

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

IRS Reminding People With Disabilities About New ABLER Account Rules - With a change taking effect this year, individuals with disabilities can save more money than ever before without losing out on Social Security, Medicaid and other government benefits. [Read More >](#)

Can We Really Inherit Trauma? By BENEDICT CAREY - Headlines suggest that the epigenetic marks of trauma can be passed from one generation to the next. But the evidence, at least in humans, is circumstantial at best.

Companies tap into an underused but highly capable workforce - People considered to be “neurodiverse” — those on the autism spectrum, or with OCD, dyslexia, or communication disorders — often have unique abilities to see patterns and focus on repetitive tasks. [Continue reading →](#)

BP Magazine - Knowing When It’s Time for a Change - [Read more >>](#)

BP Magazine – There is No Perfect Holiday: Bipolar and Winning the Holidays - [Watch Gabe's video >>](#)

"A Gently house fire ends a mother's battle to save her son from mental illness" - In Louisiana, to adequately treat those with severe mental illness we estimate that more than 50 mental health beds in state hospitals are needed per 100,000 people. But, as the *Times-Picayune* reports, [here](#), there are only five. Sad stories like this are one of the consequences of that shortage.

A violent, mentally ill man begged in vain for medication, lawsuit says. Then three people were killed. "A triple killing was startling enough in Dayton, Ohio. The news that soon emerged - suggesting that it could have been prevented - made it more than another multiple murder," As the *Washington Post* reported. "The man was mentally ill and knew it, according to court documents. He knew he had the potential to commit violence and indeed, was desperately attempting to obtain medication to protect himself and others, from harm." Another reason to reform our mental health treatment laws. [Read here.](#)

U.S. Marshals: Cuyahoga County deprives inmates of food, water and Constitutional Rights amid string of seven deaths - Meanwhile, in Cuyahoga County, Ohio U.S. Marshal found that inmates were deprived of food, water and Constitutional Rights amid string of 7 deaths. Federal guidelines for care of people with severe mental illness were violated, *Cleveland.com* reports [here](#).

Lost in Tennessee's mental care system - The goal of psychiatric hospitals is to stabilize patients, then link them to ongoing treatment. But 1 in 3 adults admitted to Tennessee's psychiatric hospitals will return within 6 months, reports the *Tennessean*. As our executive director explained, [here](#), "the success, or failure, of public hospitals in treating the most seriously ill serves as a "canary in a coal mine" signaling the overall condition of a state's public mental health system."

In *Research Weekly* this month, we reported on research showing that rates of Asian Americans with some form of mental distress or a serious mental illness are at least two times higher than previously estimated, [here](#).

Kevin Love found peace by opening up about panic attacks: ‘Nothing haunts us like the things we don’t say’ - Love told students at Tufts University that “anxiety is something I have dealt with my entire life.” [Continue reading →](#)

Esperanza Magazine - Getting Motivated When the Alarm Goes Off - [Read more >>](#)

Esperanza Magazine - Introverted? Making the Most of It! - [Read more >>](#)

The New York Times: Why Are Taxi Drivers In New York Killing Themselves? A taxi driver named Roy Kim recently became the eighth professional driver to die by suicide in New York over the last year. The city’s taxi commissioner, Meera Joshi, has characterized the deaths as an epidemic. The stories have drawn attention to the economic despair in the industry and prompted the City Council to weigh new legislation to help taxi owners reduce their debt and to increase driver wages. (Fitzsimmons, 12/2)

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[**The Washington Post: Friendship Is Important To Well-Being, Especially During The Holidays**](#) - For many of us, especially those without family nearby, spending time with friends can be a meaningful way to celebrate the holidays. As fewer people opt for marriage, friendships have become more than social relationships: Friends are proxy families, and they may be better than the real ones. Researchers have found that these personal connections may be more beneficial to one's health and well-being than family relationships. And at a time when loneliness has become a public health crisis with young adults saying they feel lonelier than older generations, studies show that investing in friendships pays off. According to the Mayo Clinic, these bonds can help reduce stress, increase happiness and bolster self-confidence. (Fraga, 12/2)

[**The Associated Press: Assaults Surge At Washington Mental Hospital**](#) - The tall, lanky patient walked out of his room at Washington state's largest psychiatric hospital and spit on two patients before ducking back inside. A few minutes later, he came back out and punched two patients, so Larry Herbert, a licensed practical nurse, went after the man. As Herbert approached, the patient punched him in the face. Herbert wrapped his arms around the patient, and they wrestled until another worker joined in and they all hit the floor. Herbert's knee went "snap, snap" as his body twisted in one direction then the other. He ended up in surgery with three torn ligaments and has spent the past six months on the couch, unsure when or if he can return to work. (12/3)

[**ProPublica: Aurora Chicago Lakeshore Hospital Will Lose Federal Funding Over Safety and Abuse Issues Involving Children in State Care**](#) - Federal authorities announced Friday they were pulling funding from a Chicago psychiatric hospital under investigation following numerous allegations of sexual abuse, assault and patient safety violations, a move that raises questions about the future of the hospital and of the hundreds of children in state care who are treated there. The Department of Children and Family Services relies on Aurora Chicago Lakeshore Hospital to treat children with severe mental illness, some of whom have been turned away from other facilities. (Eldeib, 11/30)

[**USA Today: How To Change The Culture Of Mental Health**](#) - We tend to accept some suicide as unavoidable and inevitable. Many people believe that mental illness, depression and addiction are conditions that cannot be prevented, addressed or effectively treated. But mental health conditions and substance use disorders can be treated even if we can't always prevent them. People can — and do — heal, recover and live productive lives despite the challenges. It's time to normalize the need to care for our mental health. Suicide can be prevented. (Barbara Van Dahlen and Talinda Bennington, 12/1)

Bp Magazine - [When the Holidays Are Difficult: Persevering Through Tough Times - **Read more >>**](#)

Bp Magazine - [Bipolar Disorder & Your Physical Health - **Watch Anja's video >>**](#)

Bp Magazine - [5 Things NOT to Say to Someone Who's Just Lost a Pet - **Read more >>**](#)

[**George H.W. Bush Remembered As Champion For Those With Disabilities**](#) - The former president said that signing the Americans with Disabilities Act was one of his proudest accomplishments during his time in office. [**Read More >**](#)

[**Second Study Corroborates 1 In 40 Autism Rate**](#) - For the second time in a week, new data from a national survey suggests that the prevalence of autism in this country is higher than previously thought. [**Read More >**](#)

[**Miami Herald: Feds Let Florida Trim Retroactive Medicaid Eligibility**](#) -Floridians will now have less time to apply for Medicaid coverage if they want healthcare costs retroactively covered, after federal officials approved a state request Friday to shorten how far back the state's program can pick up the bill. The change, which critics have charged will limit access to healthcare for the poor, elderly and those with disabilities, means those who qualify for the safety-net program now have up to 30 days of retroactive eligibility once they qualify for Medicaid, as opposed to the original 90 days. (Koh, 12/3)

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[The New York Times: Giving Patients A Voice In Their Mental Health Care Before They're Too Ill To Have A Say](#) - Steve Singer, who has bipolar and borderline personality disorders, knows when he's on the verge of a mental health crisis. The female voice he hears incessantly in his head suddenly shuts up, and the hula hoop he gyrates while walking to the grocery store stops easing his anxieties. That's when he gets to a hospital. Usually, talking briefly with a nurse or social worker calms him enough to return home. But this year a hospital placed him on a locked ward, took his phone, and had an armed guard watch him for 20 hours before a social worker spoke with him and released him. (Belluck, 12/3)

[The Washington Post: Parenthood Lost: How Incarcerated Parents Are Losing Their Children Forever](#) - Lori Lynn Adams was a mother of four living in poverty when Hurricane Floyd struck North Carolina in 1999, flooding her trailer home and destroying her children's pageant trophies and baby pictures. No stranger to moneymaking scams, Adams was convicted of filing a fraudulent disaster-relief claim with FEMA for a property she did not own. She also passed dozens of worthless checks to get by. Adams served two year-long prison stints for these "blue-collar white-collar crimes," as she calls them. Halfway through her second sentence, with her children — three toddlers and a 14-year-old — temporarily under county supervision, Adams said she got a phone call from a family court attorney. Her parental rights, he informed her, were being irrevocably terminated. (Hager and Flagg, 12/3)

[The Wall Street Journal: A Reason To Think Twice About Your Child's ADHD Diagnosis](#) - Diagnosing attention-deficit hyperactivity disorder is inherently subjective. New research highlights how this can get especially tricky with young children. It shows that ADHD rates are significantly higher among children who are the youngest in their class compared with those who are the oldest. ADHD is characterized by difficulty concentrating and constantly active, sometimes disruptive behavior. (Reddy, 12/3)

[The Associated Press: Florida Deputies Fatally Shoot Armed Psychiatric Patient](#) - Deputies fatally shot a psychiatric patient who they say was threatening to harm people with a sharp piece of glass at a South Florida behavioral health center. News outlets report the shooting happened late Saturday at the University Hospital center in Tamarac, which is near Fort Lauderdale. (12/3)

[The Hill: There's A Shortage Of Psychiatrists For Those Most In Need](#) - The shortage of psychiatrists who accept insurance in the United States is a serious problem. Suicide rates are climbing in the U.S. and nearly one in five Americans lives with mental illness. Yet among the 43.4 million people with a mental illness in the U.S., only about 43 percent received treatment in the past year. Psychiatrists not accepting insurance is a major barrier to receiving treatment. (Kelly A. Kyanko and Susan H. Busch, 12/3)

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 ►](#)

Esperanza magazine – Mayim Bialik on Getting Help for Depression - [Read more >>](#)

Esperanza magazine - Are You Living on Autopilot? - [Read more >>](#)

Esperanza magazine - 5 Strategies to Help Treat Persistent Depression - [Read more >>](#)

[Des Moines Register: Lower Drug Prices On The Way For Iowa Seniors](#) - Iowa is getting grayer. By 2030, roughly three in 10 Iowans will be older than 60. That's a 30 percent spike from today. Keeping these seniors healthy depends on sound health coverage, especially for prescription drugs, as the typical American senior takes four different drugs each day. (Drew Kamp, 12/4)

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Iowa let major Medicaid provider keep \$2.4M in overpayments - After a major provider agreed to stay in Iowa's troubled Medicaid program, a top aide to Gov. Kim Reynolds quietly signed a deal letting its hospitals and clinics keep \$2.4 million in mistaken overpayments, according to records. [READ MORE](#)

[How We Can Break the Back of the Growing Suicide Crisis](#)

[A New Congressional Report on Peers: Another Policy Win](#)

[Healthy Workplaces: Creating a Supportive Environment](#)

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

The Manual: [8 Mental Health Apps to Help Guys with Anxiety, Stress, and Heartbreak](#)

Nonprofit Quarterly: [The Peer Network as a Key to Mental Health Systems](#)

The Marshall Project: [Why So Few Federal Prisoners Get the Mental Health Care They Need](#)

Esquire: [The Mind is a Terrifying Place. Even for Bruce Springsteen](#)

bp: [What Everybody Ought to Know About Mending Relationships Damaged By Bipolar](#)

Esperanza: [The Big Bang Theory's' Mayim Bialik on Getting Help for Depression](#)

Living Apart, Coming Undone <https://features.propublica.org/supported-housing/new-york-mentally-ill-housing-group-homes/>

— L.A. County has agreed to new policies aimed at ending the **jail-to-skid-row cycle for mentally ill people**.

Future Uncertain As Money To Move People Out Of Institutions Runs Dry - With time and money running out, advocates are pushing for passage of a bill that would extend a federal program that moves people with disabilities from institutions to community living. [Read More >](#)

Boy Scouts Alter Approach For Kids With Special Needs - Kids with special needs are learning everything from life skills to archery as part of a Boy Scouts program that's helping pave the way for them to take part in a typical pack. [Read More >](#)

Bloomberg: One In 40 U.S. Children On Autism Spectrum: Demographic Trends - An estimated one in 40 American children have been diagnosed with autism spectrum disorder, according a study published in this month's edition of the journal Pediatrics. ...The prevalence of autism spectrum disorder has increased over the past 30 to 40 years, most likely a result of "broadening diagnostic criteria, increased provider ascertainment at earlier ages, increased parent awareness, and an increase in some risk factors such as births to older parents," the study said. (Tanzi, 12/6)

USA Today: Suicide Survivor Answers Questions On How She Prevents Another Attempt - The Centers for Disease Control and Prevention released new numbers last week showing that the nation's suicide rate is up 33% in less than 20 years. Suicide is a growing problem, yet stigma often prevents people from talking openly about it. Shelby Rowe attempted to take her own life almost 10 years ago, but she survived. She is one one of millions of Americans who survive suicide attempts and go on to live full, healthy lives. USA TODAY enterprise reporter Alia Dastagir interviewed Rowe, a leader in the field of suicide prevention, for USA TODAY's Surviving Suicide project. Rowe and Dastagir answered questions about suicide during a Reddit AMA Monday. (Dastagir, 12/6)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

[She Ran Away From Foster Care. She Ended Up in Handcuffs and Leg Irons.](#)

[It is not a crime to run away from foster care. But in Family Court hearings each week, the city is getting arrest warrants for children who do.](#)

Bp Magazine - Soothe Regret with Self-Kindness—You Did the Best You Could - [Read more >>](#)

Bp Magazine - ‘How Much is that Doggie in the Window?’—Taking a Chance on the Mental Health Benefits of Pets - [Read more >>](#)

Bp Magazine – Own Your Anger and Then Get It off Your Chest, Respectfully - [Read more >>](#)

Bp Magazine – When We Rest Affects How We Burn Calories - [Read more >>](#)

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

[ProPublica/Frontline/The New York Times: Living Apart, Coming Undone](#) - Adult home residents are given a subsidized apartment, called scattered site supported housing, and assigned a team of social workers and others to help navigate bureaucracies, housing problems and everyday tasks. But more than 200 interviews and thousands of pages of medical, social work and housing records reviewed by ProPublica and the PBS series Frontline, in collaboration with The New York Times, show that for some residents, the sudden shift from an institution to independence has proved perilous, and even deadly. (Sapien and Jennings, 12/6)

[NPR: Infections May Raise The Risk Of Mental Illness In Children](#) - Researchers have traced a connection between some infections and mental illnesses like schizophrenia, depression and bipolar disorder. New research from Denmark bolsters that connection. The study, published Thursday in JAMA Psychiatry, shows that a wide variety of infections, even common ones like bronchitis, are linked to a higher risk of many mental illnesses in children and adolescents. (Chatterjee, 12/5)

[The Oregonian: Mental Health Advocates Blast Oregon Health Authority](#) - A leading advocacy group has asked Oregon to halt a key component of its massive effort to move people into less restrictive housing for people with mental illness, citing serious concerns about people’s safety. Disability Rights Oregon highlighted problems with a state contract with Kepro, a company hired to review medical needs of people with mental illness. Neither Kepro nor the state has tracked outcomes to ensure people remain healthy after moving out of locked or other specialized facilities for people with mental illness. (Zarkhin, 12/5)

Esperanza Magazine – Accepting Anxiety & Depression: A Healing Step - [Read more >>](#)

Esperanza Magazine - 5 Tips for Taking Action When Depression Sneaks Up On You - [Read more >>](#)

[Dallas Morning News: Abbott And Lawmakers Have The Power To Improve Care For Sick And Disabled Texans. Will They Use It?](#) Under a program called Medicaid managed care, health care companies promise to save taxpayer money and to help patients by hiring care coordinators to connect them with doctors and treatments. But Texas cannot prove it is saving money, and the state’s own analysts found that most patients aren’t getting much — or any — care coordination. (McSwane and Chavez, 12/8)

[The Associated Press: Caregivers For 3600 Migrant Teens Lack Complete Abuse Checks](#) -Nearly every adult working with children in the U.S. — from nannies to teachers to coaches — has undergone state screenings to ensure they have no proven history of abusing or neglecting kids. One exception: thousands of workers at two federal detention facilities holding 3,600 migrant teens in the government’s care, The Associated Press has learned. The staff isn’t being screened for child abuse and neglect at a Miami-based emergency detention center because Florida law bans any outside employer from reviewing information in its child welfare system. Until recently at another facility holding migrant teens in Tornillo, Texas, staff hadn’t even undergone FBI fingerprint checks, let alone child welfare screenings, a government report found. (Mendoza and Burke, 12/7)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

[NPR: To Treat Addiction In Rural America, Start With Hiring Specialists](#) - Lindsay Bunker woke up from a nightmare. The 32-year-old lives with her sixth-month-old daughter on the Lac Courte Oreilles Indian Reservation in northern Wisconsin. She's struggled with addiction for over 10 years, mostly to heroin. Then came the nightmare: She dreamt two men were attacking her baby while she could think only about drugs. (Sable-Smith, 12/9)

[ProPublica: Federal Judge Puts Independent Review Of Troubled Psychiatric Hospital on Hold](#) -A federal judge Friday suspended an independent inquiry at a troubled Chicago psychiatric hospital that is set to lose its federal funding. After pressure from the American Civil Liberties Union of Illinois and state lawmakers, the Illinois Department of Children and Family Services had agreed to the review of Aurora Chicago Lakeshore Hospital after multiple allegations of abuse and neglect of children treated at the facility in the city's Uptown community. (Eldeib, 12/7)

[The Associated Press: Newtown Shooter Described 'Scorn For Humanity'](#) -Documents from the investigation into the massacre at Sandy Hook Elementary School in Connecticut are shedding light on the gunman's anger, scorn for other people, and deep social isolation in the years leading up to the shooting. The documents that a court ordered Connecticut State Police to release include several writings by Adam Lanza, who gunned down 20 children and six educators on Dec. 14, 2012. He fatally shot his mother before driving to the school and ultimately killed himself. (12/9)

[The New York Times: Can We Really Inherit Trauma?](#) In mid-October, researchers in California published a study of Civil War prisoners that came to a remarkable conclusion. Male children of abused war prisoners were about 10 percent more likely to die than their peers were in any given year after middle age, the study reported. The findings, the authors concluded, supported an "epigenetic explanation." The idea is that trauma can leave a chemical mark on a person's genes, which then is passed down to subsequent generations. The mark doesn't directly damage the gene; there's no mutation. Instead it alters the mechanism by which the gene is converted into functioning proteins, or expressed. The alteration isn't genetic. It's epigenetic. (Carey, 12/10)

[Bloomberg: Screen Time Changes Structure Of Kids' Brains, '60 Minutes' Says](#) -Smartphones, tablets and video games are physically changing the brains of adolescents, early results from an ongoing \$300 million study funded by the National Institute of Health have shown, according to a report by "60 Minutes." Scientists will follow more than 11,000 nine- to 10-year-olds for a decade to see how childhood experiences impact the brain and affect emotional development and mental health. The first bits of data suggest that the onslaught of tech screens has been transformative for young people -- and maybe not for the better. (Lee, 12/9)

[Concord Monitor: State Mental Health Plan Praised At Hearing Amid Concerns About Funding](#) - [Peter] Dowling was one of 200 people who testified last week at a public hearing for the Department of Health and Human Services' proposed 10-year mental health plan. Just a young man, he stood in front of the crowd with his mother and spoke about his experience with psychosis and depression. He said he's been hospitalized four times in four years. ...DHHS's \$24 million, 10-year plan calls for enhanced mental health programs in schools, more integration with primary care and behavioral health services, support between transitions in care and an infusion of peer supports. (Willingham, 12/9)

[Stat: Policymakers Must Help Enforce Mental Health Parity Laws](#) - During the midterm election, voters sent several clear messages. Two in the health sphere were that they want equitable, affordable, and comprehensive health care coverage; and they want solutions to address the opioid epidemic. The newly constituted Congress has a tool with vast — and sadly untapped — potential to address both issues: the federal Mental Health Parity and Addiction Equity Act, also known as the Parity Act. (Patrice A. Harris and Ellen Weber, 12/10)

[USA Today: 'Screen Time' Causing, Exacerbating Childhood Psychiatric Disorders](#) - Working in the world of child and adolescent psychiatry as an advanced practice nurse, I frequently hear about symptoms of irritability, anger, isolation and poor sleep from my patients. These symptoms are common to many childhood psychiatric disorders. These disruptive symptoms baffle parents, teachers and clinicians alike, and can lead to incorrect diagnoses for these children with dysregulated moods. I have been a steadfast believer in the importance of good diet, exercise and adequate sleep as being elementary steps one can take to improve moods. I now also consider the fourth tenet for youth mood regulation to be limited electronic screen exposure. (Annette Rothman, 12/8)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

[Des Moines Register: Privatized Medicaid Is Here To Stay; Independent Review Is Now Needed](#) - The election of Gov. Kim Reynolds means privatized Medicaid is here to stay. She has refused to return control of the health insurance program for 600,000 people to the state, and it's unlikely she will do so in the future. That reality should prompt all Iowans, including privatization critics and the governor's administration, to shift our focus to a common goal: Making sure Iowa's privatized Medicaid works as intended for patients, providers and taxpayers. That will ultimately require diligent oversight and a commitment by this administration to transparency. (12/6)

[Congress to pass children's health home legislation by year-end](#) - Congress is considering a revised bill to establish provider-coordinated health homes for chronically ill children during its lame duck session. The U.S. House of Representatives has cut the amount of federal Medicaid money that would fund the homes. [READ MORE](#)

[Even with insurance, getting mental health treatment is a struggle in Mass., study says](#) - More than half of Massachusetts adults who sought mental health or addiction treatment in recent months had difficulty getting an appointment, according to a survey. [Continue reading →](#)

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Bp Magazine - 'Going Public' with Your Bipolar Disorder Experiences: Insight on the Impacts - [Watch Natasha's video >>](#)

Bp Magazine - Bipolar and Stress: Staying Balanced in Turbulent Times - [Read more >>](#)

[Healthcare groups rip Trump proposal penalizing legal immigrants for using Medicaid](#) - Healthcare industry groups uniformly blasted the Trump administration's so-called public charge rule, warning it would have broad negative effects on the healthcare system, government budgets and public health. [READ MORE](#)

Helping Children Manage Fears - Teaching young children how to best their fears and help them learn to be brave.- [READ MORE ▶](#)

How Can We Help Kids With Self-Regulation? An essential skill for managing emotions and behavior. [READ MORE ▶](#)

Tips for Calming Anxious Kids - What to do when kids need a little extra help to calm down. [READ MORE ▶](#)

Helping Kids Who Are Scared of Going to the Doctor - How to calm fears and let kids know what to expect. [READ MORE ▶](#)

Kansas Family Warns Others That Medicaid Can Take Your House - https://www.kctv5.com/news/kansas-family-warns-others-that-medicaid-can-take-your-house/article_6baefb42-f991-11e8-bc60-93d8a8a75cfd.html?fbclid=IwAR0q7hYNX9uLCxLH0Vh37i37pOJh-71zTyaE9tX4vEM4w_czVvLwddensbY

[The Associated Press: Researchers: Lanza Documents May Boost Study Of Mass Killers](#) - The disclosure of Adam Lanza's writings and other documents offer little toward understanding why he carried out the Sandy Hook Elementary School massacre, but researchers say the detail on the gunman's mental decline could offer insights into the mind of a mass killer. Some relatives of the 20 children and six educators gunned down at the school on Dec. 14, 2012, said they welcomed the release of the long-withheld records, although they wish it had not come the week of the tragedy's sixth anniversary. (Collins, 12/10)

[The New York Times: Is Screen Time Bad For Kids' Brains?](#) - A generation ago, parents worried about the effects of TV; before that, it was radio. Now, the concern is "screen time," a catchall term for the amount of time that children, especially preteens and teenagers, spend interacting with TVs, computers, smartphones, digital pads, and video games. This age group draws particular attention because screen immersion rises sharply during adolescence, and because brain development accelerates then, too, as neural networks are pruned and consolidated in the transition to adulthood. (Carey, 12/10)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

[The Washington Post: Telemedicine Surging In US But Still Uncommon](#) - Although telemedicine visits have increased sharply in the United States in recent years, the vast majority of American adults still receive care from doctors in person rather than via remote technology, a new study suggests. The goal of telemedicine is to help improve access to specialty care, particularly in rural, underserved areas of the country, researchers note in JAMA. As of 2016, 32 states have passed “parity” laws requiring insurance coverage and reimbursement for telemedicine visits. (Rapaport, 12/11)

[California Healthline: As U.S. Suicides Rates Rise, Hispanics Show Relative Immunity](#) - Overtaken by feelings of anxiety and despair, and increasingly lonely after the last of her older sisters left for college, Sarai had been cutting her arms. She wore long sleeves, even on warm days, so her mother and friends wouldn't see the marks. “I thought every time I did it, that it would let out some of the frustration and anger and sadness that I had,” said Sarai, a 15-year-old Latina in Southern California who requested that her full name not be used. (Huff, 12/10)

[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 Associated Press: Mental Health Workers Start Weeklong Strike In California](#) - Thousands of Kaiser Permanente mental health professionals throughout California started a weeklong strike Monday to protest what they say is a lack of staffing that affects care. Outside Kaiser Permanente hospitals and clinics in the San Francisco Bay Area dozens of workers marched Monday holding signs that read "Kaiser, Don't Deny My Patients Mental Health Care," and "Care Delayed is Care Denied." (12/10)

[Modern Healthcare: Kaiser Permanente Mental Health Workers Begin Five-Day Strike](#) - Monday marked day one of a five-day strike for 4,000 Kaiser Permanente mental health clinicians and other healthcare professionals across more than 100 California hospitals and clinics. The National Union of Healthcare Workers organized the strike. The NUHW says it has been in contract negotiations with the massive, Oakland, Calif.-based not-for-profit health system since June. The union says Kaiser has rejected therapists' proposals to boost staffing and end long waits for therapy appointments, while Kaiser says it has hired more than 500 new therapists in California since 2015. (Bannow, 12/10)

[Des Moines Register: Thanks To Congress, Iowa's Cost To Insure Kids Will Rise By Millions](#) - It's about to cost Iowa a lot more to provide health insurance to 70,000 children from moderate-income families. The state's share of the cost for kids in the HAWK-I program is set to more than quintuple in the next two years, from \$7 million to \$37 million. Iowa legislators, who already face tight budgets, will have to find that money to keep the popular program going. ...The future of HAWK-I and similar programs across the country was in doubt last winter, as Congress let the programs' federal funding lapse during a contentious attempt to repeal the Affordable Care Act. (Leys, 12/10)

[Chicago Tribune: 'I Think People Are Sadly Used To It Now': Northwestern University Grapples With Suicides](#) - Alarmed by the suicides of four students this year, including a sophomore found dead in his dormitory in late November, Northwestern University is boosting staff at the campus' main counseling center. Two new employees will join its mental health center, Counseling and Psychological Services, to perform suicide screenings and clinical support services, Vice President for Student Affairs Patricia Telles-Irvin announced in a message to students last week. (Rhodes, 12/11)

[The Washington Post: A Damning Pentagon Report Reveals How The Air Force Failed To Stop A Mass Shooting](#) - After last year's mass shooting at a rural Texas church, the Air Force acknowledged it had failed to alert the FBI to information that would have prevented the shooter, a disgraced airman, from legally purchasing weapons used in the attack. What was not known then was the extent of the failure — how the Air Force had multiple warnings and failed multiple times to live up to its obligation. A damning new report by the Defense Department inspector general reveals systemic issues that demand urgent attention. (12/10)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

Student With Special Needs Dead After Being Restrained At School - A 13-year-old with autism is dead after reportedly being held face down in a prone restraint for roughly an hour at school. [Read More >](#)

Woman Slams Mom Of Girl Needing Around-The-Clock Care - A woman has caused a social media firestorm after telling a mother to put her daughter with a disability "out of her misery." [Read More >](#)

[Burlington Police Work to Serve the Mentally Ill](#) - *The Times-News*—North Carolina

[Opioid Crisis Adds New Burden to Rural Indiana Courts and Jails](#) - *The Crime Report*—Indiana

[Treatment Denied: The Mental Health Crisis in Federal Prisons](#) - *The Marshall Project*—National

[An Old Minnesota Jail Is Now a Leader for Inmate Mental Health](#) - *MPR News*—Minnesota

[Mental Health Treatment Options Expanded under Changes to Medicaid IMD Exclusion](#) - *National Association of Counties*—National

[In Its First Four Months, Warren County's New Mobile Crisis Response Team Responds to Dozens of Calls](#) - *Des Moines Register*—Iowa

[Majority of Polk County Inmates Receiving Mental Health Services](#) - *Leader-Register*—Wisconsin

[Children of the Incarcerated Face Multiple Traumas: Study](#) - *The Crime Report*—National

[North Dakota May Hold Key to Wyoming's Prison Woes](#) - *WyoFile*—Wyoming

[Neuroscientists Make a Case against Solitary Confinement](#) - *Scientific American*—National

[Sending a Mother to Prison Can Have a Devastating Effect on Her Children. Why, Then, Do We Lock so Many Women Up?](#) - *The New Yorker*—Oklahoma

[Oregon Kicks Off Data-Driven Review of State's Criminal Justice, Behavioral Health Systems](#)

[Intersection of State Criminal Justice and Behavioral Health Systems Focus of Forums in California, Virginia](#)

— Your aging brain: Is it ["use it or lose it"](#)?

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Esperanza magazine - 7 Ways to Rule Your Rage - [Read more >>](#)

A 9-year-old's family says she committed suicide after racist bullying, including taunts of 'kill yourself' - The mother and aunt of McKenzie Adams said she was taunted for being friends with a white boy, while school officials said they found no record of bullying. By Isaac Stanley-Becker • [Read more »](#)

Des Moines Register: 34,000 Iowans Could Get Free Health Insurance Under Obamacare - Nearly 34,000 Iowans who lack health insurance could get free policies under Obamacare, a new report estimates. Nearly half of all uninsured Iowans could qualify for no-premium insurance, according to the study from the Kaiser Family Foundation. But the Iowans would need to act fast: Saturday is the sign-up deadline for 2019 health insurance policies that qualify for federal subsidies. (Leys, 12/11)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

[Arkansas Medicaid work requirements add new option: phoning it in](#) - Facing mounting criticism over its Medicaid work requirement, Arkansas will allow enrollees to report their compliance with the mandate over the phone rather than solely through an internet portal. [READ MORE](#)

[Seattle Times: Inslee Unveils \\$675 Million Plan To Reverse Crisis In Washington's Mental-Health System](#) - Seeking to reverse the multitude of crises that have engulfed Washington's mental-health system, Gov. Jay Inslee on Tuesday released a plan that would radically reshape the care of patients. Inslee's \$675 million proposal would fund hundreds of new community mental-health beds and create a partnership with the University of Washington to establish a new teaching hospital focused on behavioral health. It would boost the ranks of mental-health workers, who have been in short supply, and provide long-term housing options to ease the bed shortage. (O'Sullivan, 12/11)

[The Wall Street Journal: The Loneliest Generation: Americans, More Than Ever, Are Aging Alone](#) - Danny Miner, a 66-year-old retired chemical plant supervisor, spends most days alone in his Tooele, Utah, apartment, with "Gunsmoke" reruns to keep him company and a phone that rarely rings. Old age wasn't supposed to feel this lonely. Mr. Miner married five times, each bride bringing the promise of lifelong companionship. Three unions ended in divorce. Two wives died. Now his legs ache and his balance is faulty, and he's stopped going to church or meeting friends at the Marine Corps League, a group for former Marines. "I get a little depressed from time to time," he says. Baby boomers are aging alone more than any generation in U.S. history, and the resulting loneliness is a looming public health threat. (Adamy and Overberg, 12/11)

[ProPublica: Criminally Insane In Oregon Attack Twice As Many People Than Previously Known, New Data Shows](#) - People freed by Oregon officials after being found criminally insane are charged with new felonies more often than convicted criminals released from state prison, with family members and first responders often the targets of violence, a new analysis by the Malheur Enterprise and ProPublica shows. All told, 23 percent of people freed by the state's Psychiatric Security Review Board are charged with felonies within three years of their release, compared with 16 percent of those released from Oregon prisons. (Fraser, 12/12)

[San Jose Mercury News: California Parents Trusted Their Son's Mental Health Treatment, But 'Our System Failed Them'](#) - It turns out that the Sovereign "step-down" house Nelson went to after release from a hospital was not licensed by the state as either a mental health facility or an addiction treatment facility. Nelson didn't have a team of professionals overseeing his transition — he apparently didn't even get his medications on time, according to his parents and police reports. (Sforza, 12/11)

[WBUR: Survey: More Than Half Of Mass. Adults Struggle Finding Help With Mental, Substance Abuse Problems](#) - It found that more than half of Massachusetts adults who tried finding help for mental health or substance abuse problems said they had difficulty finding anyone who would see them. More than one-third gave up seeking help entirely, and about 1 in 8 went to the emergency room for treatment. (Bebinger, 12/11)

[Boston Globe: Tech Firms Enter The Business Of Campus Mental Health Care](#) - At many college counseling centers therapists are overwhelmed and students are forced to wait weeks for an appointment, even as more of them seek help for anxiety, depression, and sleep and eating disorders. Christie Campus Health, a Lexington start-up that will be launched Wednesday, thinks it has a solution: technology. (Fernandes, 12/12)

[The Washington Post: McKenzie Adams, Alabama 9-Year-Old Who Hung Herself, Faced Racist Bullying, Her Family Says](#) - McKenzie Adams wanted to be a scientist when she grew up. The 9-year-old excelled in math. But she also liked riding her bike, playing with dolls and PlayStation 4 and recording goofy home videos with her cousins, according to media reports in Alabama, where Adams attended elementary school in the city of Demopolis. Instead of making plans to gather McKenzie and her cousins for Christmas, the child's family is preparing to bury her on Saturday after she hung herself. Her body was discovered at their home in Linden, Ala., on Dec. 3 by her grandmother, family members told the Tuscaloosa News. (Stanley-Becker, 12/12)

January 2019 – Additional Mental Illness Related Articles and Videos from around the Nation

[Philadelphia Inquirer: Black Children Are Suffering Higher Rates Of Depression And Anxiety. What's Going On?](#) The rates of anxiety, depression, and behavior disorders among black children doubled over the course of several decades, with prevalence rates among black Americans topping those of whites, found a recent study in the Journal of Epidemiology. Previous research examining racial differences in rates of psychiatric disorders have typically found that black Americans show lower rates than whites, despite experiencing higher rates of social adversity and stressors. The new study suggests that this may be changing for younger black Americans, at least with regard to psychiatric disorders that have their onset in childhood. (Katherine K. Dahlsgaard, 12/11)

[The Associated Press: Report Says Suicide Rates In Virginia Are Slowly Increasing](#) - A new state report says that suicide rates in Virginia have been slowly increasing in the last two decades. A recently released report from the Department of Behavioral Health and Developmental Services said suicides have increased since 1999 and there was a 5.4 percent increase from 2015 to 2016. Handguns were the most common cause of death in suicides, used in 58 percent of all cases in Virginia, the report said. (12/13)

The Legacy of Suicide http://www.psychiatrictimes.com/suicide/legacy-suicide?rememberme=1&elq_mid=4656&elq_cid=1741498

[A 12-year-old tried to kill himself. Instead, he ended up killing someone else.](#) Marisa Harris never saw the boy on the bridge. And a year after her death on a busy Northern Virginia highway, he remains a mystery to her grieving family. This is what they did not know: When a 12-year-old tries to die, and doesn't, what happens to him next? **By Jessica Contrera** · [Read more](#)

[Judge strikes down ACA as unconstitutional](#) - A federal judge in Texas on Friday struck down the Affordable Care Act as unconstitutional, ruling that the law's individual mandate could not be severed from the rest of President Barack Obama's landmark healthcare law. [READ MORE](#)

[WBUR: 'It's A Prison. It's Punishing Addicts': Calls To Reform Civil Commitments Increase](#) -As the state reviews how it involuntarily commits people to addiction treatment under a state law called Section 35, [Nick] Cocchi has opened this part of his jail for men who have been civilly committed. He's done this despite public calls from some who have been civilly committed to stop sending people into correctional institutions for drug and alcohol treatment. (Becker, 12/14)

[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)

[CNN: Gun Deaths In America Reach Highest Level In Nearly 40 Years, CDC Data Shows](#) - Gun deaths in America have reached a record high. Nearly 40,000 people in the United States died by guns last year, marking the highest number of gun deaths in decades, according to a new analysis of data from the Centers for Disease Control and Prevention's WONDER database. A similar analysis was first conducted by the Educational Fund to Stop Gun Violence, a non-profit gun policy advocacy group. (Howard, 12/13)

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[ProPublica: Lawsuit Targets Illinois' Child Welfare Agency Over Children Languishing in Psychiatric Hospitals](#) - The Acting Cook County Public Guardian filed a class-action lawsuit Thursday on behalf of hundreds of children and teenagers in state care who have been held in psychiatric hospitals after they had been cleared by doctors for release, calling the practice inhumane and unconstitutional. The Illinois Department of Children and Family Services has a constitutional responsibility to ensure that children in the department's care, whose lives are already marked by trauma, are not unnecessarily held in psychiatric hospitals, according to the lawsuit, which was filed in federal court in Chicago. (Eldeib, 12/13)

[The Washington Post: Teen Suicide: A Boy Tried To Kill Himself By Jumping From A Highway Bridge. He Killed A Driver Instead.](#) - There was no way she could have seen him, the boy on the bridge. Marisa Harris was driving her Ford Escape down a Northern Virginia highway, heading home after a peaceful afternoon hike at Burke Lake. Her boyfriend, Perry Muth, was stretched out in the passenger seat as they cruised east on Interstate 66 toward the bridge, an overpass suspended across the busy highway. (Contrera, 12/13)

[ProPublica: Chicago Psychiatric Hospital Will Remain Open For Now](#) - A Chicago psychiatric hospital just two days from losing federal funding, potentially forcing it to shut down, will remain open for now, following a judge's ruling Thursday. Federal officials had told Aurora Chicago Lakeshore Hospital they would terminate its Medicare agreement on Saturday after a November inspection found the hospital could not ensure its patients were free from sexual and physical abuse and did not have adequate policies and procedures in place to investigate abuse allegations. (Eldeib, 12/13)

[The New York Times: New York City Agrees To Pay \\$2 Million To Family Of Mentally Ill Woman Killed By Police](#) - New York City has agreed to a \$2 million settlement with the family of a mentally ill woman who was fatally shot by a New York City police sergeant two years ago as she wielded a bat in the bedroom of her Bronx apartment, city officials said Thursday. The agreement, which was reached this week, is the latest development in a highly contentious and at times racially charged debate surrounding the death of the woman, Deborah Danner. The case became a flash point in national discussions over whether police officers are too quick to shoot people and whether they are adequately trained to work with people suffering from severe mental illness. (Stevens and Goldstein, 12/13)

[Des Moines Register: Suicides Are Rising In Iowa; Here's What People Are Doing To Stop It](#) - Some 476 Iowans died by suicide in 2017, per the latest data from the Iowa Department of Health and the Center for Disease Control. That number has increased by more than 66 percent since 2000, including nearly doubling in the last decade. Suicide is the 10th leading cause of death both in Iowa and the nation. ...Suicides by Iowans tied or surpassed 17-year highs in 10 of 16 age groups tracked by the state. Iowans between 55-74 amounted for nearly a quarter of all suicides in 2017. (Finney, 12/13)

[New Hampshire Public Radio: Police Recruit Accused Of Criminal Threatening To Undergo Mental Health Evaluation](#) - A man accused of threatening violence at the New Hampshire Police Academy graduation has been sent to Concord Hospital for a mental health evaluation. According to court documents, fellow classmates say 24-year-old Laconia Police Department recruit Noah Beaulieu talked about bringing 30-round magazines of ammunition and shooting those attending the academy graduation scheduled for Friday. (Garrova, 12/13)

[The Star Tribune: Judge Backs Statewide Ambulance License For Children's](#) - An administrative law judge has recommended that regulators grant a statewide license to Children's Minnesota to operate a new quad-cab ambulance for transporting patients between hospitals across Minnesota. The state's Emergency Medical Services Regulatory Board (EMSRB) is expected to make a final decision next week on the controversial proposal from Children's, which has been opposed by other EMS providers including the ambulance service at the Mayo Clinic. (Snowbeck, 12/13)

Now Mental Health Patients Can Specify Their Care Before Hallucinations and Voices -
<https://www.nytimes.com/2018/12/03/health/psychiatric-advanced-directives.html>

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Protesters Demand Closure Of School Where Teen Was Restrained, Later Died - Former students, disability advocates and parents are calling for the closure of a school where a teen with autism stopped breathing and later died after being restrained by staff. [Read More >](#)

Future Uncertain As Money To Move People Out Of Institutions Runs Dry [Read More >](#)

'Father, please stop': Parents horrified after priest used teen's funeral to condemn suicide - With the parents now calling for the priest's removal, the Archdiocese of Detroit apologized for the priest's behavior. **By Katie Mettler** • [Read more »](#)

Bipolar Magazine - Managing Bipolar Is Serious—But Don't Forget to Have Fun! - [Read more >>](#)

Bipolar Magazine - The Link Between Emotional Support Dogs and Cortisol -[Read more >>](#)

After suicides in Acton and Boxborough, a communion of sorrow - [Read the full story.](#)

Child suicide rates are rising. No one is sure why - When children take their own lives, society has failed its most vulnerable. [Continue reading →](#)

Finney: Suicides are rising dramatically in Iowa; Here's what people are doing to stop it -

<https://www.desmoinesregister.com/story/news/local/columnists/daniel-finney/2018/12/13/iowa-suicide-rate-data-cdc-department-public-health-mental-health-illness-sergei-mary-neubauer/2184858002/>

Esperanza magazine - Depression and Surviving Holiday Stress - [Read more >>](#)

Esperanza magazine - 5 Ways to Break the Cycle of Negative Thinking - [Read more >>](#)

[The Washington Post: ACA Ruling Creates New Anxieties For Consumers And The Health-Care Industry](#) - The ruling by a federal judge in Texas striking down the Affordable Care Act has injected a powerful wave of uncertainty about recent changes woven into the U.S. health-care system that touch nearly all Americans and the industry that makes up one-sixth of the economy. The opinion, if upheld on appeal, would upend the health insurance industry, the way doctors and hospitals function, and the ability of millions of Americans to access treatments they need to combat serious diseases. (Goldstein, 12/16)

[Bloomberg: Ruling Striking Down Obamacare Won't Affect Health Coverage, Yet](#) - The White House confirmed that the law remains in effect pending appeal, even as President Donald Trump called the ruling "great news" and suggested Congress start working on a replacement. The ruling has "no impact to current coverage or coverage in a 2019 plan," Seema Verma, the administrator for the Centers for Medicare and Medicaid Services, tweeted. (Tozzi, 12/17)

[The Philadelphia Inquirer: After Confronting Mental Illness And Addiction, He Wants To Help Others. But One Thing's Stopping Him.](#) -Last year, 1,481 certified peer specialists were employed in Pennsylvania, according to data the counties report to the Department of Human Services. Across the United States, there are an estimated 25,000 certified mental-health peer support specialists. Though the U.S. Bureau of Labor Statistics doesn't track the position, it estimates job growth for community health workers in general will increase 16 percent in the coming decade — nearly double the average job growth. (Pattani, 12/17)

[The Wall Street Journal: U.S. Homelessness Edges Higher Again After Seven Years Of Declines](#) - Homelessness nudged higher in 2018 for the second consecutive year, as cities struggled to get people off the streets even as many ramped up building and poured millions of dollars into potential solutions. The increase was slight—just 0.3%, according to an annual report to Congress by the Department of Housing and Urban Development to be released Monday. But after seven years of declines, the small rises over the past two years are a troubling reversal at a time when unemployment is at a near 50-year-low and wages are rising. (Kusisto and Malas, 12/17)

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[Boston Globe: After Suicides In Acton And Boxborough, A Communion Of Sorrow](#) - There seems no straight line between that pressure and these suicides; no easy way to understand or to respond. Loss by suicide is like no other, and the succession of deaths has left a void at the heart of the two towns, as if they were struck by a meteor. The aftershocks of numbing sadness, pulsing outward in every direction, have spared almost no one. (Arsenault, 12/16)

[Dallas Morning News: Criminal Case Grows Against Arlington Mental Hospital Accused Of Holding Patients Against Their Will](#) - An Arlington mental health hospital, indicted last month on charges of illegally holding patients, was indicted on 11 new counts Thursday by a Tarrant County grand jury. Sundance Behavioral Healthcare System now faces 20 counts of violating state mental health codes, nearly all of them related to holding patients illegally. Lawyers representing Sundance said their position on the charges is unchanged, repeating their belief that the case is an instance of "unprecedented overreach" that will have major consequences. (Sarder, 12/15)

[The Baltimore Sun: Investigation Into Inmate's Suicide Faults Maryland Women's Prison's Treatment Of People With Disabilities](#) - An investigation into Maryland's only prison for women following the 2017 suicide of an inmate found the facility violated the constitutional rights of individuals with disabilities who are placed in segregation and did not take sufficient steps to "prevent future harm." The investigation, released Friday by Disability Rights Maryland, reviewed the Maryland Correctional Institution for Women and its role in the death of inmate Emily Butler, who was found dead in her cell from an apparent suicide by hanging on Nov. 12, 2017. At the time of her death, Butler, who had a history of mental health issues, was serving a 14-year sentence for a charge related to arson and would have been eligible for parole this past April. (Reed, 12/14)

Bp Magazine - [Fixes For a Foggy Brain](#) - . [Read more >>](#)

Bp Magazine - [Rebuilding Your Life After a Manic Episode](#) - [Read more >>](#)

Bp Magazine - [Your Guide to Navigating the Mental Health System Maze](#) - [Watch Karl's Video >>](#)

[The Hill: Almost 17K Arkansans Have Lost Medicaid Coverage Due To Work Requirements](#) - Nearly 17,000 people have lost Medicaid coverage in Arkansas because they did not comply with the state's work requirements, according to new state data released Monday. Arkansas began phasing in work requirements for Medicaid beneficiaries in August. In the first three months the requirements have been in effect, more than 12,000 people were removed from Medicaid. (Weixel, 12/17)

[The Star Tribune: Continued Rise In Minn. Suicides Prompts Plea For Better Prevention](#) -Suicides rose in Minnesota in 2017 with an alarming increase in men taking their own lives, but fewer suicides among women. Those findings were released Monday by the Minnesota Department of Health, along with a plea from the state health commissioner to halt a decades long trend of rising suicide numbers by increasing public awareness, mental health treatment and prevention programs. (Olson, 12/17)

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

FDA To Finalize Ban On Shock Devices Used On Those With Special Needs - Two years after proposing a ban on devices used to administer electric shocks on people with developmental disabilities, federal regulators say they intend to move forward with the plan. [Read More >](#)

Disability Advocates Concerned By Plan To Axe School Discipline Guidance - A Trump administration panel is recommending that federal officials rescind Obama-era guidance aimed at ensuring that minorities and students with disabilities aren't unfairly disciplined. [Read More >](#)

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Doctors Urged To Broaden Care For Children With Disabilities - Pediatricians are being encouraged to consider more than the medical issues in front of them when treating kids with special needs. [Read More >](#)

Why Are Kids Different at Home and at School - Some hold it together at school, only to lose it at home. Others stress out in the classroom. [READ MORE >](#)

ADHD and Behavior Problems - Tantrums and defiance are common in kids with ADHD. How can we help them? - [READ MORE >](#)

Why Do Kids Have Trouble With Transitions? - Having to switch gears often triggers whining and tantrums - [READ MORE >](#)

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Esperanza Magazine - What to Consider Before Revealing Your Diagnosis - [Read more >>](#)

[The New York Times: Nearly 40,000 People Died From Guns In U.S. Last Year, Highest In 50 Years](#) - More people died from firearm injuries in the United States last year than in any other year since at least 1968, according to new data from the Centers for Disease Control and Prevention. There were 39,773 gun deaths in 2017, up by more than 1,000 from the year before. Nearly two-thirds were suicides. It was the largest yearly total on record in the C.D.C.'s electronic database, which goes back 50 years, and reflects the sheer number of lives lost. (Mervosh, 12/18)

[The New York Times: Suicide Among Veterans Is Rising. But Millions For Outreach Went Unspent By V.A.](#) - Suicide prevention efforts by the Department of Veterans Affairs fell off sharply in the last two years, even though reducing the high suicide rate among veterans is the agency's top clinical priority, according to a new report. With the department's top management in turmoil, the suicide prevention effort lacked leadership, planning meetings were repeatedly canceled, millions of dollars budgeted for outreach went unspent, and the television and radio ads that had been broadcast thousands of times across the country in previous years went all but silent. (Philipps, 12/18)

[The Washington Post: Trump's VA Vowed To Stop Veteran Suicide. Its Leaders Failed To Spend Millions Set Aside To Reach Those At Risk.](#) -As the number of veterans taking their own lives climbed, VA's media outreach plunged in fiscal years 2017 and 2018 — with fewer social media posts, public service announcements and paid advertisements compared with the agency's efforts during the Obama administration, auditors said. About 20 veterans die by suicide every day, VA data shows. That's nearly twice the suicide rate among Americans who did not serve in the military. VA set aside \$6.2 million this year alone to advertise its crisis hotline — the centerpiece of its suicide-prevention efforts — online, on billboards, buses and trains, and via local and national radio commercials. But as of September, the agency had spent \$57,000 — less than 1 percent of that budget, auditors wrote. (Rein, 12/18)

[The Hill: VA Left Millions Unspent For Veterans Suicide Prevention: GAO](#) - The department's use of social media for veterans suicide prevention outreach also dropped in fiscal years 2017 and 2018, the report found. After developing 339 pieces of social media content for veterans suicide prevention in President Obama's final year in office in 2016, the department posted 159 pieces of content in fiscal year 2017 and had made 47 posts in fiscal year 2018 as of July 2018. Officials at the Veterans Health Administration, the health-care branch of the department, told the GAO that the drop off in suicide prevention media outreach was because of leadership turnover dating back to 2017. (Burke, 12/18)

[NPR: A Partnership Between Hospital And Campus Helps Students Through A Breakdown](#) - Sometimes a psychiatric crisis can be triggered by something small. For Alexia Phillips, 21, it was a heated argument with a close family member in February 2017. She remembers the fight blew up before she left the house to go to classes at Queens College in Flushing, New York. By midday, Phillips, then a sophomore, says she began to cry loudly and uncontrollably. (Weinstock, 12/18)

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[Months after a fatal police shooting, a young officer turns his gun on himself](#) - Sgt. Thomas Connelly's brief but traumatic career reveals the hidden toll on officers, who often don't seek help — even when stress becomes unbearable. Story by Michael E. Miller | Photos by Bill O'Leary · [Read more](#)

[Insurers want to lead if CMS pilots payments for housing, social determinants of health](#) - Insurance industry officials want the CMS to give them a leading role in any pilot programs allowing the feds to pay for housing and similar social needs of patients. [READ MORE](#)

[Kaiser settles lawsuit alleging 'patient-dumping'](#) - Kaiser Foundation Health Plan has settled a 2014 lawsuit alleging it illegally shifted severely mentally-ill patients hospitalized in Kaiser facilities from its commercial plans to public payers like Medicaid. [READ MORE](#)

Patriots wide receiver Josh Gordon announced on Twitter that he is stepping away from football to focus on his mental health. He made the announcement Thursday. To read the full story, visit: www.BostonGlobe.com.

[Depression, ranging in severity, shadows old age for nearly a third of Mass. seniors](#) - Diagnoses, spanning in severity from mild seasonal affective disorder to major depressive disorder, affects 31.5 percent of people over 65, according to a new UMass-Boston report. [Continue reading →](#)

Vice: [The Young and the Uncared For](#)

Insider: [10 of the most important things we learned about mental health this year](#)

Boston Globe: [Mental health therapy at Walmart? It's now a thing](#)

bp: [Abandonment Issues—When You're Feeling Depressed](#)

Esperanza: [When Motivation Is Missing From Your Life](#)

[Des Moines Register: Obamacare Iowa Enrollment Slips But Not As Much As Fans Feared](#) - The number of Iowans signing up for private health insurance under Obamacare slipped this fall, but not as much as the program's fans feared. Federal officials reported Wednesday that 49,376 Iowans enrolled in private insurance plans for 2019 by the Dec. 15 deadline. The preliminary numbers were down about 7 percent from the 2018 total of 53,217, although officials said the new estimate could edge up as all last-minute enrollees are counted. (Leys, 12/19)

[Modern Healthcare: VA Has Yet To Detail Criteria For Community Care](#) - Six months after Congress passed a sweeping bill aimed at streamlining and expanding the private sector's role in veterans' healthcare, the Veterans Affairs Department has yet to disclose the criteria it will use to send a veteran out to a community physician or hospital. These criteria, or "designated access standards" in VA and congressional parlance, will determine how expansive the community program will be. As a result, debate over what they should be is a political linchpin, driving sharp warnings from key Democrats that the Trump administration's handling of them will lead to a privatizing of the VA. (Luthi, 12/19)

[The Associated Press: 'A Moral Disaster': AP Reveals Scope Of Migrant Kids Program](#) - Decades after the U.S. stopped institutionalizing kids because large and crowded orphanages were causing lasting trauma, it is happening again. The federal government has placed most of the 14,300 migrant toddlers, children and teens in its care in detention centers and residential facilities packed with hundreds, or thousands, of children. As the year draws to a close, some 5,400 detained migrant children in the U.S. are sleeping in shelters with more than 1,000 other children. Some 9,800 are in facilities with 100-plus total kids, according to confidential government data obtained and cross-checked by The Associated Press. (Burke and Mendoza, 12/19)

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[The New York Times: Heroin Addiction Explained: How Opioids Hijack The Brain](#) - Getting hooked is nobody's plan. Some turn to heroin because prescription painkillers are tough to get. Fentanyl, which is 50 times more potent than heroin, has snaked its way into other drugs like cocaine, Xanax and MDMA, widening the epidemic. To understand what goes through the minds and bodies of opioid users, The New York Times spent months interviewing users, family members and addiction experts. Using their insights, we created a visual representation of how the strong lure of these powerful drugs can hijack the brain. Dr. Pedro Mateu-Gelabert, one of the nation's top opioid researchers, said this work brings "an emotional understanding" to the epidemic but "without glamorizing or oversimplifying." (Sinha, 12/18)

[The Washington Post: D.C.'s Opioid Epidemic: As African American Heroin Overdoses Skyrocketed The City Ignored Life-Saving Strategies](#) - For the past four years, the nation's capital has undergone its worst public-health crisis since the arrival of AIDS: an explosion of fatal drug overdoses among African Americans. The rate of death, caused by heroin cut with the lethal synthetic opioid fentanyl, is comparable to the opioid epidemic's worst ravages in rural and suburban parts of the United States. More people died of opioid overdoses than homicides last year in the District. But the city's overdose victims are different from those in areas of the country more commonly associated with opioid abuse. Many are black men who have been addicted to heroin for decades. And unlike drug users elsewhere, they have often been left by their government without basic help. (Jamison, 12/19)

[The New York Times: Fewer Births, More Deaths Result In Lowest U.S. Growth Rate In Generations](#) - The population of the United States grew at its slowest pace in more than eight decades, the Census Bureau said Wednesday, as the number of deaths increased and the number of births declined. Not since 1937, when the country was in the grips of the Great Depression and birthrates were down substantially, has it grown so slowly, with just a 0.62 percent gain between July 2017 and July 2018. With Americans getting older, fewer babies are being born and more people are dying, demographers said. (Tavernise, 12/19)

[Los Angeles Times: More Than 15% Of Childhood Deaths In America Are Due To Guns, Study Says](#) - More than 3,000 children and adolescents died of a gunshot wound in the United States in 2016, a new tally of childhood deaths finds. These episodes accounted for 15.4% of all Americans between the ages of 1 and 19 who died in 2016, and a quarter of those killed by injury rather than disease. As they inch their way back to rates last seen in 1999, childhood deaths attributed to firearms — 3,143 — generated 70% more grieving families than those produced by pediatric cancer — 1,853. Guns also broke the hearts of more than three times as many families than did childhood drownings — 995 — or the combined category of poisoning deaths and fatal drug overdoses — 982. (Healy, 12/19)

[The Washington Post: Virginia Jail's Lack Of Medical And Mental Health Care Probably Violates Constitution, Justice Department Report Finds](#) - A major Virginia jail probably violates the constitutional rights of prisoners by failing to provide adequate medical and mental-health care, according to a report released Wednesday by the Justice Department. The Hampton Roads Regional Jail in Portsmouth does not provide proper emergency care for sick inmates, risks harm to mentally ill prisoners by placing them in solitary confinement for long periods, and fails to adequately screen or administer medicine for those needing psychological treatment, the report found. (Jouvenal, 12/19)

[Houston Chronicle: Houston Police Barred From Kingwood Pines Hospital During Teen 'Riot'](#) - Houston police dispatched to the troubled Kingwood Pines Hospital last Saturday as at least six teenagers staged a riot inside were barred from entering the building because of their duty weapons. The response by law enforcement to the psychiatric hospital in northeast Harris County over the weekend is now the subject of a Houston Police Department investigation, spokesman Kesse Smith confirmed. (Hensley, 12/19)

[Richmond Times Dispatch: Hampton Roads Regional Jail Not Providing Proper Medical And Mental Health Care, Department Of Justice Finds](#) - Prisoners at Hampton Roads Regional Jail were subjected to medical and mental health care so bad that it violated their constitutional rights in a facility where officials didn't fix problems even after becoming aware of them, the Department of Justice Civil Rights Division said in a report released Wednesday. The investigation of the jail, located in Portsmouth, began after press coverage of the death of Jamycheal Mitchell, 24, who was mentally ill and died in the jail in August 2015 after wasting away in a cell without adequate mental health treatment. (Wilson, 12/19)

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[The Economist: Why So Little Is Done To Help New Mums Cope](#) - Setagaya Postpartum Centre in Tokyo is a rare place. Mothers with babies four months old or younger can stay the night to receive support from midwives and therapists. Some want help breast-feeding; a good few need counselling; others want to recover physically from giving birth, says Kumiko Nagamori, a midwife and director of the centre. (12/13)

[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. (Christie Aschwanden, 12/17)

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Bp Magazine - 3 Easy Fixes for Holiday Sugar Cravings - [Watch Allison's Video >>](#)

[California Healthline: Coverage Denied: Medicaid Patients Suffer As Layers Of Private Companies Profit](#) - Marcela Villa isn't a big name in health care — but she played a crucial role in the lives of thousands of Medicaid patients in California. Her official title: denial nurse. Each week, dozens of requests for treatment landed on her desk after preliminary rejections. Her job, with the assistance of a part-time medical director, was to conclusively determine whether the care — from doctor visits to cancer treatment — should be covered under the nation's health insurance program for low-income Americans. (Terhune, 12/19)

[Nerdwallet: Medical Bills Plague Millennials; These Tips May Be The Cure](#) - Chrystal McKay knew enough about medical care costs that she skipped the ambulance ride after a car accident. A friend drove her to the emergency room. That saved her one bill, but she faces another for more than \$20,000 after her ER visit. The 29-year-old Stockton, California, woman must balance paying her debt with getting care for a sprained shoulder that may need surgery: "I have to weigh the pros and cons. I'm already \$20,000 in debt, and any more treatment will just put me more in debt." (Pyles, 12/20)

[NPR: Specialized Cells In Eye Linked To Mood Regions In Brain](#) - Just in time for the winter solstice, scientists may have figured out how short days can lead to dark moods. Two recent studies suggest the culprit is a brain circuit that connects special light-sensing cells in the retina with brain areas that affect whether you are happy or sad. When these cells detect shorter days, they appear to use this pathway to send signals to the brain that can make a person feel glum or even depressed. (Hamilton, 12/21)

[Dallas Morning News: DeSoto Psych Hospital To Lose Federal Funds After Inspectors Report Underage Sex, Safety Lapses](#) - Federal officials say a DeSoto psychiatric hospital will lose Medicare funding in two weeks for putting its patients in "immediate jeopardy" of harm. That federal designation for Dallas Behavioral Healthcare Hospital — based on a pair of inspections this year citing lapses in patient care and safety — is rare. The resulting loss of funding threatens to further strain a North Texas mental health care system that is still reeling from the February closure of Timberlawn psychiatric hospital. (Chiquillo, 12/20)

[KCUR: With Teen Suicide On The Rise In Kansas City, Adults Ask Young People What They Need](#) - [Bella Price] among a group of students from Johnson County, Kansas, who are helping shape new suicide prevention programs aimed at addressing a spike in teen suicides in the county. The trend is even higher across the state line in Jackson County, Missouri. Both mirror what's happening across the country. Suicides among young people have increased by 56 percent between 1999 and 2017. Families, friends, school and health officials are all trying to make sense of the rise. (Ziegler, 12/20)

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— For **Deion Sanders**, the only player ever to participate in a World Series and a Super Bowl, a suicide attempt [led him to the Lord](#). (The Undefeated)

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[A Helpful Resource for Caregivers](#)

Circle of Care: A Guidebook for Mental Health Caregivers provides resources and information about caring for an adult with a mental health condition. [LEARN MORE »](#)

How My Depression Made Me A Better State Representative - "To my pleasant surprise, telling my story was an amazing benefit for my career. It became an issue that my constituents knew I could speak about with the credibility of someone with lived experience." [READ MORE »](#)

A Parent's Guide to Mental Health for College Students - Mental health problems among college students are on the rise. If you are a parent of a college student, here are a few steps you can take to support your child's mental health. [READ MORE »](#)

The Scariest Panic Symptoms People Don't Talk About - "I honestly never thought I'd be open about my derealization and depersonalization. Once I finally was, I realized there are millions of others who experience the same frightening feelings." [READ MORE »](#)

Please, Don't React; Respond - Learn the common reactions that can be harmful to someone experiencing a mental health problem and the responses to use instead. [READ MORE »](#)

You Don't Look Like You Have Depression - "Mental illness can affect anyone. There is no way to tell if a person has depression, bipolar disorder or schizophrenia simply by looking at them. There is no face of mental illness." [LEARN MORE »](#)

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