

February 2019 – Additional Mental Health Articles from Around the Nation

Understanding Dyslexia - How dyslexia affects kids' ability to learn, and how we can help them. [READ MORE ►](#)

How to Spot Dyscalculia - When math difficulties mean something more. [READ MORE ►](#)

What Is Non-Verbal Learning Disorder? Difficulty picking up concepts and patterns affects kids academically and socially. [READ MORE ►](#)

What Is Auditory Processing Disorder? When kids are listening, but not taking in information. [READ MORE ►](#)

Forbes: [How To Create a Workplace that Supports Mental Health](#)

[WBUR: If You Have A Mental Illness, Should You Tell Your Employer? The Answer Isn't Cut And Dry](#) - For Taylor Nieman, who has bipolar disorder, holding down consistent work has proven difficult, and she has struggled deciding whether or not to tell employers about her illness — a choice psychologist and lawyer Susan Goldberg says is difficult to make due to a variety of factors. (O'Dowd, 12/10)

[The New York Times: Mapping The Brain's Genetic Landscape](#) - For the past two decades, scientists have been exploring the genetics of schizophrenia, autism and other brain disorders, looking for a path toward causation. If the biological roots of such ailments could be identified, treatments might follow, or at least tests that could reveal a person's risk level. In the 1990s, researchers focused on genes that might possibly be responsible for mental distress, but then hit a wall. Choosing so-called candidate genes up front proved to be fruitless. In the 2000s, using new techniques to sample the entire genome, scientists hit many walls: Hundreds of common gene variants seemed to contribute some risk, but no subset stood out. (Carey, 12/13)

[Stat: With Data From 2,000 Brains, Studies Explore Psychiatric Diseases](#) - But a sweeping set of studies published Thursday make a dent in that mystery, and shows the potential of big data and teamwork among many labs to unlock valuable clues. The 10 papers — appearing in Science, Science Translational Medicine, and Science Advances — are part of a unique, nationwide collaboration among more than a dozen research sites known as the PsychENCODE Consortium. (Thielking, 12/13)

Perspective | Carolyn Hax: A sister goes off to college and shows signs of mental illness

https://www.washingtonpost.com/lifestyle/style/carolyn-hax-a-sister-goes-off-to-college-and-shows-signs-of-mental-illness/2018/12/17/39e5acd8-fff3-11e8-83c0-b06139e540e5_story.html?utm_term=.a043934c51da&wpisrc=nl_most&wpmm=1

Health advocates say schizophrenia should be reclassified as a brain disease – POLITICO - Changing the definition could unlock more money for cures. [Read the full story](#)

Cultivating empathy in children, from a neuroscience perspective - Parents need to learn to give children space to sort out feelings in the aftermath of screaming. Only there, can kindness happen. - By Erin Clabough [Read more »](#)

Solving the Mystery of Military Mental Health - The iconic scene when George C. Scott slaps the soldier with PTSD in Patton and calls him a “yellow-bellied coward” mirrors the historic and continued ambivalence of the military toward the psychological wounds of war. (Image: ©John Gomez/AdobeStock) [Read more](#)

Bp Magazine - The Forgiveness / Resentment Two-Step - [Read more >>](#)

Bp Magazine - Do People Say “You’re Too Intense?” - [Watch Allison's video >>](#)

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— The new **mental health diversion law**, which was slipped inside a massive budget trailer bill, is intended to steer people with mental health conditions [into treatment and away from jail or prison](#). It's drawn strong opposition from law enforcement and prosecutors.

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Esperanza Magazine - Depression & The Dangers of Downtime - [Read more >>](#)

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Esperanza Magazine - Dealing With Family Drama Without Intensifying Anxiety- [Read more >>](#)

[The Associated Press: Judge Clears The Way For Appeal Of Ruling Against Health Law](#) - In a ruling issued Sunday, Judge Reed O'Connor in Fort Worth wrote that he stands by his earlier conclusion that the entire law is invalidated by congressional repeal of its fines on people who remain uninsured, like a house of cards collapsing. However, because "many everyday Americans would ... face great uncertainty" if that ruling were immediately put into effect, O'Connor issued a stay to allow for appeals. (12/30)

[Politico: Conservative Health Care Experiment Leads To Thousands Losing Coverage](#) - Arkansas is throwing thousands of people off its Medicaid rolls each month for not complying with work requirements, blindsiding vulnerable residents panicked about losing their health coverage. Views differ on the fairness of the unprecedented social experiment, but there's unanimity here that it's causing confusion. And that's feeding a philosophical debate about whether low-income adults are ducking the work rules or just can't navigate the tech-heavy reporting system that goes offline every night at 9 p.m. (Pradhan, 12/30)

[The Associated Press: Paying For Medicaid, Schools Will Be Priority For Lawmakers](#) - Big-dollar decisions about health care and education will top the agenda in many state capitols as lawmakers convene for their 2019 sessions with a closer balance between Republicans and Democrats. Some states will be considering anew whether to expand government-funded health coverage to more people after Democrats put a sizable dent in Republican statehouse dominance during the November elections. Others will be wrestling with how to boost salaries for teachers and funding for their public schools. (Lieb, 12/31)

[The New York Times: In Rehab, 'Two Warring Factions': Abstinence Vs. Medication](#) - Just past a cemetery along a country road, an addiction treatment center called JourneyPure at the River draws hundreds of patients a month who are addicted to opioids and other drugs. They divide their days between therapy sessions, songwriting, communing with horses and climbing through a treetop ropes course. After dinner, they're driven into town in white vans for 12-step meetings. (Goodnough, 12/29)

[The Washington Post: Time Is Running Out For Federally Funded Mental-Health Clinics](#) - An experimental mental-health and addiction treatment program that has shown early success in combating the opioid crisis is at risk of losing its federal funding. An estimated 9,000 patients could lose access to medication-assisted treatment, and 3,000 clinic jobs could be lost if the funding is not renewed, according to the National Council for Behavioral Health. Some states may feel the impact as early as January, because clinics must give staff 60 to 90 days' termination notice. (Marcus, 12/27)

[The New York Times: In Screening For Suicide Risk, Facebook Takes On Tricky Public Health Role](#) - A police officer on the late shift in an Ohio town recently received an unusual call from Facebook. Earlier that day, a local woman wrote a Facebook post saying she was walking home and intended to kill herself when she got there, according to a police report on the case. Facebook called to warn the Police Department about the suicide threat. (Singer, 12/31)

[Dallas Morning News: Arlington Mental Hospital Closes Amid Criminal Case Alleging It Held Patients Against Their Will](#) - An Arlington mental health hospital indicted on charges of holding patients illegally will shut down and is no longer taking patients, KXAS-TV (NBC5) reported. Sundance Behavioral Healthcare System had been indicted on 20 counts of violating state mental health codes, most of them involving holding patients against their will. Attorneys representing Sundance, officially SAS Healthcare Inc., had maintained that the case was an instance of "unprecedented overreach" that would have major consequences. They argued that detention of the mentally ill was sometimes necessary for their own and others' protection. (Ramirez, 12/21)

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[Seattle Times: You're Homeless, But You Have To Leave The Hospital. Where Do You Go?](#) - As homelessness continues to rise in Washington, patients like [Edward] Thomas present a worsening problem for public hospitals. Hospitals are required by federal law to treat patients regardless of their ability to pay, but many chronically homeless people have overlapping medical and mental struggles that make them ethically difficult to discharge. The problem is serious enough that Washington State Hospital Association convened a work group from area hospitals: They found that in Western Washington during summer 2018, there were 200 homeless patients who spent an average of 82 days in the hospital after they no longer needed acute inpatient care. (Greenstone, 12/24)

[Bloomberg: A Worrying Rise In Gun Suicides In America](#) - New data from the Centers for Disease Control and Prevention highlights the growing problem of firearm suicides in the U.S. Since 2008, the rate of gun suicides has risen 22 percent and is driving the increase in gun-related deaths. (Suicides make up almost two-thirds of all gun-related deaths.) Among children and teens in particular, the gun-suicide rate is up more than 76 percent. Although only a small percentage of suicide attempts are made with a firearm, more than half of all suicide deaths are carried out with one. The primary victims are older white men. (12/27)

[The Hill: Veteran Suicide Prevention: Journalists And Commentators Have A Role To Play](#) - Last week my Twitter feed filled with separate but intimately intertwined stories: coverage of the GAO report on VA's failure to spend millions of dollars earmarked for suicide prevention outreach and reports of a veteran who died by suicide at a VA medical center. The first frustrated me deeply, not only as a taxpayer but also as someone both personally and professionally invested in this issue for years. The second left me gravely concerned. (Kayla Williams, 12/30)

Detecting Depression: Phone Apps Could Monitor Teen Angst
<https://apnews.com/21d8615133864b43bfe071ddfaf55a53>

Bp Magazine - Want to Reach Your Goals? Momentum is Key - [Read more >>](#)

Bp Magazine - Just a Few Drinks Can Change How Memories Are Formed - [Read more >>](#)

Bp Magazine - 7 Superfoods to Ease Mood Swings - [Read more >>](#)

[NPR: Parents Feel Forced To Relinquish Custody To Get Their Child Mental Health Treatment](#) - When Toni and Jim Hoy adopted their son Daniel through the foster care system, he was an affectionate toddler. They did not plan to give him back to the state of Illinois, ever. "Danny was this cute, lovable little blond-haired, blue-eyed baby," Jim says. Toni recalls times Daniel would reach over, put his hands on her face and squish her cheeks. "And he would go, 'You pretty, Mom,' " Toni says. "Oh my gosh, he just melted my heart when he would say these very loving, endearing things to me." (Herman, 1/2) "To this day, it's the most gut-wrenching thing I've ever had to do in my life," Jim Hoy said of having to give up his son, Daniel. Advocates say the problem stems from decades of inadequate funding for in-home and community-based services across the country.

[KCUR: Kansas City Psychiatric Hospital Is Shutting Down, Laying Off 129 Employees](#) - Two Rivers Behavioral Health System, a free-standing psychiatric hospital in south Kansas City, will close on Feb. 9 and lay off 129 nurses, therapists and other employees. The 105-bed facility at 5121 Raytown Road opened in 1986 and treated children, adolescents and adults for psychiatric and substance use disorders. Susan Fitzpatrick, the hospital's business director, said the decision to close the hospital was made by its corporate parent, Universal Health Services of King of Prussia, Pennsylvania. (Margolies, 1/2)

[The Associated Press: Detecting Depression: Phone Apps Could Monitor Teen Angst](#) -Rising suicide rates and depression in U.S. teens and young adults have prompted researchers to ask a provocative question: Could the same devices that some people blame for contributing to tech-age angst also be used to detect it? The idea has sparked a race to develop apps that warn of impending mental health crises. Call it smartphone psychiatry or child psychology 2.0. (Tanner, 1/3)

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[CNN: Social Media And Depression: Link Might Be Stronger In Girls](#) - Though social media can be a helpful tool for teenagers to learn and connect with friends, experts have long warned that too much Snapchatting or Instagramming can come with downsides. There appears to be a connection between social media use and depressive symptoms in 14-year-olds, and that connection may be much stronger for girls than boys, according to a study published in the journal *EClinical Medicine* on Thursday. (Howard, 1/3)

[Denver Post: Colorado Youth Suicide Crisis Fueled By School Pressure, Social Media, Other Factors, Report Finds](#) -The pressure placed on children and teenagers to perform well in school and extracurricular activities, along with the anxiety it creates regarding failure, are among the leading risk factors contributing to the growing number of youth suicides in Colorado, according to a new report. The 87-page report, released Thursday by Colorado Attorney General Cynthia Coffman, found that children and teenagers have little time to decompress and get no break from the “bell-to-bell instruction” in schools and other activities. (Seaman, 1/3)

[Concord \(N.H.\) Monitor: Gov. Chris Sununu Champions Suicide Prevention In Inaugural Speech](#) - Gov. Chris Sununu on Thursday announced his support for legislation Dickey has championed that would require teachers to undergo two hours of mandatory youth suicide awareness and prevention training a year. It was one of many proposals in the governor’s inaugural address, which served as an outline for his second term. ...The suicide prevention legislation, called the Jason Flatt Act, was brought to Sununu by [Martha] Dickey and her husband, Paul, of Boscawen last year. It is named after Jason Flatt, who died in 1997 in Tennessee, and has been passed in more than 20 states since then – and fully funded by the Jason Foundation, led by Jason Flatt’s father, Clark Flatt. (Willingham and DeWitt, 1/3)

[Cleveland Plain Dealer: Attorney: Family Of Eighth Cuyahoga County Jail Inmate Preparing Lawsuit Against County](#) - An attorney hired by the family of a 27-year-old man who died after hanging himself in the Cuyahoga County Jail said it is “inconceivable” that another inmate could die in the jail after months of scrutiny surrounding seven other inmate deaths. [Brenden] Kiekisz, who suffered from mental illnesses and had previously tried to commit suicide, is the eighth inmate in Cuyahoga County’s custody to die in 2018. (Ferrise 1/3)

[FiveThirtyEight: Why We Still Don’t Know How Many NFL Players Have CTE](#) -Over the past few years, the NFL has been haunted by the early deaths of some former players whose brains showed signs of chronic traumatic encephalopathy. CTE is a neurodegenerative disease characterized by memory loss, mood disorders, dementia and other brain-related problems. But how prevalent is CTE, and how likely are players to develop it? Those remain unanswered questions, despite ongoing attempts to answer them. (Aschwanden, 12/17)

Bp Magazine - The Power of Owning Your Story - [Read more >>](#)

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

[Funding cutoff looms for model mental health clinics](#) - Mental health leaders in eight states are worried about losing federal funding for a Medicaid demonstration that enables them to offer a broad array of services for people with serious mental illness or substance use disorders. [READ MORE](#)

[Atlanta Journal-Constitution: Mexican ICE Detainee Hanged Himself After Monitoring Lapse](#) - Authorities failed to monitor a mentally ill detainee as often as they were required before he hanged himself with a pair of socks in an immigration detention center in southwest Georgia last year, according to documents obtained through Georgia’s Open Records Act. This is not the first time this has happened at Stewart Detention Center, a sprawling federal complex located just outside the city of Lumpkin. (Redmon, 1/4)

[NYC mayor guarantees health coverage for 600,000 uninsured residents](#)- New York City Mayor Bill de Blasio said the city will guarantee healthcare for all the city's 600,000 uninsured people, including undocumented immigrants. [READ MORE](#)

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Bp Magazine - 4 Essential Tips to Master Working While Coping with Depression - [Watch Linea's video >>](#)

Bp Magazine - The Power of Pets in Overcoming Depression - [Read more >>](#)

[The Wall Street Journal: The Psychiatrist Can See Your Child Now, Virtually](#) - When Sarah Ford, 14 years old, was struggling with depression, hallucinations and suicidal thoughts last spring, her pediatrician in Springfield, Mo., was able to call in help from afar. Through a live videoconference link with Mercy Virtual, a telemedicine center three hours away, a child-psychiatry expert evaluated Sarah, prescribed a medication and set follow-up appointments. With a rising number of teens and adolescents suffering from depression and anxiety, and too few professionals to help, remote video consults are helping pediatricians fill the gap in some communities. (Landro, 1/7)

[Reducing Suicide Risk: The Role of Psychotherapy](#) - A synopsis of the research regarding the use of psychotherapy to manage suicidal behavior.

Wearable Device May Be Able To Predict Autism Aggression - A \$3.1 million national study is looking at whether a Fitbit-like device can predict aggression in those with autism, potentially offering caregivers time to intervene.

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Anxiety in the Classroom - What it looks like, and why it's often mistaken for something else. [READ MORE ▶](#)

How to Help Kids With Math Anxiety - Give children the tools to face math with confidence. [READ MORE ▶](#)

When Kids Refuse to Go to School - How to recognize what's called 'school refusal' and how to get kids back in class.

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Tips for Beating Test Anxiety - Study strategies and coping skills transform attitudes. [READ MORE ▶](#)

What Does OCD Look Like in the Classroom? How to recognize the signs a child is struggling, even if he is hiding his anxiety. [READ MORE ▶](#)

Emotional Needs of Kids With Learning Disabilities- Signs your child might be struggling, and how to help. [READ MORE ▶](#)

Esperanza magazine - To Calm Financial Anxiety, Count "Life Assets" Instead - [Read more >>](#)

Esperanza magazine - How to Avoid Traveling on the "Road of Regret" - [Read more >>](#)

Esperanza magazine - 3 Simple—and Effective—Ways to Stay Positive Through Depression - [Read more >>](#)

[3. To Get Mental Health Help For A Child, Desperate Parents Relinquish Custody](#) - To get care for their 12-year-old son's severe mental illness, Toni and Jim Hoy had to give up custody of him and allow the state of Illinois to care for him. It happens to hundreds, perhaps thousands of children each year. The exact number is unknown because two-thirds of states do not keep track. (Christine Herman, Side Effects Public Media, 1/9)

[The New York Times: De Blasio Unveils Health Care Plan For Undocumented And Low-Income New Yorkers](#) - New York City will spend at least \$100 million to ensure that undocumented immigrants and others who cannot qualify for insurance can receive medical treatment, Mayor Bill de Blasio announced on Tuesday, seeking to insert a city policy into two contentious national debates. The mayor has styled himself, in his 2017 re-election campaign and during his second term, as a progressive leader on issues like education and health care, and as a bulwark against the policies of President Trump, particularly on immigration. (Goodman, 1/8)

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[Reuters: New York City Launches \\$100 Million Universal Health Insurance Program](#) - De Blasio, now in his second term as mayor of the country's most populous city, has long supported universal healthcare coverage. Extending the program to an estimated 300,000 illegal immigrants puts the Democrat at odds with U.S. President Donald Trump, who has made border security a top priority for his presidency. "No one should have to live in fear. No one should go without the health care they need. Health care is a human right. In this city, we're gonna make that a reality," de Blasio said during a news conference. "From this moment on in New York City, everyone is guaranteed the right to health care." (Cherelus, 1/8)

[The Washington Post: New York City Mayor Vows Health Care For All — Including Undocumented Immigrants](#) -De Blasio's \$100 million commitment was laden with political significance: He delivered it hours before a prime-time speech by President Trump, who was expected to defend his assertion that the country faces a crisis of illegal immigration. "I refuse the notion that these folks don't deserve health care," the mayor said of undocumented immigrants. "It is not only the morally right choice, but it will save taxpayers in the end." The initiative also coincides with the start of the 2020 presidential election cycle as calls for universal coverage — often called Medicare-for-all — are emerging as a rallying cry among potential Democratic aspirants. (Goldstein, 1/8)

[Bloomberg: NYC Mayor De Blasio Announces Health Care For All Plan](#) - When asked why people should pay to insure undocumented immigrants, de Blasio answered: "You can pay me now or you can pay me later. If we don't help people get the health care, we're going to pay plenty on the back-end when people get really sick." (Goldman, 1/8)

[Kaiser Health News: To Get Mental Health Help For A Child, Desperate Parents Relinquish Custody](#) -When Toni and Jim Hoy adopted their son Daniel through the foster care system, he was an affectionate toddler. They did not plan to give him back to the state of Illinois, ever. "Danny was this cute, lovable little blond-haired, blue-eyed baby," Jim said. Toni recalled times Daniel would reach over, put his hands on her face and squish her cheeks. "And he would go, 'You pretty, Mom,'" Toni said. "Oh, my gosh, he just melted my heart when he would say these very loving, endearing things to me." (Herman, 1/9)

[The Associated Press: Olympian Michael Phelps Honored For Mental Health Advocacy](#) - Michael Phelps is picking up more hardware — this time for what he's been doing outside the pool. The Boston-based Ruderman Family Foundation, a leading voice in calling for more opportunities for the disabled, said Tuesday the Olympic champion is the recipient of its fifth annual Morton E. Ruderman Award in Inclusion. (1/8)

[Concord Monitor: DHHS Pushes Back After Hospital Association Joins Suit Over Psychiatric Care](#) - Department of Health and Human Services Commissioner Jeffrey Meyers criticized the New Hampshire Hospital Association for joining a lawsuit accusing the state of failing to provide timely care to psychiatric patients by keeping them in emergency rooms. "At a time when the state is dedicating itself to rebuilding its mental health system, including significant investments and a new 10-Year Mental Health Plan, it's disappointing to see hospitals use a lawsuit to walk away from the table, not be part of the solution, and not provide responsible care and services sufficient to meet the needs of the populations they serve," Meyers said in a statement. (1/8)

[New Hampshire Public Radio: Hospitals Move To Intervene In ACLU Suit Against N.H. Over ER Boarding](#) - The New Hampshire Hospital Association has moved to intervene in a lawsuit against the state brought by the ACLU-NH. The lawsuit addresses the current practice of emergency room boarding, where patients who are involuntarily committed for acute psychiatric treatment are sometimes held for weeks in emergency rooms without a probable cause hearing. (Moon, 1/8)

An officer tased a bipolar patient. Did he violate a law protecting the disabled? The US Circuit Court of Appeals is examining what constitutes reasonable force against a person with mental illness after Athol police used a Taser on a woman. [Continue reading →](#)

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Bp Magazine - 3 Simple Secrets to Help Your Bipolar Disorder - [Read more >>](#)

[Opinion: North Dakota Gov. Doug Burgum—Our Criminal Justice System Has an Opioid Problem](#) - *Fox News*—National

[Time Is Running out for Federally Funded Mental-Health Clinics](#) *The Washington Post*—National

[Homeless People with Drug Addiction to Be Offered Rehab over Jail in New Program](#) - *The San Diego Union-Tribune*—California

[St. Paul Police Expanding New Mental Health Unit](#) - *MPR News*—Minnesota

[How the Stepping Up Initiative Is Combatting the Mental Health Care Crisis in Jails](#) *CorrectionsOne.com*—National

[A Visual Journey Through Addiction](#) *The New York Times*—National

[Drug Courts' Evolution toward Children and Family Services](#) *SAMHSA's GAINS Center*—National

[As Norfolk Struggles to Manage Mental Health Patients in Jail, Miami Shows a Better Way](#) *The Virginian-Pilot*—Virginia

[Tulsa County Veterans Court Marks 10 Years with Nearly 90 Percent Success Rate](#) *Tulsa World*—Oklahoma

[Stepping Up Unites Law Enforcement, Mental Health Staff](#) *The Messenger*—Iowa

[How One County Became a Lab for California's Prison Reform](#) *The Marshall Project*—California

[Recognizing & Addressing Suicide Risk in Children and Adolescents](#) - Suicide leads to more deaths for youth ages 15-24 than any single major medical illness. **Here:** Clinical strategies and prevention tips.

[Stateline: Medicaid 'Buy-In' Could Be A New Health Care Option For The Uninsured](#) - Even as calls for “Medicare for All” grow louder among Democrats in Washington, D.C., at least 10 states are exploring whether to allow residents to pay premiums to “buy in” to Medicaid, the federal-state health care program for the poor. Currently, Medicaid recipients pay for their coverage in only a handful of states, and the buy-in plans that states are considering might not offer the full range of benefits available to traditional beneficiaries. But advocates say the policies might be an appealing option for people hard-pressed to pay for plans on the health care exchanges, and spur competition that could lower prices for everybody. (Ollove, 1/10)

[Concord Monitor: Riverbend To Set Up 24/7 Mental Health Psychiatric Facility In Concord](#) - Concord will host the state's first 24-hour mental health treatment center, after the Executive Council greenlit a \$4.4 million contract that officials say could help ease a years-long backlog of psychiatric patients in emergency departments. The new contract with Riverbend Community Mental Health, approved by the council on Wednesday, will allow the mental health provider to set up a round-the-clock destination for those in mental or behavioral health crises to get treatment. (DeWitt, 1/9)

[Austin American-Statesman: Many Working To Shed Stigma Of Mental Illness](#) - Lake Travis area community members have committed to tackling mental health by equipping the public with tools and resources about how to help someone who is struggling from depression, anxiety and suicidal thoughts. Local therapist Sarah Cortez said that every day, 3,000 minors attempt suicide in the country and four out of five of them showed clear warning signs. Out of those 3,000, she said, 20 percent sought mental health care. (Moreno-Lozano, 1/10)

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[Dallas Morning News: DeSoto Psych Hospital Seeks Feds' Oversight After Inspections Found Underage Sex, Medication Issues](#) -A DeSoto psychiatric hospital, which the feds say put patients in “immediate jeopardy” of harm, will continue to receive Medicare funds for at least another month as it seeks a last-ditch special arrangement with the federal government. The feds used the rare arrangement — known as a systems improvement agreement — in the past to bring Parkland Memorial Hospital and other facilities back into compliance. (Chiquillo, 1/9)

[New Orleans Times-Picayune: Orleans School Board To Spend \\$1.3 Million On Mental Health Services](#) - Starting this year, the Orleans Parish School Board plans to pay \$1.3 million to a local mental health day treatment program to expand mental health services to children in grades 9-12, according to a district spokeswoman Tuesday (Jan. 8). The OPSB announced last Friday that it signed a contract to work with the Center for Resilience, previously known as the New Orleans Therapeutic Day Program, to provide these services. The center teaches students with behavioral health disabilities whose needs aren't met by traditional schools. The center and the OPSB also plan to explore the feasibility of launching a residential group home for students. (Nobles, 1/9)

[The Mental Health Benefits of Remote and Flexible Work](#)

Politico: [Health advocates say schizophrenia should be reclassified as a brain disease](#)

WebMD: [Suicide Risk Rises After Cancer Diagnosis](#)

Forbes: [Five Easy Ways to Boost Your Mental Health in 2019](#)

NPR: [To Get Mental Health Help For a Child, Desperate Parents Relinquish Custody](#)

Bustle: [13 Documentaries on Mental Health That You Can Stream Right Now](#)

Vox: [Despite an opioid crisis, most ERs don't offer addiction treatment. California is changing that](#)

[A Boston biotech takes on a challenge most companies have avoided: making a better schizophrenia drug](#) - Karuna Pharmaceuticals is working on what would be the first dramatically new treatment for the disease in decades. [Continue reading →](#)

[CNN: Drug Overdose Deaths Among Women Have Skyrocketed, CDC Study Says](#) - As America continues to combat its opioid epidemic, the rate of deaths from drug overdoses among women has soared in recent years, according to new data from the US Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report. From 1999 to 2017, the drug overdose death rate among women 30 to 64 years old climbed more than 260%, according to the report published Thursday. (Howard, 1/10)

[California Healthline: Addiction Rooted In Childhood Trauma, Says Prominent Specialist](#) - Dr. Gabor Maté, a well-known addiction specialist and author, spent 12 years working in Vancouver's Downtown Eastside, a neighborhood with a large concentration of hardcore drug users. The agency where he worked operates residential hotels for people with addictions, a detox center and a pioneering injection facility, where drug users are permitted to shoot up and can get clean needles, medical care and counseling. (Waters, 1/10)

[PBS NewsHour: A Mother's Story Of Why Mental Illness 'Should Never Be A Crime'](#) - Jerri Clark's son Calvin was in college when his erratic behavior began, eventually leading to a diagnosis of bipolar disorder. His run-ins with law enforcement convinced Clark that medical and legal systems have very little tolerance for individuals with serious psychiatric issues. She shares her brief but spectacular take on why mental illness 'should never be a crime.' (Goldbloom, 1/10)

[The Associated Press: Ex-Student Sues Counselor After Trying To Kill Himself](#) - A university and its counselor are being sued for \$12 million each by a former student who says they didn't do enough to stop his suicide attempts. The Roanoke Times reports that a lawsuit filed this week by Kionte Burnette accuses Washington and Lee University and counselor Rallie Snowden of negligence. (1/10)

[Report: Waiting Lists For Medicaid Waivers Up, Competitive Employment Down](#) - More people are on waiting lists, fewer are competitively employed and access to services remains uneven, according to a new report that ranks states on developmental disability services. [Read More >](#)

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'Mystery Shopper' Experiment Finds Charters Often Snub Those With Special Needs - Inquiries to thousands of schools across the country show that students with special needs are routinely ignored by charter schools before they even get a chance to apply. [Read More >](#)

Video Shows Teacher Dragging Student With Disabilities - In what advocates in one state say is at least the fourth such incident this school year, video has surfaced of a teacher dragging a student with disabilities reportedly having a meltdown. [Read More >](#)

Trump Administration Rescinds Guidance Amid Objections From Disability Advocates - [Read More >](#)

A Kentucky woman, Heather Durham, who recently lost her brother to severe mental illness shared her moving story with an eye toward urging state officials to help others before it is too late. In particular, she highlights the need for Kentucky officials to implement Tim's Law. Heather's piece, "Schizophrenia Claimed My Brother Skyler," was published in Louisville's *Courier-Journal*. In it, she argues that although the coroner said the cause of her brother's death was a heart attack, schizophrenia is what claimed him. Read it on our website, [here](#).

The *Idaho Statesman* profiled Ruben Diaz, a man who was diagnosed with schizophrenia, and the preventable tragedy that resulted when his illness was left untreated. The article highlights the importance of ensuring adherence to prescribed medication, noting that court-ordered outpatient treatment can avert violent outbreaks and protect people with severe mental illnesses from being victimized. Read it [here](#)

Voluntary care alone won't solve the mentally ill homeless crisis



In [an op-ed](#) in the *New York Post*, our executive director John Snook explains that there are issues compounding the crisis-level shortage of psychiatric beds in the Empire State. In particular, "preconceptions and demands imposed on patients before they

can access treatment. Well-meaning ideas - such as the notion that they must first 'hit rock bottom' or volunteer for treatment - can leave those too ill to seek help literally out in the cold," he writes,

Jailing people with mental illness is a national problem. The solutions are local. Another great piece by *The Virginian-Pilot*. This one makes the case for keeping people with severe mental illness out of jail, getting them into treatment, and saving money in the process. Read it [here](#).

Inslee unveils \$675 million plan to reverse crisis in Washington's mental-health system

In Washington State, we were excited to see advocate Jerri Clark, founder of Mothers of the Mentally Ill (MOMI), sharing the spotlight with Governor Jay Inslee as he unveiled a \$675 million plan to reform the state's mental-health system. Jerri understands the need for systemic change. Her son has a severe form of bipolar disorder and has been in and out of jail and mental hospitals. It has not been an easy road, but her outspoken advocacy is beginning to show results. Read more [here](#).



Gov. Jay Inslee greets Jerri Clark, who started Mothers of the Mentally Ill. At right is Dr. Jürgen Unützer of the University of Washington. Ellen M. Banner (*The Seattle Times*)

Should We Bring Back Public Psychiatric Hospitals?

Next Avenue a website for America's booming older generation, reported on a panel discussion at Fountain House that our executive director John Snook appeared on. The article, [here](#), highlights Treatment Advocacy Center research and quotes Snook saying, "A parent shouldn't have to be a caregiver who provides what amounts to mental health care because our system won't do it." He adds that mental illness should be treated - and covered by insurance - like any other illness. Although some excellent mental health facilities exist, they are tremendously expensive and beyond the reach of many.

February 2019 – Additional Mental Health Articles from Around the Nation

Bp Magazine - How to Stop People Pleasing and Focus on Your Own Goals - [Read more >>](#)

Bp Magazine - How My Dog's Emotional Support Changed My Life - [Read more >>](#)

How 'traditional masculinity' hurts the men who believe in it most - New American Psychological Association guidelines suggest that certain masculine behaviors can harm everyone — including men. - **By Monica Hesse** • [Read more >](#)

ProPublica: Nation's Largest Mental Health Organization Urges Supported Housing Reforms - The National Alliance on Mental Illness has asked U.S. District Judge Nicholas Garaufis to make “adjustments and modifications” to an ambitious plan to move mentally ill New Yorkers from troubled group homes into their own apartments, in a letter citing an investigation by ProPublica and Frontline. (Sapien, 1/14)

Atlanta Journal-Constitution: How A 'Shared Despair' Affects Mental Health Of Georgia Tech Students. - Campuses across the country are grappling with a rise in suicides and depression. Today, suicide is the second leading cause of death among college students. (Traffic accidents is first.) (Downey, 1/13)

New Orleans Times-Picayune: Louisiana To Spend \$500K To Keep Suicide Prevention Hotline Running - In a first for Louisiana, the state has agreed to spend more than a half-million dollars over the next three years bolstering New Orleans-based nonprofit Via Link's efforts to answer local calls to the heavily used National Suicide Prevention Lifeline. The contract with the state's Office of Behavioral Health was finalized in October, a month after NOLA.com | The Times-Picayune first reported Via Link was close to shutting down the crisis line, which for the last 12 years had been funded almost exclusively by private donations as it took on a growing number of calls from Louisiana area codes. (Bullington, 1/11)

Plans, providers split on easing Medicaid network adequacy standards - Health plans clashed with providers and consumers in their reactions to the CMS' proposal to give states more flexibility in regulating the adequacy of provider networks in Medicaid managed-care plans. [READ MORE](#)

Bp Magazine - How Healthy Is Your Relationship with Sleep?- [Read more >>](#)

BP Magazine - Overwhelmed by the Pain of Others? How to Get Rid of Excessive Empathy - [Watch Anja's video >>](#)

Bp Magazine - Can Your Cat's Purr Really Heal You? - [Read more >>](#)

Atlanta Journal-Constitution: Suicide Risk Quadruples For People With Cancer, Study Finds -New research from the Penn State College of Medicine shows people with cancer are more than four times more likely to die of suicide than those without cancer, highlighting a need for a more comprehensive approach to treatment. ... For the study, published Monday in the journal Nature Communications, researchers examined data on more than 8.6 million cancer patients in the United States (28 percent of the country's population) from the National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) program. (Pirani, 1/14)

Denver Post: Denver Council OKs Sun Valley "Stabilization Center" - The city of Denver and the Mental Health Center of Denver will create a new facility where dozens of people can recover from mental health crises in the Sun Valley neighborhood, despite neighbors' opposition. To its supporters, it's a groundbreaking step toward a new model of mental health care for people experiencing homelessness. To some of Sun Valley's community leaders, it was one more burden for a long-neglected neighborhood. (Kenney, 1/15)

The Hill: Is Homelessness Hopeless? Ending The Crisis Is Urgent - As a nurse working in the health-care system in Chicago, I have witnessed many homeless patients who weeks after discharging them, are nearby on the street holding cardboard signs with the words, “No home, no food, no job.” Knowing what some of these patients were treated for, I also know they can add, “No way to pay for medications.” What puts these people in this position is a failure in the system—not just locally, but nationwide — to address lack of access to health care as a factor of homelessness. (Tricia Kierny, 1/14)

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[San Jose Mercury News: I Live With Mental Illness And I'm Not A Bad Person.](#) - Today, mental illnesses are considered shameful. We are associated with depravity, with uncleanness, with being “druggies” or we are thought to be dangerous. Society is harsh toward people with a mental illness. Being on the receiving end of this is rough. Although my behavior has not always been pristine, I try my best to do the right thing. (Jack Bragen, 1/11)

[Girls On The Spectrum Often Go Unnoticed](#) - Though boys with autism are estimated to outnumber girls by 4-1, experts now say that may be because many females are overlooked. [Read More >](#)

[Transgender Children and Gender Dysphoria](#) - How do we support these kids, and their families, for the healthiest outcome? [READ MORE >](#)

[Transgender Teens: A Mother's Story](#)- The struggle to support a beloved daughter becoming a beloved son. [READ MORE >](#)

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

[Mental Health and Substance Use](#) - Why alcohol and drugs are riskier for kids with emotional or behavioral challenges. [READ MORE >](#)

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

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

Esperanza magazine - [The Battle Over Body Image: How to Stop Judging Yourself - Read more >>](#)

Esperanza magazine - [Stop Feeling Guilty About Prioritizing Self-Care - Read more >>](#)

Esperanza magazine - [6 Things to Know About Depression & Pain - Read more >>](#)

[The Washington Post: How Well Is Maryland's Red-Flag Gun Law Working?](#) - Montgomery County Sheriff Darren M. Popkin (D), who has helped train police officers across the state about the “red-flag” law, said he could not provide details about the gun seizures — including those that could have led to school shootings — because of a confidentiality rule. But, Popkin told the House Judiciary Committee, “these orders . . . are saving lives.” Maryland is one of at least nine states, including California, Connecticut and Delaware, that allow a relative, spouse, legal guardian or roommate to seek a court order to keep a person from possessing a gun. (Wiggins, 1/15)

[Seattle Times: Gov. Jay Inslee Uses State Of The State To Urge Action On Mental Health, Climate Change, Orcas](#) - Standing before a Washington Legislature that for years has balked at his carbon-reduction agenda, Gov. Jay Inslee implored lawmakers Tuesday to make bold moves to combat climate change. ...Inslee in his speech beseeched lawmakers to make big investments to fix Washington’s mental-health system — a point officials in both parties have broadly agreed upon. (O’Sullivan, 1/15)

[Des Moines Register: Gov. Kim Reynolds Says Iowa Should Train More Psychiatrists](#) - Iowa could soon be cranking out twice as many new psychiatrists as it did in 2017, if legislators follow Gov. Kim Reynolds’ plan to pay for more psychiatric training at the University of Iowa. Psychiatrists are scarce in Iowa, especially in rural areas. Only about 220 of them practice here, giving the state one of the deepest shortages in the nation. (Leys, 1/15)

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Bp Magazine - [How Music Can Help Our Sleep Quality - Read more >>](#)

Bp Magazine - [4 Ways to Know if Your Anger Is Creating Problems -Read more >>](#)

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[Wyoming Public Radio: Many Parents Are In The Dark About Their Kids' Mental Health Struggles](#) - Suicide is currently the second leading cause of death for adolescents in the country. And in the Mountain West, youth suicide rates are double, and in some cases triple, the national average. Now, a new study shows parents are often unaware that their kids are struggling. (Budner, 1/16)

[Atlanta Journal-Constitution: Georgia Advocacy Group Sues Over Access To Mentally Ill Inmates](#) - On Friday, the Georgia Advocacy Office asked to see mentally ill women held at the jail's annex in Union City to follow up on recent reports that contended the women were living in "barbaric" conditions and being held in isolation for weeks at a time. But, despite repeated requests, the office's lawyers were not allowed inside by jail officials, said the lawsuit, filed Monday in U.S. District Court in Atlanta. (Rankin, 1/16)

[Miami Herald: Florida ALF Fined For Death, Attempted Suicide, Runaways](#) - A South Florida assisted living facility is facing \$16,500 in fines after officials say improper care by staff led to the death of one resident, the attempted suicide of another and at least three runaways that resulted in serious injury, state records show. In a 33-page final order issued by the Agency for Health Care Administration, officials detail how workers at New Era Community Health Center in Homestead failed to provide adequate care to several residents in 2017 and 2018. (Madam, 1/16)

Top scientists who specialize in marijuana research are divided over whether the drug can lead to disorders like schizophrenia. "I've been doing this research for 25 years, and it's polarizing even among academics," said Margaret Haney, a professor of neurobiology at Columbia University Medical Center. [The New York Times: Does Cannabis Use Cause Schizophrenia?](#) Nearly a century after the film "Reefer Madness" alarmed the nation, some policymakers and doctors are again becoming concerned about the dangers of marijuana, although the reefers are long gone. Experts now distinguish between the "new cannabis" — legal, highly potent, available in tabs, edibles and vapes — and the old version, a far milder weed passed around in joints. Levels of T.H.C., the chemical that produces marijuana's high, have been rising for at least three decades, and it's now possible in some states to buy vape cartridges containing little but the active ingredient. (Carey, 1/17)

The lowest rates are reported in states where the average household gun ownership was 20 percent. Rates are highest in states with 52.5 percent ownership. News on mental health comes out of Minnesota, Virginia, Iowa and Texas, also. [KCUR: Youth Suicide Rates Are Higher In States With High Gun Ownership, According To A New Study](#) Rates of youth suicide are higher in states with high gun ownership, according to a new study published in the American Journal of Preventive Medicine. Researchers studied 10 years of teenage suicide rates and found that gun ownership "is a factor that really is highly predictive for what the youth suicide rate is going to be," said Dr. Michael Siegel, a professor at the Boston University School of Public Health and one of the paper's authors. (Bandlamudi, 1/14)

[Richmond Times-Dispatch: Va. Senate Passes Bill To Bar Death Penalty For Seriously Mentally Ill](#) - State senators passed a bill Thursday to bar the death penalty for the seriously mentally ill. The same bill was tabled last year to be studied by the Virginia State Crime Commission. But the commission didn't address it, and the legislation sponsored by Sen. Barbara Favola, D-Arlington, now heads to the House of Delegates after passing the Senate 23-17. (Wilson, 1/17)

[Des Moines Register: Mental Health In Iowa: Rural Hospital Strives To Keep Psychiatric Unit Open](#) - St. Anthony Regional Hospital's leaders couldn't bring themselves to do what eight other rural Iowa hospitals have done in recent years: Shutter their psychiatric unit. The Carroll hospital's board nearly pulled the plug several years ago. The inpatient mental-health program was losing money, and it struggled to keep psychiatrists and other professionals on staff. (Leys, 1/17)

[Houston Chronicle: UTHealth Plans To Build New Mental Health Hospital](#) - The campus is a joint project with the Texas State Health and Human Services Commission (HHSC) and The University of Texas Health Science Center at Houston (UTHealth). It is being funded by \$125 million from the state that the 2017 Legislative Budget Board approved and sent to Gov. Gregg Abbott with the goal of improving mental health care statewide. Stephen Glazier, the chief operating officer of the UTHealth Harris County Psychiatric Center and future COO of the new campus, explained that the name for the hospital comes from the continuing care that UTHealth and HHSC aim to provide once it opens, giving their patients better health. (Maness, 1/17)

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[BuzzFeed: 34 Devastating Stories About How People Are Still Crushed By Medical Debt](#) - We asked the BuzzFeed Community how medical debt (which for this story does not necessarily mean it is in collections) impacts their lives. The stories are intense: Some continue to deal with six-figure debt that originated before the ACA was implemented; some have large debts from services that were not covered by insurance and thus are not covered by rules that cap how much you pay each year out of pocket. Others shared details about the cycle of mental health issues resulting in medical debt that, in turn, impacts their mental health. (Venessa Wong, 1/17)

[New report calls for change to Iowa's law](#) - *KIMT3*

A [recent report](#) from the Campaign for Youth Justice and the University of Iowa's Community Empowerment Law Project is calling for and offering recommendations to Iowa lawmakers to change the state's laws on youth under 18 receiving adult court convictions for simple misdemeanors. According to Iowa law, youth as young as 10 years old can be prosecuted in adult court as youthful offenders, and those as young as 14 may be prosecuted, sentenced and incarcerated as an adult for any sort of public offense. The report also noted of over 12,000 adult court convictions of youth between the ages of 15 and 17 in Iowa in 2017, according to the Division of Criminal & Juvenile Justice Planning. The report, titled "Childhood Convicted", is recommending four policy changes: collect data on how youth are treated in the adult system, limit the types of offenses eligible for transfer, end statutory exclusion, and keeping youth under 18 out of adult jails pre-trial. [More here](#)

[America Is Locking Up More Kids Than Any Other Country](#) - *MOMS*

There are more children being put behind bars in the United States than in any other country. Research shows that the Land of the Free is locking up their kids in a 5-1 ratio compared to other nations. Statistics show that [more than two million juveniles](#) are being detailed each year in the United States. About 95 percent of them are for nonviolent offenses. Yes, this is far greater than any other country in the western world. What makes this even more frustrating is that many minors are left defenseless as they lack support behind bars. In criminal justice systems a youth detention center, also known as a juvenile detention center, juvenile detention, juvenile hall or more colloquially as juvie, is a prison for children who commit crimes but are still under the age. Several different reports suggest that many young children in America are imperiled by abuse, neglect, domestic and community violence, and poverty. [More here](#)

Ed Department Cracking Down On Restraint, Seclusion In Schools - The U.S. Department of Education is launching a wide-ranging initiative to "address the possible inappropriate use of restraint and seclusion" among students with disabilities. [Read More >](#)

New Group To Focus On Severe Autism - Amid a bevy of existing autism organizations, a new national nonprofit is hoping to stand out by giving voice to the particular needs of people on the severe end of the spectrum. [Read More >](#)

How A Dental Clinic Is Filling A Void For Those With Special Needs - People with disabilities frequently struggle to find dentists willing to take on their care, but in an unassuming brick hospital building lies a clinic specifically for this population. [Read More >](#)

Girls On The Spectrum Often Go Unnoticed [Read More >](#)

Senate health committee leaders introduce key funding bill - Senate health committee GOP Chair Lamar Alexander and top Democrat Patty Murray introduced five-year funding for community health centers and other key healthcare funding under the panel's jurisdiction. [READ MORE](#)

Bp magazine - 3 Ways to Stop Blaming Yourself for Bipolar Disorder - [Read more >>](#)

Bp magazine - 10 Must-Read Memoirs From People With Bipolar - [Read more >>](#)

Suicides among veterinarians become a growing problem - Debt, nonstop stress and social media attacks are the main reasons some take their own lives. By David Leffler • [Read more »](#)

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Bp Magazine - Confronting Anger After Your Bipolar Diagnosis - [Watch Linea's video >>](#)

Bp Magazine - 5 Ways Pets Become Powerful Motivators Through Depression - [Read more >>](#)

[The Washington Post: Suicides Among Veterinarians Has Become A Growing Problem](#) - Pushed to the brink by mounting debt, compassion fatigue and social media attacks from angry pet owners, veterinarians are committing suicide at rates higher than the general population, often killing themselves with drugs meant for their patients. On a brisk fall evening in Elizabeth City, N.C., Robin Stamey sat in her bed and prepared to take her own life. (Leffler, 1/19)

[WBUR: She Wanted To Be The Perfect Mom, Then Landed In A Psychiatric Unit](#) - California researchers just finished their first big study on maternal suicides. The state's public health department hasn't published the findings yet, KQED was able to review some of the data: 99 new moms in the state died by suicide over a 10-year period. The investigators determined that of those 99 suicides, 98 were preventable. (Dembosky, 1/19)

For Many Kids With Autism, Health Care Needs Go Unaddressed - Children with autism are twice as likely as those with other disabilities to have unmet health care needs, according to a new report. [Read More >](#)

Choosing a Sleep Training Method That Works for Your Family - How to decide what's right for you and your child. - [READ MORE >](#)

Teens and Sleep: The Cost of Sleep Deprivation - A look at the risks facing overtired teens. [READ MORE >](#)

How to Help Teenagers Get More Sleep - What parents can do to help kids get the rest they need. - [READ MORE >](#)

Encouraging Good Sleeping Habits - Why planning ahead can mean better sleep for the whole family. [READ MORE >](#)

How to Help Kids With Sleepover Anxiety - A step-by-step plan for building comfort (and courage!) away from home. - [READ MORE >](#)

How Do I Get My Son to Sleep in His Own Bed?- Anxious kids can learn to sleep independently with a technique called "fading." - [READ MORE >](#)

ADHD and Sleep Disorders: Are Kids Getting Misdiagnosed?- The symptoms can be difficult to tease apart. [READ MORE >](#)

Esperanza Magazine - Anxiety & the Dread of Social Interaction - [Read more >>](#)

Esperanza Magazine - How to Bring Hope Back Into Your Life - [Read more >>](#)

Esperanza Magazine - 5 Reasons Why Depression Is Linked to Chronic Disease - [Read more >>](#)

[Chicago Tribune: Furloughed Federal Workers Offered Free Mental Health Counseling](#) - Concerned about the mental well-being of federal workers affected by the longest government shutdown in history, a local health system is offering free counseling. Sinai Health System's behavioral health department is accepting walk-ins and appointments for adult patients at Mount Sinai and Holy Cross hospitals. Workers who show their government IDs can get services for free if they've been furloughed or have been going without pay. (Schencker, 1/22)

[NH Times Union: Hospitals Applaud \\$6M Plan To Expand Psychiatric Treatment](#) - Hoping to heal what he called "a festering wound in our state," Sen. Tom Sherman, D-Rye, introduced sweeping legislation to address the crisis of mental health patients held in hospital emergency rooms across New Hampshire. Twelve Senate Democrats signed on with Sherman to co-sponsor legislation that would divert \$6 million from the state budget surplus to encourage the construction and staffing of mental health units at various hospitals. (Solomon, 1/22)

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[Chicago Tribune: Chicago Has A Mental Health Crisis. Reopening 6 Clinics Isn't Enough.](#) - For those seeking mental health services, the city of Chicago is one large waiting room. We need help. Desperately. But reopening six clinics, a plan the City Council is expected to vote on Wednesday, is a Band-Aid when we need intensive care. The state of our mental health as a community has deteriorated considerably for a host of reasons since those clinics were closed in 2012, and we need to think much bigger if we want to truly help a city experiencing a mental health crisis. (Alexa James, 1/22)

Bp Magazine - [Resisting the Tempting Lure of Hypomania – Read more >>](#)

Bp Magazine - [A Mediterranean Diet Reduces Heart-Related Risks - Read more >>](#)

Bp Magazine - [4 Things to Improve Your Life Today - Read more >>](#)

[The New York Times: Mentally Ill Prisoners Are Held Past Release Dates, Lawsuit Claims](#) - On paper, a 31-year-old man found to have serious mental illnesses was released from a New York state prison in September 2017 after serving 10 years behind bars for two robberies. But in reality, the man, who asked to be identified by his initials C.J., still wakes up each day inside a maximum-security prison in Stormville. Though he is technically free, he is still confined to a cell because of a Kafkaesque bureaucratic dilemma: The state requires people like him to be released to a supportive housing facility, but there is not one available. (Southall, 1/23)

[The Oregonian: State May Face Lawsuits For Forcing Mentally Ill People Out Of Facilities](#) - The Oregon Health Authority could face two lawsuits alleging the agency hurt people with severe mental illness by forcing them out of treatment homes based on decisions by embattled contractor Kepro. Attorneys for two mentally ill people put the state on notice in recent months that they may sue. The tort filings mark the first signs of possible legal repercussions for the state as it continues to reckon with a program faulted by advocates for repeatedly putting vulnerable people in harm's way. (Zarkhin, 1/23)

[New Hampshire Public Radio: Report: Students Of Color And Students With Disabilities Twice As Likely To Face Suspension](#) - A report from the Juvenile Reform Project, a coalition of New Hampshire advocacy organizations, says that school discipline in New Hampshire is disproportionately harsh on students of color and students with disabilities. The report, which will be released publicly the week of January 27, draws on data from the U.S. Department of Education's Office of Civil Rights. (Gibson, 1/23)

[Sacramento Bee: Poll: Californians Want Leaders To Expand Mental Health Care](#) - Californians indicated in a survey released Thursday that they want state leaders to put a priority on ensuring that people with mental health conditions can get access to treatment, with 49 percent saying it's extremely important and 39 percent saying it's very important. The Kaiser Family Foundation and California Health Care Foundation designed and conducted the poll of 1,404 Californians in November and December, looking to gauge health care priorities and experiences in a state considered a leader in health-care trends. (Anderson, 1/24)

[WBUR: School Shocks Students With Disabilities. The FDA Is Moving To Ban The Practice](#) - Luigi Disisto is a 47-year-old man who has autism and lives at a private special education center based in suburban Boston best known for being the only school in the country that shocks its students with disabilities to control their behavior. Disisto wears a backpack equipped with a battery and wires that are attached to his body to deliver a two-second shock if he misbehaves. The controversial practice at the Judge Rotenberg Educational Center has pitted family members, who swear it has been the only way to control their loved ones, against critics who call it torture. (McKim, 1/23)

[USA Today: Parents Must Talk To Teens About Mental Health History, Marijuana Risks](#) - Nearly all young people whom I treat use marijuana. As a psychiatrist, I've cared for dozens of young people experiencing their first psychotic episode, and many are "wake-and-bakers" who use weed throughout the day. Marijuana is now legal for medicinal use in 33 states and recreational use in 10 states. (Marni Chanoff, 1/22)

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[Des Moines Register: Proposed Medicaid Work Requirement Is About Politics, Not Smart Policy](#) - Here we go again. Republicans controlling the Iowa Legislature are revisiting the idea of imposing a “work requirement” on Medicaid recipients. The latest GOP rationale for making government health insurance contingent on employment: It could ease the state’s worker shortage. (1/22)

[The Mental Health Benefits of Knitting Positive Relationships in the Workplace](#)

MHA Press Release: [Mental Health America and Walk the Talk America Join Forces to Combat Suicide](#)

Forbes: [4 Disturbing Things About Employee Health That Are In Your Power to Change](#)

Bustle: [10 Self-Employed Women Share What They Do For Work-Life Balance](#)

Futurity: [Suicide Risk Spikes For People With Cancer](#)

Wired: [Virtual Reality’s Latest Use? Diagnosing Mental Illness](#)

bp: [The Truth about the Link between Bipolar Mania and Creativity](#)

Esperanza: [Dealing with Change: How Routine Helps with Anxiety](#)

[Medicaid enrollees last in line when docs accepting new patients](#) - Office-based doctors are accepting new Medicaid patients at a lower rate compared to Medicare and private insurance, according to a new MACPAC study. [READ MORE](#)

[2. Postpartum Psychosis Is Real, Rare And Dangerous](#) - Postpartum psychosis is rare but very real, doctors say. And, unlike in some countries, U.S. moms who need inpatient psychiatric care can't bring along their babies, adding to the trauma. (April Dembosky, KQED, 1/25)

[The Washington Post: CDC: Nearly 2 Percent Of High School Students Identify As Transgender — And More Than One-Third Of Them Attempt Suicide](#) - Nearly 2 percent of high school students in the United States identify as transgender, according to data published Thursday by the U.S. Centers for Disease Control and Prevention. ... Amit Paley, chief executive and executive director of the Trevor Project, the world’s largest suicide prevention and crisis intervention organization for LGBTQ youth, called the report’s findings “groundbreaking.” (Strauss, 1/24)

[The New York Times: In Davos, Prince William Calls For Action On Mental Health](#) - Prince William, who has long spoken publicly about his emotional struggles, has taken his campaign for mental health awareness to Davos, Switzerland, urging global leaders to help break the stigma. Prince William, the Duke of Cambridge, who is second in line to the British throne, spoke candidly on Wednesday about the difficulty he faced in trying to get celebrities to sign on to his cause, revealing — without naming names — that not one had initially offered to join the mental health campaign that he has run since 2016 with his wife and his brother. (Karasz, 1/24)

[Kaiser Health News: Postpartum Psychosis Is Real, Rare And Dangerous](#) - Even after all she had been through — the helicopters circling her house, the snipers on the roof and the car ride to jail — Lisa Abramson still wanted to have a second child. That’s because right after her daughter was born in 2014 — before all that trouble began — everything felt amazing. Abramson was smitten, just as she had imagined she would be. She would look into her baby’s round, alert eyes and feel adrenaline rush through her. She had so much energy. (Dembosky, 1/25)

[The New York Times: Kalief Browder’s Suicide Brought Changes To Rikers. Now It Has Led To A \\$3 Million Settlement.](#) - New York City has agreed to pay \$3.3 million to settle a lawsuit on behalf of the estate of Kalief Browder, the young Bronx man whose detention on Rikers Island became a symbol of the breakdown in criminal justice in New York and fueled the drive to ban solitary confinement for youths in the city’s jails. Mr. Browder, who was 16 years old when he was arrested in 2010 and accused of stealing a backpack, was detained on Rikers Island for three years — about two of which were spent in solitary confinement — without being tried or convicted of a crime. In 2015, at age 22, he hanged himself at his parents’ home in the Bronx. (Weiser, 1/24)

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[NPR: New York City Reaches \\$3.3 Million Settlement With Kalief Browder's Family](#) - Nearly two of Browder's three years in jail were spent in solitary confinement. Upon his release in 2015, plagued by what he said was the mental anguish and trauma from his time in jail he hanged himself in his mother's home. "Kalief Browder's story helped inspire numerous reforms to the justice system to prevent this tragedy from ever happening again, including an end to punitive segregation for young people on Rikers Island," Nicholas Paolucci, a spokesman for the city law department told NPR in an emailed statement. (Romo, 1/25)

[The Washington Post: D.C. Charter School Did Not Do Enough To Prevent Child's Suicide, Family Says In Lawsuit](#) - The family of a 12-year-old girl who committed suicide last year at a troubled D.C. charter school sued the school Thursday, saying it did not do enough to prevent her death after she told staff she was contemplating killing herself. On Jan. 23, 2018, Stormiyah Denson-Jackson, a 12-year-old student at SEED Public Charter School in Southeast, committed suicide in her dormitory, according to the lawsuit filed in D.C. Superior Court. (Moyer, 1/24)

[Denver Post: Two Colorado Students From Ute Mountain Ute Tribe Die By Suicide](#) - The Ute Mountain Ute and Cortez communities in the Four Corners region are grieving this week after two middle school students died by suicide over the Martin Luther King Jr. holiday weekend, the latest in a growing crisis that has Colorado leaders desperately searching for solutions. Jeit Redrock Height, 15, and Andrew William Cuch Jr., 14, both were lifelong residents of Towaoc, a town of fewer than 1,100 people on the Ute Mountain Ute Reservation, said ReeAnna Mills, a spokeswoman for the tribal administration. (Tabachnik, 1/24)

[Austin American Statesman: Psychiatric Hospital Facing Lawsuit, State Fine](#) - Seahorn's lawsuit comes at a time when the five-year-old hospital is facing scrutiny by state regulators. The Health and Human Services Commission fined the hospital \$180,000 earlier this month after officials say it failed to monitor patients appropriately, which allowed two patients to have sex. (Ball, 1/24)

School Day Shortened For Hundreds With Disabilities, Suit Claims - A federal class action lawsuit alleges that the school day for many kids with disabilities is being cut short, with some as young as 5 receiving just one or two hours of instruction a day. [Read More >](#)

Bill Would Prohibit Waiting Lists For Community-Based Services - Community-based services are often much harder to obtain than access to institutional care, but there is a new push underway to change that. [Read More >](#)

Restraint Death Prompts School To Close - Following the death of a 13-year-old with autism who was restrained face-down for nearly two hours, the school where the incident occurred will cease operations permanently. [Read More >](#)

Bp Magazine - Laughing Your Way Through Bipolar Disorder Recovery - [Read more >>](#)

Bp Magazine - 7 Ways To Manage Stress While Also Managing Bipolar - [Read more >>](#)

[Los Angeles Times: School Homicides Have Become More Common And More Deadly, CDC Data Show](#) - A new report from the Centers for Disease Control and Prevention confirms what too many students across the country already know: The incidence of mass homicides on school campuses has risen steeply in recent years, as has their toll. Between 1994 and 2018, there were 38 school rampages that resulted in multiple fatalities. Five of those occurred during the 2017-2018 academic year, which ended in June, and three others were in the 2016-2017 school year, according to a study in Friday's edition of the CDC's Morbidity and Mortality Weekly Report. (Healy, 1/25)

[CNN: Handguns Are More Popular In US Homes, With Deadly Consequences For Children, Study Says](#) - Fewer Americans are likely to own a gun now than 40 years ago, but those who do are more likely to own handguns over rifles or shotguns. As the proportion of those with handguns has increased, so has the number of children under the age of 5 who are dying from firearm injuries, according to a new study. (Bracho-Sanchez, 1/28)

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[Nashville Tennessean: Nashville's New Mental Illness Crisis Treatment Center To Open](#) - Tennessee caregivers, law enforcement officers and state officials have come to agree — when it comes to mental illness, incarceration is not always the best option. The city is taking active steps to help redirect those suffering mental health disorders away from the criminal justice system to community-based treatment and supports. This week, officials will celebrate one of those solutions with the grand opening of the new Crisis Treatment Center operated by Mental Health Cooperative in MetroCenter. (Bliss, 1/28)

[Lexington Herald Leader: Kentucky Can Do More To Prevent Suicides](#) - Earlier this month, the Winburn Middle School community of students, families, teachers and administrators faced the unimaginable: a suicide death of a 12-year-old girl. It is a heartbreaking circumstance shared by thousands of parents, families and schools across the United States this past year. Nationally, 517 children 10-14 years of age died by suicide. A letter sent out to families by interim principal Mike Hale sensitively characterized their predicament: “On behalf of the staff of Winburn Middle School, I hope that each of you have an opportunity to enjoy time with family over the three-day weekend. The events of this week are a reminder that such time is precious.” (Melinda Moore and - Julie Cerel, 1/25)

[Louisville Courier-Journal: Kentucky Law Hurts Ambulance Competition And Emergency Care](#) - In Kentucky, six counties, each with more than 50,000 residents, have just one ambulance service. In a medical emergency, time is of the essence — but a lack of ambulance providers threatens to prevent the residents of these counties from getting timely emergency care. Welcome to the world of “certificate of need” laws, where lawmakers have put profit ahead of people. Such laws, while seeming innocuous on the surface, are better described as a “competitor’s veto” because they require entrepreneurs to get permission from their potential competitors before starting up. (Mollie Williams, 1/25)

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[Emergency rooms fill up with psych patients — and then they wait](#) - As dozens of patients wait in busy hospital ERs for psychiatric evaluations and inpatient bed placements, mental health experts search for solutions. [READ MORE](#)

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Esperanza magazine - How to Bypass Pessimism’s “Thought Filter” - [Read more >>](#)

Esperanza magazine - 5 Ways to Find Motivation While Depressed - [Read more >>](#)

[VA releases proposed access standards for community care](#) - The designated access standards include setting a 30-minute average drive time standard, or 20-day wait-time standard for veterans to seek primary care, mental health or non-institutional extended care from the private sector. [READ MORE](#)

[USA Today: Domestic Violence: Children Who See Abuse Suffer As Much As Those Abused](#) - Latrelle Huff says her twins were conceived by rape. Now she blames domestic violence for her children's health problems. The Georgia woman says she had been in an abusive, on-and-off relationship for six years when she became pregnant. While pregnant, she says, the conflict continued. Huff spent 25 of 37 weeks on bed rest, she says, due in part to rectal bleeding her doctors said was caused by stress. (O'Donnell and Quarshie, 1/29)

[The New York Times: ‘I’m Going To Die Here,’ She Told The Guards. They Didn’t Listen.](#) - “Offender Dockery stated to me around 0800 at the front counter that she was having stomach pains for 2 days and wanted to go to the hospital,” read the first entry in a corrections officer’s log. It was the first of what became multiple pleas for help by a newly arrived inmate, Lamekia Dockery. The response? “I advised her to stop over-talking me.” (Nir, 1/30)

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CDC To Collect Data On Teens With Autism - Federal officials are moving forward with plans to track the experiences of teenagers with autism. [Read More >](#)

Trump Signs Extension Of Program That Helps People Leave Institutions - With states on the brink of ending their services, lawmakers gave a three-month extension to a popular Medicaid program that moves people with disabilities from institutions to the community. [Read More >](#)

High Turnover, Stagnant Wages Plague Direct Support Professionals - Low pay is forcing some direct support professionals to find second and third jobs or leave the industry altogether and service providers are struggling to keep up with the turnover. [Read More >](#)

[KCUR: Kansas Cost-Cutting Forced Kids Who Need Urgent Psych Care Onto Waitlists](#) - Residential treatment centers take children for long periods of time — weeks, sometimes months — to do more than talk kids down from crisis. They work to get at the root causes of their distress and help patients develop coping mechanisms to better manage the stressful things that set off a crisis. In 2011, the state decided Kansas was sending too many kids to residential facilities for too long. At \$500 a day or more, it cost too much. The state pushed to divert kids from residential care and bring down the length of their stays. That loss of business prompted many treatment facilities to close some or all of their beds, resulting in a sharp drop from nearly 800 spots for care to the current 282. (Fox, 1/28)

[The Oregonian: Costly, Ineffective, Cruel: How Oregon Ensnarers Mentally Ill People Charged With Low-Level Crimes](#) - The process, known as “aid and assist,” stems from the constitutional right of people charged with crimes to be able to help in their own defense. Through it, however, the state metes out extremely high cost care that takes defendants’ liberties away for prolonged periods. And it fails in almost every case to deliver lasting benefits to defendants or to society. In Oregon, taxpayers spend as much as \$35 million a year to provide institutionalized care to mentally ill people charged with misdemeanors, many of whom are homeless, a first-of-its-kind analysis by The Oregonian/OregonLive found. Nearly all those patients eventually find themselves dumped back out on the street with little to no support. Almost one in five are readmitted to the mental hospital within a year under new charges. (Gordon R. Friedman, 1/27)

[How I Recognize My Early Warning Signs of Mania](#) - For Carrie, part of her bipolar disorder is not being able to tell when she's ramping towards a manic episode. Here's how she stays self-aware of her symptoms. [READ MORE »](#)

[Coping with Mental Illness: What Not to Do](#) - When it comes to coping with mental illness, we tend to focus on what we should be doing. But it is just as important to avoid actions that hold us back from getting better. [READ MORE »](#)

[7 Tools for Managing Traumatic Stress](#) - Managing traumatic stress can be incredibly challenging, especially when symptoms are unpredictable and make it difficult to function. It can be helpful to have tools at the ready for when you're feeling the scary reach of traumatic stress. [READ MORE »](#)

[Why I Have to Convince Myself My Anxiety is Real](#) - "A big part of learning to cope with anxiety has been accepting the condition as part of my life. Telling myself it's not “a real mental illness” is like denying its presence, which only makes the anxiety stronger." [READ MORE »](#)

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[Combatting the Loneliness of Mental Illness](#) - When you have mental illness, it can be hard to connect with others who understand. And the loneliness can make symptoms even worse, creating a cycle of isolation. Here are a few ways to stay connected even during challenging phases of mental illness. [READ MORE »](#)

[Being Prepared for Mental Health Crises](#) - In case you missed it, NAMI released a guide that outlines what can contribute to a crisis, warning signs, strategies to de-escalate a crisis and other resources. [LEARN MORE »](#)

[Register for NAMI Homefront Online](#) - NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions. [REGISTER TODAY »](#)

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Bp Magazine - 5 Ways to Know Your Thoughts Need Tuning Up- [Read more >>](#)

[The New York Times: Veterans Will Have More Access To Private Health Care Under New V.A. Rules](#) - Veterans who live as little as a 30-minute drive from a Veterans Affairs health care facility will instead be able to choose private care, the most significant change in rules released Wednesday as part of the Trump administration's effort to fix years-old problems with the health system. Veterans who can prove they must drive for at least 30 minutes to a Department of Veterans Affairs facility will be allowed to seek primary care and mental health services outside the department's system. Current law lets veterans use a private health care provider if they must travel 40 miles or more to a V.A. clinic. (Steinhauer, 1/30)

[The Oregonian: Oregon Lawmaker Seeks \\$2 Million For Mental Health Centers](#) - State Rep. Cedric Hayden, R-Roseburg, introduced legislation Wednesday that would establish three small around-the-clock support centers for Oregonians experiencing mental health crises. Opening such facilities would help "close one of the gaps in our mental health system where the choices right now seem to be either expensive hospitalizations or people in need of treatment languishing in our justice system with no care," said Hayden, a dentist who is vice chairman of the House Committee on Health Care. (Friedman, 1/30)