

## March 2019 – Additional Mental Health Related Articles from around the Nation

A New Me Was Born - <https://nylon.com/evan-rachel-wood-mental-hospital>

**[Stat: To Improve Mental Health Treatments, Scientists Try To Dissect Why They Work](#)** - Successful mental health treatments can function like a conversation: The brain hears some kind of message — whether it's from a drug or another other approach — and the brain responds in a way that alleviates some symptoms. Some scientists are listening in on those conversations — and trying to “back translate” them to figure out how successful treatments actually work. And that effort is about to get a big boost: The nonprofit Wellcome Trust recently announced a \$200 million commitment to support more mental health research, including scientists studying the underpinnings of existing treatments. (Thielking, 2/1)

**[WBUR: Should Facebook Monitor Users For Suicidal Behavior?](#)** - A Facebook algorithm analyzes comments, posts and videos to predict when users might be suicidal. In thousands of cases, Facebook has notified police, who have arrived to perform wellness checks. Is this a moral good? Or Is Facebook stepping into a health care role and overstepping its bounds? (Zuckoff and Bologna, 1/31)

**[WBUR: Mental Health Care, Addiction Treatment Still Inaccessible For Mass. Residents, Report Says](#)** - Massachusetts still struggles to provide access to mental health care and addiction treatment, according to a new report by the Blue Cross Blue Shield Foundation. The report follows a December survey of more than 2,000 Massachusetts adults, which found that more than half of respondents reported difficulty accessing behavioral health care services last year. (Oakes and Thompson, 1/31)

**[Boston Globe: State Offers Housing To Homeless College Students](#)** - State higher education officials hope that by providing vulnerable community college and university students a secure place to live, guaranteed meals at the campus dining halls, and more support, such as mental health counseling, they will boost academic success and, ultimately, ensure that these students graduate. Massachusetts initially plans to spend \$120,000 to pilot the student housing program at Bridgewater State, Framingham State, and Worcester State universities and at the University of Massachusetts Lowell, with more funding expected in the next budget. (Fernandes, 2/1)

**[Graduation Rate For Students With Disabilities Shows Improvement](#)** - The high school graduation rate for students with disabilities across the nation is on the rise again, new federal figures indicate. [Read More >](#)

*Bp magazine* – 5 Surprising Things We Can Do to Improve our Lives - [Read more >>](#)

*Bp magazine* – How Animals Provide a Sense of Purpose - [Read more >>](#)

**[NPR: Depression Symptoms Can Include Anger, And That's Often Misunderstood](#)** - When registered nurse Ebony Monroe of Houston went through a period of being quick to anger about every little thing recently, she didn't realize what it might mean for her health. "If you had told me in the beginning that my irritability was related to depression, I would probably be livid," Monroe says with a laugh. "I did not think irritability aligned with depression." (Greenfieldboyce, 2/4)

**[NPR: Good Treatment For Mental Illness Still Scarce In U.S. Prisons](#)** - Ashoor Rasho has spent more than half his life alone in a prison cell in Illinois — 22 to 24 hours a day. The cell was so narrow he could reach his arms out and touch both walls at once. "It was pretty broke down — the whole system, the way they treated us," says the 43-year-old Rasho, who has been diagnosed with several mental health conditions, including severe depression, schizophrenia and borderline personality disorder. (Herman, 2/3)

**[The Hill: Why Standing Up For Children Is A Policy Priority](#)** - Our children are being left behind. Mortality rates are rising from preventable injury. Children are dying in the custody of the state. Some are suffering and dying from vaccine preventable diseases. Some are trapped in detention centers and psychiatric hospitals due to state failures to find less restrictive settings, hindering their development at critical periods in their lives. As the country emerges from the longest government shutdown in history — and possibly braces for another — policy makers set agendas to define the year ahead. While more candidates throw their hats into the 2020 ring, children's issues are not top priority. (Erin Daksha-Talati Paquette, 2/3)

*Bp Magazine* - 5 Truths About Maintaining a Loving Relationship - [Read more >>](#)

*Bp Magazine* - When You Feel ‘Stuck’ with Your Bipolar Diagnosis: Learning From the Pros and Cons - [Watch Linea's video >>](#)

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*Bp Magazine* - 7 Must-See Documentaries About BP - [Read more >>](#)

**[Bloomberg: Ketamine Could Soon Be Used To Treat Suicidal Ideation](#)** - But there is, finally, a serious quest for a suicide cure. Ketamine is at the center, and crucially the pharmaceutical industry now sees a path. The first ketamine-based drug, from Johnson & Johnson, could be approved for treatment-resistant depression by March and suicidal thinking within two years. Allergan Plc is not far behind in developing its own fast-acting antidepressant that could help suicidal patients. How this happened is one of the most hopeful tales of scientific research in recent memory. (Koons and Langreth, 2/5)

**[The Philadelphia Inquirer: Her Religion Made Her Mental Illness Worse. Then It Saved Her.](#)** - Some religious traditions, coupled with a misunderstanding of mental illness, can stop people from getting mental health care. Individuals may be told to pray the illness away or trust in God to heal them, psychologists and social workers say. The impact is especially profound for the African American community, research shows. (Pattani, 2/5)

**[San Francisco Chronicle: She Struggled For Years To Help Her Mentally Ill Son. Was Criminal Court The Only Option?](#)** - In the past five years, the number of people in California who were deemed incompetent to stand trial and referred by a judge to state hospitals for treatment increased by 60 percent, state figures show. Such referrals happen when doctors determine that defendants are unable to understand legal proceedings or cooperate with their attorneys. Often this leaves people who need mental health treatment stuck in county jails, waiting to be transferred to a state hospital. (Wiener, 2/4)

**[Los Angeles Times: Psychiatric Patients Need Hospital Beds, Not Jail Cells](#)** - Los Angeles County leaders often call their jail system the nation's largest mental hospital, and to our great collective shame, they are correct. The jails are where we dump thousands of people who really ought to be in psychiatric hospitals, community-based rehabilitation programs or supportive housing. Those facilities were supposed to be built decades ago to replace state mental institutions, which too often served as abusive warehouses for society's sick and unwanted. The state institutions closed on cue — but precious few of the humane, treatment-oriented alternatives were ever built. So now we "house" much of the mentally ill population on the street, until breakdowns or other crises lead to confrontations and criminal charges. Then they go to jail. (2/4)

If You're Often Angry or Irritable, You May be Depressed <https://www.npr.org/sections/health-shots/2019/02/04/689747637/if-youre-often-angry-or-irritable-you-may-be-depressed>

**More Schools Using Yoga To Calm, Strengthen, Focus Students** - Educators are turning to yoga and mindfulness to help kids of all ages overcome challenges, whether it's a physical disability, a health issue, anxiety, stress or depression. [Read More >](#)

**How to Talk to Kids About Sex and Consent** - Why setting — and respecting — boundaries is key. - [READ MORE ▶](#)

**Teens and Romantic Relationships** - Tips for helping teenagers navigate first loves (or at least first crushes!) - [READ MORE ▶](#)

**How to Talk to Kids About Sexting** - Talking to teens about the dangers of oversharing online. - [READ MORE ▶](#)

**How to Help Girls Deal With Unwanted Attention** - Why taking it seriously is important. - [READ MORE ▶](#)

**Talking to Your Kids About... Porn** - It's become an insidious part of teen culture that you should address. - [READ MORE ▶](#)

**[Commercial plans' lower rates for mental healthcare may reduce patient access](#)** - Commercial and Medicare Advantage plans pay mental health providers in their networks significantly lower rates than traditional Medicare pays, which likely reduces access for patients. [READ MORE](#)

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**Unnecessary ED visits from chronically ill patients cost \$8.3 billion** - Six common chronic conditions accounted for 60% of 24 million ED visits in 2017, and about 30% of those visits—or 4.3 million—were likely preventable and could be treated in a less expensive outpatient setting, according to a new Premier report. [READ MORE](#)

*Bp Magazine* - Reducing the Risk of Relapse - [Read more >>](#)

*Bp Magazine* - Vitamin D Is Good for More Than Bone Health - [Read more >>](#)

*Bp Magazine* - 4 Things About Bipolar Anger You Might Not Know - [Read more >>](#)

**Modern Healthcare: Commercial Plans' Lower Rates For Mental Healthcare May Reduce Patient Access** - Commercial and Medicare Advantage plans pay mental health providers in their networks significantly lower rates than traditional Medicare pays, which likely reduces access for patients, Congressional Budget Office analysts found. Using claims data from the Health Care Cost Institute, the researchers found that average in-network rates for two categories of common mental health services in commercial and Medicare Advantage plans in 2014 were 13% to 14% less than fee-for-service rates in traditional Medicare. (Meyer, 2/5)

**Cleveland Plain Dealer: Cuyahoga County Was Warned Of Health-Care Crisis In Jail Weeks Before First Inmate Died** -

One year ago, few people outside the Cuyahoga County jails knew of any problems behind the bars, in part because state inspectors routinely gave the county facilities passing grades. That changed on May 22, when a County Council committee heard testimony about a health-care crisis at the jails: a severe shortage of nurses, an inability to hire more nurses and conflicts between the jail director and the medical staff. (Astolfi, 2/6)

**Arizona Republic: Fight Over 'Cage' Tests Rules On Safety For People With Disabilities** -

It was the way the bed looked. More like an oversized crib, or even a cage, than a bed. Its tall wooden slats, locks and hinged doors screamed “restraint” to state health officials who saw it in the bedroom of Julianna Wadsack, a teenager with severe disabilities. But to Julianna’s parents, it was a safe place for their daughter to sleep, a guard against her wandering when caregivers were pre-occupied, lest the child walk into walls or, worse, collapse on the floor from a seizure. (Pitzl, 2/6)

**Pediatrics: Family Firearm Ownership And Firearm-Related Mortality Among Young Children: 1976–2016** -

Firearm-related fatalities are a top 3 cause of death among children in the United States. Despite historical declines in firearm ownership, the firearm-related mortality rate among young children has risen over the past decade. In this study, we examined changes in firearm ownership among families with young children from 1976 to 2016, exploring how such changes relate to recent increases in firearm-related mortality among 1- to 5-year-olds. (Prickett, Gutierrez and Deb, 2/1)

**Honoring Black History While Honoring Mental Health**

**Why Mental Health Screenings Should Be a Regular Part of Cancer**

The New York Times: [Meet the Creator of the Egg That Broke Instagram](#)

USA Today: [World Record Egg: From a challenge to social media to a mental health campaign](#)

ABC News: [Mysterious, well-liked egg’s Instagram account is all about mental health](#)

Fortune: [The Egg That Won Instagram Just Revealed Its Feel-Good Purpose](#)

Inside Philanthropy: [An Actress Looks to Break the Silence on Black Mental Health With a New Foundation](#)

NBC News: [Instagram to hide self-harm images in the wake of rising teen suicides](#)

bp: [The Good, Bad and Ugly](#)

Esperanza: [Depression & The Power of Pets](#)

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There were 19 suicides on VA campuses from October 2017 to November 2018, including a Marine Colonel who -- dressed in his uniform blues and medals -- sat on top of his military and VA records and killed himself with a rifle outside the Bay Pines Department of Veterans Affairs. “It’s very important for the VA to recognize that the place of a suicide can have great meaning. There is a real moral imperative and invitation here to take a close inspection of the quality of services at the facility level,” said Eric Caine, director of the Injury Control Research Center for Suicide Prevention at the University of Rochester.

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**[The Washington Post: Parking Lot Suicides At Veterans Hospitals Prompt Calls For Better Staff Training, Prevention Efforts](#)** - [Justin Miller's] death is among 19 suicides that occurred on VA campuses from October 2017 to November 2018, seven of them in parking lots, according to the Department of Veterans Affairs. While studies show that every suicide is highly complex — influenced by genetics, financial uncertainty, relationship loss and other factors — mental-health experts worry that veterans taking their lives on VA property has become a desperate form of protest against a system that some veterans feel hasn't helped them. The most recent parking lot suicide occurred weeks before Christmas in St. Petersburg, Fla. Marine Col. Jim Turner, 55, dressed in his uniform blues and medals, sat on top of his military and VA records and killed himself with a rifle outside the Bay Pines Department of Veterans Affairs. (Wax-Thibodeaux, 2/7)

**When Schools Use Child Protective Services As A Weapon Against Parents** - Fed up with what they see as obstinate parents who don't agree to special education for their kids, schools sometimes use the threat of a child-protection investigation to strong-arm parents. [Read More >](#)

**[Federal judge: State fails to provide prompt mental health care to poor children](#)** - US District Court Judge Michael Ponsor said that constant delays can lead to violent physical outbursts, removal from homes, and traumatizing and unnecessary hospital stays. [Continue reading →](#)

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***Bp Magazine*** - 4 Ways to Simplify Your Life and Find Your Harmony - [Read more >>](#)

**[The Associated Press: Gun-Seizure Laws Grow In Popularity Since Parkland Shooting](#)** - In the year since the deadly mass shooting at a Florida high school, more and more states have passed laws making it easier to take guns away from people who may be suicidal or bent on violence against others, and courts are issuing an unprecedented number of seizure orders across the country. Supporters say these "red flag" laws are among the most promising tools to reduce the nearly 40,000 suicides and homicides by firearm each year in the U.S. Gun advocates, though, say such measures undermine their constitutional rights and can result in people being stripped of their weapons on false or vindictive accusations. (Foley, 2/9)

**[NPR: School Shooters: Roots Of Violence Often Include Depression And Desperation](#)** - It's hard to empathize with someone who carries out a school shooting. The brutality of their crimes is unspeakable. Whether the shootings were at Columbine, at Sandy Hook, or in Parkland, they have traumatized students and communities across the U.S. Psychologist John Van Dreal understands that. He is the director of safety and risk management at Salem-Keizer Public Schools in Oregon, a state that has had its share of school shootings. In 2014, about 60 miles from Salem, where Van Dreal is based, a 15-year-old boy shot one student and a teacher at his high school before killing himself. (Chatterjee, 2/10)

**[Des Moines Register: Iowa Must Consider Dentist's Appeals Of Medicaid Payments, Court Rules](#)** - Iowa must consider the appeals of a Council Bluffs dentist who says a Medicaid company is improperly denying payment for the services he provides to poor and elderly residents, the Iowa Supreme Court ruled Friday. The government program is managed by private corporations and provides dental services to more than 155,000 Iowans. If dentists can't appeal payment denials, fewer dentists will offer care under the Medicaid program, and more low-income Iowans won't get the care they need, the dentist's attorney argued. (Clayworth, 2/8)

**[Boston Globe: Federal Judge: State Fails To Provide Prompt Mental Health Care To Poor Children](#)** - A federal judge sharply rebuked the state for failing to provide prompt mental health services to low-income children, saying that constant delays can lead to violent physical outbursts, removal from homes, and traumatizing and unnecessary hospital stays. Massachusetts has repeatedly violated its own standard of providing certain mental health treatment to seriously ill children on Medicaid within 14 calendar days, with thousands of children having waited weeks, putting them at risk for "devastating setbacks," US District Court Judge Michael Ponsor found. (Kowlaczyk, 2/9)

**[The Associated Press: Depression 101: Dallas Schoolkids Learn About Mental Health](#)** - In a scenario playing out in more and more classrooms around the world, a Dallas teenager recently asked her classmate if anything was wrong, noting that she hadn't been acting like herself. The brusque reply: "Just leave me alone." The ninth-graders at the Uplift Hampton Preparatory school were role-playing as part of a program that aims to teach teens how to spot the signs of depression in themselves and others. (2/9)

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[The New York Times: A Mother Tried To Save Her Son For Years. Now He’s Accused Of Killing Her.](#) - Jason Reeves, 32, struggled for years to find his way, frequently running afoul of the law and grappling with mental health issues. In spite of it all, his mother, Paulette, stood by him, trying to help her son climb out of his personal morass. This month, everything came crashing down. (Winston, 2/10)

[Dallas Morning News: Feds Will Get Oversight On Dallas Area Psych Hospital After Reported Patient Safety Lapses](#) - A DeSoto psychiatric hospital — which the federal government said had put patients in “immediate jeopardy” of harm — will continue to receive Medicare funding after officials agreed to a special oversight arrangement. Dallas Behavioral Healthcare Hospital was set to lose access to the money Friday after federal inspections reported serious lapses in patient care. But the feds say the hospital this week signed what is known as a systems improvement agreement with the Centers for Medicare and Medicaid Services. (Chiquillo, 2/9)

**Parent’s Guide to Substance Use and Mental Health** - The risks for teenagers and young adults. [READ MORE ▶](#)

**Teen Vaping: What You Need to Know** - Use of the highly addictive e-cigarette JUUL is skyrocketing among young people. [READ MORE ▶](#)

**10 Tips to Help Dads and Daughters Stay Close** - Navigating the changes that come with adolescence. [READ MORE ▶](#)

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

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

*Bp Magazine* - The Fantasy Life I Live when I’m Depressed - . [Read more >>](#)

*Bp Magazine* - How Pets Make You Feel Safer - [Read more >>](#)

*Bp Magazine* - Research Finds Key Qualities of Bipolar - [Read more >>](#)

**Medicare, Medicaid contain costs better than private insurers, study says** - While Republican lawmakers insist trimming Medicare and Medicaid is the only way to rein in federal spending, researchers have found the programs have done a better job at controlling spending than private payers. [READ MORE](#)

[Des Moines Register: Iowa Medicaid Company Centene Moving Into Some Of Des Moines Metro's Priciest Offices](#) - Iowa's newest Medicaid company will move into one of the priciest commercial office spaces in the Des Moines metro area — a move critics worry will siphon the financial resources needed for the care of the state's disabled and poor. "It's disappointing because there are so many other rental properties at far less costs," said Sen. Pam Jochum, D-Dubuque. "The money should really be going into the services of people they are hired to serve." Iowa Total Care will officially join UnitedHealthcare and Amerigroup to help manage the state's \$5 billion annual Medicaid program in July. (Hardy and Clayworth, 2/11)

[Stat: Experts Raise Questions About Facebook's Suicide Prevention Tools](#) - Over the past few years, Facebook has stepped up its efforts to prevent suicide, but its attempt to help people in need has opened the tech giant to a series of issues concerning medical ethics, informed consent, and privacy. It has also raised a critical question: Is the system working? Facebook trained an algorithm to recognize posts that might signal suicide risk and gave users a way to flag posts. A Facebook team reviews those posts and contacts local authorities if a user seems at imminent risk. First responders have been sent out on “wellness checks” more than 3,500 times. (Thielking, 2/11)

[CNN: Nearly 1 In 7 US Kids Has A Mental Health Condition, And Half Go Untreated, Study Says](#) - Half of children with a mental health condition in the United States go without treatment, according to a study published Monday in the journal JAMA Pediatrics. The researchers analyzed data from the 2016 National Survey of Children's Health, a nationwide survey administered to parents of children and teens. Of the 46.6 million children ages 6 through 18 whose parents completed the survey, 7.7 million had at least one mental health condition -- such as depression, anxiety or attention-deficit/hyperactivity disorder -- and only half received treatment or counseling from a mental health provider in the 12 months prior to the survey. (Brancho-Sanchez, 2/11)

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[The Washington Post: Mother’s Friendships May Be Good For Babies’ Brains](#) - New mothers who have friends ready to step in and help them, tend to have toddlers who score better on cognitive tests than the babies of women with smaller social support networks, a U.S. study suggests. Strong social ties to friends and family have long been linked to better behavioral and physical health outcomes for adults. And plenty of previous research also indicates that infants’ and toddlers’ bonds with caregivers can have a lasting impact on children’s emotional, intellectual and social development. (Rapaport, 2/12)

[Atlanta Journal-Constitution: Kemp Backs School Mental Health Program In Georgia Budget](#) - Gov. Brian Kemp visited a pair of schools Monday to shine a spotlight on a new initiative tucked into his state budget proposal aimed at addressing mental health problems at Georgia schools. The spending plan steers an extra \$8.4 million to the Apex program, an organization that the Kemp administration views as crucial to identifying and counseling troubled students while also targeting issues that health experts say could threaten school safety. (Bluestein, 2/11)

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The new guidelines comes from the U.S. Preventive Services Task Force, a group whose guidance most insurance plans are required to follow. In 2016, the federal task force recommended that primary-care physicians screen for depression among adults, especially pregnant women and recent mothers, but this year the group went a step further and advises doctors to identify women who may be at risk.

[The Wall Street Journal: New Mothers At Risk Of Depression To Get Counseling Services, Covered By Insurance, Under New Guidelines](#) - Women who are pregnant or have just given birth should receive counseling if they have risk factors for depression, a U.S. panel of experts has recommended for the first time, forcing many health plans to cover such services at no additional cost. The recommendation was made Tuesday by the U.S. Preventive Services Task Force, a group whose guidance most insurance plans are required to follow. (Abbott, 2/12)

[The New York Times: Depression During And After Pregnancy Can Be Prevented, National Panel Says. Here’s How.](#) - Some kinds of counseling can keep some women from developing debilitating symptoms that can harm not only them but their babies, the panel reported on Tuesday. Its report amounted to a public call for health providers to seek out women with certain risk factors and guide them to counseling programs. The recommendation, by the United States Preventive Services Task Force, means that insurers will be required to cover those services — with no co-payments — under the Affordable Care Act. “We really need to find these women before they get depressed,” said Karina Davidson, a task force member and senior vice president for research for Northwell Health. (Belluck, 2/12)

[NPR: Cognitive Behavioral Counseling Can Prevent Postpartum Depression](#) - The consequences of maternal depression can be severe, according to Davidson, who describes a "cascading set of problems" including premature birth, low birth weight and failure to thrive. After childbirth, new mothers who are depressed can be neglectful and inattentive to their newborn, putting the infants at risk for an even greater number of problems. In 2016, the Task Force recommended screening for depression among all adults, including pregnant women, and if depressive symptoms are detected, that adults, including pregnant women be treated. This year, the Task Force has taken their recommendation further. (Neighmond, 2/12)

[The New York Times: What You And Your Family Need To Know About Maternal Depression](#) - Perinatal depression can occur during pregnancy or any time within a year after childbirth. As defined by the panel, it can involve major or minor depressive symptoms that last for at least two weeks, including loss of energy or concentration, changes in sleeping and eating patterns, feelings of worthlessness or suicidal thoughts. It’s not the same as the “baby blues,” which is less severe and doesn’t last as long. The panel said “baby blues” can occur right after childbirth and can include crying, irritability, fatigue and anxiety, symptoms that usually disappear within 10 days. (Belluck, 2/12)

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Esketamine would be the first new drug for depression in years and has the potential to lift despair within hours, experts say. The FDA usually follows the panel's recommendation. News on depression looks at teen suicides in a northwest Michigan community; the benefits of jogging, gardening; and a new mental health facility for inmates in Los Angeles.

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[The New York Times: F.D.A. Panel Recommends New Depression Treatment](#) - In a move that may clear the way for the first new treatment in years for depression, an expert panel recommended on Tuesday that federal regulators approve a nasal spray that delivers the active ingredients of ketamine, a popular club drug in the 1980s and 1990s. The new drug, called Esketamine and developed by Johnson & Johnson, is aimed at people with severe depression, particularly those with suicidal thinking. (Carey, 2/12)

[Stat: Depression Drug Related To Ketamine Wins Endorsement Of Advisory Panel](#) - In a 14-to-2 vote, the panel said the benefits of the Johnson & Johnson drug, known as esketamine, outweigh the risks. The vote brings the novel type of rapid-acting treatment for depression one step closer to approval. The drug — delivered in a nasal spray — is related to the anesthetic ketamine. If approved, it would be the first major depression treatment approved in decades. The drug was tested in combination with oral antidepressants as a therapy for treatment-resistant depression. (Thielking, 2/12)

[The Washington Post: Three Teen Suicides In Eight Months Have Devastated This Midwest Village](#) - In June, the death of 16-year-old DeAnte Bland jolted the rural village of Kingsley — population 1,600 in northwest Michigan. Four months later, 14-year-old Kayden Stone's death sent shock waves again through the close-knit community. Then, Shealynn Pobuda, also 14, died in early February and the community met its breaking point. Eight months, three teenagers, three suicides. "Everyone was devastated," said Keith Smith, the superintendent of Kingsley Area Schools. "This is a small community, and not only do we all know each other, we all know each others' kids." (Thebault, 2/13)

[The New York Times: Exercise May Help To Fend Off Depression](#) - Jogging for 15 minutes a day, or walking or gardening for somewhat longer, could help protect people against developing depression, according to an innovative new study published last month in JAMA Psychiatry. The study involved hundreds of thousands of people and used a type of statistical analysis to establish, for the first time, that physical activity may help prevent depression, a finding with considerable relevance for any of us interested in maintaining or bolstering our mental health. (Reynolds, 2/13)

[Los Angeles Times: L.A. County Supervisors Vote To Replace Men's Central Jail With Mental Health Hospital For Inmates](#) - Los Angeles County supervisors narrowly approved a plan Tuesday to tear down the dungeon-like Men's Central Jail downtown and build at least one mental health treatment facility in its place. The new plan modifies a \$2.2-billion proposal that would have created the Consolidated Correctional Treatment Facility, which was slated to house 3,885 "inmate patients" in a rehabilitation-focused center in the footprint of the Central Jail, which was built in 1963. (Lau, 2/12)

[NPR: 'Never Enough' Explains The Biology Of The Addicted Brain](#) - Growing up, neuroscientist Judith Grisel would take little sips of alcohol at family events, but it wasn't until she was 13 that she experienced being drunk for the first time. Everything changed. "It was so complete and so profound," she says. "I suddenly felt less anxious, less insecure, less inept to cope with the world. Suddenly I was full and OK in a way that I had never been." Grisel began chasing that feeling. Over the years, she struggled with alcohol, marijuana and cocaine. But along the way, she also became interested in the neuroscience of addiction. (Gross, 2/12)

[Austin American-Statesman: Emergency Mental Health Bill Advances In Texas Senate](#) - A state Senate committee unanimously approved a bill Tuesday aimed at identifying children with mental health needs and helping them before they become a danger to themselves or others. It would cost about \$100 million over two years. Senate Bill 10, filed by Sen. Jane Nelson, R-Flower Mound, is the second piece of emergency legislation identified by Gov. Greg Abbott that has cleared a committee, an initial hurdle to passage. On Monday, the Senate Property Tax Committee approved a bill that would cap property tax growth. (Chang, 2/12)

[KCUR: As Kansas Youth Suicide Rises, State Pushes Prevention Training For School Workers](#) - Simplistic crisis plans and missing mandatory training by some Kansas schools led the Kansas Board of Education Tuesday to reinforce its suicide prevention requirements. Suicide rates in the United States have been going up for years, but the rates have risen faster in Kansas. According to the Centers for Disease Control and Prevention, the Kansas suicide rate increased by 45 percent from 1999 to 2016. (Bisha, 2/12)

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**[Los Angeles Times: L.A. County Needs A Mental Hospital. It Also Needs A Smart Plan For Building One](#)** - The recent evolution in the Board of Supervisors' thinking about how to replace the dangerous and decrepit Men's Central Jail has been breathtaking. After years of insisting on building a multibillion-dollar treatment-oriented replacement jail, the supervisors in a matter of weeks have soured on the idea and are considering instead an actual psychiatric hospital, operated by mental health professionals. (2/12)

*Bp magazine* - Use This 3-Step Plan to Handle a Crisis - [Read more >>](#)

*Bp magazine* – We are Wired for Creativity - [Read more >>](#)

*Bp magazine* - 3 Ways to Cope with Winter Moods - [Read more >>](#)

**[Pediatrics: Parent-Adolescent Agreement About Adolescents' Suicidal Thoughts](#)** - Early identification and intervention hinge on reliable and valid assessment of suicide risk. The high prevalence of parental unawareness and adolescent denial of suicidal thoughts found in this study suggests that many adolescents at risk for suicide may go undetected. These findings have important clinical implications for pediatric settings, including the need for a multi-informant approach to suicide screening and a personalized approach to assessment based on empirically derived risk factors for unawareness and denial. (Jones et al, 2/1)

**[JAMA Psychiatry: Effect Of Augmenting Standard Care For Military Personnel With Brief Caring Text Messages For Suicide Prevention: A Randomized Clinical Trial](#)** - Does a text message-based intervention (Caring Contacts) reduce suicidal thoughts and behaviors among active-duty military personnel? Findings: In this randomized clinical trial of 658 Soldiers and Marines, augmenting standard care with Caring Contacts did not reduce current suicidal ideation or suicide risk events at 12-month follow-up. However, Caring Contacts reduced the odds of having any suicidal ideation (80% vs 88%) and making a suicide attempt (9% vs 15%). (Comtois et al, 2/13)

**[Los Angeles Times: Stupid Medicaid Tricks: Utah Figures Out How To Spend More To Cover Fewer People](#)** - It has become obvious over the past few years that the Affordable Care Act has the power to cloud Republicans' minds. But few are as befuddled as the legislature and governor of Utah, who just enacted a partial expansion of Medicaid under the ACA that will cover 60,000 fewer residents while costing the state more than full expansion. (Michael Hiltzik, 2/13)

**[Ambulance providers will be paid for trips to alternative sites, telemedicine](#)** - HHS is going to conduct an experiment to pay ambulance companies for taking patients to sites other than the hospital and to use telemedicine. [READ MORE](#)

**[The Associated Press: Medicare Ambulance Rides May No Longer End Up At ER](#)** - Medicare wants to change how it pays for emergency ambulance services to give seniors more options besides going to a hospital emergency department, officials said Thursday. Other options could include going to an urgent care center, a doctor's office, or even treatment at home under supervision of a doctor via telehealth links. It's just a pilot project for now, but if adopted nationwide the idea could save Medicare more than \$500 million a year and allow local fire departments and ambulance services to focus the time and energy of first responders on the most serious emergencies. (Alonso-Zaldivar, 2/14)

**[KCUR: A Rural Kansas Hospital Owned By A Kansas City-Based Company Closes Abruptly](#)** - Oswego Community Hospital, a 12-bed critical access hospital in southeast Kansas, abruptly closed down on Thursday, citing insufficient revenue to cover its operating expenses. The hospital's board released a statement saying the hospital had "weathered low patient volumes; high number of uninsured patients; low reimbursement rates; difficulty in getting payment from private insurance providers; low Medicaid and Medicare rates; and the state's refusal to expand Medicaid." (Margolies, 2/14)

**[The Washington Post: Safety At St. Elizabeths Psychiatric Hospital Questioned After Brutal Attack On Nurse](#)** - A patient's brutal attack on a nurse at a D.C. government psychiatric hospital has renewed calls for increased security at the facility, with staff and union representatives saying hospital managers have been slow to respond to repeated requests for safer working conditions. The Jan. 13 incident at St. Elizabeth's Hospital in Southeast Washington — disclosed this week at a routine oversight hearing by the D.C. Council's Health Committee — left a 71-year-old nurse with a badly beaten face and two fractured ribs after a male patient escaped from his restraints and clubbed her repeatedly with a telephone. (Jamison, 2/14)

## March 2019 – Additional Mental Health Related Articles from around the Nation

[Miami Herald: After Parkland, There Were 1,100 Young Gun Deaths In Its Shadow](#) - But a year after the Parkland shooting, U.S. gun-related deaths of children and teens continues, as the Miami Herald/McClatchy/Trace investigation shows. To bring home the enormity of the 1,100 young deaths in 365 days, the report says: "That's a Parkland every five days, enough victims to fill three ultra-wide Boeing 777s." (2/14)

**States Skirting Obligation To Cover ABA Therapy** - Despite a federal mandate nearly five years ago, several state Medicaid programs are still failing to cover treatment like applied behavior analysis for children with autism, advocates say. [Read More >](#)

[Bullying Differs Based On Type Of Disability, Study Finds](#) - New research suggests that incidents of bullying and other harassment targeting kids with disabilities vary depending on what sort of special needs a child has. [Read More >](#)

**School District Suing Family Over Special Education Placement** - Even after a hearing officer, a federal judge and a state education department sided with a girl with severe disabilities, her school district is suing to force her to return to public school. [Read More >](#)

Barbie To Roll Out Dolls With Disabilities [Read More >](#)

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[Perspective | I was hospitalized for depression. Faith helped me remember how to live.](#)

**Feds: Patient With Intellectual Disability Blocked From Organ Transplant List** - Federal officials say that a major university health care system will change its ways after denying a person with intellectual disability the opportunity to be placed on a transplant list. [Read More >](#)

**Inclusion Increasingly The Norm For Students With Disabilities** - More students with disabilities are being educated alongside their typically-developing peers, according to new federal data. [Read More >](#)

**Lawyer On The Spectrum Hopes To Advocate, Inspire**- When Haley Moss was diagnosed with autism at age 3, doctors said she would be lucky to graduate high school and get a minimum-wage job. Today, she's a practicing attorney and author. [Read More >](#)

**Staff Shortage Forces Schools To Provide Speech Therapy By Video** - Facing a severe staffing shortage, one school district says the only way it can provide speech therapy to all the students with special needs who need it is to do so by video chat. [Read More >](#)

States Skirting Obligation To Cover ABA Therapy [Read More >](#)

School District Suing Family Over Special Education Placement - [Read More >](#)

**School Success Kit for Kids With Executive Functioning Issues** - Tools to help kids get organized and out the door on time. [READ MORE ▶](#)

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**Helping Kids Who Struggle With Executive Functions** - Learning specialists on how to build organizational skills. [READ MORE ▶](#)

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**Strategies to Make Homework Go More Smoothly** - Routines and incentive systems to help kids succeed. [READ MORE](#) ▶

**School Mornings Without the Stress** - How to get your child up and out the door with the least amount of conflict. - [READ MORE](#) ▶

**Metacognition: How Thinking About Thinking Can Help Kids** - A powerful skill for building resilience. [READ MORE](#) ▶

[The Washington Post: Mental Health App Guide Offers Reviews And Information](#) - If you're struggling with anxiety, post-traumatic stress disorder, obsessive-compulsive disorder or depression, an app might help. But should you invest in a therapy app or one that only tracks symptoms? Which apps are credible, and which ones are scams — or even harmful? (Blakemore, 2/17)

[USA Today: Spanking Kids Harms Mental Health, Says American Psychological Association](#) - The American Psychological Association joined a growing list of health organizations calling for a ban to spanking because it can cause short- and long-term harm to children. The association has long warned physical discipline can be harmful to kids' mental health. It made its position official Feb. 15 with a policy change. (Haller, 2/18)

[Los Angeles Times: Family Of Mentally Ill Anaheim Man Say Police Choked And Beat Him During Fatal 2018 Arrest](#) - The family of a mentally ill Anaheim man who died in police custody last year has accused the arresting officers of choking him and failing to render medical aid after the violent clash, according to a federal lawsuit. Justin Perkins, 38, was beaten with batons and choked by two Anaheim officers at an apartment complex around 8:30 a.m. on Oct. 27, the lawsuit alleges. Perkins collapsed after the altercation, and the suit accuses the officers — identified as Shao Wang and Kenny Lee — of failing to get him medical aid for nearly 45 minutes. (Queally, 2/18)

[The San Francisco Chronicle: California Struggles To Seize Guns From People Who Shouldn't Have Them](#) - California has struggled to enforce a unique state law that allows officials to seize guns from people with criminal convictions or mental health problems, leaving firearms in the hands of thousands of people legally barred from owning them. Legislators first took notice of the problem in 2013, after the gun massacre of 20 children and six adults at a Connecticut elementary school, and set aside \$24 million to reinvigorate the firearms-seizure program. (Koseff, 2/18)

[The Wall Street Journal: For Parents Of Ill Children, A Growing Recognition Of PTSD](#) - Post-traumatic stress disorder in combat soldiers is receiving greater attention and wider societal recognition. Now doctors and researchers are trying to do the same for a group that has similar symptoms: parents of children with life-threatening medical conditions. Shelly Miller of Bridgetown, Ohio, has a teenage son named Dylan who can't walk or talk due to a rare genetic disorder. One day more than five years ago, after her husband picked him up at a summer camp, Dylan suddenly began vomiting and seizing. They raced to the emergency room, where doctors told them Dylan had suffered a concussion; the parents didn't know how it had happened. (Marcus, 2/19)

[The Washington Post: I Was Hospitalized For Depression. Faith Helped Me Remember How To Live.](#) - When the Dean of the Washington National Cathedral and I were conspiring about when I might speak, I think he mentioned Feb. 3 as a possibility. A sermon by me on that date would have been considerably less interesting because I was, at that point, hospitalized for depression. Or maybe it would have been more interesting, though less coherent. Like nearly one in 10 Americans — and like many of you — I live with this insidious, chronic disease. (Michael Gerson, 2/18)

[Nearly a quarter of rural hospitals are on the brink of closure](#) - Twenty-one percent of rural hospitals are at high risk of closing, according to a new report. That equates to 430 hospitals across 43 states that employ about 150,000 people and generate about \$21.2 billion in patient revenue. [READ MORE](#)

[Why the Egg Matters](#)

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Well + Good: [If every little thing annoys you, here's how to be more patient](#)

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Good News Network: [This egg dethroned Kylie Jenner as record-holder for most-liked photo; is now using its powers for good](#)

Teen Vogue: [How Trauma Impacts Your Mental Health](#)

bp: [6 Challenges of Bipolar That No One Talks About](#)

Esperanza: [Set Your Body Clock for Better Sleep](#)

'A Big Call to Action' on Mental Health <https://www.presbyterianmission.org/story/a-big-call-to-action-on-mental-health/>

**Best ideas to address social determinants of health are locally driven** -Social determinants of health are universal, but their impact in one state versus another is local. That's why it makes sense for community-based safety-net plans and providers, as well as allied community organizations to work together to address the social determinants. [READ MORE](#)

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*Bp Magazine* - Calorie Details Affect Our Desire for Food - [Read more >>](#)

**The New York Times: Teenagers Say Depression And Anxiety Are Major Issues Among Their Peers** - Most American teenagers — across demographic groups — see depression and anxiety as major problems among their peers, a new survey by the Pew Research Center found. The survey found that 70 percent of teenagers saw mental health as a big issue. Fewer teenagers cited bullying, drug addiction or gangs as major problems; those from low-income households were more likely to do so. (Zraick, 2/20)

**'I own you': Prominent psychiatrist accused of sexually exploiting patients** - Keith Ablow is facing lawsuits from three female patients who say he lured them into degrading sexual relationships. [Continue reading →](#)

**Governors stand by controversial Medicaid work rules** Republican governors defended their decisions to pursue Medicaid work requirements despite concerns about the loss of coverage. [READ MORE](#)

**CNN: Top Democrats Rebuke Trump Administration For Medicaid Work Requirement Policies** -Top congressional Democrats requested Tuesday that the Department of Health and Human Services halt Medicaid work requirements, citing widespread loss of coverage in Arkansas. The letter, signed by Sen. Ron Wyden of Oregon and Rep. Frank Pallone of New Jersey rebukes the administration for "disregard of Congressional intent" and a failure to track the impact of waiver policies. Using Medicaid 1115 waivers, states can receive federal funds for Medicaid expansion despite modifying the policy outlined in the Affordable Care Act. The waivers, however, must be approved by the Department of Health and Human Services. (Bernard, 2/21)

**The Hill: Top Dems Call For End To Medicaid Work Rules After 18,000 Lose Coverage In Arkansas** - "We unfortunately are now seeing these concerns play out in real life in the state of Arkansas where thousands of individuals have been forced off and locked out of their Medicaid coverage," they added in the letter to Secretary of Health and Human Services Alex Azar. Arkansas is the first state to implement work requirements for Medicaid enrollees, and more than 18,000 people were kicked off their coverage last year for failure to comply with the requirements. (Sullivan, 2/21)

**The Associated Press: Rural Kansas Lawmakers Push Farm Bureau Health Coverage Plan** -Rural state lawmakers are pushing a plan to allow the Kansas Farm Bureau to offer health insurance coverage to members without having to comply with federal Affordable Care Act mandates in hopes that the influential agriculture group can offer a lower-cost product. But the proposal is drawing strong criticism from Democrats and health groups because the Farm Bureau would not be required to cover people with pre-existing medical conditions. (2/21)

**Kansas City Star: Kansas Health Plan Wouldn't Cover Pre-Existing Conditions** - "According to a Gallup poll, citizens are more concerned about rising health premiums than pre-existing conditions," said Sen. Mary Pilcher-Cook, a Republican from Shawnee who voted for the bill. "We should support lower cost of acquiring health care coverage, so people can have it before they develop what would otherwise be pre-existing conditions." Unlike plans under the ACA — commonly called Obamacare — alternatives like the Farm Bureau health plan could exclude people with pre-existing conditions. Such plans also wouldn't have to cover things like maternity care, mental health and prescription drugs, which are required in ACA plans. (Marso, 2/21)

## March 2019 – Additional Mental Health Related Articles from around the Nation

The tactic the PBMs used are called spread pricing, which refers to the fees these companies pay pharmacies and then bill back to state Medicaid programs. The practice has gained attention among a growing number of states that are struggling to contain the cost of prescription drugs. In other pharmaceutical news, the Chamber of Commerce is launching ads against President Donald Trump's plan to tie U.S. prices for drugs to what other countries pay.

**[Stat: Kentucky Finds PBMs Are Benefiting From A Lucrative Profit Center](#)** - As the debate over prescription drug costs intensifies, Kentucky officials have released a report showing pharmacy benefit managers kept a widening share of money collected on behalf of the state Medicaid program. The report recommends several steps for overhauling relationships with these controversial pharmaceutical middlemen. Specifically, PBMs appear to have profited from what is known as spread pricing, which refers to the fees these companies pay pharmacies and then bill back to state Medicaid programs. Last year, PBMs were paid \$858 million, of which they kept \$123.5 million, or 13 percent. This was up from 9.4 percent in 2017, according to the report by the Kentucky Cabinet for Health and Family Services. (Silverman, 2/21)

**[Bloomberg: Drug Middlemen Took \\$123.5 Million In Hidden Fees, State Claims](#)** - In 2018, four Kentucky insurers in Medicaid paid \$957.7 million to four PBMs that use the arrangements. Of that, the PBMs kept 13 percent -- \$123.5 million -- through spread pricing, according to the Kentucky report. Those size of the spreads rose by more than a third from 2017, the state found. "These are taxpayer dollars that we can't identify what is the service they are being used for," said Jessin Joseph, director of pharmacy for Kentucky's Department for Medicaid Services, in a phone interview. Joseph said the state planned to do a more detailed claim-by-claim analysis of pharmacy spending to determine why spreads were going up. (Langreth, 2/21)

**[Tampa Bay Times: A Support Group In Your Phone. Healing For Mental Illness Comes One Text At A Time.](#)** -Cope Notes launched quietly nearly a year ago from Crowder's South Tampa home, and now has about 1,000 users. Crowder said they range in age from 14 to 40. He's the one writing the messages that are delivered each day, but they are reviewed by a panel of mental health counselors and professors, public relations professionals and privacy compliance officials. The service costs \$9.99 a month, or \$8.99 a month for an annual subscription. (Griffin, 2/22)

**[USA Today: Haley Moss May Be The First Autistic Lawyer In Florida](#)** - Haley Moss is one month into her practice as a lawyer. So far, so good. She has laser focus, a photographic memory and an extreme eye for detail — invaluable assets for poring over endless briefs and reports at Miami-based firm Zumpano Patricios. And what's more, she just might be making history: In January, Moss raised her hand, took an oath and became known as Florida's first lawyer living openly with autism. (Hafner, 2/21)

**[The Daily Pilot: Challenge Success Helps O.C. Schools Monitor Students' Mental Wellness](#)** - For the last several years the Newport-Mesa Unified School District has been steadily working to address the growing incidence of depression, anxiety, suicide and other mental health challenges among its students. Several districtwide training sessions were mandatory for teachers and staff and optional for parents. The elementary staff completed the avatar-based Kognito program, which teaches motivational interviewing to intervene in social and emotional concerns. Signs featuring suicide hotline numbers were posted in bathrooms. (Pearlman, 2/21)

**[The Atlantic: The Coming Care Crisis As Kids With Autism Grow Up](#)** - The Medicaid provider had assured her that this was the best option, so Marie Solomonik walked into the day-habilitation center in Queens, New York, with all the optimism she could muster. Marie was with her husband, Eddie, on this rainy March morning to scout out the facility for their son, Anthony, who has autism. (Noah Remnick, 2/20)

**['I couldn't be the only one having this experience'](#)** - The widow of a Marine who died by suicide is helping others heal from a pain that she knows all too well. [Continue reading →](#)

*Bp Magazine* - Using Resilience & Positive Thinking as Antidotes to Self-Pity - [Read more >>](#)

*Bp Magazine* - 7 Athletes Speaking Out About Anxiety, Depression and Bipolar Disorder - [Read more >>](#)

**[Burnout down, but depression up for doctors](#)** - About 44% of doctors reported a burnout symptom in 2017, down from 2014 when 54% of doctors reported burnout, a new survey of 5,197 physicians from the AMA found. [READ MORE](#)

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### [The Washington Post: Florida Doctor And Mom Free Hess Exposes Suicide Tips Hidden In Clips On YouTube And YouTube Kids](#)

- Free Hess, a pediatrician and mother, had learned about the chilling videos over the summer when another mom spotted one on YouTube Kids. She said that minutes into the clip from a children's video game, a man appeared on the screen — offering instructions on how to commit suicide. "I was shocked," Hess said, noting that since then, the scene has been spliced into several more videos from the popular Nintendo game Splatoon on YouTube and YouTube Kids, a video app for children. Hess, from Ocala, Fla., has been blogging about the altered videos and working to get them taken down amid an outcry from parents and child health experts, who say such visuals can be damaging to children. (Bever, 2/24)

[The Associated Press: Special Unit To Move Mental Patients Under Consideration](#) - Overhauling how South Carolina handles mental patients who must be brought to hospitals under the order of a doctor or a court is a more difficult problem than they expected, a group of senators said. Sen. Marlon Kimpson began working on the bill in fall, just weeks after two mental health patients drowned in the back of a locked police van while being moved during Hurricane Florence. (2/23)

[Des Moines Register: Kent Nebel Becomes Iowa Board Of Medicine Executive Director](#) - The Iowa Board of Medicine has promoted its longtime lawyer to executive director. Kent Nebel had served as interim executive director since shortly after his predecessor abruptly retired in July. Nebel, 53, previously served nearly 20 years as the board's legal director. The board licenses physicians and disciplines those who break ethics rules or are found to be practicing unsafe medicine. It often is involved in controversial issues, including abortion and the prescription of addictive painkillers. The board's executive director is one of the state's most powerful regulators of health care. (Leys, 2/22)

[So far, six 'red flag' orders to remove firearms have been issued in Mass.](#) - The measure gives judges the power to issue orders taking away a person's guns after a family member, current or former romantic partner, housemate, or local police official identifies them as a danger.

*Bp Magazine* - Finding the Strength to Ask For & Accept Help - [Read more >>](#)

*Bp Magazine*- 'Taking Yourself On': How I've Mastered Social Anxiety - [Read more >>](#)

*Bp Magazine* - 9 Famous Faces of Creativity and Bipolar Disorder - [Read more >>](#)

— In **jails**, addiction and mental health problems pose a [particularly acute crisis](#). (New Yorker)

[Reuters: Physical Punishment Of Kids Tied To Antisocial Behavior In Adulthood, Study Says](#) - Children who are spanked, slapped, shoved or otherwise physically punished may be more prone to antisocial behavior as adults, a U.S. study suggests. Four in five children in the United States have been spanked at least once by the time they reach kindergarten, researchers said in JAMA Network Open. While spanking and other forms of harsh physical punishment have long been linked to mental health problems in children, less is known about how these childhood experiences influence adult behavior. (2/25)

[NPR: Access To Parks In Childhood Associated With Better Adult Mental Health](#) - The experience of natural spaces, brimming with greenish light, the smells of soil and the quiet fluttering of leaves in the breeze can calm our frenetic modern lives. It's as though our very cells can exhale when surrounded by nature, relaxing our bodies and minds. Some people seek to maximize the purported therapeutic effects of contact with the unbuilt environment by embarking on sessions of forest bathing, slowing down and becoming mindfully immersed in nature. (Lambert, 2/25)

[WBUR: 5 Chicago Police Officers Died By Suicide Since July. Is The Department Doing Enough?](#) [Roland] Perpignan was one of at least five Chicago police officers to take their own life since last July. What's more, she was one of three officers to do so while on duty or on police property, an exceedingly rare occurrence, according to experts. The police department is unable to provide historic numbers on officer suicides, said Guglielmi, the police spokesman. (Smith, 2/26)

[Des Moines Register: Big Pharma, Help Us Lower Prescription Drug Prices](#) - It's not every day an Iowan has the opportunity to wake up and ask top executives of seven major pharmaceutical companies the question that's on the minds of most Americans: Why do prescription drug prices keep rising in America? That's exactly what I'll be doing this morning when I chair a congressional hearing of the Senate Finance Committee. It's the second in a series of hearings I have called to examine drug pricing in the United States. (Chuck Grassley, 2/26)

## March 2019 – Additional Mental Health Related Articles from around the Nation

**Kids With Autism Twice As Likely To Be Abused** - New research suggests that children with autism are much more likely than other kids to be mistreated, according to a wide-ranging review of reports to child abuse hotlines. [Read More >](#)

**Walmart Employees With Special Needs Fear Losing Jobs** - As retail giant Walmart moves away from "people greeters" in favor of "customer hosts" at the front of its stores, some employees with disabilities are finding themselves out of a job. [Read More >](#)

**Families Struggling To Find Care For Adults With Disabilities** - Low wages for personal care attendants mean families are often unable to maintain the assistance they need leaving some people with disabilities no choice but to move into a nursing home. [Read More >](#)

**What Is an Eating Disorder and When to Worry** - Signs that your teen might be on an unhealthy path. [READ MORE ▶](#)

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**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 ▶](#)

**The Family's Role in Recovery from Eating Disorders** - Involving parents in treatment is key. [READ MORE ▶](#)

**Commentary: Short-term, limited-duration health plans pose risks for patients, healthcare providers** – Policymakers and regulators have not fully considered the consequences of and public reaction to transforming short-term plans from a stop-gap measure to a substitute for more comprehensive plans provided through the Affordable Care Act.

[https://www.modernhealthcare.com/article/20190223/NEWS/190229983/commentary-short-term-limited-duration-health-plans-pose-risks-for-patients-healthcare-providers?utm\\_source=modern-healthcare-am-wednesday&utm\\_medium=email&utm\\_campaign=20190227&utm\\_content=article10-readmore](https://www.modernhealthcare.com/article/20190223/NEWS/190229983/commentary-short-term-limited-duration-health-plans-pose-risks-for-patients-healthcare-providers?utm_source=modern-healthcare-am-wednesday&utm_medium=email&utm_campaign=20190227&utm_content=article10-readmore)

**Growing Up Without Mental Health Support** - "It's baffling, as a mental health advocate now, that no teacher, no adult or anyone close to me had noticed the warning signs. I had no therapy, no one asking me how I was doing. There were no questions about my wellbeing. I was just labeled as a shy child." [READ MORE »](#)

**Being a Parent When You Have Anxiety** - For someone who has an anxiety disorder, becoming a parent can significantly impact symptoms. Here are the ways Vanna has learned to cope with her increased anxiety after having kids. [READ MORE »](#)

**How the Digital Age Has Impacted Mental Health Care** - "Despite what the Internet tells you, how many self-care apps you have or what your social media following suggests—there isn't any replacement for professional mental health treatment." [READ MORE »](#)

**Discussing Mental Illness with the Person You're Dating** - Telling a new partner about your mental illness can be scary, but it is a necessary step to have a healthy relationship. If you're unsure when and how to bring it up, here are a few tips. [READ MORE »](#)

**Maintaining Healthy Friendships with Mental Illness** - While friendships can be challenging when you have mental illness, they are ultimately worth the effort. [READ MORE »](#)

**The New York Times: Drug Makers Try To Justify Prescription Prices To Senators At Hearing** - Senator Robert Menendez, Democrat of New Jersey, the home to many drug and biotechnology companies, offered what he described as "a friendly warning" to the witnesses. "If you don't take meaningful action to reduce prescription drug prices," he said, "policymakers are going to do it for you." (Pear, 2/26)

## March 2019 – Additional Mental Health Related Articles from around the Nation

[Kaiser Health News: Pharma Execs Dig In For A Fight Against Outraged Senators](#) - Outlining the problem, Sen. Ron Wyden of Oregon, the committee's top Democrat, said that last fall 10 companies accounted for half of all profits in the health care sector, nine of them drugmakers. He pointed out that all but one of the drugmakers represented Tuesday were among the top 10 profit-makers. "Your profits are outsized compared to others in the industry, you get a massive portion of your revenue from American taxpayers, and you bear none of the consequences of high drug prices," Wyden said. (Huetteman and Hancock, 2/26)

[San Francisco Chronicle: SF Gets \\$3 State Million Grant For Mental Health, Drug Abuse Services For Homeless](#) - San Francisco is receiving a \$3 million state grant to expand badly needed mental health and substance abuse services for homeless people over the coming 18 months. The grant from the California Department of Health Care Services will fund a range of outreach, social work and case management expansions aimed at shepherding intensively troubled homeless people into programs that will help them get off the streets and into healthy, housed lives. (Fagan, 2/26)

[MPR: Kids' Mental Health, Opioid Crisis Get Boost In Walz Budget](#) - Helping students do better in school, get punished less often and miss fewer days are all things the administration is hoping for — which is why Gov. Tim Walz is asking for more than \$4 million a year for children's mental health care in his budget proposal. One piece of that is to offer mental health care in school for as many as 7,500 more students through the state's "school-linked" mental health services. (Roth, 2/26)

[California Healthline: Dental Clinic Screens For Depression, Other Mental Health Issues During Dentist Visits](#) - Dr. Huong Le spends an average of 45 minutes with each of her dental patients during their visits, so she gets to know them well, especially the older ones who come in more than twice a year. She hears about their families, stories from their home countries and, often, how lonely they feel. More than once, Le and her staff at Asian Health Services have heard their patients express suicidal thoughts. (Ibarra, 2/26)

[St. Louis Post Dispatch: Soaring Insulin Costs Are A Symptom Of Our Bigger Health Care Crisis](#) - Soaring insulin prices are a genuine emergency in America. Many diabetics, suddenly unable to afford their prescribed doses, are self-rationing or using expired supplies. In the world's most advanced nation, some are dying because they can't afford a simple injection. (2/24)

*Bp Magazine* - [Why Your Lack of Energy and Body Aches May Not Be the Flu - Read more >>](#)

*Bp Magazine* - [Online Therapies Reduce Depression - Read more >>](#)

*Bp Magazine* - [5 Things To Remember When Being A Parent With Bipolar Disorder - Read more >>](#)

[The Associated Press: FBI: Vet Shoots, Wounds Doctor Before Mental Health Check](#) - The FBI says a 59-year-old U.S. Army veteran has shot and wounded a doctor just before a mental health evaluation at a U.S. Department of Veterans Affairs hospital in Riviera Beach, Florida. The FBI told news outlets Wednesday night that Larry Ray Bon, of Michigan, arrived at the West Palm Beach VA Medical Center that morning and was combative for hours. They say he was about to undergo the evaluation that evening when he pulled out the gun and shot the doctor in the neck. (2/28)

[The New York Times: Patient Shoots Doctor At Florida Veterans Affairs Hospital, Officials Say](#) - The F.B.I. took over the investigation of the shooting because it occurred in a federal building, Agent Leverock said. Mr. Bon was scheduled to appear in federal court on Thursday. The West Palm Beach V.A. Medical Center, about 75 miles north of Miami on Florida's eastern coast, is a general medical, psychiatric and surgical facility, according to its website. The 153-bed facility opened in 1995 and "provides health services to veterans throughout South Florida," both at the main facility in West Palm Beach and six contractor-operated outpatient clinics, a 2017 report said. The facility also operates a 108-bed "community living center" and a 13-bed "blind rehabilitation service," according to the report. During the 2017 fiscal year, the facility served about 60,000 veterans, the report said. (Jacobs and Stevens, 2/27)

[Concord \(N.H.\) Monitor: House Passes Mandatory Suicide Prevention Training Along With Dozens Of Other Bills](#) - A bill that would require New Hampshire schools to provide at least two hours of suicide prevention training for staff each year is one step closer to becoming law. The House of Representatives took up dozens of issues Wednesday and will continue its work Thursday, moving some bills to the Senate, others to committees and many to their swift demise. (Willingham and DeWitt, 2/27)

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[Des Moines Register: Iowa Children's Mental Health Bill Draws Praise And Concerns](#) - Advocates for Iowa children on Wednesday praised a new bill to set up a children's mental health system, but they said they hope legislators add details and money to the effort. Peggy Huppert, Iowa executive director of the National Alliance on Mental Illness, told a Senate subcommittee Wednesday that the bill does not include deadlines to accomplish its goals, including new services for children with mental illness. (Leys, 2/27)

[KCUR: The Latest Data Show Youth Suicides Continue To Rise In Missouri And Kansas](#) - In 2017 in Missouri, 75 children and teenagers killed themselves — the most on record, according to an analysis of the most recent available data for the state. That same year in Kansas, 99 young people took their own lives. Another record. It's difficult to compare youth suicides in Kansas and Missouri because the two states track the data differently, and some places suppress the numbers so that individuals aren't identifiable in the statistics. (Ryan, 2/27)

[The Wall Street Journal: ThriveNYC, A Mental Health Initiative, Comes Under Scrutiny](#) - Officials for the city's ThriveNYC program, a mental health initiative, struggled to tell members of the New York City Council during testimony Wednesday how its annual budget of \$250 million is spent and exactly how New Yorkers have benefited from the city's services. The ThriveNYC initiative, now three years old, is the signature effort of Chirlane McCray, the wife of New York City Mayor Bill de Blasio. In January, Ms. McCray announced that the program would become its own office, which now has 21 employees with a \$2 million office budget, according to Susan Herman, appointed to lead the office. (West, 2/27)

[Bloomberg: Watch For Side Effects As Ketamine Is Used To Ease Depression](#) - Clinical trials are not enough to prove any drug is safe and effective — especially one that could be as widely used as Johnson & Johnson's depression drug esketamine, a slightly altered form of the street drug ketamine. The FDA approval process is a balancing act, weighing safety and efficacy testing against the need to get potentially life-saving drugs out as soon as possible. An advisory panel to the FDA decided this month that the benefits outweigh the risks, and approval is expected soon. But scientists who study depression say there's a lot more to learn about esketamine's long-term effects. (Faye Flam, 2/27)