

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 May 21.

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 May 20. (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

Please Walk With Us

A generous person has organized a fundraiser “Walk/Run for the Appreciation of Life” to benefit NAMI Genesee County. It will be held Saturday, May 11, 2024 at the Clio City Park, 402 N. Mill St., in Clio. Starting time is 9 a.m. Cost is \$20 for 1 mile and \$30 for 5K. See the attached flyer for more information. It will be family friendly and fun. ##

NAMI Genesee County Annual Meeting

Our annual meeting was held on Tuesday, April 30, 6:30 P.M. at Aubree's Pizza & Grill 11501 S. Saginaw, Grand Blanc, 48439. Dante Jennings spoke about suicide prevention programs in Genesee County. Elected to the the Board were : Shearese Stapleton, Tia Coles, Barb Wiegand, Lacey Benjamin, April Cook-Hawkins, and Latressa Gordon. The new Board chose the following officers: President, Ramona Deese, Vice-president, Tarnesa Martin, Secretary, Barb Wiegand, Treasurer, Shawna Sims. The annual report will be posted on our website. ##

Rose Hill Flower Sale will be on Saturday, May 11, 5130 Rose Hill Blvd., Holly, MI 48442.

Save the Date

Soberfest will be held 8 a.m. to 4 p.m. at the Union Ball Field on July 21. It is a low cost family friendly event and lots of fun ##

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

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Ramona Deese, Karen Henry, Maureen Post, Sally Parker, April-Cook-Hawkins, Suzanne Kellom

NAMI Connections Facilitators
Maureen Post, Karen Henry, Tawanna Anderson, Latressa Gordon
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 _____

New Book from the Mental Health Association

"Where to Start," is a guide to self help from the Mental Health Association.

Part one: *Am I Okay?*—symptoms and causes of mental health conditions.

Part two: *Talking About It*—shows ways to discuss mental health needs with others.

Part three: *Getting Help*—where and how.

Part four: *DIY Mental Health Practices Self Care & Resources.*

Paperback \$12.99, Hard cover \$19.99 plus shipping from www.store.mhanational.org/products

Using Mental Health Apps

Mental health apps and other technology have a lot of potential, both for people seeking mental health care and mental health professionals providing such services. Some advantages of mobile care technology include the following:

- **Convenience:** Allows treatment to take place anytime and anywhere.
- **Anonymity:** Lets people receive treatment anonymously and privately from the comfort of their homes
- **Introduction to care:** Acts as a good first step for people who have been reluctant to seek mental health care in the past

- **Lower cost:** Makes care more affordable through apps that are free or cheaper than traditional in-person care
- **Greater outreach:** Helps mental health professionals offer treatment to people in remote areas.
- **Interest:** Encourages people to continue therapy by making care more appealing and accessible than traditional in-person treatment
- **24-hour service:** Provides around-the-clock monitoring or intervention support
- **Consistency:** Offers the same treatment program to all people
- **Support:** Complements traditional therapy by extending in-person sessions, reinforcing new skills, and providing support and monitoring
- **Data collection:** Collects information, such as location, movement, phone use, and other data

Mental health technology offers great opportunities but also raises concerns. New apps should provide benefits without causing harm. We need more information on their effectiveness.

The following are some limitations of the technology that researchers and developers are trying to answer questions about.

- **Effectiveness:** Is the app supported by scientific evidence showing that it works and works as well as traditional in-person methods?
- **Audience:** Does the app work equally well for all people it is meant to help?
- **Privacy:** How does the app maker guarantee users' privacy,

considering many apps deal with sensitive personal information? Source and more information: nimh.nih.gov ##

Early Detection of Psychosis

People with psychosis typically experience delusions (false beliefs, for example, that people on television are sending them special messages or that others are trying to hurt them) and hallucinations (seeing or hearing things that others do not, such as hearing voices telling them to do something or criticizing them). Other symptoms can include incoherent or nonsense speech and behavior that is inappropriate for the situation.

However, a person will often show changes in their behavior before psychosis develops. Behavioral warning signs for psychosis include:

- Suspiciousness, paranoid ideas, or uneasiness with others
- Trouble thinking clearly and logically
- Withdrawing socially and spending a lot more time alone
- Unusual or overly intense ideas, strange feelings, or a lack of feelings
- Decline in self-care or personal hygiene
- Disruption of sleep, including difficulty falling asleep and reduced sleep time
- Difficulty telling reality from fantasy
- Confused speech or trouble communicating
- Sudden drop in grades or job performance

Alongside these symptoms, a person with psychosis may also experience more general changes in behavior that include:

- Emotional disruption
- Anxiety
- Lack of motivation
- Difficulty functioning overall

A person experiencing a psychotic episode may behave in confusing and unpredictable ways and may harm themselves or become threatening or violent toward others. It is important to seek help without delay, as early treatment usually results in better outcome.

Psychosis may be a symptom of a mental illness, such as schizophrenia, bipolar disorder, or severe depression. However, a person can experience psychosis and never be diagnosed with schizophrenia or any other disorder. For older adults, psychosis symptoms can be part of a physical or mental illness that emerges later in life such as Parkinson's, Alzheimer's and related dementias.

Other possible causes of psychosis include sleep deprivation, certain prescription medications or the misuse of alcohol or drugs. A mental illness, such as schizophrenia, is typically diagnosed by excluding these other causes. A qualified psychologist, psychiatrist, or social worker can make a diagnosis and help develop a treatment plan. Source: nimh.nih.gov ##

**Michigan State Psychiatric Hospital
Bed Shortage is Urgent and Tragic**

In 2023, Michigan state hospitals had 497 beds available for adults and 79 for adolescents. This was 5 beds per 100,000 adults. In 1994, there were 3,711 beds for adults. www.treatmentadvocacycenter.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 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
(800)273-8255 ext. 1, or text to 838255, or click the Veterans tab
www.suicidepreventionlifeline.org

National Call Center for Homeless Veterans **(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: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
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, May 2024

GHS Board Meetings, Flint

Services: (810)257-3705 420 W.
Fifth Ave., Flint 48503
SUD Advisory, Mon.5/13, Board
Room, 420 W. 5th Ave. 4 p.m.
Board of Directors, Thurs. 5/23,
Finance, Program & Evaluation
CCIS room 108, 4 p.m.
Region 10, Fri, 5/17, 9 a.m.,
Sanilac
Agency closed Mon. 5/27

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Thurs. 5/2 Citizen's Advisory
Mon.5/13, Board, 5:15 p.m.
Wed. 5/15, Recipient Rights
Wed. 5/22, Ends, 5:15