

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**

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

### **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](mailto: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 next 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 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 veteran's 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)

## **We Have Moved**

Family Support and Connections Support meet at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. Mailing address: NAMI P.O. Box 1320, Flint, MI 48501-1320

## **OCD**

Obsessive-compulsive disorder (OCD) is a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions) and engages in compulsions (repetitive behaviors). With CBT, compulsions can sometimes be controlled. People with OCD have time-consuming symptoms that can cause significant distress or interfere with daily life.

**Obsessions** are repeated thoughts, urges, or mental images that are intrusive, unwanted, and make most people anxious. Common obsessions include:

- Fear of germs or contamination
- Fear of forgetting, losing, or misplacing something
- Fear of losing control over one's behavior

- Aggressive thoughts toward others or oneself
- Unwanted, forbidden, or taboo thoughts involving sex, religion, or harm

### 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: 140 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 \_\_\_\_\_

- Desire to have things symmetrical or in perfect order

**Compulsions** are repetitive behaviors a person feels the urge to do, often in response to an obsession. Common compulsions include:

- Excessive cleaning or hand-washing
- Ordering or arranging items in a particular, precise way
- Repeatedly checking things, such as that the door is locked or the oven is off
- Compulsive counting
- Praying or repeating words silently

Not all repeated thoughts are obsessions, and not all rituals or habits are compulsions. However, people with OCD generally:

- Can't control their obsessions or compulsions, even when they know they're excessive.
- Spend more than 1 hour a day on their obsessions or compulsions.
- Don't get pleasure from their compulsions but may feel temporary relief from their anxiety.
- Experience significant problems in daily life due to these thoughts or behaviors.

Some people with OCD also have a tic disorder involving repetitive

movements or sounds. It is common for people with OCD to also have a diagnosed mood disorder or anxiety disorder. OCD symptoms usually appear between childhood and young adulthood. Symptoms may go away for a time and may appear in response to stress.

Risk factors for OCD include genetics, biology, temperament and childhood trauma. People who have a first degree relative with OCD are at higher risk. Brain imaging studies have shown structural differences in the brain. People with more reserved behaviors, negative emotions and who have depression and anxiety as children are at risk.

Children who suddenly develop OCD after a strep infection may be diagnosed with PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder). OCD is treated successfully with Cognitive Behavioral Therapy sometimes in combination with medications. Source: [nimh.nih.gov](http://nimh.nih.gov) #

### Book Review

Facing OCD with the Mind of Christ is a workbook written by Terri Lewis, a person living with OCD (obsessive-compulsive disorder). After searching unsuccessfully for a helpful self-help book written by a peer, Terri Lewis started researching OCD. She read more than 25 books, and decided to write a workbook for people who are often misunderstood by church members.

Mrs. Lewis asserts that well intentioned helpers who are not properly educated about OCD can

do a lot of harm. The resources that were most helpful in her journey were clinical works. OCD does not go away with appropriate clinical treatment.

Mrs. Lewis recognizes that living with someone with OCD is not easy. She intends that education will take away the guilt that too often develops when Christians equate OCD symptoms with sin. She gives many biblical examples of OCD thinking in a clinically accurate self-help book and notes that Saint Therese, Martin Luther and John Bunyan (author of Pilgrim's Progress) had OCD symptoms. She describes the most common categories of OCD in easy to understand terms and gives examples. This encourages readers to recognize triggers and cognitive distortions. The workbook exercises guide the reader in using mindfulness to control OCD symptoms.

The workbook is available on Amazon. (Editor's note: Terri is my daughter. I had no idea that she had OCD thoughts and compulsions as a child. If I had seen symptoms, I would not have known how to help her. NAMI has given me much insight into mental disorders. Ramona Deese, Editor) ##

### **Seasonal Affective Disorder**

Changes in serotonin and melatonin levels disrupt the normal daily rhythms. As a result, people cannot adjust to the seasonal changes in day length, leading to sleep, mood, and behavior changes. Information: [nimh.nih.gov/publications](http://nimh.nih.gov/publications) ##

### **Research Opportunity**

Researchers from Florida International University want to connect with Black and Hispanic individuals ages 18-59 with at least 5 years of regular contact with a family member diagnosed with a mental health condition. They hope to conduct a study to make meaning of this experience and build better supportive resources. Participation in the study encompasses a 50-minute interview via Zoom and a 10-minute survey. The compensation for participating is a \$50 gift card. Information: [gcoll039@fiu.edu](mailto:gcoll039@fiu.edu) 305-348-5382 ##

### **Save the Date**

Depression on College Campuses Conference, March 12-13, 2024, U. of Michigan Rackham Grad. School, 915 E. Washington St., Ann Arbor. Registration opens Nov. 6, 2023. Questions: (734)232-0330 Stephanie Salazar [www.depressioncenter.org/docc](http://www.depressioncenter.org/docc)

### **Wise Giving**

Check charities you are considering for donations at the following websites: [www.charitywatch.org](http://www.charitywatch.org) [www.charitynavigator.org](http://www.charitynavigator.org) [www.give.org](http://www.give.org) Better Business Bureau Wise Giving Alliance [www.irs.gov](http://www.irs.gov) Search for "Exempt Organizations Select Check" NAMI, NAMI Michigan and The Brain and Behavior Research Foundation have 4 star ratings from Charity Navigator. NAMI and The Brain and Behavior Foundation have A ratings from Charity Watch. ##

### **Suicide Prevention Website**

[www.LetsTalkGenesee.com](http://www.LetsTalkGenesee.com)

### **Do You Need Help?**

[Findhelpgenesee.org](http://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](http://www.MyStrength.com)

### **Mothers of Joy University**

[mothersofjoyuniversity@gmail.com](mailto:mothersofjoyuniversity@gmail.com)

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. ##

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

**Mothers of Joy University**  
[mothersofjoyuniversity@gmail.com](mailto:mothersofjoyuniversity@gmail.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 ##

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

**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://www.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 (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](http://vipps.nabp.net) [LegitScript.com](http://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)

**Help Locating Treatment for Substance Use Disorders**  
Promise of Hope (810)275-2690  
Support group for families dealing with narcotics  
[www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.org)

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

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

**Help for Sobriety Court Members**  
[www.partners4recovery.org](http://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](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, November  
GHS Board Meetings, Flint**

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

SUD Advisory, Mon.11/13,  
Board Room, 420 W. 5<sup>th</sup> Ave. 4  
p.m.

Consumer Council, Mon. 11/20  
3:30-5, location TBD

Board, Wed. 11/15, 4 p.m. Room  
108, CCIS building 1402 S.

Saginaw St., Flint

Agency closed Nov. 23& 24

**Saginaw Co. CMHA Board**

(989)797-3400 [sccmha.org](http://sccmha.org)

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

Citizen's Advisory, Thurs. 11/2 6  
p.m.

Board, Mon. 11/13, 5:15 p.m.

Recipient Rights, Wed. 11/15 5:15  
p.m.

Executive Limitations, Mon.  
11/20 5:a5 p.m.

Ends, Mon. 11/27/ 5:15 p.m.