

THE **BULLETIN**

OCTOBER 2021 VOLUME 98, NUMBER 10



- Flu Season Ahead! Get Your Flu Shot!
- Caring for your Heart Matters during this Pandemic

GENESEE COUNTY MEDICAL SOCIETY

Organized Medicine's Leading Edge

THE BULLETIN is published monthly by:
The Genesee County Medical Society

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October 2021 VOLUME 98, NUMBER 10

THE BULLETIN

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Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

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Caring for your Heart Matters during this Pandemic

Greetings,

As we approach the 18 month mark of COVID-19 pandemic, healthcare providers are seeing more patients who had ignored their cardiac wellbeing due to fear of contracting COVID in healthcare settings.

Skipping appointments or not being as diligent with your cardiac care plan in the short-term can lead to long-term health issues, including heart attack, stroke and heart damage. It can also put you at higher risk of developing complications from COVID-19 and in some stark cases, even dying from the virus.

The [American College of Cardiology \(ACC\)](#) found that the death rate from COVID-19 for people with cardiovascular disease is approximately 10.5%, compared to the Centers for Disease Control and Prevention's estimated 0.4% risk of death for the general population. This holds true to [what researchers and physicians have seen in China and Italy](#), as well.

- In China, 25 to 50% of COVID-19 patients admitted to the hospital had high blood pressure or another condition like cancer, diabetes or lung disease.
- Italy experienced a similar pattern, but at a much higher rate. There, more than 76% of the people who died from the virus had high blood pressure.
- In the U.S., the CDC is issuing similar reports — among people hospitalized in March with COVID-19, almost 90% had an underlying health condition. Nearly one-half of those individuals had high blood pressure, compared to just 35% who had chronic lung disease.

One reason people with heart disease may be at higher risk of COVID-19 is because of a weaker immune system, which makes it harder to fight off infections. Another worry for doctors is that COVID-19 can damage the cardiovascular system – a serious issue for people already managing high blood pressure, heart disease and heart failure. Some individuals who get COVID-19 develop heart conditions after infection, too.

The good news is there are plenty of things you can do to stay healthy and safe during the global pandemic. And, that may mean seeing your doctor in the office or virtually.

Tips for managing heart conditions

A healthy diet, regular exercise, and managing stress are just a few ways to manage heart disease and high blood pressure. But stay-at-home orders and uncertainty during COVID-19 have made that a little more challenging than usual.

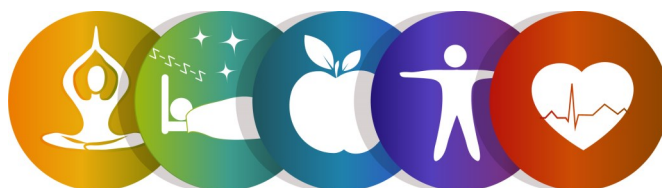
The stress of COVID and not being able to get out and stay active can make it harder to manage your condition, but it doesn't make it impossible.

The [American Heart Association](#) offers some advice to help you at home, including:

- Follow your doctor's advice including taking prescription medicine as directed.
- Limit alcohol and caffeine.
- Avoid over-the-counter medicines that could interfere with your blood pressure, including decongestants or ibuprofen.
- Talk to your doctor about prescription medicines that can raise blood pressure, like oral birth control or immunosuppressants.
- [Monitor your blood pressure](#) with an at-home blood pressure cuff.
- Get creative to stay active. Go for a walk or try exercises like high-intensity interval training (HIIT). Just be sure not to overdo it.
- Make healthy eating a priority at home by cooking with clean ingredients.
- And, of course, make sure you are taking steps to [reduce your risk of getting COVID-19](#), including washing your hands, wearing a mask, and following social distancing (physical distancing) guidelines.

Manage stress and anxiety

[Stress and anxiety](#) can manifest in many different ways – from [grief](#), lack of energy, loss of interest in favorite activities, or being unmotivated to eat healthily and get active.



Make your mental health a priority and gain physical benefits:

- Exercise 20-30 minutes, 5 days a week.
- Eat healthily.
- Limit alcohol and caffeine.
- Connect with friends and family members virtually.
- Talk to a mental health professional.
- Try a meditation app to refocus.
- Sweat out stress by cleaning your house.

Know your risk of heart disease

It can be easy to brush health questions or concerns aside during a pandemic. But if you have a family history of heart conditions or other health issues, it's important now more than ever to stay on track with care from your doctor.

Hope this gives you some guidance as we tackle this epidemic.

Until next time, stay safe and healthy!

Sincerely, Sunilkumar Rao, DO, MHA, FACC, FACP



Board of Directors

October 26, 2021

6:00 p.m.

Via Zoom

Legislative Liaison

November 1, 2021

8:00 a.m.

Via Zoom

Practice Managers

November 11, 2021

9:00 a.m.

Via Zoom

Medical Society Foundation

November 17, 2021

6:00 p.m.

Announcement

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AngioVac Procedure Now Available in Genesee County

It can be quite challenging for a physician to manage a patient with thrombotic, embolic, vegetative material in the vascular system. If left untreated embolic material can be a life-threatening condition. Vegetations can lead to pulmonary or septic emboli, stroke, and or heart attack. Depending on the location of the embolic material helps determine treatment. Treatment options may include medical treatment or surgery. For embolic material in the heart, cardiac surgery may be required.

The AngioVac is a venous vacuum device approved for removal of undesirable material in the venous system. This device was approved by the FDA in 2014 as a minimally invasive embolic removal system.

The AngioVac pump system is indicated as a specially designed venous drainage cannula for removal of acute thrombi, emboli, or vegetations, mainly in the right atrium, right ventricle, or venous system. The specific funnel design of the drainage cannula creates a suction which aspirates foreign material out of the vascular system (venous side). The procedure is referred to as aspiration thrombectomy.

Typically, AngioVac procedures are performed in an operating room or Hybrid room, with the patient under general anesthesia. A transesophageal echo trained anesthesiologist is necessary for procedure success.

The AngioVac consists of a special venous drainage cannula, an extracorporeal system (pump circuit) including a filter trap, and a blood return cannula. This procedure avoids the need for median sternotomy or conventional open-heart surgery. Typical cannulation sites are femoral vein or jugular vein for drainage and femoral vein for blood return. The system achieves veno-veno bypass with a suction generated on the drainage cannula for foreign material removal. Embolic material aspirated through the pump circuit enters a filter trap where it is caught & collected.

The drainage cannula is inserted into the area of foreign material utilizing transesophageal echo, typically the right atrium. The drainage cannula is a self-expanding Nitinol funnel shaped cannula. The special design maximizes suction generated from the extracorporeal circuit. The funnel shape enhances suction drainage while preventing clogging of the cannula. Once the foreign material (soft thrombi, emboli, or vegetation) is filtered, the blood is reinfused back to the patient.

With the guidance of transesophageal echo, the heparinized patient is placed on extracorporeal circulation. Typically, the AngioVac pump times are 5 minutes – 30 minutes. The procedure duration is dependent on how quickly the material is aspirated and retrieved. This procedure can be very effective for patients with endocarditis, who may have bulky vegetations on the tricuspid valve of the heart.

When the procedure is finished (embolic material removed), extracorporeal circulation is discontinued. The drainage cannula is typically removed first. All blood in the extracorporeal circuit is reinfused back to the patient through the return cannula. When both drainage and reinfusion cannulas have been removed, Protamine is given to neutralize the Heparin.

Robert Molnar, MD was an early user of the AngioVac system once it became available. Dr. Molnar has provided the following information about a case that was performed in Genesee County:

“We had a limb threatening situation with a young patient experiencing significant leg swelling due to extensive Deep Venous Thrombosis (DVT), with associated Peripheral Arterial Disease (PAD). The past medical history included extensive DVTs with previous placement of an Inferior Vena Cava (IVC) filter. The patient had developed not only ileo-femoral DVT, but thrombus lining the entire IVC including the segment with the IVC filter in place. This young patient was at severe risk of limb loss with both Inferior Vena Cava (IVC) thrombosis and associated ileo-femoral and popliteal DVT. Without the AngioVac system, we were looking at a very high risk of limb loss. By using the AngioVac system, we were able to remove the thrombus from the IVC and Ileo-femoral segments and fortunately we were successful in limb salvage. Newer technologies such as these improve our ability to treat both life and limb threatening conditions, and we are very fortunate to be in the position to assess and provide the latest in acute vascular care intervention to preserve both life and limb.”

There are currently 8 hospitals in Michigan performing the AngioVac procedure. It is typically performed using a collaborative approach, with both a cardiac surgeon and interventional cardiologist or vascular surgeon working together.

I am very pleased this technology is offered in Genesee County.

This article was written with collaboration of Dr. Robert Molnar, MD, Dr. Omar Habib, MD, and

Dr. Ahmad Munir, MD

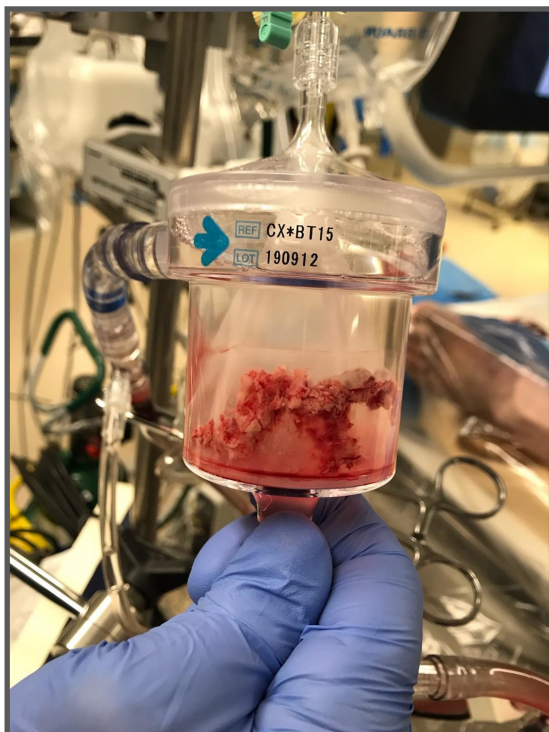
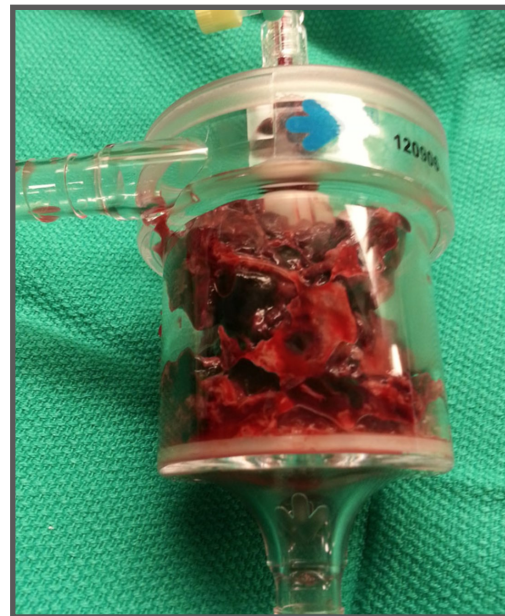
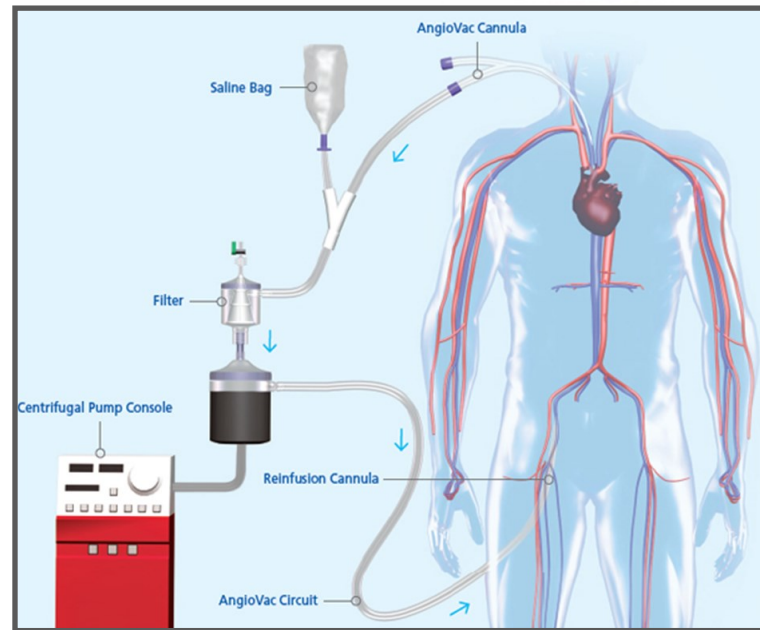
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- 1. Require Masks in your Practice**
- 2. Practice Social Distancing in your Office**
- 3. Educate your Patients on Vaccinations**



Why GCMS??

Genesee County Medical Society

Organized Medicine's **Leading Edge**



MEMBERSHIP

Membership in the Genesee County Medical Society (GCMS) gives you the opportunity to share resources, discuss ideas, and network with some of the most active and respected physicians in the state. You will receive news and information via The Bulletin magazine, meetings, faxes, and emails. Because GCMS is politically aggressive, it can provide its members with myriad opportunities to shape the future of medicine locally, as well as on a state and national level.

When you join GCMS you also join the [Michigan State Medical Society \(MSMS\)](#). MSMS has experts to assist you with practice management, business strategies, third party reimbursements, and contracting issues.



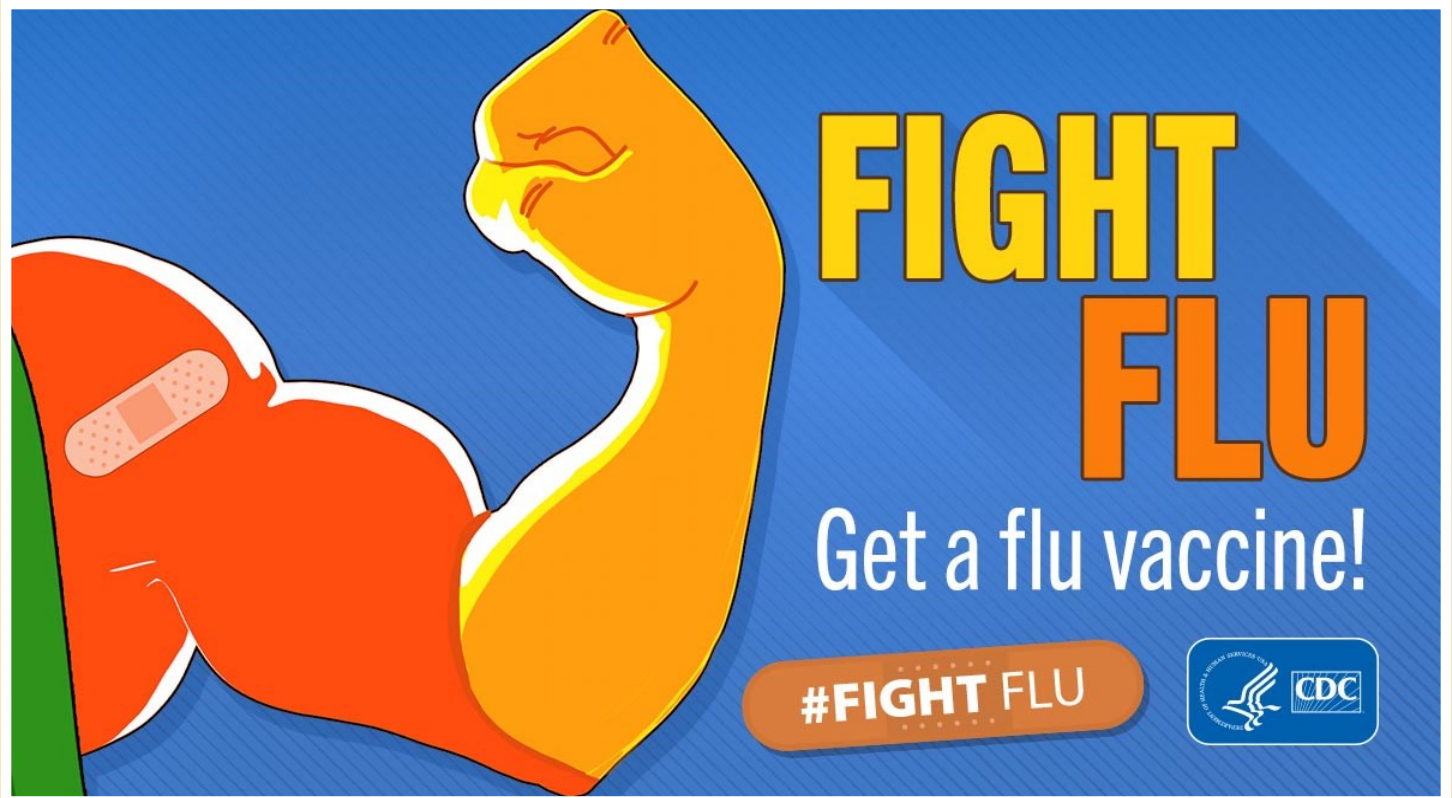
[CLICK TO LEARN MORE AND JOIN](#)

TOP 7 REASONS TO JOIN

1. GCMS is an aggressive advocate on behalf of member physicians with third-party-payers.
2. GCMS is an aggressive advocate on behalf of its members physicians and their patients with state and federal legislatures.
3. When specific issues arise that require immediate action, email lists are institute to communicate directly with members.
4. GCMS convenes monthly meetings with Practice Managers in an effort to head off problems for physician practices and to find solutions to those that are identified.
5. GCMS is a national leader by providing leadership at the state and federal level through volunteer physicians, staff, and Alliance member involvement leadership positions.
6. GCMS is disproportionality influential on behalf of its member physicians and their patients.
7. GCMS holds monthly meetings with federal and state legislators, and communicates with them at other times on as as-needed basis.

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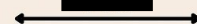


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The Much Awaited Trip to Iceland

The next country to do for Jawahar and me on our bucket list, was Iceland. It was to happen in 2020, but, COVID-19 changed all that. Keeping safety in mind, we postponed the trip to this year. With the borders opened for the country, we quickly decided and made arrangements for the trip. We formed a group of twenty close friends since it's nothing like traveling together to enjoy their camaraderie.

It was a very comfortable five and half hour flight to Reykjavik, the largest town and capital of Iceland. We left for the hotel, checked in and, immediately, left to explore the town. It is surrounded by sea and parts of it are covered by a glacier formed over ten thousand years ago. The city has been continuously affected by earthquakes and volcanic eruptions. Located on the banks of Faxaflói, Reykjavik is a busy port. It is busy with the hustle and bustle of cultural, economic and government activity. Therefore, there is continuous construction work going on everywhere.

Our hotel was conveniently located in the heart of the city from where most important landmarks, museums, restaurants and shopping are within a few minutes walking. Due to bad weather, we had to cancel our much anticipated Northern Lights tour. However, we visited the Northern Lights Museum where we watched a documentary on the astronomical phenomena and picked up some souvenirs to take home. The long walk around town worked up an appetite. We enjoyed the famous fish and chips for lunch and headed back to the hotel. The rest of the evening was spent relaxing and retired early for the following day's tours.



Northern Lights Museum

The morning started with another walk exploring the city. Beautiful bronze statues are found everywhere in town. We went up to The Cathedral of Christ the King. It designed by the famous architect Guojon Samuelsson in the Neo-Gothic style. From there, we went to Hallgrímskirkja, the amazing Lutheran parish church. It is the largest church and one of the tallest in the country. On the way back, we stopped at the Indian Embassy and the Parliament House.



The Cathedral of The Christ King

It was, then, time to catch the bus to take a full day tour of the capital city of Reykjavik. Iceland is a “Fire and Ice” country. Over centuries, the country experienced countless number of volcanic eruptions and earthquakes, besides glaciers and gusting Nordic winds that shaped the topography of the land.

The first stop was at the Geysir geothermal area. Braving the gusty winds at an extremely high velocity, we walked up a pathway to the hot springs to catch a glimpse of Strokkur, known as “the son of Geysir,” that erupts every few minutes, with the first one erupting several centuries ago. We stopped at the cafeteria for a quick lunch and proceeded on to Gullfoss, the biggest waterfall in the country. Our final stop was at Þingvallavatn, the second largest lake in the country. It has a surface area of over eighty kilometers. From there, we returned to the hotel.



The Thirty Foot Geyser



Gullfoss Waterfall

The long day, filled with sightseeing activities, worked up an appetite and we were ready for dinner. All of us were in favor of Chinese cuisine. A short walk took us to a nice restaurant where we enjoyed the meal and headed back to the hotel to hit the sack.

Next on our itinerary was a day trip to the Blue Lagoon, one of the man made wonders. It is created by the wastage from the nearby geothermal power plant, Svartsengi. The water has a distinct smell due to the high Sulphur content in the water which is of a comfortable temperature. Some of us spent an hour relaxing in the lagoon while the others took a stroll along the pathway between the lava rocks from volcanic eruptions over centuries.



We returned to our hotel in the late afternoon which gave us enough time to play some cards. Our dinner was at an Iranian restaurant that offered great shawarma, falafel and kabobs.

At 8:00 PM, we took an hour's ride to view the Northern Lights. They are caused by electrically charged particles from the sun smashing into the earth's magnetic field. After a long wait, we were fortunate enough to witness the natural phenomenon. We, then, returned to the hotel and, exhausted, quickly went to bed to wake up very early for the next day's trip.

The topography of Iceland is the result of multiple volcanic eruptions and earthquakes over hundreds of years. A new day began with a visit to the southern part of Iceland where the mighty waterfalls of Rangarþing Eystra are located. After taking a stroll along the falls, we proceeded on to the second largest glacier, Langjökull, also known as The Long Glacier.



The Huge Glacier

We walked along Breiðamerkursandur, also, known as the Diamond Beach. It gets its name from the glittering icebergs scattered across its shore like a field of diamonds.

It was, then, time to take a ride on a boat to cruise along the Reykjavík Jökulsárlón Glacial Lagoon. A slight drizzle did not deter our excitement to catch views of the breathtaking lagoon.



One of the huge icebergs that is centuries old

After a short lunch break, we headed back to the hotel with a stop for dinner on the way.

Au Revoir, Iceland!

There are countless number of waterfalls in Iceland. They provide clean water to the people that's very safe to drink from any tap in the country while the geothermal hot springs provide hot water for all. But, obviously, we could not visit them all on a week long holiday. Hence, we picked the absolutely beautiful Seljalandsfoss Waterfall on the Seljaland River located in the South Coast. It drops around 60 meters into a tranquil pool below and is one of the very few waterfalls that visitors can walk behind to view it from a complete 360 degrees. They can visited year round. Raincoats are recommended to avoid getting wet. Illuminated at dark, the spectacular falls are a sight to behold!



Seljalandsfoss Waterfalls

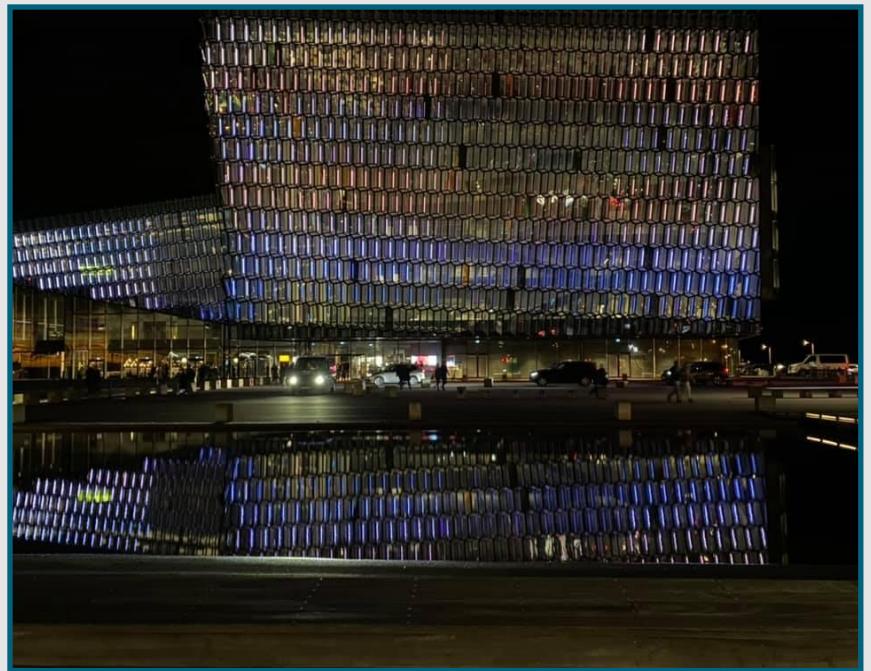
Our last day in Iceland was another long and busy one. We left the hotel at 7:00 AM to visit Krauma geothermal hot springs. From there, we took the Hvalfjordur Tunnel built under the Hvalfjordur fjord. It is 5,770 meters long, 165 meters deep below sea level and shortens the distances to other regions by 45 meters to pass the fjord in 7 short minutes instead of an hour.

We reached the other side to visit Viogelmir, also known as The Cave as it is the largest lava cave in Iceland. It is an absolutely amazing natural underground phenomenon, very colorful and 1585 meters long. The new walkway and permanent lighting makes it easy to go through it for some half way. It requires more adventurous visitors to venture further as it is quite steep and too cold. The climb down and up the cave worked up an appetite for us. So, we took a lunch break and proceeded further.

Our next stop for the day was at Barnafoss Waterfall. The beautiful light blue, must see, waterfalls are located in West Iceland. These series of rapids which bursts out from under the pitch black rocks surrounding it are located in the middle of a lava field named after giant Hallmundarhrau who is believed to have lived there. We returned to the hotel to have dinner and walked down to the harbor, hoping to see Northern Lights again. On the way, we passed Harp, the premier concert hall and conference center. The lights did come, but not as intense as expected. We went back to the hotel to get ready for our return home the following day.



At the Barnafoss Waterfalls



Harp the premier Concert Hall and Convention Center

What a great trip it was with a wonderful time spent among close friends who joined us from California, Illinois, Florida, Texas and, of course, Michigan!!

Au Revoir, Iceland! Thank you for your warm and friendly people. You kept us safe on our late night walks along the streets and from COVID by having more than eighty percent of your population vaccinated. What a role model you are!



Lakshmi Tummala

**TIME
CHANGE!!**

9:00 A.M.

ATTENTION

**ATTENTION: PRACTICE MANAGERS
AND OFFICE STAFF!**

**Genesee County Medical Society addresses issues of concern
for medical professionals!**

Please join GCMS and SOVITA in monthly meetings for
practice managers and office staff of *all member physicians*.

Please email executivedirector@gcms.org to RSVP,

*Due to the Delta Variant, the meeting will be held **via zoom**.*

NEXT MEETING DATE:

November 11, 2021 TIME: 9:00 A.M.

*You do not want your Practice Manager to miss out
on these valuable meetings!*



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(Chicken, Fish or Vegetarian)

Easy Ways to Donate to the Medical Society Foundation:

The Medical Society Foundation is engaged in a Capitol Campaign. The purpose of the Campaign is to grow the corpus to support the charitable activities of the Genesee County Medical Society. Those activities include public and community health, support for the underserved, and wellness initiatives.

To continue its good work, the Medical Society Foundation is asking you to consider leaving a legacy gift to the Foundation. If all, or even a significant portion of our membership left just a small part of our estates to the Foundation, the Foundation could continue helping this community in so many ways, by supporting the Medical Society.

To make a gift, simply use these words:

In your Trust, "Grantor directs Trustee to distribute ___% of all assets then held in Trust or later added to this Trust to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing board of directors in furtherance of the purposes of the Foundation."

In your Will, "I give, devise and bequeath ___% of my Estate to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing Board of Directors in furtherance of the purposes of the Foundation."

While this is not a subject that is comfortable to broach, it is an opportunity to support the Foundation which supports the Medical Society's charitable activities on behalf of the membership. Please give. You can give via a trust or will. You can give from your IRA. You can give appreciated stock, and you can give cash. Please support the organization which does so much on behalf of the medical community and the patients we serve.



**Don't
Forget!**
Donations
are tax
deductible!

Please contact GCMS at 733-9923 or email executivedirector@gcms.org



Do you have an advertising **NEED**?

- Are you a Physician **and** you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice **and** you are a member of GCMS and your office has relocated?
- Do you have a business that serves Michigan and business slow?

Let Genesee County Medical Society help!

Genesee County Medical Society Bulletin

(ONLINE MAGAZINE)

Your ad will be featured in the Genesee County Medical Society monthly bulletin that is provided to 1,500+ viewers. The Bulletin can also be found on the GCMS website, and is also published through Calameo virtual magazine. ([HTTPS://En.Calameo.com/](https://en.calameo.com/))

1/4-page ad \$100/month

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

A link to the business website or email can be added for **NO** additional fee.

Click here

to connect with GCMS, we can provide your advertising needs!



**all ads placed by Physicians or Medical Practices must have a GCMS membership.



Fall 4 Fitness Challenge



1,000 Minutes in One Month! OCTOBER 1-31, 2021

CHALLENGE GOAL:

A one-month physical activity challenge that encourages employees to represent their organizations by being physically active. It is open to all area businesses, organizations, and community groups interested in bringing wellness to the workplace and competing with other organizations.

CHALLENGE PRIZES:

ORGANIZATIONS with the highest levels of participation and average minutes of physical activity will receive:

- Trophies and Bragging Rights
- Additional Raffle Chances for Cash Prizes

INDIVIDUALS who reach the challenge goal of 1,000 minutes of physical activity during October will be eligible for prizes including:

- Cash Prizes
- Wearable Fitness Devices
- Gift Certificates

Registration your team today at www.surveymonkey.com/r/Fall4Fitness2021



GET STARTED:

Participating in the Fall 4 Fitness Challenge is as easy as 1-2-3.

- 1 Log on to **commit2fit.com**.
- 2 **Earn points for being active!** Begin tracking your activity – just 35 minutes each day – and you are automatically entered into the challenge. Remember: All activity counts!
- 3 Participate in **free fitness classes, work together daily** with your team members, and **track all your physical activity** to be eligible to win both organizational and individual incentives.

Visit www.commit2fit.com





COMMIT TO FIT!

Virtual Fitness Guide

Commit to Fit!



Visit commit2fit.com to track all of your physical activity and keep track of your fitness goal!

University of Michigan - Flint



Click [HERE](#) for daily workouts!

Crim Fitness Foundation



Visit crim.org for a variety of yoga and mindfulness practices!

Ascension Genesys Athletic Club



Click [HERE](#) for intense & moderate workout videos!

YMCA - 360



Visit ymca360.org for fitness classes of all ages!

Arthritis Foundation



Click [HERE](#) for arthritis exercises!

STOP

Coronavirus!

VACCINATE!

Experience. Expertise. Exceeding Expectations.

From integrated healthcare systems, critical access and rural hospitals to long-term care facilities and physician practices, we understand the financial challenges of the healthcare industry, and we will put that knowledge to work for you.



810.750.6822
mktg@TheRybarGroup.com
www.TheRybarGroup.com

31 Years of Innovative Strategies. Exceptional Results.

Over the past 30 years, The Rybar Group has worked tirelessly with providers nationwide across the spectrum of healthcare management and compliance issues, strategizing, implementing, appealing, negotiating and successfully resolving engagements.



 **CLICK HERE**

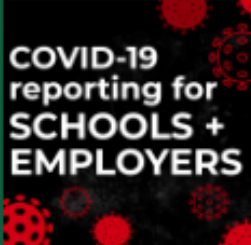
For Daily Genesee County Covid-19 Numbers

 **COVID-19 Summary for Genesee County, Michigan**

[Coronavirus \(COVID-19\) Data Dashboard for Genesee County](#)

 **CLICK HERE**

For Reporting



EMPLOYERS + SCHOOL ADMINISTRATORS:

Do you need to report a laboratory-confirmed positive COVID-19 case?

Click the button to email the Communicable Disease team at GCHD-CD@gchd.us or call (810) 257-1017

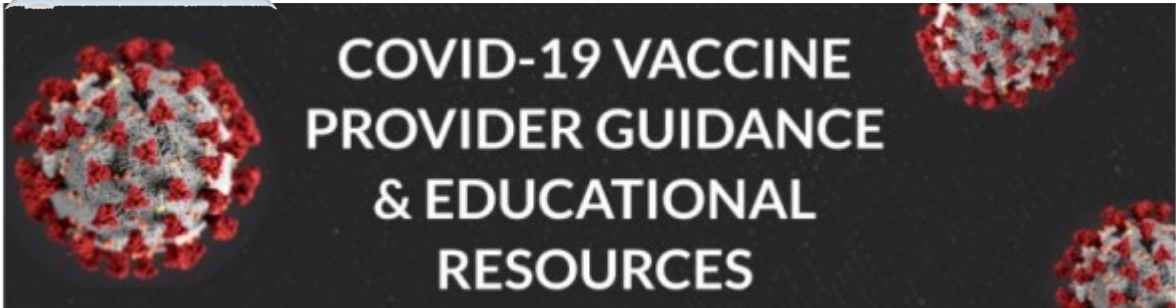
 **CLICK HERE**

For State of Michigan Covid-19 Information





 [CLICK HERE](#)

A dark grey banner with a virus particle illustration on the left and right. The text in the center reads 'COVID-19 VACCINE PROVIDER GUIDANCE & EDUCATIONAL RESOURCES' in white, bold, uppercase letters.

COVID-19 VACCINE

The COVID-19 pandemic demonstrates how diseases without vaccines can devastate economic and public health. Vaccines have reduced and, in some cases, eliminated many diseases. In the U.S., there is currently no approved vaccine to prevent COVID-19. MDHHS is working with the CDC and Michigan stakeholders to prepare and plan for when the vaccine is available. The initial draft of our state's plan is now available and will be updated often in the coming months. Visit regularly for the most recent information on the COVID-19 vaccine and Michigan's preparations.

[COVID-19 VACCINE PLAN](#)

 [CLICK HERE](#)

[COVID-19 VACCINE RESOURCES](#)

[IMMUNIZATIONS DURING COVID-19](#)

[CDC FAQs](#)

[PROVIDER GUIDANCE & EDUCATION](#)



Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of your holiday sentiments while supporting important health related causes.

The Medical Society Foundation has been coordinating physician giving in Genesee County since 1987. This holiday season, why not use the Foundation to make sure your gifts to family, friends and colleagues help to improve the health and well-being of our community.

By giving to the Medical Society Foundation, you receive a great year-end tax benefit at the same time you tell others how much their health- really means to you.

The Medical Society Foundation funds have been used to support the charitable activities of the Genesee County Medical Society.

Contributions can also be made in memory of an individual or to honor someone.

For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact **GCMS at 733-9923** or email executivedirector@gcms.org

Medical Society Foundation Mission Statement: The Medical Society Foundation is organized and does operate for the purpose of supporting continuing medical education and health-related charitable activities that further the cause of medicine.

Mail your donations to:

Medical Society Foundation

4438 Oak Bridge Drive, Suite B

Flint, MI 48532-5400

GHS Intensive Crisis Stabilization Services for Children and Young Adults



The GHS Children's Intensive Crisis Stabilization Team (ICSS) provides mobile crisis stabilization services, 7 days a week between 8:00am and 7:00pm to all children, youth, and young adults (ages 0-21) who reside in Genesee County. Calls during other hours are helped by our Crisis Line mental health professionals.

Reasons to call GHS:

- If you feel your child/youth is in a crisis
- The child/youth may hurt themselves or others
- The child is experiencing overwhelming confusion, anger, or emotional unresponsiveness

If you aren't sure if ICSS is needed, give us a call and we can help to explore options.

What happens when the GHS Intensive Crisis Team is called?

The team will provide an on-site intervention with the identified child or youth, and their support system. The team's main focus will be to help assess the crisis, utilize de-escalation techniques, help the child/youth and their family or support system to help with what is needed and to help determine next steps and long-term care.

Other services include:

- Crisis and Safety Planning
- Referrals to needed services
- Education on resources, diagnosis and services
- Collaboration and problem solving

* Psychiatric consults, as needed (does not include medication review for prescription)

** Intensive Crisis Stabilization services cannot be provided to individuals who are currently residing in inpatient settings: Jail/detention centers or residential settings (i.e. child caring institutions, crisis residential, etc.).

GHS Intensive Crisis Stabilization Services for Children

810.257.3740 877.364.3648

420 W. Fifth Avenue, Flint 48503 • www.genhs.org

Supported by funds from Substance Abuse and Mental Health Services Administration, Center for Mental Health Services through the Michigan Department of Health and Human Services.



safe haven™
CONFIDENTIAL SUPPORT

SAFEHAVEN™ PHYSICIAN AND PROVIDER WELL BEING PROGRAM

Rediscover meaning, joy, and purpose in medicine.

SafeHaven™ ensures that physicians and health care providers can seek confidential assistance and support for burnout, career fatigue, and mental health reasons.



In-the-moment telephonic support by a licensed counselor, 24/7



Legal and financial consultations and resources, available 24/7



Peer Coaching—talk with someone who has walked in your shoes that can help you grow both personally and professionally

- Six sessions per incident
- Physician or provider chooses coach from a panel of coaches



Counseling, available in either face-to-face or virtual sessions; addressing stress, relationships, eldercare, grief, and more

- Six sessions per incident
- Available to all extended family members



WorkLife Concierge, a virtual assistant to help with every day and special occasion tasks, 24/7



VITAL WorkLife App—Mobile access to resources, well being assessments, insights, and more

RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

SafeHaven™ includes Well Being Resources from VITAL WorkLife—confidential and discreet resources designed to reduce stress and burnout, promote work/life integration and support well being for you and your family.

TO LEARN MORE, VISIT
www.MSMS.org/SafeHaven

To support the needs of physicians and health care providers struggling with stress, burnout, and the effects of COVID-19, the Michigan State Medical Society (MSMS) and VITAL WorkLife have partnered to offer a comprehensive set of well being resources and confidential counseling services for their use, SafeHaven™.



Application Code: _____

State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at www.joinmsms.org

Join
GCMS/MSMS

Renew
Membership

- I am in my first year of practice post-residency. I work 20 hours or less per week.
 I am in my second year of practice post-residency. I am currently in active military duty.
 I am in my third year of practice post-residency. I am in full, active practice.
 I have moved into Michigan; this is my first year practicing in the state. I am a resident/fellow.
- Male Female

First (legal) Name: _____ Middle Name: _____ Last Name: _____ MD DO

Nickname or Preferred Form of Legal Name: _____ Maiden Name (if applicable) _____

Job Title: _____

W Phone _____ W Fax _____ H Phone _____ H Fax _____

Mobile: _____ Email Address _____

Office Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

Home Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

*Please base my county medical society membership on the county of my (if addresses are in different counties): Office Address Home Address

*Birth Date: ____/____/____ Birth Country _____ MI Medical License #: _____ ME #: _____

Medical School _____ Graduation Year: _____ ECFMG # (if applicable) _____

Residency Program _____ Program Completion Year _____

Fellowship Program _____ Program Completion Year _____

Hospital Affiliation _____

• Primary Specialty _____ Board Certified: Yes No

• Secondary Specialty _____ Board Certified: Yes No

Marital Status: Single Married Divorced Spouse's First Name: _____ Spouse's Last Name: _____

Is your spouse a physician?: Yes No If yes, are they a member of MSMS?: Yes No

Within the last five years, have you been convicted of a felony crime?: Yes No If "yes," please provide full information: _____

