

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 April 25.

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

NAMI Genesee County Annual Report Available

Our annual meeting was held on March 30. The 2026 annual report is posted on our website. #

NAMI Family-to-Family Classes Begin April 25

NAMI Genesee County will offer the Family-to-Family education program on the Holy Redeemer campus in Burton. Classes meet on Saturdays from 9:00–11:30 AM in the Ministry Center beginning Saturday, April 25, 2026. This free 8-session course is for family members and caregivers supporting a loved one with mental illness. Registration is required. **For details, call David Ballenberger at (248)459-1049 or walker11955@outlook.com**

New Family Support Group for Spanish Speakers

NAMI G.C. has trained two Spanish native speakers who will facilitate a new support group for family members and friends of people experiencing mental health symptoms. For information, contact David Ballenberger, (248)459-1049 or walker11955@outlook.com The support group will meet

separately from our Oak Bridge location. Please give this information to your Spanish speaking friends and Hispanic community members. ##

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 (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 and pay dues to NAMI Genesee County.

CDC Warning, Medetomidine

Medetomidine is an animal sedative not approved for use in humans. Medetomidine is frequently found mixed with illegally made fentanyl and people may not know they are taking it. Medetomidine can cause profound sedation, very rapid heartbeat and very low blood pressure.

Because fentanyl is involved in most overdoses involving medetomidine, naloxone should be administered to restore normal breathing in suspected overdoses. However, naloxone does not reverse the effects of medetomidine,

If someone has regular exposure to medetomidine, they may experience severe withdrawal syndrome when they stop taking it. This may happen after someone is given an opioid overdose reversal medication, such as naloxone, during an overdose. Severe withdrawal syndrome can cause organ damage and often requires emergency or intensive care. Source:

<https://www.cdc.gov/han/php/notices/han00527.html>

Coping With Traumatic Events

Traumatic events can include experiences such as natural disasters (such as hurricanes, earthquakes, and floods), acts of violence (such as assault, abuse, terror attacks, and mass shootings), and car crashes or other accidents.

It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's “fight-or-flight” response, which helps us avoid or respond to potential danger. People may experience a range of reactions after trauma, including:

- 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. Those who continue to experience symptoms may be diagnosed with post-traumatic stress disorder (PTSD).

It is important to seek professional 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.

Healthy ways of coping can help reduce stress and improve well-being. Here are some things you can do to help yourself:

- 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 symptoms are severe, contact your primary physician and ask for a referral to a therapist. Source: www.nimh.nih.gov/health/topics ##

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 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

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

GHS Behavioral Health Urgent Care Center Open 24/7

The Behavioral Health Urgent Care Center is located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. The Center is open 24 hours a day, seven days a week. Phone (810)496-5500 (877)-346-3648

NAMI has updated the information about PTSD on www.nami.org. Look for

“Trauma and PTSD: Dispelling Myths, Inspiring Hope.” ##

Websites to Help Locate Missing Kids

www.missingkids.org

1-800-843-5678

National Runaway Safeline

www.1800runaway.org

1-800-785-2929

Adult missing person information on www.nami.org

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

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
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.

Autism Alliance of Michigan
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

**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 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
**(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.
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

Help for Sobriety Court Members
www.partners4recovery.org

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

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 ##

Public Mental Health System

Board Meetings, April

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. 4/23/26, 4 p.m.

Region 10, Fri, 4/17, 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, Mon. 4/2/26, 6 p.m.

Board, 4/13/26, 5:15, p.m.

Governance, 4/16/ 26, 5:15 p.m.

Executive Limitations, 4/22/26 5:15

Ends, Mon. 4/27/26, 5:15

Spring is here; enjoy the fresh air and sunshine. Go for a walk. ##