

## MARCH 2020 - Additional Mental Health Related Articles from Around the Nation

**Bp Magazine** - Why We Must STOP the Stigma of Taking Sick Leave for Bipolar Depression - [Read more >>](#)

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**[The Capital Gazette: 'Invisible Wounds': Navy SEAL's Family Pushes For Recognition Of Traumatic Brain Injuries After Son's Death](#)** - As a decorated Navy SEAL operator and explosives breacher, Ryan Larkin was regularly exposed to high-impact blast waves throughout his 10 years of service. Struggling with the psychological effects of serving in four combat tours and an undiagnosed brain injury, Larkin died by suicide on a Sunday morning in 2017 dressed in a SEAL Team shirt with the medals he earned in service next to him. "Ryan died from combat injuries, just not right away," Frank Larkin, Ryan's father, said. Ryan Larkin's repeated exposure to blast waves severely damaged his brain by causing microscopic tears in the tissue, internal lining and blood vessels. (Price, 2/3)

**[The Baltimore Sun: With Nowhere To Go, Foster Children Staying On In Maryland Hospitals And Psychiatric Units After Treatment](#)** - Dozens of Maryland children who have been removed from their families have languished in hospitals instead of settling in with foster parents or at group homes. These children have been in medical hospitals or on psychiatric units, often for weeks at a time, even though they are not sick, injured or mentally ill. One such child was kept in a hospital for 636 days, according to a report from the Maryland Department of Human Services, which is charged with ensuring the well-being of the children.

**[The Hill: As Long As Our Children Suffer, The State Of Our Union Should Embarrass Us All](#)** - A society should be judged by how it treats its most vulnerable and most valuable members: its children. By that measure, we do not need this week's State of the Union address from the president to tell us what is abundantly clear: The state of our union is shamefully inadequate. A new report released Monday by our research team at the Children's Defense Fund reveals how seriously America is failing its children. (Max Lesko, 2/3)

**[Boston Globe: Two Very Different Pictures Of Justina Pelletier's Months In Locked Psych Ward](#)** - Two strikingly different accounts of Justina Pelletier's health during her 2013 stay in a locked psychiatric ward at Boston Children's Hospital emerged in Suffolk Superior Court Monday. A lawyer for the hospital asserted that Pelletier, then 14, was able at times to stand on her own to bake cookies. The lawyer said she also learned to move her own wheelchair and master other physical tasks without constant help. But the young woman's father, Louis Pelletier, insisted on the witness stand that it was clear to anyone who saw his daughter during that stay: Her health had been "declining." (Lazar, 2/3)

**Supporting LGBTQ Children** - When kids are coming out, what do they need from parents? [READ MORE >](#)

**Transgender Kids and Gender Dysphoria** - How can we support kids making transitions for the healthiest outcome? [READ MORE >](#)

**Parenting a Depressed Teenager** - Start by listening without judgment, not trying to 'fix' them. [READ MORE >](#)

**Teen Vaping: What You Need to Know** - Use of JUUL and other highly addictive e-cigarettes is skyrocketing. [READ MORE >](#)

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

**Medicaid Change Prompts Worries About Disability Services** - Disability advocates are decrying a Trump administration plan to alter Medicaid that they say could ultimately compromise services that people with disabilities rely on. [Read More >](#)

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**Families Struggle To Find Child Care For Kids With Special Needs** - Parents of those with disabilities are more likely to face barriers lining up child care, a new report finds, forcing them to lean on a patchwork of providers and disrupting their careers. [Read More >](#)

**Workers With Autism Excel Through New Program That Is Model For Others** - A multi-city venture is placing people with autism in jobs that capitalize on their strengths at major corporations and so far the effort has proven a win for the workers and their employers. [Read More >](#)

**Lawsuit Seeks To Keep Institutions Open** - Families have filed a federal lawsuit to block the closure of multiple institutions for those with severe developmental disabilities, alleging that the plan violates the residents' rights. [Read More >](#)

[NBC News: School Tip Lines Were Meant To Stop Shootings, But Uncovered A Teen Suicide Crisis](#) - Across the country, as officials look for ways to prevent school shootings, states have started tip lines like SafeOregon — websites, apps and phone numbers that let students anonymously report concerns about classmates. But in many places, reports of students self-harming or feeling suicidal have far outpaced the number of threats against schools, according to annual reports compiled by state agencies, forcing communities to confront a different kind of crisis. Since SafeOregon launched in January 2017, it has received 540 reports of a suicidal student, compared to 278 reports of a threatened attack on a school. Pennsylvania's Safe2SayPA took in 2,529 reports related to self-harm and 2,184 related to suicidal thoughts in its first six months last year, while threats against schools accounted for 607 reports. Nevada's SafeVoice tip line, launched in 2018, collected 371 suicide threats, 350 reports of self-harm and 248 threats to a school in its first year. In Wyoming, suicide threats were the most common report to the Safe2Tell tip line in 2019, with 239 instances submitted, compared to 45 reports of planned school attacks. (Kingkade, 2/1)

[CBS News: Frontotemporal Dementia: Devastating, Prevalent And Little Understood](#) - This is a story about the cruelest disease you have never heard of. It's called frontotemporal dementia, or FTD. And given the devastating toll it takes on its victims and their families, it ought to be much better known than it is. FTD is the number one form of dementia in Americans under the age of 60. What causes it is unclear, but it attacks the frontal and temporal lobes of the brain, which control personality and speech, and it's always fatal. It is not Alzheimer's disease, which degrades the part of the brain responsible for memory. (Whitaker, 2/2)

[ABC News: How We Vote: Navigating The Iowa Caucuses As A Voter With Disabilities](#) - As a local advocate for Americans living with disabilities, Emmanuel Smith does not mince words when it comes to the upcoming caucus. "I think it's important for people to understand it's not eight people in a one-room schoolhouse and cornfield somewhere. These are packed, packed, packed gymnasiums, government buildings, really anywhere that we can find to pack people in. And it's two hours of that and it's loud and it's frustrating and people are confused," Smith, who has brittle bone disease, suffers from chronic pain and uses a wheelchair, told ABC News. (Parks, Sergi and Scanlan, 1/31)

[The Associated Press: Mississippi Inmate Tries To Hang Self In Cell, Attorney Says](#) - An inmate tried to hang himself at a troubled Mississippi prison and was taken down by a state trooper, an attorney said in court papers filed Saturday. Casey L. Austin is one of the attorneys representing inmates in a federal lawsuit against Mississippi over conditions in the state's prisons. The lawsuit over prison conditions is funded by Team Roc, a philanthropic group connected to entertainment mogul Jay-Z's company, Roc Nation. (2/1)

[Huffington Post: The Trump Administration Is Coming For Medicaid Again](#) - This new financing option is a variation on what's known as a "block grant," which would end the federal government's open-ended promise to finance Medicaid coverage for whoever needs it, however much it costs. Republicans have historically promoted block grants as a way to limit or reduce Medicaid spending, and many experts believe such proposals would lead to cuts in enrollment or benefits that would harm beneficiaries. That potential has stirred up opposition and helps explain why Medicaid block grants have never gotten the support they needed to get through Congress. (Jonathan Cohn, 1/30)

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[Los Angeles Times: Trump Offers The Wrong Fix For Medicaid's Shortcomings](#) - Giving states more flexibility to innovate in pursuit of Medicaid's mission is undeniably a good thing, which is why the Medicaid statute gives the administration that authority. The challenge, though, is making sure the innovation improves the quality, accessibility and efficiency of the care that poor Americans receive. Otherwise, states will have a powerful incentive to save money simply by providing less care and leaving more people uninsured. So far, the Trump administration hasn't met that challenge. (1/31)

[The Hill: Medicaid Block Grants Would Gut Law And Cut Care](#) - Yesterday, the Department of Health and Human Services (HHS) announced a new policy that tries to undo the Medicaid program as it has existed for 55 years. HHS attempts to convert Medicaid to a block grant program, a Holy Grail for many conservatives. But any block grant system would be illegal, and if implemented, would leave many without necessary medical care. (Nicole Huberfeld, 1/31)

[Des Moines Register: If GOP Wants To Preserve Obamacare Protections, Stop Trying To Destroy The Law](#) - Some Iowa lawmakers want to prohibit health insurance companies from denying coverage to Iowans with pre-existing medical problems. Legislation being considered includes Senate Study Bill 3033, introduced by Sen. Brad Zaun, R-Urbandale. It would go into effect only if the Affordable Care Act is deemed unconstitutional. It's worth pausing to appreciate the irony of this. A GOP lawmaker is seeking to remedy potential damage if a lawsuit brought by GOP-led states and backed by a GOP president is successful in dismantling protections put in place by Obamacare. Perhaps this is a sign Republicans are starting to understand the value of the ACA. It took only a decade. (1/31)

[Cincinnati Enquirer: Homelessness For Many Is More Than Finding Place To Live](#) - Being an adult without a place to recover from hospitalization, dealing with a complex Medicaid system, and uncertainty for the future is daunting. Many of our clients have lost their way and simply need a helping hand in bridging back to independence and healthier living. Health means more than physical recovery it also includes emotional, psychological and social well-being. (Laurie Derks Nelson, 2/1)

[Stateline: Confusion Reigns In Iowa Caucus — Even Before The Chaotic Results](#) - Reyma McCoy McDeid designed an Iowa caucus precinct that was tailored to voters with disabilities. But it almost got derailed. While normal Democratic caucuses are standing affairs, every caucusgoer at the Central Iowa Center for Independent Living in Des Moines had a chair in their candidate's section. When it was time for supporters to give speeches for their candidate, they had a microphone wheeled to them. In an adjacent room, around 20 people with hearing impairment participated in the state's only all-sign-language caucus. But a half-hour after residents were supposed to begin caucusing here, long lines and confusion with the Iowa Democratic Party about whether participants had to pre-register left McCoy McDeid, the center's executive director, visibly shaken. "I'm really irritated," she said, wearing a black T-shirt and jeans. "The messaging around accessibility has been great, but the reality has not been great. It's enraging to me. It's absurd. "I call it 'Iowa-nice' voter suppression." Some who waited to get in, like Jamie Cotten, who is hampered by an injured ankle and using a knee scooter, didn't know whether they would have to find another location to caucus. This was not what the Iowa Democratic Party had in mind when it attempted to open up caucuses to more participants this year by shortening the candidate selection process and establishing satellite locations that could run hours before the normal 7 p.m. start of other caucuses throughout the state. (Vasilogambros, 2/5)

[Stat: Amid Iowa Chaos, Some With Disabilities Got An Accessible Caucus Location](#) - For a small handful of Iowans, simply participating in Monday's caucuses was a momentous feat in itself. For the first time this year, people with disabilities could take advantage of 87 new satellite caucus locations set up by the Iowa Democratic Party, aimed at making the complicated process of caucusing, which can involve standing to move across a room or up and down bleachers and stairs, that much easier. All of the locations offered the chance to participate outside of normal hours. And some provided language assistance and accessibility features like an elevator and gender neutral restrooms that might otherwise have been unavailable for those with disabilities. (Satter and Vercellone, 2/4)

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[Modern Healthcare: Nurse Practitioner Workforce Doubles Amid Primary-Care Push](#) - The nurse practitioner workforce more than doubled over a seven-year span as the healthcare industry ramps up primary care, according to new research. The number of NPs grew at an unprecedented rate across major professions from around 91,000 in 2010 to 190,000 in 2017, an analysis of U.S. Census data that Health Affairs published Monday revealed. The outpatient setting represented the fastest-growing sector that employed NPs. Meanwhile, that employment shift may have drawn up to 80,000 registered nurses from their practice, leaving hospital executives to grapple with higher turnover rates. (Kacik, 2/3)

[The Philadelphia Inquirer: Philadelphia's International Students Face Barriers To Mental-Health Services](#) - International students often struggle with adjustment on all levels, from language barriers to harder classes to homesickness. Tasks such as going to the bank or scheduling a doctor's appointment can be extremely stressful, which can lead to self-doubt and lower self-esteem, making students more susceptible to anxiety and depression. Global news events taking place in their home countries can add to their stress, such as the recent coronavirus outbreak in China. Racist reactions, as have been reported in the U.S., only pile on the pressure. Seeking out help can be challenging — like other students, international students say they often wait too long for appointments. But they also struggle with opening up due to cultural stigma, and then face mental-health professionals who have too little understanding of their cultures to be truly helpful. (Ao, 2/5)

[North Carolina Health News: Mental Health Advocates Use Gathering To Push For Funding, Priorities](#) - Hundreds of people concerned about North Carolina's mental health system convened in Chapel Hill on Saturday morning for an annual event that's become a prime forum for laying out the priorities and concerns of the mental health community. About 400 service providers, advocates and consumers of mental health services were joined by some two dozen county and state lawmakers for the 42nd annual Mental Health Legislative Breakfast, at UNC Chapel Hill's Friday Center for a morning of talk, tales of life in the mental health system and opportunities to make the case to lawmakers for improved services. This year's event saw a significant presence of leadership from the Department of Health and Human Services, with Sec. Mandy Cohen, behavioral health chief Kody Kinsley and Debra Farrington, who helps lead the state's Medicaid program, on which many behavioral health patients rely, in attendance. (Hoban, 2/5)

[Kaiser Health News: Good Rehab Is Hard To Find](#) - Pattie Vargas saw with frightening clarity that her son Joel, 25 at the time, had a life-threatening drug problem. He came home one day in 2007 "high as a kite," went to bed and slept four days straight, Vargas, now a 65-year-old resident of Vacaville, California, recalls. As Joel lay listless, a terrified Vargas realized her son needed help, but she didn't quite know where to start. She searched online and dialed the number of a treatment center she found. (Wolfson, 2/5)

[Stat: If Medicare Negotiated Insulin Prices Like The VA, It Could Save Billions](#) - As insulin becomes a poster child for the growing outcry over the cost of medicines, a new analysis suggests that Medicare could have saved \$4.4 billion in 2017 for the diabetes treatment if the program negotiated the same prices as the Department of Veterans Affairs, which already bargains for discounts. For more than two dozen different insulin products covered by Medicare Part D that year, spending was \$7.8 billion, based on estimated rebates of 41% received from drug makers. However, if the federal health care program had negotiated as the VA does — and used the same formulary, or list, of covered medicines — spending would have dropped to nearly \$3.4 billion. (Silverman, 2/3)

[Des Moines Register: Trump's Broken Health Care Promises](#) - In his State of the Union Address Tuesday night, President Donald Trump is sure to "self-proclaim" accomplishments on many issues, including health care. Rather than proposing policies to lower health care costs and expand coverage for Americans, he'll repeat his false promises on health care, as he's done since the beginning of his 2016 presidential campaign. Trump has already let down lowans on health care. Prescription drug prices continue to rise, the Affordable Care Act is being whittled away, and he proposes drastic cuts for Medicare and Medicaid. (Marti Anderson, 2/3)

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[WBUR: I'm An Emergency Room Physician. Inadequate Access To Health Care Is Breaking Us](#) - Emergency rooms no longer just exist for emergency care, but now encompass all available care. With limited beds and staff, the surplus of sick patients spills into the waiting rooms, and tragedies are left in the wake. We are health care's safety net — America's safety net — and we are intensely proud to be that. But what happens when safety nets are stretched to their limit? (Amy Faith Ho, 2/4)

Virginia Study Finds Increased School Bullying In Areas That Voted For Trump

<https://www.npr.org/2019/01/09/683177489/virginia-study-finds-increased-school-bullying-in-areas-that-voted-for-trump>

Kids Are Quoting Trump To Bully Their Classmates And Teachers Don't Know What To Do About It

<https://www.buzzfeednews.com/article/albertsamaha/kids-are-quoting-trump-to-bully-their-classmates>

*Bp Magazine* - Finding Ways to Control Irritability & Outbursts - [Read more >>](#)

*Bp Magazine* - 5 Tips to Rebound after a Relapse - [Read more >>](#)

[CBS News: There Are More Homeless Students In The U.S. Than People Living In Dallas](#) - More than 1.5 million U.S. public school students experienced homelessness during the 2017-2018 school year, according to a National Center for Homeless Education report released in January. The number is the highest recorded in over ten years and represents a population larger than the estimated total population of Dallas. The number of students experiencing homelessness spiked by 15% between 2015 and 2018, the three most recent school years covered in the report. In the 2015-2016 school year, 1,307,656 students were reported as homeless, compared to the 1,508,265 students in 2017-2018 year, according to the report. (Garrand, 2/4)

[The Associated Press: Trump Rule Could Lead To Big Medicaid Cuts, Governors Warn](#) - Governors of both parties are warning that a little-noticed regulation proposed by the Trump administration could lead to big cuts in Medicaid, restricting their ability to pay for health care for low-income Americans. The arcane fiscal accountability rule proposed by the Centers for Medicare and Medicaid Services — or CMS — would tighten federal oversight and approval over complex financing strategies states have long used to help pay for their share of the \$600 billion program. (Alonso-Zaldivar, 2/5)

[The Associated Press: Fights, Isolation: Feds Say SC Doesn't Protect Young Inmates](#) - A South Carolina juvenile prison violates the civil rights of its young inmates by failing to protect them from fights, forcing them to spend days or weeks in isolation for minor offenses and failing to get them mental health when they threaten to harm or kill themselves, federal investigators said. The U.S. Department of Justice ordered South Carolina juvenile prison officials to begin making seven changes in the Department of Juvenile Justice in less than two months or face a lawsuit, according to the report from the federal agency's Civil Rights Division released Wednesday. (2/5)

[Milwaukee Journal Sentinel: Grants Boost Peer-Based Suicide Prevention In Wisconsin Schools](#) - Hundreds of Wisconsin students can soon be trained to recognize warning signs of suicide in their peers and get help, Gov. Tony Evers said Tuesday at Milton High School as he signed a bill providing the funding. Beginning next school year, schools can apply for \$1,000 grants for peer-to-peer suicide prevention programs, with a total funding pool of \$250,000. (Linnane, 2/5)

[New Report Shines Spotlight on Mental Health in the Workplace](#)

[Mental Health America Responds to Block Grant Proposal - We Need More Resources, Not Less](#)

[How Connection Saves Lives and How Policymakers Need to Understand That](#)

Forbes: [New Mental Health Certification Will Help Create Healthier Workplaces](#)

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Fox 7 Austin: [Recognizing employers creating mentally healthy workplaces](#)

NPR: [How To Start Therapy](#)

Harvard Business Review: [Young Workers Need Companies to Prioritize Mental Health](#)

NBC News: [Trying to stop shootings, school tip lines uncover a teen suicide crisis](#)

Vogue: [5 Times Billie Eilish Got Real About Mental Health](#)

[The Hill: Report: Turnover For Direct Support Staff For Americans With Disabilities Reaches 'Crisis' Level](#) - The number of workers with intellectual and developmental disabilities integrated into the workforce has largely plateaued in the past year, and the national turnover rate for those providing direct support for such people is nearing 45 percent, according to a Thursday report from the ANCOR Foundation and United Cerebral Palsy (UCP). (Budryk, 2/6)

[Stateline: Some Nonprofit Hospitals Aren't Earning Their Tax Breaks, Critics Say](#) - Cook County Health, which also includes John H. Stroger Hospital's much smaller sister hospital, Provident, spent \$377 million in uncompensated charitable care in 2019. It's projecting that number will rise to \$409 million this year. That can't continue, Cook County Health's interim CEO Debra Carey said in an interview in her office on a dreary, drizzly morning last month. "There will be a limit when we won't be able to provide the same levels of care with the dollars we bring in," she said. "We've pretty much already reached that limit." (Ollove, 2/7)

[WBUR: Mental Health Access Bill Up In Senate Feb. 13](#) - Making a deeply personal case for improving access to mental health care, Massachusetts Senate President Karen Spilka and state Sen. Julian Cyr helped roll out a significant reform bill Thursday that seeks to improve access to care by identifying gaps in the system, enforcing equity laws and clearly requiring insurance coverage for many emergency services. The bill, which will be debated in the Senate next week, would give the state notable new powers to enforce existing state and federal laws that require equitable access to physical and mental health care, but have fallen short. (Murphy, 2/6)

[The Oregonian: Sales Pitch For Portland's Mental Health ER Omitted Numerous Red Flags](#) - Safety violations and patient overcrowding have long plagued a California psychiatric hospital that served as an inspiration for Portland's Unity Center for Behavioral Health, suggesting that some of the trouble local hospital leaders continue to face should have been foreseeable. In 2014, Oregon hospital officials began eagerly promoting the California endeavor, dubbed the "Alameda Model," as a humane, compassionate alternative that could be adopted in Portland to better treat mentally ill people. (Harbarger and Schmidt, 2/6)

[The Washington Post: Eco-Anxiety Is Overwhelming Kids. Where's The Line Between Education And Alarmism?](#) - The teenagers pour off buses near Denver's Union Station under a baking September sun. Giggling with excitement at skipping out on Friday classes, they join a host of others assembled near the terminal. Native American drummers and dancers rouse the crowd, and there's a festive feeling in the air. But this is no festival. The message these young people have come to send to their city, to their state, to the nation — to the world of adults — is serious. Deadly serious. "We won't die from old age," reads one of the signs they hoist above their heads. "We'll die from climate change." (Plautz, 2/3)

[The New York Times: What South Dakota Doesn't Get About Transgender Children](#) - Early in my medical training, I read a landmark case study about a 12-year-old boy who wrote a suicide note to his mother saying he would rather die than go through puberty. I later met teenagers who tightly bound their chests — knowing that it could result in fractured ribs — because the emotional pain of seeing their breasts was much worse than any imaginable physical pain. These children are transgender, and they account for almost 2 percent of youth in the United States. They are suffering from the psychological pain of having a body that doesn't match their gender identity. I've dedicated my medical and research career to better understanding their mental health. (Jack Turban, 2/6)

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**Nationally, Waiting Lists For Waiver Services Growing** - The number of people with intellectual and developmental disabilities across the country who are on waiting lists to receive Medicaid-funded home- and community-based services is on the rise. [Read More >](#)

**Children's Books Win Awards For Disability Storylines** - As the Newbery and Caldecott Medals call out the best new children's titles, several books are being honored for telling stories of those with autism and other disabilities. [Read More >](#)

**Parents Fight To Continue ABA Therapy** - When some children move from early intervention to preschool, their access to ABA comes to a halt. Now, a class-action suit alleges that ending the therapy is a violation of special ed law. [Read More >](#)

**Bp Magazine** - 20 Tried-and-True Strategies to Manage Bipolar - [Read more >>](#)

**Bp Magazine** - Returning to Work after Time Away - [Read more >>](#)

**Air Force suicides surged last year to highest in 3 decades** - Suicides in the active-duty Air Force surged last year to the highest total in at least three decades, even as the other military services saw their numbers stabilize or decline, according to officials and unpublished preliminary data. [Continue reading →](#)

**Bp Magazine** - How to Help Your Partner Through Bipolar Depression - [Read more >>](#)

**The Wall Street Journal: Trump To Propose \$4.8 Trillion Budget With Big Safety-Net Cuts** - The White House proposes to cut spending by \$4.4 trillion over a decade. Of that, it targets \$2 trillion in savings from mandatory spending programs, including \$130 billion from changes to Medicare prescription-drug pricing, \$292 billion from safety-net cuts—such as work requirements for Medicaid and food stamps—and \$70 billion from tightening eligibility access to disability benefits. The budget would lower future spending from where it would be under current policy. A senior administration official said government spending will continue to rise, but not as much as it would under current policy. (Davidson and Restuccia, 2/9)

**The Washington Post: Navy SEAL's Family Pushes For Recognition Of Traumatic Brain Injuries After Son's Suicide** Throughout his 10 years of service as a decorated Navy SEAL operator and explosives breacher, Ryan Larkin was regularly exposed to high-impact blast waves. Struggling with the psychological effects of serving in four combat tours and an undiagnosed brain injury, Larkin died by suicide on a Sunday morning in 2017, dressed in a SEAL Team shirt with the medals he earned in service next to him. (Price, 2/9)

**The Washington Post: How Anxiety And Midlife Crisis Are Playing Out Among Gen-X Women** - Three years ago, Ada Calhoun couldn't sleep. The 41-year-old writer stared at her ceiling wondering why her hard-won accomplishments had left her feeling exhausted, anxious and wanting. She had written two well-regarded books and a long list of magazine articles. She was married and her son had just been accepted to a great public middle school. From the outside, she knew, her life looked good. (Schaaff, 2/8)

**San Francisco Chronicle: The Castro's Shame: Addiction And Mental Illness Devastate Iconic SF Neighborhood** - That's the question so many San Franciscans have as they pass people in obvious distress — high out of their minds or coping with mental illness — who desperately need help. But where does one get that help? Is there any real plan for them other than, possibly, a police order to move along, a quick stay in a jail cell or a brief visit to the overstuffed psychiatric emergency room at San Francisco General Hospital? These questions prompted Mandelman and his staff in August to create an unusual list: the 17 most distressed and distressing people in his district, which includes the Castro. (Knight, 2/7)

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[The New York Times: 'Get Well Or Die': A State Senator Reveals His Addiction Battle](#) - The startling disclosure came two minutes into a State Capitol news conference. State Senator Peter Harckham, a first-term Democratic lawmaker, announced his support for legalizing recreational marijuana, but he first acknowledged his own struggles with addiction. "As someone in recovery myself for many years, I look at it from that lens," Mr. Harckham said last month. (Ferresadurni, 2/10)

[St. Louis Public Radio: New Wash U Research Finds 'Alarming' Stats About Mental Health Of Paramedics And EMTs](#) Researchers at Washington University have found that paramedics and emergency medical technicians are seven times as likely as the general public to have thought about suicide in the past year. Five emergency medicine doctors surveyed more than 900 paramedics in Missouri, Illinois, Kentucky and Iowa over three months in 2017. The results were published in an industry journal this month. (Lippmann, 2/10)

[Go the distance for mental health parity](#) - Beacon Hill should act in this session to improve access to care for persons with mental illness. [Continue reading →](#)

*Bp Magazine* - Taming Your Triggers - [Read more >>](#)

*Bp Magazine* - Worn Out from the Advice of Others? Me Too! - [Read more >>](#)

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

[The Associated Press: Rural Maine Hospitals Hope To Fix Worker Shortage With EMTs](#)

A legislative committee in Maine approved a proposal designed to help rural hospitals in the state hire more emergency medical technicians. (2/10)

[San Francisco Chronicle: SF Rescues Homes For Elderly, Homeless And Mentally Ill On The Verge Of Closing](#) - San Francisco has lost more than a quarter of its board-and-care beds since 2012, according to city data. Many operators have blamed their woes on the city's high cost of doing business, trouble with hiring and retaining staff, and exhaustion from taking care of a demanding population for often little pay in return. Those factors also increase temptations to sell the homes in San Francisco's hot real estate market. (Thadani, 2/10)

[Cleveland Plain Dealer: Lawsuit Says Cuyahoga County Corrections Officers Did Not Properly Handle Woman's Mental Health Issues](#) - A Lakewood woman said in a lawsuit that Cuyahoga County Jail staff did not properly tend to her mental health issues while she was behind bars in 2018, exacerbating her already acute problems. Heather Bottum, 47, sued the county and 19 current and former jail employees Friday in federal court. The lawsuit says she was placed in isolation and put in a restraint chair while her mental condition deteriorated, and that staff punished her instead of giving her access to programs she needed. (Heisig, 2/10)

[Los Angeles Times: Trump Takes Aim At The Poor, The Sick And The Elderly](#) - In accordance with the old adage that budgets are political documents, President Trump's budgets are windows into his political id. Trump's proposed \$4.8-trillion budget for the 2021 fiscal year makes his intentions crystal clear: He means to shred the federal safety net for the poor and the sick. The budget proposal released Monday calls for drastic cuts in Social Security and Medicaid benefits, as well as in a program protecting defrauded student loan borrowers. (Michael Hiltzik, 2/10)

[Boston Globe: Go The Distance For Mental Health Parity](#) - Mental health parity — treating mental and physical illnesses with equal seriousness, concern, and coverage — has been the law of the land for decades. But changing laws is easy; changing actual clinical practice and the health care system that supports it is far more difficult. This week the Massachusetts Senate is scheduled to vote on a package of legislation aimed at bringing actual practice into the 21st century. The Mental Health ABC Act: Addressing Barriers to Care seeks both to "erase the stigma of mental illness" and "build an affordable integrated system," Senate President Karen Spilka said in introducing the legislation last Thursday. (2/11)

## MARCH 2020 - Additional Mental Health Related Articles from Around the Nation

**As Caregivers Age, People With Disabilities See Few Housing Options** - A national study finds housing choices are limited for people with developmental disabilities who often get little say about where they might live when they leave home. [Read More >](#)

**Military Families Take Fight For Special Education To Capitol Hill** - Families of service members want lawmakers to require the military to provide legal assistance to help them get the special education services their children need. [Read More >](#)

**How to Help Girls With ADHD** - What parents can do to support learning and self-esteem. - [READ MORE ▶](#)

**ADHD and Driving: Keeping Teens Safe** - Clear rules, extra time to learn and zero distractions - [READ MORE ▶](#)

**How to Help Yourself Get Organized** - Realistic tips from someone who's been there - [READ MORE ▶](#)

**Social Challenges of Kids With Learning Problems** - Providing social scaffolding for children who learn differently. [READ MORE ▶](#)

**Helping Girls With ADHD Manage Periods** - ADHD can make that time of the month more challenging. - [READ MORE ▶](#)

**ADHD and Behavior Problems** - Tantrums and acting out often go hand-in-hand with ADHD. [READ MORE ▶](#)

[The Associated Press: Former Staff Claims Iowa Center Exploited Disabled Patients](#) - Two doctors and other former employees of an Iowa care center for people with intellectual disabilities have filed a federal civil rights lawsuit against a state agency and several officials, alleging a conspiracy to silence complaints about sexual arousal research that included using pornographic material that they claim exploited fragile and dependent residents. The allegations center on Jerry Rea, the former superintendent of the Glenwood Resource Center, a researcher hired in 2017 by the state of Iowa from Kansas. (2/11)

[CNN: Keep Your Teen Moving To Reduce Risk Of Depression, Study Says](#) - Science shows moderate to vigorous aerobic exercise is good for us -- it improves sleep; lowers blood pressure; protects against heart disease, diabetes and cancer; reduces stress; boosts mood; and fights anxiety and depression. It's especially important in adolescence, where the first signs of depression often begin, studies show. But unless your child is an athlete, it can be tough to wean them away from social media and the ever-present screen to swim laps or go for a blood-pumping jog. (LaMotte, 2/11)

[ABC News: Mindfulness Helps Obese Children Lose Weight And Decrease Anxiety: Study](#) - There may be a new secret ingredient to the tried and true methods of diet and exercise for weight loss. A new study has shown that mindfulness can aid in weight loss for obese children who also have anxiety. "Childhood obesity not only leads to chronic medical conditions such as diabetes and high blood pressure, it also leads to poor self-esteem and depression," said Dr. Mona Degan, a primary care physician practicing in Los Angeles. (Safai, 2/11)

[The Washington Post: Michael Phelps Says Olympians Face Greater Mental Health Risks. Does The USOPC Care?](#) - You would like to believe athletes who wear USA on their chests are better cared for these days, after all the ghastly problems. The trouble is, you can't. Not after you read William Moreau's lawsuit accusing U.S. Olympic Committee officials of mishandling mental health issues. And especially not after you call up Michael Phelps and ask him what the leadership's response was to his revelation that he suffered from depression while he was winning gold medals. The phone line practically burns up with Phelps's answer. (Jenkins, 2/11)

**Mental health care is a vital to routine health care** Parity as a concept is simple: insurance coverage for mental health care should be equal to, and no more restrictive than, coverage for any other medical condition. [Continue reading →](#)

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[For Ex-Inmates, Support Program Gives Them a Second Chance to Avoid Addiction, Improve Health Care](#) - *The Washington Post*—National

[The Wall Street Journal: Young Workers Seek Mental Health Accommodations, Employers Try To Keep Up](#) - Managers and younger employees are struggling to adapt as a generation of people with higher rates of reported mental illness enter the workforce. Many of these new workers are coming to offices from colleges and high schools where they received accommodations, such as extra time to take tests or complete assignments—in some cases from elementary school onward. They are confronting a world of work that operates under different legal standards and less-flexible pressures and deadlines. (Weber, 2/12)

[The Associated Press: Iowa Governor Won't Discuss Center's Sexual Arousal Research](#) - Iowa Gov. Kim Reynolds wouldn't comment Wednesday on accusations made against state officials in a federal lawsuit involving sexual arousal experiments performed on residents of a state n Iowa care center for people with intellectual disabilities. Two doctors and other former employees of Glenwood Resource Center filed a federal civil rights lawsuit Monday against a state agency and several officials alleging a conspiracy to silence complaints about sexual arousal research they claim exploited fragile and dependent residents. (2/12)

[Kansas City Star: Lawsuit Claims Former KU Prof Used Disabled For Sex Research](#) - More than 200 severely disabled patients at a state-run home in Iowa were used as subjects in research of sexual arousal that was led by a former University of Kansas assistant professor, according to a lawsuit filed this week. Jerry Rea, who had been a researcher at KU for 16 years, is accused in the suit of using “highly vulnerable” Glenwood Resource Center patients “as the subjects or ‘guinea pigs’ in research experiments.” (Williams, 2/12)

## MARCH 2020 - Additional Mental Health Related Articles from Around the Nation

[MPR: U Leaders Address Student Mental Health Needs](#) - Addressing student mental health has been a priority for University of Minnesota President Joan Gabel since taking office last summer. This week, she's unveiling the first step she's taken toward that initiative, a comprehensive scan of programs and services the university offers to support the mental health and wellness of students on all the campuses. On Thursday and Friday, Gabel and the Board of Regents will review the report. It shows that while individual parts of the university are making good efforts to meet those needs, there are ways to make those services easier to access. (Roth, 2/12)

[Boston Globe: Mental Health Care Is A Vital To Routine Health Care](#) - According to a 2018 report from the Blue Cross Blue Shield of Massachusetts Foundation, nearly 1 in 4 adults sought mental health or substance use disorder care for themselves or a family member, and over half experienced difficulty obtaining that care. That is unacceptable, and would never be tolerated for traditional medical or surgical services. There is virtually no area of our economic, civic, and personal lives that is not touched by the need for mental health and wellness care. (Karen E. Spilka, Julian Cyr, and Cindy F. Friedman, 2/13)

[The Associated Press: Man Sued Over Iowa Sexual Arousal Study Ran Kansas Facility](#) - A child psychologist facing a federal lawsuit in Iowa stemming from sexual arousal experiments he oversaw on residents at a state care center for people with intellectual disabilities conducted similar research in Kansas while running one of its state hospitals. The Kansas agency that oversees the state's hospitals says its initial investigation of sexual arousal research involving Jerry Rea in Kansas suggests that ethics guidelines and proper protocols were followed. (2/13)

[Boston Globe: Massachusetts Law Meant To Protect People With Mental Illness May Make Them Sicker](#) - The law that remains most problematic in the treatment of these illnesses is the Rogers Guardianship statute. This law requires a separate adversarial court proceeding in order to treat a patient with antipsychotic medication outside of emergency situations, even after that patient has been found dangerous enough — to themselves or others — to be civilly committed by the court to a hospital. The intention of the statute — to preserve a patient's right to refuse medication — is well-meaning. However, in practice, it falls short in recognizing that a patient's refusal of medication may reflect their underlying disease state. (Biswas, 2/13)

[CNN: Mentally Ill Woman Dies In Custody, Lawsuit Alleges Deprivation Of Medical Care](#) - A lawsuit filed by the family of a Washington woman who died while in jail in 2018 alleges inhumane confinement and deprivation of adequate medical care where she was held. The death of Damaris Rodriguez, who was suffering from symptoms of psychosis, followed four days of "inexcusable neglect and appalling conditions at the South Correctional Entity Jail," the lawsuit says. (Riess, 2/14)

[ProPublica: Warship Accidents Left Sailors Traumatized. The Navy Struggled To Treat Them.](#) Two and half years after a massive oil tanker cleaved the side of the USS John S. McCain, leaving a gaping hole and killing 10 sailors, hospital corpsman Mike Collins is still haunted by the aftermath. That morning in August 2017, awoken by the thunderous shaking, the 23-year-old was thrust into round-the-clock motion: Tending to the chemical burns of the sailors whose sleeping area flooded, their flesh raw from the fuel that spilled in with the seawater. Collecting the heavy stack of the dead's medical records. Staying up late trying to purge the stink of diesel that clung to their uniforms, so the clothes could be returned to grieving families. (Rose, Tsutsumi and Miller, 2/12)

**Trump Budget Calls For Cuts To Disability Programs** - President Donald Trump is proposing cuts to countless programs benefiting people with disabilities, advocates say, touching everything from Medicaid to employment and autism treatment. [Read More >](#)

**Marking 15 Years, Autism Speaks Rebrands** - The nation's largest autism advocacy group is revamping its look to better match its evolving mission and launching an effort to "create a kinder, more inclusive world" for those on the spectrum. [Read More >](#)

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**School Calls Cops On 6-Year-Old With Down Syndrome** - When a girl with Down syndrome pointed a finger gun at her teacher and said 'I shoot you,' the police were called even though the school recognized she had no intention of harming anyone. [Read More >](#)

**Unable To Find Girl Scout Troop For Kids With Special Needs, These Moms Started One** - A pair of moms created a Girl Scout troop for those with cognitive needs, modifying the program for kids who are nonverbal while also joining other troops to do typical scouting activities. [Read More >](#)

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**Diane Keaton neglected her mentally ill brother for most of his life. Now she's trying to make it right.** She rose higher and higher. He sank lower and lower. With a new book, the actress tries to bridge the divide. By Ellen McCarthy • [Read more »](#)

**Disney Goes To Trial Over Theme Park Disability Access Policy** - People with autism and other developmental disabilities could soon return to front-of-line status at Disney theme parks, depending on the outcome of a trial getting underway in federal court. [Read More >](#)

**Senators Push FDA To Ban Shock Devices Used On Those With Special Needs** - Several U.S. senators are pressuring the Food and Drug Administration to follow through with a ban on devices used to administer electric shocks on people with developmental disabilities. [Read More >](#)

**How Interior Design Can Be A Tool In Managing Life With Autism** - The right interior design can help children and adults manage the anxiety and behaviors that typically accompany autism, improving life for them and other members of their families. [Read More >](#)

**Do Special Ed Judges Need Law Degrees?** - In a bid to address a shortage of special education judges, one state is proposing allowing individuals without law degrees to hear student complaints. [Read More >](#)

*Bp Magazine* - 7 Things to Remember When Returning to Work - [Read more >>](#)

*Bp Magazine* - How to Overcome Focus Problems & Jump-Start Your Memory - [Read more >>](#)

**The New York Times: Appeals Court Rejects Trump Medicaid Work Requirements In Arkansas** - A federal appeals court panel on Friday unanimously upheld a lower court's ruling striking down work rules for Medicaid recipients in Arkansas, casting more doubt over broader Trump administration efforts to require poor people to work, volunteer or train for a job as a condition of getting government health coverage. A three-judge panel of the United States Court of Appeals for the District of Columbia Circuit found that approval of the Arkansas work requirement by the health and human services secretary, Alex M. Azar, was "arbitrary and capricious" because it did not address how the program would promote the objective of Medicaid as defined under federal law: providing health coverage to the poor. (Goodnough, 2/14)

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[The Hill: Appeals Court Strikes Down Trump Approval Of Medicaid Work Requirements](#) - The court found that the Trump administration disregarded the statutory purpose of Medicaid — to provide health coverage — and did not adequately account for the coverage losses that would result from the work requirements. "Failure to consider whether the project will result in coverage loss is arbitrary and capricious," Judge David Sentelle, an appointee of President Reagan, wrote in the opinion. (Sullivan, 2/14)

[The Wall Street Journal: Medicaid Standoff: Trump Plan To Tighten Oversight Of States Draws Objections](#) - Many governors, insurers and hospitals are denouncing a Trump administration plan to tighten oversight over how states pay for their share of Medicaid, saying it would deprive them of billions of dollars in funding, jeopardize health coverage and strain state budgets. The proposal would impose new reporting requirements and restrictions on financial practices used by states to pay for Medicaid. The Medicaid Fiscal Accountability Regulation, as the proposal is known, also would apply to extra payments states give to some doctors and providers. (Armour, 2/15)

[NBC News: 'On The Brink': Trump's Push For Medicaid Transparency Could Worsen Rural Hospital Crisis](#) - The Trump administration is in the final stages of proposing a change to Medicaid that it says will increase financial transparency by hospitals, but health care advocates say will cause vulnerable hospitals to close and hurt Medicaid beneficiaries. In an effort to increase transparency, the administration's rule will require hospitals and states to share more data about the funds they receive through Medicaid, but at the same time it will lead to a decrease in Medicaid's federal matching dollars by redefining what is considered to be public funds... Ultimately, the shift could reduce national Medicaid funding by between \$37 billion to \$49 billion annually and cause hospitals to lose \$23 billion to \$31 billion in annual Medicaid payments, according to the American Hospital Association. (McCausland, 2/15)

[San Francisco Chronicle: More Californians Are Skipping Medical Care Because Of Cost, And Are Sicker For It](#) - Californians are increasingly worried about high health care costs, and more are postponing or skipping medical treatment altogether because of it, according to a new report by the California Health Care Foundation, a nonprofit that researches health care trends. Fifty-one percent of California residents skipped or delayed seeking physical, mental or dental health care in the last 12 months because of cost concerns, according to the report, which surveyed 1,408 adults living in California in late 2019. That is up from 44% a year earlier. (Ho, 2/14)

[Philadelphia Inquirer: It Costs More Than \\$70,000 A Year For A Philadelphia Family Of Four To Live Without Help; In The Suburbs, Up To \\$88,000](#) - A Philadelphia family of four must make more than \$70,000 a year just to survive, a new report says — a stunning sum beyond the reach of most residents in a city beset by high poverty and meager chances. According to the newly released study based on 2019 data, two adults with one preschooler and one school-age child have to take in \$70,613 to meet their needs without receiving public assistance or help from relatives or friends. (Lubrano, 2/17)

[Modern Healthcare: Rural Hospitals' Margins Decline, Sparking Financial Instability](#) - More than 450 rural hospitals are financially unstable as operating margins decline, new research shows. Of the 453 vulnerable rural hospitals, 237 are "at risk" and 216 are the least stable, according to an analysis from the Chartis Center for Rural Health that weighed case mix, ownership model, capital efficiency, occupancy and other factors. About 47% of the country's 1,844 rural hospitals are operating in the red, up from 39% in 2015. (Kacik, 2/14)

[Des Moines Register: Cyber Security: Iowa Patients' Information Accessed In Data Breach](#) - More than 7,000 patients of a south-central Iowa medical system have been notified that their personal information may have been leaked in a data breach. Monroe County Hospital & Clinics said in a news release Monday that approximately 7,500 people were notified that the breach may have led to unauthorized access of their individual health information. These people were also given instructions about how to monitor their credit scores in the event their information was stolen. (Davis, 2/17)

## **MARCH 2020 - Additional Mental Health Related Articles from Around the Nation**

[Los Angeles Times: What 'Dry Fasting' Is And Why You Shouldn't Do It](#) - A new fad diet making the rounds on wellness influencer Instagram won't actually help you lose weight. And it could cause dehydration, urinary tract infections, kidney stones, organ failure – even death. It's called "dry fasting." It goes beyond what most of us would consider fasting – abstaining from solid food or liquid calories – and requires consuming no water or liquids of any kind for many hours or even days at a time. (Roy, 2/14)

[The New York Times: Brain Injuries Are Common In Battle. The Military Has No Reliable Test For Them.](#) - U.S. troops at Ayn al Asad Air Base in western Iraq hunkered down in concrete bunkers last month as Iranian missile strikes rocked the runway, destroying guard towers, hangars and buildings used to fly drones. When the dust settled, President Trump and military officials declared that no one had been killed or wounded during the attack. That would soon change. A week after the blast, Defense Department officials acknowledged that 11 service members had tested positive for traumatic brain injury, or TBI, and had been evacuated to Kuwait and Germany for more screening. (Philipps and Gibbons-Neff, 2/15)

[Indianapolis Star: Alcoholic Liver Disease Rates Soar Among Younger People](#) - Doctors are seeing more patients like Martin, people in their 20s and 30s with symptoms of acute liver disease related to alcohol consumption. The National Institute on Alcohol Abuse and Alcoholism published a study in January that found that from 1999 to 2017 the number of alcohol-related deaths per year doubled, rising from 35,914 to 72,558. Just under a third of those resulted from liver disease. (Rudavsky, 2/18)

[Georgia Recorder: Mental Health Advocates Say Cuts To State Safety Net Are Deadly Serious](#) - Officials in charge of Georgia's mental health safety net offered dire predictions after the governor ordered nearly all state agencies to slash spending. People suffering from mental illnesses would land in the emergency room, they said. And more people contemplating suicide would act on those impulses. Those same officials with the Department of Behavioral Health and Developmental Disabilities later softened that alarming language and so still plan to yank \$10.6 million from a new program state lawmakers funded last year to provide mental health intervention services in communities across Georgia. (McCosh, 2/17)

[State House News Service: Senate Unanimously Approves Vast Mental Health Bill](#) - The Senate unanimously approved wide-reaching legislation Thursday designed to remove common barriers blocking access to mental health treatment, an action that supporters say is a key step toward fulfilling the promise of parity in health care already enshrined in law. Under the bill, referred to by authors as the "Mental Health ABC Act," state offices would have new enforcement powers, insurers would need to file regular compliance reports, and more in an attempt to guarantee that patients have the same access to mental health care as they do to physical health care. (Lisinski, 2/14)

[Los Angeles Times: Finding Patients Where They Live: Street Medicine Grows, Along With Homeless Population](#) - The white van navigated streets lined by tents in downtown Los Angeles. From the back seat, Brett Feldman peered at the encampment's residents scattered along the sidewalk. Feldman is a physician's assistant here to treat someone who is sick. But before he can administer tests or medicines, he must perform a far more unusual task among medical providers: finding the patient. The four-person medical team Feldman leads offers care to some of the sickest people in L.A. by meeting them where they live, on the street. (Karlman, 2/16)

[Los Angeles Times: Some Texans Blame California For Homelessness In Austin](#) - Last June, Austin Mayor Steve Adler and fellow Democrats on the City Council passed a law effectively allowing homeless people to sleep, camp and panhandle on sidewalks and in other public spaces, as long as they didn't threaten safety. The rationale was that the police too often played a cat-and-mouse game with the homeless population, moving them from place to place. Decriminalization was the start to a "housing-first" policy to expand access to shelter and apartments. (Hennessy-Fiske, 2/17)

## MARCH 2020 - Additional Mental Health Related Articles from Around the Nation

[The Washington Post: How A 6-Year Old Was Taken From School To A Mental Health Facility — Without Her Mother's Consent](#) - The body-camera footage starts after police officers had already located their suspect, and she fit the description: hazel eyes, about four feet tall and really concerned about finding candy. In the footage, Nadia King, 6, emerges from Love Grove Elementary School on Feb. 4, holding the hand of a Jacksonville sheriff's deputy. The officers were told Nadia was "a threat to herself and others" and was "out of control," a police incident report later recounted, and it would lead to her committal in a mental health facility. (Horton, 2/16)

[Detroit Free Press: Michigan Colleges Handle Athletes' Mental Health Issues Differently](#) - The Free Press found a wide disparity in how Michigan colleges handle mental health issues, and athletic administrators at several schools admitted they fear they aren't doing enough. These administrators should be commended for their honesty because it is time to talk openly about this issue — to talk about what is working, as well as what is not. This isn't about casting blame or pointing fingers, it's about trying to isolate problems and highlight solutions. The stigma has to be broken. And it starts with education and unvarnished openness. (Seidel, 2/16)

[Charleston Gazette-Mail: House Committee Passes Bill To Give Workers' Comp For PTSD In First Responders](#) - Following testimony from a retired firefighter about his son, a Huntington firefighter who died by suicide, the House Judiciary Committee passed a bill Monday that would allow first responders to take workers' compensation for post-traumatic stress disorder, or PTSD. House Bill 2321 would provide workers' compensation benefits to firefighters, law enforcement officers, EMTs and paramedics diagnosed with PTSD. It is the third year Delegate Chad Lovejoy, D-Cabell, lead sponsor of the bill, has introduced the legislation. (Stuck, 2/17)

[Philadelphia Inquirer: Bucks County Program Sends First-Time Offenders To Treatment Instead Of Courtroom](#) - Minor drug-possession charges have a pattern: Get caught, see a district judge, wait nearly a year for a county judge's conviction so treatment can begin. Most of those defendants never see the inside of a jail cell, but have a criminal charge hanging over them. Some, in the throes of addiction, don't live to see a final court date. In July 2018, Bucks County decided to try to break that pattern. Officials created the District Court Diversionary Program, which catches first-time offenders shortly after their arraignments and puts them into treatment immediately. If they complete the program, the charges are dropped. (Vella, 2/17)

**Raising Kids Who Are Prepared for the Future** - Adaptability and resilience will be key to success. [READ MORE ▶](#)

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**How to Help Kids Learn to Fail** - Only through trial and error can children become resilient adults. - [READ MORE ▶](#)

**12 Tips for Raising Confident Kids** - Helping children feel they can handle what comes their way. [READ MORE ▶](#)

[Reuters: Inactive Teens May Be More Prone To Depression](#) - Sedentary teens may be more likely than their active peers to be depressed, and a new study suggests even light exercise like walking might help reduce this risk. Following more than 4,000 young people from age 12 to age 18, researchers found physical activity levels declined as kids got older. But those who were the most sedentary at ages 12 through 16 were the most likely to have symptoms of depression at 18. (2/18)

[ProPublica/Chicago Tribune: Illinois Adopts Stricter Rules Against Secluding And Physically Restraining Students In Schools](#) - The Illinois State Board of Education voted unanimously Tuesday to adopt rules that prohibit the use of locked seclusion rooms and stop schools from using prone restraint, making Illinois' permanent regulations more restrictive than they've ever been. But under pressure from a group of special-education schools, the board stopped short of enacting a ban on involuntary, solitary seclusion in the state's schools as it had planned after a Chicago Tribune and ProPublica Illinois investigation in November revealed widespread misuse of isolated timeout and restraint in schools. (Richards and Cohen, 2/18)

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[Des Moines Register: Medicaid, Food Stamps: Iowa Bill Puts Work Requirements On Recipients](#) - Republican lawmakers in the Senate are advancing legislation that would require Iowa Medicaid recipients to work in order to receive health care benefits, despite opposition from numerous social services agencies. The bill, similar to efforts last year, also includes changes to food stamp eligibility requirements. The bill passed through a Senate subcommittee on Tuesday and is set for a committee vote Wednesday morning. (Richardson, 2/18)

[The Associated Press: LA Adopts New 'War Room' Strategy For Tackling Homelessness](#) - Los Angeles city and county officials on Tuesday announced a new strategy to speed the process of getting homeless people into permanent housing that is modeled on the federal government's response to natural disasters. The creation of a "Housing Central Command" marks an overhaul of how agencies work together in addressing the growing number of people living on the street, according to the Los Angeles Homeless Services Authority. (2/18)

[The New York Times: Why Teenagers Reject Parents' Solutions To Their Problems](#) - Parents of adolescents are often confronted by a puzzling sequence of events. First, teenagers bring us their problems; second, we earnestly offer suggestions and solutions; and third, teenagers dismiss our ideas as irritating, irrelevant or both. These moments feel ripe for connection. Why do they so often turn sour? Almost always, it's because we're not giving teenagers what they're really looking for. Consciously or not, here's what they most likely want. (Lisa Damour, 2/18)

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[Los Angeles Times: California Homelessness Crisis 'A Disgrace,' Newsom Says In State Of The State](#)

Careful to say that homelessness cannot be fixed overnight, Newsom nevertheless made ambitious promises to work with state lawmakers to tackle the problem. "I don't think homelessness can be solved — I know homelessness can be solved," Newsom told lawmakers. "This is our cause. This is our calling." The Democratic governor called for all new shelters and supportive housing to be exempted from a key environmental law that has been used to restrict development, similar to a pilot project underway in Los Angeles County. (Willon and Luna, 2/19)

[California Healthline: Newsom: To Fix Homelessness, California Must Fix Mental Health](#)

He also raised the controversial issue of involuntary treatment for people with behavioral health problems. While he criticized the historic practice of confining patients with mental illness to asylums, he said the state needs to make it easier for law enforcement, health care providers and families to get people into treatment. "All within the bounds of deep respect for civil liberties and personal freedoms," he added. (Bluth, 2/19)

[NPR: Big Firm That Staffs ERs At Public Hospitals Has Been Suing Poor Patients](#) - Nashville General Hospital is a safety-net facility funded by the city. For a patient without insurance, this is supposed to be the best place to go in a city with many hospitals. But for those who are uninsured, it may have been the worst choice in 2019. Its emergency room was taking more patients to court for unpaid medical bills than any other hospital or practice in town. A WPLN investigation finds the physician-staffing firm that runs the ER sued 700 patients in Davidson County during 2019. They include patients like Sonya Johnson, a 52-year-old social worker and single mother. (Farmer, 2/19)

[Health News Florida: FIU Study: Sleep-Deprived Teens More Likely To Carry Handguns, Even To School](#) - Sleep-deprived adolescents are more likely to carry handguns, even to school, according to new research from Florida International University. FIU researchers found middle- and high-school students who sleep four or fewer hours a night were 40 percent more likely to report having carried a handgun than their peers sleeping eight or more hours, according to the study, published in a recent issue of the academic journal Sleep Health. Further, the students who got less sleep were 85 percent more likely to say they brought a handgun to school in the previous year. (Bakeman, 2/19)

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[Des Moines Register: Republican Sponsor Pulls Iowa House Bill Banning Conversion Therapy But Says He'll Bring It Back Next Year](#) - A Republican bill that would ban health care providers from administering the widely discredited practice of "conversion therapy" on LGBTQ children will not advance this year. But the chairman of the House State Government Committee said he's determined to bring the issue back next session to continue the conversation and address some of the recommendations that LGBTQ rights advocates have for the bill. (Richardson, 2/19)

[Philadelphia Inquirer: Pennsylvania Prison Suicides Are At An All-Time High. Families Blame 'Reprehensible' Mental-Health Care.](#) - Alston was one of 15 people in state prison to die by suicide that year — a figure that climbed to 19 suicides in 2019, the most in at least 35 years and likely the highest figure in Pennsylvania's history. That put the state prison suicide rate at 42 deaths per 100,000 people, a figure that's double the national average, according to the most recent data available from the Bureau of Justice Statistics. (Melamed, 2/20)

[Culture that Encourages Employees to Stay: What we know about workplace culture](#)

Washington Post: [Trump budget cuts funding for health, science, environment agencies](#)

WSAW: Deep Bench: [Employer incentive program encourages a mentally healthy workplace](#)

WQOW: [Neglecting your mental health could affect your heart health](#)

WebMD: [African Americans Face Unique Mental Health Risks](#)

Bustle: [Your Friend Just Tweeted They're Feeling Depressed. Here's What to Say.](#)

Esperanza: [The Pet Effect: Purpose, Presence & Peace](#)

[Atlanta Journal-Constitution: Mother Files \\$8.2 Million Claim Against VA After Son's Suicide](#) - The mother of a U.S. Navy Reservist who killed himself outside the Carl Vinson VA Medical Center in Dublin last year has filed an \$8.2 million wrongful death claim against the Veterans Affairs Department. Rhonda Wilson said a VA doctor abruptly stopped refilling an opioid painkiller prescription for her 28-year-old son, Gary Pressley, causing him to go into a painful withdrawal. (Redmon, 2/20)

[Modern Healthcare: Hospitals Struggle To Advance Social Determinants Of Health](#) -The waiting rooms at OSF HealthCare's clinics are pretty standard—magazines, TVs and chairs—except for one detail: iPads. Patients who check in for primary-care appointments are encouraged to use the tablet to fill out a short 14-question survey that assesses their likelihood of facing challenges with 10 domains of social determinants of health, such as food, transportation or financial insecurity. It's not what many patients expect when waiting to see their primary-care doctor, particularly in rural Illinois, where many of OSF's clinics are located. (Cohen, 2/15)

[NBC News: Black LGBTQ Youth, Despite High Levels Of Mental Health Issues, Receive Less Professional Care, Study Says](#) - Black LGBTQ youth are less likely to receive mental health care than the general LGBTQ youth population despite reporting similar rates of depression and suicidal thoughts, according to a recent study. The intersection of two identities -- LGBTQ and black -- makes these young people both more at risk of developing mental health problems and less likely to have access to adequate care, according to the study. (Knox, 2/20)

[Atlanta Journal-Constitution: More Georgia Teens Attempting Suicide](#) - As Georgia leaders began setting budget priorities for the coming fiscal year, Voices for Georgia's Children, a statewide, nonprofit child policy and advocacy organization, seized on the moment to bring awareness to what seems to me is a shameful blight on our children. Suicide is the second-leading cause of death behind unintentional injury for children ages 10-17 in Georgia, Sitkoff said. Not illness. Suicide. (Staples, 2/21)

## MARCH 2020 - Additional Mental Health Related Articles from Around the Nation

[Charleston Gazette-Mail: Stemming The Tide Of Veteran Suicides](#) - Trying to curb the number of suicides is not just a Department of Veterans Affairs problem. Many veterans do not receive VA medical care and are outside of the VA health care system. Suicide is a complex problem and must be approached from many directions. There is a wide range of strategies recommended by the Suicide Prevention Resource Center. (Wes Holden, 2/20)

[The New York Times: Even When I'm Psychotic, I'm Still Me](#) - Last September, I believed my brain was on fire. Not in some metaphorical way. It was, as far as I was concerned, on fire. I am bipolar and I was hallucinating. My hallucinations can be sensory, like the brain burn, but many are auditory — I know hallucinations are coming when I hear birds speak. I can tell you what the birds say, but what matters is how intensely personal it is, being shouted at by a fierce small crowd: persist persist persist from one, six degrees yes yes yes from another. (Susanne Antonetta, 2/21)

[CDC Finds Developmental Disabilities More Common In Rural Areas](#) - Children living in certain areas are more likely to have developmental disabilities, according to a new CDC report, and where a child lives significantly impacts how much help they receive. [Read More >](#)

[Doctors Get Guidance On Treating Autism Sleep Problems](#) - Newly released guidelines are aiming to help families and health care providers determine how to best address sleep problems plaguing many young people with autism. [Read More >](#)

[Feds Say State Violating Law By Limiting Disability Services](#) - The U.S. Department of Justice says it's not okay to cap the hours of support services that people with disabilities receive because they live with their families rather than in group homes. [Read More >](#)

[Disney Theme Park Accommodations Case Now In Judge's Hands](#) - With the conclusion of a three-day bench trial, it's up to a federal judge to determine whether changes to Disney's disability access policy are discriminatory. [Read More >](#)

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[The New York Times: In Case On Wealth Test For Green Cards, A Scathing Sotomayor Dissent](#) - The Supreme Court on Friday allowed the Trump administration to move forward with plans to deny green cards to immigrants who are thought to be likely to become “public charges” by making even occasional and minor use of public benefits like Medicaid, food stamps and housing vouchers. As in a similar case last month, the vote was 5 to 4, with the court’s conservative justices in the majority. As before, the court’s brief order included no reasons for lifting a preliminary injunction that had blocked the new program. (Liptak, 2/21)

[Bloomberg: Sotomayor's Scathing 'Public Charge' Dissent Lights Up Twitter](#) - Sotomayor, who joined fellow liberal Justices Ruth Bader Ginsburg, Stephen Breyer and Elena Kagan in the minority, argued that cases have repeatedly been rushed to the Supreme Court without being “ventilated fully in the lower courts.” She went as far as to say that the practice is “putting a thumb on the scale in favor” of the party that won a stay -- a pointed dig at the Trump administration and her conservative colleagues. “Claiming one emergency after another, the Government has recently sought stays in an unprecedented number of cases, demanding immediate attention and consuming limited court resources in each,” Sotomayor wrote. “And with each successive application, of course, its cries of urgency ring increasingly hollow.” (Waller, 2/22)

[PBS NewsHour: Dementia Day Care Center Helps Families Cope With Caregiving](#) - Millions of senior citizens in America are living with dementia, with the heavy burden of caregiving often left to family members. But a new adult day care center for those with dementia, called Town Square, may serve as a model for helping families cope with the costs and stresses that can come along with caregiving. (Murthy and Martelli, 2/23)

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[Stateline: As Suicide Rates Climb, Crisis Centers Expand](#) - Nationwide, most people picked up by police for a misdemeanor while in a psychiatric crisis are taken directly to a hospital emergency department, where they typically are held for hours or days, often involuntarily confined, according to emergency department surveys. Many are charged and held in jail with no mental health professional to talk to and no access to psychiatric medicines. The same goes for people with drug addiction. In the past five years, that's become a rarity in Arizona. As in other parts of the country, Arizona's crisis centers are open 24 hours, seven days a week, and everyone is accepted, regardless of whether they have health insurance. (Vestal, 2/24)

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[Boston Globe: A Novel Approach To Counseling Depressed, Anxious Teens: Video-Chatting With Therapists](#) - Jerry is part of an experimental effort to address a pressing public health challenge confronting Massachusetts: how to deliver quality mental health care to all the teenagers who need it. The shortage of providers in rural areas is so severe that kids typically have to wait months to get an appointment, especially if their families are on Medicaid. Even when a therapist can be found, transportation is often an obstacle. (Lazar, 2/24)

[The Washington Post: Tennessee Psychiatrist Richard Farmer Found Guilty In First Conviction For Appalachian Opioid Task Force](#) -A Tennessee psychiatrist who prescribed more than 1,200 pills to three sisters in three years was found guilty in federal court Friday of distributing powerful opioid painkillers without a "legitimate medical purpose," according to a statement from the Justice Department. The verdict against Richard Farmer, 83, marks the first conviction for a federal task force formed in 2018 to crack down on illegal opioid prescriptions in the Appalachian region amid the federal government's sometimes-controversial effort to stem the opioid epidemic through prosecution. (Bellware, 2/24)

[The New York Times: Mental-Health Researchers Ask: What Is 'Recovery'?](#) - For years, Claire Bien, a research associate at Yale, strained to manage the gossipy, mocking voices in her head and the ominous sense that other people were plotting against her. Told she had a psychotic disorder, she learned over time to manage her voices and fears with a lot of psychotherapy and, periodically, medication. But sometime in late 1990, she tried something entirely different: She began generating her own voices, internal allies, to counter her internal abusers. "I truly felt I was channeling my father, my ancestors, a wise psychiatrist, giving me advice," said Ms. Bien, who has written a book about her experience, "Hearing Voices, Living Fully." (Carey, 2/25)

[WBUR: America's Mental Health Crisis Hidden Behind Bars](#) - Across the country, there are dozens of places like Los Angeles' Twin Towers, warehousing people in settings with inadequate staff, services and support. It's a culmination of decades of policies affecting those with a mental illness. Many of the nation's asylums and hospitals were closed over the past 60-plus years — some horrific places that needed to be shuttered, others emptied to cut costs. (Westervelt and Baker, 2/25)

[Dallas Morning News: Judge In Texas Foster Care Suit Wants All State Records On Teen Girl's Death In Care, Restraints](#) -The recent death of a foster child in a treatment center in Fort Bend County and allegations of restraints being used on foster kids at another Houston-area facility have prompted the federal judge overseeing Texas foster care to demand records to be turned over to her special masters. U.S. District Judge Janis Graham Jack also flashed with anger Friday that, according to her masters, her order for 24-hour awake supervision in large foster homes and institutions continues to be ignored by some providers. (Garrett, 2/24)

[The Washington Post: Dante Taylor's Family Accuses Prison](#) - Among the last pictures the prison took of Dante Taylor, his face is warped and bruised, one of his eyes is swollen and black, his lips are bloated. The 22-year-old inmate at Wende Correctional Facility in New York posed for a snapshot hours before he tied a bedsheet around his neck on Oct. 7, 2017, according to a 47-page lawsuit filed in a federal court in Buffalo on Monday. His mother, Darlene McDay, and

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family allege that the state Department of Corrections and Community Supervision and prison staff drove Taylor to kill himself. They claim the prison guards beat Taylor, tied his arms and legs, and threw him down a flight of stairs. (Kornfield, 2/24)

**Ed Department: More Students Being Served Under IDEA** - The number of American schoolchildren receiving special education services is on the rise and they're increasingly being served in mainstream classrooms at least part of the day. [Read More >](#)

**Founder Of Global Disability Group Accused Of Sex Abuse** -The founder of an international network of communities where adults with and without intellectual disabilities live and work together sexually abused a half-dozen women, the group said. [Read More >](#)

**Study Aims To Identify Risk Of Autism Through Newborn Screening** - Researchers are using blood collected during routine newborn screening to test whether it is possible to predict if a newborn is at risk for developing autism before symptoms appear. [Read More >](#)

**Mom Claims Son With Disability Was Booted From Walmart For Making Noise** - A 24-year-old man with a disability can make a lot of noise, his family admits. But they were shocked when they say he was asked to leave a Walmart store because of the sounds he was making. [Read More >](#)

**Where counseling for depressed, anxious teens is a click away** - Students in some rural public schools are part of an experimental effort to address a pressing public health challenge confronting Massachusetts: how to deliver quality mental health care to all the teenagers who need it. [Continue reading →](#)

**NBC News: Stereotypes Around Eating Disorders Keep People From Seeking The Treatment They Need** - Lauren Chan has been in the fashion industry long enough to have a strong opinion about how it contributes to disordered eating. The 29-year old is a former plus-size model and editor at Glamour magazine and says that fashion, entertainment and the media perpetuate the myth of an idealized body type that for most people, is unattainable. "We see 5,000 ads a day, all featuring the same kind of image," she says. "The message we receive is clear, but if you look around at the people in your life, very few look like that." (Loudin, 2/25)

**The Associated Press: Lawsuit: Jail Guard Ignored Inmate's Pain Before He Died** - A Virginia jail guard ignored an inmate's cries of pain and medical personnel did nothing to help him before he died, according to a lawsuit filed by his estate. The lawsuit said that when one officer at Hampton Road Regional Jail spotted Victor Rhea Fountain curled up in the fetal position, he shrugged and moved on to the next cell, The Virginian-Pilot reported Tuesday. (2/25)

**Mental Illness Should Not Be a Secret**" I look at the girl I once was, who desperately wanted those around me to understand my struggles, but who was drowned in shame and stigma. I speak for her." [READ MORE »](#)

**My Promise as a Mental Health Nurse** - "In my 17 years of nursing, I've become an advocate for those who are vulnerable to the discrimination against mental illness. I bear the scars of this epidemic in our society." - [READ MORE »](#)

**Climbing Out of The Hole** - "Dealing with suicide felt like being in a hole. You want someone to come by and help you out. Then you learn that if someone does throw you a rope, you still have to climb out of that hole yourself." - [READ MORE »](#)

**Coming Out with Bipolar Disorder** - "I felt like people were really finally seeing me — the real me." - [READ MORE »](#)

**Is This Recovery?** "I did not win this time, but perhaps I will tomorrow. I may not be recovered right now. I may not be in a normal state of mind, but I will be again." [READ MORE »](#)

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[The New York Times: When The Police Stop A Teenager With Special Needs](#) - A man in his mid-20s regularly roams the streets of my small town in the middle of the night. He looks angry and doesn't communicate clearly. Not everyone living in the area knows him. But the police do. "His father reached out to us," said Sgt. Adrian Acevedo of the South Orange, N.J., police department, "to tell us his son is blowing off steam, has special needs, and won't make eye contact or listen to us. If we didn't have this information, we could mistakenly take him for a burglar." (Hollow, 2/27)

[The New York Times: The Difference Between Worry, Stress And Anxiety](#) - You probably experience worry, stress or anxiety at least once on any given day. Nearly 40 million people in the U.S. suffer from an anxiety disorder, according to the Anxiety and Depression Association of America. Three out of four Americans reported feeling stressed in the last month, a 2017 study found. But in one of these moments, if asked which you were experiencing — worry, stress or anxiety — would you know the difference? (Pattee, 2/26)

[CNN: New York Removed Questions About Mental Health From The Bar So Law Students Will No Longer Suffer In Silence](#) - Questions around mental health will be removed from the application to the New York bar thanks to a proposed legislation approved by the New York State Unified Court System. "Today marks a historic step forward in addressing the ongoing mental health crisis in the legal profession," said New York State Bar Association (NYSBA) President Henry M. Greenberg. "Future generations of New York lawyers no longer need to live in fear that bravely and smartly seeking treatment for mental health issues could one day derail their careers." (Holcombe, 2/27)

[The Hill: We Need Increased Research Funding To Understand Eating Disorders](#) - For over 35 years, I had an eating disorder without even knowing. Thanks to research, I was eventually diagnosed with binge eating disorder and atypical anorexia. But the only atypical thing was that I didn't look the part of the stereotypical sufferer of eating disorders. (Chevese Turner, 2/26)

[The Baltimore Sun: When Students Aren't Healthy, They Don't Do Well In School](#) - Many provisions of the Kirwan Commission's education reform recommendations — from universal pre-kindergarten to higher teacher salaries — have already been subject to extensive debate. As clinicians, public health professionals and educators, we know that one of the commission's less-discussed recommendations is particularly critical — supplemental funding for children in areas with concentrated poverty to address their unique health and social needs. Maryland's current school funding formulas do not fully recognize the reality that meeting those needs is a prerequisite for students' academic success. The Kirwan Commission plan to invest billions in state education proposes to change that, and that's good for kids. (Beth Marshall, Amanda Inns and Sara Johnson, 2/26)

[The Washington Post: The District Decided To Do Right By Homeless Children — But Only After Pleas, Worries And Questions](#) - When the city failed a homeless child six years ago, Christina Gaddis got a knock on her door. Relisha Rudd, an 8-year-old homeless girl, had gone missing. The last place she had been seen with her abductor, a janitor she met at the run-down family shelter where she lived, was at the Days Inn on New York Avenue NE. That man had taken her to Room 245. (Theresa Vargas, 2/26)

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**Bp Magazine** - 10 Musicians Who Have Bipolar and Spread the Word to Help You Get Help - [Read more >>](#)

[CNN: How To Tell If Your Kid Is Suffering From A Mental Disorder](#) - Children's lives may not be as hard as adults' lives, but sometimes their moodiness and sadness are more than just a phase. Around one in six US youth ages 6 to 17 has a mental, behavioral or developmental disorder such as anxiety, depression or attention-deficit/hyperactive disorder, according to a 2019 report in the journal JAMA Pediatrics. The number of youth struggling with mental disorders such as depression and anxiety has increased by 52% between 2005 and 2017. (Rogers, 2/27)

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[The Wall Street Journal: Risks Of Loneliness Among Seniors Aren't Being Adequately Addressed, Report Warns](#) - The U.S. health system is falling short in addressing the serious public health threat of loneliness and social isolation among America's seniors, according to a new report by an influential advisory group. The National Academies of Sciences, Engineering and Medicine said Thursday that nearly one-quarter of Americans aged 65 and older who live in community settings have few relationships or infrequent social contact. It concluded that four decades of research have produced robust evidence that social isolation is associated with a significantly increased risk for early death from all causes. (Adamy, 2/27)

[NPR: Brain Uses Left Side For Lyrics And Right For Melody](#) - A song fuses words and music. Yet the human brain can instantly separate a song's lyrics from its melody. And now scientists think they know how this happens. A team led by researchers at McGill University reported in Science Thursday that song sounds are processed simultaneously by two separate brain areas – one in the left hemisphere and one in the right. (Hamilton, 2/27)

[ABC News: Social Media Exposure May Exacerbate Eating Disorder](#) - Katherine Ormerod remembers when she first signed up for Instagram. Even more than that, she remembers how it made her feel. "I was asked by my boss to set up a social media account -- it became part of my professional life -- but soon I realized it was having detrimental impact on my body," Ormerod told ABC News. "I never had big problems with anorexia, but I just never felt good about my body because of social media." (David and Safai, 2/27)

[WBUR: AG Healey Reaches \\$1 Million Settlement With 7 Companies To Increase Behavioral Health Access](#) - State Attorney General Maura Healey announced Thursday that her office reached settlement agreements with all seven companies — including five health insurers — to change their practices and pay a total of \$1 million. She said the changes should affect about one million Massachusetts residents. Healey's office said the companies limited access to mental health and substance use treatment in several ways, including: not covering behavioral health the same as physical health; offering lower reimbursement rates for behavioral health; requiring prior authorizations for some behavioral health services; and not properly managing and updating behavioral health provider directories. (Becker, 2/27)

[Senate Passes Bill Expanding Access To Respite Care](#) - Lawmakers are pressing ahead with a plan to increase federal funding to support respite care for families of those with disabilities and other special needs. [Read More >](#)

[Down Syndrome Treatment Often Requires Traveling](#) - Access to Down syndrome treatment is uneven across the nation, with many who have the chromosomal disorder living hours from the nearest specialty clinic, new research suggests. [Read More >](#)

[As Diagnoses Rise, More Colleges Add Services For Students With Autism](#) - Colleges have created special programs because other campus disability services that students with autism are often referred to don't always meet their needs, advocates and parents say. [Read More >](#)

[Boy Was Fidgeting, So Special Ed Teacher Cut His Hair, Suit Says](#) - A special education teacher forcibly cut an elementary school student's hair after he would not sit still in class, court paperwork alleges. [Read More >](#)

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