

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.

Family Support Second and fourth Tuesdays 7-9 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 at 7 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, 6:30 p.m. third Tuesdays at the Flint Library, 1025 E. Kearsley St.

Saginaw Connections Support

Saginaw has a NAMI G.C. Connections support meeting for people with a disorder. Meetings are 6 p.m. first and third Thursdays at McDonald GMC Cadillac, 5155 State St., Saginaw Sue (989)780-0825
sue.smith3185@outlook.com

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.

The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. Call to get your name on the list for fall classes.

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 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 online classes are no longer offered. We suggest our Family-to-Family classes.

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.

www.homefrontresources.nami.org #

Get daily sunshine and exercise.

“Ending the Silence” is a free of charge online presentation about mental disorders designed by NAMI to be used in schools.

www.ets.nami.org. ##

We Have Moved

Family Support and Connections Support, will meet at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. This is directly across from our present office area on the east side of Linden Rd. The McLaren building is set back from Linden Rd. and has a large sign on the building. Use the NAMI P.O. Box 1320, Flint, MI 48501-1320 for all mailings.

The First Week in October is Mental Health and Bipolar Awareness Week

Bipolar disorder is a mental illness that causes dramatic shifts in a person’s mood, energy and ability to think clearly. People with bipolar experience high and low moods—known as mania and depression—which differ from the typical ups-and-downs most people experience.

The average age-of-onset is about 25, but it can occur in the teens, or more uncommonly, in childhood. The condition affects men and women equally, with about 2.8% of the U.S. population diagnosed with bipolar disorder and nearly 83% of cases classified as severe.

If left untreated, bipolar disorder usually worsens. However, with a good treatment plan including

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Saginaw: Sue Smith, Brandon & Lisa

Hillaker

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 (specify NAMI Genesee

County) or 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 _____

psychotherapy, medications, a healthy lifestyle, a regular schedule and early identification of symptoms, many people live well with the condition.

A person with bipolar disorder may have distinct manic or depressed states but may also have extended periods without symptoms. A person can also experience both extremes simultaneously or in rapid sequence.

Severe bipolar episodes of mania or depression may include psychotic symptoms such as hallucinations or delusions. People with bipolar disorder who have psychotic symptoms can be wrongly diagnosed as having schizophrenia.

Several factors may contribute to the cause of bipolar disorder. The chances of developing the disorder are increased if parents or siblings have the disorder, but genetics is not absolute. One child may develop bipolar disorder, while an identical twin does not.

A stressful event, such as a death in the family, a divorce or financial problems can trigger a manic or depressive episode. A person's handling of stress may play a role. There may be subtle differences in brain structure in

people with bipolar disorder, though a brain scan cannot provide a diagnosis.

Bipolar I disorder is an illness in which a person has experienced at least one manic episode that has lasted at least 7 days or be severe enough to require hospitalization. Delusions and hallucination may occur.

Most people with bipolar I will have episodes of both mania and depression.

People with bipolar II disorder experience shifting back and forth with hypomanic episodes that never reach a full manic state and may be less disabling.

Cyclothymic disorder is a chronically unstable mood state in which people experience hypomania and mild depression for at least two years. They may have periods of normal mood that last less than eight weeks.

Bipolar disorder other specified or unspecified is when a person does not meet the criteria for bipolar I, II or cyclothymia but has still experienced periods of clinically significant abnormal mood elevation.

Bipolar disorder may be treated with medications such as mood stabilizers, antipsychotics and antidepressants. Psychotherapy, self management strategies such as education are often important additions to medication. Prayer, exercise and meditation can help support, but not replace treatment. NAMI Connections support groups and Peer-to-Peer classes

can provide education, sympathy and help to learn coping skills. Source: NAMI.com, edited. ##

It Is Dangerous to Use This Natural Herb

Kratom is a tropical tree native to Southeast Asia. Consumption of its leaves produces both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychotic symptoms, and psychological and physiological dependence.

In the U.S., the abuse of kratom has increased markedly in recent years. It is usually abused by oral ingestion in the form of a tablet, capsule, or extract. Kratom leaves may also be dried or powdered and ingested as a tea, or the kratom leaf may be chewed.

At low doses, kratom produces stimulant effects with users reporting increased alertness, physical energy, and talkativeness. At high doses, users experience sedative effects. Kratom consumption can lead to addiction. Several cases of psychosis resulting from use of kratom have been reported, where individuals addicted to kratom exhibited psychotic symptoms, including hallucinations, delusion, and confusion.

Kratom's effects on the body include nausea, itching, sweating, dry mouth, constipation, increased urination, irregular heart-beat, vomiting, drowsiness, and loss of appetite. Users of kratom have also experienced anorexia, weight loss, insomnia, liver toxicity, seizure, and hallucinations. By 2021, the FDA had reported 36 deaths related to kratom in the U.S. The FDA has

not approved Kratom for any medical use. In addition, DEA has listed kratom as a Drug and Chemical of Concern. Source: "Drug Fact Sheet," and "Get Smart About Drugs," www.dea.gov ##

IACC Interagency Autism Coordinating Committee

The IACC will be holding an annual meeting on Wednesday, October 11 from 10 a.m.-5 p.m. It is open to the public by video NIHVideoCast. Information: IACOPpublicInquires @mail.nih.gov. ##

Research

The Treatment Advocacy Center developed a survey and conducted a pilot study in Ohio to determine the attitude of patients who received court-ordered treatment.

Most AOT participants felt they received benefits from the AOT court order and from participating in the program. Black participants were significantly more satisfied with their treatment team and with the courts than white participants. The aspect of the program AOT participants liked best was the people who worked with them, including judges and treatment teams. See the complete report at www.treatmentadvocacy.org #

Suicide Prevention Website
www.LetsTalkGenesee.com

Do You Need Help?

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

Free Job Training

Free training is available to qualifying Genesee County residents who are interested in a healthcare career. Information: call or text (810)853-6423. ##

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.
1(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.

GHS crisis services
(810)257-3740.

MyStrength

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

Mothers of Joy University
mothersofjoyuniversity@gmail.com
University of Michigan provides consultations to physicians doing opioid treatment and telemedicine

delivered interventions.
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 ##

Disaster Distress Helpline
Text TALKS WITH US to 66746
Available 24 hours, 7 days. ##

Help to find Health Care Insurance For Kids
Greater Flint Health Coalition
(810)853-6458 ##

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 1-800-552-4821 ##

Mothers of Joy University Depression and Bipolar Support Alliance Meetings
mothersofjoyuniversity@gmail.com
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 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 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, extensive information.
www.homefrontresources.nami.org

Voices for Children Advocacy Ctr.
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:KnowY ourOnlinePharmacy 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
referrals to low-cost and sliding scale mental health care in www.findtreatment.SAMHSA.gov

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
Promise of Hope (810)275-2690
Support group for families dealing with narcotics

www.familiesagainstnarcotics.org
UCAN (United Community Addiction Network) (810)397-7175 in Genesee County
ucanmichigan@gmail.com

Website for opioid information, addiction treatment, etc.

www.KnowMoreGenesee.org
Help for Sobriety Court Members
www.partners4recovery.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

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**

October

GHS Board Meetings, Flint

Services: (810)257-3705 420 W.
Fifth Ave., Flint 48503

SUD Advisory, Mon.10/9, Board
Room., 420 W. 5th Ave. 4 p.m.,
Board, Thurs. 10/26, 4 p.m. DEI,
Human Resources, Finance,
Programs and Evaluation, Room
108 CCIS (children's services
building) 1402 S. Saginaw St.,
Flint

CCIS Region 10, Fri.10/20, 9
a.m., Port Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

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

Public Budget Hearing, Thurs.
10/5, 5:30 p.m.

SCCMHA Advisory, Thurs. 10/5,
6 p.m.

Board Meeting Mon., 10/9,
5:15pm