

*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 are now on Thursdays. We offer in person support in Genesee County.**

Call ahead is not required.

Family Support Second and fourth *Thursdays* 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

Family support is for relatives and friends of people living with a mental health disorder.

NAMI Connections is for people with a mental disorder. Meetings are second *Thursdays* 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. We plan to start the next classes soon.

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](http://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)

## Save the Date for Our Annual Meeting, Join Us

Our annual meeting will be held at 6 p.m., Monday, March 30, at Aubree’s Pizza & Grill, 11501 S. Saginaw St. Grand Blanc 48430. Attendees will order from the menu and pay our individual bills.

Our speaker will be Dave Ballenberger, who will highlight 2025 programs and plans for 2026. Election of Board members will take place. Candidates are: Mark Langdon and Tarnesa Martin to continue for three year terms.

## New Mental Health Hospital To Be Built in Lansing

The University of Michigan Board of Regents has approved the building of a new behavioral health hospital in Lansing. It will be run by regional partners at UM-Sparrow.

The investment is expected to improve access to care—especially for the most vulnerable members of our communities. The new mental health hospital will serve patients of all ages, including children and adolescents, in a state-of-the-art, healing environment designed to meet diverse needs. The groundbreaking is scheduled for

this summer and doors set to open in 2028. ##

**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

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**Family Support Group Facilitators**

Ramona Deese, Karen Henry, Maureen Post, Dave Ballenberger, Jennifer Marx, Suzanne Kellom, Linda Howard

**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](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 \$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.*

**Mid Michigan Community Health Access Program, (CHAP)**

CHAP works to enhance health outcomes for children and adults. This no-cost program is available to anyone in need of assistance regardless of age or insurance status.

CHAP provides support with connecting people to community resources, such as transportation. CHAP provides lead education, care coordination, help locating a primary care provider, and navigating the Michigan Department of Health & Human Services among other support. (810)953-2427

<https://gfhc.org/programs/mid-michigan-chap/> ##

**Catatonia**

Catatonia is a complex and under-recognized neuropsychiatric syndrome that affects patients across the lifespan and arises from psychiatric, medical, neurologic, and autoimmune conditions. The syndrome presents with motor, behavioral, and autonomic abnormalities and may accompany mood disorders, schizophrenia, or general medical illnesses. Despite its potential for rapid deterioration and life-threatening complications such as malignant catatonia, prompt recognition and treatment often lead to recovery.

Psychiatric diseases are the most common causes of catatonia:

- Mood disorders (major depressive disorder, bipolar disorder): Catatonia frequently occurs during severe mood episodes, particularly in melancholic depression or manic states with psychotic features. Notably, mood disorders account for more cases of catatonia than schizophrenia.
- Psychotic disorders (schizophrenia, schizoaffective disorder): Historically linked to schizophrenia, catatonia in this context often features negativism, rigidity, waxy flexibility, and mannerisms. Chronic catatonic schizophrenia is rare, but acute catatonic episodes in schizophrenia are clinically significant and usually respond to treatment.
- Autism spectrum disorder: In both adolescents and adults with autism spectrum disorder, catatonia may manifest as regression, freezing, mutism, or repetitive motor behaviors, often precipitated by stress or changes in routine. Misdiagnosis as in worsening autism is common.
- Trauma and stress-related disorders: (posttraumatic

stress disorder, dissociative stupor): Severe psychological trauma may precipitate catatonic features, particularly immobility and mutism, as part of a dissociative or shutdown response.

Other causes of catatonia include: epilepsy, traumatic brain injury, stroke, delirium, metabolic or toxic exposure, drug or alcohol intoxication or withdrawal, autoimmune disorders or streptococcal infections in kids.

Catatonia is treated with benzodiazepines or newer medications. If medications don't work, electroconvulsive therapy may be used. Source: [ncbi.nlm.nih.gov/books/NBK430842](http://ncbi.nlm.nih.gov/books/NBK430842)

### FDA Warning, Unsafe!

FDA warned consumers to not purchase or use certain inhalants, which are unapproved drugs marketed to promote alertness and boost energy.

These products primarily contain ammonia. Inhaling ammonia can quickly lead to coughing, airway constriction, and eye, nose and throat irritation.

FDA has received reports of adverse events such as shortness of breath, seizures, migraines, vomiting, diarrhea, and fainting from consumers after using these types of products, possibly purchased through various websites. Source: [fda.gov/drugs/drug-safety-and-availability/](http://fda.gov/drugs/drug-safety-and-availability/) ##

### New NAMI Caregiver Helpline

If care giving for a loved one with mental illness is overwhelming, a text, call or e-mail to the NAMI Family Caregiver Helpline will connect you with support. Available M-F 10 a.m. to 10 p.m. text Family to 62640 or (800)950-6264 Press 4 [helpline@nami.org](mailto:helpline@nami.org) [www.nami.org/medicaid](http://www.nami.org/medicaid) for state fact sheets and NAMI policy positions about Medicaid. ##

### Local GHS Crisis Services

810-257-3740, 1-877-346-3648  
[www.genhs.org/helpnow](http://www.genhs.org/helpnow)

### National Suicide Hotline 988

**NAMI Helpline 1-800-950-6264**  
**Text NAMI to 741741 to reach help in a crisis**

**Suicide Prevention Website**  
[www.LetsTalkGenesee.com](http://www.LetsTalkGenesee.com)

### GHS Behavioral Health Urgent Care Center

The Behavioral Health Urgent Care Center is located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. Hours are Monday-Friday 8 a.m. to 10:30 p.m. and Saturday and Sunday 10 a.m. to 6:30 p.m. Phone (810)496-5500 (877)-346-3648

NAMI has updated the information about PTSD on [www.nami.org](http://www.nami.org). Look for "Trauma and PTSD: Dispelling Myths, Inspiring Hope." ##

### Websites to Help Locate Missing Kids

[www.missingkids.org](http://www.missingkids.org)  
1-800-843-5678  
National Runaway Safeline  
[www.1800runaway.org](http://www.1800runaway.org)  
1-800-785-2929

Adult missing person information on [www.nami.org](http://www.nami.org) ##

**Free health care career training: (810)232-2228**  
[geneseehealthcarecareers.org](http://geneseehealthcarecareers.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

### 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 Outpatient Therapy Services Location, Davison

9171 Lapeer Rd., Suite 200, Davison 48423.

### Under Stress and Need to Talk?

"Warm Line" Peer support 10 a.m.-2 a.m. 7 days a week.  
1(888)733-7753 ##

### Vista Drop-in Center

Genesee Valley Mall, Open 11 a.m. to 3 p.m. Monday through Friday (810)766-7085

[www.vistacenter.info](http://www.vistacenter.info)  
Activities and support for  
mentally ill and developmentally  
disabled adults.

#### **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.

#### **Autism Alliance of Michigan**

[www.lookingthroughthepuzzle.com](http://www.lookingthroughthepuzzle.com)

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

**Center for Parent Information  
and Resources:** 1 (800)552-4821

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)

#### **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

#### **NAMI Helpline Resource Directory**

From [nami.org](http://nami.org) on the left side of  
the home page, click on NAMI  
Helpline, then on Resource  
Directory.

#### **Help for Veterans**

Veteran's Support for  
Servicepersons: [Crisis Line](http://CrisisLine.org)  
**(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](http://NationalCallCenterforHomelessVeterans.org) **(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:KnowYourOnlinePharmacy  
[vipps.nabp.net](http://vipps.nabp.net)  
[LegitScript.com](http://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@thegepc.org](mailto:info@thegepc.org)

**Help for Sobriety Court Members**  
[www.partners4recovery.org](http://www.partners4recovery.org)

**UCAN (United Community  
Addiction Network) (810)397-7175  
in Genesee County**  
[ucanmichigan@gmail.com](mailto:ucanmichigan@gmail.com)

**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 ##

**Public Mental Health System**

**Board Meetings, February**

***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.

GHS full Board Thurs. 3/25 /26, 4 p.m.

Region 10, Fri, 3/20, 9 a.m., Port Huron

***Saginaw Co. CMHA Board***

**(989)797-3400** **[sccmha.org](http://sccmha.org)**

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

Advisory, Mon. 3/5/26, 6 p.m.

Board, 3/9/26, 5:15, p.m.

Recipient Rights, 3/18,26, 5:15

Ends, Mon. 3/23/26, 5:15

Executive Limitations, 3/25/26 5:15

*Keep a gratitude journal. Every day write down at least three things for which you are grateful.*

*They can be simple, such as the first spring robin. Soon, you will begin to look at your life with optimism and joy. Ramona Deese*