

## January 2021 – Additional Mental Health Related Articles from Around the Nation

**[How to Help Your Child Manage Depression from Coronavirus Isolation](#)** - Parents can help their child prevent or manage symptoms of depression by noticing the warning signs, being there for them and encouraging the use of healthy coping skills. [READ MORE »](#)

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**[The Mental Health of the Modern Dad](#)** - It is essential for us to acknowledge paternal mental health and to encourage dads, and all men, to seek mental health care when they are struggling. [READ MORE »](#)

**[Clinging to Hope During My Son's Battle with Addiction](#)** - "I'll never forget the day Michael told me he didn't want to live anymore. We were sitting on my bed and tears streamed down my face. He was 15 years old." [READ MORE »](#)

**[NAMI Joins 13 Partner Organizations to Transform Mental Health Care](#)** - NAMI is proud to join the leaders of 13 partner organizations working together and with state and local governments to chart a new course for mental health in our country. [LEARN MORE »](#)

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**[Twenty-five years ago, the media invented the term "superpredator." The myth has demonized a generation of Black youth.](#)** [THE MARSHALL PROJECT](#)

**[Schools Have Struggled To Fulfill IEPs Amid Pandemic, Government Report Finds](#)** - Government investigators are offering up some of the first details about how schools fared in addressing the needs of students with disabilities when they shuttered at the start of the pandemic. [Read More >](#)

**[Feds Reach 'Landmark Agreement' On Rights Of Parents With Disabilities](#)** - In a first-of-its-kind settlement, federal officials say that a state has agreed to change its ways after repeatedly discriminating against parents with disabilities. [Read More >](#)

**[It May Be The Most Important Test Of A Child's Life. Most Aren't Getting It](#)** - Many children with developmental delays aren't diagnosed until they hit the school system, which can have life-long ramifications. Early childhood advocates are working to change that. [Read More >](#)

**[Upcoming Movie 'Music' Under Fire For Autism Portrayal](#)** - Pop singer Sia is facing backlash for casting a typically-developing actor to play a teen with autism in a forthcoming film she directed that also stars Kate Hudson and Leslie Odom Jr. [Read More >](#)

**[How to talk to loved ones when you're worried about their mental health](#)** - By Allyson Chiu • [Read more »](#)

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**[What does a year of quarantine do to a child's brain?](#)** [NEW YORK MAGAZINE](#)

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**[Airlines will no longer be required to transport emotional support animals](#)** - By Lori Aratani • [Read more »](#)

**9. [Racial microaggressions take a major toll on Black Americans](#)** - Black Americans disproportionately experience microaggressions: “the everyday slights, insults, indignities, put-downs and allegations that people of color experience” in their interactions with White people. **Perspective** • By Michelle Singletary • [Read more »](#)

**[Pandemic Helpline Launches For People With IDD, Caregivers](#)** - As the COVID-19 pandemic wears on, a new 24-hour support line is working to help individuals with developmental disabilities and those who care for them cope during this tough time. [Read More >](#)

**[Restrictions Set To Take Effect For Service Animals On Planes](#)** - Federal regulators are firming up a slate of new rules limiting service animals traveling on airplanes in a bid to ensure that the animals are truly assisting people with disabilities. [Read More >](#)

**[This Company Reinvented The Computer Mouse For Kids With Special Needs](#)** - The multi-sensory fidget mouse is specially designed with elements from a fidget toy to increase focus for those with developmental disabilities. [Read More >](#)

**[Group Home Provider Repeatedly Failed Residents, Investigation Finds](#)** - U.S. Senate investigators have discovered a pattern of neglect and poor care in a network of group homes for people with developmental disabilities that has a presence in 36 states. [Read More >](#)

[A Virtual Performance Inspired By The Monumental Moments™ Of This Unprecedented Time](#)

[Managing Alcohol Addiction During the Holiday Season](#)

[The Holidays Are Looking Very Different This Year](#)

[How One Mental Health Advocate Is Channeling Kindness Through Storytelling](#)

[Where Bipolar Disorder and Obsessive Thoughts Meet, Hyperfixation is Born](#)

Chicago Tribune: [Here's how to get through seasonal affective disorder during a pandemic](#)

Business Insider: [Kohl's Gives \\$5 Million This Holiday Season to Surprise More Than 100 Nonprofits Who Give with All Their Heart](#)

The Oregonian: [Gun advocates take the lead in embracing suicide prevention message](#)

Forbes: [New Tool Could Improve Mental Healthcare For Communities Affected By Covid-19](#)

CBS News: [How to cope with the stress of the holidays amid COVID-19 restrictions](#)

Talkspace: [Therapy is Political. It's High Time Therapists Acknowledge This.](#)

**[As teen suicides rock local sports communities, concerns grow over athletes' mental health](#)** - The absence of sports has left many youth athletes isolated. In some cases, it has led to tragedy. By Roman Stubbs • [Read more »](#)

**[COVID-19 Risk Varies Among Those With IDD, Study Finds](#)** - People with developmental disabilities face a greater chance of dying from COVID-19 as compared to others, but new research suggests that the risk is not shared equally among this population. [Read More >](#)

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**Zappos Doubles Shoe Program For People With Disabilities** - Zappos is expanding a first-of-its-kind program designed to make it easier for people with special needs to buy shoes. [Read More >](#)

**School Bus Becomes Mobile Classroom For Special Ed Students** - Each week a "Magic Bus" heads to the homes of special education students in one school district to provide kids struggling with virtual classes some one-on-one time with a teacher. [Read More >](#)

### **State May Require Cameras In Group Homes**

Citing unexplained injuries, parents are pushing for legislation that would require the installation of security cameras in group homes if residents or their guardians give consent. [Read More >](#)

**New Program Aims To Train Doctors On Developmental Disabilities** - A new effort is underway to better prepare future doctors and other health care professionals to treat people with intellectual and developmental disabilities. [Read More >](#)

**Justice Department Settlement Forces Amtrak To Fix ADA Violations** - Amtrak will make big changes at over 100 train stations across the country to ensure that 30 years after the passage of the ADA, people with disabilities can finally access its rail network. [Read More >](#)

**Coronavirus Pandemic Takes Toll On Disability Community** - People with intellectual and developmental disabilities have been especially vulnerable to the social and emotional upheaval brought on by the pandemic and they face heightened health risks too. [Read More >](#)

**With Cherished Event Canceled, Friends Bring Parade To Teen With Down Syndrome** - For one teen with Down syndrome, his town's holiday parade is a highlight. Crushed that it was canceled this year, friends stepped up to bring a special parade — complete with Santa — to him. [Read More >](#)

### **Disability Advocates Urge People To Get Vaccinated Against COVID-19**

As the first COVID-19 vaccines become available, advocates say people with developmental disabilities should get vaccinated and they are pushing for this population to be eligible soon. [Read More >](#)

### **Kids With Autism See IQs Rise With Age, Study Finds**

IQ is generally expected to remain stable over time, but new research suggests that the measure increases significantly for those with autism during adolescence and early adulthood. [Read More >](#)

### **How The Pandemic Has Altered The Lives Of Children With Disabilities**

After 10 months at home, some families of those with disabilities have settled into the new reality and are receiving better support, but others are still struggling to get the help they need. [Read More >](#)

### **Navy Hires Special Education Attorneys As Part Of Pilot Program For Families**

Frequent moves mean military families are often at a disadvantage for special education because they are regularly entering new school districts. A new program aims to level the playing field. [Read More >](#)