

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.

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

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 the NAMI script, therefore it is not an official 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.

*May is mental health awareness month.*

**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 name 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. Call (810)232-6498 for information.

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). ##

**Save the Date, Tuesday, July 18 at our office for our annual meeting, 7 p.m. ##**

### **Talking to Kids about Abuse & Neglect**

In 2021, seven million American kids were referred to Protective Services. One in ten U.S. kids show signs of abuse. NAMI had a webinar in April, “Talking to Kids about Abuse & Neglect” that can be viewed on the archives at [nami.org](http://nami.org).

NAMI has a hotline for child abuse that kids can use “text and chat.” Text “Helpline” to 62640. There is a toll-free number (800)950-6264 or e-mail [helpline@nami.org](mailto:helpline@nami.org)

There is a Childhelp Hotline. Call or text (800)422-4453 Childhelp has many resources. <https://childhelphotline.org>

### **Where Can I Get Treatment for a Substance Use Disorder in Genesee County?**

New Paths provides adult treatment for all substance use disorders using evidence based methods. There is a residential treatment center, day treatment and outpatient treatment. New

Paths accepts Medicare, Medicaid and some insurances.

(810)233-5340, ext 122

[intake@newpaths.org](mailto:intake@newpaths.org) ##

NAMI COMMON BOND

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Saginaw: Sue Smith

Brain Bank Contact, (617)855-2400

**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 \_\_\_\_\_

**Do You Need Help?**

Findhelpgenesee.org. Information for most problems, food, clothing, housing, medical care, etc. ##

**NAMI Michigan Conference**

Thursday and Friday, May 18-19, 8 a.m. to 5 p.m., Sheraton Hotel 21111 Haggerty Rd., Novi. CEU and SCECH available. (517)485-4049 info@namimi.org

**Research: Folic Acid Supplements Were Associated with Lower Suicidality**

Suicides have increased in the United States to more than 45,000 annually. Non-fatal attempts number 1.2 million.

Research by J. John Mann, M.D. and Robert D. Gibbons, PhD published in *Jama Psychiatry* show promising results for folic acid (vitamin B9) as an inexpensive preventive treatment.

The researchers used a database of over 866,000 people, comparing folic acid with vitamin B12. There was a 44% lower rate of suicidal events while folic acid was being taken. There was no association between vitamin B12 and suicidal events. The results held true between men and women and across all age groups.

The researchers found that 10 prescription drugs out of 922 commonly prescribed drugs were associated with increased suicide risk, perhaps because the drugs

depleted folic acid. There are lab tests that can detect folic acid deficiency. The safe upper limit of folic acid is 1 mg/day. The researchers suggest a double-blind study to confirm their results. *Editor: Do not try to treat depression without medical advice. Taking large doses of vitamins can be harmful. Consult your doctor or pharmacist.* Source: *Brain & Behavior*, April 2023 #

**Self Harm**

Self-harm, or self-injury, is when a person hurts his or her own body on purpose. The injuries may be minor, but sometimes they can be severe. Some examples are: cutting yourself (such as using a razor blade, knife, or other sharp object to cut your skin); punching yourself or punching things (like a wall); burning yourself with cigarettes, matches, or candles; pulling out your hair; poking objects through body openings; breaking your bones or bruising yourself.

Self-harm is not a mental disorder. It is a behavior - an unhealthy way to cope with strong feelings. However, some of the people who harm themselves do have a mental disorder. Those who harm themselves are usually not trying to suicide, but they are at higher risk of attempting suicide if they do not get help.

Often, people have trouble coping and dealing with their feelings. They harm themselves to try to: make themselves feel something when they feel empty or numb inside; block upsetting memories; show that they need help; release

strong feelings that overwhelm them, such as anger, loneliness, or hopelessness; punish themselves or feel a sense of control.

There are people of all ages who harm themselves, but it usually starts in the teen or early adult years. Self-harm is more common in people who: were abused or went through a trauma as children; have mental disorders such as depression, eating disorders, post-traumatic stress disorder; certain personality disorders; misuse drugs or alcohol; have friends who self-harm; have low self-esteem.

Signs of self-harm include: having frequent cuts, bruises, or scars; wearing long sleeves or pants in hot weather; making excuses about injuries; having sharp objects around for no clear reason.

Let the person know that you want to help. If the person is a child or teenager, ask him or her to talk to a trusted adult. If the person who is self-harming is an adult, suggest mental health counseling. Source: NIH, Medline Plus, website ##

**Disruptive Mood Dysregulation**  
Disruptive mood dysregulation disorder (DMDD) is a condition in which children or adolescents experience ongoing irritability, anger, and frequent, intense temper outbursts. DMDD is a newly classified disorder, first appearing in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) in 2013.

Children or adolescents with DMDD experience: severe temper outbursts (verbal or behavioral) on average, three or more times per week; outbursts and tantrums that have been ongoing for at least 12 months; chronically irritable or angry mood most of the day, nearly every day; Trouble functioning due to irritability in more than one place (at home, at school, and with peers)

An evaluation by your child's health care provider can help clarify problems that may be underlying your child's behavior, and the provider may recommend the next steps. Source: NIMH website ##

**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. 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 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 ##

### **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/Homefront](http://www.research.net/r/Homefront)**

**OnlineRegistration**

### **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,**

## **May, 2023**

### **GHS Board Meetings, Flint**

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

SUD Advisory, Mon. 5/8, Board  
Room, 4 p.m.

Consumer Council, Mon. 5/15  
teleconference

Board, Thurs., May 25,  
(Corporate Compliance, Finance,  
Programs & Evaluation) 4 p.m.

children's services building,  
Room 108, 1402 S. Saginaw St.

Agency closed Memorial Day

Region 10, Fri.5/19, Sanilac

CMH, 9 a.m.

### **Saginaw Co. CMHA Board**

(989)797-3400 [sccmha.org](http://sccmha.org)

Meetings are held at 500 Hancock  
St, Saginaw, Michigan 48602

Board, Mon., 5/8, 5:15 p.m.

Advisory, Thurs. 5/4, 6 p.m.

Recipient Rights, Wed. 5/17 5:15

Executive Limitations, Wed.5/24,  
5:15 p.m.