

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

NAMI Genesee County Annual Meeting

When: Tuesday, May 18

Time: 6:30 p.m.

Where: Valley Church, 4201 Lippincott Blvd., Burton 48519

From I 69, go south on Center Rd. Go left (east) on Lippincott to Valley Church. www.valleycb.org

What: The meeting will be held outdoors under a tent. We will serve a complementary individually boxed meal and soft drink. **Please RSVP by May 3 to (810)232-6498** so we can order a meal for you. Indicate any food allergies. Please wear a mask when not eating.

Guest Speaker: Mike Mueller, State Representative District 51. Mr. Mueller is a retired law enforcement officer who was appointed by Governor Whitmer to chair a committee focused on revising the criminal justice system. Among the goals were to divert individuals into treatment and reduce incarceration.

Who: Everyone is welcome to attend, but only members with paid-up dues will receive a ballot to elect board members. Membership information is on page 2 of this newsletter.

Online Support Groups Only

Because of the surge of covid cases, we will not have in person Family Support group until further notice.

Online Family Support groups are as follows, you may attend either or both groups:

2nd Mondays 6:30-8 p.m. Saginaw area facilitators.

4th Tuesday 7-9 p.m. Flint area facilitators. Family Support is for family and friends.

Online Connections Support group

2nd Tuesday 7-8 p.m. NAMI Connections is for people living with mental illness.

NAMI G.C. Board Meetings, third Wednesdays, 6:30 p.m.

To request an invitation with information and codes, send an email to namigenesee@gmail.com Indicate which support group you want to attend. Please do this at least 3 days before each meeting. NAMI support groups are free of charge.

NAMI does not give medical or legal advice. Please consult your doctor, pharmacist or lawyer.

Reminder: Do not discuss anything heard in a meeting anywhere else. ##

Free of Charge NAMI Classes

Online Peer-to-Peer classes for persons living with mental illness will begin soon. The series of 8 classes is to provide education about your illness and help you maintain your mental health. Registration is required. Call (810)232-6498. ##

NAMI Family-to-Family classes for family members and friends of adults with mental disorders. Next 8 week series will begin in September. Reserve a seat now.

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

NAMI Homefront classes are online for family and friends of veterans and active duty military with mental health issues

www.research.net/r/HomefrontOnlineRegistration ##

Save the Dates

NAMIWalks 2021 10 a.m. Saturday, August 28 at Belle Isle; 10 a.m. Sunday, September 19 at Maltson Harbor Park in Marquette; 10 a.m. Saturday, October 2 at Davenport U. in Grand Rapids. ##

Soberfest, an Inexpensive Day of Fun for the Whole Family

When: Sunday, July 18, 9 a.m.-5 p.m. No admission charge.

Location: Union City Ball fields, 4193 Torrey Rd., Flint 48507

For adults: Eucher tournament, Horseshoe tournament, Karaoke and Line dancing, Michigan Wrestling Organization, 16 team coed softball tournament open slots are available (810)236-6834.

For kids: Face painting, Trout pond (\$1) includes cleaning and icing catch, Free bike raffle for kids age 2-13, free crafts.

For everyone: Box Lunch \$1, Free entertainment, Magic & Escapes Entertainment starring Escape Artist Robert Zarius, Exhibit tables with information and give-aways, more activities.#

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: 105 copies via e-mail

Board Members and Officers:

- President, Suzanne Kellom
- Vice President, Tiffany Stone
- Recording Secretary, Julie McCalister
- Treasurer, Ed Kellom
- Tawanna Anderson
- Jeff Bernard
- Jo Ann Ceno-Sandlin
- Ramona Deese
- Dan Dulin
- Ebony Dunigan
- Sue Jobe
- Dinah Lee Schaller
- Tom Travis
- Director Emeritus, Erma Barber

Family Support Group Facilitators

- Ramona Deese, Karen Henry, Stacie Green, Linda Jaworski, Maureen Post, Suzanne Kellom, Rosie David

NAMI Connections Facilitators

- Maureen Post, Tawanna Anderson,
- Brain Bank Contact, (617)855-2400**

Please make checks payable to NAMI Genesee County. Mail to P.O. Box 1320, Flint, MI 48501

Remember to vote in the Genesee County Election on Tuesday, May 4 if you are eligible. ##

*Memorial
Donations were made in memory of Robert Olsen
By Beverly Duval, Patsy Bauer, Cummings Property Management*

Undesignated donations were received from Jacqueline Himelhoch, Terry Clark, Dominic Demaria and Carol Hager ##

Medication Update

An FDA review of study findings showed a potential increased risk of heart rhythm problems, called arrhythmias, in patients with heart disease who are taking the seizure and mental health medicine Lamictal (lamotrigine). FDA received reports of abnormal electrocardiographic (ECG) findings and some other problems.

Lamotrigine is used alone or with other medicines to treat seizures in patients 2 years and older. It may also be used as maintenance treatment in patients with bipolar disorder to help delay the occurrence of mood episodes such as depression, mania, or hypomania.

Patients should not stop taking your medicine without first talking to your prescriber because stopping lamotrigine can lead to uncontrolled seizures, or new or worsening mental health problems. Contact your health care professional right away or go

to an emergency room if you experience an abnormal heart rate or irregular rhythm, or symptoms such as a racing heartbeat, skipped or slow heartbeat, shortness of breath, dizziness, or fainting. Source: FDA Medwatch via e-mail ##

How Does Genesee County's Mental Health Court Work?

GHS provides an array of Jail Diversion services to the residents of Genesee County, one of which is the Mental Health Court. A GHS social worker screens individuals within the county jail and our prison for mental health-related needs. Mental Health Court diverts from jail individuals with mental illness who have been arrested and provides monitoring and treatment for one year. If the person complies, after one year the charges are dropped.

Mental Health Court also provides special court hearings for convicted people with mental illnesses who were not on medication at the time the crime was committed. These inmates are referred to GHS. Mental Health Court will take almost any crime except for sexual offenses or murder.

The social worker meets with each potential participant and completes a screening form. Potential participants are scheduled with the GHS Access Department. If determined eligible, a person is scheduled with GHS intake to begin services. The person will participate in case management services based on medical necessity requirements.

The MH court Case Manager focus is on linking, monitoring, advocating, assessing and

MEMBERSHIP FORM

Annual Dues are shared between NAMI Genesee County, NAMI Michigan and NAMI. All membership are for one year and include all benefits including newsletters. Your dues support NAMI's mission. You may join at www.nami.org or namigenesee.org and pay dues on-line using a credit card or fill out and mail the form below with a check.

Enclosed are my dues:

- Individual \$40. _____
- 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 _____

coordinating services with a specific focus on the mental health needs that influenced the person's involvement with the legal system. Some employers work with the Mental Health Court and will hire those in the program. Typically there are 50 to 60 in the program, fewer now because of covid. Source: GHS April 2021 Board minutes

(Editor's note: Genesee County has several Mental Health Courts. We are fortunate to have an adult mental health court, an adolescent mental health court, a veteran's court, a baby court for young mothers and a sobriety court. These courts require cooperation from the sheriff, prosecutor, judges, public defenders, private lawyers, Genesee Health System and the people who have been arrested. Genesee County is a model for Michigan. I have visited two of the courts and have been very impressed by the professionalism and sincere desire to help folks who have come into the criminal justice system. Ramona Deese)

Research: A Possible Treatment for Alcohol Addiction

Researcher Raymond Anton and colleagues reported in *JAMA Internal Medicine* that compared with placebo, the anticonvulsant gabapentin (Neurontin) helped people with alcohol use disorders reduce their drinking or abstain from drinking in a small study.

Ninety-six people with alcohol addiction took part in the double blind study for 16 weeks. 27% of the people who took gabapentin had no heavy drinking days compared to 9% of the placebo group. 18% achieved total abstinence compared to 4% of the placebo group.

Gabapentin appeared to be most effective for people with a history of alcohol withdrawal symptoms. 41% of participants with high alcohol withdrawal symptoms who took gabapentin achieved total abstinence compared with 1% of participants who took the placebo. Gabapentin is used to treat epilepsy and is an add on drug to treat the anxiety of bipolar disorder. Source: *Bipolar Network News*, Vol. 24, Issue 2, 2010 bipolarnews.org. Free subscriptions

What is CIT and Why Do We Need It?

Ramona Deese, Editor

In June of 2013, police responded to a request for a welfare check on a possibly suicidal person with a mental illness in a city in southern Genesee County. They called in back-up from the state police. The officers were armed with assault rifles and tasers. When the man's brother arrived to speak with the suicidal man, police put him in a police car and threatened to arrest him. After a 6 hour stand-off, the suicidal man was arrested and charged with felonious assault.

I was president of NAMI Genesee County at the time and I was horrified at the response of the police and the chief who remarked that since nobody was hurt, their intervention was successful. Later he admitted to a newspaper reporter that maybe his officers did need more training. I had written a letter to the editor pointing out that responding to a mentally ill person with a show of force tends to further upset the person and escalate a situation that might have been avoided if police had received adequate Crisis Intervention Training.

Forward to 2021. A start-up grant to design and implement CIT training in Genesee County was awarded. More than 20 organizations, including law enforcement officials, have been meeting to plan and implement week long, 40 hour training for police, EMTs and mental health professionals this summer. They would learn about mental illness, substance use disorders and de-escalation techniques. Responding teams would be formed and psychological first aid would be provided.

Long term goal is to provide training for police officers in all Genesee County jurisdictions as funding becomes available. CIT improves officer, family and consumer safety; decriminalizes mental illness; results in less use of weapons by police; lowers jail costs and gets needed treatment for people with mental illness and substance use disorders. ##

Genesee County Suicide Prevention Website

www.LetsTalkGenesee.com

National Disaster Distress Helpline

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

Virtual Behavioral Health Urgent Care in Genesee County

Video based chat support 24 hours a day, 7 days a week. The video chats are with a therapist and are open to everyone in Genesee County regardless of insurance. The service does not require a referral and there is no cost to the caller. If you, or someone you know, needs to talk to a therapist, call (810)257-3705 for

instructions. VBUC does not replace the existing GHS crisis services, (810)257-3740. ##

MyStrength

GHS offers an online service & phone app called MyStrength.

www.MyStrength.com ##

Center for Parent Information and Resources

e-mail: info@michiganallianceforfamilies.org

www.michiganallianceforfamilies.org 1-800-552-4821

Voices for Children Advocacy Center

www.voicesforac.org

(810)238-3333 Ext. 209 ##

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

Greater Flint Health Coalition
(810)853-6458

Mothers of Joy University

mothersofjoyuniversity@gmail.com

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

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

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

To check on-line pharmacies:

BeSafeRx: Know Your Online Pharmacy
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.

Non-profit information source for patient assistance programs and free or low-cost clinics nationwide: www.needymeds.org 1-800-503-6897

Assistance with Medical Costs

Assistance Fund 1-855-845-3663

SAMHSA 1-800-662-4357

government agency gives referrals to low-cost and sliding scale mental health care in communities.

To check board certifications and licensing of medical professionals, www.michigan.gov/my/license

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 ##

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

Help Locating Treatment for Substance Use Disorders

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

www.familiesagainstnarcotics.org

May is Mental Health Awareness Month

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

UCAN works specifically in Genesee Co.

Referrals from the Substance Abuse and Mental Health Administration:

(800)662-HELP (4357)

www.findtreatment.SAMHSA.gov
Partnership for Drug-Free Kids, 855-3784-3733 or text 55753

Website for opioid information, addiction treatment, treatment of chronic pain, treatment facilities. www.KnowMoreGenesee.org

Help for Sobriety Court Members

www.partners4recovery.org

Local GHS Crisis Services

810-257-3740, 1-877-346-3648
genhs.org/mystrength

National Suicide Hotline

1-800-273-8255

Michigan Stay Well Counseling Covid 19

1-888-535-6136 press 8

NAMI Helpline 1-800-950-6264

Text NAMI to 741741 to reach help in a crisis

OK2SAY@mi.gov

Suicide Prevention Hotline to report threatened suicide by teenagers

Dial 211 for information to get human services help.

Public Mental Health System

Board Meetings, Virtual

Genesee Health System

(810)257-3705 www.genhs.org

Saginaw Community Mental

Health Authority (989)797-3400

www.sccmha.org

Click on

notices.

##