

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 Connections Support

Saginaw now complies with NAMI regulations, so is an official NAMI G.C. consumer support 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

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.

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

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

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

“Ending the Silence” is a free of charge online presentation about mental disorders designed by NAMI to be used in schools.

www.ets.nami.org. ##

Problem: The NAMI Phone Line

Our Verizon phone service has not been working properly. If you need to reach us, please e-mail or contact us by Facebook until we can resolve this problem.

Annual Meeting Tuesday, July 18, 7 P.M.

Please attend our annual meeting at our office, 2346 Stonebridge Dr., Flint, Building H. We will have the Annual Report, elect Board members and have light refreshments. The following people have been nominated for Board seats: Ramona Deese for a two year term, Dan Dulin and Sherrie Overfield for one year terms, Dante Jennings for three year term. We need a quorum, so please attend. ##

Research: Long-Term Cannabis Use May Cause Cognitive Deficits at Midlife

In a 45 year study, New Zealand researchers followed 938 people through age 45. The people were tested for IQ at ages 7, 9, 11 and 45.

The data showed a decline in IQ from childhood to midlife of about 5.5 points in long-term marijuana users. There were also deficits in their midlife learning ability and brain processing

speed. The deficits were specific to long-term marijuana use and not to alcohol, tobacco or people
NAMI COMMON BOND

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Editor: Ramona Deese,

Circulation: 128 copies via e-mail

Board Members and Officers:

Acting President, Ramona Deese

Vice President, To be Board appointed

Recording Secretary, Dinah Schaller

Treasurer, Shawna Sims

Jeff Bernard

Ramona Deese

Dan Dulin

Dante Jennings

Mark Langdon

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Director Emeritus, Erma Barber

Family Support Group Facilitators

Ramona Deese, Karen Henry, Linda

Jaworski Maureen Post, Julie Coon,

Linda Howard, Sally Parker

NAMI Connections Facilitators

Maureen Post, Karen Henry

Saginaw: Sue Smith, Brandon & Lisa

Hillaker

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) or 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

who used cannabis in midlife between 6 and 51 days a year and those who quit using before age 45.

This research is of concern, since many states have legalized the use of marijuana for recreational use. More information is at *Brain & Behavior* magazine April 2023 p. 38, bbrfoundation.org ##

Research: Marijuana Use Shown to Increase Schizophrenia

A study published in May by researchers from Denmark and the National Institute on Drug Abuse suggests young males may be especially vulnerable to the effects of cannabis on schizophrenia. This new research suggests that one-fifth of occurrences of schizophrenia in young males could be prevented by avoiding cannabis use disorder.

The study was conducted using a nationwide Danish register of seven million people aged 16-49 and included more than 45,000 individuals with schizophrenia. The researchers used this data to examine if the association between cannabis use disorder and schizophrenia varied by sex and if any differences varied by age.

The researchers found a stronger relationship between cannabis use disorder and schizophrenia in males as compared to females. For younger males, the proportion

of schizophrenia cases due to cannabis use disorder is up to 30%, suggesting a significant number of cases of schizophrenia among young adult males could potentially be prevented by avoiding heavy marijuana use.

The association between cannabis use disorder and schizophrenia increased from 1972 to 2021 over the course of the study period. This may be in part due to the increasing potency of the drug.

While it is still important to note that cannabis use is not responsible for most of the cases of schizophrenia in Denmark, the authors write that cannabis use disorder is "a major modifiable risk factor for schizophrenia, particularly among males."

Source:

www.TreatmentAdvocacyCenter.org

Reference

Hjorthøj, C., et al. (May 2023). Association between cannabis use disorder and schizophrenia stronger in young males than females. [*Psychological Medicine*](#).

Mindful and Motivated Youth Health Summit Opportunity

A workshop for teens age 13-19 will be presented by Harris Family Health on August 19, 2023 from 9 a.m.-4 p.m. Located at MSU CHM in downtown Flint, participants will learn more about health, body and medicine. Deadline for registration is August 1. (810)214-0075 www.harrisfamilyhealth.com/youthhealthsummit

Topics to be presented are: Mini Medical School Sessions, Teen Health Seminar, Health Care Panel, Self Care Spaces, CPR training, How to stop bleeding.#

Support Research, Join a Study

The National Institute of Health is looking for people to join a study about schizophrenia and the brain.

Inpatient research includes:

neurological and medical evaluations, symptoms and neurocognitive assessments and brain imaging.

Volunteers must be at least 18 years old, have a diagnosis of schizophrenia spectrum illness (schizophrenia, schizoaffective disorder or unspecified schizophrenia spectrum/other psychotic disorder) and be free of major medical illness.

The study is free of cost and insurance is not needed. It requires travel to Bethesda, Maryland, but there is support for transportation costs. Free lodging is provided. Call toll-free (888)674-6464. E-mail

Schizophrenia@mail.nih.gov
www.nimh.nih.gov/JoinAStudy
(adults/schizophrenia) ##

Genesee County Works to Keep People Living With Mental Illness Out of Jail

In 2016, Genesee County became a member of the Stepping Up Initiative sponsored by Wayne State University School of Social Work Center for Behavioral Health and Justice.

Members are provided with several services to optimize diversion of individuals from jail and prison. WSU provides expertise, evaluations, support, training and technical assistance.

Information is at www.behaviorhealthjustice.wayne.edu and www.stepuptogether.org ##

Mental Health in Old Age As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Signs that someone might need help: noticeable changes in mood, energy level, or appetite; feeling flat or having trouble feeling positive emotions; difficulty sleeping or sleeping too much; difficulty concentrating, feeling restless, or on edge; increased worry or feeling stressed; anger, irritability, or aggressiveness; ongoing headaches, digestive issues, or pain; misuse of alcohol or drugs; sadness or hopelessness; thoughts of death or suicide or suicide attempts; engaging in high-risk activities; obsessive thinking or compulsive behavior; thoughts or behaviors that interfere with work, family, or social life; engaging in thinking or behavior that is concerning to others; seeing, hearing, and feeling things that other people do not see, hear, or feel.

To get help, start with your primary physician. Attend a NAMI Genesee County Support meeting.

Source: nimh.nih.gov/health/topics ##

July is National Minority Mental Health Month.

Do You Need Help?

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

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. ##

Suicide Prevention Website

www.LetsTalkGenesee.com ##

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. 1(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

Mothers of Joy University

mothersofjoyuniversity@gmail.com
University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions. 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 ##

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.

Health Care Coverage Enrollment Help For Kids

Greater Flint Health Coalition
(810)853-6458 ##

Center for Parent Information and Resources

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

Voices for Children Advocacy Center

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](http://www.crisisline.org)
(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

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
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 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

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 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

OK2SAY@mi.gov Hotline to report threatened suicide by teenagers or threats to schools.
Website for opioid information, addiction treatment, etc.
www.KnowMoreGenesee.org

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, July
GHS Board Meetings, Flint

Services: (810)257-3705 420 W.
Fifth Ave., Flint 48503
Region 10, Fri.6/16, 9 a.m. Port
Huron.
Mon., 7/10, SUD 4 p.m., GHS
Board Room
Thurs. 7/20 Board (Human
Resources, DEI Committee,
Finance, Program & Evaluation, 4
p.m. Location TBD
Agency closed July 4
Region 10, Fri., 7/21, 9 a.m., Port
Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Board Meeting Mon., 7/10,
5:15pm
Recipient Rights Wed. 7/19, 5:15
Ends Mon., 7/24 5:15pm
Executive Limitations Wed., 7/26,
5:15pm