

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 and NAMI Connections at our office, 2346 Stonebridge Dr., Building H, Flint.

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays at 7 p.m.

Family Support meets second and fourth Tuesdays 7-9 p.m. Family Support is for family and friends of people with a disorder.

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 group continues as follows: second Mondays 6:30-8 p.m.

To request an invitation with information and codes, send an email to namigenesee@gmail.com Request the link for the online Family Support Group. Please do this at least 3 days before each meeting. All 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 September 30. Registration is required. (810)232-6498.

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

Elations Health Fair Saturday, August 7, next to the flat lot near the Farmer’s Market in Flint. Visit our information table.

Illuminate NAMI Celebration of Life , 6 p.m. Saturday, September 25 at Mott Community College. Speakers, vendors, a walk, crafts for kids and more.

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.

GHS Implements Grant Funded AOT

An Assisted Outpatient Treatment is a civil commitment court order that says that an individual must participate in specific outpatient treatment services in order to prevent a relapse in their mental health for a specific duration of time. Individuals in this population must meet strict legal criteria as a person requiring treatment, defined in the mental health code and determined by the judge.

Studies have shown that having an AOT order in place may reduce the number of hospitalizations for a person, even after the court order ends. People on AOTs have lower incidents of arrests and incarcerations, and increased compliance with mental health treatment. Homelessness may be reduced.

GHS social workers oversee all AOTs in Genesee County. They track all directives from the court, ensuring that needed resources are available to each participant, addressing barriers to service access that participants may encounter, ensuring timely participant evaluations, and generally monitoring whether the services provided are aligned with each participant’s needs.

Some consumers on AOTs will be in AOT Case Management. They are provided with more intensive services than what regular adult case management provides. (Cont. p. 2)

NAMI COMMON BOND

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Editor: Ramona Deese,

Circulation: 106 copies via e-mail

Board Members and Officers:

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Suzanne Kellom, Rosie David

NAMI Connections Facilitators

Maureen Post, Tawanna Anderson,

Brain Bank Contact, (617)855-2400

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 p. 1, GHS)

Case Managers are trained in Motivational Interviewing, Family Psychoeducation (FPE), and each has a Development Plan to obtain substance abuse credentials.

Participants meet regularly with the Probate Court Judge to discuss their progress on their treatment goals and receive positive reinforcement on any attempts towards recovery. The goal is that they will gain insight into their mental illness. They will graduate from the program and transition to regular adult case management or the community, potentially no longer requiring an AOT order.

Insurance is not a barrier to participate in this program as it is grant funded. After the grant expires, it will be funded by the mental health millage. For more information: (810)257-3714
AOT Program@genhs.org ##

"It's O.K. to Ask for Help"

Editorial by Ramona Deese

Sheryl Mundale and I had a NAMI information table at the Soberfest. One of our most popular little gifts was a yellow bracelet that said "It's O.K. to Ask for Help" with NAMI's toll-free number.

It made me think of Naomi Osaka, the athlete who refused to participate in press conferences after winning a tennis match and withdrew from the French Open, citing her need to care for her mental health. She was berated for insisting that she needed a break for mental health care.

Our society is often not supportive of people who are dealing with mental health issues. How often do hospitalized consumers receive get well cards? Do employers give them sick leave for stress or depression as they would for covid or cancer? Stigma and discrimination are simply wrong. It is O.K., even life-saving, to ask for help. ##

Groundbreaking for Children's Services Building

Groundbreaking for the long-awaited and much needed children's services building was held July 13. The building is expected to be completed August, 2022. ##

Can Genetic Testing Help Predict My Risk of Developing a Mental Disorder?

The short answer to this question is no. Currently, genetic tests cannot accurately predict your risk of developing a mental disorder. Although research is underway, scientists don't yet know all the gene variations that contribute to mental disorders, and those that are known, so far, raise the risk by very small amounts.

Although recent studies have begun to identify the genetic markers associated with certain mental disorders and may lead to better screening and more personalized treatment, it is too early to use genetic tests or genome scans to diagnose or treat mental disorders. Source NIMH.gov

How to Locate a Clinical Trial

Sometimes when standard treatments have not been successful, people consider participating in a clinical trial. To locate federally and privately-funded clinical trials on various diseases and conditions: www.clinicaltrials.gov ##

Pending Michigan Legislation

The following are public policy bills that have been introduced in the Michigan legislature. HB 4044 requires state operated registries related to mental health to report data to the Michigan crisis and access phone line.

HB 4045 Provides for mental health discharge planning and co-co-ordination for parolees who are receiving mental health services including therapy and medication.

HB 4057 Expand the definition of restraint to be more specific and inclusive. It defines chemical restraint and prone immobilization.

SB 0101 Create standards and licensing requirements for health transport for involuntary psychiatric hospitalization. It allows a “security transport officer” to provide transport as opposed to police. ##

Research: Nitrous Oxide (Laughing Gas) Investigated as a Possible Treatment for

Treatment Resistant Depression

A small phase 2 clinical trial indicates that nitrous oxide might help patients with severe major depression who have not responded to other forms of treatment. The study results were published in *Science Translational Medicine*. Peter Nagele, M.D. and Charles Conway, M.D. received a NARSAD grant for the study. A total of 24 severely depressed patients participated.

Nitrous Oxide is an anesthetic in use for over a century. Twenty participants received three hour-long treatments, each one month apart: one treatment with nitrous oxide at 50%, one with nitrous oxide at 25%, and one with a placebo (air and oxygen). The patients were assigned to receive the three treatments in randomized order.

Nitrous oxide at both 50% and 25%, given in one-hour treatment sessions, was effective compared with placebo in significantly

lowering the severity of depression symptoms. The 25% concentration appeared to be as effective as the 50% dose and had fewer side effects. The antidepressant effects lasted up to a month for some participants.

The team cautions that their trial was small and must be replicated in much larger populations, but they were cheered to note that giving N2O at the lower dosage not only resulted in fewer side effects, but was nearly as effective as treatments at twice the dosage. Results need to be verified by research with much larger numbers of patients before submission to the F.D.A. for approval. This will take several years. Source: website of The Brain and Research Foundation ##

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

Mothers of Joy University 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](tel:1-800-552-4821)

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/Homefront
OnlineRegistration**

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
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.**

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, August in
Person and Zoom Links Available**
Please wear a mask in person.

GHS Board Meetings

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

Zoom Link at www.genhs.org

SUD Advisory, Mon. 8-9

Finance, Wed. 8-11

Program & Eval. Thurs. 8-12

Full Board, Thurs. 8-26

Region 101 Fri. 8-20. 9 a.m. Port
Huron

Greater Flint MH Facilities Board,
Wed. 8-25, 9 a.m. GHS Board
Room

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.

Citizen's Advisory Thurs. 8-5

Full Board, Mon. 8-9

ENDS, Mon. 8-23

Executive Limitations, Wed. 8-25

Mental Health First Aid trainings
available in person or via Zoom.

Quote for August: "*Children are
our most valuable natural
resource.*" Herbert Hoover