

*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 are now on Thursdays. We offer in person support in Genesee County.**

Call ahead is not required.

Family Support Second and fourth *Thursdays* 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

Family support is for relatives and friends of people living with a mental health disorder. *No meeting on Christmas Day.*

NAMI Connections is for people with a mental disorder. Meetings are second *Thursdays* 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. We plan to start the next classes soon.

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)

## **Your Advocacy is Needed**

In November, HUD, the U.S. Department of Housing and Urban Development revealed plans to direct funding away from permanent supportive housing toward more temporary housing.

Permanent supportive housing is an evidence-based support that helps people with disabilities, including many people with serious mental illness, access mental health treatment, case management, and wraparound supports while providing long-term housing. Thanks to permanent supportive housing, people can avoid hospitalization and maintain independence.

Unfortunately, the announcement from HUD puts housing and life-changing supports at risk for hundreds of thousands of people who may lose their homes, including many with mental illness.

If you would like to see support for permanent housing to continue, please call your senators and representative. ##

## **New NAMI Caregiver Helpline**

If care giving for a loved one with mental illness is overwhelming, a text, call or e-mail to the NAMI Family

Caregiver Helpline will connect you with support. Available M-F 10 a.m. to 10 p.m. text Family to 62640 or (800)950-6264 Press 4 or [helpline@nami.org](mailto:helpline@nami.org)

### **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.

Editor: Ramona Deese,

Circulation: 157 copies via e-mail

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**Maureen Post, Karen Henry**

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) 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

"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 \_\_\_\_\_

***Please go to [nami.org](http://nami.org) and pay dues to NAMI Genesee County.***

### ***Memorial for Richard Frazier***

A memorial donation has been made to NAMI Genesee County by the Wanda Lowe family in memory of Richard Frazier.

**Reminder, holidays are difficult for some folks.** Please reach out to people who may be alone or sad during holidays. Merry Christmas and Happy New Year to all of our members and supporters.

### **Wise Giving to Charities**

Check charities you are considering for donation. websites: [www.charitywatch.org](http://www.charitywatch.org) [www.charitynavigator.org](http://www.charitynavigator.org).

[www.give.org](http://www.give.org) [www.irs.gov](http://www.irs.gov)

Search for "Exempt Organizations Select Check"

NAMI National and Brain and Behavior Research Foundation have 4 star ratings (highest) from Charity Navigator and A ratings (highest) from Charity Watch. #

### **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.

*Prior to completing the application online, all applicants will be required to take a brief eligibility quiz. Rules are on the Baer website. To be considered for the Baer Reintegration Scholarship, applicants must:*

- Be diagnosed with bipolar disorder, schizophrenia or schizoaffective disorder
- Be currently receiving medical treatment for the disease, including medications and psychiatric follow-up, or have prescribing authority's documentation of past history noted on Recommendation Form.
- Be actively involved in rehabilitative or reintegration efforts, such as clubhouse membership, part- or full-time employment, volunteer efforts or school enrollment.
- Be a U.S. citizen or legal resident and plan to attend a school in the United States.
- Be age 18 years or older by the beginning of the 2025-2026 academic school year.

Eligible programs include:

- High school equivalency programs

- Trade or vocational school, or certification programs
- Associate's degree
- Bachelor's degree
- Graduate degree
- Post-baccalaureate credit coursework

Deadline for applications is January 31, 2026. Information and application instructions: [www.reintegration.com/2023-application-process](http://www.reintegration.com/2023-application-process) ##

### Women's Health and Alcohol

Report of research by the Women's Health Initiative, WHI webinar October 15, 2025

A standard serving of alcohol is 12 oz. of beer or 5 oz. of wine with 150 calories. Guidelines recommend one or fewer servings for women daily.

Alcohol is a carcinogen. Women with a history of cancer or Alzheimers should abstain. There is a 24-27% increased risk of breast cancer with one or two drinks per day. The risk is highest for hormone sensitive cancers.

Two to three drinks per day lead to higher rates of stroke and heart failure, but a slightly lower risk of heart attacks.

For older women, alcohol can interfere with sleep, especially REM (deep) sleep. Alcohol should not be consumed within 3 hours of bed time. It can worsen sleep apnea and GI reflex. It is a

diuretic, increasing urine output at a rate greater than the amount of water consumed. If consuming alcohol, drink water also.

Alcohol can affect balance, causing falls. Thirty percent of falls occur after alcohol consumption. Alcohol may interfere with medications and cause problems with some antidepressants. The webinar is archived on the website of the Women's Health Initiative.##

[www.nami.org/medicaid](http://www.nami.org/medicaid) for state fact sheets and NAMI policy positions about Medicaid. ##

### Local GHS Crisis Services

810-257-3740, 1-877-346-3648  
[www.genhs.org/helpnow](http://www.genhs.org/helpnow)

**National Suicide Hotline 988**

**NAMI Helpline 1-800-950-6264**

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

### Suicide Prevention Website

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

### GHS Behavioral Health Urgent Care Center

The Behavioral Health Urgent Care Center is located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. Hours are Monday-Friday 8 a.m. to 10:30 p.m. and Saturday and Sunday 10 a.m. to 6:30 p.m. Phone (810)496-5500 (877)-346-3648

NAMI has updated the information about PTSD on [www.nami.org](http://www.nami.org). Look for "Trauma and PTSD: Dispelling Myths, Inspiring Hope." ##

### Websites to Help Locate Missing Kids

[www.missingkids.org](http://www.missingkids.org)

1-800-843-5678

National Runaway Safeline

[www.1800runaway.org](http://www.1800runaway.org)

1-800-785-2929

Adult missing person information on [www.nami.org](http://www.nami.org) ##

**Free health care career training:** (810)232-2228  
[geneseehealthcarecareers.org](http://geneseehealthcarecareers.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](http://www.ccsgec.org/onestophousing)  
[OneStopHousing@ccsgec.org](mailto:OneStopHousing@ccsgec.org) ##

### Domestic Violence Hotline:

(800)799-7923

### 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 Outpatient Therapy Services Location, Davison

9171 Lapeer Rd., Suite 200, Davison 48423.

**Under Stress and Need to Talk?**  
“Warm Line” Peer support 10  
a.m.-2 a.m. 7 days a week.  
1(888)733-7753      ##

**Vista Drop-in Center**  
Genesee Valley Mall, Open 11  
a.m. to 3 p.m. Monday through  
Friday (810)766-7085  
www.vistacenter.info  
Activities and support for  
mentally ill and developmentally  
disabled adults.

**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)  
**Center for Parent Information  
and Resources**: 1 (800)552-4821  
[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)

**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

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

## 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](http://www.nccforhomelessveterans.org) (877)424-3838**  
**[Genesee County Dept. of  
Veterans Services](http://www.genesee.veteransaffairs.gov) counselor**  
**available Mon. 8-6 & Tues. 9-3**  
**(810)257-3068**  
**1101 Beach St., Flint 48502**  
**[Saginaw County Veteran’s Affairs](http://www.saginaw.veteransaffairs.gov)**  
**Call for veteran’s peer support**  
**group information (810)257-3068**

**[Disabled American Veterans](http://www.disabledamericanveterans.org)**  
**(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.  
**[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:KnowYourOnlinePharmacy  
vipps.nabp.net  
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)**

**Promise of Hope** (810)275-2690  
**[www.familiesagainstinarcotics.org](http://www.familiesagainstinarcotics.org)**  
support group for family members

**Smart Recovery Family &  
Friends** support group for  
families of persons with addiction  
disorders. Saturdays 2-3 p.m. at  
the Bridge Church, G-3326  
Corunna Rd. Flint 48532  
(810)285-9047, **[info@thegcpc.org](mailto:info@thegcpc.org)**

**Help for Sobriety Court Members**  
**[www.partners4recovery.org](http://www.partners4recovery.org)**

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

**Partnership for Drug-Free Kids,**  
855-3784-3733 or text 55753

**Website for opioid information,**  
addiction treatment, etc.

[www.KnowMoreGenesee.org](http://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](http://www.voicesforac.org)

(810)238-3333 Ext. 209 ##

**Public Mental Health System**  
**Board Meetings, December**  
***Genesee Health System services***  
**1040 W. Bristol Rd., Flint MI**  
**48507**

Services: (810)257-3705

Meetings are held in the Board  
room on the second floor.

RRAC, Mon., 12/1, 4 p.m.

GHS full Board Thurs. 12/18, 4  
p.m.

Agency closed December 24-26

Agency closed Dec. 31 & Jan. 1

Region 10, Fri, 12/19, 9 a.m., Port  
Huron

***Saginaw Co. CMHA Board***  
(989)797-3400 [sccmha.org](http://sccmha.org)  
Meetings are held at 500 Hancock  
St, Saginaw, Michigan 48602  
Board of Directors, Mon., 12/1  
5:15 p.m.  
Advisory, Mon. 12/8, 6 p.m.