

If your address changes, please call (810)232-6498 and leave your name and correct mailing address and/or e-mail address.

## **NAMI Genesee County Support Meetings**

**We offer in person support in Genesee and Saginaw counties.**

Call ahead is not required.

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

Flint area Family Support Second and fourth Tuesdays 7-9 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498

Saginaw area Family Support Second Mondays at 6:30 p.m. at the Comfort Inn Conference Room, 11911 Dixie Hwy, Birch Run 48415 (next to Meijers).

Information: (989)598-4563

Saginaw Family to Family classes were completed this spring.

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays at 7 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498

NAMI G.C. Board Meetings, 6:30 p.m. third Tuesdays in our office.

### **Saginaw Consumer Support**

Saginaw has a consumer support meeting that does not follow NAMI training, therefore it is not a NAMI Genesee County meeting.

Meetings are 6 p.m. first and third Thursdays at McDonald GMC Cadillac, 5155 State St.,

Saginaw Sue (989)780-0825

[sue.smith3185@outlook.com](mailto:sue.smith3185@outlook.com)

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.

The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. Call to get your place on the list for fall classes.

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. (810)232-6498

NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other 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 classes are online for family and friends of veterans and active duty military with mental health issues.

[www.research.net/r/HomefrontOnlineRegistration](http://www.research.net/r/HomefrontOnlineRegistration)

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. Available 24/7 by computer or mobile devices.

[www.homefrontresources.nami.org](http://www.homefrontresources.nami.org)

“Ending the Silence” is a free of charge online presentation about mental disorders designed by NAMI to be used in schools.

[www.ets.mani.org](http://www.ets.mani.org). ##

### **Medicaid Application Renewal Required**

Due to recent federal legislation, all Medicaid recipients need to renew Medicaid applications. It is important to complete the information in your packet, sign the forms and return them by the due date to avoid a lapse in coverage. Need some assistance with the process? The Greater Flint Health Coalition will help. Call (810) 232-2228, text "renew" to (810) 853-6458, or email [coverage@flint.org](mailto:coverage@flint.org). ##

### **Black Men Face Discrimination in Mental Health Treatment**

Black men are less likely to seek mental health services, and when they do, they are more likely to receive inadequate care. The ultimate consequences have been devastating for the Black community. Suicide is the third leading cause of death for Black or African American men ages 15-24. The mental health crisis is

particularly evident in the case of Black men. In 2018, the suicide rate for Black men was 10 times the rate for Black women. Black men and African American men  
NAMI COMMON BOND

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**MEMBERSHIP FORM**

Annual Dues are shared between NAMI Genesee County, NAMI Michigan and NAMI. All 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) or [www.namigenesee.org](http://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 \_\_\_\_\_

often lacked sufficient access to quality mental health services.

Clinicians must take steps to recognize and identify their personal biases. Black Americans are often over diagnosed with severe mental illnesses, such as schizophrenia, and they are underdiagnosed for mood related disorders, like depression and anxiety. They are also less likely to be offered medication for their diagnosis, even when appropriate and covered by health care.

Treatment interventions should validate and empower the client, normalize their feelings and empathize with the unique struggles they face in regards to racism and discrimination. Evidence suggests that spirituality is often a protective factor for Black Americans, fostering hope. Failing to meet the mental health needs of Black men leads to increased risk of poverty, substance abuse and violence and incarceration — factors that already disproportionately affect Black communities. Source: *NAMI Now*, e-mail newsletter March 29, 2023

**Tendency for Addiction Disorders Can Be Inherited**

Using genomic data of over 1 million people, scientists have identified genes commonly inherited across addiction disorders, regardless of the substance being used. This

research may help reveal new treatment targets across multiple substance use disorders. The findings also reinforce the role of the dopamine system in addiction.

“Genetics play a key role in determining health throughout our lives, but they are not destiny. Our hope with genomic studies is to further illuminate factors that may protect or predispose a person to substance use disorders—knowledge that can be used to expand preventative services and empower individuals to make informed decisions about drug use,” said NIDA Director Nora Volkow, M.D.

In 2021, more than 46 million people in the United States aged 12 or older had at least one substance use disorder, and only 6.3% had received treatment. Moreover, people who use drugs are facing an increasingly dangerous drug supply, now often tainted with fentanyl. Approximately 107,000 people died of drug overdoses in 2021, and 37% of these deaths involved simultaneous exposure to both opioids and stimulant drugs. Drug use and addiction represent a public health crisis

Substance use disorders are heritable and influenced by complex interactions among multiple genes and environmental factors. In this study, researchers pinpointed areas in the genome associated with general addiction risk, as well as the risk of specific substance use disorders—namely, alcohol, nicotine, cannabis, and opioid use disorders—in a sample of 1,025,550 individuals with genes indicating European

ancestry and 92,630 individuals with genes indicating African ancestry.

The genomic pattern identified here was also a predictor of having two or more substance use disorders at once. The genomic pattern also predicted higher risk of mental and physical illness, including psychiatric disorders, suicidal behavior, respiratory disease, heart disease, and chronic pain conditions. In children aged 9 or 10 years without any experience of substance use, these genes correlated with parental substance use and externalizing behavior.

“Substance use disorders and mental disorders often co-occur, and we know that the most effective treatments help people address both issues at the same time.” said NIMH Director Joshua A. Gordon, M.D., Ph.D.

NIAAA Director George F. Koob, Ph.D. “ Together the findings of alcohol-specific risk variants and common addiction-related variants provide powerful support for individualized prevention and treatment.” Study published in *Nature Mental Health*, March 22, 2023. Source: March 22 press release from [nimh.nih.gov](http://nimh.nih.gov) ##

### **Michigan Mental Health Legislation Introduced**

SB 27 would require health plans to provide coverage for mental health conditions and substance use disorders in the same way coverage is provided for physical health conditions.

HB 4089 would create a mental health and school safety

commission within the Michigan Department of Education.

### **Amazon Donations to NAMI**

Go to [Smile.amazon.com/about](https://Smile.amazon.com/about) to donate to NAMI at no cost to you.

### **Free Job Training**

Free training is available to qualifying Genesee County residents who are interested in a healthcare career. Participants will receive the skills and experience necessary to succeed in a high-demand healthcare career. Information: call or text (810)853-6423. ##

### **Rose Hill Flower Sale**

Save the date: Saturday, May 13 is the date for the Rose Hill Center annual flower sale. Get plants for your porch or garden. 5130 Rose Hill Blvd, Holly 48442 Proceeds benefit the residents. #

### **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. Hours are 8:30 a.m. –10:30 p.m. Monday through Friday, video chat 24 hours a day, 7 days a week. No cost. No referral or insurance needed. (810)496-5500 (877)-346-3648

### **Dial 211 for information to get human services help**

**Under Stress and Need to Talk?** “Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week. (888)733-7753 ##

### **Virtual Behavioral Health Urgent Care in Genesee County**

Video based chat support 24 hours a day, 7 days a week with a

therapist open to everyone in Genesee County at no cost. Call (810)257-3705 for instructions.

### **GHS crisis services**

(810)257-3740.

### **MyStrength**

GHS offers an online service & phone app called MyStrength. [www.MyStrength.com](http://www.MyStrength.com)

### **MHAM Free Mental Health Screenings Online**

[www.mha-mi.com/](http://www.mha-mi.com/) ##

### **Mothers of Joy University**

[mothersofjoyuniversity@gmail.com](mailto:mothersofjoyuniversity@gmail.com) 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 has an art gallery in the Genesee Valley Center open Mondays, Wednesdays and Fridays 12-3 p.m. or by appointment. (810) 766-7085 or visit [www.thevistacenter.org](http://www.thevistacenter.org) ##

### **Genesee County Suicide Prevention Website**

[www.LetsTalkGenesee.com](http://www.LetsTalkGenesee.com) ##

### **Disaster Distress Helpline**

Text TALKS WITH US to 66746 Available 24 hours, 7 days. ##

### **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.

### **One-on-One Health Care Coverage Enrollment Assistance For Children**

Greater Flint Health Coalition  
(810)853-6458 ##

**Center for Parent Information  
and Resources**

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)  
1-800-552-4821 ##

**Voices for Children Advocacy  
Center**

[www.voicesforac.org](http://www.voicesforac.org)  
(810)238-3333 Ext. 209 ##

**Children's Behavioral Health  
Resources in Flint**

Mott Children's Health Center and the Boy's and Girl's Club in Flint have cooperated to provide a grant-funded behavioral health specialist. There is a \$10 fee that is waived for participants who can't afford to pay. ##

**Depression and Bipolar Support  
Alliance Meetings**

Call before attending. Faith-based, Holy Family Church, Grand Blanc, first and third Thursdays, (810)347-4706  
Disability Network, Flint, second and fourth Thursdays, 6-7:30 p.m. (616)745-2672 ##

**Help for Veterans**

Veteran's Support for Servicemen: 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  
**(810)257-3068**

**1101 Beach St., Flint 48502**  
Disabled American Veterans

**(810)742-9220**

M, T, W, Th, F 9 a.m.-2 p.m.

Veteran's Support Group

**(810)760-9471 Paul Hitch**

NAMI Homefront Classes Online for Family and Friends of Veterans and Active Duty Military  
[www.research.net/r/HomefrontOnlineRegistration](http://www.research.net/r/HomefrontOnlineRegistration)

**Medications**

Reach an FDA pharmacist 888-463-6332. FDA Medwatch 800-332-1088 to report adverse drug reactions.

To check on-line pharmacies:

BeSafeRx:Know

YourOnlinePharmacy

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 in communities.

[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)

**Help Locating Treatment for  
Substance Use Disorders**

**FAN (Families Against Narcotics)**  
(810)275-2690

[www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.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

**OK2SAY@mi.gov** Hotline to report threatened suicide by teenagers or threats to schools.

Website for opioid information, addiction treatment, etc.

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

**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,  
April, 2023**

**GHS Board Meetings, Flint**  
Services: (810)257-3705 420 W. Fifth Ave., Flint 48503

SUD Advisory, Mon. 4/10, Board  
Room, 4 p.m.  
Board, Thurs., (DEI, Human  
Resources, Finance, Program &  
Evaluation) 4 p.m. children's  
services building, Room 108,  
1402 S. Saginaw St.  
Agency closed Friday April 7  
Region 10, Fri.4/14, Port Huron ,  
9 a.m.

**Saginaw Co. CMHA Board**

(989)797-3400 [scmha.org](http://scmha.org)  
Meetings are held at 500 Hancock  
St, Saginaw, Michigan 48602  
Citizen's Advisory, Thurs.4/6, 6  
p.m.  
Board, Mon., 4/14, 5:15 p.m.  
Governance, Thurs, 4/20, 5:15  
p.m.  
Ends, Mon. 4/24  
Executive Limitations, Wed. 4/26,  
5:15 p.m.