

*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 in the fall.

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](http://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](http://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](http://www.ets.nami.org)

### **Save the Date**

The NAMI Genesee County is making tentative plans for a Care Walk to be held Saturday, September 27 at the Church Without Walls, 6202 Dupont St. Flint 48505 We will need willing volunteers to help in order to make it a success. Call (810)232-6498 if you can help. ##

### **SNAP and Medicaid Benefits**

What's Not Changing

- MDHHS will still provide Medicaid and SNAP, known as the Food Assistance Program (FAP) here in Michigan, benefits to people who qualify, but you may see your benefits decrease.
- Children, seniors, and people with disabilities will still get benefits without new work requirements.
- Emergency medical care and pregnancy care through Medicaid will still be covered.
- If you get paperwork from MDHHS, make sure to fill it out completely and correctly, sign it, and return it by the deadline

with any required documents.

What is changing.

- **Work Requirements:** Starting in January 2027, many

### NAMI COMMON BOND

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Circulation: 157 copies via e-mail

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NAMI Connections Facilitators

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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](http://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](http://nami.org) and pay dues to NAMI Genesee County. \$5 is O.K.***

- people covered through Healthy Michigan Plan (HMP) will need to show they are working or doing other approved activities for 80 hours a month. Some individuals may qualify for an exemption.

- **Eligibility Redeterminations:** Also starting in January 2027, people covered through HMP will need to renew their healthcare coverage every six months, instead of once a year.

- **Co-Payment Changes:** Starting in October 2028, people covered through HMP who make more than 100% of the Federal Poverty Line may have to pay more for their healthcare visits and services.

- **Retroactive Coverage Changes:** If you apply for Medicaid or forget to turn in a piece of paperwork and have a gap in coverage in January 2027 or after, the number of months your coverage can go back (called

retroactive coverage) will be less: Healthy Michigan Plan: Will cover 1 month back instead of 3 months. Other Medicaid programs: will cover 2 months back instead of 3 months.

- **Non-Citizen Eligibility:** Beginning October 2026, some people who are legally residing in the U.S. but are not citizens will not qualify for full Medicaid coverage. They will still have coverage for emergency medical services.

### What's Changing in the SNAP Food Assistance Program

1. There will be expense deduction changes.
2. There may be delayed increases to benefits as food costs rise.
3. More people may need to meet work requirements.
4. If you have not been approved as a Lawful Permanent Resident, you may no longer qualify for SNAP benefits. Legal household members may still qualify.

Update your address, phone number, and email at [michigan.gov/mibridges](http://michigan.gov/mibridges) or by calling your local MDHHS office.

If you get paperwork, fill it out, sign it, and send it back by the deadline with any documents asked for. Watch your mail, email, or texts for messages from MDHHS. If the state does not report your information on time to

the federal government, Michigan will lose federal payments. Visit [michigan.gov/mdhhs/assistance-programs](http://michigan.gov/mdhhs/assistance-programs) for information.

Source: e-mail from Governor Whitcomb August 2025 ##

### **FDA Strengthens Warnings About Long-term Opioid Use**

FDA is requiring opioid pain medicine manufacturers to update prescribing information regarding long-term use. Class-wide action will further emphasize and characterize risks of long-term use to help patients, health care professionals make informed treatment decisions.

An FDA funded study showed approximately 17% of first opioid overdoses observed over the entire study period (5-11 years, depending on the study site) were fatal. Incidence varied according to patient- and drug-related factors, with higher baseline opioid dose being a strong and consistent risk factor for overdose. Source: FDA Medwatch 8/4/25 ##

**NIH Clinical Trials** To learn about available clinical trials, go to [www.clinicaltrials.gov](http://www.clinicaltrials.gov) ##

**The GHS Behavioral Health Urgent Care Center is open on Bristol Rd. now. The Behavioral Health Urgent Care Center formerly near Hurley is now closed.**

The new Behavioral Health Urgent Care Center located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507 is now open. Hours are Monday-Friday 8 a.m. to 10:30

p.m. and Saturday and Sunday 10 a.m. to 6:30 p.m. Phone (810)496-5500 (877)-346-3648

The Center serves people of all ages needing urgent care for mental health conditions. The center has 7 intake rooms for screening and crisis intervention. There are 16 beds for up to 72 hours for stabilization treatment for adults. There are 8 beds for crisis residential treatment for up to 14 days for adults. The Urgent Care Center is financed by the Genesee County mental health millage (your tax dollars at work). 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. ##

### **Brain & Behavior Magazine Has Information for Parents and Teachers of Kids with ADHD**

The latest journal of the Brain & Behavior Research Foundation has an excellent article about ADHD. It is too long to summarize here, but is very good. Search for *Brain & Behavior Magazine*. On the home page, click on the July 2025 issue. Go to page 16, "ADHD: What You Need to Know." ##

### **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](http://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](mailto: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](http://www.ccsgec.org/onestophousing) [OneStopHousing@ccsgec.org](mailto:OneStopHousing@ccsgec.org) ##

### **Domestic Violence Hotline:**

(800)799-7923

### **Suicide Prevention Website**

[www.LetsTalkGenesee.com](http://www.LetsTalkGenesee.com)

### **Do You Need Help?**

**Dial 211 for information to get human services help.** [Findhelpgenesee.org](http://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. ##

### **Under Stress and Need to Talk?**

"Warm Line" Peer support 10 a.m.-2 a.m. 7 days a week. 1(888)733-7753 ##

### **Vista Drop-in Center**

Genesee Valley Mall, Open 11 a.m. to 3 p.m. Monday through Friday (810)766-7085  
[www.vistacenter.info](http://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](mailto: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](http://www.lookingthroughthepuzzle.com)

**Center for Parent Information and Resources:** 1 (800)552-4821

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)

##### **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

#### **NAMI Helpline Resource**

##### **Directory**

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

#### **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](http://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](http://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](http://vipps.nabp.net)

[LegitScript.com](http://LegitScript.com)

To check licensing of Canadian pharmacies: [cipa.com/verifypharmacy](http://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](http://www.findtreatment.SAMHSA.gov)

[www.needymeds.org](http://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](http://www.michigan.gov/my/license)

#### **Advocacy for Prisoners**

[www.prisoneradvocacy.org](http://www.prisoneradvocacy.org)  
(734)761-8283

To locate a prisoner:

[www.michigan.gov/corrections/](http://www.michigan.gov/corrections/)  
click "offender search"

Citizens for Prison Reform  
Resource Guide: [www.micpr.org](http://www.micpr.org)

**Promise of Hope** (810)275-2690  
[www.familiesagainstnarcotics.org](http://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](mailto:info@thegcpc.org)

#### **Help for Sobriety Court Members**

[www.partners4recovery.org](http://www.partners4recovery.org)

**UCAN (United Community Addiction Network)** (810)397-7175 in Genesee County  
[ucanmichigan@gmail.com](mailto:ucanmichigan@gmail.com)

**Partnership for Drug-Free Kids,** 855-3784-3733 or text 55753

**Website for opioid information,** addiction treatment, etc.

[www.KnowMoreGenesee.org](http://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](http://www.voicesforac.org)

(810)238-3333 Ext. 209 ##

**Local GHS Crisis Services**

810-257-3740, 1-877-346-3648  
[genhs.org/mystrength](http://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, August 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.

Board of Directors 8/28, 4 p.m.

Region 10, Fri, 8/15, 9 a.m., Port Huron

**Saginaw Co. CMHA Board**

(989)797-3400 [sccmha.org](http://sccmha.org)

Meetings are held at 500 Hancock St, Saginaw, Michigan 48602

Board of Directors, 8/11, 5:15

Advisory, 8/7, 6 pm

Ends, 8/25, 5:15

Executive Limitations, 8/27, 5:15

“Patience is the companion of wisdom.” St Augustine ##