

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

*If any Genesee County public school is closed because of bad weather, our support meetings are cancelled that evening.*

## **NAMI Genesee County Support Meetings**

**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. Classes will begin when location is finalized.

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.

**We can provide speakers by request.**

“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)

*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.*

## **Disruptive Mood Dysregulation Disorder**

Disruptive mood dysregulation disorder (DMDD) is a condition in which children or adolescents experience ongoing irritability, anger and frequent, intense temper outbursts. The symptoms of DMDD go beyond a “bad mood.” DMDD symptoms are severe.

Youth with DMDD experience significant problems at home, at school, and often with peers. They also tend to require mental health care services, including doctor visits and sometimes hospitalization. These children are at an increased risk of developing anxiety and depression in the future. If you are concerned that your child may have DMDD, talk to your child’s pediatrician or health care provider.

Children or adolescents with DMDD experience: severe temper outbursts (verbal or behavioral), on average, 3 or more

times per week; outbursts and tantrums that have been happening regularly for at least 12 months such as at home, at school or with peers; chronically irritable

### 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

#### Board Members and Officers:

President, Ramona Deese

Vice President, open

Recording Secretary, Tarnesa Martin

Treasurer, Shawna Sims

Adam Castillo

Lacey Benjamin

Tia Coles

April Cook-Hawkins

Latressa Gordon

Dante Jennings

Mark Langdon

Shearese Stapleton

Director Emeritus, Erma Barber

Family Support Group Facilitators

Ramona Deese, Karen Henry, Maureen

Post, Sally Parker, April-Cook-Hawkins,

Suzanne Kellom, Linda Howard

NAMI Connections Facilitators

Maureen Post, Karen Henry, Tawanna

Anderson, Latressa Gordon

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](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 \_\_\_\_\_

or angry mood most of the day, nearly every day; and trouble functioning due to irritability in more than one place.

Children with DMDD may have trouble in school and difficulty maintaining healthy relationships with family or peers. They also may have a hard time in social settings or participating in activities such as team sports. Children experiencing severe irritability (as observed in DMDD) have difficulty tolerating frustration and have outbursts that are out of proportion to the situation at hand. These outbursts occur more often and are more severe than expected for children their age.

Youth with DMDD are diagnosed between the ages of 6 and 10. As children grow and develop, the symptoms of DMDD may change. An adolescent or young adult with DMDD may experience fewer tantrums, but they may begin to exhibit symptoms of depression or anxiety.

DMDD is a relatively new disorder; few DMDD-specific treatment studies have been conducted. Current treatments are primarily based on what has been helpful for other childhood disorders associated with irritability. Treatment generally includes certain types of psychotherapy and sometimes medications. Source: [www.nimh.nih.gov](http://www.nimh.nih.gov)

### Treatment Update

The FDA recently approved SAINT, a non-invasive brain stimulation protocol for treatment-resistant major depression. Remissions take 5 days after accelerated treatments. The FDA approved Zuranolone to treat postpartum depression. Given in pill form for 14 days, remission is in as little as 3 days. Source: letter from the Brain & Behavior Research Foundation.

**Mental Illness Awareness Week is October 6-12. World Mental Health Day is October 10. The 2024 theme is "My Mental Health at Work," how mental health is impacted by our workplace cultures.**

### Walk to Prevent Suicide

Genesee/Lapeer Out of the Darkness Walk, October 6 at Willow Park. [afsp.org/gen/ap](http://afsp.org/gen/ap)

**Publications from SAMHSA,** [www.store.samhsa.gov](http://www.store.samhsa.gov)

"Depression and Suicidal Thoughts and Behaviors Among College Students" PEP20-01-03-001

"A Journey Toward Health and Hope; Your Handbook for Recovery After a Suicide Attempt." SMA15-4419

"A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department" After an Attempt SMA18-4357ENG

"A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department" SMA18-4355ENG

**Latest NAMI Book:** “You Are Not Alone for Parents and Caregivers” Available at Amazon, Target, Barnes & Noble

**Publication from Mental Health America “Where to Start”**  
store.mhanational.org/products \$12.99 plus shipping Part 1, Am I Okay, symptoms, Part 2, Talking About It, Part 3, Getting Help where and how, Part 4, DIY Mental Health Practices taking care of yourself. ##

### **FDA Approves a Novel Drug for Treatment of Schizophrenia**

On September 26, 2024, the U.S. Food and Drug Administration approved Cobenfy (xanomeline and trospium chloride) capsules for oral use for the treatment of schizophrenia in adults. It is the first antipsychotic drug approved to treat schizophrenia that targets cholinergic receptors as opposed to dopamine receptors, which has long been the standard of care.

Because of its different action, Cobenfy is expected to have better tolerability than older antipsychotics. It is not appropriate for people with poor liver or kidney function. Cobenfy is expected to be available within a year.

Schizophrenia can cause psychotic symptoms including hallucinations (such as hearing voices), difficulty controlling one’s thoughts and being suspicious of others. It can also be associated with cognitive problems and difficulty with social interactions and motivation. About 1% of Americans have this illness and globally it is one of

the 15 leading causes of disability. Individuals with schizophrenia are at greater risk of dying at a younger age than the general population. The estimated average potential life lost for individuals with schizophrenia in the U.S. is 28.5 years. Nearly 5% die by suicide, usually in the early years.

Co-occurring medical conditions, such as heart disease, liver disease, and diabetes, contribute to the higher premature mortality rate among individuals with schizophrenia. Possible reasons for this excess early mortality are increased rates of these medical conditions and under-detection and under-treatment of them. Sources: [fda.gov/news-events/press-announcements](https://www.fda.gov/news-events/press-announcements) and [nimh.nih.gov/health/statistics/schizophrenia](https://www.nimh.nih.gov/health/statistics/schizophrenia) ##

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

**Free health care career training:** (810)232-2228  
[geneseehhealthcarecareers.org](https://www.geneseehhealthcarecareers.org)

### **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](https://www.ccsgec.org/onestophousing)

[OneStopHousing@ccsgc.org](mailto:OneStopHousing@ccsgc.org) ##

**Domestic Violence Hotline:**  
(800)799-7923

**Suicide Prevention Website**  
[www.LetsTalkGenesee.com](https://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](https://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](https://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  
**(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 (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](http://www.homefrontresources.nami.org)

### **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  
[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)

*Smiles are contagious.*

**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.

**Voices for Children Advocacy Ctr.**  
[www.voicesforac.org](http://www.voicesforac.org)  
(810)238-3333 Ext. 209 ##

**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, October 2024**

***New Location for Genesee  
Health System services***

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

Services: (810)257-3705  
SUD Advisory, Mon10/14, Board  
Room, second floor, 4 p.m.  
Board of Directors, 10/24,  
Finance, DEI, HR, Program &  
Evaluation, 4 p.m. Board Room  
Region 10, Fri, 10/18, 9 a.m.,  
Port Huron  
RRAC TBD Board Room

**Saginaw Co. CMHA Board**

(989)797-3400      sccmha.org  
Meetings are held at 500 Hancock  
St, Saginaw, Michigan 48602  
Board of Directors, 10/14, 5:15  
p.m.  
Advisory, 10/3, 6 p.m.  
ENDS 10/28, 5:15 p.m.

NAMI was founded in 1979. NAMI Michigan was incorporated January 1986. NAMI Genesee County was incorporated February 1985.
--