

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

NAMI Genesee County

Support Meetings Changes

We offer in person Family Support at our office, 2346 Stonebridge Dr., Building H, Flint, second and fourth Tuesdays 7-9 p.m.

NAMI G.C. Board Meetings, third Wednesdays, 6:30 p.m. in our office.

Attendees are asked to wear masks if not fully vaccinated.

Online Family Support groups continue 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 continues:

2nd Tuesday 7-8 p.m. NAMI Connections is for people living with mental illness. July 13 will be the last online Connections. August 10 will be in our office.

To request an invitation with information and codes, send an email to namigenesee@gmail.com Indicate which online support group you want to attend. Please do this at least 3 days before each meeting. NAMI support groups are free of charge.



Genesee County

NAMI does not give medical or legal advice. Please consult your doctor, pharmacist or lawyer. Reminder:

Please do not discuss anything heard in a meeting anywhere else.

Free of Charge NAMI Classes

Peer-to-Peer classes for persons living with mental illness will begin September 8 at 6:30 p.m. 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

NAMI Walks 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: Euchre 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 small gifts, more activities. #

Youth and Young Adults with Serious Emotional Disturbances/Serious Mental Illnesses and Co-occurring Substance Use

The symptom, severity, age of onset, and other characteristics differ based on an individual's risk, protective factors, and other influences. Common risk factors for development of mental illnesses and substance use disorders in youth and young adults include abuse and neglect, death of a loved one, and community violence, among others, which can lead to serious mental and physical health concerns.

While most youth and young adults return to normal functioning after stressful events, others may show symptoms related to trauma. Trauma refers to experiences that cause intense physical and psychological stress reactions. More than (Cont. p. 2)

NAMI COMMON BOND

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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

(Cont. from page 1, Youth and Young Adults...)66 percent of youth in the United States experience a traumatic event or circumstances by 16 years of age and many children experience chronic trauma.

Adverse childhood experiences (ACEs), or potentially traumatic events experienced before the age

of 18, can have long-term impacts on youth who experience them. ACEs include growing up in a household with substance misuse and/or mental health problems; instability due to parental separation; and household members being in jail or prison.

Youth who experience ACEs, especially those who experience multiple ACEs, are more likely to suffer harmful long-term consequences, such as major depressive disorder, SUD, or physical conditions like obesity and high blood pressure when not met with an understanding and trauma-appropriate response from adults.

Protective factors are associated with a higher likelihood of positive outcomes or reduce a risk factor's impact. Protective factors may be seen as positive countering events or actions. Individual-level protective factors might include positive self-image, self control, or social competence.

Risk factors are characteristics at the biological, psychological, family, community, or cultural levels that precede and are associated with a higher likelihood of negative outcomes. Individual-level risk factors may include a person's genetic composition or prenatal exposure to alcohol. Some risk and protective factors, such as income level, peer group, trauma exposure, and employment status, may change over time, while others can remain constant. Source: and entire publication go to Evidence-Based Practices Resource Center SAMHSA.gov

Editor's note: A NAMI Board member has training to present ACE's workshops

Opioid Overdoses are Still a Problem in Genesee County

Editorial by Ramona Deese

A survey of Genesee County residents from March to May showed that awareness of opioid use in Genesee County is about 85%. Unfortunately, 40% of residents surveyed could not recognize overdose. Most people know about the antidote, Naloxone, but only 42% know how to use it.

Genesee Health System and Odyssey House provide training and Naloxone kits free of charge. Many pharmacies stock the kits. Some professionals recommend that everyone should carry a Naloxone kit, as overdoses are fairly common and lifesaving help is needed quickly.

It is not only "druggies" who overdose. Elderly patients on pain medicine sometimes overdose because their livers do not clear their medications as quickly as they should. More information:

www.KnowMoreGenesee.org or Go to the "Genesee County Naloxone Directory" at the website of the Greater Flint Health Coalition gfhc.org ##

Criteria for Involuntary Commitment for Mental Health Treatment

The Michigan mental health code was revised in 2019 to clarify how any individual 18 years or older can petition a probate court to have a person committed for treatment. Potential violence or suicide is not required.

330.1401 "Person requiring treatment" defined; exception-see (2). Sec. 401. (1) As used in this

chapter, "person requiring treatment" means (a), (b), or (c): (a) An individual who has mental illness, and who as a result of that mental illness can reasonably be expected within the near future to intentionally or unintentionally seriously physically injure himself, herself, or another individual, and who has engaged in an act or acts or made significant threats that are substantially supportive of the expectation.

(b) An individual who has mental illness, and who as a result of that mental illness is unable to attend to those of his or her basic physical needs such as food, clothing, or shelter that must be attended to in order for the individual to avoid serious harm in the near future, and who has demonstrated that inability by failing to attend to those basic physical needs.

(c) An individual who has mental illness, whose judgment is so impaired by that mental illness, and whose lack of understanding of the need for treatment has caused him or her to demonstrate an unwillingness to voluntarily participate in or adhere to treatment that is necessary, on the basis of competent clinical opinion, to prevent a relapse or harmful deterioration of his or her condition, and presents a substantial risk of significant physical or mental harm to the individual or others.

(2) An individual whose mental processes have been weakened or impaired by a dementia, an individual with a primary diagnosis of epilepsy, or an individual with alcoholism or other drug dependence is not a

person requiring treatment under this chapter unless the individual also meets the criteria specified in subsection (1). Persons may be held for 24 hours for observation. Source: Chapter 330 Michigan Mental Health Code p. 69 and p. 75 ##

Vista Drop-In Center

VISTA is a Drop-In Center for adults with mental illness and/or developmental disabilities. 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/ #

Children's Behavioral Health Resources in Flint

Mott Children's Health Center and the Boy's and Girl's Club in Flint have cooperated to provide a grant-funded behavioral health specialist. There is a \$10 fee that is waived for participants who can't afford to pay. ##

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

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 ##

Michigan Stay Well Counseling Covid 19

1-888-535-6136 press 8

Dial 211 for information to get human services help.

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 Your Online Pharmacy
vpps.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

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

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

Public Mental Health System Board Meetings, July in Person and Zoom Links Available

Please wear a mask in person.

GHS Board Meetings

(810)257-3705 Location: 705 Dort Hwy, Flint 48503 4 p.m.

Zoom Link at www.genhs.org

SUD Advisory, Mon. 7-12

Human Resources, Wed. 7-14

Finance, Wed. 7-14 after H.R.

Program & Eval. Thurs. 7-15

Consumer Council, Mon. 7-19

Full Board, Thurs. 7-29

Agency Closed Monday July 5

Saginaw Co. CMHA Board

(989)797-3400 Location: 500

Hancock St. Saginaw 48602

5:15 p.m. Zoom link at

www.sccmha.org. Click on

notices.

Full Board, Mon. 7-12

Recipient Rights, Wed. 7-21

ENDS, Mon. 7-26

Executive Limitations, Wed. 7-28

Two Attachments Explained

I have attached two flyers. One is for our NAMI free of charge eight week Peer-to-Peer course for persons living with mental illness.

The second flyer is about the free of charge basketball league at Mott Community College. This summer program is available to the entire community, open to ages 16 to 40, males and females.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

Margaret Mead

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