

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

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, the December, 2023 Board meeting is cancelled. Next meeting Jan. 16.

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. Next classes will begin in February.

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 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

Holidays are difficult for a lot of people. Please reach out in friendship to people who are alone during this season. We will have Family Support on Dec. 26.

Research: Intervention to Stop Smoking

People with serious mental illness who smoke have an average lifespan shortened by many years. In a study funded by the National Institute of Mental Health and published in *JAMA Psychiatry*, researchers developed an 18-month community-based tobacco smoking cessation intervention which consisted of pharmacologic and behavioral components (including weight management). It was tested at four community mental health programs in Maryland.

People were eligible to participate in the study if they had a diagnosed serious mental illness, smoked tobacco daily, and were willing to attempt smoking cessation within six months. The researchers randomly assigned participants to

either an intervention group or a control group that did not receive the intervention.

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.

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NAMI Connections Facilitators

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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 _____

Participants assigned to the control group were given the number to a telephone-based smoking quit line that offered free nicotine replacement therapy; a list of exercise resources and the "Aim for a Healthy Weight" booklet from the National Heart, Lung, and Blood Institute; and quarterly health information newsletters.

During the behavioral intervention, participants were offered: one 1-hour group smoking cessation/weight management session per week; one 20-minute individual smoking cessation/weight management session per week; support for physical activity; and text messages that supported health behavior change.

During the group and individual smoking cessation/weight management sessions, researchers provided participants with content such as information about the benefits and methods of quitting smoking, help to identify smoking triggers, and more. Participants in the intervention group were also given access to group exercise classes and incentives for participating in the intervention, including small monetary compensation for group attendance and medallions linked to the achievement of health milestones.

The researchers found that at 18 months, 26.4% of people in the intervention group achieved smoking abstinence compared with 5.7% of people in the control group.

Participants in the intervention group were also more likely to achieve smoking abstinence at 6, 12, and 15 months compared with the control group. The ability to achieve abstinence from smoking at 18 months was not significantly impacted by participants' readiness to quit or by psychiatric diagnosis, sex, or race.

Participants in the interventions group also had a 12.7% drop in their 10-year risk for experiencing a cardiovascular event, while this risk increased by 3.6% in the control group. No significant difference in weight change was seen between the control (-1.4 kg) and intervention (+0.2 kg) groups.

The researchers suggest that making evidence-based smoking cessation programs with medication and counseling more available to people with SMI could help reduce disparities in tobacco-related mortality seen between people with SMI and the general population. Source: nimh.nih.gov October 2023 ##

A Bit of Affiliate History

According to Erma Barber, the founder and first president of NAMI Genesee County, our first affiliate meeting was held the day before Thanksgiving 40 years ago. For those who know Erma, she is healthy and living life to the fullest. Thanks, Erma, for starting NAMI Genesee County.#

Baer Reintegration Scholarship

The goal of the Baer Reintegration Scholarship is to help people with schizophrenia, schizoaffective disorder or bipolar disorder acquire the educational and vocational skills necessary to

reintegrate into society, secure jobs, and regain their lives.

Scholarships are for people living with schizoaffective disorder, schizophrenia or bipolar disorder. Money is available for trade or vocational school, Associates degree, Bachelor's degree, Graduate Degree or Post-baccalaureate credit courses.

Deadline for 2024-25 is Jan. 17.

www.reintegration.com ##

North American Meat Institute Scholarship Foundation

Scholarships are for undergraduate Animal/Meat/Food

Sciences or Culinary arts.

(202)587-4249

www.meatscholars.org

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

Tardive Dyskinesia

Taking certain antipsychotics or medicines for gastric disorders (metoclopramide or prochlorperazine can cause too much dopamine activity in the brain. Too much dopamine activity in the brain could lead to uncontrollable body movements called Tardive Dyskinesia.

It is important to watch for involuntary movements of face, tongue, eyes, legs, arms and other body parts. If the medicine is stopped early, TD symptoms may go away. If the medicine cannot be adjusted or stopped, TD can be

treated with VMAT2 inhibitors. These medicines are thought to reduce extra dopamine signaling in the brain.

Find psychiatrists, neurologists, and other advanced-practice healthcare providers experienced with diagnosing and treating TD. Talk about your TD movements with them and learn about treatments that could help you manage your uncontrollable body movements. Source and more info.

www.talkabouttd.com/treating-tardive-dyskinesia-td ##

Good Resource for Patients with Bipolar Disorder and the Family
“Patient and Family Guide to the CANMAT and ISBD Guidelines on the Management of Bipolar Disorder” www.canmat.org ##

Wise Giving

Check charities you are considering for donations at the following websites:

www.charitywatch.org

www.charitynavigator.org

www.give.org Better Business Bureau Wise Giving Alliance

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. ##

New In Michigan

Domestic Violence Hotline:

(800)799-7923

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

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 ##

Mothers of Joy University
mothersofjoyuniversity@gmail.com
Support and information for parents.

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 ##

Voices for Children Advocacy Ctr.
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

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: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

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, December
GHS Board Meetings, Flint**

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

Recipient Rights, Mon. 12/4, 4
p.m. Board Room

SUD Advisory, Mon.12/11,

Board Room, 420 W. 5th Ave. 4
p.m.

Board of Directors Holiday Tea,
Thurs. 12/21, 2-4 p.m., GHS new
main campus, 1040 W. Bristol
RD. Board meeting 4 p.m. after
the tea.

Agency closed, 12/ 25 & 26 2023
and Jan. 1& 2, 2024.

Region 10, Fri, 12/15, 9 a.m., Port
Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

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

Thurs. 12/11, Joint meeting with
CAC 5:15 p.m.

Thurs. 12/11 Advisory, 6 p.m.