

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

## **NAMI Genesee County Support Meetings**

*If you stopped paying NAMI dues because of the expense, please consider \$5 Open Door dues. Go to [www.nami.org](http://www.nami.org) and register for NAMI Genesee County.*

### **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. Next classes will begin 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.

“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)

## **NAMIWALKS**

I have set up a team for NAMI Genesee County to help raise funds for our affiliate and NAMI Michigan. NAMIWALKS Ann Arbor will be on Sunday, September 8, 8-11 a.m. at U. of Michigan campus, 2101 Bonisteel Blvd., Ann Arbor.

NAMI Genesee County will receive 50% of the funds donated under our team name. Please support us by donating any amount. If you cannot donate at this time, you are still welcome to walk any distance in the walk and you do not have to walk to donate on the website. NAMIWALKS is a lot of fun. To register, go to [www.namiwalks.org/annarbor](http://www.namiwalks.org/annarbor) Select NAMI Genesee County and follow the instructions. ##

## **NAMI Back to School Resources for Students, Caregivers and Educators**

To help parents and caregivers support children in heading back to school, check out the resources that support the development of habits that support mental health and self-advocacy on [www.nami.org](http://www.nami.org)

Learn to talk to a child about ways to support their mental health. Learn how they like to de-stress, stay connected to their hobbies and interests and understand what makes the child anxious.

## NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48401-1320 Ph. 810-232-6498.

Editor: Ramona Deese,

Circulation: 157 copies via e-mail

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### 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) or [www.namigenesee.org](http://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 \_\_\_\_\_

Watch for bullying warning signs. Pay close attention to a child's behavior if you believe they are involved in bullying. Learn the warning signs and get tips about starting a conversation with children about bullying.

Learn how to plan for a crisis and relapse. Document your emergency resources, write down the steps to be taken and explore how to safely address a relapse.

Learn suicide warning signs. Over the last decade, teens have indicated increased feelings of suicidality. Learn how to ask.

There is help for parents and their child to feel supported when talking about mental health and wellness, identifying support, and connecting at home. [2024-BTS-Field-Guide.pdf](#) ##

### **Mental Health America's Report on the State of Mental Health**

In 2023, MHA ranked Michigan 15 out of 50 states in prevalence of adult mental illness and rates of access to care. That looks good until you look further at the statistics. We can do better.

22.89% of Michigan adults had mental health problems; 18.42% had substance use disorder. 5.42% had thoughts of suicide. 6.5% of adults with mental illness were not insured and 9.4% of insured did not have mental health coverage. 19.45% of adults with mentally unhealthy days half of the month did not receive care because they could not afford it. 74.98% of adults who needed substance abuse treatment did not get help.

The youth ranking was 9 out of 50 states. 18.65% had a major depressive episode, 11.85% had serious thoughts of suicide. 55.7% of the kids with major depressive disorder did not receive treatment. 8.12% had a substance use disorder. 10% had private insurance that did not cover mental health treatment.

The complete report is on [www.mhanational.org](http://www.mhanational.org) Michigan recently passed a parity law requiring that mental health coverage be equal to coverage for other medical illnesses. We can hope that next year's statistics will improve to #1 ranking. ##

### **Research: Brain Differences Shown in Conduct Disorder**

A neuroimaging study of young people who exhibit a persistent pattern of disruptive, aggressive, and antisocial behavior, known as conduct disorder, has revealed extensive changes in brain structure. The most pronounced difference was a smaller area of the brain's outer layer, known as the cerebral cortex, which is critical for many aspects of behavior, cognition, and emotion. The study, co-authored by researchers at the National Institutes of Health (NIH), is published in *The Lancet Psychiatry*.

"Conduct disorder has among the highest burden of any mental disorder in youth. However, it remains

understudied and undertreated.

Understanding brain differences associated with the disorder takes us one step closer to developing more effective approaches to diagnosis and treatment, with the ultimate aim of improving long-term outcomes for children and their families,” said co-author Daniel Pine, M.D., Chief of the Section on Development and Affective Neuroscience in NIH’s National Institute of Mental Health. “Critical next steps are to follow children over time to determine if differences in brain structure seen in this study are a cause of conduct disorder or a long-term consequence of living with the disorder.”

Youth with conduct disorder had lower total surface area across the cortex and in 26 of 34 individual regions, two of which showed significant changes in cortical thickness. Youth with conduct disorder also had lower volume in several subcortical brain regions, including the amygdala, hippocampus, and thalamus, which play a central role in regulating behaviors that are often challenging for people with the disorder. Although some of these brain regions, like the prefrontal cortex and amygdala, had been linked to conduct disorder in previous

studies, other regions were implicated in the disorder for the first time.

The associations with brain structure did not differ between boys and girls. Youth who exhibited signs of a more severe form of the disorder, indicated by a low level of empathy, guilt, and remorse, showed the greatest number of brain changes. Source: Press release from the NIMH July 17, 2024 [www.nimh.nih.gov](http://www.nimh.nih.gov) ##

### **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**

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

### **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.

### **GHS crisis services**

(810)257-3740

### **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](http://www.michiganopioidcollaborative.org)

### **Vista Drop-in Center Art Gallery**

VISTA art gallery in the Genesee Valley Center open Mondays, Wednesdays and Fridays 12-3 p.m. (810) 766-7085 or visit [www.thevistacenter.org](http://www.thevistacenter.org) ##

### **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)

**NAMI Helpline Resource  
Directory**

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

**Center for Parent Information  
and Resources**

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org) 1-800-552-4821 ###

**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](http://CrisisLine.org) (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](http://NationalCallCenterforHomelessVeterans.org) (877)424-3838  
[Genesee County Dept. of Veterans Services](http://GeneseeCountyDept.ofVeteransServices.org) counselor available Mon. 8-6 & Tues. 9-3 (810)257-3068

1101 Beach St., Flint 48502  
[Saginaw County Veteran's Affairs](http://SaginawCountyVeteransAffairs.org)  
Call for veteran's peer support group information (810)257-3068  
[Disabled American Veterans](http://DisabledAmericanVeterans.org) (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, extensive information.  
[www.homefrontresources.nami.org](http://www.homefrontresources.nami.org)

**Voices for Children Advocacy Ctr.**

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

(810)238-3333 Ext. 209 ##

**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](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

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

**Help for Sobriety Court Members**  
[www.partners4recovery.org](http://www.partners4recovery.org)

**Website for opioid information, addiction treatment, etc.**  
[www.KnowMoreGenesee.org](http://www.KnowMoreGenesee.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.

**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 and  
September 2024**

**New Location for Genesee Health  
System services**

**GHS Board Meetings, 1040 W.  
Bristol Rd., Flint MI 48507**

Services: (810)257-3705  
SUD Advisory, Mon. 8/12, Board Room, second floor, 4 p.m.  
Board of Directors, 8/22, Finance, Program & Evaluation, 4 p.m.  
Region 10, Fri, 8/16, 9 a.m., Port Huron  
Agency closed Monday, 9/2  
Call for September Board schedule

**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, 8/12, 9/9  
Recipient Rights, 9/18

Governance 9/19

Executive Limitation, 8/28, 9/25

ENDS 8/26, 9/23

*The November election might be  
the most important of the century.*

*Please register and vote.*