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JUNE 2020 VOLUME 97, NUMBER 6

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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PRESIDENT'S MESSAGE



Qazi Azher , MD

Just as we were beginning to explore the structural societal inequities leading to the disproportionate numbers of COVID-19 cases and deaths within our black communities, the senseless deaths of Ahmaud Arbery, Breonna Taylor, and George Floyd dealt another devastating blow, infuriating our nation and sparking protests across our country and the world. These events have opened wounds that have long been festering in our country, demonstrating that systemic racism still exists in the United States of America. While some may find this uncomfortable to acknowledge, it is necessary to address the issues affecting our colleagues and our community.

The Genesee County Medical Society stands against all forms of racism, discrimination and injustice. We stand with those who wish to bring equity in opportunity and justice to the black community.

We are trying to do our part by ensuring that our GCMS Board of Directors is as diverse as the physician population we serve. However, we are also always looking to fill committee and Board positions with members who help to add different perspectives and generate different ideas to help solve these difficult problems.

I also think there is opportunity for continuing medical education programs to discuss structural racism and its effects on the business side of practices and patient care. There is so much that we can do as a Society to advance the goals of equality.

If you have any further ideas, or wish to join us in this fight, please contact me, any of our Board members or the GCMS office [here](#). We can and must continue to stand up and fight for our members, our patients and our community.





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*Save
the Date*

President's Ball
November 7th, 2020

GCMS Virtual Business Meeting & Town Hall, 7/9
6:30 pm, Zoom

Board of Directors, 7/28
6:00 pm, Zoom

Practice Managers, [8/6](#)
8:00 am, Zoom

Board of Directors, 8/25
6:00 pm, Zoom

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DIRECTOR'S MESSAGE

Time to Re-Engage in Legislative Advocacy

As state lawmakers begin to reconvene, there are several key issues that need physician support and action.

As physicians across the state are doing their absolute best to provide quality care during an extremely challenging and nearly unprecedented time, they deserve the protection they need given these extenuating circumstances. SB 899 provides that protection—legislation that ensures physicians and other health care providers responding to the coronavirus pandemic are provided immunity regarding medical liability while working through these extremely challenging and nearly unprecedented times.

Click [here](#) to urge support of SB 899.

Another issue that has resurfaced is the debate around the appropriate recourse to address unanticipated out-of-network bills. As our physicians continue to battle the impact and ongoing threat of the COVID-19 pandemic, the State House returned to Lansing Wednesday to pass a bill written by health insurance companies and their executives at the expense of physicians and their patients.

While there is wide-held support for holding patients harmless from unanticipated, out-of-network medical bills, the most effective approach – that has been successful in other states – allows the insurers and providers to negotiate in good faith with an independent dispute resolution process, when no other agreement can be reached. Unfortunately, the current legislation proposed in Michigan eliminates a physician's ability to negotiate with the biggest insurance companies in the state without any provisions to ensure network adequacy or transparency to patients.



Angie Kemppainen, CAE

The physician community stands with Michigan patients against out-of-network bills and proposed a fair process that removes the patient from being caught in the middle, while providing for an equitable dispute resolution process. GCMS Past President and current MSMS President, Bobby Mukkamala, MD, testified in front of the House Ways and Means Committee on Wednesday and ultimately, a form of arbitration was included in the language, and the average contracted rate is now based on

geographic region and specialty. **Unfortunately, the arbitration is very narrow, and the average contracted rate remains a mystery.**

The bills now move to the Senate and will either be referred to the Senate Insurance committee or the Senate Health Policy committee. There is a lot of work to do in the Senate in the coming weeks to educate members about why these bills harm physicians and patients and make sure the physician's voice is heard.

Finally, the COVID-19 crisis stalled the growing momentum behind the Health Can't Wait initiative, SB 612. The bill was introduced to reform the prior authorization and step therapy/fail first process by introducing new transparency, fairness and clinical validity requirements and ensuring patients receive timely coverage decisions, and ultimately, the care and treatment they need.

Click [here](#) to urge legislators to cut the red tape and provide patients with the timely treatment they deserve.

A graphic featuring a central white rectangular sign with the word "ATTENTION" in bold black letters. The sign is surrounded by several other similar signs, some tilted and overlapping, all with the word "ATTENTION" in white on a red background. The background has a dark, textured appearance.

ATTENTION

ATTENTION: GCMS Practice Managers

▶ GCMS addresses issues of serious concern for medical practices!

GCMS Practice Manager meetings are held on the 1st Thursday of each month from 8am to 10am for practice managers and staff of all *member physicians*, in the Rapport Conference Room at the **Genesee County Medical Society, 4438 Oak Bridge Drive, Suite B, Flint, MI 48532.**
Please email executivedirector@gcms.org or call [810-733-9923](tel:810-733-9923) to RSVP!

July 2, 2020

– No Meeting – Have a safe and happy summer!

August 6, 2020
Presenter(s)

“Meridian Health Plan Update”
Kristen Gasieski, Manager of Network Development
Valerie Southall, Provider Network Development Representative
Jeffrey A. Holzhausen, Director of Network Development

Don't let your practice manager miss these valuable meetings!

Email the GCMS office at executivedirector@gcms.org or call [810-733-9923](tel:810-733-9923) to RSVP!

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

A graphic identical to the one at the top of the page, featuring a central white rectangular sign with the word "ATTENTION" in bold black letters, surrounded by overlapping signs on a red background.

ATTENTION



Islamic Medical Association Distributes Food Cards to Frontline Workers

By Sajid Chaudhry, MD

President Islamic Medical Association of Mid Michigan

The Islamic Medical Association of Mid-Michigan (IMA) distributed grocery store gift cards to frontline health care workers involved in COVID-relief efforts. The association, in coordination with the hospital administrations, distributed 450 gift cards worth \$25 each to nurses, technologists and therapists at each of the area's three major hospitals.



The IMA (founded in 1994) is one of the largest and most active medical professionals' associations in Genesee County. It is committed to supporting the health care needs of the local community by providing health care leadership, professional development, and relief work.

The IMA launched a campaign to support a series of initiatives to help those affected by the current disease pandemic. This includes ordering of Personal Protective Equipment (PPE) such as N95 and surgical masks and face shields. The IMA decided to provide food assistance to those adversely affected via grocery store gift cards and food distributions.

The IMA physicians raised \$30,000 to support relief efforts for those most affected. The Islamic traditions remind us, 'The best among you are those who bring greatest benefits to others'.

In addition, Aftab Macksood, DO and Mouaz Sbei, MD joined PACE (Program of All-inclusive Care of

the Elderly) Medical Director and current IMA President Sajid Chaudhry, MD on May 28, 2020 to present 85 grocery gift cards to Genesys PACE leaders. These cards were distributed to PACE staff working to provide needed services to over 150 PACE participants throughout Genesee County.

Genesys PACE has many health care heroes right now, delivering meals, medication, medical care and needed services to participant homes.

Dr. Macksood commended Genesys PACE staff for providing front-line care in the homes of our county's most vulnerable older adults. He recognized, "staff reaching out to homes are most at risk."

A GRAND thank you for coming together and filling these needs during these uncertain times.

IMPACT OF COVID-19: PLANNING A REDUCTION IN FORCE

The economic repercussions of COVID-19 have been swift and harsh. Many employers including those in the healthcare industry are being forced to make tough decisions on how to keep their businesses operational and profitable during these uncertain and challenging economic times. One of the decisions many employers are now faced with include a downsizing of staff to keep the business running in a positive direction. This process is often referred to as a Reduction in Force (“RIF”). While an RIF is never easy or pleasant, it may be necessary for some employers to stay afloat.

The RIF process should be conducted in several steps, which are outlined below. That said, conducting a RIF is a difficult process which can present complicated legal issues. As a result, it is highly recommended that legal counsel be involved early and in each step of the RIF planning process as the law and circumstances relating to COVID-19 seem to change daily.

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Step 1: Design the Future Organizational Structure

Determine what the structure of your organization will be moving forward. The new structure should be designed based on the business need to cut costs or to better align resources so that the business can meet its overall goals and objectives. Consideration should be given to the organizational chart, number of locations, number of employees, compensation packages, etc.

Step 2: Selection of Affected Employees

After you have designed the future organizational structure, a system for determining who will stay and who will go must be created. The selection criteria should be designed to identify the employee traits that will be instrumental in meeting the Employer's goals. Several factors can be used in deciding the selection process, including seniority, performance, redundancy, job classification or job knowledge and skills. Do not consider criteria based on protected classes such as age, race, gender, national origin, disability, leave status or protected conduct (i.e., whistleblower activity). By aligning the future goals of the organization with the best selection process, the Employer will be able to determine its success going forward.

Step 3: Avoid Adverse Action/Disparate Impact

After selecting has been made, review the selected employees to determine if an adverse (disparate) impact exists for any protected class. Protected classes include individuals who are members of a certain race, color, ethnicity, national origin, religion, gender, genetic information, age (40 or over), those with a disability or those who have veteran status. Any protected class that may have a disproportionately larger percentage affected by the layoff (e.g., employees reaching retirement age) will need to be evaluated and substantiated.

Step 4: Review Federal and State Worker Adjustment and Retraining Notification (WARN) Act Regulations to Stay Compliant

You must determine if the WARN Act will apply. The WARN Act applies to employers with 100+ employees. The WARN Act requires employers conducting a large-scale layoff to provide 60 days' notice to affected employees (few exceptions apply). Employers must inform affected employees if the layoff is permanent or temporary, and if the latter, what the expected duration is. Employees must be notified of their expected separation date, and if there are any bumping rights. Employers should clearly outline the process for recall rights and applying for future positions.



Step 5: Review Older Workers Benefit Protection Act (OWBPA) Regulations for Compliance

If releases from age discrimination are used in exchange for severance pay, they must comply with the OWBPA to effectively release claims under the Age Discrimination in Employment Act. The OWBPA addresses four different release scenarios, and each scenario contains five steps that must be followed to be compliant. Under the OWBPA, employers also need to provide workers age 40 and over a consideration period of at least 21 days when one older worker is being separated, and 45 days when two or more older workers are being separated. Additionally, employees must receive a revocation period of at least seven days.

During a reduction in force or as part of a voluntary exit incentive program, two additional requirements are needed to validate the releases. The employer must publicly identify the targeted employees, and secondly, the affected employees must be informed in writing of the job titles and ages of all individuals selected for the group program, along with employees in the same job classification or unit that were not selected for the program.

Step 6: Determine Severance Packages and Additional Services

Many employers offer severance packages to their displaced employees. A written severance package policy allows employees to realize the steps involved in the involuntary termination. Employers are not obligated to provide severance to laid-off employees under federal law, but severance packages may lessen the chance of legal action filed on behalf of former employees. Some states, however, have specific criteria for required severance. Severance packages may include salary continuation; vacation pay; continued, employer-paid period of benefits coverage; employer-paid COBRA premiums; outplacement services; counseling and resume workshops; and more.

Step 7: Conduct the Reduction in Force

Sitting down with an employee who is about to be laid off will be difficult, but if handled professionally, it may reduce potential anger and resentment from the employee. Employers must ensure that they are prepared for this meeting and that all information has been collected and available to the employee. Employers will want to be sympathetic and explain the reasons for the layoff, review health benefits and COBRA election procedures, 401(k) options, outplacement services, and the rehire process, if available.

You may also want to provide information on the unemployment process, along with any other job placement information available for displaced workers. It is also recommended to review the severance agreement with the employee and answer any questions the employee may have before leaving the company.

Step 8: Inform Remaining Workforce of the Reduction in Force

Notifying the remaining workforce of the reduction in force that was conducted will help squelch potential rumors. You may also want to communicate the company's financial position and its commitment to meeting company goals and objectives going forward with the current workforce. Many of the employees likely had built strong friendships with the laid-off co-workers, and they will be anxious to know their future with the company as well. You should be prepared to honestly communicate and answer questions to keep morale and productivity high going forward.

Conclusion:

The COVID-19 pandemic has quickly altered the workplace and forced many employers to explore ways to cut costs in order to keep their business running. Although a RIF often may improve a business's financial picture, there can be serious legal and financial consequences if it is not properly conceptualized, designed and implemented. Developing a thoughtful game plan and obtaining appropriate legal advice is imperative.

If you would like to discuss a potential RIF or have any questions, please feel free to contact attorneys R. Paul Vance and Nancy Chinonis of Cline, Cline & Griffin, P.C. at pvance@ccglawyers.com or nchinonis@ccglawyers.com or by calling the office at 810-232-3141.

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A FOND FAREWELL TO SHERRY SMITH

For nearly seven years, Sherry Smith greeted visitors to the GCMS offices with a cheerful smile and helpful attitude. Her passion for serving others shined through every task that she accomplished and request she fulfilled.

Unfortunately, due to financial constraints brought about by the COVID-19 pandemic, it is with deepest regret that we are forced to bid Sherry goodbye. She will be greatly missed by her colleagues, the Board and the GCMS membership at large and we are confident that her on-the-job competence and amazing positive outlook will serve her well on her future path.

← *goodbye* →



On behalf of the GCMS Board of Directors, please join us in thanking Sherry for her many years of service and wishing her well in her future endeavors.

Farewell from Dr. Thoms

FAREWELL

For more years than I can remember, I have had the pleasure of being an integral part of our GCMS publication, "The Bulletin". Over the years it has gone through a metamorphosis into its digital online form in keeping with the current trend. Years ago, it was a pamphlet carrying current events of the fledgling Genesee County Medical Society. It grew in size and content carrying MSMS news items. Further expansion covered national medical news and public health alerts.

I thought that our Bulletin could lighten up some with stories from our members so we added travel stories. I thought it would be interesting to explore the realm of hobbies so we did. I wrote about my wood working. Dr. Bob Michels shared with us his cultivating and shaping bonsai trees. Another shared his love of rowing his one man scull and another his experiences in his glider. There were others, each one giving the rest of us a glimpse of diversions in their lives, adding interest to the publication.

As medical/legal issues arose, our legal advisers added articles to help us navigate through the various challenges with monthly articles about managing the pitfalls of the practice of medicine. Document! Document! Document!!! was their advice along with "beware of what you say or promise." Through the years, the counsel of the various authors from Cline, Cline, and Griffin have been excellent guides in an ever more complicated medical environment.

Pete Levine suggested we sponsor a photo contest using the winner's photograph for our cover one month while printing other entries on a center fold. We have in our midst (GCMS and GCMSA members) an accomplished group of photographers that literally scoured the world with their cameras and shared the results of their passion with us.

It has been my privilege and pleasure to have been an integral part of our "Bulletin". But it is time to bring to a close this part of my life and service to GCMS. So I say "FAREWELL." As I said in my resignation letter to Dr. Azher, I am not leaving. I am only surrendering what I have loved for so long so that another, one much younger than I, can lend their talent and gift to us with their ideas as the process of change is the essence of vitality.

Again, I bid each one of you, my esteemed colleagues "Farewell."

Peter Thoms, MD



Virtual Business Meeting & Medical Community Town Hall

Zoom Teleconference

Thursday, July 9, 2020

There is no cost to attend this important membership session.



Meeting Agenda

6:30 pm GCMS Business Meeting & Interim Elections

7:00 pm Presentations & Roundtable Discussion

Black Lives and Health Matter

Please join us for a roundtable discussion on the generational effects racism and discrimination have had on the lives and health of our black community.

This meeting is sponsored by Sovita Credit Union.

COMMUNITY TOOLKIT

OPIOIDS: WHAT YOU NEED TO KNOW



ABOUT OPIOID ADDICTION

Genesee County Opioid Prevention Project



GREATER FLINT HEALTH COALITION



KnowMoreGenesee.org

OPIOIDS: WHAT YOU NEED TO KNOW

If you have recently been prescribed an opioid, are concerned about or struggling with opioid addiction or know somebody that is, this resource will help you better understand opioids. Know more about opioids and get help if needed.

Opioid Epidemic

The opioid epidemic, a growing nationwide public emergency, does not discriminate the individuals and communities that it impacts. Genesee County is no exception. According to the Michigan Department of Health and Human Services, 131 Genesee County residents died of an opioid overdose in 2017, up from 120 in 2016¹.

Many more are treated for an opioid overdose. As community members, parents, neighbors, and friends, there is an opportunity to become better informed and help those struggling with addiction.

What are Opioids?

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.² While many people benefit from using prescription opioid pain medications to manage pain under a health care provider's

direction, there is a risk of dependence and addiction. There is also a risk to the community when prescription drugs are diverted for improper use by others.

Know the Risks and Side Effects of Opioid Use

Prescription opioids have a serious risk of addiction and overdose, especially with long term use. The use of prescription opioids can have a number of side effects even when taken as directed. They include:

- Tolerance – meaning you might need to take more of a medication for the same pain relief
- Physical dependence – meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness

- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating³

Know the Signs and Symptoms of Opioid Addiction or Overdose

Opioid addiction is a disease that affects your brain and your behavior. At first you have control over your choice to start using drugs, however over time your brain actually changes in certain ways creating an urge to use the drug. There are many signs and symptoms of opioid misuse and addiction. They can include: poor coordination, drowsiness, shallow or slow breathing rate, nausea, vomiting, constipation, physical agitation, poor decision making, abandoning responsibilities, slurred speech, sleeping more or less than normal, mood swings, euphoria (feeling high), irritability, depression, lowered motivation, and anxiety attacks.⁴



¹ "The Opioid Epidemic in Michigan." Michigan Substance Use Disorder Data Repository, mi-suddr.com/opioids/.

² "What Are Opioids?" HHS.gov, www.hhs.gov/opioids/prevention/index.html.

³ "Prescription Opioids: What You Need to Know." CDC, www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf

⁴ "Opioid Addiction - Pain Relief - Signs of Addiction." Familydoctor.org, www.familydoctor.org/condition/opioid-addiction/.

It is important to recognize the signs and symptoms of an opioid overdose and act fast to help save a life. Signs of an overdose include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

An opioid overdose requires immediate medical attention. If you think someone is experiencing an overdose, even if you aren't sure, it is best to treat it like an overdose. Follow these steps:

- Call 911 immediately
- Administer naloxone, if available
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking
- Stay with him or her until emergency workers arrive⁵

Know Naloxone and the Law

Naloxone is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person if their breathing has slowed or stopped due to an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder. Naloxone should be given to any person who shows signs of an opioid overdose or when an overdose is suspected. If you or a loved one is at risk for an opioid overdose, it is important that you have naloxone on hand. Talk to your physician or pharmacist about naloxone when receiving a prescription for opioids.⁶

During a drug overdose, a quick response can save a life. However, people illegally using drugs sometimes do not seek medical

attention during an overdose for fear of alerting police of their illegal drug use. In order to prioritize saving lives, Michigan passed a Good Samaritan law in 2016. Michigan's Good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose in certain circumstances. This law makes saving lives the priority during a drug overdose, not criminal prosecutions of illegal drug users.⁷

Know that You Have Treatment Options for Managing Pain

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and



therapies available. Opioids are not the first-line treatment for chronic pain, with the exception of cancer treatment, palliative care, and end-of-life care. Nonopioid treatments can provide relief to those suffering from chronic pain and are safer. Talk to your doctor about your options to best manage your pain. Alternative treatments may include:

- Acupuncture
- Chiropractic care
- Cognitive behavioral therapy
- Massage therapy
- Meditation and relaxation
- Physical therapy
- Yoga⁸

Know How to Practice Responsible Use of Opioids

Whether you are currently taking opioids or considering opioids to treat (acute) pain after surgery or for chronic pain, it is important that you take steps to protect yourself, your loved ones, and your community.

- Be proactive to learn about your options and communicate with your doctor.
- Be honest with your doctor about your health, drug, and alcohol history, as well as your family history.

⁵ "Preventing an Opioid Overdose." CDC, www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf

⁶ National Institute on Drug Abuse. "Naloxone." NIDA, 1 Jan. 2019, www.drugabuse.gov/publications/drugfacts/naloxone.

⁷ "Michigan's Good Samaritan Law." MDHHS, www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584_79585_79587_79590-409680--,00.html

⁸ "RX Pain Medications, Know The Options, Get the Facts." SAMHSA, <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

KNOW MORE ABOUT OPIOID ADDICTION

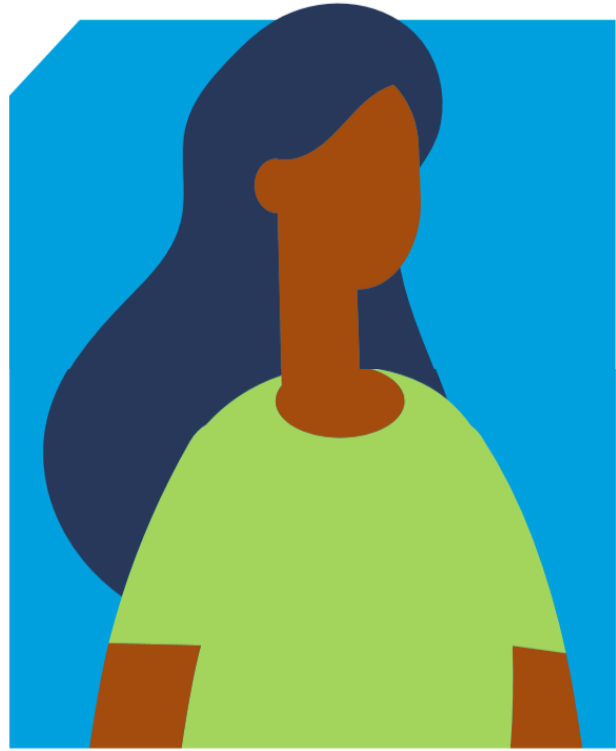
- Always follow your pain care plan and keep your appointments for follow-up care.
- Never take opioids in higher amounts or more often than prescribed.
- Do not combine opioids with alcohol or other drugs that cause drowsiness, such as: benzodiazepines, muscle relaxants, and sleep aids.
- Never share or sell prescription opioids.⁹

Know How to Properly Store and Dispose of Opioids

Learn how to properly store and dispose of unused medications. Always keep your opioids in a safe, locked place, out of reach of family, children, visitors, and pets. Always keep your opioids in their original labeled container, even when you travel. Remember your children and grandchildren! Keep them safe.

If you have unused opioids at the end of your treatment, take steps to safely dispose of them to protect your family and community. Find an approved prescription drug collection site near you, find a medication Take Back event, or properly use your household trash as a last resort. Prescription drug drop boxes can be found at the following Genesee County locations:

- Burton City Police Department, 4090 Manor Drive
Mon-Fri 9:00am-5:00pm
- Clio City Police Department, 505 W. Vienna Street
Mon-Fri 8:00am-4:00pm
- Davison City Police Department, 200 E. Flint Street
Mon-Fri 8:00am-12:00pm & 1:00pm-4:00pm
- Fenton City Police Department, 301 S. Leroy Street
Available 24 hours
- Flint Police Department, 210 E. Fifth Street
Mon-Fri 10:00am-6:00pm
- Flint Township Police Department, 5200 Norko Drive
Available 24 hours
- Flushing City Police Department, 725 E. Main Street
Mon-Fri 9:00am-4:30pm
- Genesee Township Police Department, 7244 N. Genesee Road
Mon-Fri 9:00am-5:00pm
- Grand Blanc Township Police Department, 5405 S. Saginaw Street
Available 24 hours
- Mott Community College Public Safety, 1401 E. Court Street
In front of Public Safety Building
- Metro Police Authority, 5420 Hill 23 Drive
*Mon-Fri 9:00am-5:00pm*¹⁰



Know That There is Support Available

Remember that opioid addiction is a disease and those suffering should be treated with care and compassion as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor for help and refer to the **Quick Reference Referral Guide for Substance Use Treatment** locations. Consider finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experiences of others and receive emotional and social support.

- Genesee County Families Against Narcotics holds weekly Nar-Anon support meetings every Thursday evening at 7pm. 3515 North Belsay Road, Flint, MI 48506. All are welcome to attend. www.familiesagainstnarcotics.org/genesee
- Additional Genesee County Narcotics Anonymous meeting sites and times can be found online at www.michigan-na.org/flint-area/meetings/

Take the next steps to seek treatment for yourself or your loved one. There is help.

⁹ "RX Pain Medications, Know The Options, Get the Facts." SAMHSA, <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

¹⁰ "Proper Disposal: Stop Prescription Abuse." Proper Disposal | Stop Prescription Abuse, www.stopprescriptionabuse.com/proper-disposal.html

April 2019

Quick Reference Referral Guide

*for Substance
Use Treatment*

KnowMoreGenesee.org



ABOUT OPIOID ADDICTION

Genesee County Opioid Prevention Project



KNOW MORE ABOUT OPIOID ADDICTION

As a Genesee County provider encountering changes in legislation regarding utilization of the Michigan Automated Prescription System (MAPS), and navigating the substance use treatment system with your patients, the Greater Flint Health Coalition and its Mental Health & Substance Use Task Force offer this referral guide as an introductory resource.

The First Step: Accessing Substance Use Treatment

1 If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) **the Genesee Health System Access Center** at:

- 810-257-3740 (crisis line available 24/7)
- TTY 810-232-6310
- Toll-Free 877-346-3648
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday, 8 am. to 5 p.m.

Please have the following information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)
- Names of current medicines and doctors

- Guardianship or court papers (if applicable)
- Special education or other school records (if applicable)
- Drug (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay; therefore, staff will need to know the household income and number of dependents of the person seeking help. A coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

2 If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Substance Use Treatment Centers in Genesee County and Surrounding Areas

GENESEE COUNTY RESIDENTIAL CENTERS

Above the Water House

4105 Keyes Street, Flint, MI 48504
(810) 877-2907
Women's recovery housing for females with addiction/alcoholism with mild to moderate psychological impairments.

Flint Odyssey House

529 M.L. King Avenue, Flint, MI 48503
(810) 238-5888
Medication assisted treatment, withdrawal management, long-term residential treatment, outpatient services, recovery housing, women's specialty services, adolescent treatment services.

Kairos Health Care, Holy Cross

8218 N. Jennings Road
Mt. Morris, MI 48458
(844) 452-4767
Corcoran House Residential Treatment for Women

Life Challenge Ministries

Life Challenge of Southeastern Michigan
17667 Pierson Street, Detroit, MI 48219
1230 Dupont St, Flint, MI 48504
(844) 355-LIFE
info@lcministries.org

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, our goal is more than rehabilitation, Faith based program.

New Paths Inc.

765 E. Hamilton Avenue, Flint, MI 48505
(810) 233-5340
newpaths.org
Short and long-term residential treatment, withdrawal management, outpatient services, recovery housing, 23-hour sobering facility, Court ordered treatment programming.

Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Highway, Flint, MI 48506
(810) 234-2678
Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.





GENESEE COUNTY OUTPATIENT CENTERS & SUPPORT SERVICES

**Bio-Med Behavioral Health
Care INC. - Flint**

1044 Gilbert Road, Flint, MI 48532
(810) 733-7623
Outpatient, integrated treatment,
medication assisted treatment.

Catholic Charities

901 Chippewa Street, Flint, MI 48503
(810) 232-9950
Outpatient SUD treatment, Court
ordered treatment programming.

**Families Against Narcotics –
Genesee County Chapter**

(810) 397-7175
familiesagainstnarcotics.org
Information regarding prescription drug
abuse, local resources, family support
network. Available to answer questions
regarding substance use and steps to
seek treatment.

**Genesee Community
Health Center**

422 W. 4th Avenue, Flint, MI 48503
(810) 496-5777
Integrated health care, treatment
services for co-occurring disorders,
medication assisted treatment
(Suboxone, Vivitrol).

**Hamilton Community
Health Center**

Multiple Locations
(810) 406-HCHN (4246)
Outpatient, substance abuse counseling,
Vivitrol program.

Holy Cross Services

4318 Miller Road, Flint, MI 48507
(810) 249-9924
Outpatient SUD treatment, recovery
housing.



Hope Network

1110 Eldon Baker Drive, Flint, MI 48503
(810) 232-2766
Free family and addiction services.

Insight Wellness Center

4400 S. Saginaw St., Ste. 1370
Flint, MI 48507
(810) 223-0199
Medication assisted treatment, outpatient
SUD treatment, services for co-occurring
disorders, pain management, physical therapy.

Meridian Health Services

1289-D S. Linden Road, Flint, MI 48532
(810) 620-7501
Outpatient care, integrated treatment,
and family therapy.

New Oakland Family Center

2401 South Linden Road,
Flint, MI 48507
(810) 957-4310
Intensive outpatient counseling
(dual diagnosis – mental health and
substance use disorder).

**Remedy Exchange Programs
(outreach services)**

12745 S. Saginaw, Suite 806-144
Grand Blanc, MI 48439
(810) 449-0159
remedyexchange@gmail.com
PRIME for Life is a program that helps
youth and adults learn how to reduce
their risk of alcohol and other drug
related problems throughout life.

Sacred Heart - Flint

2091 Professional Drive,
Flint, MI 48532
(810) 732-1652
Outpatient, integrated treatment,
medication assisted treatment
(Methadone, Vivitrol), women's
specialty.

The Serenity House of Flint

954 Church Street, Flint, MI 48502
(810) 893-1276
Informational, holistic options for
recovery from addictions.

RESOURCES OUTSIDE OF GENESEE COUNTY

Brighton Center for Recovery

12851 Grand River Road
Brighton, MI 48116
(810) 227-1211
brightonrecovery.org
Inpatient and intensive outpatient.
Provides residential, outpatient, dual diagnosis, and detox services. Will accept private insurance, cash, and Medicare.

Dawn Farms

6633 Stoney Creek Road
Ypsilanti, MI 48197
(734) 485-8725
Adolescent (17+) and adult residential, outpatient. Non-medicated, 12-step based detox is FREE to anyone, even if they do not stay for residential treatment. Transitional housing.

Grace Centers of Hope

35 E. Huron Street, Pontiac, MI 48342
(855) HELP-GCH
Adult residential, family and life-skills programs.



Henry Ford Maplegrove Center

6773 W Maple Road
West Bloomfield, MI 48322
(248) 661-6100
henryford.com
Outpatient and inpatient for adults.
Outpatient only for adolescents.

Kairos Healthcare Adolescents

3400 South Washington Road
Saginaw, MI 48601
(989) 755-1072
Adolescent and adult residential, integrated treatment, informational, prevention and problem assistance, outpatient screening assessment referral and follow-up.

Meridian Health Services

1255 N Oakland Blvd
Waterford, MI 48327
(248) 599-8999
Detox, adult residential, inpatient and outpatient care, integrated treatment, and family therapy.

Sacred Heart – Memphis

400 Stoddard Road
Memphis, MI 48041
(888) 804-7472 Admissions
(888) 802-7472 Admin
Adult residential, detox inpatient, case management, early intervention, integrated treatment, peer recovery and support, screening assessment referral and follow-up, Methadone.
Residential admissions:
(888) 804-7472 or (734) 284-0070
Monday-Friday, 8:30am-5:00pm
Emergency admissions:
(888) 804-7472, ext. 266, weekdays, weekends, and holidays. Sliding fee scale, Medicaid, ABW, and most health insurance.

Salvation Army Harbor Light

42590 Stepnitz Drive
Clinton Township, MI 48036
(586) 954-1838
Adult residential/outpatient, case management, detox, screening assessment referral and follow-up.

Serenity Therapy Center

745 Barclay Circle, #305
Rochester Hills, MI 48307
(586) 219-7010
serenityhelp.com
Outpatient, addiction counseling, family therapy, and interventions.

Teen Challenge of Western Michigan

440 Pontaluna Road
Muskegon, MI 49444
Men's Phone: (231) 798-7927
Women's Phone: (231) 798-2702
Email: info@wm-tc.com
wm-tc.com/contact-us
One year residential program. Faith based.

Vision Quest Recovery

Port Huron, MI
info@visionquestrecovery.com
Program Director: (810) 937-6279
Assistant Program Director:
(248) 421-8143
Transitional housing program, 12-step program, structure, guidelines.

Disclaimer: Resource details provided by Families Against Narcotics. All information was accurate at time of printing. Information is subject to change.

This program is supported by the Michigan Health Endowment Fund.



Join the thousands!



FLINTREGISTRY

Get Connected. Get Supported. Get Counted.

flintregistry.org

ENROLL TODAY!

4 EASY STEPS



**1. GO TO
FLINTREGISTRY.ORG**



**2. CLICK "START
HERE" BUTTON**



**3. COMPLETE PRE-
REGISTRATION FORM***



**4. BEGIN THE
ENROLLMENT SURVEY**

*After you complete the pre-registration form, you will receive a letter, text, or email from us with secure instructions on how to begin your enrollment survey.




Once you fully enroll, the Flint Registry will help connect you to services that will improve your health.

You will also get \$50 Thank You check in the mail.

If you have already completed the pre-registration form, call 833-GO-FLINT or email flintregistry@hc.msu.edu for your survey code.

You may also call us to fully enroll over the phone!

FOLLOW US!

 [@flintregistry.org](https://www.facebook.com/flintregistry.org)  [@flintregistry](https://www.instagram.com/flintregistry)  [@FlintRegistry](https://twitter.com/FlintRegistry)

Michigan State University College of Human Medicine received funding for this work from the Centers for Disease Control and Prevention (CDC), Grant #NUE2EH001370.



FLINTREGISTRY

Get Connected. Get Supported. Get Counted.

flintregistry.org

Why are people joining?

**“One of the reasons I joined
the Flint Registry was because of
the education
and the connections.”**


– Pastor Read,
Joy Tabernacle Church

.....

**“Making people comfortable
enough to open up about their
concerns and feel free to share
their story; I feel like that’s one of
the biggest things helping people
heal in this city.”**

– Aaron Neeley,
Flint Registry interviewer and resident

 833-GO-FLINT

 flintregistry@hc.msu.edu

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

HAPPY BIRTHDAY DOCTOR!

JUNE

Anthony Miltich, MD.....	1	Nitin Malhotra, MD.....	6	Ambreen Sattar, MD.....	18
P. C. Shetty, MD.....	1	Edilberto Moreno, MD.....	7	Ronald Sparschu, MD.....	21
James Graham, MD.....	1	Ravikumar Peddireddy, MD.....	10	John MacKenzie, MD.....	22
Siva Sankaran, MD.....	1	Tommy Stevens, MD.....	11	Ethiraj Raj, MD.....	22
Bala Aysola, MD.....	1	Raouf Mikhail, MD.....	11	James Ostrander, MD.....	24
Sunilkumar Rao, DO.....	1	Stephen Burton, MD.....	12	Michael Kia, MD.....	25
Fayez Kotob, MD,MBA.....	2	Jitendra Katneni, MD.....	12	Stacey McEwen, MD.....	25
Kunal Singh, MD.....	2	Sudhir Arumanla, MD.....	12	Alan Rice, MD.....	26
T Trevor Singh, MD.....	3	Edmund Louvar, MD.....	12	Sasikala Vemuri, MD.....	26
Sudarsan Misra, MD.....	4	Shah-Naz Khan, MD, FRCSC.....	12	Andrew Henke, MD.....	26
Ernesto Duterte, MD.....	4	Brooke Spencer-Trotter, MD.....	12	Dale Wilson, MD.....	26
Yazdi Sidhwa, MD.....	4	Marigowda Nagaraju, MD.....	14	Julio Badin, MD.....	28
My Le Shaw, MD.....	4	Gary Keoleian, MD.....	14		
Brian Bhagat, MD.....	4	Madhusudana Tummala, MD.....	14		

JULY

Katikuti Dutt, MD.....	1	Fikria Hassan, MD, PhD.....	9	R C Ravikumar, MD.....	22
Barina Zado, MD.....	1	Bhadrabala Ganatra, MD.....	9	Allen Turcke, MD.....	24
Louise Desgranges, MD.....	1	Niketa Dani, MD.....	9	Jae Kim, MD.....	25
Tarik Wasfie, MD.....	1	Katie Nolen, MD.....	11	Jon Santiago, MD.....	25
Abdul Moqtadir Hasnie, MD, FACC, FSCAI.....	2	AppaRao Muckamala, MD.....	14	Dong Whan Oh, MD.....	25
John Morrison, DO.....	2	Frederick VanDuyne, MD.....	15	James Knaggs, MD.....	26
John Waters, MD.....	3	Koteswararao Vemuri, MD.....	15	David Strahle, MD.....	27
Glen Sullenger, MD.....	6	Melinda Wheatley, MD.....	19	Edward Holden, MD.....	27
Purushottam Naik, MD.....	7	Christopher Goltz, MD.....	19	Eyassu Habte-Gabr, MD.....	28
Kamal Hasan, MD, FAAP.....	7	Ninette Musili.....	21	Seann Wilson, MD.....	28
James Gibbons, MD.....	8	Farhan Khan, MD.....	22	Robert Cross, MD.....	29



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!



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

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: _____

Within the last five years, have you been the subject of any disciplinary action by any medical society or hospital staff?: Yes No

If "yes," please provide full information: _____

I agree to support the County Medical Society Constitution and Bylaws, the Michigan State Medical Society Constitution and Bylaws, and the Principles of Ethics of the American Medical Association as applied by the AMA and the MSMS Judicial Commission.

Signature _____ Date: _____

County Medical Society Use Only
Reviewed and Approved by: _____