

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

No December 24 meeting.

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. Fall class began. Next classes, winter, 2025.

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

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
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

Partners in Recovery “How Addiction Impacts the Family”

Informational meeting open to the public. Thursday, November 14, 6-7:30 p.m. Arid Club, 715 East St. Information: (810-610-2918

November is National Family Caregivers Month

The Caregivers Action Network has information about resources for family caregivers at www.Caregiveraction.org ##

Election Results Could Influence Medical Insurance Coverage

Editorial by Ramona Deese
NAMI members may need to become strong advocates to prevent reductions in Medicare, Medicaid and ending of the Affordable Care Act. These programs are all important to provide mental health care for our loved ones. For those people with private insurance, coverage is often influenced by federal and state laws. Watch proposed legislation and policy changes. Let your voice be heard to senators and representatives.

If you stopped paying NAMI dues because of the expense, please

consider \$5 Open Door dues. Go to www.nami.org and register for NAMI Genesee County. More members give us political power.

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48501-1320 Ph. 810-232-6498.

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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 (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

Dues to encourage membership: "Open Door" membership \$5 _____

Household membership \$60 _____

Individual membership \$40 _____

(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 _____

Effect of Covid Infection During Pregnancy on Infants

For mothers who experience high stress during their pregnancy, prenatal COVID-19 infection may be associated with an increased risk for impaired attention and delayed socioemotional and cognitive functioning in their infants, according to a small study funded by the National Institute of Mental Health. The findings highlight maternal stress as a modifiable target to potentially reduce negative outcomes from prenatal COVID-19 infection and the possible protective benefits to expectant mothers of getting vaccinated for COVID-19 during their pregnancy.

Independently, prenatal stress and COVID-19 infection were not related to infant outcomes at 6 or 12 months. In pregnancies without COVID-19, no association was found between prenatal stress and infant attention at 6 months. However, in pregnancies positive for COVID-19, higher prenatal stress was associated with poorer infant attention. In turn, infants with poorer attention at 6 months were more likely to show possible delays in socioemotional functioning and cognition at 12 months. The researchers are continuing to follow this cohort of

children into later ages. Source: www.nimh.nih.gov Sept. 27 2023 report

Co-Occurring SUD and Other Mental Disorders

Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD.

People with a SUD may also have other mental health disorders, and people with mental health disorders may also struggle with substance use. Though people might have both a SUD and a mental disorder, that does not mean that one caused the other. Research suggests three possibilities that could explain why SUDs and other mental disorders may occur together:

- **Common risk factors can contribute to both SUDs and other mental disorders.** Both SUDs and other mental disorders can run in families, meaning certain genes may be a risk factor. Environmental factors, such as stress or trauma, can cause genetic changes that are passed down through generations and may contribute to the development of a mental disorder or a substance use disorder.
- **Mental disorders can contribute to substance use and SUDs.** Studies found that people with a mental disorder, such as anxiety, depression, or post-traumatic stress disorder (PTSD), may use drugs or alcohol as a form of self-medication. Brain

changes in people with mental disorders may enhance the rewarding effects of substances, making it more likely they will continue to use the substance.

- **Substance use and SUDs can contribute to the development of other mental disorders.** Substance use may trigger changes in brain structure and function that make a person more likely to develop a mental disorder.

When someone has a SUD and another mental health disorder, it is usually better to treat them at the same time rather than separately. People who need help for a SUD and other mental disorders should see a health care provider for each disorder. Research has found several behavioral therapies that have promise for treating individuals with co-occurring substance use and mental disorders. Health care providers may recommend behavioral therapies alone or in combination with medications. Source: www.nimn.nih.gov "Substance Use and Co-Occurring Mental Disorders"

Trace Lithium Levels in Drinking Water Reduce the Risk of Dementia--research

Researchers reviewed 5 available studies. The reviewed evidence shows that trace-Li levels in the water are sufficient to lower the incidence or mortality from dementia. Considering the lack of options for the prevention or treatment of dementia, researchers said that the findings are important. Future trials of Li should focus on long term use of low or even micro doses of Li in the prevention or treatment of

dementia. Published in the International Journal of Bipolar Disorders, Vo. 12, Article 32, 2024, summary on www.bipolarnews.org ##

Hope for Future Treatment of Schizophrenia and Alzheimers

An estimated 30-40% of patients with schizophrenia are resistant to current antipsychotic medicines. Many patients have only partial benefits. Short and long term side effects are problematic, often resulting in poor compliance with treatment.

A new drug in clinical trials called KarXT has a different action than present anti-psychotics. Preliminary results show reductions in positive and negative schizophrenia symptoms. Side effects were milder than with other medications. Trials are also ongoing to examine the efficacy and safety of KarXT for psychosis in patients with Alzheimer's dementia. Source: Brain & Behavior, Therapy Update, Summer 2024, p. 37 ##

Free health care career training: (810)232-2228
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 ##

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
OneStopHousing@ccsgec.org ##

Domestic Violence Hotline:
(800)799-7923

Suicide Prevention Website
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 crisis services
(810)257-3740

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.

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

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. ##

Mothers of Joy University

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

Center for Parent Information and Resources: 1 (800)552-4821

www.michiganallianceforfamilies.org

NAMI Helpline Resource Directory

From 4ame.org on the left side of the home page click on NAMI Helpline, then on Resource Directory.

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

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

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
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
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

Promise of Hope (810)275-2690
www.familiesagainstnarcotics.org
support group for family members

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

Help for Sobriety Court Members
www.partners4recovery.org

Partnership for Drug-Free Kids, 855-3784-3733 or text 55753
Sing or whistle a tune today.

Website for opioid information, addiction treatment, etc.
www.KnowMoreGenesee.org

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

Voices for Children Advocacy Ctr.
www.voicesforac.org
(810)238-3333 Ext. 209 ##

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 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. 11/11,

Board Room, second floor, 4 p.m.

Board of Directors, 11/21,

Finance, Program & Evaluation, 4
p.m. Board Room

Region 10, Fri, 11/15, 9 a.m.,

Port Huron

Agency closed Nov. 28 & 29.

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

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

Board of Directors, 11/4, 5:15
p.m.

Advisory, 11/73, 6 p.m.

Recipient Rights, 11/20, 5:15

Executive Limitations 11/25, 6:15

ENDS 10/25, 5:15 p.m.

***Have a happy and grateful
Thanksgiving day. Ramona***