48439. Attendees will order and pay for their own meal that evening. Candidates for the Board are: Barb Wiegand, Shearese Stapleton, Tia Coles, Lacey Benjamin, April Cook-Hawkins, and Latressa Gordon.

Books Worth Having

I Am Not Sick I Don't Need Help! by Xavier Amador, PhD

From his own experience with a brother living with schizophrenia, Dr. Amador designed LEAP to help someone with mental illness accept treatment. A more detailed book, I'm Right, You're Wrong, Now What is a more recent detailed book on the LEAP method.

The 10 Minute Cognitive Workout by Peggy D. Snyder, PhD, is a self help workbook.

Cognitive Behavioral Therapy in 7 Weeks CBT is recognized as one of the most effective methods of therapy to manage stress and is easy to learn, often without the help of a therapist. ##

One Stop Housing

The Housing Assessment Resource Agency in Genesee

County, known as One Stop Housing, provides all-inclusive housing placement services for

NAMI COMMON BOND

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Editor: Ramona Deese,

Circulation: 154 copies via e-mail

Board Members and Officers:

President, Ramona Deese

Vice President, Tarnesa Martin

Recording Secretary, to be appointed

Treasurer, Shawna Sims

Lacey Benjamin

April Cook-Hawkins

Latressa Gordon

Dante Jennings

Mark Langdon

Shearese Stapleton

Barb Weigand

Director Emeritus, Erma Barber

Family Support Group Facilitators

Ramona Deese, Karen Henry, Maureen

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 _____

people who are experiencing homelessness, at risk of becoming homeless or have special needs.

There is emergency help for families as well as individuals.

OneStopHousing@ccsgc.org

www.ccsge.org/onestophousing

Types of Depression Unique to Women

Certain types of depression occur at specific stages of a woman's life. Pregnancy, the postpartum period, the menstrual cycle and perimenopause are associated with physical and hormonal changes that can bring on a depressive episode in some women.

- Premenstrual dysphoric disorder is a more intense form of premenstrual syndrome, or PMS. It occurs in the weeks before menstruation. The disorder causes severe symptoms, such as depressed mood, anger or irritability, suicidal thoughts, appetite changes, bloating, breast tenderness, and joint or muscle pain.
- Perinatal depression occurs during pregnancy or after childbirth. It is more than the "baby blues" many new moms experience after giving birth. Women with perinatal depression feel extreme sadness, anxiety, and fatigue that may make it difficult to carry out daily tasks, including caring for themselves or others. Perimenopausal depression affects some women during the transition to menopause. Whereas abnormal periods, problems sleeping, mood swings, and hot flashes are common during the menopause

transition, more extreme feelings of irritability, anxiety, sadness, or loss of enjoyment may be signs of depression.

Source: nimh.nih.gov/health/publications ##

Medication During Pregnancy, Postpartum & Reproductive Years, notes from NAMI Web 3/7/2024, Dr. Freeman, Speaker

Half of pregnancies are unplanned, therefore females of reproductive age and doctors should always consider medication safety. The goal must be wellness of the mother.

Dr. Freeman urges women of childbearing age to avoid Depakote (Valproic Acid) because it causes major nervous system defects to fetuses. She considers it the worst medicine for women of childbearing age because damage is caused before many women are aware they are pregnant.

Lithium is safer and should not be stopped during pregnancy because of danger of relapse. It does have a very small increased risk of fetal cardiovascular irregularities. It is best not to breastfeed when using lithium. The older atypical antipsychotics have a longer period of safety observation and may be safer than newer ones.

The postpartum period is the most dangerous time for depression among women with bipolar disorder. The exhaustion of new mothers, especially when breast feeding, may trigger depression. The older SSRI antidepressants have a long history and are shown to be safe during pregnancy. CBT, psychotherapy and support groups should also be considered.

If women are under treatment for opioid use disorders, treatment should continue, as the medications used are well tested for pregnancy safety. Do not use cannabis products as they are harmful to fetuses. Use caution with herbals and over the counter meds. Websites for information: Center for Women's Mental Health, www.womensmentalhealth.org www.postpartum.net (800) 944-4773 www.mcpapformoms.org www.mghp3.org Information and free consultations for doctors. National Maternal Mental Health Hotline 1-833-852-6262

Animal Tranquilizer! Really?

Xylazine, a non-opioid veterinary tranquilizer not approved for human use, has been linked to an increasing number of overdose deaths nationwide. People exposed to xylazine often knowingly or unknowingly used it in combination with other drugs, particularly illicit fentanyl.

Most overdose deaths linked to both xylazine and fentanyl also involved additional substances, including cocaine, heroin, benzodiazepines, alcohol, gabapentin, methadone, and prescription opioids. It is often added to other drugs.

Xylazine is a central nervous system depressant that can cause drowsiness and amnesia and slow breathing, heart rate, and blood pressure to dangerously low levels. Taking opioids in combination with xylazine and other central nervous system depressants, like alcohol

or benzodiazepines, increases the risk of life-threatening overdose. Repeated xylazine use is also associated with skin ulcers, abscesses, and related complications.

Naloxone is not effective for xylazine, though often given to counteract fentanyl mixed with it. Source: nida.nih.gov

Research: Transition to Schizophrenia Spectrum Disorder Following Emergency Department Visits Due to Substance Use With and Without Psychosis.

A 2023 Canadian study including 9.8 million patients who visited emergency rooms showed a relationship between drug abuse and development of schizophrenia spectrum disorder.

40,737 people went to the ER for substance use treatment. Of the 13,784 who had substance-induced psychosis, 18.5% developed schizophrenia within 3 years. Of the people with a visit for substance use treatment without psychosis, the 3 year increased risk was 1.4% compared with ER visits not related to substance abuse. Cannabis use had the highest transition risk among visits with psychosis and the third highest risk among visits without psychosis. Source: JAMA Psychiatry, September 27, 2023 ##

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. ##

A daily walk in the sunshine is healthy for mind and body.

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. ##

Mothers of Joy University

mothersofjoyuniversity@gmail.com

Support and information for parents.

Help to Find Health Care

Insurance For Kids

Greater Flint Health Coalition

(810)853-6458 ##

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 ##

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](http://www.crisisline.org)
(800)273-8255 ext. 1, or text to 838255, or click the Veterans tab
www.suicidepreventionlifeline.org

[National Call Center for Homeless](http://www.nccforhomeless.org)

[Veterans](http://www.veterans.org) **(877)424-3838**

[Genesee County Dept. of](http://www.geneseecounty.org)

[Veterans Services](http://www.veteransservices.org) counselor

available Mon. 8-6 & Tues. 9-3

(810)257-3068

1101 Beach St., Flint 48502

[Saginaw County Veteran's Affairs](http://www.saginawcounty.org)

Call for veteran's peer support group information **(810)257-3068**

[Disabled American Veterans](http://www.disabledamericanveterans.org)

(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

Voices for Children Advocacy Ctr.

www.voicesforac.org

(810)238-3333 Ext. 209 ##

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
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](http://www.promiseofhope.org) (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.3/13, Board Room, 420 W. 5th Ave. 4 p.m.

Board of Directors, Thurs.3/28,
Finance, Program & Evaluation
CCIS room 108, 4 p.m.
Region 10, Fri, 3/15, 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. 3/11, Board, 5:15 p.m.
Wed. 3/20, Recipient Rights
Mon. 3/25, Ends, 5:15
Wed.3/27, Executive Limitations,
5:15

Smiles are contagious!