

May 2019 – Additional Mental Health Related Articles from around the nation.

[Des Moines Register: UnitedHealthcare Pulling Out Of Privatized Iowa Medicaid System](#) - More than 425,000 poor or disabled Iowans will soon have to switch health insurance carriers. UnitedHealthcare, which manages health care for more than two-thirds of Iowans on Medicaid, is leaving the market, Gov. Kim Reynolds' office announced late Friday afternoon. The departure, to come in the next few months, came after Iowa officials broke off contract negotiations due to what Reynolds termed "unreasonable and unsustainable" demands from UnitedHealthcare. (Leys, 3/29)

[Kaiser Health News: Suicide Risk Grew After Missouri Medicaid Kids Shifted To Managed Care, Hospitals Say](#) -After more than 2,000 Missouri children diagnosed with mental illness were shifted from traditional Medicaid into three for-profit managed-care companies, the state's hospitals noticed an alarming trend: a doubling in the percentage who had thoughts of suicide or attempted suicide. Additionally, the average length of stay for these children in psychiatric hospitals dropped from 10 days to seven following the Medicaid change in May 2017, according to a study released this month by the Missouri Hospital Association. (Galewitz, 4/1)

[The Hill: Sanders: 'Thousands Of People Will Literally Die' If Trump 'Gets His Way' On Health Care](#) - Sen. Bernie Sanders (I-Vt.) said Sunday that "thousands of people will literally die" if President Trump does away with the Affordable Care Act, also known as ObamaCare. "If Trump gets his way, the cost of health insurance ... will be so high that many people literally will not be able to afford it. Thousands of people will literally die. That's Trump's health insurance plan," Sanders said during an interview on CBS's "Face the Nation." (Burke, 3/31)

[The Washington Post: For Trump's 'Party Of Healthcare,' There Is No Health-Care Plan](#) - Republicans have no intention of heeding President Trump's urgent demands for a new health-care plan to replace the Affordable Care Act, fearing the potential political damage that such a proposal could cause in 2020 and hoping he will soon drop the idea, according to interviews with numerous GOP lawmakers, legislative staffers and administration aides. Not only is there no such health-care overhaul in the works on Capitol Hill — there are no plans to make such a plan. (Kim and Dawsey, 3/30)

[Politico: Collins Urges Barr Not To Work To Kill Obamacare](#) - Sen. Susan Collins wants Attorney General Bill Barr to reverse the Justice Department's aggressive move seeking to obliterate the Affordable Care Act. In a letter to Barr sent Monday, the Maine Republican argues that if the Trump administration wants to change the health care law, it should come to Congress and ask. Otherwise Barr's department should be defending the law from a lawsuit seeking to cripple it, she says. (Everett, 4/1)

[Politico: Bennet, Kaine Set To Introduce 'Medicare X' Plan To Expand Health Care](#) - As Democrats debate how best to expand health coverage, Tim Kaine and Michael Bennet are trying to ensure the party doesn't swing too far to the left. The Virginia and Colorado senators next week will reintroduce their "Medicare X" plan, which would create a new public option for health insurance — an idea that was originally part of Obamacare but was jettisoned for being seen, at the time, as too progressive. (Levine, 3/29)

[The Washington Post: DNA Testing Is Being Used To Help Prescribe Antidepressants.](#) - Grit alone got Linda Greene through her husband's muscular dystrophy, her daughter's traumatic brain injury, and her own mysterious illness that lasted for three years and left her vomiting daily before doctors identified the cause. But eventually, after too many days sitting at her desk at work crying, she went to see her doctor for help. He prescribed an antidepressant and referred her to a psychiatrist. When the first medication didn't help, the psychiatrist tried another — and another and another — hoping to find one that made her feel better. Instead, Greene felt like a zombie and sometimes she hallucinated and couldn't sleep. In the worst moment, she found herself contemplating suicide. (Marcus, 3/31)

[The Washington Post: Burnout Caused By Chronic Stress Is Widespread](#) - A common ailment is going around, and you probably know someone plagued by it. Caused in part by social media, the 24-hour news cycle and the pressure to check work email outside of office hours, it could hit you, too — especially if you don't know how to nip it in the bud. Burnout is everywhere. (Rough, 3/30)

[Los Angeles Times: In Gentrifying Echo Park, The VA Is Forcing These Homeless Veterans To Leave](#) - For six years, dozens of homeless veterans have recovered from trauma in nine cottages along a winding residential road in Echo Park. The Billets — military jargon for civilian quarters — has been a model. The 72-bed program places as much as 70% of its chronically homeless veterans — male and female — in permanent housing, according to Volunteers of America, which operates the program. It's based in a tranquil, leafy and gentrifying neighborhood of families and young professionals a short walk from a doughnut shop, a grocery store and multiple bus lines. (Holland, 3/31)

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[Arizona Republic: If Obamacare Is Killed People Will Die, And You Will Pay](#) - If the lawsuit were to prevail, and Obamacare would suddenly cease to exist, more than 20 million Americans could find themselves without health care. Just like that. If that were to occur, with no replacement plan in place (and there is none), people would die. There is no way around it. (EJ Montini, 3/30)

Bp Magazine - 7 Tips For Coping With Stressful Events - [Read more >>](#)

Bp Magazine - When You Can't "Pull Yourself up by the Bootstraps" - [Read more >>](#)

Bp Magazine - The Worst Things You Can Say to Someone with Bipolar - [Read more >>](#)

[Des Moines Register: Health Care: Iowa, UnitedHealthcare Dispute Reasons The Company Is Quitting](#) -Iowa's leaders and one of the nation's largest health insurers blamed each other Monday for a Medicaid breakdown that will force 425,000 Iowans to switch to new policies. A UnitedHealthcare executive said his company is bailing out of Iowa's Medicaid program because the state won't spend enough money to provide services for the poor and disabled Iowans who use it. The company denied state leaders' allegation the giant health insurer actually was leaving because it didn't want to be held accountable for the quality of its services. (Leys, 4/1)

[Iowa Public Radio: Iowa Officials Respond To Private Medicaid Management Company Leaving State](#) - State officials responded Monday to the recently announced departure of one of the two private companies that manage the government-run health insurance program for poor and disabled Iowans. Democrats in the Iowa Legislature said the departure of UnitedHealthcare, which manages the care of about 425,000 Iowans, shows privatized management of Medicaid does not work. (Sostaric, 4/1)

[California Healthline: California Hospitals See Massive Surge In Homeless Patients](#) -Homeless patients made about 100,000 visits to California hospitals in 2017, marking a 28% rise from two years earlier, according to the most recent state discharge data. More than a third of those visits involved a diagnosis of mental illness, according to the Office of Statewide Health Planning and Development. By contrast, 6% of all hospital discharges in California during that time involved a mental health diagnosis. (Reese, 4/1)

[Georgia Health News: State Asking Feds To End Oversight Of Mental Health Services](#) - Early this year, in the waning days of his tenure as Georgia governor, Nathan Deal wrote the U.S. Department of Justice a four-page letter, asking for an end to federal oversight of the state's mental health and developmental disabilities system. The oversight role stems from a 2010 settlement agreement between the state and the Justice Department. (Miller, 4/1)

[The Washington Post: The Kids Talked About Shootings, College Costs, Depression. Were The Adults Listening?](#) - It's still hard for McKenzie Turner to talk about that day. She was walking home from middle school three years ago with her best friend, who couldn't wait to tell his dad that he'd aced a math test. He bolted away from McKenzie so he could share the news. "But when he walked into his house, he found his dad was shot. He was bleeding out," said McKenzie, now 15 and a sophomore at Richard Wright Public Charter School in Southeast Washington. "His dad died." (Petula Dvorak, 4/1)

[The Washington Post: If Trump Ends Obamacare, Keeping My Daughter Alive Will Wipe Me Out](#) - My daughter Claire is 12, growing from a sweet child into a very opinionated teen, from a little girl who still enjoys looking through picture books and watching cartoons with her siblings into a young woman who prefers looking through magazines and watching full-length movies while eating M&Ms. As with most parents, watching my baby grow up is bittersweet. However, unlike most parents, I was not sure my daughter would ever make it to her teenage years. (Jamie Davis Smith, 4/1)

[USA Today: The ACA Is Under Threat By The Trump Administration](#) - At a time when one in four Americans are forgoing needed health care because they simply can't afford to see their doctor or buy their prescription drugs, the Trump administration is making the situation worse. It is waging war on some of our country's most vulnerable people — children, the terminally ill, people with disabilities and the elderly — by urging the complete judicial repeal of the Affordable Care Act. Such an action would leave millions of families without health care coverage, their health care costs would increase exponentially, and our nation would erase hard-won protections for people with pre-existing conditions. Is this what making America great again looks like? (Frederick Isasi, 4/2)

[Feds Clarify What Qualifies As 'Community-Based'](#) - Federal officials have issued long-awaited guidance to help states determine what living arrangements for people with disabilities are considered community-based rather than institutional. [Read More >](#)

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[UnitedHealthcare, AMA unveil more medical codes for social determinants](https://www.modernhealthcare.com/technology/unitedhealthcare-ama-unveil-more-medical-codes-social-determinants?utm_source=modern-healthcare-daily-finance-tuesday&utm_medium=email&utm_campaign=20190402&utm_content=article3-readmor) - UnitedHealthcare and the American Medical Association have recommended expanding the ICD-10 family of diagnostic codes to include specific diagnoses related to the social determinants of health. https://www.modernhealthcare.com/technology/unitedhealthcare-ama-unveil-more-medical-codes-social-determinants?utm_source=modern-healthcare-daily-finance-tuesday&utm_medium=email&utm_campaign=20190402&utm_content=article3-readmor

Helping Children With Autism Learn to Communicate - Functional communication training can reduce self-injury. [READ MORE ▶](#)

Why Many Autistic Girls Are Overlooked - They often go undiagnosed because they don't fit autism stereotypes. [READ MORE ▶](#)

Why Autism Diagnoses Are Often Delayed - How ADHD and sensory processing issues can prevent early intervention. - [READ MORE ▶](#)

Do Sensory Processing Issues Get Better Over Time? How sensory issues change as kids grow up. [READ MORE ▶](#)

What Is Applied Behavior Analysis? The most common therapy for autistic children now includes a range of approaches. [READ MORE ▶](#)

[Boston Globe: Mass. Prisons Start Offering Medication To Treat Addiction](#) - For the first time, Massachusetts prisons are providing a medication to treat opioid addiction to newly arriving inmates, as the state launches a groundbreaking program established by legislation passed last year. For now, the Department of Correction is providing just one of the two medications required under the law, which took effect Monday. (Freyer, 4/2)

[Modern Healthcare: UnitedHealthcare, AMA Unveil More Medical Codes For Social Determinants](#) - UnitedHealthcare and the American Medical Association said Tuesday they want to expand the set of ICD-10 diagnostic codes to include more specific diagnoses related to a person's social determinants of health. The hope is that these codes would allow clinicians to document patients' social determinants in a standardized way, which would allow them to better tailor care plans or refer patients to community organizations that could meet those social needs. (Livingston, 4/2)

[The Star Tribune: Children's Minnesota Opens Clinic For Transgender Youth](#) - The complex medical and psychological needs of transgender and gender-diverse youth have prompted Children's Minnesota to launch a clinic to provide more timely treatment and information to children and their parents. While almost 3 percent of Minnesota's high school students identify as gender diverse, this group of children often doesn't know where to turn when they first have questions, said Dr. Angela Kade Goepferd, medical director of the clinic, which started scheduling appointments Tuesday and will open to patients on April 22. (Olson, 4/2)

[New Hampshire Public Radio: Sununu Urges Lawmakers To Include Funding For New Secure Psychiatric Unit](#) - Governor Chris Sununu got a standing ovation during his budget address in February when he promised to build a new forensic hospital outside the walls of the state prison. The facility would treat people with mental illness who are considered dangerous to themselves or others. (Rogers, 4/2)

[California Healthline: Finding Homeless Patients A Place To Heal](#) - After they amputated the second toe on John Trumbla's right foot last summer, doctors sent him to a nursing home because he still needed medical care — but not necessarily a hospital bed. The proud, burly Army veteran resisted at first, but he didn't have a choice. Before his hospitalization at Santa Clara Valley Medical Center, Trumbla, 56, and his wife had been homeless, crashing in his boss's construction shop or living out of their station wagon. (Ibarra, 4/2)

[KQED: Childhood Poverty: California's 'Moral Outrage'](#) - Poverty has long been a political football, and the current polarized climate lays bare the tussle. At one end, child poverty has been called a "moral outrage" by California's progressive governor, Gavin Newsom, who has vowed to end it. At the other end of the political spectrum, Housing and Urban Development Secretary Ben Carson has said poverty is a "state of mind," echoing the Trump administration position that government aid is not the answer. (Fernandes, 4/3)

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[Cleveland Plain Dealer: Inmate Files Lawsuit Over Cuyahoga County Jail Conditions](#) - A Cuyahoga County Jail inmate said in a lawsuit that inhumane jail conditions and treatment by corrections officers exacerbated his mental health issues. Andre Jenkins, of Cleveland, wrote in a lawsuit filed Monday that he was denied his mental health medication on Nov. 30. Jenkins said a corrections officer repeatedly denied his request for help and that “I started to act out in fear due to anxiety, and my P.T.S.D.” due to not receiving his medication, the lawsuit says. (Heisig, 4/2)

[San Jose Mercury News: New Bill Would Require Colleges To Let Homeless Students Park Overnight](#) - While acknowledging the state’s long-term need for more affordable housing, the assemblyman said homeless students need help right now. In 2016, the state passed a law requiring the colleges to give homeless students access to campus shower facilities. (Deruy, 4/2)

[The Wall Street Journal: If You Like Socialism, You’ll Love The VA](#) - Socialism is in the air—a green, wired, mindful, glossy-lipped movement that’s going to usher in free college, free health care and heavily followed Instagram accounts for all. It’s presented as new and futuristic, but there’s no need to reinvent the wheel. In one corner of Washington, socialism has been a living, breathing reality for decades. Just go visit the Department of Veterans Affairs. Draw a military paycheck for a few years, and you’re entitled to cradle-to-grave support for you and family members. Health care at any of more than 1,200 sites. Housing guarantees. Up to 100% of college costs. Special unemployment checks. Life insurance. Nursing-home care. Uncle Sam will literally bury you. This is the socialist dream. But there’s trouble in VA paradise. (Karl Zinsmeister, 4/2)

[Employers overwhelmingly support ACA's pre-existing condition protections](#) - The results come as the Trump administration's Department of Justice wants the courts to kill the landmark health law and its popular protections and essential benefits.

Bp Magazine - When Mood Triggers Have You Up, Then Down—Then Up - [Read more >>](#)

Bp Magazine - Social Media: Identifying and Avoiding Your Triggers - [Read more >>](#)

Bp Magazine - 7 Steps to Intercept Irritability - [Read more >>](#)

[Iowa Public Radio: Reynolds: Two Medicaid Management Companies 'Committed To Iowa' After One Departs](#) - Gov. Kim Reynolds said Wednesday she is confident Iowa will have two insurance companies ready to take on 425,000 poor and disabled Iowans after the state’s biggest Medicaid management company leaves. Reynolds said she has “every indication” that Amerigroup will stay in the state and that Iowa Total Care will start up July 1 as planned. Contracts for the next fiscal year have not yet been signed. (Sostaric, 4/3)

[The New York Times: Trump Administration Sued Over Rollback Of School Lunch Standards](#) -The attorney general of New York, Letitia James, announced the lawsuit outside a Brooklyn elementary school, Public School 67, which serves residents of the Ingersoll Houses, a low-income apartment complex run by New York City. Ms. James said 99 percent of those students qualified for free or reduced-price meals before 2017, when the city made school lunches free for all students. With local officials, parents, a pediatrician and antihunger advocates at her side, Ms. James said the Trump administration, by rolling back nutritional requirements, was “attacking the health and the safety of our children,” particularly the poorest, including the two million across the state who live in poverty. (Green and Piccoli, 4/3)

[Boston Globe: Six Years After Sandy Hook, Traumatic Grief Still Grips Newtown Every Day](#) - In Newtown — maybe more than anyplace else in the country — the persistence of traumatic grief is widely recognized, a reality woven into the fabric of everyday life. That reality engulfed the town again last week, with the devastating news that Dr. Jeremy Richman had died by suicide. (Russell, 4/3)

[New Hampshire Public Radio: N.H. Legislature Considers Bill To Mandate Suicide Prevention Training In Schools](#) -A bill before the New Hampshire Legislature this session would require all school districts to provide suicide prevention training to faculty, staff, and volunteers. The bill has already passed the Senate and will move onto the House next week. (Cohen and Biello, 4/3)

[Des Moines Register: Sen. Chuck Grassley Launches Congressional Inquiry Of MENTOR Network, REM Iowa](#) - A congressional committee launched an inquiry into a company named in multiple Iowa cases where abuse or neglect of people with intellectual and developmental disabilities is alleged. The MENTOR Network — specifically its subsidiaries REM Iowa and Mentor Oregon — were asked this week by the U.S. Senate Finance Committee for copies of previous or ongoing investigations in cases regarding suspected abuse. (Clayworth, 4/3)

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[Pediatrics: Trends In Psychiatric Emergency Department Visits Among Youth And Young Adults In The US](#) - Visits to the emergency department (ED) for psychiatric purposes are an indicator of chronic and acute unmet mental health needs. In the current study, we examined if psychiatric ED visits among individuals 6 to 24 years of age are increasing nationwide. (Kalb, 4/1)

[Stat: Esketamine, Psychedelics Require Restructuring Mental Health Care](#) - The Multidisciplinary Association for Psychedelic Studies (MAPS) was established in 1986 to support research and education about psychedelics for therapeutic purposes as well as examine how best practices for mental health care may change. Mark Haden, the executive director of MAPS Canada, has written about the systems changes needed to support the mainstream use of psychedelics for medicinal purposes. "There's a growing interest in psychedelics among the medical community since they seem to work for some hard-to-treat mental health disorders," Haden told me. "But for psychedelics like ketamine we need supervised access because the experience [of patients on ketamine] can be challenging, unlike for other drugs used in mainstream psychiatric care, where a patient can simply self-administer at home." (Amitha Kalaichandran, 4/3)

[Talking openly about police suicide is an important and long-overdue first step](#) - By Karen Tumulty · [Read more](#)

[Special Olympics Uproar Draws Attention To Other Disability Program Cuts](#) - Recent outcry over a proposal to defund Special Olympics is helping put the spotlight on other potentially devastating cuts to programs for people with disabilities, advocates say. [Read More >](#)

[US Senate Launches Investigation Of Group Home Provider](#) - The U.S. Senate is investigating the operations of a company that serves thousands of people with disabilities in group homes and other non-residential settings across 36 states. [Read More >](#)

[SPLC Report: End solitary confinement in Florida](#) - *The Southern Poverty Law Center* - Solitary confinement is a wasteful and destructive practice that does not improve public safety, and harms the mental health of those subjected to it. Florida prisons use it disproportionately for people of color and other vulnerable groups, [according to a report released today by the SPLC](#), which calls for an end to the practice in Florida. The report – [Solitary Confinement: Inhumane, Ineffective, and Wasteful](#) – examines the growing consensus that solitary confinement provides little to no carceral benefit and, at worst, is torture. Yet the Florida Department of Corrections (FDC) holds approximately 10,000 people – more than 10 percent of its population – in solitary on any given day. The nationwide average was 4.5 percent in 2018. The report, which reviews a broad swath of research, also presents the stories of three people who endured the practice, including a man who died by [suicide after spending](#) almost four years in solitary confinement in Florida's prisons. [More here](#)

[Point of View: Juveniles don't belong in Florida's adult jails and prisons](#) - *The Palm Beach Post* - Florida prosecutes more children as adults for felonies than any other state in the country. And those children are required by law to be housed in adult facilities. My son, Frankie, is one of them. Frankie was 15 years old when he was arrested and charged as an adult in Palm Beach County. He spent six years – more than two as a child – locked up in the Palm Beach County Jail while his trial dragged on due to motions, delayed hearings and postponed trial dates. Now, he's serving a 35-year sentence in prison. He'll come home a 50-year-old man. During the six years he was housed at the Palm Beach County Jail, Frankie was assaulted by other incarcerated people, and sprayed with mace and denied food by certain deputies. He – and other kids at the adult jail – would spend hours at a time on lockdown because lack of space and programs caused boredom, often leading to fights. Frankie spent his first year in jail in solitary confinement. [More here](#)

[Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers](#)

Bp Magazine - Powerful Tools for Everyday Healing - [Read more >>](#)

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[KQED: Meth Mania: From Biker Gangs To The Psych Ward, How Speed Came Of Age In California](#) - While the country's attention has been focused on prescription opioids and heroin overdoses, methamphetamine has been making a comeback. The drug's history is rooted in California — biker gangs like the Hells Angels manufactured and distributed it up and down Interstate 5 in the 1980s. (Dembosky, 4/5)

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[Kansas City Star: Kansas Legislature Might Raise Medicaid Rates For Dentists](#) - The Kansas Legislature is close to approving the first Medicaid increase for dentists in almost two decades, a move the state dental association says is crucial to getting more dentists on board with the program. But the proposed increase has shrunk far below the amount the association originally asked for, leaving its impact uncertain. (Marso and Shorman, 4/8)

[The New York Times: The Latest In Military Strategy: Mindfulness](#) - As commander of the coalition forces in Iraq, Maj. Gen. Walter Piatt juggled ruthless pursuit of enemies and delicate diplomacy with tribal leaders, using a trove of modern weaponry and streams of tech-generated data. But his best decisions, he said, relied on a tool as ancient as it is powerful. Maj. Gen. Piatt often began daily operations by breathing deliberately, slack-jawed, staring steadily at a palm tree. Mindfulness — the practice of using breathing techniques, similar to those in meditation, to gain focus and reduce distraction — is inching into the military in the United States and those of a handful of other nations. (Richtel, 4/5)

[The Washington Post: Dissecting Brains To Find Signs Of Mental Illness](#) - About noon most days, the Lieber Institute for Brain Development in East Baltimore gets a case — that is, a brain. It arrives in an inconspicuous red cooler. Almost immediately, resident neuropathologist Rahul Bharadwaj gets to work, carefully inspecting it for any abnormalities, such as tumors or lesions. Often, the brains come from the Maryland Medical Examiner's Office, just a 15-minute drive across town. On other days, they are flown in — packed on dry ice — from around the country. (Mullin, 4/6)

[The New York Times: Dealing With Aggression In Children](#) - Behavior problems in children, especially aggression and defiance, don't get a great deal of sympathy, said Dave Anderson, a psychologist who is senior director of national programs at the Child Mind Institute in New York City. "For a child to get better requires just as much empathy and scaffolding as for a child who might be depressed, but behavioral issues inspire nowhere near as much empathy." There is a persistent belief that these behaviors reflect poor parenting, he said, but in fact, there is often a strong biological component to behavioral issues, and the responses which come naturally to most parents faced with these behaviors may not have the desired results. (Klass, 4/8)

[Des Moines Register: Severely Disabled Iowans Die At State Facility; Staffers Blame Care](#) - Employees at the state institution here have repeatedly warned officials that medical care for 200 of Iowa's most disabled residents has eroded to a deadly point. Fourteen Glenwood Resource Center residents have died since last June — more than twice the usual rate — according to public records, obituaries and interviews with former and current staff members. Critics, including several former managers, say some of the deaths were unavoidable. But they believe others could have been prevented by more careful monitoring and aggressive treatment of the facility's fragile patients. (Leys, 4/6)

[The Washington Post: Depression And Disability Make Exercise Elusive Treatment](#) - I've been disabled since I was 24 and have experienced recurring bouts of major depression for most of my life. And like a crow with a carcass, one tends to feed off the other. Because of my impaired mobility — most days I'm confined to bed for 22 hours — it's often impossible to exercise enough so that my brain releases sufficient endorphins, one of the hormones key to experiencing joy. (Litsa Bremousis, 4/7)

[How One Agency Is Decriminalizing Mental Illness, Saving Money and Bettering Lives](#) *PoliceOne.com*—Arizona (Features a JMHCP grantee)

[Failure to Appear Plagues Those in Douglas County Court System Who Have Serious Mental Illness](#) *Lawrence Journal-World*—Kansas

[Opinion: For Our Youth, Time Is Now to Address Mental Health](#) *The Register-Herald*—West Virginia

['What We Owe Our Veterans': Specialty Court Offers Path to Recovery](#) *The Pantagraph*—Illinois

[Are Arrests the Answer to Homelessness? Seattle Police Chief Says No](#) *Crosscut*—Washington

[Morgan Co. Inmates Can Get Help with Mental Illness When Released](#) *Rocket City Now*—Alabama

[St. Lawrence County Jail Taking New Approach to Corrections Programs](#) *North Country Now*—New York

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[Lubbock County Detention Center Fighting Mental Health Problem in the System](#) *KAMC News—Texas*

[In San Francisco, Incarceration Is Now a Public Health Issue](#) *KCBS—California*

[Mental Health Court Helps Break the Vicious Cycle](#) *Quad-City Times—Iowa*

[Mobile Outreach Team Hitting the Streets, Assisting Those in Crisis](#) *Yak TriNews—Washington*

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How to Give Kids Effective Instructions - Techniques for teaching your child to listen and follow directions. [READ MORE ▶](#)

Three Common Parenting Traps - How to avoid getting cornered into saying and doing things we regret. [READ MORE ▶](#)

[Stateline: As Drug Crises Surge, Babies Enter Foster Care At Higher Rate](#) - Babies and toddlers are entering the foster care system at a higher rate, a trend that some child welfare experts fear is correlated to the opioid and methamphetamine epidemics wreaking havoc across the country. And that is further straining the nation's already overburdened child welfare system. From 2009 to 2017, the rate of very young children entering foster care grew incrementally, exceeding the rates of older children, which remained steady, according to data compiled by Child Trends, a Maryland-based research organization that focuses on child welfare issues. In fiscal year 2017, children age 3 and under entered foster care at a rate of 6.6 in 1,000, more than twice the 2.8 rate of children ages 4 to 17. (Wiltz, 4/9)

[Atlanta Journal-Constitution: Two Veterans Kill Themselves At VA Medical Centers In Georgia](#) -Two veterans killed themselves at separate Department of Veterans Affairs hospitals in Georgia over the weekend, refocusing attention on what the VA has called its "highest clinical priority." The first death happened Friday in a parking garage at the Carl Vinson VA Medical Center in Dublin, according to U.S. Sen. Johnny Isakson's office. The second occurred Saturday outside the main entrance to the Atlanta VA Medical Center in Decatur on Clairmont Road. (Redmon, 4/8)

[Veterans Are Killing Themselves In VA Parking Lots As A Desperate Protest Against A System That They Believed Failed Them](#)

[The Associated Press: Facility Probed Over Handling Of Mentally Disabled Residents](#) The Louisiana Department of Health says a Lake Charles school for people with intellectual or developmental disabilities failed to protect its residents from sexual assault and physical abuse. The American Press reports the agency says those failures show Robinswood isn't complying with federal and state requirements for nursing homes that participate in Medicare or Medicaid programs. In October, a direct care aid at the school was accused of sexually assaulting a student in 2017. He was fired months later and charged with first-degree rape. Three other school workers were later charged accessory-after-the-fact to first-degree rape. (4/9)

[Stat: Health Aides' Low Wages Threaten Home Health Care, A Necessity For Millions](#) - To say that home health aides' work is demanding is an understatement. They help elderly and disabled individuals get out of bed, bathe, dress, use the bathroom, eat their meals, and take their medications. They act on behalf of family members who don't have the time or resources to take their loved ones to the grocery store or a doctor's appointment. Home health aides serve as the first line of defense by recognizing

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symptoms and behavioral changes and taking action to prevent costly and potentially dangerous hospitalizations. They make it possible for 14 million Americans to stay in their homes and out of expensive and impersonal institutional settings like hospitals and nursing homes. Along the way they often become trusted members of the family. Performing this necessary and in-demand work takes a physical and emotional toll, yet these individuals do it with compassion day in and day out. So why do we treat home health aides as low-wage, low-value workers? (David Totaro, 4/9)

[Atlanta Journal-Constitution: Suicide In US: Children, Teens In ER With Suicidal Thoughts Doubles](#) - The number of teens and children visiting emergency rooms for suicidal thoughts or attempts doubled between 2007 and 2015, according to new research published this week. ...Researchers looked at a large, nationwide sample of data from the Atlanta-based Centers for Disease Control's National Hospital Ambulatory Medical Care Survey for the study. They examined the number of children between ages 5 and 18 who were diagnosed with suicidal ideation or suicide attempt. (Pirani, 4/9)

[Kaiser Health News: Lethal Plans: When Seniors Turn To Suicide In Long-Term Care](#) - When Larry Anders moved into the Bay at Burlington nursing home in late 2017, he wasn't supposed to be there long. At 77, the stoic Wisconsin machinist had just endured the death of his wife of 51 years and a grim new diagnosis: throat cancer, stage 4. His son and daughter expected him to stay two weeks, tops, before going home to begin chemotherapy. From the start, they were alarmed by the lack of care at the center, where, they said, staff seemed indifferent, if not incompetent — failing to check on him promptly, handing pills to a man who couldn't swallow. (Bailey and Aleccia, 4/9)

[Time: Why Does Medicine Cost So Much? Here's How Drug Prices Are Set](#) - From 2007 to 2016, Mylan raised the list price of its EpiPen about 500%, from just under \$100 to more than \$600. From 2002 to 2013, insulin prices more than tripled. From 2012 to 2019, the average price of AbbVie's rheumatoid-arthritis drug Humira climbed from \$19,000 a year to \$60,000 a year—and that's after rebates. These are dramatic examples of a systemwide problem: prices for brand-name drugs are rising at a rate that far outstrips inflation. (Entis, 4/9)

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[What We've Learned from Alcohol Screenings](#)

U.S. News: [Suicidal Behavior Nearly Doubles Among U.S. Kids](#)

Yahoo Finance: [Have a bad boss? The one thing that can save your job](#)

Stanford Social Innovation Review: [The Crisis of Youth Mental Health](#)

CNN: [Prince Harry and Oprah are making a show about mental health for Apple](#)

Bp Magazine - 10 Ways to Repair Your Self-Esteem - [Read more >>](#)

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[Former Youth Corrections Officials: We Want to Help Close Youth Prisons](#) - *The Chronicle of Social Change* - It's time to close this nation's youth prisons. They don't serve their purpose: keeping our neighborhoods safe and helping young people turn their lives around. They fail to fulfill this core mission despite costing \$150,000 per youth per year. In New York State, starting in 2008, we closed 26 juvenile jails. This came after [Human Rights Watch](#) and the ACLU, the state [Inspector General](#), and the United States [Department of Justice](#) each found evidence that children were subject to abuse and violence, and denied services for which they were legally entitled. Yet, far too many youth prisons remain open nationwide. They house nearly 50,000 children — the largest population of incarcerated youth of any nation on the planet. [More here](#)

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5 Myths of Psychology https://www.washingtonpost.com/outlook/five-myths/five-myths-about-psychology/2019/04/12/9d93c372-5c74-11e9-b8e3-b03311fbbbfe_story.html?utm_term=.a06b4ec082ea&wpsrc=nl_headlines&wpmm=1

Bp Magazine – 10 Habits of Highly Successful People with Bipolar - [Read more >>](#)

Uncovering the mysteries of mental disorders — by dissecting brains - With freezers full of 3,000 brains, the Lieber Institute tries to figure out — and maybe cure — schizophrenia, PTSD, depression and other illnesses. **By Emily Mullin · [Read more](#)**

The Associated Press: Brain Scans May Reveal Concussion Damage In Living Athletes - Researchers may be closing in on a way to check athletes while they're alive for signs of a degenerative brain disease that's been linked to frequent head blows. Experimental scans found higher levels of an abnormal protein tied to the disease in a study of former National Football League players who were having mood and thinking problems. It's the first time a major study has tested these scans for detecting chronic traumatic encephalopathy, or CTE, which is only diagnosed now after death, with brain autopsies. (Marchione, 4/10)

Boston Globe: Boston University Study Suggests A Pathway To Diagnosing CTE In The Living - "It's an important finding that will hopefully at some point lead to a diagnostic breakthrough, but we're not there yet," said Dr. Michael Weiner, a professor of biomedical imaging, psychiatry, and neurology at the University of California, San Francisco, who was not involved in the study. (Freyer, 4/10)

Stateline: Opioid Treatment Programs Gear Up To Provide Suicide Care - It's long been suspected that the nation's unprecedented drug overdose epidemic and sharply rising suicide rates are linked. Now health researchers are finding concrete evidence that the two preventable causes of death — which are among the top 10 in the United States — are intrinsically related: People with an opioid addiction are at much higher risk for suicide than the rest of the population; and opioid use was a contributing factor in more than 40% of all suicide and overdose deaths in 2017, according to data from the U.S. Centers for Disease Control and Prevention. (Vestal, 4/11)

Seattle Times: Will Washington State Soon Spend \$1B On Mental Health? Gov. Inslee And Many Lawmakers Hope So. - Under the proposals by Inslee and lawmakers, many state hospital patients would be moved to community placements. Short-term crisis and detox centers and outpatient programs would treat people before they got too sick. Residential housing, with staff or case managers, would care for people with chronic mental illness and dementia. Perhaps 1,000 beds could be added. The price would easily top \$1 billion in the coming years. (O'Sullivan, 4/10)

Des Moines Register: Iowa DHS Jerry Foxhoven Confident In Care At Glenwood Resource Center - Iowa's top human services official said Wednesday he doesn't believe poor medical care contributed to a recent string of deaths among severely disabled residents of a state institution, as critics alleged in a Des Moines Register story published Sunday. Jerry Foxhoven told an advisory council Wednesday that his department does a good job running the Glenwood Resource Center, which houses about 200 Iowans with severe intellectual disabilities in the western side of the state. (Leys, 4/10)

Atlanta Journal-Constitution: Lawsuit: Women Held In Horrid Conditions At South Fulton Jail - Mentally ill women are being held in isolation at a jail in south Fulton County under horrific conditions that increase their risk of serious psychological harm and strip away their human dignity, a federal lawsuit filed Wednesday alleges. The unsanitary and degrading conditions "can result in dramatic worsening of symptoms, decompensation, psychosis, self-mutilation and suicide," the suit said. (Rankin, 4/10)

USA Today: Parkland Student Suicides: Stoneman Douglas Mobilized But Didn't Heal - More than a year has elapsed since 17 students and staff were killed at Marjory Stoneman Douglas High School in Parkland, Florida, including my 14-year-old daughter, Alaina. But even now, our community is still experiencing the aftershocks of the attack. Over the course of just one week in March, two more MSD students died, this time by suicide, adding to the horror of this senseless and preventable tragedy. Shortly after the Parkland suicides, the father of one of the 20 first-graders killed in the 2012 shooting in Newtown, Connecticut, took his own life as well. (Ryan Petty, 4/10)

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[The Hill: Dem Senator Presses FCC To Meet Deadline For Mental Health Hotline](#) -The Federal Communications Commission (FCC) should establish a three-digit hotline for suicide prevention and mental health crises “as soon as possible,” Sen. Ron Wyden (D-Ore.) said Wednesday. Wyden cited statistics on suicides in Oregon released recently under the state’s “Breaking the Silence” reporting project, telling FCC Chairman Ajit Pai (R) that the Beaver State has seen rates above the national average for the past three decades and that more than 800 Oregonians take their own lives annually. (Budryk, 4/11)

[The Wall Street Journal: One Teenager Killed Himself. Six More Followed.](#) - The country’s rising suicide rate, part of an increase in what has been dubbed “deaths of despair,” is hitting the youngest Americans hard. The overall suicide rate rose 26% between 2007 and 2017, the most recent year for government data, according to the federal Centers for Disease Control and Prevention. For children ages 10 to 17, over the same period, the rate more than doubled. The most painful and perplexing cases sometimes happen in the same town, at the same school, on the same block. (Lovett, 4/12)

[Des Moines Register: Iowa House Votes To Give \\$150 Million More To Medicaid Management Companies](#) - Lawmakers in the Iowa House voted Thursday to give an additional \$150 million to the companies managing Iowa’s privatized Medicaid program, fulfilling contract terms negotiated last year. Last August, state officials agreed to give 7.5 percent more state money to the companies managing Iowa’s privatized Medicaid program. The money approved Thursday covers the cost of those increases, as well as additional enrollment in the program, which covers about 680,000 poor or disabled Iowans. (Gruber-Miller, 4/11)

[The Associated Press: Lawsuit: Georgia Jail Conditions Bad For Mentally Ill Women](#) - Prolonged solitary confinement and harrowing conditions at a Georgia jail result in a substantial risk of serious psychological harm for mentally ill women held there, a federal lawsuit says. Urine and toilet water pool on the floor of cells and meals of moldy sandwich meat are not uncommon at the South Fulton Municipal Regional Jail in Union City, the lawsuit filed Wednesday says. Lawyers have observed women in psychological distress lying on the floor, their bodies and the walls of their cells smeared with feces or food. (Brumback, 4/11)

[The New York Times: V.A. Officials, And The Nation, Battle An Unrelenting Tide Of Veteran Suicides](#) - Three veterans killed themselves last week on Department of Veterans Affairs health care properties, barely a month after President Trump announced an aggressive task force to address the unrelenting problem of veteran suicide. Mr. Trump’s executive order was a tacit acknowledgment of what the deaths rendered obvious: The department has not made a dent in stemming the approximately 20 suicide deaths every day among veterans, about one and a half times more often than those who have not served in the military, according to the most recent statistics available from the department. (Steinhauer, 4/14)

[Modern Healthcare: Patrick Kennedy Pressuring Insurers To Boost Mental Healthcare](#) - Patrick Kennedy, son of the late Sen. Ted Kennedy, co-sponsored the 2008 Mental Health Parity and Addiction Equity Act while serving as a Democratic congressman from Rhode Island. In 2013, he founded the not-for-profit Kennedy Forum to support parity in health insurance coverage for behavioral and addiction treatment and advance evidence-based practices. Kennedy, who wrote a 2015 memoir about his and his family’s struggles with mental illness and addiction, currently is pushing regulators and large employers to crack down on insurers that discriminate against people who need behavioral care. Kennedy recently spoke with Modern Healthcare senior reporter Harris Meyer. The following is an edited transcript. (Meyer, 4/13)

[Wyoming Public Radio: A Closer Look At Access To Mental Health Care: Transportation](#) - The closing of an inpatient psychiatric unit in Lander has highlighted another issue in the state’s mental healthcare system. That’s the difficulty of transporting a mentally ill patient to and from a hospital. If a person in northern Wyoming needs inpatient psychiatric care, the first thing they need to tackle is how to get to the hospital. (Kudelska, 4/12)

[KQED: Young Women In The Eastern Coachella Valley Address Mental Health Through Storytelling](#) - Mental health is a largely stigmatized conversation among young Latina women and other women of color in the Eastern Coachella Valley, a rural, unincorporated area of Riverside County. In 2018, a small group of young women, ranging from ages 15-25, and their adult allies launched a new storytelling collective called ¡Que Madre! Media with the goal of challenging those stigmas through storytelling. (Rodriguez, 4/14)

[Sacramento Bee: Homeless Is Often About Mental Health, Not Just A Lack Of Housing](#) - The very symptoms causing desperately ill patients to spill into our streets are being protected in the name of compassion. This is dialing back to a Medieval understanding of psychiatric illness and is absolutely outrageous, particularly in the era of effective treatments which can restore patients to stability. (Drew Pinsky, 4/13)

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[The Hill: Sanders Town Hall Audience Cheers After Fox News Host Asks If They'd Support 'Medicare For All'](#) - The audience at a Fox News town hall erupted in cheers and applause when asked by moderator Bret Baier if they would support Sen. Bernie Sanders's (I-Vt.) "Medicare for All" proposal. "I want to ask the audience a question here. ... How many are willing to transition to what the senator says, a government-run system?" Baier asked before the crowd burst into cheers. (Seipel, 4/15)

[Huffpost: A 'Medicare For All' Question Backfired At Bernie Sanders' Fox News Town Hall](#) - Given the opportunity to elaborate on why he was not concerned about requiring people to supplant their private insurance with Medicare for All, Sanders noted that people often switch insurers involuntarily when they change jobs or when an employer switches to a different plan. "This is not new," he said. Of course, a single town hall audience is not necessarily representative of national public opinion. In recent years, Medicare for All — single-payer health care — has attained majority support in national polls. But a January poll showed that support for the idea dropped significantly when people learned that it would require them to give up their private insurance. (Marans, 4/15)

[ProPublica: Mentally Ill New Yorkers Seeking Independence Find Safety Net Has Holes, Report Finds](#) - New York state officials are behind in investigating incidents where mentally ill New Yorkers may have come to harm, according to an independent report filed in Brooklyn federal court this month. At issue is the welfare of hundreds of vulnerable people who have moved out of troubled adult group homes and into their own apartments under a federal court order issued by U.S. District Judge Nicholas Garaufis. (Sapien, 4/16)

[New Hampshire Union Leader: For Serious Mental Illness, Early Intervention Is Key](#) - After several breakdowns and hospitalizations, [Shawn Speidel] ended up at the Greater Nashua Mental Health Center for help. The center has been at the forefront of responding to what mental health experts call First Episode Psychosis. The idea is that providing early intervention and wraparound services after an early episode of serious mental illness can make a huge difference in how someone learns to adjust and thrive. (Wickham, 4/15)

[Sacramento Bee: California Cops, Firefighters With PTSD Seek Workers' Comp Coverage For Mental Health Trauma](#) - After consecutive record-breaking fire seasons and a deluge of mass shootings, California firefighters and police organizations are pushing for a new law that would help first responders by giving them opportunities to receive compensation for psychological injuries they sustain over their careers. They're backing Senate Bill 542, sponsored by the California Professional Firefighters and the California Association of Highway Patrolmen, which would compel government agencies to grant police and firefighter workers' compensation claims post-traumatic stress. (Wiley, 4/15)

CDC Finds More Preschoolers Have Autism - New federal figures indicate that autism prevalence among young children is on the rise. [Read More >](#)

Best Children's Books About Mental Health - These books help kids understand emotional and learning challenges. [READ MORE ▶](#)

At the Child Mind Institute, they searched out and vetted books on ADHD, anxiety, dyslexia, autism, OCD, depression and more. We've also included books on common things kids struggle with: managing big emotions, dealing with grief, bullying, self-esteem. The result is a list on childmind.org of 44 books our clinicians liked best, for kids up to 12 years old.

How to Help Children Manage Fears - Why learning to calm down on their own is key. [READ MORE ▶](#)

Preschoolers and ADHD - Recommended treatment for children under 5 is behavioral therapy, not stimulant medication. [READ MORE ▶](#)

How to Discipline Toddlers - As they test their independence, setting limits lays the groundwork for good behavior. [READ MORE ▶](#)

10 Ways to Teach Your Child the Skills to Prevent Sexual Abuse - How to protect young kids without scaring them. [READ MORE ▶](#)

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How to Know if Your Child Is Being Bullied - What are the signs of bullying? When does teasing become torment? [READ MORE ▶](#)

Invoking Pain & Profit, Sen. Bob Casey requests – and gets – a federal probe of ‘dangerous’ denials by Medicaid companies. <https://www.dallasnews.com/business/health-care/2019/04/12/invoking-pain-profit-sen-bob-casey-wants-federal-investigation-dangerous-denials-medicaid-companies>

[That Time in The Psych Ward](#)

[My Brother is Not a Threat, He Has Schizophrenia](#)

[When Discrimination Starts in Elementary School](#)

[The Philadelphia Inquirer: Pregnant Women Less Likely To Get Depression Treatment, May Turn To Substance Use, Study Finds](#) -

Half of all pregnant women who experience depression do not get any treatment, and some may turn to alcohol, marijuana, and opioids to self-medicate, a study of national data found. The research, which was published this month in *Psychiatric Services in Advance*, involved responses from 12,360 women to the National Survey on Drug Use and Health between 2011 and 2016. (Pattani, 4/17)

[Denver Post: Colorado Teenage Suicide: As Numbers Rise, Kids Say Adults Need To Catch Up](#) - Suicide has become a reality teenagers face across Colorado, as the number of youths killing themselves has increased, solidifying it as the leading cause of death in this state for individuals between the ages of 10 and 24. Between 2015 and 2017, there were 533 suicides by teens and children, up from 340 such deaths between 2003 and 2005, according to a report by the Colorado Attorney General’s Office. But even as multiple high school students in the Denver area have died by suicide in recent weeks, and many students can name friends or classmates who have died or tried to harm themselves, teenagers say they struggle to find people to talk to as openly as they would like to about mental health. (Seaman, 4/14)

[After two player suicides, this lacrosse coach decided to take action](#) - By Cathy Free • [Read more »](#)

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Bp Magazine - You Can Still Have Your Dream Job - [Read more >>](#)

Bp Magazine - 4 Ways to Know If Your Treatment Is Really Working - [Read more >>](#)

[Des Moines Register: Feds To Investigate Whether Medicaid Firms Are Unfairly Denying Care To Disabled People](#) - Federal investigators will look into whether private Medicaid management companies, including those covering more than 600,000 poor or disabled Iowans, are unfairly denying services. U.S. Sen. Bob Casey requested the review last week. The Pennsylvania Democrat wrote to the Department of Health and Human Services that he was troubled by media reports that the companies were cutting care to disabled Americans who rely on Medicaid. (Leys, 4/17)

[PBS NewsHour: Coverage Of Mass Killings Is Bad For Mental Health — Yet Makes People Seek More](#) - People appear to have the same reaction to media coverage of mass violence, and seeing and sharing those horrific scenes through media appears to hurt us, according to a study published Wednesday in *Science Advances*. When people view news of a mass killing, the report shows, they not only develop symptoms of post-traumatic stress, but also become more likely to watch coverage of a subsequent mass tragedy. (Akpan, 4/17)

[Reuters: Twenty Years After Columbine, Mass Shooting Survivors Help Others Heal](#) - Almost two decades separate the traumatic experiences of Michelle Wheeler and Chad Williams, who both survived mass shootings. But as they shared their stories one evening last July, 20 years seemed to evaporate in the crisp Colorado air. The similarities were too many to count. The same gripping fear. The loss and devastation that followed. The lasting trauma and overwhelming grief. So many funerals and memorial services. (Millis, 4/17)

[The Associated Press: 'We Don't Get Over It': Pain Of Mass Shootings Stretches On](#) - Alex Rozenblat can still hear the cries of a wounded boy calling for help as she hid from the gunfire that killed 17 people at Marjory Stoneman Douglas High School last year. Talking to therapists at the school in Parkland, Florida, didn't help. Each session had a different counselor, and she found herself rehashing traumas she had already expressed. She would rather turn to her friends, who understand what she went through. "There

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is slight pressure to get better as quickly as you can, and since it's been a year, everyone thinks that you are better," the 16-year-old said. (Spencer, Kennedy and Slevin, 4/18)

[The New York Times: 'Infatuated' With Columbine: Threats And Fear, 20 Years After A Massacre](#) - The 20th anniversary of the attack at Columbine High School was supposed to be marked with prayers and memorials. Instead, millions of parents, students and educators across Colorado awoke on Wednesday to news that an armed 18-year-old woman with an infatuation with the massacre had flown across the country to Colorado and that hundreds of schools had closed as a precaution as the authorities frantically searched for her. By day's end, the woman, a Florida high school student identified as Sol Pais, was discovered dead of an apparent self-inflicted gunshot wound in the mountains west of Denver. (Turkewitz and Healy, 4/17)

[The Washington Post: Sol Pais: Infatuated With The Columbine Shooting, She Flew To Colorado And Bought A Gun](#) - When she stepped into Colorado Gun Broker on Monday, Sol Pais knew exactly what she wanted to buy. A 12-gauge pump-action shotgun. The same gun one of the shooters used in the 1999 attack on Columbine High School. The 20th anniversary of that attack was just five days away — and the school was less than two miles down the road. For weeks, the 18-year-old had been planning this trip, a pilgrimage from her home in South Florida to the Denver suburb where the modern era of school shootings had begun. (Oldham, Contrera, Shapira and Thebault, 4/17)

[The New York Times: Stress Tied To Heart Disease, Especially In People Under 50](#) - Stress may increase the risk for heart disease, especially in younger people. Researchers writing in BMJ used Swedish data on 136,637 people diagnosed with stress-related disorders, including post-traumatic stress disorder, acute stress reaction and others. They compared them with 171,314 unaffected siblings, and with 1,366,370 people in the general population without a stress disorder diagnosis. They tracked their health for up to 27 years. (Bakalar, 4/17)

[KCUR: Farm Bureaus Make An Attempt At Affordable Health Insurance, But Plans Exclude Some](#) - In a recent national survey, farmers said the biggest threat to their livelihoods wasn't low commodity prices or global trade policies. It was the rising cost of health insurance. It's one of the reasons why state farm bureaus have jumped into the insurance game in Iowa, Tennessee and Nebraska, and are trying to in Kansas. Members of the Kansas Farm Bureau spend an average of 30 to 40 percent of their annual incomes on health coverage, according to KFB President and CEO Terry Holdren. (McLean, 4/17)

[Boston Globe: How To Find A Therapist When You Need One](#) - Ask anyone who's been in this position: Finding a therapist in the Boston area for a pressing mental health concern, especially for a teen or child, can feel overwhelming. When you need a kind and understanding person who can parachute in to help avert a crisis, if only by listening, sometimes the search feels like a never-ending scavenger hunt while the sun is swiftly sinking. (Baker, 4/17)

[KCUR: Overland Park Psychiatrist Accused Of Having Sex With A Patient Loses His License](#) - An Overland Park psychiatrist has lost his medical license after state regulators alleged he had sex with a patient, exploited a patient relationship for financial gain and continued to practice after his license was suspended in 2018. Under a consent order entered Tuesday, Brian Patrick Lahey waived his right to a contested hearing and agreed to an indefinite suspension of his Kansas license. (Margolies, 4/17)

[The Philadelphia Inquirer/Philly.com: Philly's Latinx Girls Need More Mental Health Support](#) - Recently, I worked with the National Women's Law Center on its newly released report to figure out a way forward for Latinx students dealing with mental-health issues because, unfortunately, the situation is dire. Currently, 46.8 percent of all U.S. Latina high school girls felt persistently sad or hopeless to the point of being unable to engage in usual life activities, according to a 2017 report by the U.S. Department of Health and Human Services. (Angela Calderon, 4/18)

[San Francisco Chronicle: California Must Save This Source Of Housing For The Severely Mentally Ill](#) - Since 2012, San Francisco has lost more than a third of its board-and-care homes serving clients younger than 60 who suffer from serious mental illness. It's lost more than a quarter of those serving older clients. Most of the loss is in small facilities, often homes. (4/16)

[CNN: 20 Years On, Columbine Survivors Tell Parkland Students: 'We're Sorry We Couldn't Stop It.'](#) - Columbine and Parkland. Two high school massacres, two communities changed forever. Two fateful days, two decades apart. Tragic bookends in American history. In all, 30 lives lost: 13 in Colorado in 1999, 17 in Florida in 2018. Hundreds more survived the gunfire. Most escaped the bullets. Still, they carry invisible scars. Any loud sound can shatter their day: Sirens sounding, fire alarms ringing, a car backfiring. Time has done little to heal the triggers. (Drash, 4/17)

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[The Associated Press: Columbine Community Moves Ahead, Awaits Details On Teen](#) - A Colorado community changed forever by the attack that killed 13 people at Columbine High School moved ahead Thursday with ceremonies marking the anniversary of the tragedy while awaiting more details on what led a Florida teenager “infatuated” with the shooting to buy a shotgun and kill herself in the snowy foothills nearby. Many questions remained unanswered about 18-year-old Sol Pais, but a friend disputed the contention by authorities that she posed a threat. (Foody and Kennedy, 4/18)

[WBUR: Urgent Care On Demand, Except This Time For Mental Health](#) - There are just a handful of clinics in Massachusetts where patients can get mental health care on demand and few examples around the country. Eight states are testing a free-standing community center model. Some hospitals are developing walk-in care for addiction during the opioid epidemic, which may include treatment for anxiety and depression. CVS and Walgreen's, two of the largest retail clinic networks, do not offer mental health care. (Bebinger, 4/19)

[Pioneer Press: MN Hopes To Continue Pilot Program To Treat Mental Illness And Addiction](#) - People struggling with mental illness also often face problems with addiction and other challenges, but getting comprehensive treatment can be tough. Patients would typically need to visit more than one clinician for help with problems like mental illness and substance abuse. A pilot program in Minnesota and seven other states has had success locating multiple types of treatments under one roof, but it is at risk of ending. Congress and the state Legislature cleared the way in 2015 to create Certified Community Behavioral Health Clinics. Minnesota was picked as a pilot state in 2016 and the program has been underway for about two years. (Magan, 4/18)

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— L.A. County can safely release and treat thousands of **mentally ill inmates**. [So do it.](#)

[Modern Healthcare: ACA Has Not Reduced ED Visits, Study Finds](#) - Emergency department visits have continued to rise even as more Americans gained health insurance after the Affordable Care Act came into play, according to a new study. ED visits increased by 2.3 million a year between 2006 and 2016, with the proportion of uninsured ED visits relatively unchanged from 2006 to 2013, making up between 14% and 16% of visits, the study published Friday in JAMA Network Open found. (Johnson, 4/19)

[Modern Healthcare: Next Generation ACO Participants For 2019 Drop To 41](#) - There are 41 accountable care organizations in the CMS' Next Generation ACO Model for 2019, which represents a substantial decline from 2018 when 51 organizations were in the model. Data updated on CMS' site this week shows that 12 ACOs that participated in 2018 have either left or were booted from the program for the 2019 performance year. The latest exodus of participants comes after the model lost seven ACOs in March 2018, bringing the total number of participants in 2018 down from an initial 58 to 51. (Castellucci, 4/19)

[MPR: UnitedHealth Clients Needed More Mental Health Care; United Said No](#) - Max Tillitt's parents thought they were close to saving him. Their son had struggled for years with mental health problems and substance use, products of a violent hit during a junior year high school football practice that left him with a concussion and neck injury so bad he couldn't play anymore. It changed Max, creating behavioral problems that got him kicked out of school and mixed up with people who opened doors to marijuana, prescription painkillers and heroin. The young man who'd grown up looking out for others in need needed help. When Max was 21, the Tillitts thought they found an answer, a treatment center where their son finally seemed to be recovering. And they had insurance to cover it — a UnitedHealth plan they thought would pay for Max's treatment costs until doctors pronounced him well. UnitedHealth, however, had its own methods to decide how much was enough. (Roth, 4/22)

[The Washington Post: Postpartum Depression Risk Factors](#) - After Ann's daughter was born, the infant cried a lot because of acid reflux. “When she wouldn't stop, I got angry. I felt like a monster,” said Ann, who requested that she be identified only by her middle name because of privacy concerns. At first, the new mother chalked up her irritability and guilty feelings to stress and sleep deprivation, but when the worrisome feelings lingered, Ann knew something was wrong. (Fraga, 4/20)

[NPR: You Can Help: When A Loved One Shows Signs Of Suicide Risk, Reach Out](#) - If you know someone struggling with despair, depression or thoughts of suicide, you may be wondering how to help. Most Americans say that they understand that suicide is preventable and that they would act to help someone they know who is at risk, according to a national survey conducted by the American Foundation for Suicide Prevention and the National Action Alliance for Suicide Prevention in 2018. (Chatterjee, 4/20)

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[Stat: Can Virtual Reality Boost Positive Feelings In Patients With Depression?](#) - The University of California, Los Angeles, psychiatry researcher and her colleagues are testing whether virtual reality can curb anhedonia, a symptom of depression and other serious mental health conditions that's marked by a lack of interest or ability to feel pleasure. They're putting patients into pleasant scenarios — like a stroll through a sun-soaked forest while piano music plays — and coaching them to pay close attention to the positive parts. The idea is to help patients learn to plan positive activities, take part in them, and soak up the good feelings in the process. (Thielking, 4/22)

[Modern Healthcare: Colo. Governor Commends County's Plan To Address Suicides](#) - Eagle County, Colorado, is best known for the world-famous Vail Ski Resort, but the area also has a dark side that it's trying to combat. The county of roughly 55,000 averages one suicide attempt per day, according to public health director Chris Lindley. One in four of its seventh and eighth graders seriously considered suicide last year, according to the most recent Healthy Kids Colorado Survey. Of that group, 16% have made a plan, some in pacts with others. (Bannow, 4/19)

[Los Angeles Times: L.A. County Can Safely Release And Treat Thousands Of Mentally Ill Inmates. So Do It](#) - Jails across the nation are crowded with mentally ill inmates who are there because of a broken promise. Over the course of several decades, states closed mental hospitals and vowed to replace them with community-based psychiatric treatment and housing. But the treatment and housing failed to materialize. Now people whose mental health problems go unaddressed get arrested for conduct they often can't control. They sit in jail, awaiting trial. They are convicted, return to jail, serve a few weeks or months, and are released with no continuing care and often no place to live but the street. With their illnesses still untreated, they offend again, and the cycle repeats. The sick remain sick, the streets and jails fill, the costs mount. (4/22)

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[Los Angeles Times: Mentally Ill Homeless People Keep Going To Jail. But A Study Says L.A. County Can Fix That](#) - On a typical day, thousands of homeless and mentally ill people are behind bars in Los Angeles County's jails. But more than half of them would be good candidates to divert into housing with supportive services instead, according a new study from the Department of Health Services. If enough housing and services were available, nearly 3,000 people in custody at any given time would be eligible for release — either before their trials or before finishing their sentences. The study, released Monday, shows the potential to break the well-worn cycle of homelessness, incarceration and return to homelessness, said Peter Espinoza, a retired judge who heads the Office of Diversion and Reentry. (Smith, 4/22)

[Texas Tribune: Solitary Confinement Hard To Escape For Texas Inmates With Mental Illness](#) - Psychiatry experts have agreed that solitary confinement can harm any prisoner, but it is especially detrimental for those with mental illness: the isolation and sensory deprivation often exacerbates symptoms and leads to increased suicide attempts. As part of an attempt to decrease the use of solitary confinement, the Texas prison system in 2014 created a mental health therapeutic diversion program to shift isolated inmates back into the general housing population. (McCullough, 4/23)

[Effort Underway To Expand Access To Respite Care](#) - Lawmakers are looking to dramatically increase federal funding to support respite care for families of those with disabilities and other special needs. [Read More >](#)

[Trump Approves Extension Of Program Helping People Leave Institutions](#) - New funding will ensure that a program that moves people with disabilities from institutions to the community can stick around while advocates push for a longer-term solution. [Read More >](#)

[Researchers: Fecal Transplant May Improve Behavior In Kids With Autism](#) - A "fecal transplant" helped to substantially improve behavior and gastrointestinal health in children with autism, according to a small new study, and the effects were long lasting. [Read More >](#)

[New School Opens At Site Where Boy Was Restrained And Later Died](#) - Just months after a teen with autism was restrained and later died, a new school has opened on the campus where the incident occurred and it features many of the same students and staff. [Read More >](#)

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[WBUR: County Jails Struggle With A New Role As America's Prime Centers For Opioid Detox](#) - Faced with a flood of addicted inmates and challenged by lawsuits, America's county jails are struggling to adjust to an opioid health crisis that has turned many of the jails into their area's largest drug treatment centers. In an effort to get a handle on the problem, more jails are adding some form of medication-assisted treatment to help inmates safely detox from opioids and stay clean behind bars and after release. (Westervelt, 4/24)

[California Healthline: The Homeless Are Dying In Record Numbers On The Streets Of L.A.](#) - A record number of homeless people — 918 last year alone — are dying across Los Angeles County, on bus benches, hillsides, railroad tracks and sidewalks. Deaths have jumped 76% in the past five years, outpacing the growth of the homeless population, according to a KHN analysis of the coroner's data. Health officials and experts have not pinpointed a single cause for the sharp increase in deaths, but they say rising substance abuse may be a major reason. (Gorman and Rowan, 4/23)

[New Orleans Times-Picayune: Mental Health Workers Injured In Baton Rouge, Weeks After Fatal Attack On Nurse: Report](#) - Health care workers were attacked by two different patients in separate incidents at the same Baton Rouge mental health facility on Monday (April 22), just weeks after a nurse's death was ruled a homicide following an attack by a mental health patient at a different Baton Rouge medical facility, WAFB reports. A total of six employees were injured in Monday's attacks at Our Lady of the Lake Regional Medical Center's Tau Center, which treats mental health and addiction, the TV station reports. Two patients face charges. Authorities were called to the facility at 10 a.m. in the first attack, during which two hospital workers were punched by the same patient, WAFB reports. Police responded two hours later to the same facility after a patient fought with four employees who received minor injuries. (Lane, 4/23)

CBT for Psychosis: Approaches Families Can Use - As many as three in 100 people will have an episode of psychosis at some point in their lives. If you know somebody experiencing psychosis, using "CBT techniques" can help them. [READ MORE »](#)

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Different Types of Therapy for Bipolar Disorder - Bipolar disorder treatment shouldn't be presented as solely pharmacological, it should be paired with regular therapy sessions. Learn from an expert what types of therapy are effective for bipolar disorder. [READ MORE »](#)

Finding the Best Psychiatrist for You - Finding a psychiatrist that helps you work towards your goals is essential for recovery. Here are the steps Katherine took in order to get the care she needed. [READ MORE »](#)

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[Modern Healthcare: Report: Public Health Funding Falls Despite Increasing Threats](#) - Years of budget cuts to public health led to the elimination of more than 55,000 positions within local health departments from 2008 through 2017, according to a report released Wednesday. The Trust for America's Health estimates public health efforts are about \$4.5 billion underfunded. That's led state and local health departments woefully unprepared to address public health emergencies such as infectious disease outbreaks, extreme weather events, and the opioid crisis. (Johnson, 4/24)

[The Philadelphia Inquirer: Millennials Are Less Healthy Than Gen X And It May Be Due To Mental Illness, Blue Cross Report Finds](#) - Millennials are less healthy than the generation before them, and the difference — particularly in Philadelphia — is driven by mental illness, substance use disorders, and endocrine conditions such as diabetes, according to a report released Wednesday by the Blue Cross Blue Shield Association. The report, part of the association's Health of America series that has published more than 25 studies, is the first to focus exclusively on millennials, who were 21 to 36 years old in 2017, when the data were collected. (Pattani, 4/24)

[The Philadelphia Inquirer: A Hidden Crisis For The Severely Sick And Mentally Ill: Pa. Has No Facilities Left For Them](#) - His family blames the jail and the state Department of Human Services, which, under a settlement with the ACLU, has struggled to reduce wait times for care at Norristown and Torrance State Hospitals — the only remaining state forensic psychiatric hospitals in Pennsylvania, where people with serious mental illnesses are cared for until they are competent for trial. Those hospitals will not accept individuals with acute medical needs such as Deska, which means they're effectively stranded in jail. (Melamed, 4/24)

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***Bp Magazine* –**

8 Must-See Documentaries About Bipolar Disorder

This list of documentary films weaves together courageous stories of people with bipolar disorder with discoveries in the fields of neuroscience and genetics which over the years have paved the way to better understanding.

#1 Andy Irons: Kissed by God (2018)

Kissed by God is a film about bipolar disorder and opioid addiction as seen through the life of three-time world champion surfer Andy Irons. The pride of Hawaii and revered for his blue collar rise to fame and success, Andy was known as the "People's Champion" throughout the world. However, many people were unaware of his internal struggle with drug use, omnipresent in the multibillion-dollar surf industry. As the opioid crisis rises to a national emergency in the United States, the untold story of Andy's life serves to tear down the myths associated with substance abuse and bipolar disorder.

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#2 Ride the Tiger (2016)

This film tells the story of highly accomplished individuals diagnosed with bipolar, including former congressman Patrick Kennedy, attorney Terri Cheney and cartoonist Ellen Forney. It seeks to find out where the biological breakdowns occur and how we can possibly preempt, fix or rewire our brains back to recovery.

#3 Of Two Minds (2012)

Of Two Minds explores the extraordinary lives, struggles and successes of three unique and compelling people living with bipolar disorder. Their journey, from the painful to the painfully funny, opens an engaging and perception-changing view on those all around us who live in bipolar's shadows ... our sisters and brothers, parents and friends, and ourselves.

#4 Up/Down (2011)

Up/Down depicts the reality of living with bipolar disorder by showing the delicate balancing act between euphoria and depression. The honest and detailed interviews shine a light on the varied experiences found in the bipolar spectrum from those with a diagnosis, their family members and psychiatric professionals.

#5 A Summer in the Cage (2007)

Over the span of seven years, the filmmaker chronicles his friend Sam's battle with manic depression and delusions. By depicting the difficult emotional impact of bipolar, the intent of *A Summer In The Cage* was to further the public's understanding of the complexities of living with this illness. But as the dramatic story unfolds, it also becomes a unique tale about friendship and the ethical responsibilities of a documentary filmmaker. [Read more >>](#)