

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

We offer in person support in Genesee County.

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 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays 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 soon.

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

Be an Advocate for Mental Health, editorial by Ramona Deese

These are scary times for people with mental disorders and the folks who care about them. The House just passed a budget bill that has huge cuts for Medicaid. It goes to the Senate next.

The Department of Education cancelled grants to schools for mental health professionals. Grants for Crisis Intervention Training (CIT) for police and first responders were cancelled. Jail diversion program grants were cancelled. Food programs that help low income people are likely to be reduced or eliminated.

Please contact your senators and representatives. Every phone call is important; they are tabulated and they influence voting. The *Michigan Citizen's Guide to State Government* lists contact information. The *Guide* is on the State of Michigan website or you can get a printed copy by contacting your state representative. ##

Research: Methadone and Buprenorphine-Naloxone

Canadian research showed that Methadone and Buprenorphine-Naloxone are equally effective to

treat opioid addictions. Methaone was associated with a lower risk of stopping treatment. Methadone can only be given daily in special clinics, but

NAMI COMMON BOND

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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 for

financially stressed people \$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. \$5 is O.K.; membership numbers give NAMI political power. #

continued from page one.

Buprenorphine-naloxine can be prescribed doctor's offices and prescriptions can be filled at your pharmacy. Both are used for treatment of addiction to Fentanyl, a drug that is far more potent than morphine and heroin is often mixed with street drugs, leading to overdoses. Source:

Worst Pills, Best Pills News, April 2025,

Vol. 31, NO 4 ##

Effect of Covid 19 on Mental Health

Both SARS-CoV-2 and the COVID-19 pandemic have significantly affected mental health. Many people experienced symptoms of anxiety, depression, and substance use disorder during the pandemic. Data also suggest that people are more likely to develop mental illnesses or disorders in the months following COVID-19 infection.

People with Long COVID may experience many symptoms related to brain function and mental health. People with pre-existing mental health conditions or substance use disorders are more likely to be affected. Common symptoms include fatigue, difficulty concentrating or "brain fog," shortness of breath or

difficulty breathing, chest pain, heart palpitations, cough, joint or muscle pain, depression, anxiety, and many more side effects. About a quarter of people with Long COVID experience significant activity limitations.

Population estimates from the Centers for Disease Control and Prevention (CDC) show that in 2022, around 7 percent of the U.S. adult population reported having Long COVID.

For those with Long COVID experiencing lingering effects from a COVID-19 infection, the impact on both physical and mental health can be particularly challenging, especially when there are no immediate answers or solutions. Source: www.nimh.nih.gov and www.samhsa.gov ##

Genesee Health System Implements a Support Group for Parents

Genesee Health System (GHS) will host upcoming parent support groups for parents to learn from shared experiences, whether parenting children with special needs, mental health issues, or general parenting challenges. Multiple dates are available: Tuesday, May 27, Tuesday, June 3, or Wednesday, June 25, all from 6 to 7 p.m., at the Gloria Coles Flint Public Library, Harris Room.

This outreach to parents is part of the GHS K-12 Initiative's new Parent2Parent Support Group. During the Parent2Parent Support Groups, attendees will have the opportunity to: connect with other parents/caregivers, gain

practical tips and strategies for effective parenting, learn about local resources, events and activities throughout Flint, be a part of a caring and supportive community.

Fork & the Road

Free program for people age 60 and older designed to support healthy aging, weekly recipe tastings, giveaways, fitness demonstration, etc. Information and registration (810)232-2228 Greater Flint Health Coalition ##

Save the Date for Soberfest

Soberfest will be Sunday, July 20, 8 a.m.-5 p.m. at the Union City Ball Fields, 4151 Torrey Rd., Flint. There is no admission charge and it is a low-cost fun filled day for families. Box lunches are \$1. There are raffles, dancing, softball tournament, duck pond, horseshoes and entertainment. NAMI will be there with an information table. Information: UAW Work and Family (810)236-6834 ##

Be Aware, Dangerous Product

Tianeptine is not approved by FDA for any medical use and exposure may result in serious harm, including death. Side effects include agitation, confusion, breathing difficulties, and death, among others. Tianeptine is frequently available at convenience stores, gas stations, vape shops, and online retailers. Source: FDA MedWatch via e-mail

Help Support GHS Clients

The VIP store in the main Genesee Health System building on Bristol Rd. is open to the

general public. Walk into the welcome center 10 a.m.-2 p.m. Monday through Friday. There is art, home décor, items to wear and many handmade items crafted by persons living with mental problems. ##

Michigan Disability Rights for Medicaid Eligible Children

Due to a lawsuit, Michigan is providing more services for kids with mental health conditions. Information: (800)288-5923
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

Suicide Prevention Website
www.LetsTalkGenesee.com

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 crisis services
(810)257-3740

GHS New Outpatient Therapy Services Location, Davison

9171 Lapeer Rd., Suite 200, Davison 48423. Therapy for anxiety, depression, grief, family problems, worry and stress. Park behind the building. ##

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. (810)496-5500 (877)-346-3648 Hours are 8:00 a.m. –10:30 p.m. Monday through Friday and 10 a.m.-6:30 p.m. Saturday and Sunday. Video chat support 24 hours a day, 7 days a week with a therapist. No cost. No referral or insurance needed. Call (810)257-3705 for instructions.

Under Stress and Need to Talk?
“Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week.
1(888)733-7753 ##

University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions.
www.michiganopioidcollaborative.org

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.

Help to Find Health Care Insurance For Kids
Greater Flint Health Coalition
(810)853-6458 ##
Autism Alliance of Michigan
www.lookingthroughthepuzzle.com
Center for Parent Information and Resources: 1 (800)552-4821
www.michiganallianceforfamilies.org

NAMI Helpline Resource Directory
From nami.org on the left side of the home page, click on NAMI Helpline, then on Resource Directory.

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

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

With the nicer weather, now is a good time to get outdoors to listen to birds and perhaps get exercise. It is good for your mental health. Have a happy June. Ramona ##

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

Help for Sobriety Court Members
www.partners4recovery.org
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 ##

Local GHS Crisis Services
810-257-3740, 1-877-346-3648
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, February 2025
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.
SUD Advisory, Mon.6/9, 4 p.m.
Board of Directors6/26, 4 p.m.
Finance, Programs & Evaluation
Region 10, Fri, 6/20, 9 a.m.,
Lapeer CMH

Saginaw Co. CMHA Board
(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Advisory, 6/5, 6 p.m.
Board of Directors, 6/9, 5:15
Governance, 6/19 5:15
Ends, 6/23, 5:15
Executive Limitations, 6/25, 5:15