



Common Bond

Genesee County

(810)232-6498 – www.namigenesee.org namigenesee@gmail.com April 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. We plan to start the next classes in June.

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. **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

How to Reach Your Elected Officials

White House Comment Line, (202)456-1111, Tues, Wed, Thurs, 11 a.m.-3 p.m.

Senator Peters, (313)226, 6020, peters.senate.gov

Senator Slotkin, (202)224-4822, slotkin.senate.gov

Representative Kristen McDonald Rivet, Genesee, Saginaw, Bay and Midland counties, (810)238-8627. Other counties, call the House switchboard (202)224-3121

Michigan Governor Whitmer, (517)335-7858

State Senator Cherry, District 27, Part of Burton, Clayton Twp., Flint, Flint Twp., Flushing, Flushing Twp., Gaines Twp., Grand Blanc, Grand Blanc Twp, Mt Morris, Mt. Morris Twp, Mundy Twp, and Swartz Creek (517)373-0142

State Senator Theis, District 22, Livingston County, southern part of Genesee and Shiawassee Counties, Ingham, Oakland (517)373-2420

State Senator Runestad, District 23, western part of Oakland County, (517)373-1758

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.

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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) 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 _____

Senator Johnson, District 24, part of Genesee, Lapeer, Macomb and Oakland Counties ((517)373-1636

Representative Begole, District 71, (517)373-0853

Representative Mueller, District 72, Fenton, Fenton Twp, Linden, portions of Grand Blanc and Mundy Twps, Holly, Holly Twp, Rose Twp, Tyrone Twp

Please go to nami.org and pay dues to NAMI Genesee County. \$5 is O.K.; membership numbers give NAMI political power. #

Mental Health Association Warns of Federal Medicaid Cuts

“The Medicaid program is facing the threat of devastating cuts and changes, including amount-per-capita beneficiary caps, decreasing the federal Medicaid contribution in states that have expanded their Medicaid programs, and adding work requirements.” Source: Valerie Sterns, Executive Vice President, Affiliate Network, MHA via e-mail. The proposed federal budget is likely to require cuts in Medicaid, Medicare and Social Security that would drastically reduce the mental health care and support for persons living with mental health issues. ##

NAMI Genesee C. Annual Meeting

The annual meeting was held on Monday, April 7. Several Board members were re-elected and two

new Board members, Zoe Lynch and Elena Martinez, were appointed to serve until the 2026 annual meeting. Officers appointed by the Board were President Dave Ballenberger, Vice-President Tia Coles, Secretary Tarnesa Martin and Elena Martinez Treasurer. The President's annual report and financials are on our website. ##

Living with Bipolar II by Lisa Smith

I was diagnosed with Bi-Polar II about 20 years ago, but I have been living with the mood swings for my whole life. I could not understand why some days I felt on top of the world and others I was in the pits of despair. Add to it the irritability and quick anger and it made living with me very challenging. Charismatic and upbeat one minute, the next second yelling about something minor describes me in a sentence.

When I was diagnosed, they said it was caused by a defective gene in my ability to process Serotonin. Sometimes it would work perfectly, other times not so much, causing the mood swings and erratic behavior. Once I was on medication, it took the edge off the rapid switches and gave me pause before I switched from manic to depression. But nothing fixes it except finding balance. A balance in my stress levels, diet, exercise, sleep, medication all these need to be in balance to provide me with a normal life.

So, for years I have been working at attaining balance to stay on top of my mood. Into this would come a snag from the very medication that helped keep me in

balance, Tardive Dyskinesia, or TD. Tardive Dyskinesia is uncontrolled movements or tremors in my face, hands, and legs. Mine move pretty much all the time in my legs, often in my hands, and less noticeable in my face. This makes being in public difficult because people notice the tremors and make mention of them or stare at them. I feel self-conscious and less likely to do things. This upsets that balance and makes me feel depressed. But taking medication for depression makes the tremors worse. The whole situation is upsetting. One thing has been found to work, Cognitive Behavior Therapy.

Cognitive Behavior Therapy is keeping a journal with statements of what I want to be true but is not true yet. In this way, I get some control over my situation and feel better as I work to reprogram my mind to think differently. You can use it for numerous reasons, and it is easy to do but hard to keep at it. If you find yourself out of control or balance, try it and see if it helps you to cope with the situation you are in. For me, it has been a life saver. ##

Help Support GHS Clients

The VIP store in the main Genesee Health System building on Bristol Rd. is open to the general public. Walk into the welcome center 10 a.m.-2 p.m. Monday through Friday. There is art, home décor, items to wear and many handmade items crafted by persons living with mental problems. ##

FDA Safety Warning

On March 14, the FDA issued the following safety warning. "FDA advises consumers not to inhale nitrous oxide products from any size canisters, tanks, or chargers." If used for recreational/non-food purposes, severe adverse events can occur. These products are marketed as both unflavored and flavored ingredients. ##

Book Review

Dr. Bernadette Atanga's book, *Beneath the Armor: 8 Practical Strategies for Men to Embrace Vulnerability and Lead with Authentic Strength*, explores how societal expectations often force men to suppress emotions, leading to unresolved pain that manifests as anger, withdrawal, or destructive behaviors—all of which can escalate tensions at home and in leadership roles. She provides practical conflict prevention strategies, helping men recognize their emotional wounds, break cycles of intergenerational trauma, and foster healthier communication. This book helps build better relationships. ##

Free health care career training: (810)232-2228
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 ##

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
OneStopHousing@ccsgec.org ##

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 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

Vista Drop-in Center

3326 Corunna Rd., Flint. Open
10 a.m. to 4 p.m. Monday through
Friday (810)336-5445
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
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

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

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](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.

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
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

**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

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

Website for opioid information,
addiction treatment, etc.
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
(810)238-3333 Ext. 209 ##

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 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.

SUD Advisory, Mon.4/14, 4 p.m.

Board of Directors, 4/24, 4 p.m. 4

p.m. DEI, Human Resources,

Finance, Programs & Evaluation

Region 10, Fri, 4/25, 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, 4/3, 6 p.m.

Board of Directors, 4/14, 5:15

Governance, 4/17 5:15, p.m.

Executive Limitations 4/23, 5:15

Ends, 4/28, 5:15 p.m.