November 2018 – Additional Mental Health related articles and videos from around the Nation.

**NAMI Urges People to #Vote4MentalHealth** - NAMI encourages individuals to vote for candidates that support people with mental health conditions and their families. Make mental health part of the debate on Election Day. [LEARN MORE »](https://www.nami.org/Blogs/NAMI-Blog/October-2018/Its-Not-Stigma-Its-Discrimination)


**Des Moines Register: Iowa Medicaid Transportation Shift Hurts Disabled Clients, Groups Say** - Life for many disabled Iowans now features fewer outings, longer commute times and tighter living arrangements as a result of a state Medicaid policy change that affects their transportation to jobs and day services, a Des Moines Register investigation has found. The findings come less than a year after the Iowa Department of Human Services replaced a longtime "waiver" program used to pay for these transportation services. The change rolled the transportation payments into a new "tier rate" system that is supposed to be revenue neutral. (Clayworth, 10/17)

**Modern Healthcare: Medical Industry Responds To Physician Suicide Rates, Mental Health Stigma**

Physician suicide has been a problem in healthcare for decades. Studies dating back to the 1920s show that physicians suffer from suicide at high rates. Physicians with mental health conditions have long been discriminated against and suicides have often been kept hidden from colleagues and the public. The difference in the past few years is that the industry is responding. Recent concerns around burnout have pushed organizations to rethink how they approach physician well-being, which has led to more action around how to deal with physician mental health concerns and suicide. (Castellucci, 9/29)

**At elegant McLean psychiatric outpost, $2,150 a day, and insurance is not welcome** - The well-known psychiatric hospital is steadily expanding in the world of “private-pay” treatment, boosting options for the upper middle class and wealthy at a time when many other patients say they can’t get their insurers to pay for adequate treatment. [Continue reading →](https://www.desmoinesregister.com/story/news/1741835002/)

**Des Moines Register: Iowa Poll: Health Care, Education Are Top Issues For Next Governor** - Iowans say health care and education are the most important issues for the next governor to address, a new Des Moines Register/Mediacom Iowa Poll found. When asked to identify one or two top issues, 51 percent of Iowans say health care, including Medicaid and mental health, is most important. ... Health care has been a big issue for Iowans because of controversy over the state’s privatization of Medicaid for low-income and disabled people, efforts to improve the state’s mental health system and legislation to approve the sale of non-Obamacare health coverage in the state. (Petroski, 9/30)

**The New York Times: How To Help A Child With An Anxiety Disorder** - Anxiety disorders, the most common mental health problems in children and adolescents, often go untreated while children suffer, even though there are effective treatments available, according to a new report on anxiety in children and adolescents from the Child Mind Institute in New York. Anxiety may be missed because it doesn’t necessarily declare itself with attention-getting disruptive behaviors; in fact, symptoms may keep some children quiet and inhibited, though in other children, alternatively, anxiety may be misunderstood as oppositional behavior. (Klass, 10/1)

**San Francisco Chronicle: SF Pushing To Draft Policy On Extended Holds For Mentally Ill Homeless**
On Thursday, Gov. Jerry Brown signed SB1045, a law giving San Francisco, San Diego and Los Angeles counties permission to create five-year pilot programs intended to reach people who can’t care for themselves. Now, lawmakers have to craft local legislation to create and implement those programs. (Fracassa, 9/28)
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**Kansas City Star: Youth Suicides Blamed For Small Uptick In Child Death Rates** - Twenty Kansas youth killed themselves in 2016, the most recent year for which statistics are available, up from 18 in 2015. Two thirds of the victims were boys. (Hendricks, 9/29)

**Austin American-Statesman: City Audit Finds Fault With Austin Police Mental Health Practices** - Austin has one of the highest rates of fatal police shootings of people suffering from mental health issues, and the Police Department’s mental health policies are not in line widely accepted law enforcement practices, a city audit has found. ...As a result of these lapses, the audit found that people experiencing a mental health crisis in Austin may find themselves at a higher risk of a bad encounter with officers compared with those in a city that is more closely in step with international best practices. (Wilson, 9/30)

**The Washington Post: We Must Treat Mental And Bodily Health The Same. It’s A Matter Of Human Rights**. Almost 10 years have passed since Congress required that insurers offering mental-health services for illnesses of the brain, such as depression or addiction, do so no more restrictively than illnesses of the body, such as diabetes or cancer. And yet most insurers today still do not comply with the law. Mental-health parity is more important now than ever before, considering the rising numbers of overdoses and suicides nationwide. But state and federal investigations have shown that mental-health and addiction treatment are frequently far more onerous to manage. (Rosalynn Carter and Patrick J. Kennedy, 9/28)

**Bp Magazine - Why Does My Bipolar Worsen as the Seasons Change?** - Read more >>
**Bp Magazine - 3 Secret Symptoms of Bipolar Disorder** - Watch Julie's Video >>
**Bp Magazine - How Our Pets Rescue Us From Depression and Loneliness** - Read more >>

**MPR: Marine Corps Veteran's Family Wants VA To Learn From His Suicide** - The suicide of Marine Corps veteran Justin Miller earlier this year prompted a federal review of the Minneapolis VA system. The final report released last week criticizes a communications breakdown at the VA. Meanwhile, Miller's family is still wondering what happened to him, and why he didn't get the help he needed. (Enger, 10/2)

**The New York Times: Suicides Get Taxi Drivers Talking: 'I’m Going To Be One Of Them’** - Both men were longtime taxi drivers from Romania. Both were worried about paying their bills as Uber decimated their industry. They were best friends. And both had struggled with depression. Nicanor Ochisor’s wife dragged him to a doctor in March to get help. Two days later, he hanged himself in his garage. “I didn’t know he was so depressed,” his friend, Nicolae Hent, said. (Fitzsimmons, 10/2)

**Iowa Public Radio: Children’s Mental Health Board Asks For Public Input** - The group tasked with developing recommendations for creating a children’s mental health system in Iowa is hosting a series of meetings starting this week to get public input. The first meeting is Tuesday in LeMars, followed by eight more meetings throughout the state. (Sostaric, 10/1)

**The New York Times: Hundreds Of Children Rot In The Desert. End Trump’s Draconian Policies.** - It doesn’t take a psychologist to understand that ripping children from their beds in the middle of the night, tearing them from anyone they’ve forged a connection with, and thrusting them into uncertainty could damage them. Yet the crisis that has led federal immigration authorities to bus nearly 2,000 unaccompanied children (so far) from shelters around the country to a “tent city” in the desert town of Tornillo, Tex., is almost entirely of the American government’s own making. (10/1)

**The Hill: Suicide Rates Are Rising Across The US And The Numbers Are Not Subtle** - Suicide rates are rising across the United States and the numbers are not subtle. According to a recent report from the Centers for Disease Control and Prevention (CDC), between 1999 and 2016 suicide rates increased in almost all states, with a greater than 30 percent increase in 25 states. And before you blame depression alone for this or a faltering economy earlier in the century, consider that in 27 states in 2015, for example, 54 percent of those who committed suicide were found not to have prior mental health conditions at all. And since 2005, at a time of two wars and plenty of societal strife and stress that might indirectly increase your risk for heart disease or even cancer, suicide is literally the only leading cause of death in the U.S. that is on the rise. Deaths from heart disease, cancer and stroke are all on the way down, thanks to an increased emphasis on prevention and early intervention. So why suicide? The answer is a combination of factors. (Marc Siegel, 10/1)
Stabbed, punched, bitten: ER doctors face rising violence - Nearly half of ER doctors say they have been physically assaulted on the job by patients and family members. Continue reading →

‘I’m done hiding this’: Jason Kander pulls out of mayor’s race, citing PTSD and depression - Kander, a former Army intelligence officer seen as a rising star for Democrats, said he was pulling out of the race for Kansas City mayor because he has post-traumatic stress disorder and depression from a stint in Afghanistan. By Eli Rosenberg • Read more »

Esperanza magazine - Finding Motivation Despite Chronic Procrastination - Read more >>

Esperanza magazine - Winning the Relapse / Recovery Tug-of-War - Read more >>

Esperanza magazine - Stopping Exercise Can Increase Symptoms of Depression - Read more >>

The Washington Post: Nooses, Rotting Teeth And Neglect: Inspectors Find Dismal Conditions At California Immigration Jail - Homeland Security inspectors who made an unannounced visit to a private, for-profit immigration jail in California in May found major violations of federal detention standards, including cells with nooses dangling from air vents, detainees losing teeth from lack of dental care and one disabled inmate left alone in a wheelchair for nine days. The infernal conditions are described in a report issued Tuesday by the Department of Homeland Security’s office of inspector general, which audited the facility, overseen by Immigration and Customs Enforcement (ICE), in Adelanto, Calif. It has a capacity of 1,940 detainees and is run by GEO Group, which owns and operates 71 federal prisons and detention centers with a combined total of 75,500 beds, according to its website. (Miroff, 10/2)

USA Today: Federal Inspectors Find Nooses, "Serious Violations" At ICE Facility - In her response to the Inspector General report, Nathalie Asher, executive associate director of ICE's Enforcement and Removal Operations, acknowledged that she was "concerned" by the findings. She said the treatment of detainees is "paramount" and announced that the Adelanto facility will undergo a more thorough inspection starting Oct. 10. After a summer when much of the country's attention was focused on the treatment of families and minors temporarily held in chain-linked holding pens along the border, the Inspector General report highlights the treatment of adult immigrants in long-term detention. (Gomez, 10/2)

Arizona Republic: Report: Physicians With Abuse, Criminal Records Examined New Migrants - The agency overseeing the nation's legal immigration system put immigrants and the American public at risk because it has poor controls for verifying that immigrants applying for green cards meet health-related standards, according to a new government watchdog report. The agency inadequately screened doctors who conduct medical health exams of immigrants applying for green cards, an investigation by the Department of Homeland Security's Office of Inspector General found. (González, 10/2)

Milwaukee Journal Sentinel: Health Insurers Are Making It Harder For Addicts To Get Treatment - Gov. Scott Walker has signed about 30 laws designed to address Wisconsin's opioid crisis as part of the Heroin, Opiate Prevention and Education (HOPE) Agenda. These include initiatives to give immunity to people who contact authorities to help someone suffering an overdose, the development of a robust prescription drug monitoring program and increased state reimbursement for outpatient mental health and substance use disorder treatment. Even so, Milwaukee County’s drug overdose rate was almost triple its homicide rate last year, which argues for continuing to aggressively fight this horrible scourge. (Kurter, 10/2)

The Associated Press: Nurse Attacked At Washington Psychiatric Ward - A patient at Washington state's largest psychiatric hospital vaulted over a nurse's station last weekend, knocked a nurse to the floor, choked her and bit part of her ear off. The assault Sunday night was the latest in a series of attacks on health care workers at Western State Hospital. Hospital spokeswoman Kathy Spears told staff in an email obtained by The Associated Press about the attack. (10/2)

St. Louis Post Dispatch: Dementia Wracks Finances As Well As Minds. Federal Programs Leave Gaping Holes. In the frayed, porous net that is America’s health care system, dementia sufferers are especially susceptible to falling through. With early-onset dementia in particular, the financial stresses can be devastating, and federal programs inadequate. It can drive patients, their spouses and even their adult children to bankruptcy. (10/3)

Forbes: Generosity Boosts Well – Being By Turning Down the Brain’s Anxiety Center, Research Suggests

Quartz: How to talk to your boss about mental health

bp: Managing Bipolar With Our Sacred Daily Rituals
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**After Losing Family In Fire, Girl Finds Home With Special Ed Teacher** - When Kim Canterbury began working as a substitute special education teacher, she didn’t realize she’d end up taking one of her students into her home as one of her own. [Read More >](#)

The plans sold through Iowa’s Farm Bureau were made legal under a law signed by Iowa Gov. Kim Reynolds (R), which allows the agency to collaborate with Wellmark Blue Cross Blue Shield on self-funded “health benefit plans.” They don’t have to follow the strict regulations laid out by the federal health law, such as not charging more for people with preexisting conditions. Meanwhile, rankled over CBO's health care projections during repeal-replace efforts, Republicans ask the budget office for a do-over.

**The Hill: Iowa To Sell Health Plans That Can Disqualify People Based On Pre-Existing Conditions**

New health plans sold through Iowa’s Farm Bureau will be able to ask applicants if they have any pre-existing conditions. According to a checklist posted online by the Farm Bureau, applicants will be asked about a list of conditions related to mental health, blood pressure, reproductive system, lungs or the respiratory system, among others. (Weixel, 10/4)

**The New York Times: How Special Education Is Failing T.J. And Many Children Like Him** - By the time T.J. was about 2½-years-old, it was clear to his mother that he was already behind. His twin brother was speaking in full sentences. T.J. couldn’t say a word. “When you have twins,” she said, “you realize if there are some delays.” So T.J.’s mother, Kerrin, called the pediatrician and asked what she could do. (T.J. and his family members are being identified by their middle names or initials to protect his privacy.) (Harris, 10/5)

**USA Today: Insurers Discriminate Against Mental Illness Though Parity Is The Law** - You see, no one expects to develop a mental illness or substance use disorder. And no one plans for the fact that one of these conditions — which, by law, are supposed to be covered by insurance to the same extent as physical conditions — could leave their family financially crippled due to lack of insurance coverage, requiring savings accounts to be drained, college funds to be depleted, second mortgages to be taken out, and retirement plans to be sapped, all after paying into an insurance plan diligently for years. This happens to other people, right? (Patrick J. Kennedy, 10/3)

**The Hill: US Insurance Regulation Is Unconstitutional** - Insurance regulation in the United States differs markedly from other types of financial services regulation. While banks and securities firms must comply with extensive federal regulations, insurers are regulated primarily by the states. In practice, however, the most important and powerful entity in insurance regulation is not a state at all. It is, instead, a private, nonprofit corporation known as the National Association of Insurance Commissioners (NAIC). (Daniel Schwarcz and R.J. Lehmann, 10/2)

**Los Angeles Times: Mentally Ill Homeless People Won’t Get Well On The Sidewalks. They Need Housing. Yes On Prop 2** - Of the roughly 134,000 homeless people on the streets of California, about a third are seriously mentally ill. Their illnesses cannot be successfully treated on sidewalks. They must get housing first. That’s why the state of California wisely enacted Assembly Bill 1816 two years ago to raise $2 billion to build or preserve permanent supportive housing for homeless people suffering from mental illness. (10/2)

**Bp Magazine** - A Simple Way to Stop Self-Sabotage - [Read more >>](#)

**Bp Magazine** - 8 Things NOT to Do When Symptoms Keep You Awake - [Read more >>](#)

**Esperanza magazine** - The Essential Guide to Taking a Stand Against Stress - [Read more >>](#)

**Esperanza magazine** - 9 Quotes from Lady Gaga About Depression - [Read more >>](#)

— Columnist Steve Lopez catches up with two mental health advocates, one of whom is thriving while the other fights for his life.

**NPR: A Brain Scientist Who Studies Alzheimer’s Explains How She Stays Mentally Fit** - As a specialist in Alzheimer’s prevention, Jessica Langbaum knows that exercising her mental muscles can help keep her brain sharp. But Langbaum, who holds a doctorate in psychiatric epidemiology, has no formal mental fitness program. She doesn’t do crossword puzzles or play computer brain games. "Just sitting down and doing Sudoku isn't probably going to be the one key thing that's going to prevent you from developing Alzheimer's disease," she says. (Hamilton, 10/8)
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USA Today: Toxic Stress Causes Lifelong Mental And Physical Health Problems - The 10-year-old girl suffered from persistent asthma, but the cause was unclear. Tests ruled out everything from pet hair to cockroaches. Then the girl's mother thought of a possible trigger. "Her asthma does seem to get worse whenever her dad punches a hole in the wall," she told Dr. Nadine Burke Harris. "Do you think that could be related?" (O'Donnell, 10/5)

The Associated Press: Chance The Rapper Giving $1M To Boost Mental Health Services - Chance the Rapper says he's donating $1 million to help improve mental health services in Chicago. The Chicago native made the announcement Thursday during a summit for his nonprofit organization Social Works, saying those involved "want to change the way that mental health resources are being accessed." (10/5)

The New York Times: Deputies Made Jokes About A Veteran Thrashing In His Cell Before He Died - Two years ago, a man died of an apparent drug overdose after being held at the Clackamas County Jail in Oregon City, Ore. This week, video emerged in which sheriff's deputies could be heard laughing as the man thrashed uncontrollably in a padded cell before he died. They joked that he could be used as a cautionary example to warn students about the dangers of drugs. (Fortin, 10/6)

Miami Herald: Carlton Palms—Florida Home For Disabled—Shut Down, APD Says - Carlton Palms — a Florida home for people with severe disabilities beset by rapes, rats and abuse — officially shut its doors Saturday, state officials announced. The last of its 190 residents moved to a new community-based home over the weekend after years of abuse, violence and death perennially plagued the institution. (Madan, 10/6)

USA Today: Yes, Anorexia Afflicts Boys, Too: A Survivor's Story - I grew up in a household with no short supply of hunter's orange, Sunday night football and diesel trucks. I am a stereotypical teenage boy from Montana — and a survivor of anorexia nervosa. Confused? That's the problem. (Zach Schermele, 10/6)

Stat: We Mustn't Let The Mental Health Parity And Addiction Equity Act Languish - Ten years ago, the Mental Health Parity and Addiction Equity Act was signed into law by President George W. Bush. It was a milestone — a major acknowledgment of the importance of mental health. It was also a challenge for the health care system and culture to rectify decades of fragmentation that kept mental health separate and distinct. (Patrick J. Kennedy and Benjamin F. Miller, 10/5)

The Oregonian: Do We Owe Celebrities For Reversing The Mental Health Stigma? - Every day, it seems like a new celebrity opens up about their struggle with mental illness. Most recently, Emma Stone told Glamour about her life-long struggle with anxiety. Many people are praising these celebrities for being honest about their mental health, saying their efforts break the stigma. Meanwhile, others still feel the pain of that stigma acutely and believe there is much more work to be done before it's broken. Have celebrities changed the stigma when it comes to mental health? (10/5)

Bp Magazine - The Faces of Bipolar Don't All Look the Same - Read more >>
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‘Stepping Up’ for Recovery - Piqua Daily Call—Ohio

Opinion: The Reality of Punishing Teenagers - Newsday—National

Best Practices for Counties to Reduce the Number of People with Mental Illnesses and Substance Use Disorders in Jail: Six Case Studies - National Association of Counties—National

Local Program Helping Inmates Begin Recovery from Addictions behind Bars - Hoosier Times Online—Indiana

A Chance to Restart: Care and Support Are Critical for Women Leaving Prison - The Cap Times—Wisconsin

Mental Health Workers Say They Are Working to Keep People out of Jail - The Messenger—Iowa

Missouri Pilot Program Reinvests in Options for Former Offenders - KBIA—Missouri

LEADing the Way: Jail Diversion Program Aims to Address Opioid Crisis - Smoky Mountain News—National

Many ‘Recovery Houses’ Won’t Let Residents Use Medicine to Quit Opioids - WHYY—National

U.S. Surgeon General Calls for Education, Awareness to Combat Opioid Crisis - The GW Hatchet—National
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Des Moines Register: Fact Check: Iowa Congressman David Young And Pre-Existing Conditions - U.S. Rep. David Young and his Democratic opponent, Cindy Axne, have been sparring over whether he has tried to protect Iowans with pre-existing health conditions. Axne focuses on the Republican Iowa congressman's votes to repeal the Affordable Care Act. The 2010 law, also known as Obamacare, barred insurers from denying coverage or charging higher premiums to Americans with health problems, such as diabetes, cancer, mental illness or high blood pressure. (Leys, 10/8)

Kansas City Star: State Of Kansas Takes Over 21 Nursing Homes This Year - According to industry insiders, in an average year Kansas might have to take legal control, or receivership, of one or two nursing homes. But 2018 has been anything but average so far, and it could be a sign of things to come. Changes in the way nursing homes are reimbursed have made it harder for them to make enough money to stay in business, especially for homes owned by out-of-state investors who siphon off revenue — a growing share of the market. (Marso, 10/9)

Los Angeles Times: Study Gives Depressing Look At How Climate Change Puts Americans’ Mental Health At Risk - Is climate change stressing you out? A new study linking weather and mental health in the United States suggests things could get much worse. The study outlines three separate ways that hotter and more extreme weather stand to undermine the mental well-being of the people forced to experience it. The effects will be most pronounced for women and for low-income Americans, the findings indicate. “Ultimately, if observed relationships from the recent past persist, added climate change may amplify the society-wide mental health burden,” the study authors wrote Monday in the Proceedings of the National Academy of Sciences. (Kaplan, 10/8)

Sacramento Bee: Homeless Patients Were Left On The Streets By Hospitals. This Law Could End ‘Dumping’ - Spurred by news stories about hospitals “dumping” poor people onto the streets, a new law will soon require health care providers to develop specific policies for safely discharging homeless patients. Beginning in July, hospitals must document in writing that shelters have beds for homeless patients before sending them to the facilities. (Hubert, 10/9)

The Star Tribune: ‘Teledentistry’ Expands Preventive Care To More Minnesota Families - In an effort to serve more low-income and uninsured families, Minnesota’s dental industry is returning to a high-tech solution known as teledentistry, which allows dental hygienists to provide preventive care at low cost while supervised electronically by dentists at a different location. For the 25 percent of Minnesotans without dental insurance, even basic preventive care may be too expensive, and among the 1.1 million enrolled in the state’s Medicaid program, many cannot find a dentist who takes government insurance. (Howatt, 10/8)

USA Today: Living With A Disability: Discrimination Is Not The Only Obstacle. - The morning of my job interview brought excitement and anxiety. At the same time, I felt prepared and confident. It was the beginning of 2017 and already I had gone through three rounds of phone interviews, all rigorous, yet fair. This final interview would be our first face-to-face meeting. After passing through such an extensive interview process, backed by my impeccable credentials, I felt this meeting would be a formality. (Dayniah Manderson, 10/8)

The San Francisco Chronicle: Vote No On Prop. 2, Don’t Divert Mental Health Funds - Family-member advocates for those with a serious mental illness know that Proposition 2, while well-meaning, will not solve the homelessness problem for those who are most ill. Prop. 2 is a misuse of funds, an unnecessary giveaway to investors and bureaucrats, that further reduces access and quality of treatment for people with severe mental illnesses. (Catherine Lauren Rettiglata, 10/9)

Columbus Dispatch: Kanye Sends A Mixed Message About Mental Health - It must be terribly frustrating for Kanye West to see a Supreme Court confirmation fight in Washington elbow his new album out of the national spotlight. But that’s show biz. His latest wave of newsmaking appearances and tweets makes me wonder whether, at best, we’re watching a genius at work or, at worst, the slow, public disintegration of a man who revealed in a June radio interview that he has been diagnosed with a “mental condition.” (Clarence Page, 10/9)

Air Travelers With Disabilities To Get 'Bill Of Rights' - A bill of rights for airline passengers with disabilities and enhanced disability training for TSA officers, among other changes, are on the way under a new federal law. Read More >

Study: Specialized Teacher Training Yields More Success For Kids With ASD - Training public school teachers specifically to work with students who have autism makes a big difference, new research suggests, helping kids on the spectrum excel in mainstream classes. Read More >
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**Early Aging Presents Challenges For Those With Down Syndrome** - They helped blaze the trail for community-based housing, but nearly six decades into raising their son with Down syndrome, one couple is facing the challenge of a child who’s out-aging them. **Read More >**

**Institution With Notorious History Shuts Its Doors** - Plagued by abuse, violence and death, a facility where state officials had sent people with severe disabilities for years has officially shut down. **Read More >**

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**Esperanza magazine** - Have Your Bad Habits Trapped You in an ‘Invisible Prison’? - **Read more >>**

**Esperanza magazine** - 3 Ways to Cope When Anxiety & Depression Collide - **Read more >>**

**The New York Times: A Suicidal Nanny, An Underground Industry And 3 Babies Stabbed** - Dark circles formed like warning signs beneath Yu Fen Wang’s eyes as she worked 12-hour graveyard shifts in a Queens maternity center that operated on the margins of legality. Her family said she had grown gaunt, could not sleep and told her husband she no longer wanted to live. (Robbins and Goldbaum, 10/10)

**USA Today: Cycle Of Domestic Violence Affects Millions Of Young Women, Men** - One in three teenagers say they know someone their age who has been hit, punched, choked or otherwise physically hurt by their partner. The Centers for Disease Control and Prevention says one in three young women will be abused before they reach 25 years old. Such statistics prompted the domestic violence prevention group Saving Promise to launch a campaign Monday to raise awareness of the effects of the abuse, especially on people in their preteens to their 20s. (O’Donnell, 10/8)

**NPR: DementiaSometimes Starts In A Hospital's ICU** – Doctors have gradually come to realize that people who survive a serious brush with death in the intensive care unit are likely to develop potentially serious problems with their memory and thinking processes. This dementia, a side-effect of intensive medical care, can be permanent. And it affects as many as half of all people who are rushed to the ICU after a medical emergency. Considering that 5.7 million Americans end up in intensive care every year, this is a major problem which, until recently, has been poorly appreciated by medical caregivers. (Harris, 10/10)

**San Francisco Chronicle: Ex-ER Psychiatrist: More Inpatient Treatment Needed In SF** - I sat down with Dr. Paul Linde, who for a quarter-century worked in the psychiatric emergency room at San Francisco General Hospital before leaving to work part-time as a primary care psychiatrist. He described San Francisco’s revolving door for mentally ill homeless people, the shortage of treatment beds and how California’s newly passed law strengthening the conservatorship program might help. (Knight, 10/9)

**The New York Times: Stigma Against Gay People Can Be Deadly** - I’ve never been sure what to expect when meeting someone who’s just tried to take his own life. But I’ve learned to stop expecting anything. Sometimes, the person in front of me barely speaks, staring right through me, lost in a deep catatonic depression. Sometimes he or she can’t stop talking, breathlessly describing what happened as if we’re gossiping at brunch after an hour of SoulCycle. (Dhruv Khullar, 10/9)
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**The Hill: Loneliness Is An Emerging Public Health Threat** - Everyone feels isolated sometimes, but with one in five Americans chronically lonely, has loneliness reached epidemic proportions? In 1988, the journal Science published a landmark study suggesting isolation was as strong a risk factor for morbidity and mortality as sedentary lifestyle, high blood pressure and smoking or obesity. Since then, loneliness has become an increasing public health concern and health officials are now taking the idea of an epidemic seriously. As the population ages, the burden of social isolation on public health will only increase. (Jonathan Fielding, 10/9)

**Bp Magazine - Why a Trusted Supporter is 'Invaluable' to Our Stability** - [Read more >>]
**Bp Magazine - Why We Stick to False Beliefs: Feedback vs. Facts** - [Read more >>]
**Bp Magazine - 10 Ways to Cope with Bipolar Mood Swings** - [Read more >>]

**Marketplace: The High Economic Toll Of Mental Illness** - Mental disorders are estimated to cost the global community nearly $2.5 trillion each year — and those costs are increasing. Unlike costly physical illnesses like cancer, where expenses are largely hospital-based, mental health costs are often indirect, such as not being able to work. (Samuelson, 10/10)

**The New York Times: U.K. Appoints Minister For Suicide Prevention** - Months after appointing its first minister for loneliness, Britain named a minister for suicide prevention as part of a new push to tackle mental health issues. Prime Minister Theresa May on Wednesday announced the appointment of the health minister Jackie Doyle-Price to the new role. She will lead government efforts to cut the number of suicides and overcome the stigma that prevents people with mental health problems from seeking help. (Yeginsu, 10/10)

**Stat: Coverage For Pre-Existing Conditions Lives On, Though The ACA Was Doomed** - The most enduring legacy of the Affordable Care Act may be emerging now in midterm races across the country, and our health care system may never be the same. For the first time in our history, Americans are agreeing that even if you are sick you should be able to find private health insurance coverage you can afford. Not only do 81 percent of voters now think it should be illegal for insurance companies to deny coverage to people with pre-existing conditions, but both political parties have embraced this central tenet of Obamacare. (David Blumenthal, 10/10)

**Texas fines Humana for out-of-network anesthesiology bills** - Humana agreed to pay Texas a $700,000 fine for failing to maintain an adequate number of in-network anesthesiologists at its contracted hospitals in four counties, which led to patients receiving surprise out-of-network bills. [READ MORE]

**Study gives depressing look at how climate change puts Americans’ mental health at risk** - Is climate change stressing you out? A new study linking weather and mental health in the United States suggests things could get much worse. The study outlines three separate ways that hotter and more extreme weather stand to undermine the mental well-being of the people forced to experience it.

**Kaiser Health News: Dementia And Guns: When Should Doctors Broach The Topic?** - Some patients refuse to answer. Many doctors don’t ask. As the number of Americans with dementia rises, health professionals are grappling with when and how to pose the question: “Do you have guns at home?” While gun violence data is scarce, a Kaiser Health News investigation with PBS NewsHour published in June uncovered over 100 cases across the U.S. since 2012 in which people with dementia used guns to kill themselves or others. The shooters often acted during bouts of confusion, paranoia, delusion or aggression — common symptoms of dementia. Tragically they shot spouses, children and caregivers. (Bailey, 10/12)

**Pew Research Center: 60% In US Say Health Care Coverage Is Government’s Responsibility** - Six-in-ten Americans say it is the federal government’s responsibility to make sure all Americans have health care coverage, including 31% who support a “single payer” approach to health insurance, according to a new national survey by Pew Research Center. These views are little changed from last year, but the share saying health care coverage is a government responsibility remains significantly higher than it was from 2008 through 2016 (51% said this in 2016, compared with 60% today). (Kiley, 10/3)

**Des Moines Register: Iowa GOP Welcomed Unregulated Health Plans, But Buyers Beware** - Iowans have now received what the Republican-controlled state Legislature and Gov. Kim Reynolds ordered: the option to buy unregulated health plans that can deny coverage, suddenly cancel plans, not pay medical bills and face no repercussions. The Iowa Farm
Alliance on Mental Health says 20 percent of Americans will battle with a mental or behavioral health issue in their lifetime and the National help limited access to mental and behavioral health services, a tally of incarceration and addiction Representa ve Joseph P. Kennedy III wants to put a dollar figure on the amount the United States spends as a result of State House News Service: Mental Health Study Could Address ‘Structural Disaster,’ Joe Kennedy III Say (Itzkoff, 10/12)

years sober, struggled for a moment as he soug Jasper accused Daisy of father’s home, observed his little brother, Jasper, and their younger sister, Daisy, fighting over a few missing dollars that David, as he

finance his own methamphetamine habit. Having recently watched this re mobile crisis worker for a local mental health center. (Huff, 10/15)

before heading to a Laredo, Texas, emergency room, said Kimberly medication in his hand — and considered using it to end his life. But then he “put it down and said, ‘No. I need help,’” before heading to a Laredo, Texas, emergency room, said Kimberly

Gallegos, who at the time earlier this year was a

years sober, struggled for a moment as he sought the right words to describe the disembodied way it made him feel. (Itzkoff, 10/12)

The Washington Post: Autism And The Risk Of Antidepressant Use During Pregnancy -Among the many things a woman is supposed to avoid when pregnant are antidepressants, particularly a subtype of the drugs that some studies have linked to an increased risk of autism and attention-deficit/hyperactivity disorder. Yet the evidence linking antidepressants to autism is thin. And untreated depression is dangerous for a mother and her child. (Wright, 10/14)

Kaiser Health News: As U.S. Suicides Rates Rise, Hispanics Show Relative Immunity -The young man held the medicatio in his hand — and considered using it to end his life. But then he “put it down and said, ‘No. I need help,’” before heading to a Laredo, Texas, emergency room, said Kimberly Gallegos, who at the time earlier this year was a mobile crisis worker for a local mental health center. (Huff, 10/15)

The New York Times: Fathers And Sons, Reliving On Film The Pain Of Addiction -Nic Sheff was sitting next to his father, David, as he recounted one of the lowest moments in his life. It was the time when Nic, college-aged and living in his father’s home, observed his little brother, Jasper, and their younger sister, Daisy, fighting over a few missing dollars that Jasper accused Daisy of stealing from him. All along, Nic knew that he was the thief and that he’d robbed his brother to finance his own methamphetamine habit. Having recently watched this re-enacted in a movie, Nic, now 36 and eight years sober, struggled for a moment as he sought the right words to describe the disembodied way it made him feel. (Itzkoff, 10/12)

State House News Service: Mental Health Study Could Address ‘Structural Disaster,’ Joe Kennedy III Says -US Representative Joseph P. Kennedy III wants to put a dollar figure on the amount the United States spends as a result of limited access to mental and behavioral health services, a tally of incarceration and addiction-fighting costs he says will help make the case that the money would be better spent addressing the root issue of mental health. ... Kennedy said that 20 percent of Americans will battle with a mental or behavioral health issue in their lifetime and the National Alliance on Mental Health said serious mental illness costs Americans $193.2 billion in lost earnings each year. (Young, 10/13)
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The Hill: Bourdain’s CNN Special — Death By Suicide Is A Serious Public Health Issue - Today, CNN is paying tribute to Anthony Bourdain with a special episode of the late chef’s hit Parts Unknown. When news of the death by suicide of Bourdain, the chef, author and television host were revealed, food fans around the globe, international celebrities and even President Barack Obama, mourned his loss. It also seemed like many people who didn’t read Bourdain’s books or watch his show were drawn to candlelight vigils for him or those of other celebrities who die by similar means. Those people aren’t particularly fans or truly care about Bourdain. But their mood is lifted, by the camaraderie and support they find in this collective expression of grief. (Jim Coyne and Joan Cook, 10/14)

USA Today: Mental Health: My Family’s Mental Illness Fight, Hope - Rock bottom, looking back, came 11 days after the Green Bay Packers lost to the Seattle Seahawks in the NFC championship game. My life, along with my family’s fabric, had slowly unraveled for months, spiraling into the abyss of mental illness. We had every reason to be happy in the fall of 2014. I was in my first season on the Packers beat, a dream job. My wife, Kelly, and I had three healthy, amazing boys. Each day was vibrant. (Ryan Wood, 10/13)

NIH Boosts Down Syndrome Research Funding - Federal officials are committing millions of new dollars to Down syndrome research and they say even more money may be on the way. Read More >

Nike Signs Runner With Cerebral Palsy To Pro Contract - University of Oregon junior Justin Gallegos had just finished running in a recent race when he got the surprise of a lifetime. Nike wanted to sign Gallegos to a pro contract. Read More >

Virtual World Provides Haven For Those With Special Needs - People with disabilities often struggle with social interaction, but researchers say the virtual world of Second Life can offer a safe space to socialize and forge meaningful relationships. Read More >

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Bp Magazine - 6 Simple Strategies to Break the Cycle of Bipolar’s Negative Thinking - Read more >>

Kaiser Health News: Drugmakers Funnel Millions To Lawmakers; A Few Dozen Get $100,000-Plus - Before the midterm elections heated up, dozens of drugmakers had already poured about $12 million into the war chests of hundreds of members of Congress. Since the beginning of last year, 34 lawmakers have each received more than $100,000 from pharmaceutical companies. Two of those — Reps. Greg Walden of Oregon, a key Republican committee chairman, and Kevin McCarthy of California, the House Republican majority leader — each received more than $200,000, a new Kaiser Health News database shows. (Huetteman and Lupkin, 10/16)

Modern Healthcare: 4,100 More Arkansans Lose Medicaid Over Work Requirements - More than 4,100 Medicaid expansion enrollees in Arkansas will lose coverage for the rest of 2018 because they did not comply with the state’s work requirement policy, state officials announced Monday. That’s on top of the 4,353 people who were dropped from Medicaid rolls last month. (Meyer, 10/15)

WBUR: Report: World Support For Mental Health Care Is 'Pitifully Small' - It's a major milestone in the fight to recognize mental health and mental illness as global issues: a comprehensive report from the Lancet Commission on Global Mental Health, three years in the making, released this past week at a London summit with royals Prince William and Kate Middleton, Duchess of Cambridge, in attendance to show their support for the cause. But it was not a celebratory event. Threaded throughout the 45-page report is a lament that the world is ignoring millions of suffering people. (Silberner, 10/15)

Iowa Public Radio: Candidates For Governor Discuss Iowa’s Mental Health System - The three major-party candidates for Iowa governor gathered at a forum in Des Moines Sunday to discuss how the state can improve its capacity to care for people with mental health issues. (Sostaric, 10/15)

The New York Times: Held Hostage By Health Insurance - Health insurance rules my life. It decides my jobs, my aspirations, my retirement plans and, potentially, my citizenship. I am one of as many as 133 million Americans under the age of 65 with a pre-existing medical condition — in my case, intractable epilepsy — that for decades blocked me
Is It Tattling or Telling?

How to Discipline Toddlers

Can Screen Time Be Educational for Toddlers?

What NOT to Do During a Tantrum

Cincinnati Enquirer: Dental And Medical Health Inextricably Linked - Health research has identified links between oral infection and a host of diseases, including cardiovascular disease, stroke and diabetes. Statistics show that oral diseases are very common, with more than 46 percent of U.S. adults affected with periodontitis and 92 percent with dental caries (cavities), both of which are highly preventable. If you are like two-thirds of Americans, you have some form of dental benefits, 75 percent of which are from private plans and 25 percent from public benefits. ...What happens to those without dental insurance? (Kurt Eichenwald, 10/15)

Esperanza magazine - Getting a Handle on Irritability - Read more >>
Esperanza magazine - 8 Inspirational Quotes to Read When Depressed - Read more >>
Esperanza magazine - Persevering Through The 'Highs & Lows' Of Depression Recovery - Read more >>

NPR: Microsoft Pioneer's Legacy: Allen Institute For Brain Science - Microsoft co-founder Paul Allen, who died Monday, made his fortune from software that ran computer brains. But Allen's own passion was for the human brain. "The human brain works in, so far, mysterious and wondrous ways that are completely different than the ways that computers calculate," he told NPR during an interview in 2003. "Things like appetite or emotion, how do those function in the brain?" (Hamilton, 10/16)

Des Moines Register: Dementia Patients With Aggression Turned Away From Iowa Nursing Homes - Nursing homes aren’t required to report when they turn away potential residents, so there are no solid numbers on how often it happens. But families and Iowa and national experts say the problem is growing. They say its causes include a shortage of money, increasingly strict regulations and the burgeoning population of relatively young — and strong — adults struck with early onset Alzheimer’s disease and other dementias. (Leys, 10/16)

Denver Post: Colorado Addressing Youth Suicide Crisis With Collaborative Effort - Pledging to tackle a statewide crisis in youth suicides, Colorado Attorney General Cynthia H. Coffman on Tuesday announced a first-of-its-kind collaboration with hospitals and nonprofit organizations to increase access to pediatric mental health treatment. The Attorney General’s Office will provide a $2.8 million grant to support Partners for Children’s Mental Health, a program led by Children’s Hospital Colorado that brings together nonprofits, pediatric experts, government agencies and partners across the state. (Tabachnik, 10/16)

The New York Times: 1,495 Americans Describe The Financial Reality Of Being Really Sick - The whole point of health insurance is protection from financial ruin in case of catastrophic, costly health problems. But a recent survey of people facing such problems shows that it often fails in that basic function. The survey, of some of the country’s most seriously ill people, found that even with health insurance, more than a third of the respondents had spent all or most of their savings while sick. They are often faced with deductibles and co-payments; treatments their insurance won’t cover; and financial challenges — like lost work — that health insurance alone can’t address. (Margot Sanger-Katz, 10/17)

The Hill: Short-Term Insurance Policies Likely To Cause Long-Term Problems - It is completely understandable why a small business owner would offer these short-term policies. Costs for large corporations have stabilized, but small businesses continue to see healthcare costs skyrocket, even with the ACA in place. Something must be done to address this, but in the midst of a nationwide opioid, mental health and mental illness epidemic, businesses should consider the short- and long-term ramifications of their policy choices. Similarly, individuals without access to employer-based health care have seen prices rise significantly, making short-term plans much more viable. As they consider their options, they must be aware of the potential shortfalls of short-term plans. (Scott Olson, 10/16)

What NOT to Do During a Tantrum - How to avoid knee-jerk responses that will only make things worse. READ MORE >>

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Bp Magazine - 6 Smart Steps to Take After a Bipolar Disorder Diagnosis - Read more >>

The Associated Press: Virginia Lawmaker Settle s Suit; Seeks Mental-Health Reform - A Virginia lawmaker whose son stabbed him before killing himself has settled a lawsuit over the young man's mental-health care. The Roanoke Times reports that Sen. R. Creigh (KREE') Deeds and his family will be paid $950,000 by the state's risk-management fund to settle their suit against Michael Gentry, a former mental-health evaluator with the Rockbridge Area Community Services Board. (10/17)

CityLab: Climate Change Might Be Bad for Your Mental Health, Too - Scientists have predicted many troubling consequences of global warming for Earth's ecosystems and human health and welfare. Among them is an increased risk to our mental health. (Nicole Javorsky, 10/12)

Stat: We Need To Find A Better Place To Treat Mental Health Emergencies - When I walk through my hospital’s emergency department, I’m sometimes overwhelmed by the number of people languishing there as they wait for help with a mental health issue, like the woman clutching her chest as if she’s having a heart attack but is really suffering from a panic attack. It’s her third time here in a week. She is just one of the hundreds of patients who will be admitted this year to my emergency department in the Mat-Su Regional Medical Center in Palmer, Alaska, experiencing psychiatric emergencies. Many stay in the emergency department for hours; some even stay there for a few days. The practice, called psychiatric boarding, occurs when an individual with a mental health condition is kept in an emergency department because no appropriate mental health care is available. It’s rampant around the country. (Anne Zink, 10/18)

Mental Health's Strongest Ally: Behavioral Health Integration
Around the Country, Students Leading the Way in Campus Mental Health

Health: 6 Options for Therapy That Won't Break the Bank
Thrive Global: 9 Eye-Opening Truths About the College Mental Health Crisis
Elite Daily: A New Study Says Sexual Assault Is Linked to Long-Term Health Issues for Women
bp: When Something Goes Wrong in Treatment—The Mistake to Avoid
Esperanza: 10 Unexpected Signs of Depression

Report: School Absences More Frequent For Kids With Disabilities Children with developmental disabilities are far more likely to be missing a lot of school, according to a new federal report, with those who have certain conditions at especially high risk. Read More >-

Dragging Of Boy With Autism Not Isolated, Advocates Say - As national television networks have been airing video of school staff dragging a student with autism, advocates are expressing concern, saying they've seen similar situations before. Read More >

Milwaukee Journal Sentinel: Candidates For Governor Talk About Trauma Care. But Is Either On Target? Walker's state Department of Corrections sponsored 26 workshops for 135 guards and other prison staff on a concept called "trauma-informed care" — practices meant to sensitize government workers and social agencies to the prevalence of neurological trauma that stems from childhood exposure to neglect, abuse, violence, sexual assault, addiction or chronic stress. Data collected in the last decade show an epidemic of psychological trauma all across the American population — rural, urban and suburban. (Schmid, 10/18)

The Wall Street Journal: Immigrant Children Are Staying Longer In Government Custody - Migrant children who come into the U.S. without family are staying longer in crowded shelters as authorities struggle to handle their growing numbers and to screen potential sponsors, according to government data and advocates. The average stay for unaccompanied minors who crossed the U.S.-Mexico border, most illegally, is now 59 days. That is up from 56 in June and 41 last year, according to the U.S. Depart-ment of Health and Human Services' Office of Refugee Resettlement, which is caring for about 13,000 newly arrived immigrant children. (Caldwell, 10/19)

Texas Tribune: Study: Family Separations Causing A Mental Health Crisis In South Texas - The study was released Wednesday by Human Impact Partners, a California-based research group, and the community organization La Unión del
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Pueblo Entero. ...Around 1,800 children in the Valley had a parent deported by Immigration and Customs Enforcement in 2017, leading to what the study's authors say is increased levels of "toxic stress" in the community. (Wiley, 10/19)

**The Oregonian**: Facebook Bad For Your Mental Health? New OHSU Study Says In-Person Is Better

A new study says that face-to-face contact may buffer people from mental illness in a way that Facebook and other social media won't. An Oregon Health & Science University study said that a large group of veterans were found to experience mental health issues 50 percent less if they spent more time around loved ones over those who mostly socialized online. The science about whether social media is making us more anxious or depressed is mixed. Some doctors say there is a clear link between increased rates of youth mental illness and social media culture. (Harbarger, 10/18)

**The Commonwealth Fund**: Health Care In America: The Experience Of People With Serious Illness

Most Americans expect the health care system will deliver effective treatment and support them through trying times when they get sick. But in reality, health care in America sometimes hurts even as it helps. Appointments can be difficult to get. Clinics and emergency rooms are often overcrowded. Doctors’ recommendations can be confusing and difficult to follow. And when the bills arrive, the costs can be unexpected and devastating. More than 40 million adults in the United States experienced serious illness in the past three years. More than 41 million provided unpaid care to elderly adults during the past year. (Schneider et al, 10/17)

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Mental health burdens mean Iowa justice system could 'collapse under its own weight,' Drake prof says


**For many, a struggle to find affordable mental health care** - Massachusetts has more mental health care providers per capita than any other state, more psychiatrists than anywhere but Washington, D.C., more child psychiatrists than all but D.C. and Rhode Island.

Yet poor and middle-class patients describe an often-frustrating and painful struggle to find a provider who will see them, at a price they can afford. They sometimes suffer longer than necessary, or settle for care by an inexperienced or less-credentialed practitioner.

How can this be? **Read the full story.**

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**Sons with Schizophrenia: Three Mothers** - [https://benbehindhisvoices.com/2015/06/sons-with-schizophrenia-a-tale-of-three-mothers/?fbclid=IwAR2ded77gfjz6Epk3VA-l2fyFggwIwrSaurtu_R_K3v7nNvArRXsP8tDr6c]

**CMS hands states more power for waiver process** - In a dramatic overhaul of the current 1332 waiver process, the CMS said state legislatures will no longer have to approve waiver plans. Instead, governors will be able to take action on their own. The agency also changed how it will evaluate waivers. **READ MORE**

**Politico Pro**: Medicaid Privatization Takes Center Stage In Iowa Governor's Race - Questions about the future of Obamacare and protections for sick people are dominating congressional races all over the country, but in Iowa, the focus is decidedly more local: Did the state err when it let private insurers run its Medicaid program? It's become a pivotal question in the tight governor's race pitting Democrat Fred Hubbell against Gov. Kim Reynolds. (Goldberg, 10/19)

**The Associated Press**: 'I Don't Feel Real': Mental Stress Mounting After Michael - Amy Cross has a hard time explaining the stress of living in a city that was splintered by Hurricane Michael. She's fearful after hearing gunshots at night, and she's confused because she no longer recognizes the place where she's spent her entire 45 years. "I just know I don't feel real, and home doesn't feel like home at all," Cross said. (Reeves, 10/21)

**NPR**: To Boost Mental Health, Try Team Sports Or Group Exercise - Ryan "China" McCarney has played sports his entire life, but sometimes he has to force himself to show up on the field to play pick-up soccer with his friends. "I'm dreading
and I'm anticipating the worst. But I do it anyway. And then, it's a euphoric sensation when you're done with it because you end up having a great time," says McCarney. McCarney was just 22 when he had his first panic attack. As a college and professional baseball player, he says getting help was stigmatized. (Woodruff, 10/22)

**Concord (N.H.) Monitor: Finding Hope: Giving Students A Voice In Suicide Prevention** - In Exeter, the district implemented a similar program, training student youth leaders like Siegfried to go into health classes during a week-long section on mental health and teach suicide prevention. The district now uses Signs of Suicide (SOS) training into its middle school, paid for by the Connor’s Climb Foundation. Connor’s Climb was founded by Tara Ball, whose 14-year-old son, Connor, died by suicide while he was a student at Exeter High School in 2011. (Willingham, 10/21)

**San Francisco Chronicle: Older HIV Patients Struggle With Loneliness And Depression — And Lack Of Services** - Older people with HIV are frequently lonely and depressed, many of them face serious housing and financial hardships, and they have high rates of physical ailments — such as chronic pain, heart disease, diabetes and fatigue — that can diminish their quality of life. All of that’s been known for several years. But services to meet their needs still fall short, say people with HIV and the groups that support them, and simply quantifying their mental and physical health problems has been a challenge. (Allday, 10/20)

**Boston Globe: For Many, A Struggle To Find Affordable Mental Health Care** - Massachusetts has more mental health care providers per capita than any other state, more psychiatrists than anywhere but Washington, D.C., more child psychiatrists than all but D.C. and Rhode Island. Yet poor and middle-class patients describe an often-frustrating and painful struggle to find a provider who will see them, at a price they can afford. (Kowalczyk, 10/20)

**Texas Tribune: Federal Officials Tell Texas To Go Beyond Plan For Special Education Overhaul** - In a letter Friday, officials from the U.S. Department of Education dissected Texas' proposed plan for overhauling special education for kids with disabilities — in many cases urging state officials to do even more than they had originally planned. Earlier this year, a thorough investigation found Texas had failed to provide students with disabilities with a proper education, violating federal special education law, and demanded it undertake a long list of corrective actions to shape up. (Swaby, 10/19)

**Stat: Wider Use Of Psychiatric Drugs Could Boost The Global Burden Of Mental Illness** - To reduce the rising burden of mental disorders around the world, the Lancet Commission on Global Mental Health and Sustainable Development has declared a need to increase psychiatric services globally, which should include an effort to “reduce the cost and improve the supply of effective psychotropic drugs for mental, neurological, and substance use disorders.” While reducing the burden of mental disorders is certainly a laudable goal, we believe that implementing this plan will increase the global burden of mental disorders rather than decrease it. (Robert Nikkel and Robert Whitaker, 10/22)

**The Washington Post: Dealing With Anxiety Is Normal Part Of Grieving.** - A few years ago, I began seeing a surge in anxious clients to my private practice as a grief therapist. They were reporting panic attacks and debilitating anxiety following the death of a loved one. Some of them had experienced anxiety before the loss, but the majority of them had never had anxiety before. Granted, anxiety is on the uptick in our society. Xanax prescriptions are on the rise, more college students than ever are reporting anxious symptoms, and a proliferation of books and apps are hitting the shelves to address this prevalent symptom. (Claire Bidwell Smith, 10/21)

**Austin American-Statesman: How Texas Can Lead On Mental Health Parity And Treatment Access**
In reality, few individuals who have a mental health need obtain care—just one in 10 individuals who need substance use treatment accessed it at a specialty facility in 2016. And, the state’s health care system—like the rest of the country—is fragmented, with mental health seen as a separate and distinct element from physical care. (Benjamin Miller, 10/19)

**CMS overhauls Obamacare waiver process to promote non-ACA plans** - In a dramatic overhaul of the current 1332 waiver process, the CMS is changing the way it evaluates the proposals and encouraged states to promote plans that don't comply with the ACA. Governors will be able to take action on their own. [READ MORE]

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How Sensory Processing Issues Affect Kids in School - And how can we help children in the classroom. [READ MORE ▸]

Breaking the Behavior Code - How teachers can read and respond more effectively to disruptive students. [READ MORE ▸]

Anxiety in the Classroom - What it looks like, and why it's often mistaken for something else. [READ MORE ▸]
Twice-Exceptional Kids: Both Gifted and Challenged - 2e kids have a unique set of issues that need addressing.

What's ADHD (and What's Not) in the Classroom - Signs of the disorder, and other problems often confused with it.

What Does OCD Look Like in the Classroom? - How to recognize the signs a child is struggling, even if he is hiding his anxiety.

Emergency docs say Iowa Medicaid change hurts patients, hospitals - Starting Aug. 1, Iowa Medicaid no longer allowed emergency departments to submit claims for treating some conditions that turn out to be non-emergent.

Esperanza magazine - 5 Ways to Maintain Hope When Depression & Anxiety Resurface

Esperanza magazine - The Freedom in Giving Up the Need to Be Understood

Esperanza magazine - 3 Ways to Deal with Anxiety as a Highly-Sensitive Person

Des Moines Register: Iowa Medicaid Provider's Move To End Specialized Treatment Alarms Parents - Melissa and Dennis Henderson weathered assaults, suicide attempts, police visits and homicidal threats until their 15-year-old daughter began receiving specialized treatment last year in Missouri. This spring, a doctor at United Healthcare recommended ending the adopted girl’s stint at the Lake of the Ozarks psychiatric facility for kids who have experienced severe trauma, saying the treatment was no longer medically necessary. The Hendersons appealed. This month, an administrative law judge decided that treatment, which typically lasts 12 to 18 months, should continue. But Iowa's Department of Human Services chief, Jerry Foxhoven, informed the Pleasant Hill couple that he will be reviewing the decision at the request of United Healthcare.

Residents of Grand Junction, Colo. say it's a battle to fight the stigma and "pick yourself up by your bootstraps" mentality that runs deep in the rural mountain area. Meanwhile, patients with mental illness are given a voice in what scientists should work on in the field, and a new study looks at the emotional trauma some college students experienced following the 2016 presidential election.

NPR: Why Are Suicide Rates Higher In The Mountain West? - At the confluence of the Gunnison and Colorado rivers, the town of Grand Junction, Colo., sits in a bowl of a valley ringed by tall mountains, desert mesas and red rock cliffs. For local residents like Victoria Mendoza, sometimes the setting makes her and others feel isolated. "I know we can't really fix this because it's nature," says Mendoza. "I feel like people in our valley feel like there's only life inside of Grand Junction."

Stat: People With Mental Illness Share What They Want Scientists To Study - Patients are usually the subject of scientific studies, not the designers. But a new effort is trying to bring patients' priorities to the forefront in research on mental health. For months, the Milken Institute and the Depression and Bipolar Support Alliance have been collecting the perspectives of patients with depression or bipolar disorder. The first-of-its-kind survey poses a question patients don't often get asked: What questions about your health and experience with depression or bipolar disorder would you most like research to help you answer?

The New York Times: Even A 10-Minute Walk May Be Good For The Brain - Ten minutes of mild, almost languorous exercise can immediately alter how certain parts of the brain communicate and coordinate with one another and improve memory function, according to an encouraging new neurological study. The findings suggest that exercise does not need to be prolonged or intense to benefit the brain and that the effects can begin far more quickly than many of us might expect. We already know that exercise can change our brains and minds. The evidence is extensive and growing.

Bp magazine - When Hypomania Stops Being Pleasurable

Bp magazine - How We Are Hardwired to Let Go of Grudges and Forgive

Bp Magazine - What to Do After a Depressive Episode

Politco's Pulse Check: Meet The Woman Leading The Nation's War On Addiction - Nora Volkow is America's top scientist on addiction. And she's worried that by focusing on the opioid crisis, we're missing a chance to fight what caused it in the first place.
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**The Washington Post: County Pays Nearly $5M Over Heroin Withdrawal Death In Jail** - A small Pennsylvania county will pay nearly $5 million to the family of a teenager who collapsed and died after four days of heroin withdrawal in jail. The family’s lawyer said jail staff ignored her dire medical needs for days and then lied about it. (Dale, 10/24)

**Settlement Reached After Student Reportedly Left In Basement** - A student with disabilities who was allegedly removed from school, placed in a basement and told to watch DVDs and sort nuts and bolts, will receive more than $1 million in compensation. [Read More >]

**Screening Tool May Identify Root Of Autism Behavior Problems** - Kids with autism often struggle with behavior issues, but researchers say a simple new questionnaire may be able to determine if an underlying medical condition is actually the cause. [Read More >]

**Parents Struggle To Find In-Home Nurses** - Families in some areas are struggling to find nurses to assist their children with disabilities leading to compromised care and straining parents who are left to pick up the pieces. [Read More >]

**The Associated Press: Iowa Hospitals Say Medicaid Change Will Cost Them Millions** - Iowa officials running the state's Medicaid program have changed the way hospitals are paid for emergency room care which allows insurance companies to deny or reduce payment for hundreds of symptoms causing hospitals to absorb millions of dollars in unpaid bills. Iowa hospitals have warned Gov. Kim Reynolds and the Iowa Department of Human Services administrator who oversees the Medicaid program that the changes will cost the state's largest hospitals tens of millions of dollars in lost revenue a year and will lead to layoffs. (Pitt, 10/25)

**USA Today: Dementia And Alzheimer’s Leave Families Grappling With Elder Guardianship** - Casey Kasem’s widow battled his children to maintain medical control of the radio legend as he faded with a form of dementia. The wife and daughter of actor and comedian Tim Conway are sparring in court over the care of the former Carol Burnett Show star. Similar disputes divided the families of country music icon Glen Campbell and R&B singer Etta James. Star Trek actress Nichelle Nichols is the subject of a court action brought by her son. The high-profile legal battles around celebrities incapacitated by dementia are drawing attention to a phenomenon dividing many more families across the country. (Alltucker, 10/25)

**San Francisco Chronicle: A California Prison Whistle Blower Exposes The State’s Weakness On Mental Health Care** - The top psychiatrist in the California Department of Corrections and Rehabilitation has accused his prison bosses of misleading the federal court — and opposing lawyers — in a long-running inmate lawsuit about appropriate levels of psychiatric treatment. The judge is weighing whether she should make the psychiatrist’s whistle-blower report public. (10/25)

Iowa’s Medicaid Managed Care Program is deeply flawed; corrective action is needed- [https://amp.desmoinesregister.com/amp/1279515002?__twitter_impression=true](https://amp.desmoinesregister.com/amp/1279515002?__twitter_impression=true)

**Charlamagne Tha God is a man of many anxieties. He hopes facing them helps others shake the stigma** In his new book, “Shook One: Anxiety Playing Tricks On Me,” Charlamagne Tha God gets real about mental health and shaking the stigma in the black community. [Continue reading →]

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**Esperanza magazine - 8 Inspiring Quotes to Read When Depressed** - [Read more >>]

**NPR: A Rural Community Decided To Treat Its Opioid Problem Like A Natural Disaster** - But heroin addiction and abuse are not just a big city problem, as [Ty] Trenary had thought. While the bulk of fatal overdoses still happen in urban areas, the rural overdose rate has increased to slightly surpass that of cities. Rural Americans say drug addiction and abuse are the most urgent health problems facing their local community, according to a new poll by NPR, the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health. In the poll, 48 percent of people said opioid addiction has gotten worse in their community in the past five years. (Boiko-Weyrauch, 10/28)
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Nearly 70 rural hospitals have shuttered since 2013, in a trend that studies associate with states that did not expand Medicaid. In other state hospital news: a three-day strike at five University of California teaching hospitals and a Missouri center reviews its postpartum mental health services.

The New York Times: A Sense of Alarm As Rural Hospitals Keep Closing - Hospitals are often thought of as the hubs of our health care system. But hospital closings are rising, particularly in some communities. “Options are dwindling for many rural families, and remote communities are hardest hit,” said Katy Kozhimannil, an associate professor and health researcher at the University of Minnesota. Beyond the potential health consequences for the people living nearby, hospital closings can exact an economic toll, and are associated with some states’ decisions not to expand Medicaid as part of the Affordable Care Act. (Frakt, 10/29)

St. Louis Post Dispatch: Following Tragedy, St. Louis Hospitals Renew Commitment To Postpartum Mental Health - Until recently, mental health screenings were not standard for pregnant women and new mothers even though at least 20 percent will experience depression or anxiety that can be exacerbated by hormonal surges, lack of sleep and the demands of an infant. The screenings can be lifesaving — as many as one in five deaths of women in the postpartum period is caused by suicide. ...At Barnes-Jewish Hospital, postpartum nurses will alert the mental health team if they notice that a new mother doesn’t want to hold her baby or makes comments about feeling inadequate or overwhelmed. (Bernhard, 10/28)

The Wall Street Journal: Caregivers Do Double Duty To Make Ends Meet - Demand for these workers, who provide the majority of hands-on non-medical care to older adults, is strong now and for the foreseeable future because of the aging baby-boom generation, longer life expectancies and growing rates of chronic conditions. In the next decade, home-care work is expected to add more jobs than any other occupation, with an additional 1.2 million needed by 2026, according to the Bureau of Labor Statistics. ... Yet even with high demand and tight supply, wages remain stubbornly low. Between 2007 and 2017, inflation-adjusted median hourly wages for direct-care workers—including home-health aides, personal-care aides and nursing assistants—fell 2% to $11.83 from $12.08, according to PHI, an organization that works with the direct-care industry. A 40-hour work week at that rate yields an annual income of around $24,600. (Ansberry, 10/27)

The Associated Press: Maryland Settles With Nursing Homes That Discharged Patients - The state of Maryland on Thursday announced a $2.2 million settlement in its suit against the owners of Neiswanger Management Services, a nursing home company that routinely discharged patients when their Medicare coverage ran out and they had no income for further care. Capital News Service ran a series in September 2016, called “Discharging Trouble,” that shared the stories of several patients who, at the end of their coverage, had been left at the doorstep of unlicensed assisted living homes where they alleged they were assaulted and robbed. (Williams and Dubose, 10/26

Chicago Tribune: Homeless People In The Library? Chicago, Suburban Libraries Turn To Social Workers For Help - Public libraries have long been a refuge, not just for readers, but also for people with nowhere else to go during the day — people who sometimes sleep in chairs, use the bathroom sinks to wash themselves or inject themselves with drugs in bathroom stalls. Sometimes they have been kicked out. At best they’ve been left alone. But now a growing number of libraries in Illinois and across the nation are facing the issue head-on, hiring social workers to help connect people with housing, healthcare and food. The Chicago Public Library has a social worker who splits time between two of its Uptown branches, paid for by local hospital system Amita Health. (Schenck, 10/27)

USA Today Network: Cesar Sayoc: Early Signs Of Mental Health Problems For Mail Bomber Suspect - Even as a young man, Cesar Sayoc showed signs that he struggled with mental health problems, but his family could not persuade him to seek help. Sayoc, now facing federal charges in connection with mailing bomb-like devices across the country to top Democrats and media personalities, would get angry when his relatives asked him to seek help, said Ronald Lowy, a Miami lawyer who has represented Sayoc and the family for years. (Marino and Mills, 10/28)

Stat: Surprise Out-Of-Network Bills Are The Fault Of Insurance Regulators - A woman with cancer experiences complications related to her treatment and is hospitalized at a facility that accepts her insurance. During a four-day stay there, she is cared for by a team of physicians and nurses and undergoes a battery of tests and procedures. Once she is stable, she’s sent home. She continues seeing her oncologist for cancer treatments covered by her insurance, but a few weeks later, out-of-network bills from providers at the hospital begin to trickle in. Those bills aren’t mistakes. They are actually an all-too-common occurrence, one that health plans often fail to mention — or do anything about. As a result,
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patients pay higher out-of-network costs that are partially covered, if at all, by their health insurance. (R. Bruce Williams and Geraldine B. McGinty, 10/29)

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_Bp Magazine_ - _Picture Perfect—The Burden on Families and Caretakers When We Pretend 'Everything is Fine'_ - [Watch Jon's Video >>](#)

_Richmond Times-Dispatch: Wounded Warrior Project Expands Mental Health Care Services For Veterans_ - As suicide rates among veterans remain high, the Wounded Warrior Project has committed to expanding its mental health care services to reach about 5,000 additional veterans across the nation over the next five years. ...The network, which was launched in 2016, sponsors veterans through an intensive, two- to three-week program to help them cope with post-traumatic stress disorder and traumatic brain injury at one of four academic medical centers: UCLA Health in California, Emory Healthcare in Georgia, Rush University Medical Center in Illinois and Massachusetts General Hospital. (Balch, 10/29)

_Stat: Postpartum Can Be Boundless Love And Deep Sadness. It Shouldn't Mean Silence_ - It was hard to admit that a mental health crisis had crept up on me, just weeks after one of the happiest days of my life. I told myself that I was exaggerating my own symptoms, that I was just overtired. Many women have it worse, I thought. I could make it work. And yet, even as I was “making it work,” I was pierced by moments of breathtaking sadness. I was underwater before I saw the tide coming in. I loved my baby more than it was possible to describe. I also had postpartum depression and anxiety. It was hard to square those facts. (Alissa Ambrose, 10/30)

_Dallas Morning News: Dallas Must Stop Arresting Homeless People For Not Having Homes_ - Dallas County's homeless population is steadily rising. With no stable place to lay their heads, the homeless people have taken to the streets, a new normal that is disruptive to homeless residents and to the many business owners in Dallas and its surrounding cities. Government has responded to this difficult problem in the most expensive and inhumane way imaginable: by jailing its homeless population through aggressive prosecutions for criminal trespass, a low-level misdemeanor that simply means being on someone else's property. The majority of these cases do not involve anyone's home, but rather gas stations, hospitals, malls and even DART stations. (Philip Kingston and Mark Clayton, 10/29)

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_Esperanza magazine - New Theory Identifies the Molecular Cause of Depression_ - [Read more >>](#)

_AMA invests $15 million to improve physician residency training_ - The American Medical Association will invest $15 million over the next five years to transform medical education. The initiative will focus on improving the transition from medical school to residency training programs. [READ MORE](#)
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**CQ: Immigration Rhetoric Stokes Fears Of Doctor Shortages** - The Trump administration’s actions and rhetoric on immigration are stoking fears among physician training experts that fewer foreign doctors will want to train and serve in the United States, where they make up a significant portion of a medical workforce that is already short-handed. The commission that certifies graduates of foreign medical schools who come here for their residencies says it is seeing a decrease in the number of people applying from foreign countries affected by Trump’s executive actions on immigrations. Its leaders worry that promising students or doctors from other countries will also think twice about whether to continue their medical training in the U.S. (Siddons, 10/30)

**The Associated Press: High Hopes & Hype For Experimental Depression Drug Ketamine** - It was launched decades ago as an anesthetic for animals and people, became a potent battlefield pain reliever in Vietnam and morphed into the trippy club drug Special K. Now the chameleon drug ketamine is finding new life as an unapproved treatment for depression and suicidal behavior. Clinics have opened around the United States promising instant relief with their “unique” doses of ketamine in IVs, sprays or pills. And desperate patients are shelling out thousands of dollars for treatment often not covered by health insurance, with scant evidence on long-term benefits and risks. (Tanner, 10/31)

**The New York Times: How Emotions Can Affect The Heart** - A century ago, the scientist Karl Pearson was studying cemetery headstones when he noticed something peculiar: Husbands and wives often died within a year of one another. Though not widely appreciated at the time, studies now show that stress and despair can significantly influence health, especially that of the heart. One of the most striking examples is a condition known as Takotsubo cardiomyopathy, or broken-heart syndrome, in which the death of a spouse, financial worries or some other emotional event severely weakens the heart, causing symptoms that mimic a heart attack. (O’Connor, 10/30)

**NPR: When Adolescents Give Up Pot, Their Cognition Quickly Improves** - Marijuana, it seems, is not a performance-enhancing drug. That is, at least, not among young people, and not when the activity is learning. A study published Tuesday in the Journal of Clinical Psychiatry finds that when adolescents stop using marijuana – even for just one week – their verbal learning and memory improves. The study contributes to growing evidence that marijuana use in adolescents is associated with reduced neurocognitive functioning. (Cohen, 10/30)

**MPR: Minnesota’s Depression Treatment Outcomes Are, Well, Depressing** - Minnesota’s mental health system is largely ineffective at treating depression and hasn’t improved, according to a new report from Minnesota Community Measurement. ...After 6 months of treatment only 8 percent of Minnesota patients have no symptoms — or at least fewer symptoms — of depression. The remission rate has been stuck at 8 percent for years. (Catlin, 10/30)

**The Star Tribune: Minn. Business Leaders Urge Employers To Step Up On Depression Care** - A group of Minnesota business leaders called on fellow employers Tuesday to upgrade their benefits packages and workplace attitudes in an effort to improve the treatment of depression and reduce the state’s rising suicide rate. Citing reduced productivity and increased prescription drug costs, leaders with the Minnesota Health Action Group said companies have both economic and moral reasons to take on mental health. (Olson, 10/30)

**The New York Times: A Novel Solution For The Homeless: House Them In Backyards** - Now, as part of an unusual arrangement, Ms. Chavarria may soon be welcoming some of those homeless people into her backyard. Ms. Chavarria is one of several Los Angeles residents who are building additions to their homes that would be used by people emerging from homelessness. Faced with a major housing crisis, Los Angeles is trying out an idea that some hope is so wild that it just might work: helping homeowners build small homes in their backyards and rent them to people who have spent months living in their cars, in shelters or on the streets. (Medina, 10/29)

**Stat: A Program For Underrepresented Minority Teens Helped Me Become A Doctor** - HPREP’s message was simple yet enormously powerful: You belong here and don’t let anyone sell you short. The program, which celebrates its 30th anniversary in 2019, was started by medical students at Weill Cornell Medicine with the aim of drawing more underrepresented minority students into the medical field. Now a national program under the auspices of the Student National Medical Association, more than 7,000 high school students have participated in the HPREP program. (Jessica M. Pena, 10/31)

**Shutting Down Five Misconceptions About Depression** - Depression is not a phase. It's not a bad day; it's not something that can be easily fixed by eating clean or yoga. Depression is a mental illness. [READ MORE »](https://www.nationalgeographic.com/health/2018/11/misconceptions-depression-mental-health/)
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**Why I Don’t Say My Son "Committed" Suicide** - The terminology we use to describe suicide is often offensive to those who have lost loved ones. Here is one mother's account on why we shouldn’t use the phrase "committed suicide." [READ MORE »](#)

**But I was a Victim, Right?** "I was 22 years old and in my last semester of undergraduate college when I suffered two psychotic breaks. During this time, I was unable to control my thoughts and behavior." [READ MORE »](#)

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