

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.

Flint area Family Support Second and fourth Tuesdays 7-9 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498

Saginaw area Family Support Second Mondays at 6:30 p.m. at the Comfort Inn Conference Room, 11911 Dixie Hwy, Birch Run 48415 (next to Meijers).

Third Thursdays at 1 p.m. at New Heart United Methodist Church, 1802 W. Michigan Ave., in Saginaw 48602 Information: (989)780-0825
sue.smith3185@outlook.com

NAMI Connections is for people with a mental disorder. Flint meetings are second Tuesdays at 7 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498

Saginaw area, 1 p.m. second and fourth Wednesdays at St. Thomas Aquinas Church, 5376 State St., Saginaw 48603 Information: Sue (989)780-0825
sue.3185@outlook.com

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

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 Begin October 15, Saturdays

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 from 9:30 a.m. to noon for 8 weeks. Register by Oct. 1 required. (810)232-6498.

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. (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

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, the resource center includes much information for service members and families.

www.homefrontresources.nami.org

Attention Educators

“Ending the Silence” is a free of charge presentation about mental disorders designed by NAMI to be used in schools. The purpose is to reduce the stigma surrounding mental disorders and to encourage young people to seek help, if needed. An online version of “Ending the Silence” is now available to schools and can be downloaded and used in schools.

www.ets.mani.org. ##

Annual Meeting

After checking the Bylaws, the Board determined that we did have a quorum at the Annual Meeting. Board members and officers are listed on the second page of this newsletter. The annual report is attached. ##

Illuminate Suicide Prevention Activity

This year’s Illuminate will be held on Saturday, September 24, 5 p.m.-8 p.m. at the U of M flat parking lot in downtown Flint.

Free parking. There is no cost to attend this event with lots of activities and fun, including a walk, a speaker, games for kids and information tables. Vendor’s

table fee is only \$30. Vendors call (231) 580-6513 for information. ##

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: 128 copies via e-mail

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Vice President, Ebony Dunigan
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Ramona Deese, Karen Henry, Linda Jaworski, Maureen Post, Suzanne Kellom, Julie Coon, Linda Howard, Sally Parker

NAMI Connections Facilitators

Maureen Post, Tawanna Anderson,

Saginaw: Sue Smith

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. Please make checks payable to NAMI Genesee County. Mail to P.O. Box 1320, Flint, MI 48501

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 _____

Depression and Older Adults

Clinical depression is not a normal part of aging. For some people, changes in the brain can affect mood and result in depression. Others may experience depression after a major life event, like a medical diagnosis or a loved one's death. Those under a lot of stress — especially people who care for loved ones with a serious illness or disability — can feel depressed. Others may become depressed for no clear reason.

Research has shown that these factors are related to the risk of depression, but do not necessarily cause depression:

- Medical conditions, such as stroke or cancer
- Genes – people who have a family history of depression may be at higher risk
- Stress, including caregiver stress
- Sleep problems
- Social isolation and loneliness
- Lack of exercise or physical activity
- Functional limitations that make engaging in activities of daily living difficult
- Addiction and/or alcoholism — included in Substance-Induced Depressive Disorder

Older people may have different symptoms than younger people.

For some older adults with depression, sadness is not their main symptom. They could instead be feeling more of a numbness or a lack of interest in activities. They may not be as willing to talk about their feelings. The following is a list of common symptoms. Still, because people experience depression differently, there may be symptoms that are not on this list.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, waking up too early in the morning, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, or suicide attempts

Source: nia.nih.gov/health/depression-and-older-adults

Editor's note: Older men have one of the highest suicide rates.

A person experiencing depression should ask their doctor for a physical exam to rule out illnesses and/or medication side effects. ##

The State of Mental Health in the U.S. Research

Mental Health America collected data about mental health from all the states and ranked them on the following: 1. Overall ranking, prevalence of mental illness and rates of access of care for adults and youth. 2. Adult ranking, prevalence of mental illness and rates of access to care for adults. 3. Youth ranking, prevalence of mental illness and rates of access to care for youth. 4. Access to care, how much access to mental health care exists within a state.

The access measures include access to insurance, access to treatment, quality and cost of insurance, access to special education and mental health workforce.

Michigan received the following rankings: overall ranking 18, adult ranking 18, youth ranking 27, prevalence of mental illness 21, access to care ranking 25. The complete report is on www.mhanational.org/research-reports/2022-state-mental-health-america-report

Source: *MHA The Advocate* May 2022

Advocate's Guide

Advocate's Guide 2022, A Primer on Federal Affordable Housing & Community Development Programs & Policies is a resource about federal affordable housing programs and policies pertaining to low-income people.

<https://nlihc.org/explore-issues/publications-research/advocates-guide> ##

MHA Back-to-School Toolkit

The free resources in the online Mental Health America Back-to-School toolkit looks at the issues young people face that impact their mental health and offer tips on how to deal with these issues and the resulting emotions. The toolkit can also help parents and school personnel better understand the issues and how to be supportive. 703)684-7722
www.mhanational.org ##

Smile, brighten someone's day.

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. 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.

MyStrength

GHS offers an online service & phone app called MyStrength. www.MyStrength.com

GHS crisis services
(810)257-3740.

MHAM Free Mental Health Screenings Online
www.mha-mi.com/ ##

Michigan Opioid Collaborative
University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions. It supports patients and clinicians delivering medication-assisted treatment for opioid disorders. www.michiganopioidcollaborative.org

Mothers of Joy University
mothersofjoyuniversity@gmail.com

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. For additional information, please call Pat Beal, Director, at (810) 766-7085 or visit www.thevistacenter.org ##

Genesee County Suicide Prevention Website
www.LetsTalkGenesee.com ##

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.

One-on-One Health Care Coverage Enrollment Assistance For Children
Greater Flint Health Coalition
(810)853-6458 ##

**Center for Parent Information
and Resources**

e-mail: info@michiganallianceforfamilies.org
www.michiganallianceforfamilies.org 1-800-552-4821 ##

**Voices for Children Advocacy
Center**

www.voicesforac.org
(810)238-3333 Ext. 209 ##

**Children’s Behavioral Health
Resources in Flint** (next page)

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. ##

**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
(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](http://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 government agency gives referrals to low-cost and sliding scale mental health care in communities.
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

OK2SAY@mi.gov Hotline to report threatened suicide by teenagers or threats to schools.

Spread kindness where you are. Referrals from the Substance Abuse and Mental Health Administration: (800)662-4357
www.findtreatment.SAMHSA.gov
Partnership for Drug-Free Kids, 855-3784-3733 or text 55753

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,
September 2022
GHS Board Meetings, Flint**

(810)257-3705 420 W. Fifth
Ave., Flint 48503 4 p.m. Board
Room
Recipient Rights Thurs, 9/8
SUD Advisory, Mon. 9/12
Board (Corporate Compliance,
Finance, Program & Evaluation)
Thurs. 9/29
Region 10 Board, Fri.9/16, 9 a.m.,
GHS, Flint

Saginaw Co. CMHA Board

(989)797-3400 Location:
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Board, Mon. 9/12, 5:15 p.m.
Governance, Thurs. 9/15, 5:15
Recipient Rights, Wed. 9/21, 5:15
Ends, Mon. 9/26, 5:15
Executive Limitations, Wed. 9/28,
5:15 p.m.

**Sunshine lifts mood. Get some
outdoor exercise today.**