

Genesee County

810.232.6498 – www.namigenesee.org – namigenesee@gmail.com December 2020

If your address changes, please call (810)232-6498 and leave your name and correct mailing address.

Support Groups Available

Because of the pandemic, our support group schedule has changed temporarily. We offer in person **Family Support at our office, 2346 Stonebridge Dr., Building H, Flint, second Tuesdays 7-9 p.m.** If any Genesee County public school is closed because of bad weather, this support group is cancelled.

All attendees are required to wear a face mask. An infrared thermometer will check everyone's temperature before entering. The number of participants in each room is limited. Hand sanitizer and face masks are available.

Online Family support groups are as follows:

2nd Mondays 6:30-8 p.m. for Saginaw area.

4th Tuesday 7-9 p.m. for Flint area Family Support is for family and friends.

Online Connections support group

2nd Tuesday 7-8 p.m. NAMI Connections is for people living with mental illness.

To request an invitation with information and codes, send an email to namigenesee@gmail.com Indicate which support group you want to attend. Please do this at least 3 days before each meeting. If an online group does not appeal to you, call 810-232-6498 and leave a message. We will call you when face-to-face Connections

and Saginaw meetings begin. NAMI meetings are free of charge. ##

We will not be mailing printed newsletters during the Covid19 pandemic.

NAMI does not give medical or legal advice. Please consult your doctor, pharmacist or lawyer.

Reminder: Do not discuss anything heard in a meeting anywhere else. #

Free of Charge NAMI Classes

Online Family-to-Family classes for family and friends of persons with mental illness will begin in January 20, 2021. Online Peer-to-Peer classes for persons living with mental illness will begin in April. Registration is required. Call (810)232-6498. ##

Free Healthcare Training for Flint & Genesee County

The Flint Healthcare Employment Opportunities (FHEO) Program is designed to assist unemployed and underemployed residents of Flint and Genesee County with obtaining training and employment in the healthcare industry. These training programs include: Certified Nurse Assistant, Medical Assistant, Pharmacy Technician, Health Unit Coordinator, Medical Billing and Coding, Registered Nurse, and other high demand health careers. Call 810.232.3332 for more information.

Baer Reintegration College Scholarships

Check the website for information about scholarships for the 2020-21 academic year. Final due date for applications is January 2021.

www.reintegration.com ##

What to Do If a Loved One is Missing

Sometimes a loved one in crisis leaves the family without notice. NAMI has helpful instructions on the website www.nami.org/missing. Below is a summary:

1. Contact your local police immediately and provide them with all the information you can. If the person remains missing more than three days, ask the police to place them on the FBI's National Computer list (NCIC) as an "endangered adult."
2. Reach out to the person's friends and acquaintances, including case managers, coworkers, doctors and neighbors.
3. Register your loved one with the National Missing and Unidentified Persons System (NamUs). www.findthemissing.com lets you upload information about a missing person for use by law enforcement officials, agencies and the public.
4. Check nearby facilities such as hospitals, churches, homeless shelters and libraries.
5. Post a one-page flyer and include a picture and description.
6. Use social media. Check his or her Facebook, twitter, Instagram and other accounts for clues. Reddit also has a public forum (www.reddit.com/r/missingpersons) where you can post information.
7. Alert the local media. The person may see the announcement and decide to return home. Others will look for the missing person as well. With local media involved, police might be able to devote more resources to a search. ##

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by

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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.

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 _____

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

Have blessed and happy holidays and stay safe and healthy. Ramona Deese, Editor

NAMI Is Here to Help

Editorial by Ramona Deese

We are all under stress from the pandemic. It might be hard to be grateful during the holidays if we cannot be with our families. This was the first time in 57 years of marriage that Roby and I were the only ones at our Thanksgiving table, so I understand your disappointment. Christmas is a difficult time for many people. Please reach out to someone who may be lonely. A phone call may help someone more than you know.

I want to share with you a custom of our son, Jason. Every evening at dinner, everyone is asked to tell their "three best things" of the day. Focusing on the "best" has obvious benefits and gives even young children a chance to participate in family discussions.

Recently, I have had several organizations and individuals tell me that they use our newsletter for a source of resources. So, this month I am giving you many. Share them with my blessing. ##

NAMI Basics OnDemand

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. NAMI Basics OnDemand is an adaptation of the in-person course offered in 43 states by NAMI affiliates. Information and registration: <https://basics.nami.org>

How Schools Must Deal with Suicidal Ideation

Many parents do not know the legal obligations of school faculty when a student having suicidal ideations.

While schools do differ on their policies regarding suicide, there is a legal obligation for them to react in a way that gets the child help and ensures that they are safe.

Suicide is the second leading cause of death for youth aged 10 to 24. So when child is crying out for help, these cries cannot be ignored by the school or parents.

The fact your child reports she wants to kill herself is enough for any school staff to make the call. They are then legally required to report it to the school who then contacts the child's parents or legal guardian. The process for determining the likelihood your child needs immediate assistance considers the following three levels of suicidal ideation:

1. Telling someone on staff she desires to kill herself
2. Having a history of attempting to kill herself
3. Having access to the means to follow through with it

Many children and teenagers are suffering from depression. Take suicide threats seriously and get help from medical professionals. Source: nami.org ##

Resources For Finding Missing Children

Center for Missing and Exploited Children
www.missingkids.org

24-Hour Hotline
1-800-843-5678
Faces of the Lost
www.facesofthelost.org

24-Hour Helpline
1-800-566-5688
National Runaway Safeline
www.1800runaway.org
1-800-786-2929

National Disaster Distress Helpline

Text TALK WITH US to 66746
Available 24 hours, 7 days. ##

Talk to a Counselor

Michigan Stay Well Counseling via the COVID 19 hotline. Call 1-888-535-6136. Press 8 to talk to a counselor 24 hours/ 7 days. Free and confidential. ##

Commit to Fit Stress Reduction Program

This is a free 8 class online program. Set up an account, login, click Living Easy Stress Resiliency Online Program link. There is a free fitness guide and nutrition resource guide online.

www.commit2fit.com
Information: (810)232-2228 ##

Virtual Behavioral Health Urgent Care in Genesee County

Genesee Health System received a SAMHSA grant to provide video based chat support 24 hours a day, 7 days a week. The video chats are with a therapist and are open to everyone in Genesee County regardless of insurance. The service does not require a referral.

Equipment needed is a tablet, I-pad, laptop, computer or smartphone. If a caller has medical insurance, the insurer might be billed. If there is no payment, the caller will not be charged; the cost will be paid by

grant funds. If you, or someone you know, needs to talk to a therapist, call (810)257-3705 for instructions. VBUC does not replace the existing GHS crisis services, (810)257-3740. ##

MyStrength

GHS offers an online service & phone app called MyStrength. It offers personalized resources to improve your mood.

1. Visit: www.MyStrength.com
2. On the MyStrength.com home page, click on "Sign-up."
3. Enter the following Access Code depending on where you get your services:
 - Genesee Health System: GHSHH
 - Consumer Services Inc: GHSCSI
 - Hope Network/New Passages: GHSHNNP
 - Training & Treatment Innovations: GHSTTI
 - Other providers and anyone else: GHScommunity

Center for Parent Information and Resources

e-mail: info@michiganallianceforfamilies.org
www.michiganallianceforfamilies.org
[1-800-552-4821](tel:1-800-552-4821) ##

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/HomefrontOnlineRegistration

Reach an FDA pharmacist 888-463-6332. FDA Medwatch 800-332-1088 to report adverse drug reactions.

To check on-line pharmacies: BeSafeRx: Know Your Online Pharmacy 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.

Non-profit information source for patient assistance programs and free or low-cost clinics nationwide: www.needymeds.org 1-800-503-6897

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.

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 ##

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 Abuse

FAN (Families Against Narcotics)
(810)275-2690
www.familiesagainstnarcotics.org

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

Referrals from the Substance
Abuse and Mental Health
Administration:
(800)662-HELP (4357)

www.findtreatment.SAMHSA.gov
Partnership for Drug-Free Kids,
855-3784-3733 or text 55753

Website for opioid information,
addiction treatment, treatment of
chronic pain, treatment facilities.
KnowMoreGenesee.org ##

Local GHS Crisis Services

810-257-3740, 1-877-346-3648
genhs.org/mystrength

National Suicide Hotline

1-800-273-8255

Michigan Stay Well Counseling Covid 19

1-888-535-6136 press 8

NAMI Helpline 1-800-950-6264

**Text NAMI to 741741 to
reach help in a crisis**

OK2SAY@mi.gov

Suicide Prevention Hotline to
report threatened suicide by
teenagers

Dial 211 for information to get human services help.

Toll-free phone Numbers for Support

Compiled by Susan Todoroff and Bob
Nassauer, NAMI Washtenaw
namiwc.org 2020/10/29 newsletter

- 1 (800) 273-8255 National Suicide Prevention Lifeline
- 1 (800) 996-6228 Family Violence Helpline
- 1 (800) 784-2433 National Hopeline Network (for suicide prevention)
- 1 (800) 366-8288 Self-Harm Hotline
- 1 (800) 230-7526 Planned Parenthood Hotline
- 1 (800) 222-1222 American Association of Poison Control Centers
- 1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line
- 1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia
- 1 (888) 843-4564 LGBT Hotline
- 1 (866) 488-7386 TREVOR Crisis Hotline (another LGBT source)
- 1 (800) 221-7044 AIDS Crisis Line

Online Support

Crisis Text Line Text “HOME” TO
741741

- cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stressanxiety
- crisischat.org
- forlikeminds.comNAMI
- nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies
- com
- <https://screening.mentalhealthscreening.org/hyho>
- com (To find a therapist)

To check board certifications and
licensing of medical professionals,
www.michigan.gov/my/license

Public Mental Health System Board Meetings

Because of the coronavirus
pandemic, GHS Board meetings
are held by computer through
ZOOM. Board schedule is on
www.genhs. Members of the
public wishing to call in and listen
to the meetings may do so by
phone.

Dedicated Dial-in: 1-(313)209-
3070 code 787872. This line will
be open for listening purposes
only. Call (810)357-2725 for
information.

Saginaw Community Mental
Health Authority meetings are
also held electronically. For a
schedule, link and call-in
information, go to
www.sccmha.org and click on
notices. You can dial in toll-free
1-877-3361831, access code
9525591# if you do not have
computer access. Call (989)797-
3400 for information. ##

Wise Giving—How to Check Organizations

Check the websites for
information and ratings.

www.charitynavigator.org
highest rating is 4 stars
www.charitywatch.org highest
rating is A

www.give.org (Better Business
Bureau Wise Giving Alliance)

www.irs.gov Search for “Exempt
Organizations Select Check”

NAMI has 4 stars from Charity
Navigator and A- from Charity
Watch. NAMI has an Accredited
rating from the BBB.

The Brain and Behavior Research
Foundation (NARSAD) has 3

stars from Charity Navigator and
A from NARSAD. It is BBB
Accredited. ##