

April 2019 Additional Mental Health Related Articles From Around the Nation

[Des Moines Register: Iowa Poll: Children's Mental Health Screenings Favored By Most Iowans](#) - More than three-quarters of Iowans support a proposal to routinely screen children for mental health issues, a new Des Moines Register/Mediacom Iowa Poll shows. Seventy-seven percent of Iowa adults favor a universal mental health screening program for children, with a provision allowing parents to opt their kids out of it. Just 15 percent oppose the proposal, and 8 percent are unsure. (Leys, 2/28)

[Los Angeles Times: He Overdosed In Jail On Medication For His Mental Illness. His Family Is Suing For Answers](#) - Lewis Nyarecha was found unresponsive on a top bunk at the Twin Towers jail in downtown Los Angeles by a fellow inmate. He had missed dinner the night before and breakfast that day. Two L.A. County sheriff's deputies began to haul the 25-year-old Nyarecha off the bunk, only to drop him, slamming the back of his head on a metal desk and sending blood gushing. Though he received CPR, Nyarecha would be declared dead on a June morning last year. The county coroner found the cause of his death was quetiapine toxicity; he was given the drug because he was schizophrenic. (Winton, 2/28)

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Bp Magazine - 3 Healthy Ways You Can Abolish Unhealthy Food Cravings - [Read more >>](#)

Dentists No Longer Permitted To Turn Away Patients Due To Disabilities - People with developmental disabilities may find it easier to get dental care after a national board changed its ethics policy to be more inclusive. [Read More >](#)

Walmart Exploring 'Potential Accommodations' For Greeters With Special Needs- Walmart is apparently softening its stance after the company modified expectations for some positions leaving workers with disabilities worried that they would soon be out of a job. [Read More >](#)

State Launches Developmental Disability ID Cards - People with developmental disabilities in one of the nation's most populous states can now apply for a government-issued identification card designed to ease encounters with first responders. [Read More >](#)

Moms Can Reduce Autism Odds — Even For Kids At High Risk, Study Shows - The genetic susceptibility for autism could potentially be overcome by taking maternal prenatal multivitamins, new research suggests. [Read More >](#)

[The New York Times: Nursing Homes Are Closing Across Rural America, Scattering Residents](#) Harold Labrensz spent much of his 89-year life farming and ranching the rolling Dakota plains along the Missouri River. His family figured he would die there, too. But late last year, the nursing home in Mobridge, S.D., that cared for Mr. Labrensz announced that it was shutting down after a rocky history of corporate buyouts, unpaid bills and financial ruin. It had become one of the many nursing homes across the country that have gone out of business in recent years as beds go empty, money troubles mount and more Americans seek to age in their own homes. (Healy, 3/4)

[The Associated Press: John Mayer Launches Foundation Focused On Veterans](#) - John Mayer is launching a foundation focused on improving the health of veterans through scientific research. The Grammy-winning singer on Friday announced The Heart and Armor Foundation, which plans to focus on veterans with post-traumatic stress disorder and meeting the emerging needs of women veterans. Though he publicly announced the foundation on Friday, Mayer has been working on the organization since 2012 alongside veterans, scientists and clinicians. (Fekadu, 3/1)

[NPR: Eating Disorders Like Bulimia And Binge-Eating Affect People Of All Races](#) - Karla Mosley wants you to know that people with eating disorders look like her too. "I'm a woman of color and I certainly didn't know that people like me had eating disorders," she says. "I thought it was a white, rich, female, adolescent disorder." Only one of those identifiers fits Mosley who's black and binged and purged for years. But Mosley, an actor and a regular on the day time soap, *The Bold and the Beautiful*, is sharing her story of battling bulimia and getting her health back. (Meraji, 3/3)

[The Washington Post: District Will No Longer Guarantee Ambulance Rides For Nonserious Patients](#) - Under a change taking effect Friday, D.C. residents who call 911 no longer will be guaranteed an ambulance ride to hospitals if responding medics and a nurse determine their ailments are minor, D.C. Fire and EMS Department officials said. Instead, after an assessment by firefighter and EMT crews, patients who are not in serious straits will be put on a phone call with a nurse, who will help them to find care at a clinic or a primary care facility. The medics will remain on scene and talk to the nurse after an agreement on care has been made. (Williams, 3/1)

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Bp Magazine - What Would Your Dog Do if You Were Upset? Quite a Bit, Study Finds - [Read more >>](#)

[NPR: FDA Expected To Approve Esketamine Nasal Spray For Depression](#) - The Food and Drug Administration is expected to approve a new type of drug for depression. It is esketamine, a chemical cousin of the anesthetic and party drug ketamine. (Hamilton, 3/4)

[NPR: 'The Orchid And The Dandelion' Highlights Science Of Sensitive Kids](#) - Dr. Thomas Boyce, an emeritus professor of pediatrics and psychiatry at the University of California, San Francisco, has treated children who seem to be completely unflappable and unfazed by their surroundings — as well as those who are extremely sensitive to their environments. Over the years, he began to liken these two types of children to two very different flowers: dandelions and orchids. (Davies, 3/4)

What Is Trichotillomania? When hair pulling becomes a serious compulsion. [READ MORE ▶](#)

How Habit Reversal Therapy Works - The best behavioral treatment for tics, skin-picking and hair-pulling. [READ MORE ▶](#)

What to Do (and Not Do) When Children Are Anxious - How to respect feelings without empowering fears. [READ MORE ▶](#)

Quick Facts on Excoriation - Skin-picking can become a disorder when kids can't stop. [READ MORE ▶](#)

Hoarding in Children - Kids who hoard get very emotionally attached to the things they save, often things others discarded. [READ MORE ▶](#)

Renewed Push Underway To Extend Program That Helps People Leave Institutions - Lawmakers are pressing ahead with efforts to renew a federal program that helps people with disabilities move from institutions to community-based settings. [Read More >](#)

Large Study Confirms No Association Between Autism, MMR Vaccine - A study looking at more than 650,000 kids is further debunking any link between autism and the measles, mumps and rubella vaccine. [Read More >](#)

With Proposal, State Considers Apartments Over Costly Group Homes - Recognizing that many people with intellectual disabilities can function well in more independent settings, one state is set to consider a proposal to support individuals in apartments. [Read More >](#)

Dentists No Longer Permitted To Turn Away Patients Due To Disabilities [Read More >](#)

White House sets up task force on veteran suicides - With the VA under fire for its response to veterans' rising suicide rate, the White House will launch a task force to develop a broad private-public partnership to address the crisis. [READ MORE >](#)

Governor's Mental Health Bills Lay Foundation for Children's Success -

<https://www.desmoinesregister.com/story/opinion/columnists/2019/03/06/governor-kim-reynolds-plan-huge-first-step-childrens-mental-health-iowa-legislature/3080204002/>.

An effort to reduce the use of seclusion rooms in Iowa schools raises questions among educators -

<https://www.desmoinesregister.com/story/news/politics/2019/03/05/iowa-education-officials-consider-changing-seclusion-room-practices/3064521002/>

United loses in court on behavioral health coverage rules – The decision, if upheld on appeal, could have wide ramifications in terms of what insurers must cover in the fast-growing behavioral healthcare sector. [READ MORE >](#)

NPR: Ketamine-Derived Drug Spravato For Major Depression Gets FDA Approval - But esketamine presents some challenges because of its similarities to ketamine. In high doses, both drugs can cause sedation and out-of-body experiences. And ketamine, often called Special K in its illicit form, has become a popular party drug. So Johnson & Johnson is taking steps to make sure esketamine will be used only as intended, Billington said. "Spravato will not be dispensed directly to a patient to take at home," he said. "It will only be available in approved and certified treatment centers." (Hamilton, 3/5)

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[Modern Healthcare: Mental Health Coverage Case Lost By UnitedHealth Unit For Denying Claims](#) - A federal judge ruled Tuesday that United Behavioral Health breached its fiduciary duty to patients by using unreasonable and overly restrictive guidelines to make coverage decisions for tens of thousands of mental health and substance abuse patients. The decision, if upheld on appeal, could have wide ramifications of what insurers must cover in the fast-growing behavioral healthcare sector. The case stems from two consolidated class-action lawsuits filed in 2014 against UnitedHealth Group's United Behavioral Health, the nation's largest behavioral health insurer. (Meyer, 3/5)

[The New York Times: Mental Health Treatment Denied To Customers By Giant Insurer's Policies, Judge Rules](#) - U.S. Chief Magistrate Judge Joseph C. Spero found that United Behavioral Health, the insurer's unit that administers treatments for mental illness and addiction in private health plans, had violated its fiduciary duty under federal law. In his 106-page decision, Judge Spero described the company's guidelines as "unreasonable and an abuse of discretion" and having been "infected" by financial incentives meant to restrict access to care. "There is an excessive emphasis on addressing acute symptoms and stabilizing crises while ignoring the effective treatment of members' underlying conditions," he said. He dismissed much of the testimony by UnitedHealth's experts as "evasive — and even deceptive." (Abelson, 3/5)

[The Associated Press: Trump Aims To Stem Vet Suicide With Outreach, Local Grants](#) - President Donald Trump signed an executive order Tuesday aimed at stemming a persistently high number of veteran suicides, urging expanded outreach by awarding grants to community programs. The order creates a Cabinet-level task force that will seek to develop a national roadmap for suicide prevention, bringing in state and local organizations to raise awareness among the high-risk group. It directs the task force led by Veterans Affairs Secretary Robert Wilkie to finalize a plan in 12 months. (Yen, 3/5)

[The CT Mirror: Legislation Would Require Insurers To Submit Annual Reports On Parity](#) - Lawmakers are now trying to hold insurance providers accountable for complying with state and federal parity laws by requiring them to submit annual reports detailing their coverage of mental health and substance abuse services. The bill, which is being considered by the legislature's insurance and real estate committee, also mandates that insurers cover drugs prescribed for substance abuse treatment, and that they cover treatment regardless of whether it is court ordered. (Carlesso, 3/5)

[California Healthline: California Looks To Lead Nation In Unraveling Childhood Trauma](#) - Imagine identifying a toxin so potent it could rewire a child's brain and erode his immune system. A substance that, in high doses, tripled the risk of heart disease and lung cancer and reduced life expectancy by 20 years. And then realizing that tens of millions of American children had been exposed. Dr. Nadine Burke Harris, California's newly appointed surgeon general, will tell you this is not a hypothetical scenario. She is a leading voice in a movement trying to transform our understanding of how the traumatic experiences that affect so many American children can trigger serious physical and mental illness. (Barry-Jester, 3/5)

[Des Moines Register: Iowa Children's Mental Health Bill Draws Praise And Concerns](#) - Advocates for Iowa children on Wednesday praised a new bill to set up a children's mental health system, but they said they hope legislators add details and money to the effort. Peggy Huppert, Iowa executive director of the National Alliance on Mental Illness, told a Senate subcommittee Wednesday that the bill does not include deadlines to accomplish its goals, including new services for children with mental illness. (Leys, 3/5)

"Who Will Care For the Baby Boomers": <http://time.com/5529152/elderly-caregiving-baby-boomers-unpaid-caregivers-crisis/>

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Bp Magazine - 4 Things to Know About Paranoia in Bipolar Disorder - [Read more >>](#)

[Senators to boost Trump's proposed ban on PBM rebates](#) - As Congress' drug-pricing legislation takes shape, pharmacy benefit manager transparency is an immediate target. https://www.modernhealthcare.com/payment/senators-boost-trumps-proposed-ban-pbm-rebates?utm_source=modern-healthcare-am-thursday&utm_medium=email&utm_campaign=20190307&utm_content=article3-readmore

'R-Word' Pledge Is No More - Ten years in, an initiative aimed at stomping out use of the word "retard" is evolving to embrace a new focus. [Read More >](#)

[Senators Look To Expand ABLE Program](#) - A proposal in the U.S. Senate would dramatically increase access to a newly-established program that allows people with disabilities a way to save without jeopardizing government benefits. [Read More >](#)

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Judge: Insurer's Guidelines For ABA, Behavioral Health 'Tainted' - In what advocates are calling a landmark case, a judge said a health insurer improperly factored its own financial interests in determining whether to cover autism therapy and other care. [Read More >](#)

[Stop putting juveniles in solitary confinement](#) - *Lehigh Valley Live* - A 16-year-old paces back and forth. He's been locked in a small room, completely alone, for 23 hours a day for several weeks. This isn't the opening scene of a Hollywood thriller. It's the daily reality for thousands of American adolescents who are subjected to solitary confinement after being charged with crimes, convicted, and sentenced as adults. Solitary confinement is dangerous for these youth, and for society at large. It causes severe psychological harm and impedes reintegration into society. It's time to put convicted teenagers in correctional facilities with people their own age — and prohibit solitary confinement for those under the age of 18. Proponents of solitary confinement claim the practice is necessary for safety. Isolating criminals prevents them from causing trouble in the prison and protects them from other violent prisoners. [More here](#)

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Cops and Counselors https://www.aclu.org/issues/juvenile-justice/school-prison-pipeline/cops-and-no-counselors?ms_aff=NAT&initms_aff=NAT&ms=190309_freespeech_newsletter_newsletteraudience&initms=190309_freespeech_newsletter_newsletteraudience&ms_chan=eml&initms_chan=eml&fbclid=IwAR26o8qyH4Fss2KHC77gcum483IHCAPPuCRkl6ZSGC_AZA_bwjiY6MjR1W-k

Addressing Problems with Privatized Medicaid Should Transcend Politics

https://www.desmoinesregister.com/story/opinion/editorials/2019/03/07/democrats-need-republican-support-address-medicaid-problems-editorial/3059093002/?fbclid=IwAR3n6K2z6Sq5TJBv4t_SDmBqPE9XMn_QrDm0YonJBXr_m5JPgH7TkHnSuSE

U.S. Olympic cycling medalist Kelly Catlin dies at 23 - Family members of the cyclist, a member of the American pursuit team that won a silver medal at the 2016 Rio Games, said that Kelly Catlin took her own life. By **Cindy Boren** • [Read more »](#)

Nashville Tennessean: Caring For Therapists' Mental Health: Avoiding Burnout For Those Who Heal - Without boundaries and self-care, the healing profession of therapy can cause its counselors harm. Researchers focused on practitioner attrition found that as many as two out of every three mental health workers "may be experiencing high levels of burnout." The most prevalent cause, according to a 2018 review in the *Journal of Clinical Psychology*, is emotional exhaustion — feeling physically and psychologically drained while at work. (Bliss, 3/10)

Los Angeles Times: Firefighter Suicides Reflect Toll Of Longer Fire Seasons And Increased Stress - Capt. Ryan Mitchell had just finished three punishing weeks of firefighting. He had deployed to fires far from home, then returned only to dash out to another one. Mitchell's parents and 16-month-old son came to visit him at the station. "He didn't look good. He was tired, he was thin, his eyes were shallow. He wasn't his usual self," Mitchell's father, Will, recalled. (Agrawal, 3/1)

San Francisco Chronicle: After Daughter's Suicide, Grieving Parents Denounce Gaps In Access To Mental Health Care - A poll released in January by the California Health Care Foundation and the Kaiser Family Foundation found that more than half of those surveyed thought their communities lacked adequate mental health care providers, and that most people with mental health conditions are unable to get needed services. The state Department of Managed Health Care has cited health plans dozens of times in the past decade — penalizing them millions of dollars — for mental health-related violations. (Wiener, 3/10)

Austin American-Statesman: Report: Texas Foster Kids Left In State Psychiatric Hospitals For Weeks Or Months - Nearly 600 foster kids in fiscal 2017 spent a total of almost 14,000 days in psychiatric hospitals after doctors said they were ready to leave, according to a new report by Disability Rights Texas, an advocacy group for people with disabilities. The consequences can be serious. While psychiatric hospitals provide medication and treatment, they also can be dangerous places where kids are assaulted by other patients or, sometimes, staffers. (Bell, 3/8)

White House proposes deep cuts to HHS and Medicaid in new budget - If Congress follows President Donald Trump's budget proposal, HHS would see a 12% cut in fiscal 2020. [READ MORE >](#)

— For those suffering from **mental illness or addiction** to finally get a fair deal from their insurers, federal regulators and state insurance commissioners [will have to step up enforcement](#).

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[The Washington Post: Trump Budget Proposes Huge Cuts To Medicaid And Medicare](#) - The Trump administration is proposing a sharp slowdown in Medicaid spending as part of a broad reduction in the government's investment in health care, calling for the public insurance for the poor to morph from an entitlement program to state block grants even after a Republican Congress rejected the idea. The budget released by the White House on Monday also calls for a sizable reduction for Medicare, the federal insurance for older Americans that President Trump has consistently promised to protect. Most of the trims relate to changing payments to doctors and hospitals and renewing efforts to ferret out fraud and wasteful billing — oft-cited targets by presidents of both parties. (Goldstein and Stein, 3/11)

[Politico: Trump's Budget: Winners And Losers](#) - The White House wants to trim \$17 billion from the Supplemental Nutrition Assistance Program in the upcoming fiscal year and almost \$220 billion over a decade. The plan also calls for trading out some SNAP benefits for “Harvest Boxes” that would deliver bundles of nonperishable foods to low-income families. Agriculture Secretary Sonny Perdue says that switch could save the government more than \$129 billion over 10 years. (Scholtes, 3/11)

[Chicago Tribune: Illinois Hospitals Say They're Not Getting Paid, Question State's Outsourcing Of Medicaid](#) - Last year, Illinois' governor at the time, Bruce Rauner, revamped and expanded a program for paying for care for millions of Illinois residents, many of them poor. Called Medicaid managed care, the system — in which health insurance companies and organizations administer Medicaid benefits for the state — held the promise of improving care for patients and saving the state money. One year later, the reality is far different, hospital officials say. Payments from the companies are routinely late, and sometimes don't come at all, hospital officials say. Sinai Health System, for example, which serves many low-income patients, has had to hire a consultant to help it get paid. (Schencker, 3/11)

[Marketplace: Full-Time School Nurses In Short Supply](#) - According to the CDC, rates of diseases like diabetes and epilepsy have surged in children over the past few decades. Mental health needs have increased. Despite this, a 2018 study in the Journal of School Nursing found that fewer than 40 percent of schools employ full-time school nurses. (Feinberg, 3/11)

[The Philadelphia Inquirer: One In Three Kids With ADHD Get No Support Services, New Study Finds](#) - One in three students with attention-deficit hyperactivity disorder (ADHD) do not receive any support services at their schools, according to a national study of U.S. schoolchildren. The study — described as the largest of its kind — found that at least one in five students with ADHD receive no school-based services even when they experience significant academic and social impairment. (Giordano, 3/11)

[The Washington Post: New Concern On College Campuses: 'Drunkorexia,' A Combination Drinking And Eating Disorder](#) - My college experience included this life-skills lesson: Drink alcohol on a full stomach, so you don't get inebriated too quickly. Of course, most college students shouldn't be drinking at all, but we know from the National Institute on Alcohol Abuse and Alcoholism that close to 60 percent of college students ages 18 to 22 do consume alcohol, which makes harm-reducing approaches important. Unfortunately, campus authorities and researchers are reporting a practice that turns the full-stomach drinking strategy on its head: Rather than filling up before a night of partying, significant numbers of students refuse to eat all day before consuming alcohol. (Rosenbloom, 3/11)

[Coaching Families to Address Addiction \(Psychiatric Times\)](#) - **“He'll just have to hit bottom.”** That bit of outdated advice terrifies the family and friends of the person with an addiction who refuses treatment, because they know that “bottom” may be serious injury, overdose, or death. <https://www.psychiatristimes.com/addiction/coaching-families-address-addiction>

[Trump Proposes Cuts To Medicaid, Other Disability Programs](#) - With his latest budget proposal, the president is calling for significant changes to Medicaid that advocates say would have big consequences for people with disabilities. [Read More >](#)

[Bill Would Protect SSI Benefits For Couples Who Marry](#) - Under current rules, individuals with developmental disabilities receive less money each month in Supplemental Security Income if they marry. New legislation would change that. [Read More >](#)

[Senators Look To Expand ABLE Program](#) - [Read More >](#)

[How Are Self-Injury and Suicide Related?](#) The intent is different, though one can lead to the other. [READ MORE ►](#)

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Help for Cutting and Other Self-Injury - When kids intentionally hurt themselves as a way to manage difficult emotions. [READ MORE](#) ▶

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Parenting a Depressed Teenager - Start by listening without judgment, not trying to 'fix' your teen. [READ MORE](#) ▶

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[New ID Cards Aim to Help Developmentally Disabled in Encounters with First Responders](#) - *Newsday*—New York

[In a Mental Health Crisis, Training Saves Lives](#) - *Culpeper Star-Exponent*—Virginia

[In Seattle, 1 in 5 People Booked into Jail Are Homeless](#) - *Crosscut*—Washington

[County Joins National Initiative to Reduce Jail Bookings, Connect Mentally Ill Inmates to Help](#) - *South Washington County Bulletin*—Minnesota

[County 'Stepping Up' to Help the Mentally Ill](#) - *The Norman Transcript*—Oklahoma

[In This Ohio Courthouse, Addiction Treatment Is Just down the Hall](#) - *Illinois Public Media*—Illinois

[Opinion: To Stem the Opioid Epidemic, NJ Must Take Care of Prison Population](#) - *NJ Spotlight*—New Jersey

[At Opioid Task Force Meeting, Northampton Police Present One Approach to Combating Addiction](#) - *Daily Hampshire Gazette*—Massachusetts

[For the Mentally Troubled, a Pennsylvania Jail Offers 'High-Visibility' Cells](#) - *The Crime Report*—Pennsylvania

[Lafayette Parish Receives \\$750,000 Mental Health Grant](#) - *The Daily Advertiser*—Louisiana

[Mendocino County First Responders Complete First Crisis Intervention Team Training Class](#) - *The Ukiah Daily Journal*—California

[The New York Times: Congress Warns Against Medicaid Cuts: 'You Just Wait For The Firestorm'](#) - If President Trump allows states to convert Medicaid into a block grant with a limit on health care spending for low-income people, he will face a firestorm of opposition in Congress, House Democrats told the nation's top health official on Tuesday. The official, Alex M. Azar II, the secretary of health and human services, endured more than four hours of bipartisan criticism over the president's budget for 2020, which would substantially reduce projected spending on Medicaid, Medicare and biomedical research. (Pear, 3/12)

[Modern Healthcare: Trump's Medicaid Budget Plan Could Hit States, Enrollees Hard](#) - The \$1.5 trillion Medicaid cuts and the national work requirement in President Donald Trump's new proposed budget inject fresh uncertainty into the fate of current state efforts by Republicans to overhaul the healthcare program for poor and disabled Americans. While details in the budget document are sparse, it appears the administration wants to replace the existing state waiver process for testing changes with a new national program granting states unfettered flexibility to customize their Medicaid programs, accompanied by tight federal spending caps. That's similar to the Senate Republicans' Graham-Cassidy plan to repeal and replace the Affordable Care Act in 2017, which failed to pass. (Meyer, 3/11)

[The New York Times: Treated Like A 'Piece Of Meat': Female Veterans Endure Harassment At The V.A.](#) - Corey Foster spent her Army career caring for wounded troops, both as a flight medic in the Iraq war and at Walter Reed hospital, so she looked forward to one of the most celebrated benefits of military service — health care for life from the Department of Veterans Affairs. Then she walked through the door at a V.A. medical center in Temple, Tex. "You felt like you were a piece of meat," said Ms. Foster, 34, who retired as a sergeant. "Standing in line at the registration desk, I was getting comments from the male patients behind me, looking me up and down. It was a major source of discomfort." (Steinhauer, 3/12)

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[NPR: VA Struggles To Unlock The Reasons Behind High Suicide Rates Among Older Veterans](#) - Much of the focus by the Veterans Health Administration has been on the growing number of younger veterans who commit suicide. However, statistics show that the suicide rate for elderly veterans is higher than that of non-veterans of the same age. (Walsh, 3/11)

[Stat: Bill Aims To Balance Teen Authority And Parental Say In Mental Health](#) - More than three decades ago, lawmakers in Washington state set the age of consent for mental health care at 13 to make it possible for teenagers to seek treatment without needing to involve their parents. That law also lets anyone over age 13 refuse mental health care — and keep all the details about their treatment private. ...Parents have pushed for change for years, arguing that the measure has hamstrung their ability to help their teenagers who urgently need mental health care, but aren't willing or ready to go to treatment on their own. Now, Washington lawmakers are poised to give parents more rights — while still trying to strike a delicate balance that gives teens authority over their own mental health care. (Thielking, 3/13)

[The New York Times: Capturing The Highs And Lows Of Bipolar Disorder Through Photography](#) - When the medical journal The Lancet asked Matthieu Zellweger to photograph any psychiatric condition that intrigued him, he thought of a close friend who has been living with bipolar disorder. He knew how his friend lamented that it was an “invisible handicap” that you couldn't just snap out of, as some well-meaning but frustrated people would suggest. But Mr. Zellweger also recognized something in his friend that led him to propose a photo essay on bipolar disorder. (Zellweger, 3/13)

[Stateline: Mental Health Trails Metal Detectors In School Safety Dollars](#) - Instead, the debate is over how much state money to invest in metal detectors, alarm systems and surveillance cameras versus school counselors and mental health assessments. So far, physical security measures are garnering the lion's share of dollars in legislative spending proposals. But mental health advocates say they're confident that the state will make the first substantial investment in school mental health services in decades. (Vestal, 3/13)

[Bloomberg: J&J Ketamine-Like Spravato Depression Drug Isn't A Surefire Hit](#) - The Food and Drug Administration's approval Tuesday evening of Johnson & Johnson's depression drug Spravato, a nasal spray that is a close cousin to the anaesthetic and party drug ketamine, is a big deal for patients. The depression medicines available now aren't always effective and can take weeks to have an impact even when they are. Spravato is the first fast-acting medicine of its kind and works in an entirely different way than current options. The new drug could help people with severe depression and those who don't respond to conventional treatment. It's not a silver bullet: The spray has produced mixed data and has significant side effects and abuse potential, which has led to FDA restrictions on its use. Even so, it addresses a large unmet need and has life-changing potential. (Max Nisen, 3/6)

[The Hill: Let's Make Our Babies A National Priority](#) - Four million babies will be born in the U.S. this year, each one a bundle of infinite potential. They're the next generation of doctors, scientists, artists, parents, educators and leaders. Science tells us that their early life experiences, from how they are nurtured and the food they eat, to the quality of early learning opportunities and health care they receive, will lay the foundation for lifelong health and well-being. In fact, our brains develop faster in this time than at any later point in our lives. New data from ZERO TO THREE and Child Trends, supported by the Robert Wood Johnson Foundation, also tells us that where you're born matters and can make a big difference in your chance for a strong start in life. (Myra Jones-Taylor, 3/12)

[The New York Times: Earning Prizes For Fighting An Addiction](#) - David Oliver wins gift cards for staying away from drugs. At St. Paul's Hospital in Vancouver, British Columbia — which treats more overdoses than any other hospital in Canada — a program rewards users of cocaine and other stimulants with prizes when they don't use. It's a new approach to help substance abusers, and it's also being tried in Veterans Affairs hospitals across the United States. “I was sober for 19 years from cocaine and 14 from alcohol,” said Mr. Oliver, who is 58. But then, he said, he started using cocaine again in 2013 after feeling overwhelmed by the responsibilities of two jobs, a marriage, and raising two boys. (Sahil Gupta, 3/12)

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Bp Magazine - What You Eat Could Impact Your Brain and Memory - . [Read more >>](#)

Bp Magazine - 3 Things to Know About Bipolar and Noise Sensitivity - [Read more >>](#)

[Kaiser Health News: Understanding Loneliness In Older Adults — And Tailoring A Solution](#) - For years, Dr. Linda Fried offered older patients who complained of being lonely what seemed to be sensible guidance. “Go out and find something that matters to you,” she would say. But her well-meant advice didn't work most of the time. What patients really wanted were close relationships with people they care about, satisfying social roles and a sense that their lives have value. And this wasn't easy to find. We need “new societal institutions that bring meaning and purpose” to older adults' lives, Fried recently told a committee of the National Academies of Sciences investigating loneliness and social isolation among older adults. (Graham, 3/14)

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[Sacramento Bee: UC Davis Finds Ways For Blacks, Hispanics To Cut Dementia Risk](#) - UC Davis researchers announced Tuesday that, after studying brain tissue from 423 Americans of Latino, African and non-Hispanic white descent, they have discovered startling variations in the causes of dementia among people of different races and ethnicities. In Latinos, for instance, cerebrovascular disease was much more likely to be a cause of dementia than Alzheimer's disease. (Anderson, 3/13)

[ProPublica: Oregon Should Overhaul Handling Of Insanity Defendants, Says Head Of Psychiatry Security Review Board](#) - The state of Oregon needs to overhaul the way it handles people found guilty except for insanity and better track what happens to them once they are released from state jurisdiction, the head of the agency that supervises such defendants said. In an interview, Alison Bort, executive director of the Oregon Psychiatric Security Review Board, acknowledged gaps in the system for treating and discharging people found criminally insane and said the state Legislature should consider appointing a state task force to weigh reforms. "I don't think anyone disagrees we can do better," Bort said. (Zaitz, 3/13)

[Nashville Tennessean: Tennessee Lawmakers Propose Bill To Support Children With Disabilities](#) - There are approximately 3,600 Tennessee children with long-term disability or complex medical needs who live at home with their families and are not currently on TennCare. On Tuesday, lawmakers filed a bill amendment that could help these families by creating a pathway to Medicaid services for their children. The rationale of the legislation, which was introduced by Rep. Sam Whitson (R-Franklin) and Sen. Kerry Roberts (R-Springfield), establishes that the financial and personal costs of caring for a child with severe disabilities are often "excessive" and private insurance is insufficient. (Bliss, 3/13)

[Georgia Health News: Senate Panel OKs Behavioral Health Commission](#) - A Senate committee voted Wednesday in favor of a bill to create a state commission to analyze Georgia's behavioral health services and recommend improvements. The commission would be authorized to take "a very deep dive" into the state's mental health system, said Rep. Kevin Tanner (R-Dawsonville), lead sponsor of House Bill 514. He said Gov. Brian Kemp, Lt. Gov. Geoff Duncan and House Speaker David Ralston (R-Blue Ridge) have all worked on the commission proposal. (Miller, 3/13)

[NOLA: Louisiana's 170-Year-Old Mental Hospital Is 'Quickly Deteriorating' With More Than 600 Patients Inside](#) - Louisiana's first state-run psychiatric hospital, which opened more than 170 years ago, is "deplorable, antiquated and quickly deteriorating," even as more than 600 people are still held there. That's the assessment by the Louisiana Department of Health in a request for \$348 million over five years to build a 750-bed replacement for the hospital in East Feliciana Parish. Tucked away in the town of Jackson, the Eastern Louisiana Mental Health System is one of only two state-run mental health hospitals left in Louisiana after years of closures and budget cuts. (Sayre, 3/13)

[AMA says prior authorizations increasing, interfering with care continuity](#) - A new survey of 1,000 physicians found that more than two-thirds said it's difficult for them to determine whether a prescription or service needs prior authorization.

[The Door is Now Open for Parity](#)

[How Mental Health Advocacy Helped Me Fully Recover from my Eating Disorder](#)

[The Invisible Competition: Mental Health Within Athletics](#)

[9 Women Thriving With Mental Health Conditions](#)

Providence Journal: [Patrick Kennedy decries insurance discrimination against mental-health and addiction treatment](#)

U.S. News: [Long Work Weeks May Be Depressing, Especially for Women](#)

The Good Men Project: [Taking a Stand for Mental Health](#)

Elite Daily: [Here's What Experts Want You to Know About How Melatonin Can Affect Your Health](#)

Thrive Global: [How Workplaces Can Support Black Mental Health](#)

Mental health problems are on the rise among American teens and young adults

<https://www.latimes.com/science/sciencenow/la-sci-sn-teen-mental-health-20190314-story.html#nws=true>

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[St. Louis Post Dispatch: Missouri Sen. Roy Blunt Pushes To Keep Program That Expands Access To Mental Health Treatment](#) - Sen. Roy Blunt of Missouri and a bipartisan group of co-sponsors are pushing to extend a federal pilot program that mental health professionals say has transformed the way they deal with people suffering from behavioral health and addiction crises. ... But federal support for the "Excellence in Mental Health and Addiction Treatment Expansion Act" begins running out in April for two states, and in July for Missouri and five other states that are part of a \$1 billion pilot project. (Raasch, 3/14)

[The New York Times: Sandy Hook Massacre: Remington And Other Gun Companies Lose Major Ruling Over Liability](#) - The Connecticut Supreme Court dealt a major blow to the firearms industry on Thursday, clearing the way for a lawsuit against the companies that manufactured and sold the semiautomatic rifle used by the gunman in the massacre at Sandy Hook Elementary School. The lawsuit mounted a direct challenge to the immunity that Congress granted gun companies to shield them from litigation when their weapons are used in a crime. The ruling allows the case, brought by victims' families, to maneuver around the federal shield, creating a potential opening to bring claims to trial and hold the companies, including Remington, which made the rifle, liable for the attack. (Rojas and Hussey, 3/14)

[The Washington Post: Birth Order May Not Shape Personality After All](#) - Birth order, according to conventional wisdom, molds personality: Firstborn children, secure with their place in the family and expected to be the mature ones, grow up to be intellectual, responsible and conformist. Younger siblings work harder to get their parents' attention, take more risks and become creative rebels. That's the central idea in psychologist Frank J. Sulloway's "Born to Rebel," an influential book on birth -----order that burst, like a water balloon lobbed by an attention-seeking third-born, onto the pop psychology scene two decades ago. (Guarino, 3/14)

The report also said that lack of sleep could be a contributing factor. Between 2008 and 2017, suicides among young adults in age brackets between 18 and 25 grew by as much as 56 percent, and the rate at which these young people entertained thoughts of suicide rose by up to 68 percent. "It's an alarming trend," said Dr. Ramin Mojtabai, a Johns Hopkins University psychiatrist.

[The Washington Post: Mental Health Problems Rise Significantly Among Young Americans](#) - Over the past decade or so, rates of depression, psychological distress, and suicidal thoughts and actions have risen significantly among people age 26 and younger, with some of the highest increases among women and those at higher income levels, according to a study of a broad swath of young Americans. The report, published Thursday in the American Psychological Association's Journal of Abnormal Psychology, looked at survey data from more than 600,000 adolescents and adults. (Bahrapour, 3/14)

[Los Angeles Times: Mental Health Problems Are On The Rise Among American Teens And Young Adults](#) - A study published Thursday finds that U.S. teens and young adults in 2017 were more distressed, more likely to suffer from major depression, and more prone to suicide than their counterparts in the millennial generation were at the same age. Researchers also found that between 2008 and 2017, Gen Z's emotional distress and its propensity toward self-harm grew more than for any other generation of Americans during the same period. By 2017, just over 13% of Americans between the ages of 12 and 25 had symptoms consistent with an episode of major depression in the previous year – a 62% increase in eight years. (Healy, 3/14)

[NPR: Can Too Much Time Online Make You Depressed?](#) - Understanding exactly why these trends are on the rise is always a challenge, says Twenge, since researchers can only point out correlations, not causes. But, she says, since the trends are "pretty large in a fairly short period of time, that helps us narrow what the likely cause might be. "She thinks the rise in smartphone and social media use is a significant factor. By 2012, smartphones had become widespread, she says, and it's around that same time that social media began to dominate young people's lives. For example, in 2009 about half of high school seniors visited social media sites every day. That's climbed to about 85 percent today, with Instagram and Snapchat replacing Facebook as the main "go to social media site," she says. (Neighmond, 3/14)

[The Associated Press: Northam Announces Advancements In Mental Health Treatment](#) - Virginia Gov. Ralph Northam said the state's 40 mental health centers are now all offering walk-in mental evaluations. Northam said Thursday that the a person in need of a mental health assessment can get one at the state's Community Services Boards without an appointment instead of waiting days or weeks for an appointment. Last year lawmakers and the governor approved extra funding to make sure every Community Services Board could offer same-day assessments. (3/15)

[Cleveland Plain Dealer: Ohio Must Ensure Equal Mental Health Access For All Racial, Ethnic Groups](#) - A Gov. Mike DeWine-appointed group released a report Thursday afternoon with 75 recommendations on how to improve mental health and addiction treatment and prevention. The RecoveryOhio Advisory Council was made up of people who work in the mental health and addiction fields, state agency leaders and law enforcement officers. (Hancock, 3/14)

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[The New York Times: How To Fight Suicide](#) - Agnes McKeen lives in Klamath Falls, Ore. About three years ago, at 16, Agnes's son Harrison took his own life. "In losing Harrison I lost all direction for every ounce of love that a mother has for her child; I lost any idea of where to direct that love. Just because Harrison's gone doesn't mean my love for him went away," she says. "And I had to learn to love that which is not physically here. And now my son's energy is woven into the fabric of the universe, and that's where I directed my love. ... So now my love goes to the community." She expresses it by trying to help people prevent suicide and deal with the grief that comes in its wake. (David Brooks, 3/14)

[Disability Advocates Pressure FDA To Finalize Ban On Shock Devices](#) - Months after the Food and Drug Administration pledged to ban devices used to administer electric shocks on people with developmental disabilities, advocates are asking what the holdup is. [Read More >](#)

[Special Ed Teacher Created Classroom 'Fight Club,' Police Say](#) - A high school special education teacher is accused of encouraging students in his classroom to fight each other while refereeing the brawls himself. [Read More >](#)

[New Day Program Envisioned With 'Community College-Like Campus'](#) - Frustrated that many students depart high school only to sit at home with nothing to do, a teacher is developing a new day program to serve adults with disabilities, regardless of severity. [Read More >](#)

Bp Magazine - Bipolar & Acceptance: My Therapist Says the Craziest Things - [Read more >>](#)

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Bp Magazine - Spectator Sports Therapy - [Read more >>](#)

Bp Magazine - Why Strength Training Should Be Part of Your Wellness Plan - [Read more >>](#)

[The Wall Street Journal: Red States Seek To Remake Medicaid](#) - Republican-led states are stepping up their efforts with the Trump administration to pursue work requirements and other changes to Medicaid, in the face of legal challenges and Democratic opposition. Tennessee Republicans want permission to revamp Medicaid in exchange for a fixed amount from the federal government. Utah is testing whether it can get approval for a partial Medicaid expansion with capped payments from the federal government. And Kentucky lawmakers have weighed drug-testing recipients with criminal or substance-abuse histories, among other steps. (Armour, 3/15)

[NPR: If Mouth Noise Like Chewing Or Swallowing Drive You Mad, You May Have Misophonia](#) - For 18-year-old high school senior Ellie Rapp of Pittsburg, the sound of her family chewing their dinner can be ... unbearable. "My heart starts to pound. I go one of two ways. I either start to cry or I just get really intensely angry. It's really intense. I mean, it's as if you're going to die," she says. Rapp has been experiencing this reaction to certain noises since she was a toddler. She recalls a ride home from preschool when her mother turned on the radio and started singing, which caused Rapp to scream and cry hysterically. (Fulton, 3/18)

[The Associated Press: Veterans Court May Be Collateral Damage In Immigration Fight](#) - Three decades ago, Lori Ann Bourgeois was guarding fighter jets at an air base. After her discharge, she fell into drug addiction. She wound up living on the streets and was arrested for possession of methamphetamine. But on a recent day, the former Air Force Security Police member walked into a Veterans Treatment Court after completing a 90-day residential drug treatment program. Two dozen fellow vets sitting on the courtroom benches applauded. A judge handed Bourgeois a special coin marking the occasion, inscribed with the words "Change Attitude, Change Thinking, Change Behavior." (3/17)

[The New York Times: Methadone Helped Her Quit Heroin. Now She's Suing U.S. Prisons To Allow The Treatment.](#) A Massachusetts woman recovering from heroin addiction sued the Federal Bureau of Prisons on Friday over its policy prohibiting methadone treatment, which she wants to continue when she starts a yearlong sentence next month. Her suit comes four months after a federal judge ordered a county jail outside Boston to let an incoming inmate stay on methadone instead of requiring him to go through forced withdrawal, as was its policy. It adds to growing pressure on the criminal justice system to provide methadone or other evidence-based treatments to the staggering number of inmates with opioid addiction. (Goodnough, 3/15)

[Cleveland Plain Dealer: \\$200M Proposed For Opioid Addiction, Mental Health: Gov. Mike DeWine's Budget](#) Gov. Mike DeWine announced Friday he wants the state to spend \$200 million on new initiatives aimed at addiction and mental health. Around 13 people in Ohio die a day from drug overdoses, as the state's opioid epidemic rages on. (Hancock, 3/15)

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[Denver Post: Colorado Court-Ordered Mental Health Evaluation Dispute Reaches Agreement](#) The state and disability advocates reached a new agreement Friday in a longstanding legal battle over long waits for court-ordered mental health evaluations and treatment that will create a system of fines to penalize Colorado when it fails to meet deadlines. The consent decree filed Friday ends eight years of legal disputes between the Colorado Department of Human Services and Disability Law Colorado, a nonprofit that in 2011 sued in federal court over wait times. The two parties settled the case the next year but reopened it in 2016 when the state failed to meet the terms of the settlement. (Schmelzer, 3/15)

[The Star Tribune: With Suicides And ER Visits On The Rise, North Metro Group Forms New Collaboration](#) - Rising numbers of suicides and emergency room visits due to mental health crises are prompting leaders in the north metro to join forces to address the problems. The North Metro Mental Health Roundtable held its first meeting in February, on the hope that greater collaboration among medical providers, law enforcement, social service agencies, homeless shelters and others can reverse some troubling trends. (Olson, 3/16)

[Stat: Court Orders Parity Coverage For Mental Health, Addiction Treatment](#) - For far too long, health insurers have been treating people with mental health and substance use disorders like second-class citizens. A federal court recently ruled that this must stop. Employers and regulators, take note. The ruling came in the case of Wit v. United Behavioral Health (UBH). A federal court in Northern California found that UBH, which manages behavioral health services for UnitedHealthcare and other health insurers, rejected the insurance claims of tens of thousands of people seeking mental health and substance use disorder treatment based on defective medical review criteria. In other words, the largest managed behavioral health care company in the country was found liable for protecting its bottom line at the expense of its members. (Former Reps. Patrick J. Kennedy and Jim Ramstad, 3/18)

[The Hill: Preventive Health Is The Key Improving Our Health Outcomes](#) - During the 20th century, America's commitment to preventive health efforts such as water purification and vaccinations all but eradicated many deadly illnesses and, in the process, extended the average life expectancy by three decades, from 47 years in 1900 to 77 in 1999. The historic success of public health initiatives invites an obvious question. Why in the 21st century do we accept a "sick-care" system that drains our treasure after disease strikes while giving prevention the short shrift? (Ed Greissing, 3/16)

[Boston Globe: In America, The Process Of Becoming A Doctor Can Prove Fatal](#) - In America, becoming a doctor can prove fatal. Suicide is estimated to be the second leading cause of death among medical residents, after cancer. (In contrast, the leading cause of death in the general population for that age group — 25 to 40 — is trauma.) Suicide statistics for young doctors are difficult to track because many deaths go unreported as such. (Amitha Kalaichandran, 3/15)

[The New York Times: Broken Heart Syndrome Is Not All In The Head](#) -Poets and politicians have long known that hearts and minds are linked. Now neuroscientists and cardiologists have shown again, in a study published this month in The European Heart Journal, that the connection is more than metaphorical. It turns out that those afflicted by a rare, serious condition known as "broken-heart syndrome" have brains that work differently from those of healthy people, suggesting that what happens in the head can hurt the heart. The condition, known medically as Takotsubo syndrome, usually follows the experience of extreme stress, such as that felt after the loss of a loved one. (Reynolds, 3/19)

[The Philadelphia Inquirer: For Those With Treatment-Resistant Depression, Ketamine Offers Hope](#) -According to studies, 50 to 80 percent of patients with treatment-resistant depression get relief from their symptoms with ketamine infusions, and no one knows exactly why. At Actify Neurotherapies, which has a blossoming number of treatment centers around the country, including ones in Bryn Mawr and Princeton, the response rate has been an average of 70 percent, according to the founding psychiatrist and chief medical officer, Steve Levine. Now the FDA has approved esketamine, a nasal spray and a derivative of ketamine, which will go under the brand name Spravato, developed by Janssen Pharmaceuticals. (Harris Bond, 3/19)

[The Star Tribune: Minnesota Suicides And Other 'Preventable Deaths' Reach Record Levels](#) -Suicide and opioid overdose deaths both rose in Minnesota in 2017, extending a trend that began in 2000 and reaching record levels, according to data released Monday by state health officials who called it "a worrisome long-term trend." Deaths by suicide rose 5 percent, while opioid overdose deaths jumped 12 percent. Deaths from alcohol-related causes declined slightly in 2017, but have also posted a long-term increase, according to the state Department of Health report. (Howatt and Van Oot, 3/18)

[NPR: Rikers Island's Former Medical Chief Highlights Health Risks Of Imprisonment](#) - As head of New York City's correctional health services, Dr. Homer Venters spent nine years overseeing the care of thousands of inmates in the jails on Rikers Island. Though he left Rikers in 2017, what he witnessed on the job has stayed with him. "What's important to consider about jail settings is that they are incredibly dehumanizing, and they dehumanize the individuals who pass through them," Venters says. "There is not really a true respect for the rights of the detained." (Davies, 3/18)

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[Texas Tribune: Advocates Warn Mental Health Legislation Not Enough To Prevent School Shootings](#) - The newfound push among state leaders and legislators around school safety and preventing mass shootings is reinvigorating ideas around mental health care for Texas children. But mental health advocates often cringe when legislators make the argument that mental health care can prevent mass shootings, saying the rhetoric stigmatizes people with mental illness as if they're inherently violent. (Evans, 3/19)

[The Washington Post: Teen Suicides Are On The Rise. Here's What Parents Can Do To Slow The Trend.](#) - The two middle-schoolers had never met in person, but they both struggled with depression and were drawn to the same dark group chat. When one wrote that he planned to kill himself, the other took an image of his post. "I'm so freaked out," she told me, her school counselor. "Please find him and make sure he's okay." With some assistance, I was able to figure out what Washington-area school the boy attended. When I called his principal, she was bewildered. Her student could be disruptive in class, she told me, but he didn't seem sad. (Phyllis L. Fagell, 3/18)

[The Washington Post: Tech Addiction Is Real. We Psychologists Need To Take It Seriously.](#) - Last summer, the World Health Organization recognized Internet gaming as a diagnosable addiction. This was an important step in aligning practice with research, but we need to go further. Psychologists and other mental-health professionals must begin to acknowledge that technology use has the potential to become addictive and impact individuals and communities — sometimes with dire consequences. (Doreen Dodgen-Magee, 3/18)

[Regulations cost inpatient psychiatric facilities \\$1.7 billion](#) - Inpatient psychiatric facilities must abide by outmoded and inconsistently applied regulations that pile up costs, a new industry report says. [READ MORE >](#)

[The New York Times: F.D.A. Approves First Drug For Postpartum Depression](#) - The first drug for women suffering postpartum depression received federal approval on Tuesday, a move likely to pave the way for a wave of treatments to address a debilitating condition that is the most common complication of pregnancy. The drug works very quickly, within 48 hours — a significant improvement over currently available antidepressants, which can take two to four weeks to have an effect, if they work at all. (Belluck, 3/19)

[The Associated Press: FDA Approves Drug For Treating Postpartum Depression](#) - Sage said Zulresso will cost \$34,000 without insurance, plus costs for staying in a hospital or infusion center. Whether the treatment gets covered by insurance is determined by each insurance company, which also sets the out-of-pocket costs, depending on the plan. In a company-funded study of new mothers with moderate or severe postpartum depression, half the women given Zulresso had depression end within 2 ½ days, about double the rate of those in a comparison group given dummy treatments. (3/19)

[The Washington Post: First Drug Specifically For Postpartum Depression Is Approved](#) -Tiffany Farchione, acting director of the psychiatry products division at FDA, said in a statement that the medication represented "an important new treatment option" for a potentially life-threatening condition. The drug, she said, is administered intravenously for 60 continuous hours. The approval requires that it be administered under strict safety conditions because of concerns it can cause "excessive sedation and sudden loss of consciousness." The drug will be available to patients only through a restricted distribution program at certified facilities — such as doctors' offices or clinics — where health-care providers can carefully monitor the patient. It will carry a "boxed warning," which is the strongest warning required by the FDA. (McGinley and Bernstein, 3/19)

[Des Moines Register: Iowa Senate Republicans Approve Work Requirements For Medicaid Patients](#) - Iowa Senate Republicans are closer to requiring some Medicaid patients in Iowa to work in order to receive health care benefits. Legislation moving through the state Capitol would require able-bodied Iowans to work, get involved in community activities or be enrolled in school to be a part of Medicaid. Medicaid is the health care program for poor and disabled Iowans. (Rodriguez, 3/19)

[Iowa Public Radio: Iowa Senate Passes Medicaid Work Requirements](#) - Sen. Jason Schultz, R-Schleswig, said it will give people a "better chance at life." "If there's nothing holding you back except your own decision not to move forward, we're going to bump you forward," Schultz said. The bill exempts people who are pregnant, disabled, or have medical problems that keep them from working. It does not apply to Iowans who are caring for small children or senior citizens, those who are enrolled in a full-time educational program, or people who fit several other categories. (Sostaric, 3/19)

[Modern Healthcare: Psychiatric Facilities Spend \\$1.7 Billion Complying With Regulations](#) - Inpatient psychiatric facilities across the country face \$1.7 billion a year in compliance costs stemming from outdated regulations and inconsistent surveys from private and state agencies, according to a new industry report released Tuesday. The biggest driver of regulatory costs for facilities is meeting requirements to lower ligature-risk points, which are areas where a patient can try to strangle themselves. (King, 3/19)

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Nashville Tennessean: Bill To Support Tennessee Children With Severe Disabilities Advances - The House TennCare Subcommittee has advanced a bill that would help support children with severe disabilities who live at home with their families and whose care can leave their parents in financial ruin. "It's tough enough having a child that fights for their life everyday, and then you're trying to fight to get insurance," said Nashville mom Tori Goddard, whose 6-year-old daughter, Zoey Jones, has severe heart defects and needs 24-hour care to assure her airways remain clear and that she is breathing. (Bliss, 3/20)

The Washington Post: Fentanyl Drug Overdose Deaths Rising Most Sharply Among African Americans - The synthetic opioid fentanyl has been driving up the rate of fatal drug overdoses across racial and social lines in the United States, with the sharpest increase among African Americans, according to a new analysis by the Centers for Disease Control and Prevention. The death rate among African Americans from fentanyl-involved drug overdoses rose 141 percent each year, on average, from 2011 to 2016, the study showed, with a particularly dramatic spike starting in 2014. The death rate for Hispanics rose 118 percent in that period every year on average, and 61 percent for non-Hispanic whites. The CDC did not have reliable data on Asian Americans and Native Americans. (Achenbach, 3/21)

The Washington Post: Veterans Talking Veterans Back From The Brink: A New Approach To Policing And Lives In Crisis - The former Army soldier was slumped in the back seat of a sheriff's department squad car when Shannon Teague and Tyrone "T-bone" Anderson arrived on the scene. A couple of hours earlier, high on meth, he'd been yelling "you will die" from the front porch of a transition house for homeless veterans. Teague made the introductions. Neither she nor Anderson wore a uniform, except for the patch on their jackets and the ID tags clipped to their shirts. "I'm a social worker, and this is my partner, T-bone," she told the man. "We are from the VA. You're not in trouble." (Kuznia, 3/20)

Roanoke Times: Kaine, Warner Introduce Bill Aimed At Strengthening Mental Health Services For Veterans - Virginia's U.S. senators, Tim Kaine and Mark Warner, are seeking to improve veterans' access to mental health care. The two Democrats introduced the legislation in Congress on Monday along with Sens. Jon Tester, D-Mont., and Jerry Moran, R-Kan., in an effort to bolster the Department of Veterans Affairs' mental health workforce; increase rural access to care; and expand access to alternative options such as animal therapy, outdoor sports and yoga. (Friedenberger, 3/19)

The Philadelphia Inquirer: Suicidal Thoughts And Other Mental-Health Problems Drive More Youth To Emergency Rooms - The number of children and young adults visiting the emergency department for psychiatric concerns rose 28 percent over a four-year period, and visits having to do with suicide more than doubled, according to a study published this week in the journal Pediatrics. The findings amplify concerns that the mental-health care system is failing to meet the country's needs, forcing people to rely on emergency rooms ill-equipped to deal with psychiatric concerns. (Pattani, 3/20)

Columbus Dispatch: State-Budget Proposal Would Help Fund Raises For Caregivers For Disabled Ohioans - Average hourly pay for the workers who provide home and personal care to Ohioans with developmental disabilities would increase by 11 percent over the next two years — to \$12.38 an hour — under a state-budget proposal that seeks to address the worsening labor shortage. If approved, the plan would mark the state's biggest effort yet to boost wages in an industry desperate to recruit and retain front-line employees. (Price, 3/20)

Richmond Times-Dispatch: Va. Officials Begin Planning New Mental Health Care Standards For Jails - State officials are preparing to write new standards for health care and mental health services in local jails. The move arises from legislation sent to Gov. Ralph Northam this year during an increased focus on jails in Virginia following the 2015 death of Jamycheal Mitchell in the Hampton Roads Regional Jail. Mitchell, 24, had severe mental health problems and was not transferred from the jail to a state hospital as ordered by a judge. (Wilson, 3/20)

The Hill: Cuts To Medicare And Medicaid Will Cause Overall Health-Care Costs To Rise - President Trump's proposal to cut \$1.4 trillion from Medicaid over 10 years not only is unethical in its heartless attack on the nation's poorest and most vulnerable — it's also bad policy that will cost taxpayers far more than it saves in the long run. The proposal, unveiled in Trump's 2020 budget, was a shocker that nonetheless surprised no one. As Rep. Anna Eshoo (D-Calif.) put it during a congressional hearing on March 12, this administration "has taken a hatchet to every part of our health care system." (Jacob Reider, 3/20)

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[Editorial: We're not addressing the root causes of poor health](#) - Addressing the root causes of ill health requires being honest about the extent and location of the poverty, inequality and despair in our society. The bottom line is that improving the nation's health is a political agenda. [READ MORE >](#)

[NPR: What We Do And Don't Know About Pregnancy And Incarceration](#) - The correctional system hasn't adapted to the large increase in incarcerated women, according to study author Dr. Carolyn Sufrin, an OB-GYN at Johns Hopkins School of Medicine. And there are profound health and social consequences for the children of incarcerated mothers. She says the report provides the first data that could inform policy changes to address the health and well-being of incarcerated women who are pregnant, and the children born to them. (Lambert, 3/21)

[NPR: New Postpartum Depression Drug Zulresso Offers Promise, High Price Tag](#) - One in nine women in the United States suffer from depression after childbirth. For some women, postpartum depression is so bad that they struggle to care for their children and may even consider or attempt suicide. This week, the Food and Drug Administration approved a new drug that can help, the first drug approved specifically for postpartum depression. While researchers and clinicians are excited about the drug's potential, some foresee obstacles to making it available to women who need it the most. (Chatterjee, 3/21)

[PBS NewsHour: Genetic Research Has A White Bias, And It May Be Hurting Everyone's Health](#) - As of last year, 78 percent of the people included in the most prominent form of genomic research — genome-wide association studies (GWAS) — were of European ancestry. But worldwide, Europeans and their descendents make up just 12 percent of the population. (Stein, 3/21)

[USA Today: Loneliness Soars Among Teens Along With Social Media Use, Study Says](#) -Teens whose face time with friends is mostly on their phones are the loneliest of all, but even those who mix real-world socializing with social media still are increasingly isolated, a report out Wednesday shows. Loneliness isn't just an age thing; it's generational, says the author of the study, San Diego State University psychology professor Jean Twenge. The percent of high school seniors who said they often felt lonely increased from 26 percent in 2012 to 39 percent in 2017. The number of 12th graders who said they often felt left out also increased, from 30 percent in 2012 to 38 percent in 2017. (O'Donnell, 3/20)

[Des Moines Register: Iowa House OKs Children's Mental Health Bill Amid Debate Over Funding](#) -The unnamed boy was among several children with mental health needs that Rep. Beth Wessel-Kroeschell highlighted Thursday on the floor of the Iowa House of Representatives as lawmakers overwhelmingly voted in favor of a children's mental health bill. If the legislation becomes law, it would create a behavioral health system for children who have been diagnosed with a mental, behavioral or emotional disorder. (Rodriguez, 3/21)

[Iowa Public Radio: Iowa House Passes Children's Mental Health Proposal](#) - A bill that creates the framework for a children's mental health system in Iowa passed the Iowa House of Representatives Thursday. It directs the state's mental health regions, which administer the adult mental health system, to develop and provide services for children. Gov. Kim Reynolds proposed the bill after receiving recommendations from an advisory board. (Sostaric, 3/21)

[FSU students on front lines of fight against solitary confinement for incarcerated youth](#) - *Tallahassee Democrat*
Florida State University student Karina Flores stood before the Senate Committee on Criminal Justice this month in support of a bill sponsored by Sen. Bill Montford that would prohibit the practice of placing young people in solitary confinement, except in special circumstances. Flores, a second-year student at Florida State University's College of Law, works with the college's Public Interest Law Center and its Children in Prison Project. She spoke of Cautia Spencer, who at 13, was arrested for using a check she found by the roadside to buy pizza in her school's cafeteria. The girl, who had a history of mental illness, first was placed in a Department of Juvenile Justice center, but after breaking more rules there, she was charged with more crimes as an adult and sentenced to 18 months in adult prison. [More here](#)

[Study: Reworked Autism Definition Prompted Drop In Diagnoses](#) - Five years after a sweeping overhaul of the diagnostic criteria for autism, research suggests that the changes have led fewer people to be identified with the developmental disorder. [Read More >](#)

[With \\$29 Million In Backing, MIT Launches Down Syndrome Center](#) - A multi-million gift to establish a major new Down syndrome research center is said to be one of the largest ever focused on increasing knowledge of the chromosomal disorder. [Read More >](#)

[Cheers For Amy Schumer's Disclosure That Her Husband Is On The Spectrum](#) - Advocates say that comedian Amy Schumer's recent disclosure that her husband is on the spectrum could raise awareness of the difficulties and rewards of dating those with autism. [Read More >](#)

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A Day In The Life Of Miss Wendy, A 'Foot Soldier' For Special Education - In many ways paraprofessionals are the foot soldiers of special ed, but federal and state laws are lax, leaving school districts with significant leeway in how they use and oversee paras. [Read More >](#)

[1. She Was Dancing On The Roof And Talking Gibberish. A Special Kind Of ER Helped Her.](#) With mental health beds in short supply, emergency rooms increasingly have become the care of first and last resort for people in the grips of a psychiatric episode. Now, hospitals around the country are opening emergency units that calmly cater to patients with mental health needs. (Anna Gorman, 3/25)

[2. The New York Times: Medicare For All Would Abolish Private Insurance. 'There's No Precedent In American History.'](#) At the heart of the "Medicare for all" proposals championed by Senator Bernie Sanders and many Democrats is a revolutionary idea: Abolish private health insurance. Proponents want to sweep away our complex, confusing, profit-driven mess of a health care system and start fresh with a single government-run insurer that would cover everyone. But doing away with an entire industry would also be profoundly disruptive. (Abelson and Sanger-Katz, 3/23)

[CQ: How 'Medicare For All' Would Change Health Care ... And The Economy](#) -A single-payer health care plan would mean significant change to every sector of the health care industry. Hospitals and doctors would need to adjust to a new payment system, the insurance industry would shrink to a fraction of its size, and the government would bring drug companies to the negotiating table to determine prices. The 2010 health care law left in place most of the existing health care infrastructure in the U.S. Still, experts warn that the lessons from that more incremental transition show how dramatic it would be to shift to a single-payer system. (McIntire, 3/25)

[The Associated Press: Medicare For All Legislation Has Thorny Issues](#) - The "Medicare for All" legislation that's become a clarion call for progressives has two little-noticed provisions that could make it even more politically perilous for 2020 Democratic presidential candidates. The legislation from White House hopeful Sen. Bernie Sanders, along with a similar measure in the House, lifts curbs on government health insurance for people in the country illegally and revokes longstanding restrictions on taxpayer-funded abortions. (3/25)

[CQ: Models Abound, But U.S. Single-Payer System Would Be Unique](#) - Supporters of "Medicare for All" often cite systems in other industrialized countries to illustrate how putting health care funding in government hands could work in the United States. Some of the benefits are clear. Besides expanding access to health insurance, the system could eliminate many complexities for patients, doctors and hospitals. (Siddons, 3/25)

[Bloomberg: Pelosi Says Democrats To Unveil 'Sweeping' Health Bill March 26](#) - House Democrats plan to unveil health-care legislation on March 26 aimed at lowering costs and protecting people with pre-existing conditions, according to an advisory from the office of Speaker Nancy Pelosi. The bill, broadly timed to coincide with the 9th anniversary this weekend of Obamacare being signed into law, would "reverse the Trump administration's health-care sabotage, and take new measures to lower health premiums and out-of-pocket costs for families," according to the statement. (Chipman, 3/23)

[Stat: Patients Are Using Digital Health Apps To Confess Suicidal Thoughts](#) - Digital health apps, which let patients chat with doctors or health coaches or even receive likely medical diagnoses from a bot, are transforming modern health care. They are also — in practice — being used as suicide crisis hotlines. Patients are confessing suicidal thoughts using apps designed to help them manage their diabetes or figure out why they might have a headache, according to industry executives. As a result, many digital health startups are scrambling to figure out how best to respond and when to call the police — questions that even suicide prevention experts don't have good answers to. (Robbins, 3/25)

[Modern Healthcare: CMS Clears Up Home And Community-Based Care Requirements](#) - The CMS offered new advice for state Medicaid directors to determine if assisted-living facilities, group homes and home-based care settings are meeting Medicaid funding requirements. The agency released new guidance on Friday to state Medicaid directors implementing a 2014 rule on Home and Community Based Services, or HCBS. The guidance will help states determine whether a facility such as an assisted-living facility or group home isolates residents from participating in the larger community, which could determine whether the facility loses Medicaid funding. (King, 3/22)

[Kaiser Health News: She Was Dancing On The Roof And Talking Gibberish. A Special Kind Of ER Helped Her.](#) - For decades, hospitals have strained to accommodate patients in psychiatric crisis in emergency rooms. The horror stories of failure abound: Patients heavily sedated or shackled to gurneys for days while awaiting placement in a specialized psychiatric hospital, their symptoms exacerbated by the noise and chaos of emergency medicine. Long wait times in crowded ERs for people who show up

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with serious medical emergencies. High costs for taxpayers, insurers and families as patients languish longer than necessary in the most expensive place to get care. (Gorman, 3/25)

[Reuters: 'Apparent Suicide' Of Parkland Student Days After Massacre Survivor Took Her Life](#) - A student at Marjory Stoneman Douglas High School in Florida has died in "an apparent suicide," police said on Sunday, less than a week after a 19-year-old survivor of the 2018 massacre at the school took her own life. The student's death occurred on Saturday evening and is under investigation, said Coral Springs Police spokesman Tyler Reik. The student's name, age and gender were not disclosed, he said. (3/24)

[The Washington Post: Parkland Teen Dies In Apparent Suicide, Police Say, A Week After Another Student's Death](#) - "17 + 2," tweeted Ryan Petty, who is the father of Alaina Petty, a student killed in the shooting, and the founder of the Walkup Foundation, a school safety organization. Hillary Clinton tweeted Sunday that "nothing is worth the tremendous costs our young people bear because of our inaction on guns." David Hogg, one of the student activists who rose to prominence in the wake of the Parkland shooting, called for officials to do more to prevent such deaths. (Rozsa, Epstein and Mettler, 3/24)

[Kaiser Health News: States Push For Caregiver Tax Credits](#) - Gloria Brown didn't get a good night's sleep. Her husband, Arthur Brown, 79, has Alzheimer's disease and had spent most of the night pacing their bedroom, opening and closing drawers, and putting on and taking off his jacket. So Gloria, 73, asked a friend to take Arthur out for a few hours one recent afternoon so she could grab a much-needed nap. She was lucky that day because she didn't need to call upon the home health aide who comes to their house twice a week. (Young, 3/25)

[San Jose Mercury News: State Agency Blasts San Jose Foster Care Provider Unity Care](#) - Within four months, the state of California — in a rare move — took action to revoke the licenses of Unity Care's five San Jose foster homes that were part of a new program serving the highest-risk foster youths. In a legal action obtained by the Bay Area News Group, the state Department of Social Services outlined a disturbing list of failures that accused Unity Care of leaving high-risk foster youths without proper supervision in filthy, unsafe environments. (Prodis Sulek, 3/23)

[The New York Times: The First Time Women Shouted Their Abortions](#) - You couldn't just casually threaten suicide — you had to sound like you meant it, the woman onstage recalled. "You have to go and bring a razor, or whatever: 'If you don't tell me I'm going to have an abortion right now, I'm going to go out and jump off the Verrazzano Bridge.'" The woman was speaking in 1969. Legalized abortion nationwide was still four years away; in New York, so-called therapeutic abortions were legal — but only if a doctor judged you mentally unfit to have a child. And so, the woman explained, she ended up seeing two psychiatrists who, to her relief, deemed her suicide threats real enough to be granted the procedure. (Nona Willis Aronowitz, 3/23)

[Father of Sandy Hook shooting victim found dead in apparent suicide, police say](#) - Jeremy Richman, 49, had founded the Avielle Foundation, a nonprofit organization that aims to prevent gun violence and was named after his daughter, who was killed in the 2012 massacre. **By Lindsey Bever · [Read more](#)**

[Parkland again faces tragedy after two apparent suicides: 'Trauma doesn't just go away'](#) - By Lori Rozsa, Kayla Epstein and Katie Mettler

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[The New York Times: Trump Officials Broaden Attack On Health Law, Arguing Courts Should Reject All Of It](#) - The Trump administration broadened its attack on the Affordable Care Act on Monday, telling a federal appeals court that it now believed the entire law should be invalidated. The administration had previously said that the law's protections for people with pre-existing conditions should be struck down, but that the rest of the law, including the expansion of Medicaid, should survive. If the appeals court accepts the Trump administration's new arguments, millions of people could lose health insurance, including those who gained coverage through the expansion of Medicaid and those who have private coverage subsidized by the federal government. (Pear, 3/25)

[The Washington Post: Trump Administration Backs Full Repeal Of Affordable Care Act In Legal Reversal](#) - [The Justice Department] divulged its position in a legal filing Monday with the U.S. Court of Appeals for the 5th Circuit in New Orleans, where an appeal is pending in a case challenging the measure's constitutionality. A federal judge in Texas ruled in December that the law's individual mandate "can no longer be sustained as an exercise of Congress's tax power" and further found that the remaining portions of the

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law are invalid. He based his judgment on changes to the nation's tax laws made by congressional Republicans the previous year. (Stanley-Becker, 3/26)

[Modern Healthcare: Entire Obamacare Law Can Be Struck Down, DOJ Says](#) - "With the amount of the tax set at zero, the remaining minimum coverage provision becomes simply precatory—precisely as the amending Congress intended," the brief stated. "It is no more constitutionally objectionable than the 'sense of the Congress' resolutions that Congress often adopts." Even without a dollar amount attached to the individual mandate, the provision can still be read as part of Congress' taxing authority, the brief continued. This is significant since the U.S. Supreme Court's Chief Justice John Roberts upheld the ACA citing congressional power to tax in a 2012 landmark ruling. (Luthi, 3/25)

[Politico: In Shift, Trump Administration Backs Judge's Ruling That Would Kill Obamacare](#) - Regardless of the outcome, legal experts anticipate that the 5th Circuit's ruling will be appealed to the Supreme Court. If the courts ultimately strike down Obamacare — over the objections of a group of Democrat-led states, which have spent more than a year defending the health law in court — the consequences could be substantial for patients, health care organizations and other groups that have adapted to the nine-year-old law. (Diamond, 3/25)

[Bloomberg: Trump Asks Courts To Erase Obamacare In Risky 2020 Election Move](#) - Trump's move, which could prove to be a gift for Democrats, prompted a swift response from House Speaker Nancy Pelosi. "Tonight in federal court, the Trump administration decided not only to try to destroy protections for Americans living with pre-existing conditions, but to declare all-out war on the health care of the American people," she said in a statement. (Kapur, 3/26)

[The New York Times: House Democrats To Unveil Plan To Expand Health Coverage](#) - Democrats won control of the House in large part on the strength of their argument that Congress needs to protect people with pre-existing medical conditions and to lower the cost of health care. On Tuesday, Democratic leaders, including Speaker Nancy Pelosi, will put aside, at least for now, the liberal quest for a government-run "Medicare for all" single-payer system and unveil a more incremental approach toward fulfilling those campaign promises. Building on the Affordable Care Act, they would offer more generous subsidies for the purchase of private health insurance offered through the health law's insurance exchanges while financing new efforts to increase enrollment. (Pear, 3/25)

[Stateline: Trump Greenlights Major Medicaid Changes](#) - In a stark departure from past administrations, the Trump administration is allowing states to enact new Medicaid rules that will curtail benefits and reduce, rather than expand, the number of people eligible for the federal-state health program for the poor. New work requirements have received most of the attention. This year, the administration has granted permission to Arizona and Ohio to impose work requirements of 80 hours a month for most able-bodied adults. (Ollove, 3/26)

[WBUR: Civil Commitment For Addiction Treatment Led To Loved One's Suicide, Family Says](#) - Massachusetts is one of a few states that uses its prisons to involuntarily commit men to addiction treatment — and it uses it more than most states. The DOC does not provide methadone or another addiction medication, buprenorphine, although it says it is working on offering it to civilly committed men. One of the three Section 35 facilities for men is overseen by the Department of Public Health, and that does provide the medications. (Becker, 3/26)

[Reuters: Father Of Sandy Hook Victim Found Dead In Apparent Suicide: Police](#) - The father of one of the children killed in the 2012 mass shooting at Sandy Hook Elementary School was found dead of an apparent suicide on Monday morning at his office in Newtown, Connecticut, police said. Jeremy Richman, 49, was the father of Avielle Richman, one of 20 children, all 6 or 7 years old, killed along with six adult staff members by a man with a semi-automatic rifle at the school in Newtown. It stands as one of the deadliest mass shootings in U.S. history. (3/25)

[The New York Times: Sandy Hook Victim's Father Dies In Apparent Suicide In Newtown](#) - In the more than six years since his daughter Avielle was killed in the massacre at Sandy Hook Elementary School, Jeremy Richman had devoted his life to preventing families from experiencing the kind of tragic loss he did. With his wife, Jennifer Hensel, he created the Avielle Foundation to support research into brain abnormalities that could be linked to violent behavior. In this endeavor, he stressed mental health education and compassion. (Gold and Pager, 3/25)

[The Associated Press: In Parkland, Worry Increases After Student Suicides; In Newtown, Father Of 1st-Grade Victim Found Dead](#) - The community of Parkland, Fla., is focusing attention on its suicide prevention programs after two survivors of the Florida high school massacre killed themselves in a week. Parkland Mayor Christine Hunschofsky said Monday that community leaders,

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government officials, parents, police and others held an emergency meeting Sunday after a second Marjory Stoneman Douglas High School student apparently killed himself over the weekend. That came a week after a recent graduate, who was close friends with victim Meadow Pollack, killed herself. Her family said she suffered from survivor's guilt. (3/25)

[The Washington Post: Parkland Suicides: Marjory Stoneman Douglas Community Faces Tragedy Again](#) - The Parkland parents were insistent. They would not leave without a plan. It was Sunday afternoon, one year, one month and 10 days since their children had been among the 17 people killed at Marjory Stoneman Douglas High School. Now their Parkland community was again coping with loss — this time death by suicide. (Rozsa, Epstein and Mettler, 3/26)

[The Hill: Parkland Students Call Suicide Deaths Of Classmates 'Another Failure By America'](#) - Current and former Marjory Stoneman Douglas high school students are speaking out about the mental health services they received after a mass shooting in the wake of some fellow students' recent suicide deaths. Kyra Parrow, who was a senior when a gunman killed 17 students at the school in Parkland Fla., tweeted on Sunday that the suicides represented another "failure" from America. (Wise, 3/25)

[The Associated Press: Northam Plans Spending To Rebuild Psychiatric Hospital](#) - Virginia Gov. Ralph Northam is proposing a new budget amendment to replace an aging psychiatric hospital in the central part of the state. Northam took a tour of Central State Hospital outside of Petersburg on Monday before announcing plans to ask lawmakers to approve adjustments to the state's capital budget to spend more than \$300 million to rebuild the hospital. The Democratic governor says there is bipartisan support to address the urgent need to upgrade the hospital, which is a collection of several buildings spread out on a sprawling campus in Dinwiddie County. (3/25)

[Seattle Times: How A New UW Teaching Hospital Might Help Washington State's Mental-Health Crisis](#) - The chairman of the Psychiatry and Behavioral Sciences Department at the University of Washington envisions a state-of-the-art hospital, up to eight stories high, with rooms for up to 150 patients and a key role in helping the state care for its mentally ill residents. On the campus of Harborview Medical Center or Northwest Hospital, Dr. Jürgen Unützer says, the state could fund what would be a national model in treating psychiatric patients and training medical residents. (Goldstein-Street, 3/25)

[Stat: Full-Risk Models Let Health Systems Deliver What Patients Really Need](#) - Better health usually isn't the result of higher-quality health care. Factors outside the current health care system, social determinants like income, education, employment, food security, housing, and social inclusion, generally make a bigger difference — especially in disadvantaged communities. We need to rethink how health care organizations can help their patients stay healthy and out of the hospital by addressing these essential factors. (Griffin Myers, 3/26)

Pediatricians Urged To Coordinate Therapy For Kids With Disabilities - Doctors are being told to do more to ensure that children with disabilities have access to needed therapies while steering clear of unproven treatments. [Read More >](#)

'Game-Changing' App Helps Police Interact With People With Special Needs - In the past, police might have had little information to help them navigate interactions with individuals who have disabilities, but one app could help change that. [Read More >](#)

Rising Costs Force Disability Programs To Shrink Or Close - Organizations providing in-home care, therapy and job training to clients with disabilities in high-cost markets are struggling to keep their doors open. [Read More >](#)

Study: Reworked Autism Definition Prompted Drop In Diagnoses [Read More >](#)

The Parkland and Sandy Hook tragedies inflict more than bullet wounds - By Dorothy R. Novick · [Read more](#)

The Philadelphia Inquirer: African Americans More Likely To Be Misdiagnosed With Schizophrenia, Rutgers Study Finds

African Americans with severe depression are more likely to be misdiagnosed as having schizophrenia than white patients, a new study from Rutgers University found. The finding builds on years of evidence that clinicians' racial biases — whether conscious or unconscious — affect the types of mental health diagnoses African-American patients receive. (Pattani, 3/27)

Nashville Tennessean: Plight Of Families Raising Kids With Disabilities Moves Lawmaker To Tears

After testimony brought one lawmaker to tears and inspired emotional commentary from several others, the House Insurance Committee moved the bill forward. The Senate Commerce and Labor Committee also unanimously approved the legislation. The bill will next be taken up in the House and Senate finance committees, but any further action will likely be delayed until after Gov. Bill Lee's supplemental budget appropriation is announced in the coming weeks. Supporters of the legislation are hopeful Lee might

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include some funding for the bill in that budget. Currently in Tennessee, nearly all children with severe disabilities who come from middle- and high-income families do not qualify for the state's Medicaid program. As a result, many parents shoulder the burden of thousands of dollars in medical bills for the therapies and vital equipment that private insurance does not cover. Others simply cannot provide their children the care they need because the cost is too much. (Bliss and Ebert, 3/26)

[The Wall Street Journal: Mayor De Blasio's Wife Defends Mental-Health Initiative](#)

ThriveNYC officials defended the funding and effectiveness of the city's mental-health initiative during a New York City Council hearing Tuesday, as lawmakers pushed to understand how the sprawling program is structured and if it reaches the seriously mentally ill. Chirlane McCray, wife of New York City Mayor Bill de Blasio, said her signature three-year-old initiative with a \$250 million annual budget is designed to "fill the gaps" in the city's mental-health programs, as well as introduce innovations. (West, 3/26)

Stat: Esketamine May Solve Depression Need, But Not Be Cost-Effective - The first major depression treatment to hit the U.S. market in decades may be a new option for patients who fail to respond to existing therapies, but a preliminary analysis shows the price of the medicine would have to be shaved by 25 percent in order to be cost effective. Known as esketamine and marketed as Spravato, the nasal spray was developed by Johnson & Johnson (JNJ), which set a list price of \$590 to \$885 per treatment session, depending on dosing and number of sessions, which can vary by patient. (Silverman, 3/22)

The Hill: Sandy Hook And Parkland Survivors Need Not Suffer In Silence - In the past week, three people, who were closely affected by mass shootings in this country, are believed to have died by suicide. First, it was two teens who were students at Marjory Stoneman Douglas High School in Parkland, Fla. when a gunman opened fire last year killing 17 students and staff and injuring others. Yesterday it was Jeremy Richman, whose 6-year-old daughter, Avielle, was killed in the 2012 Sandy Hook Elementary School shootings in Newtown, Conn. What I'm about to say is in no way intended to minimize the traumas these three individuals experienced or to diminish their emotional pain. These losses are heart-breaking; tragic. And, it didn't need to be this way. (Joan Cook, 3/26)

The Wall Street Journal: Where Did The Schizophrenics Go? Wondrous are the ways of Washington. In a single day, the federal government officially reduced the number of people with schizophrenia in the United States from 2.8 million to 750,000. With a change of the National Institute of Mental Health website in 2017, two million people with schizophrenia simply disappeared. The 2.8 million estimate, or 1.1% of the adult population, had been the official standard for the U.S. since the 1980s, when the last major prevalence survey was carried out. The figure was provided to Congress in 1993 and used for national estimates such as the cost of schizophrenia. (E. Fuller Torrey and Wendy Simmons, 3/26)

My Brother is Not a Threat, He Has Schizophrenia - "Many times, I asked the police why they approached him. I was often told someone reported him as a 'suspicious person' lingering too long in one spot or that his appearance made some people uncomfortable, despite being in public spaces." [READ MORE »](#)

The Time in The Psych Ward - "My inpatient experiences traumatize me to this day. We need to focus on how it can be better, to turn psychiatric hospitalization into a constructive turning point towards recovery." [READ MORE »](#)

When I Was Fired After Medical Leave - "Before I left on medical leave, I had taken on additional work to help a colleague whose husband was very ill and had been out for a few weeks, so I carried her caseload. Apparently, they have a different standard if you take leave because of mental illness." [READ MORE »](#)

When Discrimination Starts in Elementary School - "The principal said that something had to be done about my son because 'he's simply too dangerous and needs to be put in another environment.' My son was six years old at the time." [READ MORE »](#)

Don't Assume I'm Violent Because I Have Mental Illness - "They arranged a mandatory emergency staff meeting where they informed my colleagues that they felt I might be a violent threat to the office. They even had a picture of me placed at the front desk in the entrance of the building." [READ MORE »](#)

Learn About the Mental Health Improvement Act 2019 - This new bill focuses on efforts to reduce veteran suicide and improve mental health outcomes through improve access to care, better diagnostic tools and increased oversight of VA programs. [LEARN MORE »](#)

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[Killing ACA would lead to huge spikes in uncompensated care](#) - Medicaid expansion states and those with large ACA plan enrollment would feel the most pain if the landmark law is repealed

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[Becoming a Doctors' Doctor](#) - A teaching moment never to be forgotten, little did the author know that this would be the harbinger of an amazing career looking after physicians.

[The Grief Monster](#) She wondered what the secret was to life as a psychiatrist, a grieving daughter, and a new mother of twins. — The **Orange County Sheriff's Department** will end its more than decade-long agreement with federal immigration officials to house some detainees in the county jail system. Sheriff Don Barnes said the action was taken to free up space for [better treatment of mentally ill inmates](#).

[The New York Times: Judge Blocks Medicaid Work Requirements In Arkansas And Kentucky](#) - A federal judge on Wednesday threw out Medicaid work requirements in two states, a blow to Republican efforts to profoundly reshape a program that has provided free health insurance to the poorest Americans for more than 50 years. In twin rulings, Judge James E. Boasberg of the Federal District Court for the District of Columbia rejected for a second time Kentucky's attempt to require recipients to work or volunteer as a condition of coverage and blocked a similar rule in Arkansas, which has resulted in more than 18,000 people there losing coverage since last summer. (Goodnough, 3/27)

[The Hill: GOP Senators Blindsided By Trump On ObamaCare](#) - Republican lawmakers were caught completely off guard by President Trump's renewed push to repeal and replace ObamaCare and privately complain it's a dumb political strategy heading into the 2020 election. Senate Finance Committee Chairman Chuck Grassley (R-Iowa), whose panel has jurisdiction over health care, said he received no heads-up from Trump or the White House that the president would call Tuesday for the GOP to become "the party of health care." (Bolton, 3/27)

[Politico: 'We Need A Plan': GOP Shaken By Trump's Healthcare Demands](#) - "We're going to be involved in health but most of it is going to be very, very bipartisan, unlike the issue you're bringing up, which would not be very bipartisan," said Chuck Grassley (R-Iowa), the leader of the Senate Finance Committee. That could include addressing "surprise" medical bills that hit insured people who end up with an out-of-network doctor even when they've chosen an in-network hospital, as well as more steps to address high drug costs and opioids. (Ollstein and Everett, 3/27)

[The New York Times: 'You Can't Put It Behind You': School Shootings Leave Long Trail Of Trauma](#) - Kelly Plaur is still having nightmares almost every night. In the mornings, she recounts them to her mother, though the theme is usually the same: the horror she witnessed at Marjory Stoneman Douglas High School last year when a gunman opened fire in her classroom, killing two students and injuring four others. A few weeks ago, Ms. Plaur, 18, had to withdraw from the paramedic training program she had started after she was overcome with anxiety while transporting a gunshot victim. Even the sight of certain window blinds can put her on edge, reminding her of the bullet holes that pierced the classroom blinds on the day of the rampage. (Mazzei and Jordan, 3/28)

[Los Angeles Times: Suicides Highlight The Toll Of School Shootings And The Role Of 'Complicated Grief'](#) - After three suicides in 10 days involving people directly affected by school shootings, there's renewed interest in a condition that psychologists call "complicated grief." Long after a mass-casualty event, roughly 10% of people experience the enduring or chronic depression and distress that are hallmarks of the condition. Scientists are still trying to understand whether, or by how much, the circumstances of a loved one's death raise the risk of complicated grief. (Healy, 3/27)

[The Associated Press: Parkland Parents, Teachers Seek To Help Teens After Suicides](#) - Days after the suicides of two student survivors of the Parkland school shooting, parents and teachers packed a town hall Wednesday night, anxiously wondering out loud how to get students to seek therapy as many have been unwilling — despite a barrage of offerings since the 2018 massacre. On Wednesday night, anxious parents in the standing-room only crowd spoke of fears and frustration in trying to get their children help after the Valentine's Day massacre that February, which killed 17 people. (3/27)

[Miami Herald: Parkland Suicides Prompt Lawmakers To Consider More Funding](#) - When lawmakers gave more than \$69 million in mental health to school districts after the Marjory Stoneman Douglas High shooting, many cast the funding as a way to help prevent future mass shootings and identify troubled students who needed help. But there was little discussion while crafting the bill — and

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no mention in the final 105 pages of legislation — that specifically directed schools to consider suicide prevention efforts, the most pressing mental health challenge facing a generation and the second leading cause of death for young people under 35. (Koh, 3/27)

[The New York Times: Air Pollution Tied To Mental Health Issues In Teenagers](#) - Urban air pollution is associated with an increased risk for psychotic experiences in teenagers, researchers report. A study published in JAMA Psychiatry included 2,063 British teenagers whose health had been followed from birth through age 18. Almost a third of them said they had at least one psychotic experience, ranging from a mild feeling of paranoia to a severe psychotic symptom, since age 12. (Bakalar, 3/27)

[Stat: North Dakota Has Too Few Psychiatrists. Telemedicine Is Helping](#) - Until recently, when the North Dakota human services agency had an opening for a mental health provider, months might go by before a single application came in. But that's started to change as the state boosts telemedicine as an option for mental health care. The department has started allowing providers who serve patients through its health centers to live in some of the state's bigger cities — or even move out of state — and deliver mental health care to rural areas through video calls. The University of North Dakota's medical school has started training its psychiatry residents to treat rural patients by computer. (Thielking, 3/28)

[Federal judge strikes down Trump administration rule allowing 'skimpy' health insurance plans](#) - The decision by Judge John Bates of the U.S. District Court for the District of Columbia called the Labor Department regulation an 'end-run' around the Affordable Care Act. **By Timothy Bella** · [Read more](#)

[Why I Believe Full Recovery from an Eating Disorder is Possible](#)

Washington Examiner: [Suicides after mass shootings underline contagion of high-profile tragedies](#)

The Fix: [Patrick Kennedy Urges Congress to Fight "Illegal" Denial of Addiction Services](#)

Glamour: [How to Talk to Your Boss About Your Mental Health](#)

Media Planet: [Let's Flip the Script on Men's Mental Health](#)

Mashable: ["Am I depressed?": How teens can find mental health helps](#)

Trump Backs Off Plan To Defund Special Olympics - After his education secretary spent three days fiercely defending a plan to eliminate federal funding for Special Olympics, President Donald Trump reversed course. [Read More >](#)

[The Associated Press: Federal Judge Holding Trial On Alabama Prisoner Suicides](#) - After 15 inmates killed themselves within 15 months, a federal judge will weigh whether the Alabama prison system is doing enough to prevent suicides. U.S. District Judge Myron Thompson on Thursday began a mini-trial on suicide prevention measures. It comes almost two years after his initial 2017 ruling that the Alabama prison system provides "horrendously inadequate" mental health care. (3/28)

[Des Moines Register: Medicaid Work Requirement Does Not Make Moral Or Fiscal Sense](#) - Iowa does not need approval from state lawmakers to pursue imposing work requirements on Medicaid recipients. But Republicans apparently needed to look tough on poor people who rely on government health insurance. So the GOP-controlled Senate passed Senate File 538. The misdirected bill directs the Iowa Department of Human Services to seek federal permission to require "able-bodied" Iowans to work, engage in community activities or be enrolled in school to utilize Medicaid. Now, legislative leaders say the legislation is not expected to pass this year. That's good but even so, the 32 Republican senators who supported this have some explaining to do to voters. Namely, how they're expected to pay for all the bureaucracy created by their idea. (3/27)

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