

December 2018 – Additional Mental Health Articles, Videos, and Information from Around the Nation

Iowa Children Would be Routinely Screened for Mental Illness Under New State Plan – Des Moines Register - <https://www.desmoinesregister.com/story/news/health/2018/11/16/iowa-children-mental-illness-state-proposal-regions-depression-anxiety-suicide-routine-screening/2023990002/>

Bp Magazine - Break the Cycle of Self-Sabotage and Achieve Your Goals - [Read more >>](#)

Bp Magazine - Stress Can Be Passed On! - [Read more >>](#)

Bp Magazine - Warning: Your Cell Phone Addiction Could Be Causing 'Doggy Depression' - [Read more >>](#)

[Biden Foundation Seeks to Change Culture of Mental Health](#)

[In the Aftermath of Hate](#)

[The Opioid Bill is a Win for Peers](#)

Brit+Co: [Prince Harry's Suggestions for Getting Mental Health Support Aren't as Easy for Regular People](#)

Forbes: [How to Prioritize Mental Health At Your Business](#)

CNN: [Generation Z reported the most mental health problems, and gun violence as the biggest stressor](#)

bp: [My Bipolar-II Based Laziness Suits Me](#)

Esperanza: [Depression, Anxiety and Coping with Reduced Energy & Endurance](#)

[ProPublica: Chicago Lakeshore Hospital Is Under Fire Over Reports Alleging Abuse of Children](#)

A Chicago psychiatric hospital that treats hundreds of children in state care is under federal and state investigation over safety concerns and alleged sexual assaults, and it may be forced to close if it can't correct deficiencies. The Illinois Department of Children and Family Services has investigated 16 allegations of abuse and neglect this year at the Aurora Chicago Lakeshore Hospital in the city's Uptown community, including allegations that children were raped and sexually abused by staff and other patients, physically assaulted and inadequately supervised, a ProPublica Illinois investigation found. (Eldeib, 10/31)

[Texas Tribune: How Texas Fails To Serve Parents Who Qualify For Subsidized Child Care](#) - In Texas, the demand for subsidized child care has swamped the supply — Texas has more than a million children under 13 who could potentially qualify for subsidized child care, but the state helps just over 9 percent of them, according to Children at Risk, a nonprofit that specializes in policy research related to child care, education and health. According to the federal Office of Child Care and the Annie E. Casey Foundation's Kids Count Data Center, Texas ranked 41st nationally in fiscal year 2015 in providing monthly child care assistance to children under 13 who qualified for it, behind both southern states like Georgia, which ranks 25th, and northern states like New York, which ranks 9th. (Waller, 10/31)

[New England Journal of Medicine: Postpartum Care In The United States — New Policies For A New Paradigm](#) - In April 2018, the American College of Obstetricians and Gynecologists (ACOG) called for a new paradigm for postpartum care in the United States. According to the ACOG committee opinion, postpartum care should be an ongoing, individualized, and woman-centered process, rather than being limited to the “arbitrary 6-week check” that constitutes care for most women today. We believe that such a shift is critical to improving postpartum care and outcomes. More than half of pregnancy-related deaths occur during the year after delivery, and many women have postpartum complications such as pain and bleeding, high blood pressure, lactation difficulties, and pelvic-floor dysfunction. (Mara E. Murray Horwitz, Rose L. Molina and Jonathan M. Snowden, 11/1)

[States Cite Hurdles To Providing Community-Based Services](#) - States are facing challenges meeting their obligations to provide home and community-based services to people with developmental disabilities and other groups, federal investigators say. [Read More >](#)

[San Francisco Chronicle: Report Rips California Prison Psychiatric Care, Cites Horrifying Case Of Inmate Who Ate Her Eyeball](#) - California's chief prison psychiatrist has issued a scathing report on management of mental health care in the prisons, saying officials are misrepresenting the care given to thousands of prisoners and are jeopardizing the health of inmates — including a woman who, in a horrifying 2017 incident, pulled out her own eye and swallowed it. (Egelko, 11/1)

[**East Oregonian: OHA Wants \\$2.7 Million To Help Mentally Ill Inmates**](#) - State health officials are seeking \$2.7 million to add beds at the state's psychiatric hospital in Junction City to house a burgeoning number of mentally ill inmates from county jails. The money, sought from the legislative Emergency Board, would pay for 25 beds and staff for six months. The request comes as state lawmakers renew their focus on diverting mentally ill Oregonians from the criminal justice system to mental health treatment and resources. (Achen, 11/1)

[**Los Angeles Times: Gun Suicides Far Outpace Gun Homicides. Here's Why That Statistic Matters**](#)

About two-thirds of gun deaths in the U.S. each year are suicides, traumatic and desperate acts that often lie at the nexus of mental illness and ready access to a firearm. Yet a new study published in the Annals of Internal Medicine finds that only 13% of people know that gun suicides far outpace homicides, a likely function of regular news coverage of violent crimes and a tendency to not cover suicides. (Scott Martelle, 11/1)

[**Facility Would House Aging Parents Alongside Adult Kids With Disabilities**](#) An assisted living facility is looking to accommodate parents and their adult children with disabilities, offering a placement where individuals could stay even after their parents pass on. [Read More >](#)

[**Company Says Autism Blood Test Now Available**](#) The first blood test for autism is now on the market, but the company behind the test is still working to make it available nationwide. [Read More >](#)

Bp Magazine - Accepting Your Diagnosis: Paving the Way for Future Success - [Read more >>](#)

Bp Magazine - How Animals Affect Our Hormones - " [Read more >>](#)

Esperanza magazine - Kristen Bell Is in 'The Good Place' - . [Read more >>](#)

Esperanza magazine - 3 Ways to Overcome the Shame of Depression - . [Read more >>](#)

[**KCUR: Missouri Stops More 'Mentally Incapacitated' People From Voting Than Anywhere Else**](#)

An investigation by APM Reports and KCUR found that between 2008 and 2016, Missouri purged more than double the number of voters for mental incompetence than any other state, followed by Kentucky (4,907) and Virginia (3,905). Proponents of these laws say they help protect the integrity of the election and prevent voter fraud, but critics say the one-size-fits-all nature of these laws discriminates against people with mental illness by preventing them from exercising their constitutional rights. (Lowe, 11/5)

[**The Washington Post: Tracking People With Dementia Who Wander And Get Lost.**](#) -L.A. Found, which launched in this sprawling county in September, equips potential wanderers with trackable bracelets that, when activated by search crews, transmit a radio signal to handheld receivers placed in several Sheriff's Department cruisers and helicopters. The battery-operated bracelets are available to anyone with Alzheimer's disease, dementia or autism. The bracelets are nothing new. They are distributed by Project Lifesaver, a nearly 20-year-old nonprofit group based in Florida that has issued the white, watch-sized wristbands — each equipped with a radio transmitter — to hundreds of municipal public-safety agencies around the country. (Kuznia, 11/3)

[**The Wall Street Journal: Therapy For Pregnant Women With Anxiety Offers Alternative To Medication**](#)

The group is part of Dr. Green and her colleagues' treatment program for perinatal anxiety at St. Joseph's Healthcare Hamilton. It is one of a small but growing number of psychological therapy programs that are specifically designed for pregnant and postpartum women who struggle with anxiety and depression. They address a critical need. While scientific studies have generally found that antidepressant medications are safe to use during pregnancy and breast-feeding, there are still some concerns about their impact on babies. Some doctors encourage women to avoid the drugs during the perinatal period, especially those patients with mild illness. And many women, even some with severe depression and anxiety disorders, simply refuse to take them while pregnant or breast-feeding. (Petersen, 11/3)

[**Detroit Free Press: Beaumont Announces New Mental Health Hospital In Dearborn**](#) -Beaumont Health is to announce details Monday about its plan to build a new mental health hospital in Dearborn in conjunction with Pennsylvania-based Universal Health Services. Construction on the \$40 million free-standing hospital is to begin in early 2019 on eight acres of vacant land on Oakwood Boulevard near the Southfield Freeway. When it opens, the hospital — Beaumont's ninth — will have space for 150 beds and will be operated and managed by UHS, which also will be the majority owner. (Shamus, 11/5)

[Sacramento Bee: Nevada Likely To Appeal Huge Verdict Over Busing Psychiatric Patients Out Of State, Official Says](#) -

The state of Nevada will likely appeal a jury verdict that it must pay \$250,000 to scores of people it put on Greyhound buses after discharging them from a mental health hospital, officials said Friday. A Sacramento Bee investigation in 2013 found that Rawson-Neal Psychiatric Hospital purchased bus tickets for roughly 1,500 patients after discharge over a five-year period, sending them to California and other states across the country. (Reese and Hubert, 11/2)

[Kansas City Star: Kansas Nursing Home Anti-Psychotic Rate Better Than Missouri](#) - After years as one of the worst states when it comes to using dangerous medications to sedate people, Kansas showed marked improvement in the latest federal data released last month by the National Partnership to Improve Dementia Care in Nursing Homes. In the first quarter of 2018, the percentage of long-term nursing home residents on anti-psychotics in Kansas was 17.4 percent — the state’s lowest rate since the partnership started tracking it in 2011 and down from a high of 26 percent. (Marso, 11/5)

[ProPublica: Illinois Child Welfare Agency Agrees To Stop Sending Children To Psychiatric Hospital Where Children Reported Abuse But Balks At Full Investigation](#) - The state’s child welfare agency Friday agreed to stop sending children in its care to a Chicago psychiatric hospital where children have reported being sexually abused and assaulted, but said it would not seek the full independent investigation advocates had requested, setting up a possible court fight. The decision by the Illinois Department of Children and Family Services came one day after state lawmakers and the American Civil Liberties Union of Illinois demanded the agency allow an outside expert to conduct a comprehensive investigation of Aurora Chicago Lakeshore Hospital on the city’s North Side. (Eldeib, 11/2)

[Spanking is ineffective and harmful to children, pediatricians’ group says](#) - The group, which represents about 67,000 doctors, also recommended that pediatricians advise parents against the use of spanking, which it defined as “noninjurious, openhanded hitting with the intention of modifying child behavior.” [Continue reading →](#)

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

— The chief psychiatrist for the **prison system** has delivered a report that [slams the state over mental healthcare](#) in its prisons and details a gruesome incident to make its point.

[Music Therapy Yields Gains For Children With Autism](#) - Incorporating singing and other music-based activities in therapy sessions can make a big impact for kids with autism, new research suggests, boosting communication and other factors. [Read More >](#)

[Facility Would House Aging Parents Alongside Adult Kids With Disabilities](#) [Read More >](#)

[States Cite Hurdles To Providing Community-Based Services](#) [Read More >](#)

[Labor Department Looks To Incentivize Disability Hiring](#) [Read More >](#)

[Recent Natural Disasters Trigger Complaints From Disability Groups](#) - Advocates say that federal emergency response efforts are failing to protect the civil rights of people with disabilities, including by sending them unnecessarily to nursing homes. [Read More >](#)

[Sacramento Bee: Judge Wants Investigator To Probe Whistleblower Claims On Prison Psychiatric Reports](#) -A federal judge in Sacramento said Monday that she intends to appoint an independent investigator to look into whether state corrections officials committed “fraud on the court” in reports they have submitted regarding the level of psychiatric care inside California’s prisons. The extraordinary move by U.S. District Judge Kimberly Mueller would give an investigator or law firm access to corrections records and witnesses to determine whether allegations leveled by the state’s chief prison psychiatrist have merit. (Stanton, 11/5)

[Detroit Free Press: Beaumont Announces New Mental Health Hospital In Dearborn](#) -Beaumont Health announced details Monday about its plan to build a new mental health hospital in Dearborn in conjunction with Pennsylvania-based Universal Health Services. Construction on the \$40-million freestanding hospital is to begin in early 2019 on 8 acres of vacant land on Oakwood Boulevard near the Southfield Freeway. When it opens, the hospital — Beaumont’s ninth —

will have space for 150 beds and will be operated and managed by UHS, which also will be the majority owner. (Shamus, 11/5)

[The Star Tribune: Business Community Lends Its Muscle To Improve Mental Health Care In Minnesota.](#)

This finding in a new report on Minnesota's health care outcomes is heartbreaking: Just 8 percent of adults who seek medical care for depression — one of the most common mental illnesses — will be in remission at six months. The situation is even grimmer when looking at past years' findings from the nonprofit Minnesota Community Measurement (MCM) group, which gathers and reports information on health care quality, cost and patient experience to drive state improvement. (11/5)

How to Talk to Kids About Sex and Consent - When it comes to sex, setting boundaries and respecting them are both important. [READ MORE ▶](#)

What Are the Symptoms of Depression in Teenagers? Signs your child might be more than moody. [READ MORE ▶](#)

Mental Health Disorders and Substance Use - Why drugs and alcohol are more tempting, and risky, for kids with emotional challenges. [READ MORE ▶](#)

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Tips for Communicating With Your Teen Keeping the parent-child relationship strong during a tricky age. - [READ MORE ▶](#)

Suicides among Japanese children reach highest level in 3 decades Child suicides have risen recently, with experts pointing to school pressures and bullying as likely triggers. [Continue reading →](#)

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[Chicago Tribune: Barriers For Cops Seeking Mental Health Treatment Remain Despite FOID Card Law](#)

When a new state law took effect in August, supporters believed it would finally remove an obstacle for police officers seeking mental health treatment and maybe help lower a high suicide rate. Turns out it was not that simple. The law prohibits police departments from firing officers whose firearm owner's identification cards have been revoked after an inpatient stay at a mental health facility. Many departments, including the Chicago Police Department, require officers to have FOID cards. (Buckley, 11/7)

Bp Magazine - Why Talk Therapy is So Good For You - [Read more >>](#)

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Bp Magazine - What to Do After a Manic or Hypomanic Episode: The Essential First Steps - [Watch Natasha's Video >>](#)

The New York Times: Idaho, Nebraska And Utah Vote To Expand Medicaid - Despite the uncertainty and partisan gridlock that Tuesday's election results ensure, one policy change seems guaranteed: hundreds of thousands more poor Americans in red states will qualify for free health coverage through Medicaid. Voters in Idaho, Nebraska and Utah, which President Trump won easily in 2016, approved ballot initiatives to expand the government insurance program under the Affordable Care Act. Democratic victories in governors' races also improved the chances of Medicaid expansion in Kansas and Wisconsin, and all but ensured it in Maine. As a result, Medicaid could see its biggest enrollment bump since the health law began allowing expansion in 2014. (Goodnough, 11/7)

The New York Times: When Medicaid Expands, More People Vote - Obamacare didn't just give more people health insurance. It also caused more people to vote. That's the conclusion of a new body of evidence that strongly suggests that giving people coverage through expansions of the Medicaid program increases their likelihood of participating in the next election. Medicaid expansions seem to raise both voter registration and voter participation, at least temporarily. (Sanger-Katz, 11/8)

[**The Associated Press: More US Adults And Kids Are Doing Yoga, Meditating**](#) - If you can do a downward-facing dog, you're among the increasing numbers of Americans doing yoga. A new report says more adults — and even kids — are practicing yoga and meditation. A government survey conducted last year found 14 percent of adults said they had recently done yoga, and the same percentage had recently meditated. That's up from about 10 percent and 4 percent from a similar survey done five years earlier. (11/8)

[**Chicago Tribune: Barriers For Cops Seeking Mental Health Treatment Remain Despite FOID Card Law**](#)

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[**Vice: Mental Health Providers Can't Stop Mass Shootings**](#) - Every time America is terrorized by another episode of mass gun violence, gun lobbyists and their Republican allies swoop in to divert any action that could curb access to guns. Often, they attempt to pivot the conversation to an even more fraught problem: mental health. (Ankita Rao, 11/2)

[**The NRA wants us to talk about mental health over guns. Here's why it's wrong.**](#) - By Elizabeth Bruenig • [Read more »](#)

[**Voc Rehab Doubling Down On Transition-Age Youths**](#) Vocational rehabilitation agencies say they're serving more students with disabilities thanks to a new federal mandate, but they're still falling short of fully meeting their obligations. [Read More >](#)

[**Court Upholds \\$33 Million Penalty For Underfunding Special Ed**](#) - One state will likely have to give up \$33.3 million in funds after a U.S. appeals court found that it violated a federal rule requiring a minimum amount of spending on special education. [Read More >](#)

[**Sheriff's Office To Pay For Handcuffing Students With Special Needs**](#) - A local sheriff's office has agreed to pay more than \$337,000 after being accused of shackling students as punishment for behavior related to their disabilities. [Read More >](#)

[**The Associated Press: California Gunman Was Volatile But Passed Mental Assessment**](#) - Neighbors of Ian David Long described the man who shot and killed 12 people at a country music bar as distant in public but combative with his mother inside the suburban Los Angeles home the two shared. One ruckus in April was so extreme that they called law enforcement. Authorities brought in a mental health specialist who concluded that Long could not be involuntarily committed for psychiatric observation but worried the 28-year-old Marine veteran might have post-traumatic stress disorder. (Ronayne and Pritchard, 11/9)

[**KQED: Thousand Oaks Shooter's Health Frayed In College, Roommate Says**](#) - Research on links between mental health disorders associated with military service and violent acts leaves an incomplete picture. Impulsive aggression, like getting into fistfights, has been tied to PTSD. But there was no higher likelihood for premeditated aggression in veterans suffering from PTSD. (Suulvado, Jamali, Gilbertson and Denkmann, 11/8)

[**CNN: Gun Deaths Increasing After Years Of Decline**](#) -During 2015-16, 27,394 people were killed by someone with a gun in the United States, and 44,955 used a gun to kill themselves, according to a report published Thursday in the agency's Morbidity and Mortality Weekly Report. Researchers looked at firearm homicides and suicides from 2012-13 to 2015-16 in the 50 most populous US metropolitan areas, including Los Angeles, not far from Wednesday's mass shooting at a bar in Thousand Oaks that left 13 dead, including the suspect. (Christensen, 11/8)

[**NPR: Sadness Circuit Found In Human Brain**](#) - Scientists may have caught a glimpse of what sadness looks like in the brain. A study of 21 people found that for most, feeling down was associated with greater communication between brain areas involved in emotion and memory, a team from the University of California, San Francisco reported Thursday

in the journal Cell. "There was one network that over and over would tell us whether they were feeling happy or sad," says Vikaas Sohal, an associate professor of psychiatry at UCSF. (Hamilton, 11/8)

[The Associated Press: Lawyers: Cops Didn't Have Key As Women Drowned In Police Van](#) - Two women drowned in the back of a locked cage while being taken for involuntary commitment to a mental hospital because the police van they were in took an unsafe route and rolled over, and deputies lacked a key or bolt cutters to get them out, a lawyer for one of the women's families told South Carolina lawmakers Thursday. The deputies, who drove around barricades and a manned checkpoint and ignored the safer route they had been given to avoid floodwaters from Hurricane Florence, bear plenty of responsibility for the deaths of Wendy Newton and Nicolette Green, said Tommy Brittain, a lawyer for Newton's family. (Collins, 11/8)

[The Oregonian: Portland Mental Health Center Cleared Of Federal, State Investigation](#)

Portland's main psychiatric center is in the clear from federal and state scrutiny as of this week. The U.S. Centers for Medicare and Medicaid Services notified Unity Center for Behavioral Health on Wednesday night that it had made all the necessary improvements after nearly a year of oversight for severe and persistent safety problems. The Oregon Health Authority, on behalf of the federal government, had issued two damning reports with findings that included at least two preventable patient deaths and patient-on-patient sexual assaults. Other issues included patients harming themselves and escaping the center. (Harbarger, 11/8)

[Nashville Tennessean: Nashville Is Getting A New 76-Bed Mental Health Hospital](#) - As Nashville continues to struggle with an overwhelming need for mental health care, state officials have approved plans for a new behavioral health facility in the city's Metro Center area. The 76-bed hospital, a joint venture from Saint Thomas Health and Acadia Healthcare, is expected to open in 2020, according to a new release issued on Thursday. The facility will include 40 adult psychiatric beds, providing inpatient care and substance abuse services, and 36 geriatric psychiatric beds, the release said. (Kelman, 11/8)

[Houston Chronicle: Texas Tech Child Psychiatry Hub Opens In Midland](#) -The children's and adolescent psychiatry hub in Midland is open for business. Officials from Texas Tech University Health Sciences Center, the Midland Development Corp., Midland Health and the city of Midland cut the ribbon Thursday on a new facility in central Midland. The ceremony also served as an acknowledgment of a partnership that could impact as many as 9,000 children and adolescents in West Texas every year. (Doreen, 11/8)

[Urban Institute: New Evidence Shows The Safety Net Reduces Americans' Material Hardship By 48 Percent](#)

The American economy has seen strong growth and low unemployment, but many families continue to struggle. A recent Urban Institute study (based on data from the Well-Being and Basic Needs Survey) found that 4 in 10 nonelderly Americans had trouble playing for housing, food, utilities, or health care in 2017. Our study released today found that the social safety net is one tool to help Americans cope with these challenges. (McKernan and Ratcliffe, 11/5)

[The Washington Post: The NRA Wants Us To Talk About Mental Health Over Guns. Here's Why It's Wrong.](#)

In the wake of almost every mass shooting — a term which, by now, has become so familiar as to feel almost disconnected from the vicious slaughter of random people in ordinary places — the National Rifle Association and its fellow travelers make the same point: There are many more guns in circulation in the United States than murders, so the problem isn't guns, per se, but the people who turn them on innocents. The problem, they say, is mental health. (Elizabeth Bruenig, 11/8)

[Stat: People With Serious Mental Illness Tend To Die Prematurely. We Can Fix That](#) -Media reports of suicides of high-profile individuals make it easy to believe that suicide is a leading killer of people with serious mental illness. It's not even close, falling behind largely preventable conditions such as heart disease (10 times higher than suicide), cancer, diabetes, and other chronic diseases. Although these diseases can affect anyone, they make for a particularly lethal combination among people with serious mental illness. In fact, people with serious mental illness die 10 to 25 years earlier than the general population. (Shekhar Saxena and Ralph Aquila, 11/8)

[Moving Teens Off Rikers Island Was a Good First Step. Now Comes the Hard Part - The Appeal](#)

At midnight on Oct. 1, 2018, New York's Raise the Age law went into effect, ending the state's practice of automatically charging young people as adults at age 16. It also required New York City to move all 16- and 17-year-olds out of the

infamously brutal Rikers Island jail complex and into the Horizon juvenile detention center in the Bronx.

Mayor Bill de Blasio heralded the move as a significant victory. "Beginning today," he said, "no one under 18 will go to Rikers Island. Kids will be treated like kids instead of adults." [More here.](#)

[Solutions possible to youth pipeline to prison](#) -Pensacola News Journal

Mass Incarceration is one result of the Pipeline to Prison. We hear a lot about it. We hear about the expense and the ineffectiveness of it. In Florida we hear about the lifelong losses to our society by the continued denial of civic participation for previously convicted felons. This includes voting rights, and access to certain licenses, or help in returning to school or to get a job. We have diminished public wellbeing by reducing the future earnings and future civic participation of the previously convicted felons. We also lose future tax revenues to the city and county by our draconian system of incarceration and loss of opportunities. [More. here.](#)

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[Poor sleep can be the cause of anxiety, study finds](#) -

In healthy adults, overnight sleep deprivation will trigger anxiety the next morning, along with altered brain activity patterns, scientists reported at the annual meeting of the Society for Neuroscience.

By Laura Sanders • [Read more »](#)

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Esperanza Magazine - Olympic Swimmer Michael Phelps Talks About His Anxiety and Depression - [Read more >>](#)

[NPR: Research Shows Strong Link Between Childhood Trauma And Adult Mental Illness](#) -When public health officials get wind of an outbreak of Hepatitis A or influenza, they spring into action with public awareness campaigns, monitoring and outreach. But should they be acting with equal urgency when it comes to childhood trauma? A new study published in the Journal of the American Medical Association suggests the answer should be yes. It shows how the effects of childhood trauma persist and are linked to mental illness and addiction in adulthood. And, researchers say, it suggests that it might be more effective to approach trauma as a public health crisis than to limit treatment to individuals. (Blakemore, 11/9)

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[The Washington Post: Is Anorexia Part Of Ballet Culture? An Ex-Dancer Describes Her Struggles.](#)

Anais Garcia, 21, anxiously stares at the menu of a Bob Evans restaurant in Baltimore. Her dark brown eyes gravitate toward the Fit and Healthy section, which lists calories per meal. She takes a long time figuring out what to order and decides to go with her "safe meal," a small stack of pancakes, with no butter, reduced-calorie syrup, a small bowl of fruit on the side and a cup of black coffee. "Restaurants are like battle zones for me, literal war zones," she says. (Rolz, 11/11)

[The Washington Post: Poor Sleep Can Be The Cause Of Anxiety, Study Finds](#) - A sleepless night can leave the brain spinning with anxiety the next day. In healthy adults, overnight sleep deprivation will trigger anxiety the next morning, along with altered brain activity patterns, scientists reported at the annual meeting of the Society for Neuroscience on Nov. 4. (Sanders, 11/10)

[Lexington Herald Examiner: Legislature Must Beef Up Staffing At Nursing Homes](#) - In Kentucky, it isn't unusual to find nursing homes that schedule one registered nurse or nurse's aide to do the impossible — provide quality care to 40 residents for the entirety of a 12-hour shift. This is nowhere close to the federal government's recommendation of an "expected staffing" level that provides residents more than one hour of care from registered nurses and two hours and 45 minutes from nurse's aides every day. The feds also urge states to beef up those requirements, and many have. But

not Kentucky. In the Bluegrass, the majority of nursing homes fall short of that goal — and many fall way short. (Sherry Culp, 11/9)

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Bp Magazine - How to Move Forward When You're Caught Between Depression & Anxiety - [Read more >>](#)

[State Leaders Launch Oregon Project to Improve Mental Health Outcomes](#) *The Statesman Journal*—Oregon

[Mental Health Experts Consider More Psychiatric Beds](#) *Santa Barbara Independent*—California

[Study: Without Medicaid Expansion, Poor Forgo Medical Care](#) *The Associated Press*—National

[In Prison, Discipline Comes Down Hardest On Women](#) *NPR*—National

[Opinion: And Justice for All—What Works at the Interface of Mental Health and Criminal Justice](#)

National Council for Behavioral Health—National

[Workshop Highlights Mental Health and Substance Disorders in Jails](#) *Scotts Bluff Star-Herald*—Nebraska

[More Women Are behind Bars Now: One Prison Wants to Change That](#) *The Marshall Project*—Connecticut

[Franklin \(OH\) Encouraged by Early Results of New Addict-Assistance Program](#) *Dayton Daily News*—Ohio

[Milwaukee Nonprofit Offers Ex-Offenders Support, Resources](#) *The Associated Press*—Wisconsin

[Butler County Honoring Those Who Help Mentally Ill, Addicts](#) *Journal-News*—Ohio

Iowa's Managed Care Costs Rise Faster Than Before <https://www.healthcarediver.com/news/iowas-medicaid-managed-care-costs-rise-faster-than-before/532937/>

CMS plans to overturn Medicaid ban on mental health facility pay States may soon have a new waiver option to use federal funds to pay for Medicaid beneficiaries' treatment at inpatient mental health facilities. The CMS has had a ban on reimbursing those providers for decades. [READ MORE](#)

10 Tips for Raising Grateful Kids - How to help kids show (and feel) appreciation. [READ MORE ▶](#)

The Family Gathering: A Survival Guide - How to help your kids be at their best and have fun, too. [READ MORE ▶](#)

How to Take the Stress Out of the Holidays - Help kids rise to the occasion, and don't aim too high.- [READ MORE ▶](#)

4 Ways to Make Holidays Better for Kids - Tips for keeping kids happy and able to enjoy the fun. - [READ MORE ▶](#)

Tips for Raising Generous Children Kids sometimes need a little nudge from their parents. [READ MORE ▶](#)

Enjoy the Holidays More With Mindfulness - Slow down and get more out of this busy season. [READ MORE ▶](#)

[The Wall Street Journal: A Reckoning With The Dark Side Of The Restaurant Industry](#) - When television personality and former chef Anthony Bourdain killed himself in June, Charles Ford, the general manager of a high-end restaurant in Chicago, took the news as a personal call to action: He would no longer be silent about his three suicide attempts. “I don't want to hide it anymore,” says Mr. Ford, 31, who says he slashed his wrists on three occasions between late 2015 and spring 2016. Workers with suicidal impulses and other emotional crises often hide their pain in his profession, Mr. Ford says. “We need to do everything we can to turn this around, and the first step is saying it out loud.” (McLaughlin and Osipova, 11/12)

[North Carolina Health News: Mental Health Concerns As Florence Ruins Farms, Crops, Harvests](#)

As Mickey Simmons looked over his washed out fields and collapsed barn, he said this could be his last year of farming. At 72 years old, the Carteret County farmer had been cutting back, only farming about 175 acres of soybeans. He thought he would retire in the next few years. But Hurricane Florence had him considering throwing in the towel early. (Knopf, 11/13)

[Kaiser Health News: With Hospitalization Losing Favor, Judges Order Outpatient Mental Health Treatment](#) -When mental illness hijacks Margaret Rodgers' mind, she acts out. Rodgers, 35, lives with depression and bipolar disorder. When left unchecked, the conditions drive the Alabama woman to excessive spending, crying and mania. Last autumn,

Rodgers felt her mind unraveling. Living in Birmingham, she was uninsured, unable to afford treatment and in the throes of a divorce. Although Rodgers traveled south to her brother's house in Foley, Ala., for respite, she couldn't escape thoughts of suicide, which one day led her to his gun. (Rodriguez, 11/13)

[St. Louis Post Dispatch: St. Louis Archdiocese Will Open Its First Rural Health Clinic In Washington County](#) -The Archdiocese of St. Louis plans to open its first health clinic early next year in Old Mines, Mo., in Washington County, in an effort to improve rural health care. The free clinic will offer primary care, chronic disease management, mental health care and social services — including housing and employment resources — for people without health insurance. The clinic is expected to host about 2,000 medical visits a month. (Bernhard, 11/12)

[The Washington Post: The Connection Between Suicides And Mass Shootings — And A Way To Reduce Both](#) - Thousand Oaks, Pittsburgh, Parkland, Las Vegas, Orlando — they're part of our annual parade of horror. How can we begin to stop this? Maybe it's time to start looking at a far more frequent, blood-soaked American epidemic: suicide. (Petula Dvorak, 11/12)

[Des Moines Register: Iowa takes center stage in the fight against elder abuse](#) - One in 10 older adults in the United States is abused or exploited every year. The abuse can be physical, psychological, or financial. In any form, it is unconscionable. The United States Department of Justice and the Iowa Attorney General's Office are committed to ending it. (Peter E. Deegan Jr., Marc Krickbaum and Tom Miller, 11/12)

[Des Moines Register: Gov. Kim Reynolds Must Explain Her Plans To Fix Medicaid](#) -There are more than 2.1 million registered voters in Iowa. About 40 percent of them did not vote in the midterm elections. The majority of the 1.3 million who did gave Republican Gov. Kim Reynolds four more years in office. They also gave her a GOP-controlled Legislature. This is troubling news for the Iowans who rely on Medicaid, the health providers who serve them and taxpayers. Despite many problems with privatizing management of the \$5 billion health insurance program, Reynolds has refused to return it to state control. She has defended and perpetuated an experiment set in motion by her predecessor that relies on for-profit insurers to manage care for more than 700,000 people. Now Reynolds fully owns responsibility for this program, and she must explain to Iowans her vision for its future. (11/9)

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[The Hill: Trump Administration Loosens Restrictions On Mental Health Treatment](#) - “Different forms of treatment work for different patients, but the decades-old restriction on Medicaid reimbursement for inpatient treatment at institutions for mental diseases, or IMDs, has been a significant barrier,” Azar said Tuesday during a speech to the National Association of Medicaid Directors. The initial exclusion was meant to phase out the use of psychiatric wards by preventing Medicaid from paying for treatment in facilities with more than 16 beds. States were responsible for the care of people with severe mental illness in those facilities. (Weixel, 11/13)

[ProPublica: Oregon Board Says Those Found Criminally Insane Rarely Commit New Crimes. The Numbers Say Otherwise.](#) -About 35 percent of people found criminally insane in Oregon and then let out of supervised psychiatric treatment were charged with new crimes within three years of being freed by state officials, according to a comprehensive new analysis by ProPublica and the Malheur Enterprise. The analysis and interviews show that Oregon releases people found not guilty by reason of insanity from supervision and treatment more quickly than nearly every other state in the nation. The speed at which the state releases the criminally insane from custody is driven by both Oregon's unique-in-the-nation law and state officials' expansive interpretation of applicable federal court rulings. (Fraser, 11/14)

[ProPublica: What Oregon Officials Knew And When They Knew It](#) - The top of the Oregon Psychiatric Security Review Board's website boasts of its success in reforming people acquitted of crimes because of a mental disorder: “With public safety as its primary focus, the Board has an exceptional record of reintegrating clients into the community with a 6 year average 0.46% adult recidivism rate.” In fact, a review of public records shows that the board has known that its record with clients after they are released is far less impressive. The 0.46 percent rate of recidivism refers only to people still in the board's custody. (Fraser, 11/14)

[NPR: Guns And Dementia: A Growing Worry For Families As Americans Age](#) - Families of people with dementia will often take away the car keys to keep their family member safe. They might remove knobs from stove burners or lock up medicine. But what's less talked about is the risk of guns in the home for those with dementia. (Block, 11/13)

[St. Louis Public Radio: Debt, Disfigurement Place Survivors Of These Types Of Cancer At Higher Risk Of Suicide](#) - Studies show cancer survivors are twice as likely to die by suicide than the general population. But some cancer survivors are at a greater risk than others, according to research from a St. Louis University doctor. A study appearing in this month's journal Cancer has found patients in recovery from pancreatic, head and neck cancers die by suicide at a higher rate than other common cancers. In the case of head and neck cancer, the suicide rate is 63 for every 100,000 people — close to four times that of the general population and two times that of other cancer survivors combined. (Fentem, 11/12)

[How providers are addressing the crisis in rural healthcare](#) - It's National Rural Health Day, and that area of care is in peril. Hundreds of rural hospitals are at risk of closing and millions of patients may not have a local hospital. We've taken a look at how providers can weather the storm. [READ MORE](#)

[Arkansas drops 3,815 more Medicaid enrollees over work requirement](#) - Nearly 4,000 Arkansans lost their Medicaid expansion coverage in October because they didn't comply with the state's new work requirement. Another 8,462 low-income adults lost benefits in the previous two months. [READ MORE](#)

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[CMS may let hospitals use Medicaid to tackle social determinants of health](#) The CMS might allow hospitals and health systems to pay directly for housing, healthy food or other solutions for the "whole person" through the Medicaid program, according to HHS Secretary Alex Azar. [READ MORE](#)

Terror in America – *Psychiatric Times* - http://www.psychiatrictimes.com/couch-crisis/terror-america?rememberme=1&elq_mid=4342&elq_cid=1741498

Mental Illness Will Cost the World \$16 Trillion by 2030 – *Psychiatric Times* - http://www.psychiatrictimes.com/mental-health/mental-illness-will-cost-world-16-usd-trillion-2030?rememberme=1&elq_mid=4342&elq_cid=1741498&GUID=63C890DD-0158-4259-AF50-FFE3D61EE098

[Colorado plans changes in mental health crisis-response system](#) -State officials say an overhaul is needed to improve mobile crisis response, incorporate local mental health services that already exist and, more broadly, put separate people in charge of financial and clinical decisions. [READ MORE](#)

Vermont's hospitals are struggling to deal with people in severe psychological distress, scrambling to add new staff and policies while psychiatric units are operating at capacity and more and more mental health patients clog emergency rooms. An investigation into the state's mental health system uncovered physical struggles between nurses and patients, improper restraints, escape attempts, and more. ([VT Digger](#))

In Oregon, a state Psychiatric Security Review Board said those found criminally insane rarely commit new crimes. But an analysis shows otherwise. About 35 percent of people released from psychiatric treatment were charged with new crimes within three years of being freed by state officials. Former psychiatric clients eventually killed or raped others.

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[ProPublica: 9-Year-Old Alleges Staff Member at Chicago Psychiatric Hospital Choked and Restrained Her](#) -As Illinois' child welfare agency works to clear out its remaining patients at a Chicago psychiatric hospital beset by allegations of sexual abuse and assault, problems continue to emerge. The Illinois Department of Children and Family Services on Monday opened an investigation into a 9-year-old girl's allegation that a staff member at Aurora Chicago Lakeshore Hospital choked and restrained her. (Eldeib, 11/20)

[Nashville Tennessean: Mental Health In Tennessee: 1 In 3 College Students Seek Help](#) -She isn't alone. According to a study released earlier this month, about 1 in 3 U.S. college students sought mental health treatment in 2017. That's up from 1 in 5 just 10 years ago. The dramatic jump in demand has forced schools across the country to overhaul their offerings. In many cases, the progress on college campuses lagged behind similar efforts in other sectors. (Tamburin, 11/20)

[Iowa Public Radio: Iowa DHS Director Says State Is Embracing Child Welfare System Changes To Keep Families Together](#) -Iowa's Department of Human Services says the state's foster care system has come a long way in helping children in unsafe home situations, but there's more that needs to be done. The state is embracing a federal law passed earlier this year that supports keeping families together. The Family First Prevention Services Act passed in February aims to provide services like mental health and substance abuse treatment to families before their child is pushed into the foster care system. (Peikes, 11/20)

[Iowa Public Radio: New Plan For Children's Mental Health Needs Funding](#) -Governor Kim Reynolds' children's mental health board has new recommendations for how to better serve families with children who have a diagnosed mental illness. Under the plan being proposed, children would be routinely screened for mental health issues and services for children would be expanded. But, where will funding for the plan come from? (Moon and Kieffer, 11/20)

[The Detroit News: Mental Health Care Deserves Funding Fix](#) - Beaumont Health recently announced it will begin construction on a new 150-bed, free-standing psychiatric hospital in early 2019. This is a need in Michigan, where the mentally ill have been woefully underserved since the closure of most state mental hospitals in the 1990s. In addition to increasing capacity, hospital systems should consider other alternatives to care for those struggling with mental illness. In 1993, community hospitals in Michigan had a collective capacity of 3,041 adult beds and 729 child/adolescent beds. Today, that number has decreased to 2,197 adult beds and 276 youth beds. The number of mentally ill people has not decreased, but the support has significantly. (11/20)

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Ending non-emergency rides for Medicaid patients makes no sense -A rule change under consideration by the CMS would allow states to opt out of the requirement that they provide non-emergency medical transportation to Medicaid beneficiaries. The change could increase costs, severely limit access to care and lead to negative health outcomes. [READ MORE](#)

Mental health therapy at Walmart? It's now a thing A Boston company is taking the concept of retail health care to a new level — but don't expect it to happen here. [Continue reading →](#)

Modern Healthcare: Prospect Of CMS Paying For Housing Attracts Attention From Industry The surprise announcement by HHS Secretary Alex Azar that the CMS was interested in paying for housing and other social services caught the industry's attention, prompting a slew of opinions on how that would work. High on the list of suggestions among industry stakeholders is a warning for the CMS to keep in mind community organizations and other federal agencies as it considers any new payment models in which housing and other social services are paid for. (Castellucci, 11/24)

NPR: Preventing Suicides Unites Some Doctors And Gun Shop Owners Doctors across the U.S. have become increasingly vocal in addressing gun violence as a public health crisis, a posture that recently has drawn the wrath of the National Rifle Association. Yet, in Colorado, a diverse group that includes doctors, public health researchers and gun shop owners has come together to bridge this divide. The Colorado Firearm Safety Coalition has found common ground on at least one issue: preventing firearm suicide. The group's motto: "fighting suicide, together." (Block, 11/21)

The Wall Street Journal: When Mental-Health Experts, Not Police, Are The First Responders -They are the kind of calls that roll into police departments with growing regularity: a man in mental crisis; a woman hanging out near a dumpster at an upscale apartment complex; a homeless woman in distress. In most American cities, it is police officers who respond to such calls, an approach law-enforcement experts say increases the risk of a violent encounter because they aren't always adequately trained to deal with the mentally ill. At least one in every four people killed by police has a serious mental illness, according to the Treatment Advocacy Center, a nonprofit based in Arlington, Va. (Elinson, 11/24)

Boston Globe: Mental Health Therapy At Walmart? It's Now A Thing A Boston company is taking the concept of retail health care to a new level — offering mental health treatment in a Walmart. Beacon Health Options, which manages mental health care for 40 million people, has opened a small clinic in the discount department store in Carrollton, Texas. The company plans to roll out the program in other retail locations nationwide, with the goal of increasing access to mental health care. (Freyer, 11/26)

The CT Mirror: School-Based Health Centers Take Leading Role In Fighting Teen Suicide Although the number of youth in Connecticut who have committed suicide has fluctuated in recent years, making it difficult to identify a trend, mental health professionals who work with teenagers say that depression and anxiety — the typical reasons for suicide — are definitely on the rise. Between 2012 and 2017, there was an 11 percent increase in the number of mental health visits at school-based health centers, according to the Department of Public Health (DPH). Mental health visits now make up 41 percent of total visits to the school-based centers. (Werth, 11/23)

The Washington Post: Teenage Sleep And Brain Health May Improve With A Better Pillow Healthy sleep leads to healthy brains. Neuroscientists have gotten that message out. But parents, doctors and educators alike have struggled to identify what to do to improve sleep for teenagers. Some have called for delaying school start times or limiting screen time before bed to achieve academic, health and even economic gains. Still, recent estimates suggest that about half of adolescents in the United States are sleep-deprived. These numbers are alarming because sleep is particularly important during adolescence, a time of significant brain changes that affect learning, self-control and emotional systems. (Galvan, 11/24)

The New York Times: How Loneliness Is Tearing America Apart America is suffering an epidemic of loneliness. According to a recent large-scale survey from the health care provider Cigna, most Americans suffer from strong feelings

of loneliness and a lack of significance in their relationships. Nearly half say they sometimes or always feel alone or “left out.” Thirteen percent of Americans say that zero people know them well. The survey, which charts social isolation using a common measure known as the U.C.L.A. Loneliness Scale, shows that loneliness is worse in each successive generation. (Arthur C. Brooks, 11/23)

Overdoses, bedsores, broken bones: What happened when a private-equity firm sought to care for society’s most vulnerable - A rise in health-code violations at the second-largest nursing home chain in the United States began after the Carlyle Group orchestrated a deal that extracted \$1.3 billion for investors but left the firm with untenable financial obligations, according to interviews and financial documents. **By Peter Whoriskey, Dan Keating • [Read more »](#)**

Perspective | Looking for signs that my child will be okay after a psychiatric hospitalization

Prospect of CMS paying for housing attracts attention, advice and questions

Providers and policy analysts welcomed the CMS' news it may offer a payment model for hospitals to provide housing and other social services, but they argue that success depends on collaborating with other agencies and organizations. [READ MORE](#)

Audit: Iowa Medicaid savings barely half what was projected -Iowa saved \$126 million this year from privatizing its Medicaid system, barely half what former Gov. Terry Branstad projected when he forced the change in 2016. [READ MORE](#)

Mental health coverage limits in self-insured plans hang on judge's ruling-A federal judge is set to decide how much flexibility insurers that administer self-insured health plans have in limiting coverage for treatment of mental health and substance use disorders. [READ MORE](#)

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The Stages of My Mental Illness -For Katherine, mental illness has been a process. Recognizing these stages has helped her identify what kind of support she needed at each stage of her mental health journey. [LEARN MORE »](#)

Talking to Kids About Mental Illness -For parents with mental illness, it's important to help your child understand your condition. Here's a few tips on how to help them learn. [READ MORE »](#)

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Realizing the Impact of Mental Illness on My Family -"I was naïve to think that mental illness had nothing to do with me. Even as I trained to help others understand and cope with mental illness, my own stigma against the label was deeply ingrained." [READ MORE »](#)

Tips for Successful Family Therapy -Family relationships are sometimes responsible for life’s biggest conflicts. They’re often complicated and can span decades. Family therapy is a safe place to work through negative feelings and move

forward. [READ MORE »](#)

[MPR: Low-Income Minnesota Families Struggle To Get Dental Care](#) - About 655,000 Minnesota children were enrolled in Medicaid, but only 36 percent of them received dental services included in their coverage, according to 2017 statistics. That puts Minnesota noticeably below the national average. (Bakst, 11/28)

[USA Today: Hundreds In The United States Die Each Year From Alcohol Withdrawal](#) - About 16 million people in the United States have alcohol use disorder, which the National Institutes of Alcohol Abuse and Alcoholism define as "compulsive alcohol use, loss of control over alcohol intake, and a negative emotional state when not using." For those experiencing the most serious symptom of withdrawal – the shaking, shivering, sweating and confusion of delirium tremens, or the DTs – the death rate has been estimated as high as 4 percent, or 1 in 25. Of patients admitted to one hospital in Spain with alcohol withdrawal syndrome from 1987 to 2003, a research team there found, 6.6 percent died. That's roughly 1 in 15. (O'Donnell, 11/27)

[Denver Post: Former Colorado Inmate Files Federal Lawsuit, Alleges He Was Encouraged To Kill Himself While He Was Suicidal](#) -A former inmate who says he was suicidal during his time in a Fremont County jail alleges in a newly filed federal lawsuit that he was restrained for a month without mental health treatment and encouraged to go ahead and kill himself. ...The case is among numerous lawsuits filed against Correctional Healthcare Companies, located at 6200 S. Syracuse Way in Greenwood Village, and its affiliates. Plaintiffs' attorneys in Colorado and around the country have alleged CHC has shown a pattern of profit-motivated medical neglect that has cost offenders their lives or caused permanent injury. (Mitchell, 11/27)

[MPR: An Old Minnesota Jail Is Now A Leader For Inmate Mental Health](#) - The new, \$52 million jail opened this fall in Moorhead with 209 beds. Its 18-bed behavioral health unit is in the back of the building. Soundproofing helps keep the noise down, and inmates housed there can get mental health care without leaving the unit. (Gunderson, 11/28)

[USA Today: Suicide Kills 45,000 Men, Women And Children A Year. Society Shrugs.](#) If a killer roaming America left 45,000 men, women and children dead each year, you can bet society would be demanding something be done to end the scourge. Well, such a killer exists. It's called suicide, and the rate of it has been steadily climbing. Yet the national response has been little more than a shrug, apart from raised awareness whenever a celebrity — fashion designer Kate Spade and renowned chef Anthony Bourdain, to name two this year — is tragically found dead by their own hand. USA TODAY's comprehensive look at this public health crisis and its ripple effect, published Wednesday, includes a daughter's heart-wrenching narrative of losing a mother to suicide, as told by former Cincinnati Enquirer Managing Editor Laura Trujillo. Although suicide is the 10th leading cause of death in America, efforts to understand and prevent it fall dismally short. (11/28)

[USA Today: NIH And NIMH: We're Deeply Committed To Reducing Suicide](#) - Suicide is a human tragedy and a major public health concern, and the National Institutes of Health is deeply committed to bringing the very best science to this critical issue. NIH expenditures on research related to suicide are far more extensive than the USA TODAY analysis implies. Research demonstrates that most individuals who die by suicide suffer from some form of mental illness, whether diagnosed or not. Annually, NIH spends an estimated \$68 million on suicide and suicide prevention research and an additional \$2.7 billion on mental health research. By improving the diagnosis and management of mental illnesses, we can effectively reduce the risk of suicide. (Francis S. Collins and Joshua A. Gordon, 11/28)

— Actress **Amanda Bynes** has opened up [about her past struggles](#): "I'm really ashamed and embarrassed with the things I said."

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New Government Report Suggests 1 In 40 Kids Have Autism - National survey results show as many as 1 in 40 U.S. children have been diagnosed with autism, continuing an upward trend. [Read More >](#)

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[The Associated Press: Audit: Iowa Medicaid Savings Barely Half What Was Projected](#) - Iowa saved \$126 million this year from privatizing its Medicaid system, barely half what former Gov. Terry Branstad projected when he forced the change in 2016, according to an audit released Monday. The report by Auditor Mary Mosiman also found officials and lawmakers have failed to file quarterly financial reports as required by state law. (Pitt, 11/26)

[Des Moines Register: Audit: Privatized Medicaid Is Saving Iowa Taxpayers \\$126 Million Per Year](#) - State Auditor Mary Mosiman said the May 2018 estimate of \$141 million in annual savings was more accurate than earlier state estimates of \$234 million and \$47 million. Using the most recent estimation method with updated financial information, Mosiman's office estimates the fiscal year 2018 savings at \$126 million. The auditor chided the Iowa Department of Human Services for failing to have an accurate way to estimate the savings when the state made the shift to private Medicaid management in 2016. (Leys and Rodriguez, 11/26)

[Cleveland Plain Dealer: Medical Officials Fled Cuyahoga County Jail As Conditions Worsened, Before And After Inmates Began Dying](#) - Seven inmates died from June 10 to Oct. 2, including three who committed suicide. The U.S. Marshals issued a scathing report Wednesday that said the conditions in the jail are "inhumane" and dangerous for both inmates and corrections officers. The understaffing of mental health providers at the jail has drawn criticism from Cuyahoga County judges and scrutiny from FBI agents, who are looking into possible civil right violations at the jail, according to two people interviewed by the FBI. (Ferrise and Astolfi, 11/26)

[Des Moines Register: Warren County's New Mobile Crisis Response Team Responds To Dozens Of Mental Health Emergency Calls](#) -Warren County's mobile crisis response team responded to 44 cases in its first four months of operation. The unit was launched in July by Central Iowa Community Services, a mental health and disability services agency that operates in 11 counties. ...The team is staffed by therapists, nurses and social workers from Eyerly Ball Community Mental Health Services, who respond to calls for support from local police and family members concerned a loved one might be experiencing a mental health crisis. (Albertson, 11/26)

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Amanda Bynes: 'Be really, really careful because you could lose it all and ruin your entire life like I did' - In an interview with Paper magazine, the former Nickelodeon star opened up about her tumultuous past, struggles with substance abuse and interest in returning to acting. **By Allyson Chiu • [Read more »](#)**

Federal prisons were told to improve inmates' access to mental-health care. They've failed miserably. New data reveal an unsettling link between denying inmates treatment for mental health issues and an increase in violence and self-harm in federal prisons. "In prison, there were all kinds of triggers," one former inmate said. "And nobody to talk you down." **By Christie Thompson and Taylor Elizabeth Eldridge | The Marshall Project • [Read more »](#)**

U.S. life expectancy declines again, a dismal trend not seen since World War I Public health and demographic experts reacted with alarm to the statistics, which are considered a reliable barometer of a society's health. The reports show that the nation is still in the grip of escalating drug and suicide crises. **By Lenny Bernstein • [Read more »](#)**

[The Associated Press: Suicide, At 50-Year Peak, Pushes Down US Life Expectancy](#) -Suicides and drug overdoses pushed up U.S. deaths last year, and drove a continuing decline in how long Americans are expected to live. Overall, there were more than 2.8 million U.S. deaths in 2017, or nearly 70,000 more than the previous year, the Centers for Disease Control and Prevention said Thursday. It was the most deaths in a single year since the government began counting more than a century ago. (Stobbe, 11/29)

[Politico: Drug Overdoses And Suicides Fuel Drop In U.S. Life Expectancy](#) -Although the U.S. has struggled with a drug crisis for years, overdoses have only recently become a major driver of the overall mortality rate because decreases in other causes of death, like heart disease, have leveled off after long-term declines. "In those previous years, the increase in overdose deaths offset the declines in heart disease, but now those have flattened out so that's no longer the case," said Bob Anderson, chief of the Mortality Statistics Branch at the CDC's National Center for Health Statistics. (Ehley, 11/29)

[USA Today: Suicide: My Mom Took Her Life At The Grand Canyon – And I Wanted A Why](#) -I stood and looked down into the canyon, at a spot where, millions of years ago, a river cut through. Everything about that view is impossible, a landscape that seems to defy both physics and description. It is a place that magnifies the questions in your mind and keeps the answers to itself. Visitors always ask how the canyon was formed. Rangers often give the same unsatisfying answer: Wind. Water. Time. It was April 26, 2016 – four years since my mother died. Four years to the day since she stood in this same spot and looked out at this same view. I still catch my breath here, and feel dizzy and need to remind myself to breathe in through my nose out through my mouth, slower, and again. I can say it out loud now: She killed herself. She jumped from the edge of the Grand Canyon. From the edge of the earth. (Trujillo, 11/28)

[USA Today: Suicide Prevention: Would More Funding, Less Stigma Save Lives?](#) -Americans are more than twice as likely to die by their own hands, of their own will, than by someone else's. But while homicides spark vigils and protests, entering into headlines, presidential speeches and police budgets, suicides don't. Still shrouded in stigma, many suicides go unacknowledged save for the celebrities – Robin Williams, Kate Spade, Anthony Bourdain – punctuating the unrelenting rise in suicide deaths with a brief public outcry. Just since 1999, suicide rates have climbed nearly 30 percent, according to the Centers for Disease Control and Prevention. (Godlasky and Dastagir, 11/28)

[USA Today: Native American Suicides: Coping With Trauma Saved This Woman's Life](#) - With practiced precision, Shelby Rowe uses a small needle to lift each bead, stitching it into fabric, coaxing it to become something more. Her black hair fans across hunched shoulders. A silver tree of life hangs from her neck, tethering her to the past, anchoring her in the present. For Rowe, this Native American tradition isn't just art. Beading is part of survival. "Beads are nothing but broken glass," she says. "I spend hours of my time mending broken things. Making something beautiful out of something broken." (Dastagir, 11/28)

[USA Today: Transgender Suicide: How This LGBT Person Copes With Suicidal Thoughts](#) -When Shear Avory was a child, they'd look out the window and hope. For the bullying to stop. For conversion therapy to end. For Mom. Every morning, Avory would sit in bed and count down – three, two, one – before chanting, "Today I begin a new life. Today I am free. Today I start over." A better day would take years to come. There would be new traumas and wounds from old ones that refused to heal. "I was constantly in a space of being unaccepted, unwelcomed and put down," said Avory, who identifies as transgender and uses the personal identity pronouns they/them/theirs. "I think from those experiences, I've always held on to hope. ... I had nothing else to rely on." (Dastagir, 11/28)

[USA Today: Suicide Loss Survivors: How Survivors Can Cope, Loved Ones Can Help](#) - Loss survivors – the close family and friends left behind after a suicide – number six to 32 for each death, according to the Centers for Disease Control and Prevention, meaning that in 2016 alone, as many as 1.44 million people unwillingly became part of this group. They are forced to cope with the loss of a loved one and navigate uncertain futures, often caring for confused children as they struggle to accept they may never know "why." (Dastagir, 11/28)

[KCUR: Health Experts Hope Dr. Rich Mahogany And 'Man Therapy' Can Reduce Suicide In Men](#) -Tens of thousands of Americans die by suicide each year; it is a leading cause of death among working-age men in the U.S. In Colorado, 56 percent of men who die by suicide used a firearm. Between 2004 and 2017, more people died by suicide in El Paso County, a populated area that is home to multiple military bases and Colorado Springs, than in any other county in the state. Last year, 75 percent of those people were men. That's why county health officials are trying to reach men before their crisis point through "Man Therapy." The slightly crass, tongue-in-cheek public health program lives largely online, in the form of a slick website that aims to first draw in men with funny videos and witty graphics — and then offer them mental health resources. (Paterson, 11/28)

[The Washington Post/The Marshall Project: Federal Prisons Are Failing Inmates With Mental Health Disorders](#) - In 2014, amid mounting criticism and legal pressure, the Federal Bureau of Prisons imposed a new policy promising better care and oversight for inmates with mental-health issues. But data obtained by the Marshall Project through a Freedom of Information Act request shows that instead of expanding treatment, the bureau has lowered the number of inmates designated for higher care levels by more than 35 percent. Increasingly, prison staff are determining that prisoners — some with long histories of psychiatric problems — don't require any routine care at all. As of February, the Bureau of Prisons classified just 3 percent of inmates as having a mental illness serious enough to require regular treatment. (Thompson and Eldridge, 11/21)

[Boston Globe: How Culture Shapes Your Mind — And Your Mental Illness](#) - Culture shapes who we are, so it follows that it would also shape our manifestations of stress, mental disorder, emotion. Yet, that also implies a kind of messiness that modern psychology and psychiatry, particularly the American kind, have spent the last 100 years struggling to tidy up. (Rodriguez McRobbie, 11/28)

[The New York Times: To Treat Eating Disorders, It Sometimes Takes Two](#) -The issue was peanut butter. No matter what form it took — creamy, crunchy, straight from the jar or smeared between two slices of bread — it caused Sunny Gold enormous anxiety. In fact, the goeey spread posed such a threat that during her first few years of recovery from binge eating disorder, between 2006 and 2007, Ms. Gold, 42, a communications specialist in Portland, Ore., couldn't keep it around the house. It was one of her favorite foods, and she feared she would binge on it. Just knowing it was there, lurking in her cupboard, made her feel "unsafe," as she put it. (Ellin, 11/29)

[NPR: ADHD Diagnosis Is More Common For Youngest Students In Class](#) - "You could certainly imagine a scenario in which two kids who are in a class who are different in age by almost a year could be viewed very differently by a teacher, or school personnel who's evaluating them," says Dr. Anupam Jena, a physician and economist at Harvard Medical School. "A year of age difference in a 5-year-old or a 6-year-old is huge." (Harris, 11/28)

[Iowa Public Radio: Foxhoven: Counties Can Move Mental Health Regions As Long As Core Services Stay Intact](#) - The head of Iowa's Department of Human Services says the state's regional mental health system is working, despite some counties leaving their regions and joining others. In Iowa, counties group together to manage and deliver their own mental health and disability services. Before July 2014, each county was in charge of its own mental health services. (Peikes, 11/28)

[USA Today: Suicide: We Need To Talk About It, And The Media Needs To Cover It](#) - We all know someone touched by suicide. Myself included. Nicole Carroll was raised by her paternal grandparents until about age 2. They remained close. Her grandfather, J.E. Carroll Jr., died by suicide in 2001. (Photo: Nicole Carroll) I lived with my grandparents until I was 2. I stayed close to my grandfather; he never stopped looking out for me, even as I started college, work, a family. Then, in 2001, he killed himself. It wasn't a secret, but no one ever talked about it. That was 17 years ago. And still today, we just don't talk about suicide. The media rarely share stories of suicide, in part because we don't want to make things worse. The practice in newspapers for decades was not to write about suicide at all unless it was done in public or was a public figure. (Nicole Carroll, 11/28)

[New England Journal of Medicine: Sit Back And Listen — The Relevance Of Patients' Stories To Trauma-Informed Care](#) - If there is one thing I have learned over 22 years of practicing pediatrics in an under-resourced urban environment, it is that patients reveal their most personal and painful life experiences when we build trusting relationships and encourage open dialogue. The more we understand about the long-term effects of toxic stress due to adverse childhood experiences, the more important it becomes for us to absorb these stories. They form the crux of trauma-informed care. But how can we encourage open dialogue in today's health care climate? (Dorothy R. Novick, 11/29)

Kentucky's new Medicaid Requirements - The Centers for Medicare and Medicaid Services (CMS) re-approved Kentucky's request to add work requirements to the state's Medicaid program last week, following a [federal judge's ruling](#) earlier this year that overturned the first iteration of these requirements. These changes would require the population covered by Kentucky's Medicaid expansion to report 80 hours of work or "work-related activities" each month, or face losing their coverage for a six-month lockout period. The approved 1115 waiver, which takes effect April 1, 2019, is almost identical to the state's previously overturned application, and has been projected to result in at least 95,000 Kentuckians losing Medicaid coverage over the next five years. [Read more.](#)

Health Groups Press HHS to Suspend Arkansas Work Requirements -Last week, groups including the National Council, Center on Budget and Policy Priorities, the Georgetown University Center on Children and Families and more urged HHS Secretary Alex Azar to take immediate action to suspend Arkansas' Medicaid work requirements. [In the letter](#), the groups express grave concerns for the more than 12,000 Medicaid enrollees that have lost health care coverage due to the state's new rules, many of whom were likely unaware of the new requirements or possibly could have met the requirements were it not for bureaucratic barriers. Despite these alarming numbers, CMS recently decided to move forward with the [re-approval of Medicaid work requirements in Kentucky](#).

Three new CDC reports show Americans' life expectancy fell to 78.6 years, marking the second time in three years U.S. life expectancy has declined. The trend is largely driven by the twin crises of drug overdose deaths and suicide. In 2017, more than 70,000 people died of a drug overdose (the highest number on record) and in the same year about 47,173 people died by suicide, a 33 percent increase since 1999. These alarming figures continue to show the need for greater access to mental health and addiction care nationwide.

CNN: Record Numbers Of Migrant Kids In US Custody -Juan is caught in a record backlog that has 14,000 children experiencing longer detention times in shelters across America, according to a Department of Health and Human Services official. About 11,900 children were detained in June, that number rose to 12,800 in September. As detention times increase, with some staying up to a year, caretakers have seen children exhibit mental health and behavioral problems, according to a source inside a large detention service provider. This source adds that the unaccompanied children are considered higher risk. And while, in years past, child shelters used to be mission-driven (to serve children), now they are at full capacity and more policy driven. (Flores, Edwards, Said and Schneider, 11/30)

Modern Healthcare: Mental Health Coverage Limits In Self-Insured Plans Hang On Judge's Ruling - A federal judge is set to decide how much flexibility insurers that administer self-insured health plans have in limiting coverage for treatment of mental health and substance use disorders. The decision could have wide ramifications in terms of holding insurers to a standard in what has to be covered in the fast-growing behavioral healthcare segment. The case stems from two consolidated class action lawsuits filed in 2014 against United Behavioral Health, the nation's largest behavioral health insurer, that went to trial in October 2017 before U.S. Chief Magistrate Judge Joseph Spero in San Francisco. (Meyer, 11/28)

Stateline: Recognizing Suicide's Warning Signs Could Save Lives - Nationwide, more than 47,000 Americans died by suicide last year, according to data released this week by the Centers for Disease Control and Prevention. That's a nearly 5 percent increase over 2016, when close to 45,000 people died. And it's a continuation of a nearly 20-year rise in suicide rates that, along with drug overdose deaths, has been a leading factor in an ongoing decline in the average American life expectancy. (Vestal, 11/30)

NPR: Experimental Brain Stimulation Relieved Depression Symptoms In Study -There's new evidence that mild pulses of electricity can relieve depression — if they reach the right target in the brain. A study of 25 people with epilepsy found that those who had symptoms of depression felt better almost immediately when doctors electrically stimulated an area of the brain just above the eyes, a team reported Thursday in the journal Current Biology. (Hamilton, 11/29)

Stat: With Schizophrenia Drug Results, Alkermes Gets Much-Needed Good News -Alkermes (ALKS) said Thursday that schizophrenia patients treated with an experimental tablet called ALKS 3831 reported significantly less weight gain compared to the most commonly prescribed antipsychotic currently in use. The ALKS 3831 results achieved the main goal of Alkermes' Phase 3 clinical trial, clearing the way for the biopharma company to file for regulatory approval in the middle of next year. (Feuerstein, 11/29)

Marketplace: How VA-Trained Psychiatrists Are Bringing Their Skills To Civilians With PTSD - Post-traumatic stress disorder is often associated with military veterans. But civilians live with PTSD, too. And finding treatment outside of the Veterans Administration isn't always easy. More mental health providers are starting to treat PTSD in the civilian world, and some are using lessons they learned from treating veterans. (Covington, 11/28)

The New York Times: Kevin Love Calls Speaking Out On Mental Health 'The Biggest Thing' In His Career - Kevin Love had always found refuge in basketball — a sport at which he excels. But his team, the Cleveland Cavaliers, was not playing very well early in the 2017-18 season. And the expectations had never been higher: Love and his Cavaliers

teammates won an N.B.A. championship the year before and were widely expected to return to the N.B.A. Finals. (Stevens, 11/29)

[**Austin American-Statesman: Austin Police Form Task Force To Address Mental Health Audit**](#) - Austin police officials have formed a task force to address the conclusions of an audit that found that the Police Department could do a better job interacting with people who are mentally ill, City Manager Spencer Cronk wrote in a memo Thursday. The audit found that there are not enough mental health experts to assist police when they interact with people who are mentally ill and that a third of the 24 people killed in Austin police shootings from 2010 through 2016 were having mental health crises. (Hall, 11/29)

[**Health Affairs: Patient Safety In Inpatient Psychiatry: A Remaining Frontier For Health Policy**](#) - Behavioral health care has been slow to take up robust efforts to improve patient safety. This lag is especially apparent in inpatient psychiatry, where there is risk for physical and psychological harm. Recent investigative journalism has provoked public concern about instances of alleged abuse, negligence, understaffing, sexual assault, inappropriate medication use, patient self-harm, poor sanitation, and inappropriate restraint and seclusion. However, empirical evidence describing the scope of unsafe experiences is limited. (Shields, Steward, and Delaney, 11/5)

[**The New York Times: Can We Stop Suicides?**](#) -The suicide rate has been rising in the United States since the beginning of the century, and is now the 10th leading cause of death, according to the Centers for Disease Control and Prevention. ...The trend most likely has social causes — lack of access to mental health care, economic stress, loneliness and despair, the opioid epidemic, and the unique difficulties facing small-town America. These are serious problems that need long-term solutions. But in the meantime, the field of psychiatry desperately needs new treatment options for patients who show up with a stomach full of pills. Now, scientists think that they may have found one — an old anesthetic called ketamine that, at low doses, can halt suicidal thoughts almost immediately. (Moises Velasquez-Manoff, 11/30)

[**USA Today: With More Stressors And Less Support, Doctors Are Stalked By Suicide**](#) - Many colleagues in health care drive themselves beyond exhaustion and into depression, putting them at increased risk of suicide. Celebrity suicides sparked a national conversation about the complex causes that put people at risk. Meanwhile, health care is undergoing an all-but-silent epidemic: physician suicides. An estimated 300-400 physicians in the United States take their own lives each year. Suicides among male physicians are 40 percent higher than the general population, and among female physicians a staggering 130 percent higher. (Edward M. Ellison, 11/30)

[**The New York Times: Trump's New Wall To Keep Out The Disabled**](#) - At the signing ceremony for the 1990 Americans With Disabilities Act, President George Bush observed that the legislation had much in common with the fall of the Berlin Wall the year prior. The new law “takes a sledgehammer to another wall,” Bush remarked, “one which has for too many generations separated Americans with disabilities from the freedom they could glimpse, but not grasp.” Our current president, infamous for mocking Americans with disabilities and unraveling the social safety net, plans to rebuild that wall, putting America’s promise of freedom again further out of reach for people with disabilities. (Elena Hung and Katherine Perez, 11/29)

[**San Jose Mercury News: How California Can Model Caring For The Mentally Ill**](#) -Too few individuals with a mental health issue get the care they need. Consider that in 2016 only one in 10 people needing substance use treatment were able to gain access to a specialty facility. California’s health care system — like the rest of the country — remains fragmented, with mental health being seen as a separate and distinct element from physical care. (Norris and Miller, 11/29)