

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

NAMI Genesee County

Support Meetings

Because of the pandemic, our support group schedule has changed temporarily. We offer in person Family Support at our office, 2346 Stonebridge Dr., Building H, Flint, second Tuesdays 7-9 p.m. Attendees are required to wear masks.

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.#

Annual Meeting

The NAMI Genesee County Annual meeting was held on May 18 at Valley Church in Burton.

The guest speaker was Michael Moon, legislative aide to Representative Mike Mueller, who was in Lansing at a legislative session. Mr. Moon brought us up to date on legislation relating to the criminal justice system that should reduce the number of people with mental disorders in jails and prisons. He urged our members to keep a close watch on pending legislation and hold our senators and representatives responsible by contacting them by phone or e-mail or attending meetings held in our districts.

Board members were elected to continuing terms. The new Board elected officers: President Tawanna Anderson, Vice President Ebony Dunigan, Secretary Dinah Lee Schaller, Treasurer Ed Kellom. ##

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: 106 copies via e-mail

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President, Tawanna Anderson
Vice President, Ebony Dunigan
Recording Secretary, Dinah Schaller
Treasurer, Ed Kellom

Tawanna Anderson

Jeff Bernard

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Ramona Deese

Dan Dulin

Sue Jobe

Julie McAllister

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

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 _____

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

Illuminate Suicide Prevention

Illuminate 2020, the suicide prevention activity we had last fall is still on Facebook. Plans are in the works for Illuminate 2021. Watch for the inspiring activity.

Vista Drop-In Center

VISTA is a Drop-In Center for adults with mental illness and/or developmental disabilities. The program operates throughout the week and offers many types of activities including recreational, educational, skill building, vocational, and unstructured time to relax with friends. Vista is a contracted provider of Genesee Health System (GHS).

VISTA serves an average of 30-50 individuals daily and is operated and governed entirely by its members, including staff, committees, and the Board. It is housed in a former senior center owned by the City of Flint and is located in a beautiful setting on a lake in Flint. Vista is open from 10 a.m. to 4 p.m.

For additional information, please call Pat Beal, Director, at (810) 766-7085 or visit the website at thevistacenter.org/ ##

Free Health Care Career Training

The Greater Flint Health Coalition offers free training for health care careers to eligible adults age 18 or older with a high school diploma or GED. Trainings may include Certified Nurse Assistant, Medical Assistant, Pharmacy Technician, Health Unit Coordinator, Medical Billing and Coding, Registered Nurse and others. (810)232-2228. Veterans are strongly encouraged to apply. ##

Propecia for Hair Loss in Men, Possible Depression

According to a February 2021 Reuters report, the FDA has received more than 700 reports of suicide and suicidal thoughts in the past 10 years in men treated with propecia (finasteride) for hair loss. Source: *Worst Pills, Best Pills News*, May 2021 Vol. 27, No 5

Medicines can have unexpected side effects. If you notice any problems with new medications or new doses, promptly report them to your doctor. ##

Insomnia May Signal Mental Health Episodes

A decrease in the hours of sleep should be used as a possible early warning sign of impending episodes. Patients should discuss with their physician sleep loss that should trigger a call to the physician. Heading these off early may prevent the breakthrough of a full-blown manic or depressive episode. Source: www.bipolarnews.org

Genesee County Suicide Prevention Website

www.LetsTalkGenesee.com

National Disaster Distress Helpline

Text TALKS 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, need 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

Mothers of Joy University

mothersofjoyuniversity@gmail.com

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

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 YourOnlinePharmacy
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

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. ##