

September 2019 Additional Mental Health Related Articles and Videos from Around the Nation

[Kaiser Health News: California Requires Suicide Prevention Phone Number On Student IDs](#) - Denise Herrmann was only a few months into her new job as principal of a Palo Alto, Calif., high school in fall 2014 when a student took his own life. By the next day, Herrmann said, she and some of her colleagues at Henry M. Gunn High School were in conversations with experts from nearby Stanford University about how to cope with student suicides and their aftermath. She knew her school was not alone. "This was a community issue," she said. (Kreidler, 8/30)

[Helping Children Cope After a Traumatic Event](#)

Mental Illness and Mass Murder – an Op-ed in the Wall Street Journal by E. Fuller Torrey -

<https://www.treatmentadvocacycenter.org/fixing-the-system/features-and-news/4190-dr-e-fuller-torrey-mental-illness-and-mass-murder>

Mental Health Care Providers Needed - Des Moines Register article https://desmoinesregister-ia.newsmemory.com/?token=78ff8248bebb6046216f940be4cb814d&cnum=2618906&fod=111111STD-0&selDate=20190805&licenseType=paid_subscriber&

Here is additional information about health crises in the rural area.

<https://newrepublic.com/article/153604/work-suicidal-farmers-its-becoming-much-bear>

He spoke at the Farm Bureau state meeting in June <https://www.extension.iastate.edu/news/brown-named-behavioral-health-state-extension-specialist>

<https://www.thegazette.com/iowaideas/stories/human-social-services/iowa-sees-rise-in-deaths-by-suicide-but-some-have-hope-20190503>

UI Students Report More Depression, Drug Use https://desmoinesregister-ia.newsmemory.com/?token=78ff8248bebb6046216f940be4cb814d&cnum=2618906&fod=111111STD-0&selDate=20190805&licenseType=paid_subscriber&

America's Mental Health 2018 – a report summary from the Cohen Veteran Network and the National Council for Behavioral Health <https://www.cohenveteransnetwork.org/wp-content/uploads/2018/10/Research-Summary-10-10-2018.pdf>

The Medical Director Institute (MDI) of the National Council for Behavioral Health released, "[Mass Violence in America: Causes, Impacts and Solutions](#)," a comprehensive report following recent episodes of mass violence in El Paso, Texas; Dayton, Ohio and Gilroy, California. For the first time, this groundbreaking report examines the reasons, contributing factors and actionable solutions surrounding mass violence in America through the lens of behavioral health. [Read the full report here.](#)

National Council's Trauma-Informed Care Team Releases Resources in Response to Mass Violence - In the wake of recent acts of mass violence, the National Council's Trauma-Informed Care Team has compiled [a list of resources](#) for individuals, families, communities and organizations that have been impacted by these and similar experiences. According to the document, "it is important for organization and community leaders and staff to acknowledge and address common trauma responses, create ongoing opportunities for individuals to process how they are impacted, teach and encourage calming strategies to address responses as they emerge and encourage individuals to seek assistance as needed." [Access the full list of tips, tools and resources here.](#)

Grocery Chain Rolls Out Adaptive Shopping Carts - Thanks to one mom, a supermarket chain is the first to provide carts in all of its stores designed for children with special needs who are too big to sit in regular carts. [Read More >](#)

Study Calls For End To 'High Functioning Autism' Label - A term often used in both clinical and social settings to denote the capabilities of individuals on the autism spectrum should be consigned to the history books, researchers say. [Read More >](#)

Regal Offers Tickets, No Apology For Turning Away Kids With Special Needs - After a group of children with disabilities was turned away over "liability" concerns, a Regal theater has offered free movie tickets, but no apology. [Read More >](#)

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[The Associated Press: Cities Now See More Overdose Deaths Than Rural Areas](#) - U.S. drug overdose deaths, which have been concentrated in Appalachia and other rural areas for more than a dozen years, are back to being most common in big cities again, according to a government report issued Friday. The report by the Centers for Disease Control and Prevention said the urban overdose death rate surpassed the rural rate in 2016 and 2017. Rates for last year and this year are not yet available. But experts, citing available data, say the urban rate is likely to stay higher in the near future. (Stobbe, 8/2)

Leslie and Scott Carpenter of [Iowa Mental Health Advocacy](#) also made national news, appearing on *CNN* after the Democratic presidential debates. In a conversation between Gary Tuchman and Iowa voters, Leslie urged all the candidates to make severe mental illness a priority. We posted the interaction on Facebook [here](#). Keep speaking out on the need for systemic reform!

[A Pennsylvania family struggles to help their bipolar daughter](#) - A recent *WITF* radio story highlights the trauma being endured by the Stringer family in eastern Pennsylvania, and recalls an incident one evening when their bipolar daughter showed up in the backyard "screaming about voices in her head." Despite [recently passed reforms](#), the Stringers struggled to get their beloved daughter the treatment she needs and deserves because she refuses it and is not required to receive it. Listen to "Praying for involuntary commitment" [here](#). It's part of a series called "Through the Cracks."

[Trouble in Virginia](#) - According to reporting by the *Virginia Gazette*, as of late last month, 301 of Eastern State Hospital's 302 beds were full and about a third of all staff positions were unfilled. Meanwhile, the hospital's top three administrators were on administrative leave or had resigned. It does not sound like a good situation, but the capacity strain and administrative concerns should not distract us from the need to eliminate barriers to treatment for people with severe mental illness. As our Lisa Dailey argues, "These are solvable problems." That story is [here](#).

[CIT in San Antonio](#) - Last weekend, *NBC Left Field* ran [this documentary](#) on members of law enforcement in San Antonio, Texas who are responding to people in psychiatric distress. If you are familiar with our work, you will hear citations from our research, as well as some of the reasons why we advocate for timely and effective treatment of severe mental illness. Hopefully, someday soon, law enforcement officers will not be forced to address the failures of the mental health treatment system. In the meantime, it is encouraging to see dedicated public servants trying to approach mental illness in the right way.

[Reforming SAMHSA](#) - As author and advocate Pete Earley writes in his blog, "With only sixteen months to go before the presidential election and a possible change in leadership, Assistant Secretary for Mental Health and Substance Abuse Dr. Elinore McCance-Katz continues to push for substantive changes at the Substance Abuse and Mental Health Services Administration. (SAMHSA). The latest – urging states to study their civil commitment laws and promoting greater use of psychiatric advance directives (PADS)." Check out Pete's post on these developments, [here](#).

[A patchwork of mental health programs in California](#) - In [this San Francisco Chronicle](#) piece, "California counties inconsistent in offering critical treatment for early psychosis," Jocelyn Weiner explains that the Golden State's "geography creates significant barriers to people getting early psychosis treatment... because California's 58 counties have 58 different public mental health programs, each with its own set of covered services." Weiner writes for *CALmatters*, a nonprofit, nonpartisan media venture, and her story was supported by a grant from the California Health Care Foundation.

[Dr. Drew sounds off on California's homeless crisis: "How many must die?"](#) - On the *Fox News Network*, Dr. Drew Pinsky sounded off on California's mental health crisis, and the willful ignorance of state officials to the part that untreated severe mental illness plays in chronic homelessness, and recent disease outbreaks in the state. In [this video](#), he heatedly asks, 'How many must die' before we address the problem? His is a good question -- one that we've asked for years.

[FEATURED OP-ED: In Los Angeles, A Doctor's Look "Behind the Muddied Glass"](#) - Dr. Susan Partovi has provided medical attention to the homeless in the streets and clinics of Los Angeles for fifteen years. In the *California News Press* she movingly describes an encounter with a woman with severe mental illness who she met while making rounds at the Los Angeles County women's jail.

Partovi also urges the state to adopt a new approach to stop people from falling through the cracks of our broken mental health system. In particular, she argues that all of California's counties should adopt Laura's Law, the state's version of assisted outpatient treatment – a tool to engage individuals into treatment who have a history of non-adherence to medication, and who often lack insight into their illness. To date, as we highlighted in our report, [A Promising Start](#), only 20 of the state's 58 counties (see graphic) have done so, and only to varying degrees. "Behind the Muddied Glass" can be read [here](#).

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Bp Magazine - Depressed? How to Avoid Fueling Hopelessness- [Read more >>](#)

Bp Magazine - 5 Ways to Take Charge of Your Care- [Read more >>](#)

[Olympic cyclist Kelly Catlin could do it all. Until it all became too much.](#) - Kelly Catlin was a silver medalist and Stanford graduate student. At 23, she took her own life. Kent Babb • [Read more »](#)

[Restoring Respect to Suffering Patients](#) - It takes decisive action, not words, to end stigma. More in this commentary by Allen Frances, MD, Chair, DSM-IV Task Force. [Read more](#)

Bp Magazine - What You Need to Know about Growing Older with Bipolar - [Read more >>](#)

[The Washington Post: Racism Has Devastating Effects On Children's Health, Pediatricians Warn](#) - The nation's largest group of pediatricians warned this week that racism can have devastating long-term effects on children's health. A policy statement from the American Academy of Pediatrics is the first it has issued to its members on the dangers of racism. Doctors involved in the report said the current political and cultural atmosphere makes the work more urgent. (Wan, 8/2)

[The New York Times: One In 10 Older Adults Binge Drinks, Study Says](#) - Excessive alcohol consumption is not safe for a person at any age, but it is particularly dangerous for older adults. And according to a study published this week, about one in 10 older adults is considered a binge drinker. "Binge drinking, even episodically or infrequently, may negatively affect other health conditions by exacerbating disease, interacting with prescribed medications and complicating disease management," said Dr. Benjamin Han, the lead author of the study that was published on Wednesday in the Journal of the American Geriatrics Society. (Rueb, 8/2)

[NH Times Union: Gov. Sununu Signs Bill Aimed At Preventing Youth Suicides](#) - Gov. Chris Sununu signed a bill Friday aimed at preventing youth suicides by requiring training for teachers and students. Suicide is among the leading causes of death for young people, according to the Centers for Disease Control and Prevention, and has become more common in New Hampshire over the past 20 years. The bill signed into law Friday directs local school districts to develop policies to prevent suicide, assess students at risk of suicide and respond to student suicide, as well as to provide training about youth suicide to staff and students. The bill passed with bipartisan support, and Sununu signed it into law Friday. (Albertson-Grove, 8/2)

[The Wall Street Journal: Mental Illness And Mass Murder](#) - Based on the increase in the U.S. population, there are now some one million people with serious mental illness living among the general population who, 60 years ago, would have been treated in state mental hospitals. Multiple studies have reported that, at any given time, between 40% and 50% of them are receiving no treatment for their mental illness. With the best of intentions and the worst of planning, America has emptied out its public psychiatric hospitals without ensuring that the released patients would receive the necessary treatment to control their symptoms. What did we think would happen? (E. Fuller Torrey, 8/4)

[Los Angeles Times: Nearly All Mass Shooters Have 4 Things In Common](#) - In the last week, more than 30 people have died in three separate mass shootings in Gilroy, El Paso and Dayton, Ohio. We believe that analyzing and understanding data about who commits such massacres can help prevent more lives being lost. For two years, we've been studying the life histories of mass shooters in the United States for a project funded by the National Institute of Justice, the research arm of the U.S. Department of Justice. We've built a database dating back to 1966 of every mass shooter who shot and killed four or more people in a public place, and every shooting incident at schools, workplaces, and places of worship since 1999. We've interviewed incarcerated perpetrators and their families, shooting survivors and first responders. We've read media and social media, manifestos, suicide notes, trial transcripts and medical records. (Peterson and Densley, 8/4)

Bp Magazine - 4 Strategies for Managing Anger and Irritability - [Read more >>](#)

Bp Magazine - The Most Common Exercise Mistakes That Drain Your Motivation- [Read more >>](#)

Bp Magazine - What to Know about Disclosing Your Bipolar at Work- [Read more >>](#)

"The overwhelming majority of people with mental illness are not violent and far more likely to be victims of violent crime than perpetrators of violence," said the American Psychiatric Association. "Rhetoric that argues otherwise will further stigmatize and interfere with people accessing needed treatment." But what does cause these shooters to lash out? Experts say it isn't the video games that are also often blamed. There are contributing factors, like a radicalization of ideology, that can prove to be warning signs however.

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[The Associated Press: Experts: Mental Illness Not Main Driver Of Mass Shootings](#) - Mental health experts repeated what they have said after previous mass shootings: Most people with mental illness are not violent, they are far more likely to be victims of violent crime than perpetrators, and access to firearms is a big part of the problem. "Until we begin to have our political leaders speaking more accurately to these issues, it's up to us to put the facts out there," said Arthur Evans, chief executive officer of the American Psychological Association. (Johnson, 8/5)

[The Hill: Psychological Association Warns Against 'Blaming Mass Shootings On Mental Illness'](#) - In a statement, the American Psychiatric Association (APA) said gun violence is a public health crisis, and noted that "the overwhelming majority of people with mental illness are not violent and far more likely to be victims of violent crime than perpetrators of violence." The APA said that people with mental illness are being stigmatized. "Rhetoric that argues otherwise will further stigmatize and interfere with people accessing needed treatment. Individuals can also be emboldened to act violently by the public discourse and divisive rhetoric," the organization said. (Weixel, 8/5)

[KCUR: Debunking The Video Games Cause Gun Violence Myth](#) - Andrew Przybylski is a professor of psychology at the University of Oxford and is the Director of Research for the Oxford Internet Institute. He and Dr. Netta Weinstein looked into whether violent video games were associated with aggressive behavior in adolescents. "We found a whole lot of nothing," Przybylski said. "Basically, we found that having information about the kinds of video games people played, how violent they were, how much time they spent on them, there was no linear connection." (Bandlamudi, 8/5)

[The Washington Post: Are Video Games Or Mental Illness Causing America's Mass Shootings? No, Research Shows.](#) - Some mass shooters have a history of schizophrenia or psychosis, but many do not. Most studies of mass shooters have found that only a small fraction have mental health issues. And researchers have noted a host of other factors that are stronger predictors of someone becoming a mass shooter: a strong sense of resentment, desire for infamy, copycat study of other shooters, past domestic violence, narcissism and access to firearms. "It's tempting to try to find one simple solution and point the finger at that," said Jeffrey Swanson, a professor in psychiatry and behavioral sciences at Duke University School of Medicine. "The fact that somebody would go out and massacre a bunch of strangers, that's not the act of a healthy mind, but that doesn't mean they have a mental illness." (Wan and Bever, 8/5)

[The Wall Street Journal: Isolation And Social Media Combine To Radicalize Violent Offenders](#) - Recent mass-violence incidents in America share common threads: disaffected individuals who feel powerless, radical ideas that blame particular groups and the use of social-media platforms that bring these factors together and amplify them. Radicalization, researchers have found, is driven by a need to matter and be respected. Violence is often a means to that end, especially when it is in the name of a cause, like fighting against immigrants who are viewed as invaders upsetting white people's dominance in the U.S. Social media is increasingly playing a role in that process, especially among lone actors like the ones responsible for the recent mass shootings in El Paso, Texas, and Dayton, Ohio. (Hernandez and Olson, 8/5)

[The New York Times: What Drives People To Mass Shootings?](#) - On Monday morning, President Trump made his first televised statement about the mass murders committed over the weekend in El Paso, Tex., and Dayton, Ohio. He called for action to "stop mass killings before they start," citing what he said were a number contributing factors: the contagious nature of mass murder; the glorification of violence in video games; and the need to act on "red flags" to identify and potentially confine the "mentally ill monsters" that he said commit the crimes. Many of these factors have been studied by scientists for decades. Here are answers to some of the most common questions about the causes of mass murder. (Carey, 8/5)

[AL.com: 'We Are Not Violent': Those Struggling With Mental Illness Fight Stigma, Blame](#) - People with mental illnesses are 10 times more likely to be victims of violent crimes, and only 3% to 5% of violent crimes can be linked to mental illnesses, according to national statistics. "It hits more," said McClain Baxley, senior at Georgia Southern University, since being diagnosed with anxiety disorder, depression and post-traumatic stress disorder. The diagnosis is fresh on Baxley's mind, but the pointed rhetoric surrounding this weekend's mass shootings is fresher. (Jackson, 8/5)

[NBC News: Trump Made It Easier For The Mentally Ill To Get Guns When He Rolled Back Obama Regulation](#) - President Donald Trump responded to the El Paso and Dayton mass shootings by insisting Monday that "mental illness pulls the trigger not the gun," but shortly after taking office he quietly rolled back an Obama-era regulation that would have made it harder for people with mental illness to buy guns. Trump did so without any fanfare. In fact, the news that Trump had signed the bill was at the bottom of a White House email that alerted the media to other legislation signed by the president. And it came after the House and Senate, both of which were Republican-controlled at the time, passed a bill, H.J. Res 40, which revoked the Obama-era regulation. The bill was sponsored by Rep. Sam Johnson, a Texas Republican who retired at the end of 2018. (Siemaszko, 8/5)

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[KCUR: What Is A Red Flag Law?](#) - 'Red flag' laws, or Extreme Risk Protection Orders (ERPOs) allow family members, law enforcement or other third parties to ask a court to temporarily remove a person's guns if they're concerned about the individual. If a judge finds that person is dangerous to himself or others, that person must surrender all firearms to the police for a specified period of time. During that period of time, the person is also not allowed to buy or sell guns. (Levinson and Dunn, 8/5)

[Kaiser Health News: Trump Wants To Take Guns Away From People In Crisis. Will That Work?](#) - Trump said the shooter in the Parkland, Fla., massacre last year "had many red flags against him, and yet nobody took decisive action; nobody did anything. ... We must make sure that those judged to pose a grave risk to public safety do not have access to firearms, and that if they do, those firearms can be taken through rapid due process." About half of those who commit mass shootings show warning signs that they were a threat to themselves or others, according to Everytown for Gun Safety, which advocates for stricter measures to reduce gun violence. (Szabo, 8/5)

[Psychology Today: Is It Guns Or Mental Illness?](#) - Dr. Knoll and Mr. Annas state that laws focusing on screening out gun ownership for the mentally ill will not solve the problem of mass shootings. "Perpetrators of mass shootings are unlikely to have a history of involuntary psychiatric hospitalizations. Thus, databases intended to restrict access to guns and established by guns laws that broadly target people with mental illness will not capture this group of individuals." Furthermore, a significant number of mass shooters are in their late teens to early 20s, when signs of severe mental illness may not yet be observable. (Eddy, 8/5)

[Austin Statesman: More Mental Health Training, Funding Advised After Deadly Austin Police Shooting](#) - Members of the Austin Public Safety Commission on Monday unanimously approved a set of recommendations aimed at bolstering the ability of first responders to react to mental health cases with more positive outcomes. The recommendations touched on funding for mental health professionals and expansions of mental health programs at Austin-Travis County EMS and the Austin Police Department. (Wilson, 8/5)

[Politico: Why Are Most Shooters Male? Newsom Says Gender Must Be Part Of National Gun Control Discussion](#) - California Gov. Gavin Newsom said Monday that gender must be part of the debate over how to address gun violence in America. "These shootings overwhelmingly — almost exclusively — are males, boys, men. I do think that is missing in the national conversation," Newsom said in an emergency meeting with top school, health and public safety officials in Sacramento to discuss California's response following a spate of deadly mass shootings. "If there was anything more obvious, I don't know what is," Newsom said. "I think that goes deep to the issue of how we raise our boys to be men, goes deeply to values that we tend to hold dear — power, dominance, aggression, over empathy, care and collaboration." (Hart, 8/5)

[The Hill: Psychological Association Warns Against 'Blaming Mass Shootings On Mental Illness'](#) - The country's largest organization of psychiatrists on Monday pushed back against comments from politicians linking the most recent spate of mass shootings to mental illness. In a statement, the American Psychiatric Association (APA) said gun violence is a public health crisis, and noted that "the overwhelming majority of people with mental illness are not violent and far more likely to be victims of violent crime than perpetrators of violence." The APA said that people with mental illness are being stigmatized. (Nathaniel Weixel, 8/5)

[The Washington Post: We Need To Talk About Why Mass Shooters Are Almost Always Men](#) - It will sound either morbid or histrionic, but the students in the safe Midwestern town where I grew up spent a lot of high school talking about which of our fellow classmates were likely to one day kill us all. Or maybe they'd kill people outside of school — we allowed for that possibility, too — but whatever happened would involve someone bursting through a door with a gun. This was the era of Columbine, and that incident, 800 miles away but all over the news, had provided us a way to verbalize the erratic scariness that some young men emitted: the sense they might turn their resentment into horror. (Monica Hesse, 8/5)

Back-to-School Tips for Kids Who Are Struggling - How resetting expectations and planning ahead can help. [READ MORE ►](#)

Emotional Needs of Kids With Learning Disabilities - Signs your child might be struggling, and how to help. [READ MORE ►](#)

7 Things to Tell the Teacher About Your Child - Sharing key information can help educators make a connection. [READ MORE ►](#)

School Success Kits for Kids with ADHD - Tools and strategies to help manage time, stay focused and handle homework. [READ MORE ►](#)

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

School Success Kit for Kids With Auditory Processing Issues - Tools to help kids maximize classroom learning. [READ MORE ▶](#)

Best Children's Books on Mental Health - Helping kids understand emotional and learning challenges - [CLICK HERE ▶](#)

Zoe Saldana on Growing Up With ADHD- [WATCH VIDEO ▶](#)

[The Associated Press: Plan To Boost 'Red Flag' Gun Laws Gains Momentum In Congress](#) - Despite frequent mass shootings, Congress has proven unable to pass substantial gun violence legislation, in large part because of resistance from Republicans. But a bipartisan proposal by Sens. Lindsey Graham, R-S.C., and Richard Blumenthal, D-Conn., is gaining momentum following weekend mass shootings in Texas and Ohio. The still-emerging plan would create a federal grant program to encourage states to adopt "red flag" laws to take guns away from people believed to be a danger to themselves or others. (Daly, 8/6)

[The Washington Post: Even With 'Red Flags' In Their Youth, Mass Shooters Often Slip Through The Cracks](#) -Connor Betts, 24, who shot and killed nine people in Dayton, Ohio, before police killed him, was a deeply troubled young man. He had a history of violence against girlfriends and fantasized about murder, keeping a "hit list" of people he wanted to target. High school classmates said that school officials were aware of his behavior years ago, and that as a freshman, he was missing from school for months after police one day took him from a school bus. (Sullivan, Strauss and Davies, 8/6)

[KCUR: Every Year, Half Of Missouri's Workers Who Care For The Developmentally Disabled Quit](#) - Missouri workers providing care for adults with intellectual and developmental disabilities make less than a Walmart or Target worker, even after a pay increase that went into effect last month. The low pay is the main reason about half of Missouri workers quit each year, according to Missouri Developmental Disabilities Division Director Val Huhn. Starting wages now range between \$9.50 and \$10.50 an hour thanks to Missouri state lawmakers appropriating \$20 million more in general revenue to providers. (Okeson-Haberman, 8/7)

[The Washington Post: What Happened In El Paso Is Not About Mental Health. It's About Evil.](#) - Whenever there is a mass shooting, far too many people (cough, Republicans) ignore the proliferation of weapons of war on American streets that slaughter innocents and shred communities in a matter of seconds. Instead, they amble over to their bookshelf, pull out the Book of Talking Points, and mutter on and on about other things they think drove someone to commit mass murder. They mewl about violent video games or the mental health of the murderer. Not to diminish the absolute necessity to take mental health seriously or to address it, but the way Republicans and the National Rifle Association talk about it is as predictable as it is tiresome. But here's the question I keep asking myself: Can't someone just be plain evil? Can't someone hear the words from those they admire and act on the implicit or explicit messages delivered? (Jonathan Capehart, 8/6)

[Leaders: Confront the Hatred and Trauma Head-On](#)

[Medicaid's 54th Birthday](#)

Politico: [Advocates pan Trump on call to link mental health, mass shootings](#)

Shape: [How to Check In with Your Mental Health, According to Kristen Bell](#)

Washington Post: [Perspective | You can't stop mass shootings by punishing people with mental illness](#)

Axios: [America's mental health problem isn't mass shootings](#)

Romper: [How to Talk to Your Kids About Shooting Drills, & Why You Should](#)

The Epoch Times: [How Gratitude Can Rewire Your Brain for Happiness and Success](#)

Yahoo Lifestyle: [Quiz; What Type of Therapy May Be Best for You?](#)

Medical Daily: [What Are Dissociative Disorders? Common as Depression But You Don't Know You Have It](#)

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[No, Mr. President. Hate is not a mental illness.](#) By Pete Earley · [Read more](#)

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Experts say that problems with self-esteem and perceived social rejection are common characteristics among people who commit mass shootings, as is having experienced significant trauma over an extended period of time. “If you’re going to do screening, you need to screen for multiple things, and mental health is only one of them,” Dan Flannery, director of the Begun Center for Violence Prevention at Case Western University, told NBC News. “You need to understand what’s going on in and consider stress points — what’s happening at work, in domestic life and their social media activity. If someone belongs to a lot of hate groups on social media, that’s a red flag.”

[NBC News: Mental Illness Isn't A Major Risk Factor For Gun Violence, But Here's What Is](#) - Having access to a gun is more of a risk factor for violence than being diagnosed with a mental illness, research shows. That stands in stark contrast to a statement President Donald Trump made Monday in addressing the nation after this weekend’s mass shootings in Dayton, Ohio, and El Paso, Texas. “Mental illness and hatred pull the trigger, not the gun,” Trump said. (Sullivan, 8/6)

[Detroit Free Press: Trump Said 'Mental Illness And Hatred Pulls The Trigger' In Mass Shootings. Experts Beg To Differ.](#) - Following a bloody weekend in Texas and Ohio where mass shootings left 31 people dead and dozens more injured, President Donald Trump called for culture change to a stop the glorification of violence in video games and online platforms, an end to bigotry and hatred and reforms to mental health laws. But his statements about mental health — referring to mass shooters as "mentally ill monsters" and suggesting "involuntary confinement" for some people with mental illness — were off the mark, said Kevin Fischer, the executive director of the Michigan chapter of the National Alliance on Mental Illness. (Shamus, 8/8)

[PBS NewsHour: Why Mental Illness Can't Predict Mass Shootings](#) - Four mental health experts who spoke with the PBS NewsHour described President Donald Trump’s conflation on Monday that “mental illness and hatred pull the trigger, not the gun” as “completely false” and “irresponsible.” (Akpan, 8/7)

[The Washington Post: No, Mr. President. Hate Is Not A Mental Illness.](#) - “Mental illness and hatred pull the trigger, not the gun,” President Trump announced when he condemned shootings in El Paso and Dayton, Ohio, which together left at least 31 people dead and dozens wounded. Mr. President, what you said about hatred rings true. But you are wrong in blaming mental illness. As the father of an adult son with a mental illness and one of 14 nongovernment experts appointed by your administration to a panel that advises Congress about serious mental illnesses, I’d like to recount some well-established facts. (Pete Earley, 8/7)

[Los Angeles Times: L.A. County May Scrap Jail Project To Focus On Mental Health](#) - The Board of Supervisors might cancel a \$1.7-billion contract to replace the dungeon-like Men’s Central Jail downtown amid growing unease about whether Los Angeles County’s incarceration policy focuses enough attention on mental health treatment. County supervisors are expected to vote next week on whether to end the contract with McCarthy Building Cos. and start fresh on a plan for replacing the antiquated jail — a major policy change after months of grappling with the project’s direction. (Stiles, 8/8)

My Cousin Was Brave About Mental Illness https://desmoinesregister-ia.newsmemory.com/?token=8bac15a9b8743b763b9d881efee63aa6&cnum=2618906&fod=111111STD-0&selDate=20190810&licenseType=paid_subscriber&

Bp Magazine - How to Avoid Bipolar Burnout- [Read more >>](#)

Bp Magazine - Mission Impossible: 6 Tips To Help You Sleep While Manic- [Read more >>](#)

[‘I validate your pain’: A new suicide prevention program on Cape Cod is rethinking mental health care](#) - Unlike a conventional crisis hot line, volunteers are the ones who call individuals who may be suicidal in the A Caring Connection project. [Continue reading →](#)

BP Magazine - 10 Excuses We Tell Ourselves About Bipolar Medication- [Read more >>](#)

ABC Action News (Tampa, FL): [Minding America’s Mental Health](#)

WBRE (Scranton, PA): [PA Live – Hassan & Rosenberg October 10, 2018](#)

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Houston Chronicle: [New Study Reveals Lack of Access as Root Cause for Mental Health Crisis in America](#)

WTMJ (Milwaukee, WI): [Blend Extra – Minding America’s Mental Health](#)

One News Page: [Minding America’s Mental Health](#)

— Faced with potential “suicide by cop” cases, some police agencies have [stopped responding to certain calls](#).

[The Associated Press: To Boost Workforce, Medical Schools Try To Sell Rural Life](#) - On a field trip to the Birthplace of Country Music Museum, Ashish Bibireddy put on headphones and scrolled through a jukebox of music from an influential 1927 recording session. Bibireddy and nine other medical students had already been biking and rafting on their visit to rural Appalachia organized by a nearby medical college. But it wasn’t just casual sightseeing; the tour was part of a concerted effort to attract a new generation of doctors to rural areas struggling with health care shortages. The Quillen College of Medicine at East Tennessee State University is among a small group of medical schools across the U.S. with programs dedicated to bolstering the number of primary care doctors in rural communities. (Thanawala, 8/9)

[The Associated Press: Librarians Facing New Tasks Say Crisis Isn't In The Catalog](#) - As libraries nationwide contend with a surge in patrons seeking refuge in the stacks because of poverty, drug addiction or mental illness, a growing number of institutions have social workers on staff. It’s the latest step in an evolution that libraries have been dealing with for years as homelessness and the opioid crisis reach emergency levels and patrons have come to rely on libraries as free, safe spaces open to all. (Swenson, 8/9)

[North Carolina Health News: Family Members Of People With Mental Illness Find Support, Skills](#) - The free course, which has been taken by over 300,000 people nationwide in almost three decades, improves family members’ ability to cope with and accept mental illness, according to a 2011 study. Role-playing exercises teach strategies such as reflective listening, in which family members emphasize their empathy and understanding by reflecting what their loved ones say back to them. (Duong, 8/12)

[Boston Globe: ‘I Validate Your Pain’: A New Suicide Prevention Program On Cape Cod Is Rethinking Mental Health Care](#) - In 2017, the Cape Samaritans, the Falmouth-based branch of a global suicide-prevention network, was awarded a three-year grant to launch “A Caring Connection.” It is one of several ongoing efforts in Massachusetts — supported by the federal Substance Abuse and Mental Health Services Administration — to curb the suicide epidemic with integrated health models. (Kuznitz, 8/10)

[To boost workforce, medical schools try to sell rural life](#) - The schools send students to live in small towns and train with rural doctors. Some also organize outings and cultural experiences to try to sell students on living there after they graduate. [READ MORE](#)
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[Psychiatrists Considering Change To Intellectual Disability Criteria](#) - A proposed revision to the diagnostic criteria for intellectual disability is prompting concerns about underdiagnosis and a loss of services and legal protections for people with the condition. [Read More >](#)

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[How to Help Teenagers Get More Sleep](#) - It's not easy, but parents still have the power to encourage good sleep habits. - [READ MORE >](#)

[Why Pediatricians Think High Schools Should Start Later](#) - An AAP statement argues that starting at 7:30am is unhealthy. - [READ ON AAP.ORG >](#)

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[Boston Globe: Mass Shootings And The Mental Health Lie](#) - Depending on your definition of “mass shooting,” there have been between 250 and 300 mass shootings in the United States in 2019. We know some of their names: El Paso, Gilroy, Dayton, Virginia Beach. Others pass in relative silence, part of the susurrus of gunfire, sirens, and funeral bells of the American soundscape. They disappear, and government moves on to its next failure. And once again the National Rifle Association and the politicians it supports are trying to drive the narrative that mental health is the root cause of these shootings. (Ben Jackson, 8/13)

[NPR: Cuccinelli Twists Statue Of Liberty Poem To Defend New Immigration Rule](#) - "Give me your tired and your poor who can stand on their own two feet and who will not become a public charge," Ken Cuccinelli, the acting director of U.S. Citizenship and Immigration Services, said Tuesday, twisting Emma Lazarus' famous words on a bronze plaque at the Statue of Liberty. Cuccinelli was speaking to NPR's Morning Edition about a new regulation he announced Monday that targets legal immigration. The rule denies green cards and visas to immigrants if they use — or are deemed likely to need — federal, state and local government benefits including food stamps, housing vouchers and Medicaid. The change stands to impact hundreds of thousands of immigrants who come to the United States legally every year. (Ingber and Martin, 8/13)

[The Washington Post: Agency Did Not Conduct Required Oversight Of Program For Those With Disabilities](#) - Health and Human Services officials have failed to conduct required visits of independent living programs for thousands of people with intellectual and physical disabilities, the agency's Office of the Inspector General found. The Administration for Community Living, created within HHS in 2012, administers two independent living programs, which aim to help people with disabilities find housing services, job opportunities and other resources. By law, ACL must carry out compliance reviews of at least 15 percent of the programs that receive federal funding and in at least one-third of the states that receive the funding. The inspector general found ACL has not conducted such visits since it assumed oversight of the programs five years ago. (Abutaleb, 8/14)

[The New York Times: Why Doesn't America Have Universal Health Care? One Word: Race](#) - One hundred and fifty years after the freed people of the South first petitioned the government for basic medical care, the United States remains the only high-income country in the world where such care is not guaranteed to every citizen. In the United States, racial health disparities have proved as foundational as democracy itself. “There has never been any period in American history where the health of blacks was equal to that of whites,” Evelyn Hammonds, a historian of science at Harvard University, says. “Disparity is built into the system.” Medicare, Medicaid and the Affordable Care Act have helped shrink those disparities. But no federal health policy yet has eradicated them. (Interlandi, 8/14)

[Los Angeles Times: All U.S. Adults Should Be Screened For Illicit Drug Use, Expert Panel Says](#) - Questions about drug use should not only cover the possibility that a patient is taking illegal street drugs like cocaine or heroin, the task force said. They should also explore whether a patient might be sneaking pills from a family member's pain medication or getting a boost from stimulants prescribed for a child with attention-deficit/hyperactivity disorder. (Healy, 8/13)

[USA Today: NYPD Officer Kills Himself Amid Rash Of Police Suicides](#) - A New York Police Department officer killed himself Tuesday in Yonkers, the eighth NYPD officer to die by suicide this year. ... "The NYPD suffered another tragedy today with the loss of another officer to suicide," the department said in a Tweet. "To those who may be facing struggles – Help is always available, you are not alone." (Spillane, 8/13)

[The Wall Street Journal: NYPD Officer Kills Himself In Eighth Department Suicide This Year](#) - NYPD officials have said that in a typical year four or five officers die by suicide and called the spike in 2019 a mental health crisis. ... The NYPD said that 2019 is on track to see the highest number of officer suicides in a year in more than a decade. Four of the six deaths in 2019 occurred in June, a cluster that prompted police officials to rethink mental health protocols and ask departments in other cities for advice on how they are working to prevent officer suicides. (Chapman, 8/13)

[The New York Times: 8th N.Y. Police Officer Dies By Suicide, Further Unsettling The Force](#) - The officer, Johnny Rios, worked in the 50th Precinct and had been temporarily assigned to a detail at Yankee Stadium. He had been with the department for seven years and had no blemishes on his record, the police said. Gerard Rios, 60, an older brother, said that his younger brother had been melancholic in the last few months after losing his father, Evaristo Rios, 80, in April and after the recent suicide of a fellow officer, Kevin Preiss. (Sandoval, 8/13)

September 2019 Additional Mental Health Related Articles and Videos from Around the Nation

[The Hill: An Effective Public Service Announcement Can Prevent Vet Suicides](#) - Most adults in the United States clearly remember the solitary tear that rolled down the face of Iron Eyes Cody, the Native American featured in the Keep America Beautiful public service announcement (PSA) throughout the 1970s and '80s that encouraged us not to litter. More importantly, however, as a result of this PSA, they remember that they stopped littering. Despite the fact that, every 11 minutes someone dies by suicide, and the fact that many of those individuals are veterans, few people have the same recollection of the U.S. Department of Veterans Affairs (VA)'s "Be There for Veterans" PSA, which has aired on-and-off since 2017. (Rory Riley-Topping and Andrew Vernon, 8/13)

[WBUR: Moving Away From 'White People Only' DNA Tests: African Project Seeks Thousands For Mental Health Genetics](#) - Much research has found that such family resemblance is influenced by genes more than by any other risk factor, and genes are emerging as important clues for new treatments. But research on the genetic basis of mental illness has so far largely excluded anyone who is not of European heritage. That means that this Kenyan family, and other people of African descent, might not benefit from the new biological insights into mental illness. (Anne Stevenson and Lukoye Atwoli, 8/13)

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[PoliticoPro: 'Red Flag' Laws May Prevent Gun-Related Suicides, Research Shows](#) - "Red flag" laws that President Donald Trump and some congressional Republicans have promoted in response to this month's mass shootings in Texas and Ohio may be effective at preventing suicides, though it's unclear whether they can thwart mass killings, according to recent studies. Mental health and gun rights advocates say the effectiveness of measures allowing firearms to be temporarily seized from people deemed a threat hinges on identifying specific high-risk behaviors instead of focusing on an individual's mental health diagnoses or behavioral history. (Rayasam, 8/14)

[Des Moines Register: U.S. Rep. Steve King: If Not For Rape And Incest, 'Would There Be Any Population Left?'](#) U.S. Rep. Steve King told the Westside Conservative Club on Wednesday that humanity might not exist if not for rape and incest. "What if we went back through all the family trees and just pulled those people out that were products of rape and incest? Would there be any population of the world left if we did that?" he said at the event in Urbandale, Iowa. "Considering all the wars and all the rapes and pillages taken place and whatever happened to culture after society? I know I can't certify that I'm not a part of a product of that." (Opsahl, 8/14)

[Reuters: Republican Congressman Steve King: Would Humanity Exist Without Rape, Incest?](#) King is opposed to exceptions for rape and incest in laws restricting abortion and has tried unsuccessfully to get legislation reflecting his position passed in the House. "It's not the baby's fault for the sin of the father, or of the mother," he said. (O'Brien, 8/14)

[NPR: Kids On Medicaid Who Start ADHD Drugs Aren't Getting Good Follow-Up Care](#) - Most children enrolled in Medicaid who get a diagnosis of attention deficit hyperactivity disorder don't get timely or appropriate treatment afterward. That's the conclusion of a report published Thursday by a federal watchdog agency, the Department of Health and Human Services' Office of Inspector General. "Nationwide, there were 500,000 Medicaid-enrolled children newly prescribed an ADHD medication who did not receive any timely follow-up care," says Brian Whitley, a regional inspector general with OIG. The report analyzed Medicaid claims data from 2014 and 2015. (Neighmond, 8/15)

[Bloomberg: The State With The Highest Suicide Rate Desperately Needs Shrinks](#) - The problem isn't a lack of demand; Montana is cursed with the highest suicide rate in the nation, and it's higher in this predominantly rural part of the state than in any other region. During the rare times when the unit is up and running, the supply of incoming patients is predictably, and sometimes frantically, consistent. The problem here is staffing. Administrators can't find anyone to run the place. (Reel, 8/15)

[Sacramento Bee: California To Pay \\$1.5 Million Settlement In Inmate Suicide](#) - On April 14, 2016, one day before she was to appear before a parole board hearing at which she was expected to be granted her freedom, Rocha hanged herself inside her cell with a bed sheet tied to an air vent. Her death followed years of suicide attempts by the troubled young woman – court records say tried to kill herself eight times between the ages of 7 and 14 – and the corrections department eventually determined her death was "both foreseeable and preventable," the Rocha family's lawyer, Lori Rifkin, said Tuesday. (Stanton, 8/14)

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[USA Today: California Mother Sues Los Angeles School District, Alleging Son Suffered Brain Damage After Bullying Attack](#) - A California mother is suing a Los Angeles school district, alleging that her 12-year-old son was left with permanent brain and spinal injuries after another student assaulted him last year. The mother said her sixth-grade son was "brutally assaulted and strangled" last January by a 14-year-old boy who had allegedly been violent toward other students, according to a lawsuit filed this week in Los Angeles Superior Court. (Ravikumar,8/14)

[FDA Warns Of Life-Threatening Side Effects From Supposed Autism Treatment](#) - Federal officials are warning against the use of a dangerous and unproven product that's peddled online as a treatment for autism and other conditions. [Read More >](#)

[For Those Diagnosed As Adults, ASD Poses Unique Challenges](#) - Spotting autism in adults can be tricky, but with increased awareness, many people who were misdiagnosed or missed altogether as children are gaining a new understanding of themselves. [Read More >](#)

[LA County Probation Department May No Longer Oversee Juvenile Offenders](#) - *NBC Los Angeles* - Saying that some 90% of juveniles in custody in Los Angeles County have a mental health case, county supervisors are studying ways to provide better rehab and mental health services. [More Here](#)

[Politico: 'We Have To Start Building Institutions Again': Trump Again Links Guns And Mental Health](#) - Trump argued that institutions for people with mental illness — whom "we can't let ... be on the streets" — were necessary to curb gun violence. "We have to start building institutions again because, you know, if you look at the '60s and '70s, so many of these institutions were closed, and the people were just allowed to go onto the streets," Trump said on Thursday. "That was a terrible thing for our country." (Choi, 8/15)

[The Washington Post: Trump Says The U.S. Should Build More Psychiatric Institutions In Response To Rising Gun Violence](#) - Many psychiatric institutions were closed beginning in the 1950s amid reports of inhumane treatment, patient-abuse scandals, changing attitudes toward mental health care and the development of drugs to treat mental illness. While Trump on Thursday revived the debate over whether to isolate the mentally ill in long-term care facilities, Democrats have argued in recent weeks that, by repeatedly blaming mental illness for gun violence, Trump is stigmatizing those with schizophrenia, bipolar disorder, severe depression or other serious conditions. (Sonmez, 8/15)

Also, Mayor Bill de Blasio reached out by talking about his father's suicide and encouraging officers to get help. In related news, suicides among TSA workers and a push for a three-digit prevention hotline.

[The Associated Press: Police Departments Confront 'Epidemic' In Officer Suicides](#) - A rash of suicides by police officers has shaken the New York Police Department, leading the commissioner to declare a mental health emergency and highlighting the problem of untreated depression among law enforcement officers nationwide. ... The suicides have been a recurring nightmare for the nation's largest police force and have driven a discussion about the psychological toll of police work, a profession in which discussing mental health was long seen as taboo. (Sisak and Mustian, 8/15)

[The Wall Street Journal: Mayor Draws On Father's Suicide In Dealing With Spike Among NYPD Officers](#) - Mayor Bill de Blasio is trying to stem the spike in suicides among New York Police Department officers this year by speaking openly about his father's suicide in urging them to seek help. The mayor talked about his family's experience in a letter he sent to NYPD officers on Wednesday night, shortly before a longtime officer became the ninth member of the department to die by suicide this year. The 56-year-old officer, who had been with the department for 25 years and served in its Strategic Response Group, fatally shot himself at a home in Laurelton, Queens, according to a police official. His suicide came a day after another officer fatally shot himself in Yonkers. (Honan and Blint-Welsh, 8/15)

[Health News Florida: After Orlando Airport Suicide, More TSA Workers Come Forward](#) - TSA agent Robert Henry jumped to his death inside the Orlando International Airport in February. Afterward, agents came forward to say Henry was bullied at work and that Transportation Security Administration has a toxic work environment. An investigation from NPR member station WMFE in Orlando found dozens of TSA workers across the country with similar stories of workplace harassment and retaliation. (Aboraya, 8/15)

[The New York Times: Suicide Prevention Hotline Number Should Be 3 Digits, 988, Agency Says](#) - Just as 911 is universal to Americans during emergencies, a federal agency says the number for the National Suicide Prevention Lifeline should be shortened to three digits: 988. The Federal Communications Commission recommended simplifying the hotline's current 10-digit number in a sweeping report this week spurred by federal legislation passed last year that called for improvements to the system. (Vigdor, 8/15)

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[The Associated Press: Gov't Wants A New 911-Like Number Just For Suicide Hotline](#) - With suicides on the rise , the U.S. government wants to make the national crisis hotline easier to reach. Once implemented, people will just need to dial 988 to seek help. Currently, the National Suicide Prevention Lifeline uses a 10-digit number, 800-273-TALK (8255). Callers are routed to one of 163 crisis centers, where counselors answered 2.2 million calls last year. (Arbel, 8/15)

[NPR: Creative Recruiting Helps Rural Hospitals Overcome Doctor Shortages](#) - Recruitment is a life or death issue, not just for patients in those areas, but for the hospitals themselves, says Alan Morgan, CEO of the National Rural Health Association. Over the last decade, more than 100 rural hospitals have closed, he says, and over the next decade, another 700 more are at risk. "Keeping access to health care in rural America is simply a challenge no matter how you look at it, but this shortage of rural health care professionals just is an unfortunate driving issue towards more closures," Morgan says. (Noguchi, 8/15)

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[To Combat Mental Illness in Lake County, Officials Seek Alternatives to Jail: 'We Don't Have a System in Place to Help Them'](#) - *Chicago Tribune*—Illinois [JMHCP Grantee]

[Washington Jails See Hope in Medication to Treat Opioid Addiction behind Bars](#) - *The Seattle Times*—Washington

[Burlington County Law Enforcement, Partners Working to Help At-Risk Kids](#) - *Burlington County Times*—New Jersey

[\[Opinion\] Reducing Recidivism for Defendants with Mental Illness](#) - *PM Magazine*—Connecticut

[DOC to Expand Treatment Program for Opioid-Addicted Inmates](#) - *Delaware State News*—Delaware

[New Legislation Introduced to Increase MAT Access in Correctional Facilities](#) - *Capitol Connector*—National

[\[Opinion\] What's Happening in 'Orange Is the New Black' Is Happening to Real Women behind Bars](#) - *The Washington Post*—National

[NIH Establishes Network to Improve Opioid Addiction Treatment in Criminal Justice Settings](#) - *National Institutes of Health*—National

[San Luis Obispo County Named One of Nation Leaders in Efforts to Help Inmates with Mental Illnesses](#) - *KEYT NewsChannel 3*—California

[Daymark Recovery Offers Treatment Services for Mental Health Issues](#) - *Independent Tribune*—North Carolina

[The Associated Press: Doctors Say New Rule Will Mean Sicker Immigrants](#) - Diabetics skipping regular checkups. Young asthmatics not getting preventive care. A surge in expensive emergency room visits. Doctors and public health experts warn of poor health and rising costs they say will come from sweeping Trump administration changes that would deny green cards to many immigrants who use Medicaid, as well as food stamps and other forms of public assistance. Some advocates say they're already seeing the fallout even before the complex 837-page rule takes effect in October. (8/17)

[The Washington Post: Arlington Finalizes Mental-Health Court Plan, But Advocates Say It Won't Go Far Enough](#) - After 15 years of failed efforts, Arlington is close to starting a specialized court program to address mental illness in the criminal justice system. But advocates say they were shut out of a plan that is now moving too quickly and would help too few people. "This is an issue of national importance," said Naomi Verdugo, an advocate who helped organize a forum Thursday night to solicit comments on a plan expected to be sent to the Virginia Supreme Court for approval this fall. Most people in the criminal justice system, she noted, start in local jails. (Weiner, 8/16)

[The New York Times: We Have Ruined Childhood](#) - According to the psychologist Peter Gray, children today are more depressed than they were during the Great Depression and more anxious than they were at the height of the Cold War. A 2019 study published in the *Journal of Abnormal Psychology* found that between 2009 and 2017, rates of depression rose by more than 60 percent among those ages 14 to 17, and 47 percent among those ages 12 to 13. This isn't just a matter of increased diagnoses. The number of children and teenagers who were seen in emergency rooms with suicidal thoughts or having attempted suicide doubled between 2007 and 2015. To put it simply, our kids are not O.K. (Kim Brooks, 8/17)

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[The Hill: Is The Climate Crisis Affecting Our Mental Health?](#) - A recent article in The Guardian, painfully illustrated how residents of Greenland, the world's largest non-continental island located between the Arctic and Atlantic oceans, are experiencing mental health problems as they intimately experience climate change. The ongoing increase in the Earth's average surface temperature is resulting in the disappearing beauty of Greenland, and the dissolution of their way of life. Inhabitants' angst over this tremendous loss has been labeled ecological grief. To some, this may sound like something happening to strangers in a foreign land. What they do not yet realize is that the emotional challenge of climate change is all of ours. (Joan Cook, 8/16)

[Cincinnati Enquirer: One Thing All Mass Shooters Have In Common Is Guns Not Mental Illness](#) - People of all races have mental illnesses. But the vast majority of mass shooters in our country are white. If mental illness was the cause of mass shootings, we'd see people of all genders and all races and in countries around the world perpetrating this crime at the same rates. Since that's not the case, it defies logic to place the blame for mass shootings on mental illness. Finally, all mass shooters do not have a mental illness, but they do all have a gun. (Elisa Hoffman, 8/16)

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After Years Of Underemployment, People With Autism Thrive In Tech Jobs - As a handful of major technology companies make concerted efforts to hire those on the spectrum, opportunities are opening up for a talented group of long-overlooked job seekers. [Read More >](#)

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Behavioral Treatment for Kids With Anxiety - Kids learn to handle the bully in the brain. [READ MORE ▶](#)

[Iowa Public Radio: Reynolds On Preventing Gun Violence: 'We'll Look At Everything'](#) - Iowa Republican Gov. Kim Reynolds said Tuesday she will "take a look at" multiple ways to prevent gun violence, adding that she has already done a lot toward that goal. But Reynolds did not take a position on any specific gun-related laws. Some Republican elected officials including Sen. Chuck Grassley, R-Iowa, say they support the concept of "red flag" laws. Those can allow police or family members who see warning signs in others to seek a court order temporarily blocking that person from accessing a gun. (Sostaric, 8/20)

[The Washington Post: After Trump Blames Mental Illness For Mass Shootings, Health Agencies Ordered To Hold All Posts On Issue](#) - When President Trump targeted mental illness as the cause of the mass shootings in El Paso and Dayton that killed 31 people, federal health officials made sure no government experts might contradict him. A Health and Human Services directive on Aug. 5 warned communication staffers not to post anything on social media related to mental health, violence and mass shootings without prior approval. That alarmed some government mental health experts who said they felt muzzled at a moment when many Americans were searching for answers to the U.S. epidemic of mass shootings, said three agency employees. (Abutaleb and Wan, 8/20)

[Georgia Health News: Reviewer Says Georgia Not Living Up To Mental Health, Disabilities Pact](#) - Georgia is still failing to meet key parts of its agreement with the U.S. Justice Department on caring for people with mental illness and developmental disabilities, according to an independent reviewer's report released this week. The reviewer, Elizabeth Jones, cited "preventable deaths occurring in the state system, often the product of confirmed neglect." Many deaths of people with developmental disabilities were classified as "unexpected," she said. (Miller, 8/20)

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[The Hill: Guns Are Killing Us, Not Mental Illness](#)

When I served in the U.S. House of Representatives, I wrote the Americans with Disabilities Act. Today, I am concerned about efforts to blame mental illness and people with disabilities as a cause for the mass shootings that plague our country. Leading the erroneous charge is President Trump, who says “mental illness and hatred pulls the trigger” in mass shootings, refers to perpetrators as “mentally ill monsters,” and suggests a solution of “involuntary confinement” for some with mental illness. (Former Rep. Tony Coelho, 8/20)

[‘Disconnected from other folks,’ seniors grapple with a loneliness epidemic](#) - In an increasingly digital and mobile era, fewer people know their neighbors, generations are divided by lifestyles and activities, and more seniors live alone than ever. [Continue reading →](#)

[San Francisco Chronicle: Critics Blast City’s Plan To Shuffle Mental Health Beds At SF General Hospital](#) - As San Francisco struggles with a mental health and homeless crisis on its streets, city workers slammed a decision by the Department of Public Health to move long-term mental health treatment beds to make room for a temporary respite facility. Dozens of long-term beds sit empty at San Francisco General Hospital’s Adult Residential Facility every day, despite intense demand to create more long-term housing for the mentally ill and homeless. (Thadani, 8/21)

[MHA Joins Lady Gaga’s Born This Way Foundation for Launch of Second Annual “21 Days to be Kind” Challenge](#)

CNBC: [Trump says US should build more mental health institutions to combat gun violence](#)

Teen Vogue: [This Teen Activist Is Leading the Fight for Mental Health Days in Schools](#)

Well+Good: [Work-life balance is dead—there’s a better way to think about your relationship with your job](#)

Yahoo Lifestyle: [The 'Color Chart' I Didn't Know I Needed to Explain My Mood to Others](#)

Washington Post: [‘I began feeling like I mattered’: How on-campus mental health counseling can make a big difference](#)

Forbes: [Four Ways to Take Care of Your Mental Health When Running a Business](#)

Austin 360: [Austin chefs want to change the conversation on substance abuse, mental health](#)

Roll Call: [Suicide prevention hotline to get three-digit phone number](#)

The Mighty: [Diet Coke's New Ad Campaign Features People With Disabilities, Mental Illnesses and More](#)

Higher Education Today: [College Student Mental Health and Well-Being: A Survey of College Presidents - Higher Education Today](#)

Sports Illustrated: [Report: NBA finalizes expanded mental health program](#)

Feds Weigh In On Medicaid Caregiver Check-In Mandate - Medicaid officials are clarifying a new requirement that care providers electronically check in when assisting people with disabilities, but advocates say the guidance doesn't go far enough. [Read More >](#)

School District Using Free College Tuition To Attract Special Educators - In exchange for a four-year commitment teaching special education, a school district says it will pay the tuition for prospective teachers to earn their credential. [Read More >](#)

Flight Crew Grounded After Allegedly Refusing To Accommodate Man With Autism - An airline passenger claimed crew members walked off a plane rather than accommodate his brother with autism, forcing all 75 people on board to exit and wait three hours for another flight. [Read More >](#)

IEP Meetings Warrant Time Off From Work, Labor Department Says [Read More >](#)

[The Hill: Gillibrand Unveils Mental Health Plan](#) - Sen. Kirsten Gillibrand (D-N.Y.) unveiled her plan to improve mental health care in the U.S. this week, arguing that the issue demands more attention from leaders. The Democratic presidential candidate wrote in a Medium post on Tuesday that she plans to invest in community-based approaches to mental and behavioral health, personalize the way the U.S. delivers mental health care and require insurance coverage for mental and behavioral health. (Manchester, 8/22)

September 2019 Additional Mental Health Related Articles and Videos from Around the Nation

[Politico Pro: How Pete Buttigieg Would Tackle The Mental Health And Addiction Crisis](#) - Democratic presidential candidate Pete Buttigieg on Friday unveiled a \$100 billion plan to expand access to mental health and addiction treatment that coincided with a campaign stop in Manchester, New Hampshire — a state hit hard by the opioid crisis. The wide-ranging plan calls for integrating treatment into primary care settings, increasing the number of available treatment beds, making it easier for patients to get access to medication for opioid addiction, investing in suicide prevention for veterans and addressing disparities in behavioral health care. (Ehley, 8/23)

[NPR: Mental Health Experts Warn About Impacts New Regulations Could Have On Migrant Children](#) - The Trump administration's regulation allows the long term detention of migrant children. But immigration and health experts warn this could have devastating impacts on the children's mental health. (Chatterjee, 8/22)

[ProPublica: In Men, It's Parkinson's. In Women, It's Hysteria.](#) - Once it was called “hysterical” movement disorder, or simply “hysteria.” Later it was labeled “psychogenic.” Now it's a “functional disorder.” By any name, it's one of the most puzzling afflictions — and problematic diagnoses — in medicine. It often has the same symptoms, like uncontrollable shaking and difficulty walking, that characterize brain diseases like Parkinson's. But the condition is caused by stress or trauma and often treated by psychotherapy. And, in a disparity that is drawing increased scrutiny, most of those deemed to suffer from it — as high as 80% in some studies — are women. (Armstrong, 8/23)

[North Carolina Health News: State Unveils Long-Awaited Psychiatric Hospital In Morganton](#) - Health officials showered accolades on the state health department's newest psychiatric facility at an outdoor ribbon-cutting ceremony in Morganton on Wednesday. Officials touted the new Broughton Hospital's roughly 477,000 square-foot structure's sunny hallways, onsite pharmacy and dental clinic and bathrooms that offer patients a modicum of privacy. The red-brick structure's debut came roughly five years late, as multiple construction delays derailed the \$130 million project. (Engel-Smith, 8/23)

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[New Hampshire Union Leader: At Campaign Stop, Buttigieg Proposes Grants For Local Mental Health Programs](#) - During a campaign speech Friday, Democratic presidential candidate Pete Buttigieg said the problem of declining life expectancy should be a top issue for politicians — but it doesn't seem to be. “This is an all-hands-on-deck crisis, and yet it's being treated with silence and neglect in Washington,” said Buttigieg, the mayor of South Bend, Ind. Buttigieg is campaigning in New Hampshire this weekend, talking about “diseases of despair” like addiction, and talking up the mental health plan his campaign unveiled Friday. (Albertson-Grove, 8/23)

[The New York Times: PTSD Made Him Walk Away From Public Life. Now He's Heading Back.](#) - Jason Kander was a rising political star, in the homestretch of a race for mayor of Kansas City that he was widely expected to win. And he was moments away from upending it all. His campaign manager, Abe Rakov, stopped him and asked, “Are you sure this is the thing you want everyone in the world to remember about you forever?” Mr. Kander said yes. So his manager pressed Send. (Philipps, 8/25)

[Kaiser Health News: Coming Out About Mental Health On Social Media](#) - Susanna Harris was sitting in her lab class for her graduate program at the University of North Carolina at Chapel Hill when she received an email that told her she had failed what she describes as “the most important exam in grad school,” the doctoral qualifying exam. She took the rest of the day off, went home and baked cookies. Harris continued with her regular schedule: lab, work, home, repeat. Everything seemed fine until she realized she was having a hard time focusing due to lack of sleep. (Lofton, 8/26)

[NPR: In Rural Utah, Preventing Suicide Means Meeting Gun Owners Where They Are](#) - A gun show might not be the first place you would expect to talk about suicide prevention — especially in a place like rural northeast Utah, where firearms are deeply embedded in the local culture. But one Friday at the Vernal Gun & Knife Show, four women stood behind a folding table for the Northeastern Counseling Center with exactly that in mind. Amid a maze of tables displaying brightly varnished rifle stocks, shotguns and the occasional AR-15 assault-style rifle, they waited, ready to talk with show attendees. (Neumann, 8/26)

[Boston Globe: She's Been Bounced Through More Than A Dozen Foster Homes. And She's Just 6](#) - Marie's outbursts terrified her new parents. The 6-year-old threw furniture. She howled obscenities and gave them the finger. She hurled things at them while they drove. Moe and Hollis Leary had adopted Marie's sister Noelle, now 12, as a baby years earlier. With enough love, they thought, they could help Marie, too. But her rage was overwhelming, and within weeks the Learys sought an emergency psychiatric evaluation. That was when, in a stark hospital room, the waif of a girl in a pink flamingo T-shirt and shorts calmly confided her dark

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plans to a nurse. She would wait until nighttime. Then she would creep into the Learys' bedroom with a gun and shoot them while they were sleeping. (Lazar, 8/24)

[North Carolina Health News: State Unveils Long-Awaited Psychiatric Hospital In Morganton](#) - Health officials showered accolades on the state health department's newest psychiatric facility at an outdoor ribbon-cutting ceremony in Morganton on Wednesday. Officials touted the new Broughton Hospital's roughly 477,000 square-foot structure's sunny hallways, onsite pharmacy and dental clinic and bathrooms that offer patients a modicum of privacy. The red-brick structure's debut came roughly five years late, as multiple construction delays derailed the \$130 million project. At the building's dedication this week, Mandy Cohen, secretary of the N.C. Department of Health and Human Services, acknowledged these hurdles while stressing that many of them happened before she assumed office in 2017. (Engel-Smith, 8/23)

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[Stat: Suicide Is A Leading Cause Of Death In The U.S. Here's How Warren, Sanders, And Other Candidates Want To Help Change That](#) - To bring down the rising suicide rate in the U.S., Cory Booker wants to appoint a federal coordinator tasked solely with suicide prevention. Amy Klobuchar wants to fund more local programs designed to prevent suicides among farmers and in tribal communities. Pete Buttigieg wants to add more mental health providers to the Department of Veterans Affairs and limit access to guns and other lethal means for people at high risk of suicide. The ideas came in response to a survey sent to 2020 presidential candidates by a new nonpartisan group called Mental Health For US. (Thielking, 8/27)

[Des Moines Register: Company Tried To Cut Off Health Insurance When Worker Needed It Most](#) - The company told him after a heart attack and open-heart surgery that his health insurance had been cut off because he had worked too few hours. He learned later, only through his own inquiry, that his insurance coverage couldn't be canceled under the Family and Medical Leave Act. Those who work at least 24 hours a week for an employer with more than 50 employees in a 75-mile radius, and have been at their job a year or more, qualify for protection under the federal act. (Rood, 8/26)

[Tampa Bay Times: Low-Cost Military Mental Health Clinic Opens In Tampa](#) - Post-9/11 veterans and their family members now have a new, more affordable option for mental health services. The Steven A. Cohen Military Family Clinic at Aspire Health Partners, which officially opened Monday at a ceremony attended by Gov. Ron DeSantis, U.S. Rep. Kathy Castor and Mayor Jane Castor, offers treatment plans to veterans for conditions such as post-traumatic stress disorder, anxiety and depression. Services also are available to their spouses and children, either on campus or in their homes through telehealth options. (Najarro, 8/26)

[Sacramento Bee: Mental Illness Still Pervasive For Sacramento County Homeless](#) - Mental illness is a severe problem among Sacramento's homeless, according to a federally mandated census conducted in January. According to Sacramento Steps Forward, the nonprofit that conducts the point-in-time count every two years, 22 percent of homeless people report having a mental disability, and 21 percent have a psychiatric disability. Experts overwhelmingly agree that homelessness and mental health issues can be intimately linked. According to an informal survey by Loaves & Fishes, the common denominator among homeless people is past experience with trauma – and homelessness is itself a traumatic experience. (Wang and Chalermkraivuth, 8/26)

[The Hill: When A Chronic Illness Is Political — It Can Kill](#) - Unfortunately, many people with Parkinson's or other chronic diseases have no health insurance, usually because they can no longer work and afford the premiums. Typically, they have not received approval for Social Security disability insurance (SSDI). Initial applications may take six months or longer to consider, and only 36 percent receive initial approval. Those denied enter a series of lengthy appeal processes. (Allan Hugh Cole Jr., 8/26)

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Best Children's Books on Mental Health - Helping kids understand emotional and learning challenges - [CLICK HERE ▶](#)

[NPR: The Scientific Debate Over Teens, Screens And Mental Health](#) - More teens and young adults — particularly girls and young women — are reporting being depressed and anxious, compared with comparable numbers from the mid-2000s. Suicides are up too in that time period, most noticeably among girls ages 10 to 14. (Kamenetz, 8/27)

[San Francisco Chronicle: SF General Relaxes Policy That Tries To Keep Psychiatric ER Patients Awake To Shorten Visits](#) - San Francisco General Hospital recently changed a controversial policy at the psychiatric emergency room intended to keep patients awake and shorten their visits, so the unit could keep up with its overwhelming demand. For the past 18 months, the majority of people who entered the psychiatric emergency unit were only allowed to sit upright in armchairs that did not recline. (Thadani and Fracassa, 8/27)

[10 Things People with Borderline Personality Disorder Want You to Know](#) - Borderline Personality Disorder (BPD) is a very misunderstood and stigmatized condition. Bisma, a person with lived experience, explains some of the important aspects of the condition. [READ MORE »](#)

[What it Feels Like to Be in Psychosis](#) - "While I was experiencing psychosis, I believed the torment would never cease. But it did, and I want others to know that psychosis will not always persist. There is help and hope in all situations." [READ MORE »](#)

[A Letter to Those I Love](#) - "I'm sorry for pushing you away, for not being the most engaged friend, for cancelling plans and acting differently. All I ask is that you understand, you support me and you love me." [READ MORE »](#)

[My OCD Confession](#) - "OCD owns the word 'disorder' because it debilitates. It crashes through you like a bulldozer and asks you to pick up the pieces." [READ MORE »](#)

[Loosening the Grip of Mental Illness](#) - "Loosening the grip of mental illness took a full year. No one flipped a switch. The transition from the world inside my head to the world outside was not only difficult but also fragile." [READ MORE »](#)

[NAMI Makes a Statement on Mass Shootings](#) - The vast majority of violence is not perpetrated by people with mental illness. Statements to the contrary only serve to perpetuate stigma and distract from the real issues. [READ THE STATEMENT »](#)

[Get Ready for Suicide Prevention Awareness Month](#) - September is National Suicide Prevention Awareness Month—a time to shed light on this highly stigmatized topic. [GET INVOLVED »](#)

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[2. Governor's 'Mental Health Czar' Seeks New Blueprint For Care In California](#) - Thomas Insel, who ran the National Institute of Mental Health for 13 years before casting his lot with Silicon Valley, is taking a temporary break from his senior position at a health care startup to advise Gov. Gavin Newsom on how to remake mental health care in the Golden State. (Rob Waters, 8/29)

[Newsweek: Cesarean Sections Probably Don't Cause Autism Or ADHD: 'Correlation Doesn't Equal Causation'](#) - A new study that combines data from over 20 million births has found that a Cesarean section delivery is associated with autism spectrum disorder (autism) and attention-deficit hyperactivity disorder (ADHD). However, the study does not indicate that Cesarean section deliveries cause autism or ADHD. The truth is much more difficult to decipher, and provides an excellent case study for the old adage that correlation doesn't equal causation. (Whitehouse, 8/29)

[Reuters: Possible Link Between C-Section And Autism, ADHD](#) - The statistical analysis, published in JAMA Network Open, does not prove that having a C-section directly causes such problems. Other factors that lead doctors to order a surgical delivery of the baby may underlie the link. The researchers collected studies covering more than 20 million deliveries dating back to 1999, to create a large pool of data to assess risks associated with cesarean delivery that may not be evident in the smaller individual studies. (Emergy, 8/28)

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[US News & World Report: C-Section Tied To Higher Risk Of Autism, ADHD](#) - "Our study does not provide irrefutable proof that C-sections cause psychiatric disorders. Association is not causation," Tianyang Zhang, a researcher at the Karolinska Institute in Sweden and lead author of the study, tells U.S. News. "However, we believe that the study provides information that may help parents (and) doctors to make informed decisions about how they want their births to be," Zhang adds. (Galvin, 8/28)

[The Telegraph: Babies Born By Caesarean One Third More Likely To Develop Autism](#) - Dr Pat O'Brien, Consultant Obstetrician and Spokesperson for the Royal College of Obstetricians and Gynecologists: "This systematic review and meta-analysis shows an association between caesarean birth and autism and ADHD, but a number of underlying factors which may have led to the development of these conditions were not accounted for. Therefore, the findings of this paper do not show that caesarean birth leads to autism and ADHD." (Donnelly, 8/28)

[PBS NewsHour: Why Doctors Are Increasingly Prescribing Nature](#) - As rates of chronic disease among children have skyrocketed over the past few decades, pediatricians have increasingly looked for solutions beyond the clinic. Sometimes that means actually prescribing time outside. Special correspondent Cat Wise reports from Oakland on the medical evidence that indicates escaping modern urban life, even temporarily, can yield health dividends. (Wise, 8/28)

[The CT Mirror: Mental Illness Is A Distraction In Conversations On Gun Violence, Advocates Say](#) - Two days after gunmen killed more than 30 people in Dayton, Ohio and El Paso, Tex., Julie Learson rallied with 250 Connecticut residents on the steps of the state Capitol. But unlike the scores of adults and children who held signs demanding legislative action to stop mass shootings, Learson clutched a piece of cardboard that read, "White supremacy and toxic masculinity are terrorist ideologies, not mental illnesses." (Lyons, 8/29)

[California Healthline: Governor's 'Mental Health Czar' Seeks New Blueprint For Care In California](#) - In a career full of twists, turns and high-powered assignments, Thomas Insel may now be embarking on one of his most daunting tasks yet — helping California find its way out of a worrisome mental health care crisis. This year, he assumed a new role to help Gov. Gavin Newsom revamp mental health care in the state. Newsom called Insel his "mental health czar," though his position is unpaid and Insel says it grants him "no authority." Even so, he is zigzagging across California this summer, visiting mental health facilities to try to understand what works and what doesn't. (Waters, 8/28)

[Autism Rate Rising Faster Among Some Children, Study Finds](#) - New research suggests that the prevalence of autism is on the rise and it's growing at a significantly faster clip among certain groups of kids. [Read More >](#)

[Feds Continue To Tweak Medicaid Waiver Rule](#) - Federal officials are working to further clarify how they will determine if living arrangements for people with disabilities are considered community-based versus institutional. [Read More >](#)

[In First, State Makes Paraeducator Training Compulsory](#) - Amid a shortage of special educators, schools are increasingly leaning on paraeducators. Now, one state is the first to require training for this workforce. [Read More >](#)

[Schools Turn To Virtual Reality To Help Students With Disabilities](#) - Virtual tours and virtual social interactions are giving kids with disabilities a chance to practice life skills in safe spaces before they experience the real thing. [Read More >](#)

[More States Requiring Insurers To Cover Developmental Disabilities](#) [Read More >](#)

[The New York Times: Surgeon General Warns Pregnant Women And Teenagers Not To Smoke Or Vape Marijuana](#) - The United States surgeon general on Thursday issued a public warning that smoking or vaping marijuana is dangerous for pregnant women and their developing babies. At a news conference with other top Trump administration health officials, the surgeon general, Dr. Jerome Adams, said he was concerned that pregnant women, teenagers and others were unaware of the health hazards posed by new, professionally grown marijuana crops. (Kaplan, 8/29)

[The Washington Post: Surgeon General Calls Marijuana A 'Dangerous' Drug, Warns Against Use By Youth, Pregnant Women](#) - Citing greater access and increased potency of what's available on the market, Jerome M. Adams and Health and Human Services Secretary Alex Azar said the drug "carries more risk than ever" and announced that they would be starting a public awareness campaign on social media about the effect it can have on the developing brain. The initiative, they said, is funded by President Trump, who donated his full second-quarter presidential salary of \$100,000 to the effort. It's a drop in the bucket compared to his personal fortune but underscores how much of a priority addiction and substance abuse is for the administration, they said. (Cha, 8/29)

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[USA Today: Surgeon General: Weed Way Too Risky For Pregnant Women And Teens](#) - Health and Human Services Secretary Alex Azar noted the amount of THC — the chemical that leads to psychological effects in marijuana — now is about three times higher than a few decades ago. A third of teens who vape use their e-cigarette devices for marijuana oil, said Adams, and edibles, oils or waxes lead to another tripling of the effect of the THC. "As I like to say, this ain't your mother's marijuana," he added. The "rapid normalization" of marijuana use by young people is of particular concern, Adams said. It's now the third most common illegal substance used by high school students after alcohol and electronic cigarettes, he said, and one in five of teens who try it will become addicted. Teens are also more likely to miss or drop out of school, and significant drops in cognition have been reported in adults who started using as young teens. (O'Donnell, 8/29)

[Politico: Surgeon General Advises Pregnant People, Youth Against Marijuana Use](#) - "We need to be clear: Some states' laws on marijuana may have changed, but the science has not and federal law has not," HHS Secretary Alex Azar said. In 2017, about 9.2 million people ages 12 to 25 reported that they used marijuana in the last month, according to HHS. High school students' perception of marijuana as harmful has been declining over the past decade, the department has found. (Roubein, 8/29)

[NPR: Surgeon General: Marijuana Use During Adolescence And Pregnancy Is Risky](#) - Young people who regularly use marijuana are "more likely to show a decline in IQ and school performance [and] are more apt to miss classes," Adams said. And frequent use of the drug can also impair a child's attention, memory and decision-making. In addition, it can be habit-forming. "Nearly 1 in 5 people who begin marijuana use during adolescence become addicted," Adams said. "That's scary to me as the dad of a 15-, a 13- and a 9-year-old." (Aubrey, 8/29)

[Stat: Surgeon General: Marijuana During Pregnancy And Adolescence Is Dangerous](#) - While the medical community is largely uniform in its view that marijuana use by pregnant women or adolescents carries associated risks, the announcement comes amid a murkier landscape on marijuana and its components. The Food and Drug Administration this year has worked to better regulate supplements containing CBD, a non-psychoactive compound within marijuana. The agency also approved a CBD-based drug last year as a treatment for seizures. (Facher, 8/29)

[Modern Healthcare: U.S. Surgeon General Advises No Marijuana For Pregnant Women, Adolescents](#) - "Once upon a time people thought tobacco was safe for you," until a surgeon general's report was published highlighting the health risks, he added. And he called on policymakers to consider the downsides of pot use while developing their laws and regulations. (Luthi, 8/29)

[CNN: Marijuana: Surgeon General Warns Of Risks For Youth And Pregnant Women](#) - This is Adams' first advisory this year and his third since being named surgeon general in 2017. Last year, he issued an advisory on using the medication naloxone to reverse an opioid overdose, and an advisory on e-cigarette use among youth, calling it an "epidemic." (Howard, 8/29)

[The Advocate: Family Questions How Woman Died From Ketamine Use At Baton Rouge Psychiatric Hospital](#) - Joy Waguespack was receiving treatment at a Baton Rouge psychiatric hospital when she was found unresponsive in her room and later died from the effects of ketamine — a sedative most often used in medical settings for administering anesthesia. Officials don't know how she obtained and ingested the drug that killed her. ...Waguespack had been admitted to Seaside just three days before she was found unresponsive. Relatives said she was sent to the facility immediately upon her release from jail and involuntarily committed for mental health treatment — a familiar experience for the woman, who had spent decades bouncing from one treatment center or group home to another, struggling to find some stability within Louisiana's notoriously underfunded mental health system. (Skene, 8/29)

[North Carolina Health News: Rural Hospital Closures Lead To Higher Mortality Rates](#) - When a hospital closes in an urban area, mortality rates don't change. But when a rural hospital shuts its doors, according to a new study, mortality rates increase nearly six percent. The new study helps clear up a question about the impact of hospital closures on health. Earlier studies at times have shown that a closed hospital didn't seem to have much impact on health. (Bishop, 8/30)

[The Associated Press: Trump Eyes Mental Institutions As Answer To Gun Violence](#) - When shots rang out last year at a high school in Parkland, Florida, leaving 17 people dead, President Donald Trump quickly turned his thoughts to creating more mental institutions. When back-to-back mass shootings in Dayton, Ohio, and El Paso, Texas, jolted the nation earlier this month, Trump again spoke of "building new facilities" for the mentally ill as a way to reduce mass shootings. (Freking, 8/30)

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[The CT Mirror: Mental Illness Is A Distraction In Conversations On Gun Violence, Advocates Say](#) - Two days after gunmen killed more than 30 people in Dayton, Ohio and El Paso, Tex., Julie Learson rallied with 250 Connecticut residents on the steps of the state Capitol. But unlike the scores of adults and children who held signs demanding legislative action to stop mass shootings, Learson clutched a piece of cardboard that read, "White supremacy and toxic masculinity are terrorist ideologies, not mental illnesses." (Lyons, 8/29)

[The New York Times: How To Manage Your Mental Illness At Work](#) - I dropped my freshly cooked lunch all over the carpet. It wasn't the reason I broke down just outside my office, but it was all the excuse I needed. I fell to my knees, screamed at the carpet, and cried as I shakily cleaned up my food. Then I sat down to write this paragraph. The rest of my breakdown would have to wait until work was done for the day. Like 46 million Americans (according to the National Alliance on Mental Illness), I regularly deal with a mental illness that has the potential to disrupt my daily life. Some days it comes in the form of an emotional breakdown that stops everything I'm doing dead in its tracks. Most of the time, though, it is quieter. It can be a haze that makes work slow, or it can stifle ideas when I need them most. (Ravenscraft, 8/29)

[Stat: Recovery Coaches In The ER Aid People With Substance Use Issues](#) - Families of loved ones treated in our emergency department for overdoses or other substance use problems once begged us to get these patients into treatment programs. All they wanted was to help them get treatment — and stay alive. For years there wasn't much our emergency medicine team could do. Now there is: We've added recovery coaches. (James Baird, 8/30)

[Juvenile justice reform: keeping kids at home and out of correctional facilities](#) - *KETV.com*

As juvenile justice reform efforts take hold in Ramsey County, Minn., fewer juvenile offenders are going into correctional facilities. Instead, they are returning home to their families, often with court-ordered conditions or programming under the direction of probation. "We've done a lot of work to sort of create this continuum of services for kids in the community," said Kim Stubblefield, assistant deputy director of Juvenile Services. Those community programs don't focus solely on the juvenile, however. Rather, they work with the entire family. [More here](#)