

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 public 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 and fourth 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, Third Tuesdays, 6:30 p.m. Flint Library. Next meeting April 16.

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 in April. (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. Our speaker, Dante Jennings, will speak about suicide prevention programs in Genesee County. Candidates for the Board are: Shearese Stapleton, Tia Coles, Barb Wiegand, Lacey Benjamin, April Cook-Hawkins, and Latressa Gordon. Please join us.#

Memorial donations: Please mail memorial donations to: NAMI Genesee County, P.O. Box 1320, Flint, MI 48501-1320 with a note naming the donor and the person honored. We print memorials in the newsletter. By Board policy, memorial donations are given to The Brain and Behavior Research Foundation for NARSAD grants. #

Dealing with Traumatic Events

A traumatic event is a shocking, scary, or dangerous experience that can affect someone emotionally and physically. Traumatic events can include experiences such as natural disasters, acts of violence (such as assault, abuse, terror attacks, and mass shootings), and car crashes or other accidents.

People may experience a range of reactions after trauma, including:

CITY, STATE, ZIP _____
Telephone _____
E-mail _____

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48401-1320 Ph. 810-232-6498.

Editor: Ramona Deese,

Circulation: 154 copies via e-mail

Board Members and Officers:

President, Ramona Deese
Vice President, Tarnesa Martin
Recording Secretary, Barb Wiegand
Treasurer, Shawna Sims
Lacey Benjamin
Tia Coles
April Cook-Hawkins
Latressa Gordon
Dante Jennings
Mark Langdon
Shearese Stapleton

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, Tawanna Anderson
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 _____

- Feeling anxious, sad, or angry
- Trouble concentrating and sleeping
- Continually thinking about what happened

Most people will recover from these symptoms, and their reactions will lessen over time. It is important to seek help if symptoms do not improve over time or begin to interfere with daily life. Some signs that a person may need help include:

- Worrying a lot or feeling very anxious, sad, or fearful
- Crying often
- Having trouble thinking clearly
- Having frightening thoughts or flashbacks, reliving the experience
- Feeling angry, resentful, or irritable
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses
- Becoming isolated from family and friends

Physical responses to trauma may also mean that a person needs help. Physical symptoms may include:

- Having headaches
- Having stomach pain and digestive issues
- Having difficulty falling asleep or staying asleep
- Having a racing heart and sweating

- Being very jumpy and easily startled

People who have a personal or family history of mental illness or substance use, who have had previous exposure to traumatic experiences, who face ongoing stress or trauma (such as abuse), or who lack support from friends and family may be more likely to develop more severe symptoms and need additional help.

Children and teens can have extreme reactions to traumatic events, but their symptoms may not be the same as those seen in adults. In children younger than age 6, symptoms can include:

- Wetting the bed after having learned to use the toilet
- Forgetting how to talk or being unable to talk
- Acting out the scary event during playtime
- Being unusually clingy with a parent or other adult

Older children and teens usually show symptoms more like those seen in adults. They may also develop disruptive, disrespectful, or destructive behaviors. Older children and teens may feel guilt over not preventing injury or death. They may also have thoughts of revenge.

Healthy ways of coping can help reduce stress and improve well-being.

- Avoid the use of alcohol or drugs.
- Spend time with trusted friends and relatives who are supportive.
- Try to maintain routines for meals, exercise, and sleep.

- Engage in exercise, mindfulness, or other activities that help reduce stress.
- Set realistic goals and focus on what you can manage.
- If you need help, ask your health care provider for a referral to a mental health professional.
- If you or someone else is in danger of suicide, call the Suicide Crisis Hotline 988 or 911.

Source: nimh.nih.gov/health/topics

PANDAS and PANS

PANDAS is short for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. A child may be diagnosed with PANDAS when OCD, tic disorder or both suddenly appear following a streptococcal infection such as strep throat. PANS is similar, but can be caused by other infections.

The symptoms are usually dramatic, happen “overnight and out of the blue,” and can include motor or vocal tics or both and obsessions, compulsions, or both. In addition to these symptoms, children may become moody or irritable, experience anxiety attacks, or show concerns about separating from parents or loved ones.

The child’s immune system produces antibodies that react to both the molecules on the strep bacteria and to similar molecules found on other parts of the body. Some cross-reactive antibodies target the brain, causing neuropsychiatric symptoms of PANDAS.

The diagnostic criteria are:

- Presence of OCD, a tic disorder, or both
- Pediatric onset of symptoms (i.e., age 3 to puberty)
- Episodic course of symptom severity (see information below)
- Association with group A Beta-hemolytic strep infection, such as a positive throat culture for strep or history of scarlet fever
- Association with neurological abnormalities, such as physical hyperactivity or unusual, jerky movements that are not in the child’s control
- Very abrupt onset or worsening of symptoms
- Other symptoms may be present: Symptoms of attention-deficit/hyperactivity disorder (ADHD), such as hyperactivity, inattention, or fidgeting
- Separation anxiety (e.g., child is "clingy" and has difficulty separating from his or her caregivers; for example, the child may not want to be in a different room in the house from his or her parents)
- Mood changes, such as irritability, sadness, or emotional lability (i.e., tendency to laugh or cry unexpectedly at what might seem the wrong moment)
- Trouble sleeping
- Nighttime bed-wetting, frequent daytime urination, or both
- Changes in motor skills, such as changes in handwriting
- Joint pains

The best treatment is to treat the strep infection with antibiotics. Resources, information, and help to find a treatment professional: PANDAS Physicians Network: www.pandaspph.org
www.pandasnetwork.org
 International OCD Foundation

Source: more information at www.nimh.nih.gov ##

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. ##

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.

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 ##

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 ##

Autism Alliance of Michigan
www.lookingthroughthepuzzle.com

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 Veterans](http://www.nccforhomelessveterans.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, 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

Promise of Hope (810)275-2690
www.familiesagainstnarcotics.org
support group for family members
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, April

GHS Board Meetings, Flint

Services: (810)257-3705 420 W.

Fifth Ave., Flint 48503

SUD Advisory, Mon.4/8, Board

Room, 420 W. 5th Ave. 4 p.m.

Board of Directors, Thurs.4 p.m.,

Finance, Program & Evaluation

CCIS room 108, 4 p.m.

Region 10, Fri, 4/19, 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. 4/8, Board, 5:15 p.m.

Thurs. 4/18 Governance

Mon4/22, Ends, 5:15

Wed.4/24, 5:15

Rose Hill Flower Sale will be on

Saturday, May 11, 5130 Rose Hill

Bld., Holly, MI 48442.