

## **NAMI Genesee County Annual Report, 2023**

2023 was a year of reorganization, challenges and adjustment. The President and Vice-president resigned at the end of 2022. Ramona Deese volunteered to be the interim president until the affiliate Annual Meeting. She was elected by the Board after the Annual Meeting, July 18, to continue in office as President. During the year, we gained new Board members and some long-time Board members completed their terms and chose not to continue.

The Board determined that expenses needed to be reduced. We gave up our office location on Stonebridge Drive where we held support groups and classes. Genesee Health System generously offered office space at Legacy Clubhouse on Dort Hi-way at an affordable rent. The phone service is very dependable, which had been a continuing problem with the previous carrier. Volunteer NAMI members moved our belongings on August 31, 2023. Since the building is not open in the evenings, we looked to other locations for support meetings. We donated furniture we no longer needed to McLaren Oak Bridge Center. McLaren offered free of charge space at the McLaren Oak Bridge Center for Flint support meetings, starting in September 2023. The Flint Library hosted the monthly Board meetings, also free of charge.

Our education and support programs continued. We had Family Support meetings twice a month in Flint and once a month in Birch Run. Connections Support met once a month in Flint and once a month in Saginaw. We held spring Family-to-Family classes in Flint and Saginaw.

Our monthly e-newsletter with news, information about mental health disorders, treatments and research as well as resource listings was sent to more than 130 e-mail addresses and two U.S. Postal service mail addresses.

NAMI members provided NAMI information tables at many health fairs and other events. We participated in the Soberfest, sponsored by the UAW Most group. Two of our members spoke at a veteran's group, the Mid-Michigan Coalition meeting in Davison. We provided a NAMI discussion panel for two CIT (Crisis Response Teams) trainings for police officers and first responders. We participated in "Illuminate the Community, A Self-care Wind Down, a Night with NAMI" at the Greater Flint Arts Council September 28. We arranged for two speakers who spoke about suicide awareness at the well attended event.

We paid NAMI Michigan to train facilitators for a new NAMI program, Provider Training and additional facilitators for Family Support and Connections Support.

Our advocacy activities included supporting Michigan legislation related to mental health and helping people to access needed services.

We provide an information phone line voice mail that is monitored by a NAMI volunteer. We also have a website, Facebook presence and e-mail address.

Phone: (810)232-6498, website: [www.namigenesee.org](http://www.namigenesee.org), e-mail: [namigenesee@gmail.com](mailto:namigenesee@gmail.com)

We are grateful to all the members and friends of NAMI who provided help and financial support. Major donors were Genesee Health System, Meijers on Center Road in Burton, Orion Service Group, American Project and Repair employees, and the Fenton and Swartz Creek Knights of Columbus.

Board members, December 31, 2023: April Cook-Hawkins, Dante Jennings, Dinah Lee Schaller, Lacey Benjamin, Latressa Gordon, Mark Langdon, Ramona Deese, Shawna Sims, Sherese Stapleton, Tia Coles, Tarnesa Martin

Submitted April 30, 2024 by Ramona Deese, President, NAMI Genesee County