

June 2019 – Additional Mental Health Related Articles from Around the Nation

[That Time in The Psych Ward](#)

[My Brother is Not a Threat, He Has Schizophrenia When Discrimination Starts in Elementary School](#)

Stuck in the emergency room because there's nowhere else to go - https://www.nwnewsnetwork.org/post/stuck-emergency-room-because-theres-nowhere-else-go?fbclid=IwAR39A_4Z4Lz_b6lac7ibZGToCZHLXnQPMVPkUsT66I-h9xm6cJBTVSOrWKI

Mental Health Care Can be Difficult for College Students https://desmoinesregister-ia.newsmemory.com/?token=3cfee4ef0ff1f2ee63bdf6056ef071f&cnum=2618906&fod=111111STD-0&selDate=20190519&licenseType=paid_subscriber&

CQ: Funding Crisis Looms For Promising Mental Health Clinics - The promise of higher federal Medicaid payments is giving eight states the chance to show that one-stop mental health clinics with 24-hour crisis care could offer patients a better option than the de facto safety net of police departments and emergency rooms. But the two-year experiment is drawing to a close now, leaving the program with an uncertain future if Congress doesn't extend it. (Siddons, 4/29)

Kaiser Health News: Hurricane Maria's Legacy: Thousands Of Puerto Rican Students Show PTSD Symptoms - Food shortages, damaged homes, fear of death, loved ones leaving. The cumulative stresses of Hurricane Maria contributed to thousands of schoolchildren developing symptoms of post-traumatic stress disorder, or PTSD, in Puerto Rico, according to a study published Friday. The study in JAMA Network Open found that 7.2% of the students reported "clinically significant" symptoms of PTSD. More girls tended to show signs of PTSD than boys. Researchers surveyed 96,108 public school students five to nine months after the 2017 hurricane. The cohort included youth in third through 12th grades across different regions of the island. (Heredia Rodriguez, 4/26)

The New York Times: The Empty Promise Of Suicide Prevention - If suicide is preventable, why are so many people dying from it? Suicide is the 10th leading cause of death in the United States, and suicide rates just keep rising. A few years ago, I treated a patient, a flight attendant, whose brother had brought her in to the psychiatric crisis unit after noticing her unusual behavior at a wedding. After the ceremony, she quietly handed out gifts and heartfelt letters to her family members. When her brother took her home, he noticed many of her furnishings and paintings were missing. In her bathroom he found three unopened bottles of prescription sleep medication. (Amy Barnhorst, 4/26)

Bp Magazine - A Long Way to Go: Standardized, Customized, Compassionate Care - [Read more >>](#)

Bp Magazine - Simple Steps to Make Asking for Help Easier - [Read more >>](#)

Bp Magazine - 7 Ways To Improve Cognition In Bipolar Disorder - [Read more >>](#)

The Associated Press: Study: Kids' Suicides Spiked After Netflix's '13 Reasons' - Suicides among U.S. kids aged 10 to 17 jumped to a 19-year high in the month following the release of a popular TV series that depicted a girl ending her life, researchers said. The study published Monday can't prove that the Netflix show "13 Reasons Why" was the cause, but there were 195 more youth suicides than would have been expected in the nine months following the show's March 2017 release, given historical and seasonal suicide trends, the study estimated. (4/29)

The New York Times: In Month After '13 Reasons Why' Debut On Netflix, Study Finds Teen Suicide Grew - "Suicide is a problem worldwide, and it's so hard to knock these rates down," said Lisa M. Horowitz, a staff scientist in the National Institute of Mental Health's Intramural Research Program, and an author of the paper. "The last thing we need is something that increases them." In a statement, a Netflix spokesperson said: "We've just seen this study and are looking into the research, which conflicts with last week's study from the University of Pennsylvania," which focused on young adults. "This is a critically important topic and we have worked hard to ensure that we handle this sensitive issue responsibly." (Carey, 4/29)

WBUR: Teen Suicide Spiked After Debut Of Netflix's '13 Reasons Why,' Study Says - In the month following the show's debut in March 2017, there was a 28.9% increase in suicide among Americans aged 10-17, said the study, published Monday in the Journal of the American Academy of Child and Adolescent Psychiatry. The number of suicides was greater than that seen in any single month over the five-year period researchers examined. (Schwartz, 4/30)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Associated Press: 5 In Hospital After Fight At Utah Psychiatric Youth Center](#) - Five people were hospitalized after a fight broke out at a Utah youth psychiatric center that took officers from several police agencies about an hour to bring under control, police said Monday. Another 20 people, including three staffers, were treated at the scene for minor injuries in the melee Sunday night at the Red Rock Canyon School residential treatment center in the small southwestern Utah city St. George, authorities said. Most of the injuries were bumps and bruises but one person required staples after being hit in the back of the head with a blunt object, said St. George police Officer Tiffany Atkin. (4/29)

Siblings Under Stress - How to care for your whole family when one child is in crisis. [READ MORE ▶](#)

Five Ways to Support Siblings in Special Needs Families - Tips for making sure the other kids don't feel neglected. [READ MORE ▶](#)

Advice From Siblings of Special Needs Kids - Kids share their real-life suggestions. [READ MORE ▶](#)

Preventing Parent Burnout - Advice from a mother who's been there. [READ MORE ▶](#)

Why Self-Care Is Essential to Parenting - Taking care of yourself is the key to taking care of your family. [READ MORE ▶](#)

Hundreds Stuck in Washington Hospitals without a Medical Need to be there

https://www.king5.com/article/news/investigations/hundreds-stuck-in-washington-hospitals-without-a-medical-need-to-be-there/281-54f853c3-83f9-4d9f-a427-02d6fc76058f?fbclid=IwAR2ra_reTDxUjB-aPJYRveklN94tnIUVcs7_prW_ZyfyPfoffMLJxafPZaM

[CQ HealthBeat: VA, Lawmakers Focus On Veteran Suicides](#) - Lawmakers are turning their attention to the rising rate of veteran suicides as the Department of Veterans Affairs asks for more funding to address the issue. The attention comes as four veterans in the past week took their lives at VA facilities. The department estimates that 20 veterans commit suicide every day, 14 of whom have not seen a VA provider in the past two years. (Clason, 4/30)

[Stat: Experts Emphasize Multiple Gaps Facing The Health Care Workforce](#) - The evidence is clear: Having a diverse health care workforce can have an impact on patient care. Research suggests that some patients treated by female physicians have lower mortality and hospital readmission rates and that black men who are treated by black doctors are more likely to receive more preventive services than their peers treated by doctors who aren't black. But there are still big challenges to recruiting and retaining a diverse health care workforce, a panel of experts said Tuesday at the Atlantic Pulse Summit on Health Care. (Thielking, 4/30)

[The Washington Post: Suicide Attempts Using Poison Have Surged Among Young People, Particularly Girls](#) - More young people than ever are trying to kill themselves using poison. The rate of attempted suicide by poison has more than doubled among people under 19 in the past decade in the United States and more than tripled for girls and young women 10 to 24. The new numbers, published Wednesday in the Journal of Pediatrics, come amid an overall rise in suicides nationwide across age groups and gender. But the sudden and sharp rise in poison-related suicide attempts by children and teens has left researchers and health advocates searching for answers. (Wan, 5/1)

[The Wall Street Journal: NYC Homeless Shelter Population Could Rise By 5,000, Report Says](#) - New York City's homeless shelter population could rise by more than 5,000 people during the next three years, according to a new report. The nonprofit organization Coalition for the Homeless released its annual report on Tuesday, warning that the shelter population—already hovering at a record of about 60,000 people—could hit 65,000 by 2022 because of the lack of shelters and permanent housing in the city. (Honan, 4/30)

[The Hill: Stopping Veteran Suicide Starts On The Front Lines, Not In DC](#) - "When I asked for help, they opened up a Pandora's box inside of me and just kicked me out the door. That's how they treat veterans 'round here." These were the last words of U.S. Army Sergeant John Toombs in a message he'd recorded shortly before taking his own life on VA property, near the emergency room that had reportedly turned him away. John couldn't get his memories of combat in Afghanistan out of his head. He had developed a drug problem that landed him in the residential treatment program at the Murfreesboro Veterans Affairs in Tennessee. (Sherman Gillums, 4/30)

[The New York Times: I'm Embarrassed By My Prenatal Depression. Here's Why I Talk About It Anyway.](#) - I had prenatal depression when I was expecting my first daughter in 2012. It's not something I think about often, seven years after the worst of my symptoms, though I occasionally have a flash of sweaty, humiliating memory. Like when I'm on the A train and I pass Canal Street — the subway stop I used for work during my darkest days — I'm reminded that I was so anxious

June 2019 – Additional Mental Health Related Articles from Around the Nation

it took me hours to get on the train because I was irrationally afraid of a terrorist attack or of fainting onto the third rail. (Jessica Grose, 4/30)

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Bp Magazine - Your Spouse Has Been Diagnosed With Bipolar Disorder. Now What? - [Read more >>](#)

[Des Moines Register: 2020 Iowa Caucus: John Delaney Wants To Focus On Mental Health Care](#) - John Delaney says Democrats are talking too much about "Medicare for All" and not enough about mental health care. The former Maryland congressman running for the 2020 Democratic presidential nomination said Wednesday that his fellow Democrats should reframe their discussions rather than centering on "Medicare for All" and single-payer health care — policies he opposes. (Cannon, 5/1)

[Modern Healthcare: Walgreens To Train Pharmacy Staff In Mental Health First Aid](#) - Walgreens Boots Alliance launched a training program for pharmacists to learn how to better identify warning signs of mental health and substance use problems in their patients and help them during crisis situations. The retailer partnered with the American Pharmacists Association and the National Council for Behavioral Health to create an online version of the Mental Health First Aid program, which was developed in 2001 in Australia to provide individuals who weren't clinicians with strategies to help someone experiencing a mental health crisis. (Johnson, 5/1)

[The New York Times: Saving The Teeth Of Patients With Special Needs](#) - Many dentists can't — or won't — treat patients with disabilities. Some cannot physically accommodate a large wheelchair, "or they don't feel comfortable treating the patients," said Dr. Rita Bilello, the dental director at Metro Community Health Centers in Brooklyn, Staten Island and the Bronx. Historically, pediatric dentists were taught how to treat patients with special needs, but general dentists weren't. That means a child with autism might get regular checkups, but not necessarily an adult. However, in 2006, a new standard for dental programs went into effect. The Commission on Dental Accreditation mandated all students had to be able to competently assess the treatment needs of special-needs patients. But as of 2012, less than three-quarters of dental schools have predoctoral students actively involved in their treatment, according to a study in the Journal of Dental Education. (Saint Louis, 5/2)

[NPR: In 'Mind Fixers,' Anne Harrington Explores Role Of Drug Marketing In Mental Illness](#) - Historian and Harvard professor Anne Harrington believes that pharmaceutical companies have played an oversized role in determining how mental illness is treated in the United States — leading to a rise in the use of antidepressant drugs. Harrington's new book, *Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness*, chronicles the history of psychopharmaceuticals, such as Prozac and Xanax, which have been used to treat depression and anxiety, as well as lithium, the first drug to treat what is now called bipolar disorder. (Gross, 5/2)

[The New York Times: Anti-Infective Drugs Tied To Eating Disorders](#) - Girls who have serious or repeated infections in childhood are at higher risk for developing eating disorders in adolescence, a new study has found. The study, in *JAMA Psychiatry*, tracked 525,643 girls — every girl born in Denmark from 1989 through 2006. The researchers recorded all prescriptions that were filled for antibiotics and other anti-infective medications, as well as hospitalizations for infection, through 2012. There were 4,240 diagnoses of eating disorders during that time. (Bakalar, 5/2)

[Iowa Public Radio: Children's Mental Health System Signed Into Law](#) - Gov. Kim Reynolds has signed a law (HF690) laying the groundwork for the state's first comprehensive mental health system for children. It initially requires the state's mental health regions to determine how to fix gaps in existing programs, although they won't receive extra money this year to make changes. (Gerlock, 5/1)

[The Oregonian: Oregon Mental Hospital Is 'World's Most Expensive Homeless Shelter,' State Health Director Says](#) - The state official who oversees Oregon's public psychiatric hospital said Wednesday the facility has become "the world's most expensive homeless shelter." His remarks came in the context of a court hearing raising hard questions about ways the state manages resources to help those suffering from mental illness. About 60 percent of defendants admitted to the state mental hospital in Salem were homeless prior to their arrest, Patrick Allen, the Oregon Health Authority director, said in court testimony Wednesday. Those defendants were sent to the Oregon State Hospital to get treatment for the illnesses that prevent them from aiding in their defense at trial. (Friedman, 5/1)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[Columbus Dispatch: Audit May Help Explain Sudden Collapse Of Columbus Mental-Health Nonprofit](#) - Just a few years ago, the Columbus Area Integrated Health Services Board of Trustees was looking toward a bright future for the nonprofit, a cornerstone provider of mental health care in the black community for more than half a century. ...Bivens said that he and other trustees are awaiting the results of an audit of Columbus Area's books to help explain how the nonprofit organization's finances collapsed so swiftly and thoroughly last month, prompting it to ask the Alcohol, Drug and Mental Health Board of Franklin County to take over Tuesday. (Price, 5/1)

[The Washington Post: The Latest Shooting Attacks Show How The U.S. Stands Apart From The World](#) - So far this year — that's some 120 days — there have been more than 100 other mass shootings, more than 4,500 gun deaths (not counting suicides) and more than 8,400 gun injuries. And so there is no question that is more pertinent than the one asked by that terrified UNC Charlotte student: "Why?" We, of course, know the answer: There are too many guns. Americans make up about 4.4 percent of the global population but own 42 percent of the world's guns. Access to firearms — even weapons made for war such as the one wielded by the sociopath who fired on the California worshippers celebrating Passover — is pretty much unfettered. (5/1)

[Austin American-Statesman: Commentary: Medication Stability Means Stability For Mental Health Patients And Communities](#) - For many mental health patients, it takes months or even years of trial and error before they find an effective therapy for their condition. For example, a person with bipolar disorder may experience years of chaos: difficulty with relationships, struggles at work, school dropouts, hospitalizations, homelessness, substance abuse and even incarcerations. However, once they find the right treatment and become stable, most people diagnosed with bipolar disorder can and do get better. So when insurance companies switch people off their medications, it drastically complicates the picture, resulting in negative consequences for patients and those around them. (Greg Hansch, 5/1)

[Kansas Sees 63% Decline in Youth Confinement: State has shifted \\$30 million to fund for evidence-based programs since enacting juvenile justice reform](#) - *The Pew Charitable Trusts* - When Kansas embarked on a path to improve juvenile justice, state leaders, policymakers, and stakeholders looked to data and research to inform the legislation adopted in 2016. A little more than two years after enactment, the reforms are showing clear signs of progress. A [recent report](#) from the Kansas Juvenile Justice Oversight Committee shows that the population of the state's youth prison, the Juvenile Correctional Facility, fell from 237 in 2015 to 164 in 2018, a 31 percent reduction. In total, state statistics show that the out-of-home youth population [dropped by 63 percent](#) between 2015 and 2018. And, based on the latest available data, the total number of juvenile arrests decreased by 29 percent from 2015 to 2017, showing that justice reforms and public safety improvements can proceed in tandem. [More here](#)

[The New York Times: Amy Klobuchar Proposes \\$100 Billion For Addiction And Mental Health](#) - Senator Amy Klobuchar on Friday released a \$100 billion plan to combat drug and alcohol addiction and improve mental health care, focusing one of the first detailed proposals of her presidential campaign on an issue deeply personal to her. Ms. Klobuchar — who has spoken before about her father's alcoholism, including memorably at Justice Brett M. Kavanaugh's confirmation hearing — said she had developed the plan and made it an early focus in part because of that personal experience and in part because of the number of addiction-related stories she had heard from voters. (Astor, 5/3)

[The Associated Press: Klobuchar Releases \\$100B Substance Abuse, Mental Health Plan](#) - The wide-ranging plan, released Friday, includes funding for early intervention of mental health disorders and drug use, a national suicide prevention campaign, better access to opioid addiction and other types of treatment and recruitment of health care workers to underserved rural areas and cities with the highest need. Klobuchar also says that as president she would prioritize mental health and substance abuse treatment over incarceration for nonviolent offenders, noting she supported drug courts as an alternative to jail when she was the lead prosecutor of Minnesota's largest county. (Burnett, 5/3)

[Los Angeles Times: Health Insurance Deductibles Soar, Leaving Americans With Unaffordable Bills](#) - Soaring deductibles and medical bills are pushing millions of American families to the breaking point, fueling an affordability crisis that is pulling in middle-class households with health insurance as well as the poor and uninsured. In the last 12 years, annual deductibles in job-based health plans have nearly quadrupled and now average more than \$1,300. Yet Americans' savings are not keeping pace, data show. And more than four in 10 workers enrolled in a high-deductible plan report they don't have enough savings to cover the deductible. (Levey, 5/2)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Washington Post: In 'Lawless' World Of Service Dogs, Many Families Suffer](#) - All the counseling, therapy and medication did little to ease 9-year-old Sobie Cummings' crippling anxiety and feelings of isolation. A psychiatrist suggested that a service dog might help. To Glenn and Rachel Cummings, Mark Mathis seemed like a dream come true. His kennel, Ry-Con Service Dogs, was just a couple of hours away, and he, too, had a child with autism. But what clinched the decision were Mathis' credentials. "In 2013, Mark was certified as a NC state approved service dog trainer with a specialty in autism service dogs for children," stated an online brochure. (Breed, 5/3)

[California Healthline: For Those With Developmental Disabilities, Dental Needs Are Great, Good Care Elusive](#) - When Ava Terranove began feeling oral pain last July, her parents took her to her regular dentist. The dentist determined that Ava, who has an autism-like condition, needed two root canal procedures to treat infected teeth. Because of her developmental disability, Ava, now 15, requires general anesthesia for non-routine dental work. The dentist, like most of his peers, was not equipped to provide it. (Tuller, 5/2)

[North Carolina Health News: One Big Request At Teachers Rally: More Mental Health Support Professionals](#) - Thousands of red-clad teachers marched through the streets of Raleigh on Wednesday asking for more resources in their classrooms, but that request extended beyond merely school supplies. For the teachers, one of the big asks was for more of the other school staffers who support their mission of teaching some 1.5 million of the state's public schoolchildren. One of the biggest priorities many teachers expressed was for help with dealing with the mental health needs of their students, a priority made clear in the stickers on many red shirts reading, "FIRST hire more psychologists," or "FIRST hire more counselors." (Hoban, 5/2)

[Dallas Morning News: '13 Reasons Why' Hurts Teenagers And Netflix Should Drop The Show](#) - According to the American Foundation for Suicide Prevention, in the United States, suicide is the 10th leading cause of death, killing nearly 45,000 Americans annually. Despite this, Netflix is planning to release a third season of its original show 13 Reasons Why, which many studies say correlates with an increase in the number of online searches for "how to commit suicide." 13 Reasons Why should not only drop this third season, but it should be taken off Netflix entirely. The show is damaging. (Pramika Kadari, 5/2)

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Obamas Bringing Disability Rights Film To Netflix - The evolution of the disability rights movement is at the heart of a documentary that former President Barack Obama and first lady Michelle Obama are bringing to Netflix. [Read More >](#)

Recess Can Be Hard On Those With ASD. Researchers Say It Doesn't Have To Be. - Students with autism may experience school recess as loud, chaotic, isolating and exhausting, but a new study is offering clues on how to better incorporate these kids. [Read More >](#)

A pregnant inmate came to term in jail. Lawyers say she was forced to give birth there — alone. A woman with a history of mental illness gave birth in an isolated jail cell, the Broward County, Fla., public defender says. **By Deanna Paul** · [Read more](#)

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[The Associated Press: Iowa Governor Signs Bill Limiting Funds For Sex-Reassignment](#) - Gov. Kim Reynolds has signed a budget bill that prohibits the use of Medicaid funding to pay for sex-reassignment surgery. The Republican governor signed the Health and Human Services funding bill on Friday and opted not to issue a line item veto of the ban on public funding for such surgeries. Conservative Republicans added the prohibition in the closing days of the Legislature, saying it was a response to a recent Iowa Supreme Court decision that said the state couldn't deny two transgender women Medicaid coverage for sex-reassignment surgery. (5/3)

[California Healthline: The Long And Winding Road To Mental Health Care For Your Kid](#) - For several months last spring and summer, my teen daughter, Caroline, experienced near-daily bouts of depression and debilitating panic attacks. During those episodes, she became extremely agitated, sobbing uncontrollably and aggressively rebuffing my attempts to comfort or reason with her. My daughter was in a dark place, and I was worried. But I have excellent health insurance, and I thought that would help me find a good therapist. (Wolfson, 5/3)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Associated Press: Judge Says Alabama Failed To Protect Prisoners From Suicide](#) - After 15 inmate suicides in 15 months, a federal judge ruled Saturday that Alabama is putting prisoners in danger by failing to provide adequate suicide-prevention measures. U.S. District Judge Myron Thompson wrote that there are "severe and systemic inadequacies" in the Alabama Department of Corrections' care of inmates and the facts behind recent suicides show that unconstitutional conditions persist in state prisons. (5/4)

[Arizona Republic: 'A Culture Of Cruelty': Protesters Demand Arizona Prison Reform, Firing Of Corrections Director](#) - Protesters gathered at the Arizona Capitol on Friday afternoon, demanding the firing of Arizona Department of Corrections Director Charles Ryan, and saying that the state's prison system has a "culture of cruelty." ...The event came three days after groups representing both Arizona prison guards and inmates came together to denounce what they called an "avalanche of negligence" in the state's prison system. (Westfall, 5/3)

[The Washington Post: Can My Baby Inherit My Eating Disorder?](#) - I write this as I'm about to give birth to my baby girl. I'm full of excitement and disbelief at how much I already love this tiny stranger poking my rib cage. But I'm also tormented by a deep-seated fear. I'm terrified that my daughter will inherit my eating disorder, that my own decades-long struggle with anorexia will ruin my child's life. Of course, parents don't cause eating disorders. Although they used to be the main object of blame, increasing evidence suggests the real culprits are things such as altered neurological function, certain personality traits (including perfectionism, rigidity and tunnel-vision toward goals), and the way semi-starvation changes the brain. (Kate Willskey, 5/4)

[Los Angeles Times: My Patient Was Homeless. I Knew She Was Going To Die, But My Hands Were Tied](#) - As a physician practicing on L.A.'s skid row, I've seen a lot of deaths among homeless people, but this one broke my heart. My outreach nurse announced the news after a call from the coroner's office: There'd been another death on skid row. "Who now?" I asked. Her answer was devastating. It was J, whose full name I am not using to protect her privacy. As a physician practicing on L.A.'s skid row, I've seen a lot of deaths among homeless people, but this one broke my heart. (Susan Partovi, 5/4)

[Sacramento Bee: Patients Suffering From Mental Illness Need Long-Term Care](#) - After the county decreased mental health services in 2009, the average number of daily psychiatric evaluations in the emergency department nearly tripled within the first year, according to a study published in the Annals of Emergency Medicine. Also, the average length of stay in the emergency department for patients in a mental health crisis increased by more than 50 percent during the same period. (Lorin Scher, 5/5)

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[The New York Times: For Nurses, Trauma Can Come With The Job](#) - In 1945, Dorothy Still, a nurse in the United States Navy, met with a Navy psychiatrist to discuss disturbing symptoms she had been experiencing. Miss Still was one of 12 Navy nurses who had been held prisoner of war by the Japanese military in the occupied Philippines during World War II. For more than three years, Miss Still and the other nurses had provided care to diseased, starving and destitute civilian inmates in a makeshift infirmary at the P.O.W. camp. In the months after liberation, Miss Still found she often cried without provocation and had trouble stopping her tears. She most likely suffered from what today we could call post-traumatic stress disorder, but the Navy psychiatrist offered no support or solutions. Instead, he called her a "fake" and a "liar." Nurses, he claimed could not suffer the kind of shell shock from war that sailors or soldiers could. (Lucchesi, 5/7)

[Modern Healthcare: Kaiser To Launch Social Care Network](#) - Kaiser Permanente will soon launch a new care network that connects the system's more than 12 million members to community services that address their social needs. The Thrive Local initiative will be integrated into Kaiser's electronic health record, and will be rolled out regionally this summer, though the first location hasn't been announced yet. Over the next three years, the health system will make it available throughout the entire system. (Johnson, 5/6)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Star Tribune: Hazelden Has Highest-Ever Patient Volumes As More Plans Provide Coverage](#) - Hazelden Betty Ford Foundation says its two largest adult-treatment facilities saw their highest-ever numbers of residential patients last year as more health plans covered services at the addiction-treatment provider. The strong demand for care stems from contracts Hazelden Betty Ford has negotiated with insurance companies, rather than changing patient needs, said James Blaha, the chief financial officer at Hazelden Betty Ford, a prominent addiction-treatment provider that operates in nine states. (Snowbeck, 5/6)

[MPR: Plaintiffs Want UnitedHealth To Review Denied Mental Health Claims](#) - Attorneys for the plaintiffs in a major class-action lawsuit against UnitedHealth Group argue that the insurer needs to reprocess tens of thousands of claims. In February, a federal judge in California ruled the Minnetonka-based health insurer denied claims for behavioral health care based on overly restrictive guidelines that put profit over patients. Now, in a proposed remedy, the plaintiffs' attorneys want UnitedHealth to adopt new guidelines and take another look. (Roth, 5/6)

Mom Claims Daughter Has Waited 18 Months For Special Ed Placement - Though a hearing officer decided in her favor, a 7-year-old with disabilities hasn't been in a classroom in over a year, with her mother and school officials unable to agree on a placement. [Read More >](#)

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Eating Disorders: Why Are Girls More Affected? It's more than just a cultural phenomenon. - [READ MORE ▶](#)

What Is Body Dysmorphic Disorder? How to help kids who feel they have disfiguring flaws. - [READ MORE ▶](#)

How to Help Your Daughter Have a Healthy Body Image - It's not easy, given the pressure to be super-thin and sexy, too. [READ MORE ▶](#)

Preparing for College Emotionally, Not Just Academically - Problem-solving skills can help students handle stress. - [READ MORE ▶](#)

[The New York Times: What To Say \(And Not To Say\) To Someone Grieving A Suicide](#) - It can be hard to know what to say to a person in the thicket of grief; when someone is grieving a loved one's suicide, the right words — any words, even — can feel all the more elusive and fraught. Suicide can leave survivors racked with anger, confusion and guilt, and in this state, sometimes even well-intentioned words can hurt. (Brandeis, 5/8)

[USA Today: Mental Health: Talking To Your Pets Is Good, Combats Loneliness](#) - Owning a pet increases human interaction and combats the increasing health concerns around loneliness, prompting some researchers Tuesday to suggest the government should do more to encourage it. Researchers released new data Tuesday that show about 40% of people support a government push to increase interaction with pets. The research was presented at the first Summit on Social Isolation and Companion Animals by Mars Petcare and its Human Animal Bond Research Institute. (O'Donnell, 5/7)

[Sacramento Bee: Police Encounter Can Mean Death Sentence For The Disabled](#) - The danger faced by people with disabilities in a police encounter is laid out in a 2016 study by the Ruderman Family Foundation, which found that one third to one half of those killed by police are people with disabilities. Individuals with physical, mental health, developmental or intellectual disabilities may not understand the shouted commands of law enforcement. (Astrid Zuniga and Doug Moore, 5/8)

[Employer health plans pay hospitals 241% of Medicare](#) Private employer-sponsored health plans paid hospitals 241% of Medicare prices, on average, for the same services at the same hospitals in 2017, according to a RAND Health study of prices across 25 states.

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June 2019 – Additional Mental Health Related Articles from Around the Nation

[Des Moines Register: Iowan To The Medicaid Director Over UnitedHealthcare Departure: "You Can't Calm Our Fears"](#) -

Iowa's Medicaid director sought to reassure Iowans Wednesday that UnitedHealthcare's exit from the giant health-care program would not cause major disruptions. "The first thing I want to emphasize is no one is losing benefits," Mike Randol told more than 50 Medicaid members in the first of six town hall meetings he's scheduled around the state. "...There are going to be bumps in the road, but we're going to do everything we can to make it as seamless as possible." (Leys, 5/8)

[Detroit Free Press: Opioid Addiction: Whites More Likely To Get Buprenorphine Medicine](#) - White people who are addicted to heroin or other opioids are 35 times more likely to receive treatment with a medication called buprenorphine than are African Americans or other people of color, according to a new study. For every outpatient appointment where a person of color received a prescription for buprenorphine, also known by the brand name Suboxone, white patients had thirty-five appointments, said researchers from the University of Michigan and VA Ann Arbor Healthcare System who analyzed national data from 2012-2015. (Kovanis, 5/8)

[NH Times Union: Bill To Reform Mental Health System For Children Clears House](#) - The House on Wednesday joined the Senate in passing a bill that invests \$18 million over the next two years to reform the state's mental health services for children. The bill passed in the House on a voice vote Wednesday, cleared the Senate 24-0 in March, and will now be included in budget negotiations between the two chambers in June. Its provisions include an estimated \$4.5 million to create a mobile crisis unit for children, with a group of practitioners who can be deployed on short notice for emergency mental health evaluations. (Solomon, 5/8)

[Texas Tribune: Texas Death Penalty Rules Could Change For Some Mentally Ill Defendants](#) - For the second time in two weeks, the Texas House moved to change death penalty law. On Wednesday, the chamber tentatively passed a measure that would prohibit handing down a death sentence to someone with a severe mental illness, like schizophrenia or bipolar disorder. House Bill 1936 by state Rep. Toni Rose, D-Dallas, would let capital murder defendants present evidence at trial that they were severely mentally ill at the time of the crime. If the jury agrees, the defendant would be sentenced to life in prison without the possibility of parole if found guilty. (McCullough, 5/8)

[North Carolina Health News: Bill To Help Homeless Kids Get Health Care Passes House](#) -The bill, HB 613, handily passed the House of Representatives by a margin of 96-17 on Tuesday, ahead of a legislative deadline that requires bills to clear one chamber or else die for the remainder of the legislative biennium. The Essential Services for Homeless Youth bill would make it easier for kids who are "unaccompanied" by any adults in their lives to more easily receive basic medical care, including physical screening exams so they can play school sports and receive mental health, dental and vision services. (Hoban, 5/9)

[Boston Globe: Looking At The Mueller Report From A Mental Health Perspective](#) - Concerns about Donald Trump's fitness for the office of president arose during the campaign and continue to this day. But now, in the Mueller report, we have an abundance of new evidence that sheds light on these concerns. What makes this a unique opportunity is the quality and relevance of the data: They are derived from multiple sources both friendly and opposed to the president, were obtained under oath, and show us how the president conducted himself in the eyes of those who worked directly with him while in office. While we were concerned enough to put our initial cautions in a public-service book, "The Dangerous Case of Donald Trump," each additional piece of evidence has substantiated the correctness of that assessment over time. Now, the Mueller report elevates this assessment to new levels. (Bandy X. Lee, Leonard L. Glass and Edwin B. Fisher, 5/9)

Bp Magazine - [What To Do When Bipolar Zaps Your Energy](#) - [Read more >>](#)

Bp Magazine - [3 Simple Ways to Explain Bipolar Disorder](#)- [Read more >>](#)

Bp Magazine - [Some Thoughts on Faith and Recovery](#)- [Read more >>](#)

[Trump Administration To Appeal Special Ed Ruling](#) - The U.S. Department of Education is fighting to delay a special education regulation two months after a federal judge found that the agency's efforts to do so were illegal. [Read More >](#)

[Google Unveils New Accessibility Initiatives](#) - Tech giant Google says it is working on multiple projects designed to improve day-to-day life for people with various disabilities. [Read More >](#)

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Despite High Need, Dental Care Elusive For Those With Special Needs - People with developmental disabilities face enormous barriers to adequate and timely dental care. Many dentists either avoid treating these patients or lack the skills needed to do so. [Read More >](#)

Family Turns To Tiny House For Son With Down Syndrome - To give their adult son with Down syndrome the freedom he craves, one couple is working to build a 360-square-foot house and they're hoping their community will help make the plan a reality. [Read More >](#)

[The Wall Street Journal: The Most Anxious Generation Goes To Work](#) - Michael Fenlon's company is one of the nation's biggest employers of newly minted college grads. He's watching a tidal wave approach. College presidents and deans tell him repeatedly that they've had to make managing students' anxiety and other mental-health issues a priority. "They're overwhelmed with the demand for mental-health services on their campuses. I hear this again and again. It's really striking," says Mr. Fenlon, chief people officer for PricewaterhouseCoopers, which hires thousands of college grads each year. (Shellenbarger, 5/9)

[Des Moines Register: Iowan To The Medicaid Director Over UnitedHealthcare Departure: "You Can't Calm Our Fears"](#) - Iowa's Medicaid director sought to reassure Iowans Wednesday that UnitedHealthcare's exit from the giant health-care program would not cause major disruptions. "The first thing I want to emphasize is no one is losing benefits," Mike Randol told more than 50 Medicaid members in the first of six town hall meetings he's scheduled around the state. "...There are going to be bumps in the road, but we're going to do everything we can to make it as seamless as possible." (Leys, 5/8)

[Health News Florida: Florida Prisons Sued Over Solitary Confinement Practices](#) - Florida is an "outlier" in prison systems across the nation when it comes to the use of solitary confinement, according to a 90-page federal lawsuit filed Wednesday that alleges the state Department of Corrections is violating the constitutional rights of inmates. A view of a hallway from a jail cell. Attorneys with the Southern Poverty Law Center named the state agency and Secretary Mark Inch as defendants in the lawsuit, which contends state prison officials "discriminate against people with disabilities in its use of isolation" and are "deliberately indifferent to the substantial risk of harm caused" by isolation policies. (5/9)

[Boston Globe: Looking At The Mueller Report From A Mental Health Perspective](#) - Concerns about Donald Trump's fitness for the office of president arose during the campaign and continue to this day. But now, in the Mueller report, we have an abundance of new evidence that sheds light on these concerns. What makes this a unique opportunity is the quality and relevance of the data: They are derived from multiple sources both friendly and opposed to the president, were obtained under oath, and show us how the president conducted himself in the eyes of those who worked directly with him while in office. (Bandy X. Lee, Leonard L. Glass and Edwin B. Fisher, 5/9)

[Criminalizing disability: Special needs kids who don't get help in school are ending up in jail](#) - *Alamogordo Daily News* - It was right after the fifth-period bell last October that Sebastian Montano lay face down in the grass outside Alamogordo High School, screaming for his mother, as two police officers pinned him to the ground and thrust a Taser in his back. Moments earlier, a staff member had called police after learning that the 16-year-old, a special needs student who'd recently dropped out, was now trespassing on school grounds. A shy teenager with light brown hair and big green eyes, Sebastian was well known to staff and students at Alamogordo High. He had a long and messy school history, including 16 documented run-ins with school police officers — all in relation to behaviors associated with his disabilities: autism spectrum disorder, bipolar disorder, anxiety disorder, PTSD, epilepsy, and ADHD. [More here](#)

[Teenage suicide sheds light on lack of oversight for juveniles in county jails](#) - *Enid News & Eagle* - Before his death, 16-year old John Leroy Daniel Applegate was secluded from other juveniles in a cell in the Oklahoma County Detention Center. The teenager also was placed on suicide watch intermittently during his time at the detention center before jailers ultimately found him unresponsive in his cell in April, said County Commissioner Carrie Blumert. The death of the teenager after he attempted to hang himself in his cell has raised questions about the oversight of juveniles awaiting trial at county jails in the state. [More here](#)

[Juvenile Center exploring dog training program](#) - *Rapid City Journal* - Youth housed in the local juvenile jail may soon be training dogs for adoption through a new vocational class. The program is still being planned but could be up and running at the Western South Dakota Juvenile Services Center next month, said Commander Joe Gutierrez. "It could be a win-win. Now, they'll have some dogs that will get some attention and some training and get them ready to be adopted,

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and on our part the juveniles will get the opportunity to learn a new skill,” Guttierrez said. Dogs would be brought to the center, which houses detainees ages 10 to 21 who face state or federal charges, through a partnership with the Humane Society of the Black Hills. The facility is said by Guttierrez to be one of only three in the United States that takes federal detainees. [More here](#)

[The Hill: Health Care, Climate Change Top Issues For Iowans Ahead Of Caucuses: Analysis](#) - Iowa caucus-goers' top concerns appear to be health care and climate change, according to data analysis by the Des Moines Register. An analysis of more than 300 questions asked by potential voters at 46 candidate events over the course of 30 days found 27 questions about climate or environmental issues. The candidate receiving the most climate-related questions was former Rep. Beto O'Rourke (D-Texas), with seven, followed by Rep. Eric Swalwell (D-Calif.) and Sen. Cory Booker (D-N.J.), each with four. (Budryk, 5/12)

[The Washington Post: 'Who's Going To Take Care Of These People?'](#) - The hospital had already transferred out most of its patients and lost half its staff when the CEO called a meeting to take inventory of what was left. Employees crammed into Tina Steele's office at Fairfax Community Hospital, where the air conditioning was no longer working and the computer software had just been shut off for nonpayment. "I want to start with good news," Steele said, and she told them a food bank would make deliveries to the hospital and Dollar General would donate office supplies. "So how desperate are we?" one employee asked. "How much money do we have in the bank?" (Saslow, 5/11)

[Milwaukee Journal Sentinel: Hospitals Divert Ambulances When Incoming Patients More Likely Poor](#) - Hospitals that temporarily shut their doors to ambulances have long argued the decision is driven purely by volume, so sick patients don't have to endure long waits for care in crowded emergency rooms. But a new study has uncovered evidence of another motive for the practice: Hospitals may be turning away ambulances for financial reasons by avoiding treating patients with government health insurance or no coverage at all. (Diedrich, 5/13)

[The CT Mirror: Six-Year Battle Over PTSD Benefits For Emergency Personnel Appears Over](#) - After struggling for six years, legislators, labor advocates and municipal leaders will announce a long-awaited compromise Monday on post-traumatic stress disorder benefits for police and firefighters. Though they declined to provide details of the agreement, Sen. Cathy Osten, D-Sprague — who's spearheaded the push to expand coverage for first responders — and Connecticut Conference of Municipalities Executive Director Joe DeLong, both predicted Friday it would draw bipartisan support. (Phaneuf, 5/13)

[Des Moines Register: New Glenwood Resource Center Death Adds To Concerns About Patient Care](#) - Eight of the institution's residents died in the first four months of this year — triple the normal rate. State officials deny there's a problem with the facility's medical care. More than a dozen former and current staff members of the facility have told the Des Moines Register they disagree. ...Records show one of the facility's three doctors was fired last year without explanation. A second doctor quit after telling the state's top human services director the medical staff had been "gutted." Several other senior health-care providers have left or been pushed out from Glenwood Resource Center since Superintendent Jerry Rea was hired in 2017, critics say. (Leys, 5/12)

[The Washington Post: Inmates Are Excluded From Medicaid Coverage. It's Time To Right That Inequity.](#) - Obamacare gave most low-income people Medicaid coverage, extending the health-care plan to the poor and near-poor. But when they are jailed or imprisoned, an old federal law means their Medicaid coverage disappears. This callous policy must change. The problem is not that those in custody would get no health care while locked up. The Supreme Court ruled that jails and prisons must provide health services to those they are holding, because they are wards of the state. (5/12)

[The Washington Post: For Patients, A Caregiver's Compassion Is Essential](#) - The 34-year-old man lay in his ICU bed for over a month — dependent on a breathing tube and artificial respirator to stay alive. The patient knew his life hung in the balance, as he was a physician himself. Some days the suffering was so intense that he contemplated ways he could unplug the machine on his own. Now, nearly 50 years later, that patient, Edward Viner, an oncologist who served as chief of the Department of Medicine at Cooper University Health Care in New Jersey for more than two decades, reflects on how he was able to survive such a harrowing experience. (Stephen Trzeciak and Anthony Mazzaelli, 5/12)

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[The Washington Post: Panic Attacks Are Terrifying. Here Are The Symptoms.](#) - Heart palpitations. Dizziness. Nausea. Numbness. Trouble breathing. Chest pains. An all-encompassing feeling of dread. Heart attack? No, for many people these are the unpleasant symptoms of something much more mundane, a panic attack. They often seem to appear out of the blue. And the first time in particular, before you know what's happening, they can be terrifying. (Cara McDonough, 5/11)

[The Hill: School-Meals Funding Is An Invaluable Investment In Humanity | TheHill](#) - Around the world, childhood hunger is increasing for the first time in decades, and we are facing potential intergenerational losses as a result. As you're reading this, there is a bipartisan effort in Congress to reach more of these children by deepening support for the McGovern-Dole International Food for Education and Child Nutrition Program. We urge support for this bipartisan effort. The McGovern-Dole Program is one of the most effective tools to fight childhood hunger that we have in our toolkit. (Richard Leach and Former Sen. Bob Dole, 11/12)

[Private insurers pay hospitals more than double Medicare rates](#) - The authors of a new RAND study looked at what commercial insurers pay as a percentage of Medicare prices, and found they increased from 235% of Medicare in 2015 to 241% in 2017.

Tweens: What Parents Should Know - Explaining the challenges of this transitional time. [READ MORE ▶](#)

10 Tips for Parenting Tweens - How to stay close as kids move into adolescence. [READ MORE ▶](#)

What Selfies Are Doing to Self-Esteem - How they can exacerbate insecurity, anxiety and depression. [READ MORE ▶](#)

Why Watch TV With Your Tween or Teen - Viewing shows together and discussing content can have big benefits. [READ MORE ▶](#)

How to Help Kids Deal With Cyberbullying - Empowering them with information and strategies to protect themselves. [READ MORE ▶](#)

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

How to Talk to Your Teen About Substance Use - Research shows that clear rules help keep kids safe. [READ MORE ▶](#)

[Bloomberg: Study Suicide Like Any Other Public Health Problem](#) - Suicide poses a mystery to science. How do people manage to get up the nerve to shoot themselves, hang themselves or take a lethal dose of a drug, when doing so violates the strongest instinct that's been bred into us over millions of years of evolution? This is not morbid curiosity. The answer could be key to addressing a persistent public health problem: Suicide kills about 800,000 people every year, according to the World Health Organization. In the U.S., the rate has been climbing over the last two decades. (Faye Flam, 5/14)

Flaws Exposed In State's Care Of Those Without Guardians - One man's tumor offers a cautionary tale for any family that lacks legal guardianship of a loved one who, because of a developmental disability, cannot make medical decisions. [Read More >](#)

Woman With Down Syndrome Earns Bachelor's Degree - Megan McCormick has Down syndrome, but she didn't let that stop her from earning a bachelor's degree, an education that she hopes will lead to a full-time job working with kids like her. [Read More >](#)

Bp Magazine - Impulsivity: What's Happening In The Brain - [Read more >>](#)

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Bp Magazine - 5 Ways to Stay Stable During a Job Hunt- [Read more >>](#)

[Reuters: For Some Trauma Doctors, Clash With NRA Proves Therapeutic](#) - A recent clash with the National Rifle Association (NRA) has shown some doctors who treat gunshot victims a way to heal their own trauma: through activism against gun violence. With rates of post-traumatic stress disorder (PTSD) on par with that of Iraq and Afghanistan war

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veterans, trauma surgeons have found that speaking out helps them cope with the hopelessness and anger that come from seeing gunshot victims repeatedly wheeled into the trauma bay. (5/15)

[Stat: Brain Training Improves Veterans' Cognitive Performance After TBI](#) - Now, however, a Pentagon-funded study has found that a specific form of computer-based brain training can improve cognitive performance in vets such as Deegan who suffered persistent mental deficits after a mild traumatic brain injury (TBI), researchers reported on Thursday at a conference in Washington. If the results hold up, the training, a commercial product called BrainHQ, will be the first intervention shown to do so. (Begley, 5/16)

[Milwaukee Journal Sentinel: Teen Suicide Prevention Treatment Can Be Hard To Find Across The USA](#) - Teens across America are increasingly anxious and depressed. Social media is amplifying bullying and other bad behaviors, leaving kids feeling isolated and tormented. In many parts of the country, it is difficult to get treatment for mental health problems. (Linnane, Zettel-Vadenhouten and BeMiller, 5/15)

[Ten to Twenty Percent of New Moms Experience Postpartum Depression: Why Should Employers Care?](#)

[How Crayons Saved My Life: Art & Recovery](#)

[MHA Partners with MedCircle to Launch \\$5 Million KnowBrainer Mental Health Campaign](#)

[MHA Kicks Off Mental Health Month, Focusing on 4Mind4Body Theme](#)

[MHA Excited to Partner with Burger King Restaurants "Real Meal" Boxes](#)

[MHA Partners with Race Car Driver Justin Peck to Address Mental Illness Before Stage 4](#)

New York Post: [Burger King's new combos are anything but "Happy" meals](#)

ABC News: [Burger King launches "Real Meal" boxes because 'no one is happy all the time'](#)

Newsweek: [Burger King "Unhappy Meals" Capture All the Feels from Pisses to YAAAS](#)

People: [Burger King Now Has Meals for When You're Feeling 'Crappy': 'Not Everybody Wakes Up Happy'](#)

Bustle: [Burger King Replaced the Idea of "Happy Meals" With "Real Meals" For Mental Health Awareness](#)

Variety: [Rainn Wilson and SoulPancake Shine Light on Mental Health With Funny or Die Documentary, Other Programming](#)

CNN: [How to find professional help for depression, anxiety](#)

Good Morning America: [College students launch a side hustle to help other students' mental health](#)

Commentary: More investment needed in mental illness research – Those with mental illness still face endless barriers to getting appropriate care. It's time to push forward and translate the shift in attitudes into increased investments in research and treatment—the same way the cancer community did over 60 years ago. [READ MORE >](#)

[The Associated Press: Lawyer: Cop Who Killed Texas Woman Knew She Was Mentally Ill](#) - A Houston-area police officer knew his neighbor suffered from mental illness and should have offered assistance when that was apparent, but instead he fatally shot the 44-year-old woman, a lawyer for the victim's family said Thursday. Pamela Turner had struggled with paranoid schizophrenia since her diagnosis in 2005, and may have been in crisis the night she was killed, attorney Ben Crump said during a press conference. (5/16)

[Los Angeles Times: Homeless Population Jumps By Thousands Across The San Francisco Bay Area](#) - California is spending millions of dollars to stem the tide of homelessness without much to show for it. The latest evidence of that arrived Thursday, when several Bay Area cities and counties reported that their latest tallies of homeless people revealed big increases. San Francisco saw a 17% jump in the number of homeless residents over the last two years, according to preliminary results of the city's point-in-time count. (Oreskes, 5/16)

[Des Moines Register: Mental Health Care Away From Home Can Be Difficult For College Students](#) - Beginning and attending college or graduate school can be a major life transition for many students. It especially becomes difficult, however, for students with mental illness who move away from home and care designed to deal with their specific

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health care problem. One of every three U.S. college students shows symptoms of a mental health problem such as depression, generalized anxiety disorder or being suicidal, a study by Sara Oswald, of the University of Texas at San Antonio, and other researcher said in a 2018 report, "Trends in college students' mental health diagnoses and utilization of services, 2009-15." Depression and anxiety are the two most common mental illnesses among college students, anxiety having surpassed depression, affecting between 38 and 55 percent of college students, the study, published in the Journal of American College Health, showed. (Bohlke, 5/16)

[Kansas City Star: Missouri Punishes The Poor By Underfunding Public Defenders](#) - Underfunding the public defender is politically popular because it's hard to find much sympathy for people who get arrested. But a fair criminal justice system does more than prosecute the guilty. It also protects the innocent, which means all of us. (5/15)

[Teen suicide prevention treatment can be hard to find across the USA - jsonline.com www.desmoinesregister.com](#) - Teens are anxious and depressed, but treatment to prevent suicide is hard to find Across the U.S., it can be hard to get good treatment for mental health problems. In our documentary, four young ...

[AMA & UnitedHealthcare Partner To Propose New ICD-10 Codes To Identify & Address Social Determinants Of Health](#) - On April 2, 2019, the American Medical Association (AMA) and UnitedHealthcare (UHC) announced a collaboration to support creation of 23 new ICD-10 codes related to social determinants of health (SoDH). The codes would be used to trigger referrals to social and government services so that health care professionals can help connect consumers to local and national resources in their communities...[Read More](#)

[The Philadelphia Inquirer: America Needs More Mental Health Providers. Nurses Want To Help, If States Let Them.](#) - Psychiatric mental health (PMH) nurses include both registered nurses and advanced practice nurses. Nationally certified PMH registered nurses have been in the field at least two years and have completed 2,000 hours of mental-health clinical practice and 30 hours of continuing education. (Pattani, 5/13)

[Iowa Public Radio: Trans Iowans On Public Health Insurance Fear Impact Of Budget Change](#) - Last minute changes to the state health and human services budget have raised concern for members of Iowa's LGBTQ community and organizations that provide sex education services as well as abortions. On this episode of River to River, a look at two changes to the budget, both of which have been signed into law by Governor Reynolds. (Harrop and Kieffer, 5/13)

[The Associated Press: Minnesota Senator Opens Up About Her Bouts Of Depression](#) - Sen. Tina Smith of Minnesota is sharing her experiences with depression for the first time as she calls for more federal funding for mental health programs. The Democrat said she battled depression as a teenager and again in her late 30s, the Star Tribune reported. "It just sort of feels like all the colors in the world start to fade out," Smith said. "The things that gave you a lot of joy, there's nothing there anymore." (5/13)

[Columbus Dispatch: Ohio's Suicide Rate Jumps 24 Percent From 2008 To 2017, Study Says](#) - The rate of suicides in Ohio increased by 24 percent from 2008 and 2017, according to a new study analyzing vital statistics. And details about who is being most affected can help in the fight to reverse the trend, advocates say. Among those details are that the highest rates of suicide are in Appalachian counties and the suicide rate among men is four times higher than women. (Viviano, 5/13)

[The Hill: Mental Health Coverage Needs To Include Eating Disorders](#) - Second to deaths spurred by the opioid crisis, eating disorders have the highest mortality rate of any psychiatric diagnosis. Yet insurance companies resist covering life-saving treatment. (Chevese Turner, 5/13)

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Bp Magazine - How Trusting Friends and Family Can Help Ease Bipolar's Grip on Our Minds- [Read more >>](#)

Bp Magazine – The Ultimate Guide to Overcoming Guilt The Ultimate Guide to Overcoming Guilt- [Read more >>](#)

[NPR: Why Does The Brain Connect Pain With Emotions?](#) -When Sterling Witt was a teenager in Missouri, he was diagnosed with scoliosis. Before long, the curvature of his spine started causing chronic pain. It was "this low-grade kind of menacing pain that ran through my spine and mostly my lower back and my upper right shoulder blade and then even into my neck a little bit," Witt says. The pain was bad. But the feeling of helplessness it produced in him was even worse. (Hamilton, 5/20)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[NPR: Among Girls In The U.S., Suicide Rates Are Increasing And Catching Up To Boys](#) -The number of people dying by suicide in the U.S. has been rising, and a new study shows that the suicide rate among girls ages 10 to 14 has been increasing faster than it has for boys of the same age. Boys are still more likely to take their own lives. But the study published Friday in JAMA Network Open finds that girls are steadily narrowing that gap. Researchers examined more than 85,000 youth suicides that occurred between 1975 and 2016. Donna Ruch, a researcher at Nationwide Children's Hospital in Columbus, Ohio, who worked on the study, tells NPR that a major shift occurred after 2007. (Ingber and Chatterjee, 5/17)

[Bloomberg: Surging Suicide Rate Among Young Girls Raises Questions About Role Of Social Media](#) - A troubling spike in the suicide rate among young girls is prompting leading researchers to ask questions about the role of social media in adolescent mental health. A study published Friday in the JAMA Open Network led by Donna Ruch, a research scientist at Nationwide Children's Hospital, analyzed suicide trends in 10- to 19-year-olds between 1975 and 2016. The rate of suicide decreased from the early 1990s until 2007, but has increased in years since for both genders. (Koons, 5/17)

[Los Angeles Times: L.A. County Juvenile Halls Are So Chaotic, Officers Are Afraid To Go To Work](#) - The detention officer's email described "chaos" inside one of Los Angeles County's juvenile halls. Her words were desperate, describing unruly, violent youth and fed up detention officers — enough to prompt a surprise visit by Joe Gardner, president of the county's volunteer advisory panel, the Probation Commission. (Stiles, 5/19)

[The Associated Press: Prison Health Care Provider Resolves Disabilities Lawsuit](#) - Two companies that provide health care in jails and prisons across the United States have agreed to pay \$950,000 to resolve a lawsuit that alleged it discriminated against employees with disabilities by failing to accommodate them, requiring them to be fully healed before they can return to work, and firing them. A consent-decree agreement signed by a judge on Wednesday requires Corizon Health Inc. and Corizon LLC to provide annual training to employees who qualify under the Americans With Disabilities Act, review its policies and, if necessary, make changes to ensure equal employment opportunities are available to all employees and job applicants with disabilities. (5/17)

[MPR: Paramedics Making House Calls Improve Care, Reduce Costs](#) - She's part of Minnesota's small cadre of certified community paramedics, who visit patients at home to help them with transitions out of the hospital and with managing chronic conditions. The early results indicate the house calls improve patient satisfaction and reduce spending on medical care. (Zdechlik, 5/20)

[The Washington Post: D.C. Produce Rx Vouchers Are Latest Attempt To Treat Healthy Food As Medicine](#) - Adrienne Dove pulled up to the checkout line of the Giant grocery store in Southeast Washington with a cart filled with cabbage, bananas and bagged string beans. The register rang \$20.60. Instead of cash or card, Dove paid with a Produce Rx voucher from the store pharmacy. The Giant in the most impoverished part of the District is the latest frontier in the "food as medicine" movement. (Nirappil, 5/17)

[The New York Times: 'I Had Completely Lost The Knack For Staying Alive'](#) - It's a popular and perhaps dangerous belief, reinforced by that inescapable Christmas classic "It's a Wonderful Life," that winter is the peak season for suicide. Yet experts have known since the late 1800s that it's not true: More people take their own lives in the spring months than in other times of the year. No definitive explanations have emerged for why this is so. I can offer an unscientific one from my own experience. For those who are trapped in despair, spring can feel like an affront, the gulf between outer and inner worlds too wide to cross. The poet Edna St. Vincent Millay hinted as much in her poem "Spring," which asks, "To what purpose, April, do you return again?" (Mary Cregan, 5/18)

Bp Magazine - How An 'All or Nothing' Mentality Creates an Obsession with the Future- [Read more >>](#)

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[Modern Healthcare: Behavioral Health Cases Doubled Over A Decade](#) - Behavioral health diagnoses ballooned over the past decade as more youths cope with mental health and substance abuse issues, according to a new analysis of private health insurance claims. Behavioral health cases increased 108% from 2007 to 2017, rising from 1.3% to 2.7% of all medical claim lines, the not-for-profit Fair Health's analysis of 28 billion claims found. The share of claims for those age 22 or younger with major depressive disorder, the most common diagnosis, increased from 15% to 23% over that span. (Kacik, 5/20)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[**NPR: Day-To-Day Financial Insecurity A Burden For People In Rural Communities**](#) - Polling by NPR finds that while rural Americans are mostly satisfied with life, there is a strong undercurrent of financial insecurity that can create very serious problems for many people living in rural communities. The findings come from two surveys NPR has done with the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health on day-to-day life and health in rural America. (Neel and Neighmond, 5/21)

[**Modern Healthcare: Private Plans Pay California Hospitals More Than Double The Medicare Rate**](#) - Private insurers paid California hospitals more than two times as much as Medicare for similar services in 2015 and 2016, according to a study published Monday by West Health Policy Center. The study found that private insurers paid hospitals an average 209% of Medicare, though there was wide variation across hospitals. Private insurers paid the costliest hospitals 364% of Medicare on average, while they paid the least expensive hospitals an average 89% of Medicare. The most expensive hospitals tended to be private not-for-profit hospitals, while the least costly were public hospitals. (Livingston, 5/20)

[**USA Today: Teen Suicide And Mental Health: America's Deadly, Costly Problems That Have No End In Sight**](#) - The nation's medical system falls far short of meeting the demand for teen mental health services because cases of suicide and psychiatric disorders are skyrocketing, underscoring a public health crisis that is already costing Americans billions to combat. Research from federal regulators and medical groups shows the suicide rate for young people ages 10 to 19 rose by 56% from 2007 to 2016, the latest year for which figures are available. Only 40% of young people with major depression got treatment, according to the National Institute for Mental Health. (O'Donnell, 5/20)

[**NPR: Not Just For Soldiers: Civilians With PTSD Struggle To Find Effective Therapy**](#) - Lauren Walls had lived with panic attacks, nightmares and flashbacks for years. The 26-year-old San Antonio teacher sought help from a variety of mental health professionals — including spending five years and at least \$20,000 with one therapist who used a Christian-faith-based approach, viewing her condition as part of a spiritual weakness that could be conquered — but her symptoms worsened. She hit a breaking point two years ago, when she contemplated suicide. In her search for help, Walls encountered a psychiatrist who diagnosed her with post-traumatic stress disorder. As a result, she sought out a therapist who specialized in trauma treatment, and that's when she finally experienced relief. "It was just like a world of difference," Walls says. (Covington, 5/20)

[**The New Orleans Advocate: New Orleans EMS Names Liaison To LGBTQ Communities, The Latest In A Series Of Outreach Steps**](#) - New Orleans' Emergency Medical Services on Monday named an agency liaison with members of the lesbian, gay, bisexual, transgender and queer communities, whose members can sometimes be reluctant to seek help from first responders when they need it, according to city officials. In his liaison role, emergency medical technician Tracy "TJ" Boyd Jr.'s duties will include training first responders on health care conditions that frequently affect LGBTQ people, as well as "respectful practices when caring for these individuals" before many of them are turned over to hospital staffs, EMS said in a statement. (Vargas, 5/20)

[**The CT Mirror: Students With "Emotional Disturbances" Face High Rate Of Suspensions**](#) - Tucker's school experience as a student with an emotional disturbance is a symptom of a system-wide problem. An analysis of state data by Connecticut Public Radio shows that students with emotional disturbances are four times more likely to be thrown out of class than the average student. (Skahill and Desroches, 5/20)

[**Nashville Tennessean: How To Ensure Children's Mental Health**](#) - May 9 was National Children's Mental Health Awareness Day. At Tennessee Voices for Children, we believe that access to health care services can be the difference between life and death for a child with mental health needs. Rates of youth suicide are rising, and 80% of children who need help will not get it. Sources say that one in three children on TennCare has a mental health condition, a higher than average prevalence rate. (Rikki Harris, 5/19)

ABLE Accounts Shouldn't Impede Access To Housing, Feds Say - Federal officials are weighing in on how money saved in a relatively new type of savings account for people with disabilities influences access to housing assistance. [Read More >](#)

State To Pay \$8M After Pleas To Help Man With Special Needs Went Unanswered - When Vernon Gray's mom died, there was no plan for how he should be cared for and the man with a developmental disability ended up homeless. Now, he's getting an \$8 million settlement. [Read More >](#)

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Commencement Address Caps Unlikely Rise For 20-Something With Autism - He couldn't communicate as a child and began college by avoiding people, but Bruno Youn blossomed into a campus leader who was elected by his classmates to speak at graduation. [Read More >](#)

Bipolar Disorder: Why It's Often Misdiagnosed - And how behavioral treatment, along with medicine, improves outcomes. - [READ MORE >](#)

Watching for Signs of Psychosis in Teens - Catching kids early can delay and reduce impairment. [READ MORE >](#)

What Is Borderline Personality Disorder? And why it's now being diagnosed and treated in teenagers. [READ MORE >](#)

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

What to Do if You're Worried About Suicide - A parent's guide to helping a child in distress. - [READ MORE >](#)

Taking a Child to the Emergency Room - What the ER can (and can't) do for your child in a psychiatric emergency. [READ MORE >](#)

Still fighting my daughter's depression after her life-changing suicide attempt -

<https://www.desmoinesregister.com/story/opinion/columnists/iowa-view/2019/05/22/my-daughters-last-suicide-attempt-changed-all-our-lives/3751730002/>

[Concord Monitor: Sununu Signs Bipartisan Mental Health Bill To Address ER Boarding Crisis](#) - A sweeping bill to address New Hampshire's emergency department boarding crisis became law Tuesday, after Gov. Chris Sununu signed a measure advocates hope could turn the crisis around. Senate Bill 11 attempts to address a decade-long problem for the state: the dozens of mental health patients trapped in emergency departments and awaiting care. As of Sunday, 34 were housed in emergency departments, part of a backlog brought on by a severe shortage of beds, according to Sen. Tom Sherman, the bill's prime sponsor. (DeWitt, 5/21)

[CALmatters: "If You Think The System Works, You're Dead Wrong:" A Discussion On California's Mental Health System](#)

A physician, an advocate, a public health specialist, a suicide-attempt survivor and a California state lawmaker gathered in downtown Sacramento today to offer their diagnosis of the state's mental health system. The consensus was summed up by Sen. Jim Beall: "We need to start from scratch." "I haven't heard a lot of cheerleaders for the status quo," said Beall, a Democrat from San Jose and the author of several bills that would expand access to mental health treatment. "If you think the system works, you're dead wrong." The panel discussion, hosted by CAL matters and the California Health Care Foundation, builds off an ongoing CAL matters reporting project by Jocelyn Wiener and Byrhonda Lyons on the state's fragmented, sometimes fatally dysfunctional mental health system. (Christopher, 5/20)

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[County Commits to Reducing Mental Illness in Jail](#) - *Monterey Herald*—California

[County Jails Struggle with a New Role as America's Prime Centers for Opioid Detox](#) - *NPR*—National

[Mentally Ill Homeless People Keep Going to Jail. But a Study Says L.A. County Can Fix That](#) - *Los Angeles Times*—California

[\[Opinion\] Mental Health Is the New Front in Criminal Justice Reform](#) - *Athens Banner-Herald*—Georgia

[More Mothers Are Ending up behind Bars. Meeting the Needs of Their Children Is Becoming a Bigger Priority](#) - *CNN*—National

[Veterans, Mental Health Courts Ready to Launch in McLennan County](#) - *Waco Tribune-Herald*—Texas

[Police Mental Health Gets Long-Awaited Attention](#) - *The Crime Report*—National

[New Program Helps Former Inmates Stay out of Jail](#) - *WKBT*—Wisconsin

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[PBS NewsHour: How Mental Health Checks May Help Restaurant Workers Temper Destructive Stress](#) - The fast-paced, high-pressure environment and often low wages can take its toll on workers' mental health. His peer-to-peer counseling and support program, "I Got Your Back," is now starting to spread. (Yang, 5/22)

[Stat: California Names Former Google Scientist As The State's 'Mental Health Czar'](#) - Noted psychiatrist and former Verily leader Dr. Tom Insel is going to be the "mental health czar" for the state of California, Democratic Gov. Gavin Newsom announced Tuesday. Insel, the former National Institute of Mental Health director, will also continue his work with Mindstrong, a startup that is working on a mental health app, a company spokesperson confirmed. Insel joined the company in 2017 after leaving Verily, Google's life sciences arm. (Sheridan, 5/22)

[USA Today: My Teens Don't Use Social Media, But Even They Can't Escape The Pressure Of Perfectionism](#) - "I'm doing the best I can." That has become my mantra lately. I didn't make it up. I learned it in group therapy. ... For the past several weeks, I've been one of many correspondents working on a series of reports airing across all of our NBC News platforms about children and the alarming rise in mental health issues. We're calling it "Kids Under Pressure." But what I don't say out loud very often is that I am not just an outside observer. In my own life, as the parent of two teenagers, some of the very things I'm reporting on are a daily struggle. I know I'm not alone. (Kate Snow, 5/22)

[Modern Healthcare: Holistic Mental Health Treatment Needed For Children, Teens](#) - Just before turning 3, Gavyn Bailey received a kidney transplant. Thereafter, he began to require anti-rejection medications, which create additional health concerns, including thickening of the heart muscle, necrosis of the hip, gastrointestinal issues and bacterial infections. The pain and challenges associated with his chronic condition propelled the now 21-year-old into a deep depression. To cope, Gavyn self-medicated and exhibited other forms of self-injurious behavior. Gavyn's case shows why it's imperative that physical and mental health be integrated. (Kimberly Chavalas Cripe and Christopher DeRosa, 5/21)

[KQED: Frequent Assaults On Workers At San Leandro Psychiatric Hospital, Records Show](#) - Staff at a psychiatric hospital in San Leandro were punched, slapped, spit on and kicked — mostly by patients — in at least 80 separate instances over the last year, according to records kept by the agency that operates the facility. ...The union representing workers at John George Psychiatric Hospital has for years called for safer workplace conditions and more staffing, and is now pointing to the new data to cast light on the dangers of the job. (Goldberg, 5/23)

[Moms Go After Parents Using Unproven Autism Treatments](#) - Two mothers have gone undercover to weed out misinformed parents sharing dangerous and false autism remedies — including methods involving bleach, turpentine and urine — on Facebook. [Read More >](#)

Bp Magazine - Feeling Hopeless? 5 Unexpected Positives of Managing Bipolar - [Read more >>](#)

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Bp Magazine - 3 Ways To Stop Procrastinating & Be More Productive- [Read more >>](#)

[Disability Advocates Worry 'Conscience Rule' Could Spell Trouble](#) - A new Trump administration rule granting health care providers greater latitude to decline care they disagree with could have serious ramifications for people with disabilities, advocates say. [Read More >](#)

[Google Glass May Help Improve Social Skills In Kids With ASD](#) - Researchers say they have more evidence that an at-home intervention using Google Glass boosts socialization and learning in kids with autism. [Read More >](#)

[Schools Struggle To Serve 'Twice Exceptional' Students](#) - Parents say it's often impossible to find schools to educate bright kids who have disabilities, but some are fighting to change that. [Read More >](#)

[For Adults With Special Needs, Demand For Housing Outpaces Supply](#) - As an apartment complex for those with developmental disabilities breaks ground in one of the nation's most expensive real estate markets, advocates say the new units barely make a dent. [Read More >](#)

[PBS NewsHour: Why Many Combat Veterans Are Still Suffering, Years After The Fight Ended](#) - On average, 20 U.S. military veterans daily die by suicide, and suicides among active duty personnel are increasing. A number of treatments for veterans with depression and post-traumatic stress disorder exist, but they have drawbacks. (Cerre, 5/27)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Washington Post: Instagram Used To Raise Mental Health Awareness](#) - When it comes to mental health, it can be hard to be real. Stigma surrounds mood disorders, therapy and drugs. Talking to someone else about a challenge can be exhausting and scary. And all too often, people keep their struggles with depression, bipolar disorder, suicidal feelings and other issues to themselves. That has devastating results: The majority of adults with mental illness in the United States do not receive treatment, and suicide is the 10th leading cause of death overall in the United States. (Blakemore, 5/25)

[Stat: Former NFL Players Die At A Faster Rate Than Other Pro Athletes, Study Finds](#) - A new study of more than 6,000 former professional athletes found that National Football League players died at a rate that was almost 1.3 times higher than Major League Baseball players. It's the first to compare mortality rates between two groups of professional athletes; previous studies that compared professional athletes to the general population showed a lower risk of death for football players. The findings, published Friday in JAMA Network Open, come amid growing concern about head trauma among current and former NFL players and their risk of developing the neurodegenerative disease CTE, or chronic traumatic encephalopathy. (Chakradhar, 5/24)

[The Associated Press: Problems Persist At Wyoming's Largest Mental Health Facility](#) - Serious problems persist at Wyoming's largest mental health facility four years after employees left an incapacitated woman on a couch without food, water or bathroom use for over 24 hours, according to two groups that provide legal and advocacy services to patients in need. (5/25)

[Health News Florida: More Mental-Health Treatment Sought For Children](#) - Florida has an estimated 400,000 children who need behavioral-health services, but 55 percent of them don't get any treatment, members of a health-care panel were told Thursday. That translates to 220,000 children across the state, or about one child in every classroom, health official Jeffrey Brosco told members of the Florida Healthy Kids Corp. Board of Directors during a meeting in Orlando. (Sexton, 5/24)

[Sacramento Bee/ProPublica: Cruel And Unusual: A Guide To California's Broken Prisons And The Fight To Fix Them](#) - A decade ago, so many inmates were crammed into California's prisons that the sprawling system had reached a breaking point. Prisoners were sleeping in gyms, hallways and dayrooms. Mentally ill prisoners were jammed into tiny holding cells. There were dozens of riots and hundreds of attacks on guards every year. Suicide rates were 80% higher than in the rest of the nation's prisons. The California prison population peaked at more than 165,000 in 2006 — in a system designed to house just 85,000. That dubious mountaintop came after years of tougher and tougher laws like mandatory sentences, juveniles prosecuted as adults and a "Three Strikes" initiative overwhelmingly approved by voters in 1994. (5/28)

[The Advocate: Self-Harm Spikes In Louisiana Prisons In Hot Summer Months, Advocates Say; 'It's Unconscionable'](#) - Researchers recently found that inmate self-harm in solitary confinement at Louisiana state prisons increases as the heat index rises, raising concern that high temperatures are affecting inmates' well-being in dorms without air-conditioning, especially those held in some of the most restrictive housing units. Though a years-long lawsuit over extremely hot conditions on Louisiana's death row — a unit that houses about 75 inmates — has neared a settlement that includes accommodations to help keep prisoners there cool, the unofficial start of summer this Memorial Day weekend marks what can be the most grueling, and dangerous, season for the thousands more in prison, including about 1,400 in other solitary confinement units. (Toohey, 5/27)

[KCUR: Thousands Call Missouri's Adult Abuse Hotline, But Only Some Get Through](#) - Last year, Missouri's hotline for reports about abuse of elderly adults, as well as abuse of residents with disabilities, answered only half of its calls. More than 17,000 callers heard the message, "All agents are busy, please call back," and the calls were disconnected. Another 10,000 callers hung up or otherwise dropped the call before anyone answered. (5/24)

[The Hill: Who Is Blocking 'Medicare For All'?](#) - Those reaping the excessive profits from our illnesses and injuries are in a panic. They're laying all their chips on the table to make sure Medicare for All never becomes reality. It would mean the end of private insurance companies that profit mightily off the most costly and least effective health-care system in the industrialized world. So, to continue to rake in their profits, they've created the Partnership for America's Health Care Future, a partnership of corporate hospitals, insurance and drug companies. They must have a lot to lose: last year

June 2019 – Additional Mental Health Related Articles from Around the Nation

alone, the group spent \$143 million developing attack ads and launching fear campaigns to kill Medicare for All. (George Goehl, 5/26)

[The Hill: How Bush Institute's Program Prepares Veterans For The Next Battle](#) - At a time when 20 or more veterans commit suicide each day, when close to 20 percent of all warfighters who served in Iraq or Afghanistan suffer from significant post-traumatic stress disorders (PTSD), the difficulty of transitioning back to civilian life has perhaps never been more difficult. One effective approach to helping veterans transition is extreme sports, which combines the positive impact of exercise with re-bonding and teamwork. (Marc Siegel, 5/27)

Prison guards bet on an inmate's suicide. Then choking sounds came from her unit. The Michigan Department of Corrections has agreed to pay the family of Janika Edmond \$860,000, settling a wrongful death lawsuit over her 2015 suicide. By Isaac Stanley-Becker · [Read more](#)

OCD and Suicide - How unwanted thoughts of suicide can be mistaken for being suicidal - [READ MORE ▶](#)

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

Sexual Obsessions and OCD - Explaining an often misunderstood symptom of OCD. [READ MORE ▶](#)

Intensive Treatment for OCD and Anxiety - A speeded-up form of CBT gets results for kids in weeks rather than months. [READ MORE ▶](#)

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

Signs a Child Might Be Suicidal - What to watch out for and how to help. [READ MORE ▶](#)

The twisted, fatal journey of the accused Appalachian Trail killer- His whole life, James Jordan had evaded treatment for his mental ills. He signed himself out of hospitals and refused medication. His crimes were never serious enough to lock him up for long. The last chance to stop the Yarmouth man had come in April, when police in Tennessee arrested him, slurring and stumbling and armed. But they, too, had failed to see the danger and released him days later.

Read [this gripping story](#) about the shocking killing on the Appalachian Trail.

The case highlights the challenge of intervening on behalf of the mentally ill. [Learn about the options](#) and the state of care in Massachusetts.

And check out [this 2016 Spotlight Team investigation](#) that determined a failed mental health care system has led to a public safety crisis.

[Study finds uptick in Iowa kids under private health plans](#)

Politico: Seth Moulton Discloses PTSD, Unveils Military Mental Health Proposal -Rep. Seth Moulton, a Marine veteran who is running for president, will introduce a plan Tuesday evening to expand military mental health services and will disclose that he sought treatment for post-traumatic stress disorder after his combat deployments during the Iraq War. "I had some particular experiences or regrets from the war that I just thought about every day, and occasionally I'd have bad dreams or wake up in a cold sweat," the Massachusetts Democrat told POLITICO in an interview ahead of a Tuesday night event in Massachusetts that will begin a Veterans Mental Health Tour in early-primary states. "But because these experiences weren't debilitating — I didn't feel suicidal or completely withdrawn, and I was doing fine in school — it took me a while to appreciate that I was dealing with post-traumatic stress and I was dealing with an experience that a lot of other veterans have." (Thompson, 5/28)

Boston Globe: Moulton Reveals He Sought Help For PTSD, Calls For Better Mental Health Care For Military -In a statement, Moulton, who served four tours in Iraq and was twice decorated for heroism, said he supports a mandatory counseling session for everyone returning from a combat deployment within two weeks of their arrival at home. He advocated for annual mental health check-ups "just like annual physicals" for those in the military and veterans. (McDonald, 5/28)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Hill: Moulton Unveils Mental Health Plan, Shares Experience With Post-Traumatic Stress](#) -Further expanding benefits for veterans, the plan includes a doubling of Pentagon health professionals and a \$500 million increase to its mental health budget. The proposal also provides funding for mental health screenings for every high school student in the country and establishes 511 as a National Mental Health Crisis Hotline. (Axelrod, 5/28)

[CNN: Seth Moulton Unveils Mental Health Plan Focused On Veterans, High Schoolers](#) -But while the military factors heavily into his plan, Moulton wanted to make clear that mental health is not something that just affects those who served in the military. "We must recognize that mental health matters to everyone. We all have personally dealt with mental health challenges, or have a family member, friend, or co-worker who has dealt with them, whether we know it or not," Moulton said in his plan, noting that high schoolers are particularly at risk for mental health issues. (Merica, 5/28)

[USA Today: Moulton Unveils Mental Health Plan For Veterans, Reveals PTSD Treatment](#) -Moulton is one of the first presidential candidates to publicly reveal that he has received mental health treatment. (Morin, 5/28)

[NPR: Stressed At Work? Burnout Is A Serious Problem, Says World Health Organization](#) -The World Health Organization is bringing attention to the problem of work-related stress. The group announced this week that it is updating its definition of burnout in the new version of its handbook of diseases, the International Classification of Diseases — ICD-11 — which will go into effect in January 2022. The new definition calls it a "syndrome" and specifically ties burnout to "chronic workplace stress that has not been successfully managed." (Chatterjee and Wroth, 5/28)

[NPR: A Mental Health 'Epidemic' Among College Students And Their Parents](#) - As colleges and universities across the country report an explosion of mental health problems, a new book argues that college life may be more stressful than ever. Dr. Anthony Rostain, co-author of *The Stressed Years of Their Lives*, notes that today's college students are experiencing an "inordinate amount of anxiety" — much of it centered on "surviving college and doing well." (Gross, 5/28)

[NPR: Teen Sports May Protect Victims Of Childhood Trauma From Depression, Anxiety](#) -As a kid, Molly Easterlin loved playing sports. She started soccer at age four, and then in high school, she played tennis and ran track. Sports, Easterlin believes, underlie most of her greatest successes. They taught her discipline and teamwork, helped her make friends and enabled her to navigate the many challenges of growing up. When Easterlin became a pediatrician, she started seeing a lot of kids suffering from trauma, from physical abuse to emotional neglect. (Neilson, 5/28)

[MPR: 'Mental Health Is Health': Docs Who Treat Kids Get Trained To Spot Mental Health Problems](#) -In Minnesota, more than a million people are under the age of 18, but there are only 140 child psychiatrists practicing in the state. And there's clearly a need. There's a 1 in 5 chance that kids will develop depression sometime between middle and high school and a 1 in 6 chance they'll develop serious anxiety. Yet the people who take care of kids most of the time — like pediatricians and family doctors — don't get much training in how to treat mental health problems. (Roth, 5/29)

[MPR: 'Mental Health Is Health': Docs Who Treat Kids Get Trained To Spot Mental Health Problems](#) -In Minnesota, more than a million people are under the age of 18, but there are only 140 child psychiatrists practicing in the state. And there's clearly a need. There's a 1 in 5 chance that kids will develop depression sometime between middle and high school and a 1 in 6 chance they'll develop serious anxiety. Yet the people who take care of kids most of the time — like pediatricians and family doctors — don't get much training in how to treat mental health problems. (Roth, 5/29)

[Concord Monitor: Senate Finance Committee Approves Psych Facility Compromise](#) -New Hampshire's Senate Finance Committee is backing a plan to create a psychiatric facility in the state, breathing new life into a proposal by Gov. Chris Sununu months after the House stripped it from the budget. But the plan, recommended 4-2, scales back Sununu's original vision for a standalone psychiatric hospital, reducing the bed count from 60 to 24 and the price tag from \$26 million to \$17 million. (DeWitt, 5/28)

[The Washington Post: A Letter To My Suicidal Younger Self: Suicide Is The Wrong Choice, No Matter How Dire Things Look.](#) At 10, I sat down in my teddy bear chair that was getting a little too small for me, and I wondered what I had done to make my daddy hate me. I thought he must hate me because he threatened my life. Just the night before, I'd heard him say he might turn on the gas to our house, and he said it would be better if we all were to die. But I didn't want to die! Not then, anyway. The rest of fourth grade did not get better. After months of begging my daddy to live, I finally lost

June 2019 – Additional Mental Health Related Articles from Around the Nation

the battle I waged to save his life. My daddy shot himself to death on traditional Memorial Day in 1989. It was the beginning of my 10th summer and the abrupt end to my childhood. (Robin Raven, 5/25)

Editorial: Surprise! Demand for healthcare is rising at the VA - Something unexpected has happened at the VA in recent years. The number of vets turning to the government-run healthcare system has risen steadily due to more demand for its specialized care. Giving them access to private-sector care hasn't reversed the trend. [READ MORE >](#)

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Bp Magazine - [Healthcare Practitioners Can Now Prescribe 'Nature Pills' to Lower Stress-Read more >>](#)

Bp Magazine - [Finding and Maintaining Hope After Being Discharged from the Hospital- Read more >>](#)

From Stigmatized to Sensationalized - It's great that we are talking about mental illness, but we don't want to talk about it in a way that sensationalizes it. [READ MORE »](#)

The Example Celebrities with Mental Illness Set - If a celebrity is being honest about their mental health issues, their example is likely to be helpful. [READ MORE »](#)

Why It's Important to Unplug Sometimes - Technology is great for helping you manage mental health conditions and medications, but online social media and shopping sites can present triggers for conditions like bipolar disorder. [READ MORE »](#)

Pop Culture Should Teach How to Show Up for Those Who Are Struggling - Movies and television have the unique ability to provide examples to the general public about how to recognize and respond to warning signs that someone is considering suicide. [READ MORE »](#)

You Can Be Strong and Still Seek Help - "Even when you sign the contract of a lifetime, your anxiety doesn't just fade away. But there's always a way to get help." [READ MORE »](#)

Sports a Win for those with Childhood Trauma

<file:///C:/Users/Owner/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/QBH69J1Z/Sports%20a%20Win%20for%20Those%20With%20Childhood%20Trauma%20%20Medpage%20Today.pdf>

Pioneer Press: Concussions And Thrown Feces — Staff At Anoka Psychiatric Hospital Fear For Their Safety - Staff at the Anoka Metro Regional Treatment Center say safety conditions have deteriorated so badly at the state-run psychiatric hospital that many are afraid to go to work. Workers say staff members have been knocked unconscious, dragged across the floor by their hair and had feces and urine thrown at them. Recently, a nurse was hospitalized after being beaten by a patient — it was the 28th injury at the center due to patient aggression that was reported to the Occupational Safety and Health Administration this year. (Magan, 5/29)

Kansas City Star: Sharice Davids Tours Johnson County Talking Mental Health - Johnson County mental health officials — facing what they say is the highest suicide rate in any county in Kansas — told U.S. Rep. Sharice Davids on Wednesday they need private insurers to pay more for treatment, especially outpatient care. Erin Dugan, the president and CEO of the KidsTLC treatment center in Olathe, told Davids that Medicaid pays more for those services than the private sector — something that's almost unheard of in the physical health realm. (Marso, 5/29)

JAMA Psychiatry: Association Of Increased Youth Suicides In The United States With The Release Of 13 Reasons Why - In this time series analysis of monthly suicide data from 1999 to 2017, an immediate increase in suicides beyond the generally increasing trend was observed among the target audience of 10- to 19-year-old individuals in the 3 months after the show's release. Age- and sex-specific models indicated that the association with suicide mortality was restricted to 10- to 19-year-old individuals, and proportional increases were stronger in females. (Niederkrötenhaller et al, 5/29)

Urban Institute: Fighting The Stigma: Mental Health Among Asian Americans And Pacific Islanders - Although the US has made progress in raising awareness of mental health and normalizing conversations about the topic, a great deal of stigma remains around mental illness and poor mental health, and many still face barriers to accessing services and supports. Among Asian American and Pacific Islander (AAPI) communities, these issues are often shrouded by silence and shame, allowing misconceptions and minimization of mental health concerns to thrive. (Hu, 5/20)

June 2019 – Additional Mental Health Related Articles from Around the Nation

[The Hill: Congress Makes Headway To Improve Mental Health Care For Veterans — But Is Not Done](#) - Our coalition of GOP legislators is proud to be represented by 13 veterans spanning every branch of the military. Since this also is Military Appreciation Month, we recognize and thank Sens. Martha McSally (R-Ariz.) and Todd Young (R-Ind.) and Reps. Don Bacon (R-Neb.), Larry Bucshon (R-Ind.), Paul Cook (R-Calif.), Mike Gallagher (R-Wisc.), Bill Johnson (R-Ohio), Adam Kinzinger (R-Ill.), Brian Mast (R-Fla.), Steve Stivers (R-Ohio), Michael Waltz (R-Fla.), Lee Zeldin (R-N.Y.) and Steve Watkins (R-Kan.) for their service. Though no longer on the front lines, these members continue to serve and protect the well-being of their veteran colleagues by addressing the mental health crisis plaguing the military community. (Sarah Chamberlain, 5/29)

State Looks To Help Families Of Kids With Severe Behaviors - A proposal would set aside money to help parents of kids with severe behaviors access in-home and residential care and other supports without being forced to relinquish custody. [Read More >](#)

[Stateline: Police Train To Be 'Social Workers Of Last Resort'](#) - Even when other states often viewed Washington as progressive in mental health training and crisis intervention, civil rights activists in the state demanded even more training. Lacking proper mental health resources, families and community members across the country all too often call police to respond to someone having a mental health crisis. Understanding this mental health role for law enforcement, states have had to respond with new training techniques in dealing with crises, hoping to avoid deadly encounters and further suffering to people with mental illness. (Vasilogambros, 5/31)

[The CT Mirror: Senate Revives, Then Adopts Deal On PTSD Benefits For First Responders](#) - A day after one bipartisan deal to expand post traumatic stress disorder benefits to first responders bogged down, Democratic and Republican senators approved a revised bill — salvaging a seven-year effort to address the issue. The latest compromise, unanimously approved Thursday afternoon by the Senate, would expand workers' compensation benefits for police, firefighters and certain medical responders with PTSD. (Phaneuf and Carlesso, 5/30)

[MPR: Olmsted Co. Hopes Crisis Center Will Fill 'Gaping Hole' In Mental Health Safety Net](#)

Olmsted County plans to break ground this fall on a mental health crisis center that would serve all of southeastern Minnesota. Currently, the region has what Deputy County Administrator Paul Fleissner called "a gaping hole that really isn't a safety net," to help people in need of behavioral health services. (Crann, Shiely and Burks, 5/30)

[Reveal: Nellie Bly Makes The News](#) - Elizabeth Cochran, who wrote under the pen name Nellie Bly, was one of the best-known female journalists of the Victorian era. She gained instant fame for her exposé of poor conditions at a mental asylum, which she uncovered by feigning insanity and having herself committed. ... This short film examines the porous line between reporting facts and telling stories, while creating a dynamic portrait of a woman who refused to accept the status quo. (5/30)

[The Marshall Project: I Spent 22 Years In Solitary Confinement. Then I Didn't Want To Leave](#) - After spending 22 years in solitary confinement, anything larger than my cell threw me into panic. (Frank de Palma, 5/24)

[The New York Times: When Trolls And Crybullies Rule The Earth](#) - Over the past several years, teenage suicide rates have spiked horrifically. Depression rates are surging and America's mental health over all is deteriorating. What's going on? My answer starts with technology but is really about the sort of consciousness online life induces. When communication styles change, so do people. In 1982, the scholar Walter Ong described the way, centuries ago, a shift from an oral to a printed culture transformed human consciousness. Once, storytelling was a shared experience, with emphasis on proverb, parable and myth. With the onset of the printing press it became a more private experience, the content of that storytelling more realistic and linear. (David Brooks, 5/30)

[The New Netflix Limited Series "When They See Us" Provides an Inside Look at the Power of Prosecutors and Media in Youth Incarceration Cases](#) - Today Netflix releases the highly anticipated limited series, [Ava DuVernay's "When They See Us"](#). The series chronicles the story of the tragic [Central Park Five case](#) about five teenage boys of color from Harlem who were wrongly convicted of the rape of a white woman which they didn't commit in 1989, and the 25-year fight for justice following their conviction. The Campaign for Youth Justice had the opportunity to participate in an advanced screening of the film last month in New York, along with other social and criminal justice advocacy organizations. [More here.](#)