While we expect many things from award shows like the Video Music Awards – like memorable performances, outfits and soundbite-worthy acceptance speeches – what we don’t expect is suicide awareness. But in the most powerful performance of the night (in our humble opinion), Logic performed his song “1-800-273-8255,” named after the suicide prevention lifeline. If you haven’t seen it, it’s worth a watch. We’re so glad the suicide lifeline is getting the attention it deserves.

**The Most Powerful VMA Performance This Year Was About Suicide Prevention** (includes video of song)

**Google Partners with NAMI to Shed Light on Clinical Depression** NAMI believes that awareness of depression can help empower, educate and enable quicker access to treatment. That’s why we partnered with Google to ensure that their new "Check if You’re Clinically Depressed" feature is accurate and useful.

**READ MORE >**

**Gun Sellers Join Forces To Curb Suicide-By-Firearm, Rampant In Rural Areas (KHN)**

**Los Angeles Times: GOP Confronts An Inconvenient Truth: Americans Want A Healthcare Safety Net** - The dramatic collapse of Senate legislation to repeal the Affordable Care Act may not end the Republican dream of rolling back the 2010 healthcare law. But it lay bare a reality that will impede any GOP effort to sustain the repeal campaign: Americans, though ambivalent about Obamacare in general, don’t want to give up the law’s landmark health protections. (Levey, 7/28)

**USA Today: Senate Obamacare Repeal Failure A Relief For Some Patients** - Bill Rairigh had a high health insurance premium and a $20,000 hospital bill after he had a heart attack in 2007. Then he lost his insurance altogether because of his heart condition. The Affordable Care Act meant he could get insurance again, and at about half the price of his previous premium with only a $300 deductible. (O'Donnell, 7/28)

**Columbus Dispatch: Kasich 'Glad' Health-Care Bill Failed; Calls For Bipartisan Revision Of Obamacare** - Ohio Gov. John Kasich said he was “glad” Senate Republicans last week failed to dramatically scale back the 2010 health-care law, but insisted Congress needs to fix some of the flaws in the law known as Obamacare. ... But members of both political parties have acknowledged that revisions are needed to keep alive the state marketplaces created by Obamacare where middle income families can rely on federal tax credits and subsidies to buy individual insurance policies. (Torry, 7/31)

**NPR: Autism Symptoms Are Less Obvious In Girls And May Lead To Underdiagnosis** - Many more boys are diagnosed with autism every year than girls. According to the Centers for Disease Control and Prevention, the disorder is 4.5 times more common among boys than girls. Boys appear to be more vulnerable to the disorder, but there is some evidence that the gender gap may not be as wide as it appears. (Neighmond and Greenhalgh, 7/31)

**Tampa Bay Times: Advocates Push To Raise Awareness Of Mental Health In Minority Communities** - According to the Health and Human Services Office of Minority Health, African Americans are 20 percent more likely to experience serious mental health problems than the general population. Homelessness and domestic violence can increase the group’s risk for developing mental illnesses like depression, anxiety, and post-traumatic stress disorder, according to the National Alliance on Mental Illness. (Woodward, 7/28)

**Los Angeles Times: Pasadena-Based Mental Health Agency To Provide More Direct On-Site Support For Magnolia Park Students** - Pasadena-based mental health agency will provide more direct on-site educational support services for special-needs students enrolled at Magnolia Park School for the upcoming school year. The Burbank Unified School District contracted with Hathaway-Sycamores Child and Family Services during a board meeting last week to provide services at Magnolia Park, which offers enrollment for elementary through high school students with significant behavioral and emotional challenges. (Vega, 7/28)

**The Washington Post: The 7,150 Nuns Who Fought Against Trumpcare** - The votes from Republican Sens. Susan Collins, John McCain and Lisa Murkowski to stop their party’s repeal-Obamacare juggernaut were demonstrations of genuine courage. The appearance of this virtue in a dark time is not necessarily miraculous, but I couldn’t help noticing the striking intervention in this debate by 7,150 American nuns who called the Senate GOP’s core proposal “the most harmful legislation for American families in our lifetimes.” (E.J. Dionne, 7/30)
Boston Globe: Murkowski And Collins Went Maverick Long Before McCain - Senators Susan Collins of Maine and Lisa Murkowski of Alaska went maverick long before [John] McCain. On Tuesday, the two women resisted enormous pressure from President Trump and party

Chicago Sun-Times: As CTE Rocks Football, I’m Donating My Brain To Science - So it wasn’t a great leap to pledge even that ultimate thing that makes me human — my brain — to researchers at the Concussion Legacy Foundation in Boston. That is the organization that took the earliest data — some from independent pathologist Bennet Omalu, who examined deceased Hall of Fame center Mike Webster’s brain and found it terribly riddled with the disease now known as chronic traumatic encephalopathy — and has led the way in football-concussion research. (Rick Telander, 7/31)

• The Power of Spoken Word by Marcel "Fable the Poet" Price
• Road to Wellness: An African American Female’s Journey - by Lauren Carson, Founder of Black Girls Smile
• Minority Mental Health is #NotACharacterFlaw by Jean-Phillipe Regis, Human Rights Foundation
• The Greatest Gift My Parents Gave Me by Gayathri Ramprasad, ASHA International – a video included

This Visualizing Health Policy infographic looks at costs and outcomes of mental health and substance use disorders in the United States (U.S.).

- Nearly 18 percent of adults reported having a mental, behavioral, or emotional disorder in 2015, including more than 1 in 5 women.
- Furthermore, nearly 3 percent of people aged 12 years or older reported addiction to or misuse of an illicit drug in 2015, including more than 7 percent of people aged 18 to 25 years.
- However, 1 in 5 people say they or a family member had to forego needed mental health services because they couldn’t afford the cost, their insurance wouldn’t cover it, they were afraid or embarrassed, or they didn’t know where to go.
- Mental illness treatment accounted for $89 billion, or 5 percent, of total medical services spending in 2013, behind checkups/prevention and circulatory disorders.
- Mental health and substance use disorders together were the leading cause of disease burden in 2015, surpassing cancer and cardiovascular disease, among others.
- Relative to countries of similar size and wealth, the U.S. has had higher rates of death from unintentional poisonings, the majority of which were due to drug overdoses. In 2013 the age-standardized rate of death from unintentional poisonings per 100,000 population was 12.4 in the U.S. compared with 2.5 on average in comparable countries.

Visualizing Health Policy is an infographic series produced in partnership with the Journal of the American Medical Association (JAMA). The full-size infographic is freely available on JAMA’s website and is published in the print edition of the journal. For more information on trends in costs and outcomes of mental health and substance abuse disorders, go to the Peterson-Kaiser Health System Tracker.

Federal Panel Wants Autism Funding Doubled A federal autism committee is calling for a twofold increase in funds dedicated to researching the developmental disorder by 2020. Read More>

Study: School Culture, Policies Drive Use Of Restraint And Seclusion Read More>

If you have a child diagnosed with ADHD, one of the things you learn pretty quickly is that it isn't something you "fix," but something you work with. Medication can help a lot of kids with the basic symptoms of ADHD, improving their ability to focus, settle down and resist impulsivity. But for these kids to really thrive, they may need support to help them stay organized, get along with other kids and feel positive about themselves. Some will need help learning to handle frustration without tantrums or outbursts. Some will need help finding activities that play to their interests and strengths.

ADHD and Exercise Studies show that even half an hour a day can help kids function better and feel better.

How to Help Girls With ADHD What parents can do to support learning, social skills and self-esteem.

ADHD in Teenagers How to help kids handle the new challenges and expectations of high school.

Behavioral Treatments for Kids With ADHD Therapies that teach kids how to get organized and help them control problem behaviors.
When Parent and Child Both Have ADHD
Treatment for mom or dad may be important for the kids, too.

USA Today: Suicide-Related Searches Surged After The Release Of '13 Reasons Why'
Suicide-related searches on Google jumped significantly after the release of the show 13 Reasons Why, according to a report published Monday in JAMA Internal Medicine. The show, which premiered in March on Netflix, follows the fictional story of Hannah Baker, a teenager who commits suicide and leaves behind 13 tapes detailing why she decided to end her life. (Toy, 7/31)

The Washington Post: Internet Searches On Suicide Went Up After ‘13 Reasons Why’ Released By Netflix
“Our analyses suggest 13 Reasons Why, in its present form, has both increased suicidal awareness while unintentionally increasing suicidal ideation,” the authors wrote. “The most rising queries focused on suicidal ideation. For instance, ‘how to commit suicide’, ‘commit suicide’ and ‘how to kill yourself’ were all significantly higher.” Overall, suicide queries were 19 percent higher in the 19 days following the series’ release, “reflecting 900,000 to 1.5 million more searches than expected,” the paper reported. (Murgia, 7/31)

Boston Globe: State Allows Psychiatric Hospital Cited For Patient Care Lapses To Reopen
Westwood Lodge, a psychiatric hospital cited for repeated patient care problems, will be allowed to reopen Tuesday under increased oversight, the Baker administration has decided. State regulators had stopped admissions to the Westwood Lodge children’s unit on April 26 and then closed the unit entirely after discovering serious lapses, including the case of a 9-year-old boy who had been given the wrong medication for nine days. (Kowalczyk, 7/31)

NH Times Union: New Hampshire Hospital Review Would Be Paid For By D-H, Council Told
The Executive Council on Wednesday will be asked to approve an $85,000 contract for an outside review of staffing and quality of care at New Hampshire Hospital, paid for by Dartmouth-Hitchcock. Medical staffing at the state-run psychiatric hospital has been a concern since the summer of 2016, when the state agreed to a $36 million contract with Dartmouth-Hitchcock health systems to provide psychiatrists, nurses and administrators. (Solomon, 7/31)

The Des Moines Register: Got Medicaid? Good Luck With Your Teeth
For years, Iowa dentists have complained about the low rate of payment they receive from the Medicaid program. When treating a Medicaid patient, dentists can typically expect to collect just 30 percent of what they’d normally receive for providing the same care to a privately insured patient. As a result, many Iowa dentists have capped the number of Medicaid patients they’ll see — assuming they see any at all. (7/31)

Target Unveils Clothing For Kids With Special Needs Read More>
Autism At Center Of New Netflix Series 'Atypical' Read More>
How to Help Kids With Back-to-School Anxiety
Back-to-School Dos and Don’ts
School Success Kit for Kids With Executive Functioning Issues
School Success Kit for Kids With ADHD
School Success Kit for Kids With Sensory Processing Issues
Delta Sky: A Proactive Approach to Men’s Health
MHA’s Chiming In Blog: What You Can Do to Help Children in Your Community
Andrew Faas.com: Addiction Reaches Every Corner of Society
Today Show: Suicides in Teen Girls Hit a 40-year High
CBS News: Instagram Photos May Offer a Snapshot into Mental Health
How to Build Boys’ Self-Confidence
Boys face their own set of gender-based challenges. Here are some ways to help.
When to Push Your Children
And how to know if you’re pushing too hard.
What to Do (and Not Do) When Children Are Anxious
How to help kids who are struggling without empowering their fears.
How Can We Help Kids With Self-Regulation?
Some kids need help learning to control their emotions and resist impulsive behavior.
Helping Kids Who Are Too Hard on Themselves
Tips for bolstering self-critical children who tend to talk themselves down.
September 2017 Additional Mental Health Articles, Videos and information from around the nation.

How to Know if Your Child Is Being Bullied Not every incident of childhood meanness or rejection is bullying. When does teasing become torment?

College fact sheets
- Take a Screen to Check Up on Your Mental Health
- What’s Your Plan? College with a Mental Health Disorder
- Balancing Work and School
- Taking a Leave of Absence: What You Need to Know
- Sleep and the Student - College Concerns
- Stressed or Depressed? Know the Difference
- Boost Your School Performance by Taking Care of You
- Top Ten Freshman Year Issues (and how to deal with them)
- Alcohol, Substance Abuse and Depression
- Winter Break Survival Tips for College Students

Brunswick Co. Commissioners Approve Creation of Stepping Up Task Force WECT—July 18 | North Carolina
State Fund Created to Speed up Mental Health Screening for Criminal Defendants Argus Leader—July 14 | S.D.
Effort to Help Residents with Severe Mental Illness Kicks Off Las Cruces Sun-News—July 13 | New Mexico
Police Practice De-Escalation Tactics Ozarks First—July 11 | National
Goal of Nation’s First Opioid Court: Keep Users Alive Times Union—July 9 | New York
New South Carolina Law Requires Officers to Undergo Mental Health Training Law Street—July 6 | South Carolina
Lots of Help for Mentally Ill, If They Can Find It Time-News—July 29 | North Carolina
New Florida Tech Study Finds Mental Health Court Cuts Recidivism Florida Institute of Technology—July 25 | Florida
County to Start Pilot Program for People in Jail with Mental Illness San Diego Union-Tribune—July 20 | California
Cops Get Help to Cope with Trauma Pew Charitable Trusts’ Stateline—July 20 | National
Local, State Officials and Legislators Discuss Implementation of Community Behavioral Health System The Bismarck Tribune—July 19 | North

Brandon Marshall Delivers Powerful Message to NFL Owners About Mental Health - USA TODAY

Dear Media: When You Cover Death by Suicide, Do It Thoughtfully - LOS ANGELES TIMES

WIRED: Science Says 13 Reasons Why May Be The Public Health Scare People Thought In March, when Netflix began streaming its original teen suicide mystery series 13 Reasons Why, it took a few days for people to start freaking out. But soon, schools started sending home notes warning parents about the show’s graphic depictions of suicide and rape. Psychologists wrote op-eds denouncing its disregard for the World Health Organization’s suicide portrayal guidelines. News outlets published more than 600,000 stories about it. And then there was Twitter. (Megan Molteni, 7/31)

The New York Times: My $1,000 Anxiety Attack When my bulimia was at its worst, I used to see the ice cream I’d purged in the kitchen sink and think of all the money I’d vomited over the years. Now I realize it costs just as much to manage a mental illness as it does to be sick. Last year, Health Affairs reported mental disorders cost the United States more than any other medical condition: in 2013, $203 billion. That $203 billion accounts for psychologists, psychiatrists, inpatient and outpatient treatment, hypnosis, medication, but what about the staggering expenses the figure could never include, the private hacks people like me make to MacGyver life? Headphones. Noobie Soothie. One-thousand-dollar replacement tickets. (JoAnna Novak, 8/2)

Modern Healthcare: CMS Gives Hospitals $2 Billion Raise, Finalizes Unpopular Uncompensated-Care Plan The CMS will give a $2.4 billion raise to inpatient hospitals in fiscal 2018. The increase is less than the $3.1 billion the agency proposed in April, but exceeds the $746 million bump hospitals received in fiscal 2017. In its final rule for the inpatient prospective payment system, released late Wednesday, the CMS also announced it was moving forward with plans to change the way it reimburses uncompensated care even though the approach was panned by the hospital industry. (Dickson, 8/2)
**Paul Henry Gingerich, sent to prison for his crime as a 12-year-old, is now free** – *Indy Star* - Paul Henry Gingerich, who as a boy became perhaps the youngest Hoosier ever sentenced to prison as an adult, has been released from prison and, according to his mother, is moving forward with his life. [More here](#).

**Life Sentences, Long Sentences Imposed on Youth Need 2nd Look** – *JJIE* - Decades of research from the fields of criminology and adolescent brain science find that the decisions made in youth — even very unwise decisions — do not crystallize criminality. Instead, as young people age and mature they develop the capacity to make different choices. [More here](#).

**USA Today: Troops At Risk For Suicide Not Getting Needed Care, Report Finds** Pentagon health care providers failed to perform critical follow-up for many troops diagnosed with depression and post-traumatic stress syndrome who also were at high risk for suicide, according to a new study released Monday by the RAND Corp. Just 30% of troops with depression and 54% with PTSD received appropriate care after they were deemed at risk of harming themselves. The report, commissioned by the Pentagon, looked at the cases of 39,000 troops who had been diagnosed in 2013 with depression, PTSD or both conditions. USA TODAY received an advance copy of the report. (Brook, 8/7)

**Stat: Mindstrong Wants To Predict Mental Illness From Smartphone Interactions** Dr. Thomas Insel is one of the most high-profile scientists who has departed Verily Life Sciences, the Google spinoff that has been plagued by turnover at the top and questions about its approach to science. Insel, a neuroscientist and longtime head of the National Institute of Mental Health, left for a venture that he says could use people’s behavior on smart phones — such as the speed and cadence of their typing and scrolling — to improve diagnosis and treatment of mental health. The idea, he said in an interview, is to apply the kind of precision approach used for cancer or heart disease to “predict and preempt” serious mental illness. (Piller, 8/7)

**Tampa Bay Times: How The 'No Wrong Door' Approach To Mental Health Treatment Is Playing Out In Hillsborough County** The facility, the only one of its kind in the Tampa Bay area, serves as a behavioral health emergency room with a coordinated web of services to ensure the person in crisis is getting the right level of care, said Gracepoint CEO Joe Rutherford. The concept has existed for years but gained steam statewide last year with the passage of a law that overhauled mental health and substance abuse treatment and mandated a "no wrong door" approach for people entering the system. (Varn, 8/4)

**San Jose Mercury News: Santa Clara: Family Sues City After Police Killed Their Son** Underneath the red, purple and yellow poncho from Colombia bearing the name of her slain son, Amanda Sommers’ shoulders trembled. The mother of Jesús A. Geney, a 24-year-old man killed by Santa Clara police while suffering a mental breakdown, stood in front of Santa Clara City Hall on Saturday to announce her family is suing the city. (Giwargis, 8/5)

**Chicago Tribune: Football And CTE: The Dilemma For Parents** The e names of NFL players tormented by the degenerative brain disease CTE are well-known: Dave Duerson, Mike Webster, Junior Seau, to name a few. Parents would be smart to familiarize themselves with another name linked with chronic traumatic encephalopathy: Zac Easter. Zac began playing organized football when he was 8 and didn’t stop until his senior year of high school in Indianola, Iowa. Concussions marred his days as a linebacker. After he stopped playing, Zac coped with depression, headaches and slurred speech. At 24, he took a shotgun from his father's truck, drove to a state park, and blasted a hole into his chest. A postmortem examination of Zac's brain confirmed what the young man had long suspected: He suffered from CTE. (8/6)

**Orlando Sentinel: Cuts To Mental Health Care Could Leave Thousands Without Help, Advocates Say** Central Florida’s already fragile mental health system is reeling from millions of dollars in cuts negotiated by state lawmakers — a loss that has already triggered layoffs at two major providers and is expected to leave several thousand people without care. ...Some mental health providers said they didn’t know the full extent of the cuts until just before the start of the July 1 fiscal year. (Santich, 8/7)
Boston Globe: State Sees Boom In Number Of Psychiatric Beds, But Hospitals Struggle To Hire More Psychiatrists
As psychiatric patients struggle to get treatment, some of them waiting for days in emergency rooms, health care companies have seen an opportunity: Three gleaming new psychiatric hospitals have gone up in Massachusetts since 2015, and two more are in the works. But it’s turning out to be harder than expected to fill them with patients. (Kowalczyk, 8/8)

Des Moines Register: Feds: Iowa Failed To Collect $700,000 In Drug Rebates Owed To Medicaid
For almost three years, the Iowa Department of Human Services neglected to collect rebates on pharmaceutical drugs purchased through Medicaid, costing Iowa taxpayers more than $700,000 in lost revenue. The U.S. Department of Health and Human Services’ Office of Inspector General investigated the loss as part of a wide-ranging probe into uncollected drug rebates that the Medicaid program is entitled to receive. (Kauffman, 8/9)

Bloomberg: America’s Drinking Problem Is Much Worse This Century
Americans are drinking more than they used to, a troubling trend with potentially dire implications for the country’s future health-care costs. The number of adults who binge drink at least once a week could be as high as 30 million, greater than the population of every state save California, according to a study published on Wednesday in JAMA Psychiatry. A similar number reported alcohol abuse or dependency. Between the genders, women showed the larger increase in alcohol abuse, according to the report. (Tozzi, 8/9)

Atlanta Journal-Constitution: Student Mental Health Key For School Success
DeKalb County schools officials realize that returning to classes often means the return of anxiety and stress for students that can lead to problems as serious as depression and suicide, which is the second-leading cause of death for teenagers. That’s why the district hosted a mental wellness rally before school started for students and parents helped put some tools in their hands to make it through the school year. (Eldridge, 8/9)

Stat: Thank You, Justin Bieber. Your Honesty About Mental Health Helps All Of Us
This “celebrity effect” may be especially true for adolescents, who may be more influenced by these media figures. Bieber’s announcement made me think of a teen in Northern Canada I had interviewed for a story on youth mental health. When I asked about who inspired her, she quickly named Kendall Jenner, a social media celebrity and supermodel a few years older than her. Describing the things they had in common, like their height and hair color, the teen also mentioned their shared mental health challenges. “Another thing I have in common with Kendall is that she talks about her anxiety, and I have anxiety too.” Perhaps Jenner’s openness about her anxiety made it less shameful for others to talk about. (Amitha Kalaichandran, 8/9)

Pulling Back on the Barbaric Use of Solitary Confinement – The New York Times
-The Justice Department took a farsighted step last year when it banned the use of solitary confinement for young people in federal prisons. The decision — based on research showing that isolation promotes mental illness and self-harm — followed the widely publicized suicide of Kalief Browder, a young man who had been unjustly accused of a minor crime and sent to New York’s infamous Rikers Island jail complex, where he spent two traumatic years in solitary confinement. More here.

Des Moines Register: Iowa’s High-Stakes Medicaid Payment Talks Have Bogged Down, But It’s Not Clear Why
State administrators aren’t telling the public or legislators why negotiations over hundreds of millions of dollars in Medicaid spending are dragging on for weeks after the talks were supposed to conclude. The administrators also won’t estimate how much more money the cash-strapped state might have to shell out to private Medicaid management companies as a result of those talks. (Leys, 8/10)

The CT Mirror: Budget Cuts May Erode Gains In School Mental Health Services
Since the horrific shooting of children and faculty at Sandy Hook Elementary School in December 2012, Connecticut has made significant investments in school mental health services and specifically in identifying and treating victims of trauma. But with no state budget and school beginning in less than a month, many Connecticut districts may have to cut back on recently expanded mental health services or make room for them in their own budgets. (Werth, 8/11)
Miami Herald: A Mental-Health Facility 13 Years In The Making Is One Vote Away From Becoming Reality
Leifman, a Miami-Dade circuit judge who has spent much of his life working to change state laws for mentally ill inmates, will lead the effort to take the former South Florida Evaluation and Treatment Center and turn it into a state-of-the-art mental health diversion facility. If they meet certain criteria, people can be housed, treated and taught to manage their illnesses and their lives. (Bordas, 8/10)

With Congress deadlocked, Iowa and Oklahoma seek to reform the ACA through waivers - It's widely expected that if HHS gives Iowa and Oklahoma the green light on their ambitious redesigns for Medicaid and the Affordable Care Act's insurance exchanges, other states soon would follow with similar proposals. READ MORE

Des Moines Register: A Medicaid Patient Lost The Care He'd Received For 20 Years. 3 Months Later, He Was Dead
Thirty-two years ago, a vehicle accident left Todd Mouw a quadriplegic, unable to feed himself and needing a ventilator to breathe. Yet for decades he was able to live at home with the help of family, aided by medical staff who visited him daily to help provide 24-hour care. That care abruptly ended when a for-profit company that Iowa hired last year to manage the state’s Medicaid program announced that some of the staffers who had attended to Mouw all those years weren't qualified, and it wouldn't pay for the cost. (Clayworth, 8/12)

Santa Rosa Press Democrat: New Sonoma County Jail Wing Seeks To Improve Care For Mentally Ill Inmates
When Sonoma County sheriff’s officials publicly revealed their plans last spring to build a $48 million jail wing for the mentally ill, a common question quickly emerged. Why not build a psychiatric hospital instead in Sonoma County? After all, the only local hospital beds for mental health patients are operated by a for-profit company, while many low-income residents suffering a psychiatric crisis often wait for hours in an emergency room, waiting for a bed to free up in a psychiatric hospital in another county. (Espinoza, 8/12)

Santa Rosa Press Democrat: Jail Is Largest Psychiatric Facility In Sonoma County
The largest psychiatric facility in Sonoma County is not a hospital. It’s the jail. If not by design then by default, jail cells have essentially replaced psychiatric hospital beds for many of Sonoma County’s most severely mentally ill residents. It is a trend that began before the closure of Santa Rosa’s two secured mental health hospitals a decade ago, and has continued since. Now, nearly 40 percent of the 1,100 inmates held at the county’s main jail and its lower-security North County Detention Facility near the Charles M. Schulz-Sonoma County Airport have some form of mental health issue, from mild depression to bipolar schizoaffective disorder. (Espinoza, 8/12)

There may be some folks receiving disability benefits fraudulently, but I do know I got a good going over. A few weeks after my stroke, when I realized I wasn’t going to be able to work, my wife drove me to the Social Security office to apply for benefits. ... Months on, I still haven’t received a single check. Without help from family, I would be homeless, despite over forty years in the work force. To them, I am forever grateful, but also deeply ashamed. (Robert Fowler, 8/10)

Stat: HHS Picks Members From The Public For New Mental Health Commission
The Department of Health and Human Services on Wednesday appointed 14 people from outside government to join a new commission tasked with addressing serious mental illness throughout the United States. The Interdepartmental Serious Mental Illness Coordinating Committee, which consists of 10 leaders or designees from federal departments and 14 outside experts, was created via the 21st Century Cures Act, which then-President Barack Obama signed into law in December. (Facher, 8/16)

Wichita Eagle: Osawatomie State Hospital Passes Inspection
A Kansas psychiatric hospital that lost its federal certification in 2015 — causing the state to lose $1 million a month in federal funding — passed an initial inspection this week, a first step toward getting recertified. Osawatomie State Hospital completed a successful inspection on Tuesday, said the Kansas Department for Aging and Disability Services. (Shorman, 8/16)

The Mercury News: Santa Clara County Report Shows Surge In Homeless Deaths
The number of homeless deaths in Santa Clara County increased 164 percent from 2011 to 2016 — with a sharp spike in the last year — some of which can be attributed to an increasingly aging population, according to a new report. ...While the full report is expected to be available in coming days, the summary released Wednesday showed that the average age of the deceased homeless has been over 50 through the years, and jumped to 62 in 2016. (Kurhi, 8/16)
The Washington Post: People Who Get Medicaid Are Made To Feel Powerless. That Pushes Them Out Of Politics And Toward Fatalism. During the debate over the Republicans’ unsuccessful push to repeal and replace Obamacare this summer, thousands of activists across the country held rallies, attended town hall meetings and staged protests in an effort to stop the GOP. News coverage regularly featured protesters from the disability community, many of whom would have been affected by potential cuts to Medicaid. ... But very few of the 70 million low-income and disabled Americans who receive Medicaid benefits actually participated in the debates, despite the fact that changes to the federal program could have had fundamental consequences for their lives. ... people enrolled in Medicaid often feel stigmatized by the system. They can be frustrated by differences in the way the program is administered across states and even local communities. As a result, they disengage from politics. (Jamila Michener, 8/17)

The Wall Street Journal: Why Some Companies Want You To Take A Mental-Health Day More companies are trying to destigmatize mental illness and encourage workers to use mental-health days for their original intent. EY, or Ernst & Young, has an initiative called “r u ok?”, which encourages workers to check in with each other and offer support to those who might be struggling. American Express Co.’s employee-assistance program offers on-site access to mental-health professionals and free counseling. Prudential Financial Inc. gives employees flexible work arrangements and access to mental-health professionals. (Fontana, 8/15)

Iowa Public Radio: Data On Gunshot Wounds Lacking Nationally, more people between the ages of 15-24 are shot than any other age group. Dr. Denville Myrie, a trauma surgeon at Mercy Medical Center, says that’s true for the ER he works for in Des Moines. (Moon and Kieffer, 8/14)

Sacramento Bee: Why Are Opioids A National Crisis, But Smoking A Personal Choice? About 33,000 Americans died of opioid overdoses in 2015, nearly triple the number who died in 2002, according to the National Institute on Drug Abuse. But opioids are far from the most lethal addiction in America. Smoking results in the deaths of 480,000 Americans a year, making it the top cause of premature death, according to the U.S. Centers for Disease Control and Prevention. (Karin Klein, 8/14)

Des Moines Register: Iowa's Secret Medicaid Negotiations Unacceptable Iowa has a new governor and new human services director. Gov. Kim Reynolds and Department of Human Services Director Jerry Foxhoven should seize the opportunity to ditch their predecessors' Medicaid privatization experiment that funnels billions of public dollars to three private, for-profit managed care companies. The continuation of privatization cannot be justified. Neither can the ongoing government secrecy surrounding it. The intentional, irresponsible lack of transparency raises even more suspicions this entire ordeal is a taxpayer-fleecing fiasco. (8/14)

The Conversation: Bullying And Suicide: What’s The Connection? All 50 states have some kind of anti-bullying law, and schools are increasingly being called upon to implement bullying prevention programs. Bullying and suicide are both significant public health concerns for children and adolescents. (Melissa Holt, 8/12)

4. Gun Sellers Join Forces To Curb Suicide-By-Firearm, Rampant In Rural Areas New research suggests that efforts to address climbing rates of rural suicide must focus on safe access to firearms. State-based coalitions are attempting just that. (Shefali Luthra, 8/17)

Iowa Public Radio: Sen. Ernst Supports Obamacare Payments As Insurance Premiums Increase Sen. Joni Ernst says she wants the federal government to continue making payments for Obamacare subsidies to health insurance companies. President Trump has repeatedly threatened to stop making "cost-sharing reduction" payments. That uncertainty has led the only health insurance company left on Iowa’s exchange to propose a nearly 57 percent rate hike for 2018. (Sostaric, 8/17)

Los Angeles Times: Burbank Unified Renews Contract For Mental Health And Wellness Centers The mental health and wellness program in the Burbank Unified School District will continue at least another year after the school board renewed the district’s contract with the Family Service Agency of Burbank, a local nonprofit agency, on Thursday. Wellness centers at John Burroughs and Burbank high schools provide a supportive environment, where students can walk in to share their thoughts and feelings with counselors from the Family Service Agency. (Vega, 8/18)
The New York Times: Guns Play Oversize Role In Rural Suicides  
Suicide rates are higher in rural counties, according to a new study, and the reason is firearm use by men. The report, in the American Journal of Public Health, used data on 6,196 suicides of Maryland residents over age 15. They found that the rate of firearm suicides was 66 percent higher in the most thinly populated counties than in metropolitan areas with populations greater than a million. Non-firearm suicide rates in rural and urban counties were roughly the same. (Bakalar, 8/17)

Kaiser Health News: Gun Sellers Join Forces To Curb Suicide-By-Firearm, Rampant In Rural Areas  
John Yule, 53, manages Wildlife Sport Outfitters, a hunting and fishing supplies store on the edge of Manchester, N.H., and is “deeply involved in the Second Amendment community.” But six years ago, while listening to a public radio story, Yule heard about a way he could tackle a familiar problem — the high rates of suicide in rural areas like some nearby in his state ... Now he’s part of a team of people on the front lines, trying a simple but radical approach to curb rates of suicide, the nation’s 10th-leading cause of death. (Luthra, 8/17)

There are evidence-based ways to prevent suicide. The World Health Organization has a guide for how media professionals should talk about the subject. They should avoid sensationalizing it or normalizing it. They should be careful not to repeat accounts of suicide or to provide explicit descriptions as to how suicide might be attempted or completed. They should word headlines carefully, and avoid video or photos of suicides or the victims. (Carroll, 8/17)

Atlanta Journal-Constitution: Suicide Prevention Atlanta: Top Suicide Prevention Resources  
Recent studies from Centers for Disease Control and Prevention (CDC) found that from 1999 to 2014, the overall U.S. suicide rate increased by 24 percent. ... And according to the CDC, suicide rates among 15- to 19-year-old girls doubled between 2007 and 2015, reaching a 40-year high. (Nibokun, 8/17)

Sacramento Bee: Suicide Spike Followed Merger Of CA Women’s Prisons  
California’s corrections department’s failure to prepare when it moved hundreds of high-security female inmates from a Central Valley prison to one in inland Southern California may have contributed to a recent spike in suicide attempts by women prisoners, according to a new state audit. Between 2013 and 2016, women made up 4 percent of the state’s prison population but accounted for 11 percent of the system’s suicides, according to the audit. (Ashton, 8/17)

WBUR: Inventive Help For Mental Health One College Student Would Suggest To Another  
The growing number of students who need help with mental illnesses creates challenges for counseling centers on college campuses: They are simply not equipped or designed to help everyone who needs help. Many students end up on long wait lists and must look elsewhere for support. (Choi, 8/18)

Des Moines Register: As Complaints Pile Up, Lawmakers Overseeing Medicaid Privatization Haven't Met This Year  
A legislative committee tasked with oversight of the for-profit companies that manage Iowa’s Medicaid system hasn’t met this year, undercutting the state’s contention that the companies are being held accountable, critics say. (Clayworth, 8/20)

New Hampshire Times Union: Dave Solomon's State House Dome: DHHS Chief Says Progress Is Made On Mental Health  
The first step in creating more mental health beds to ease the shortage across the state was the easy part. The Legislature approved a $20 million investment and the Department of Health and Human Services issued a request for proposals from health care providers. Now comes the hard part - getting those health care providers to respond. The request for proposals was issued by June 30 and the initial deadline came and went without adequate responses. (Solomon, 8/20)

Modern Healthcare: With Congress Deadlocked, Iowa And Oklahoma Seek To Reform The ACA Through Waivers  
Iowa and Oklahoma are about to test the Trump administration’s declared commitment to giving states greater leeway in establishing alternatives to the Affordable Care Act’s insurance exchanges. Iowa officials plan to submit a sweeping state innovation waiver request to the CMS next week that would substantially revamp the ACA premium tax credit model and use some of the federal subsidy money to set up a reinsurance program to protect insurers that sign up high-cost enrollees. ... On Wednesday, Oklahoma filed a waiver request, also under the ACA’s Section 1332 state innovation waiver authority, to use federal subsidy money to fund a new reinsurance program, as the first step in a broader reform of the ACA coverage system. (Meyer, 8/18)
The New York Times: Public Hospitals Treat Greater Share Of Mental Health Patients  It has grown into a grim ritual of late in New York City: a burst of violence in which a person with mental illness is the victim or aggressor, followed by the city mapping out breakdowns in care and pledging to stitch the safety net tighter. But the late stages of a sick person’s struggle — medications missed, doctors’ declining last-minute appointments, hospitals that discharge patients with little follow-up care — are often only a coda to years of moving between home and a hospital bed. (Mueller, 8/22)

The Des Moines Register: Iowans’ Health Insurance Is In Trump’s Hands  When it comes to the fate of the Affordable Care Act, Iowans have been watching Congress. They should also be watching the Trump administration. Unlike President Barack Obama, who wanted the law to succeed, the current president said he would “let Obamacare fail.” He and Health and Human Services Secretary Tom Price can do much to ensure it does. And Iowans are positioned to feel disproportionate pain. (8/21)

Lincoln Journal-Star: Jails Not Fit To House Mentally Ill For Months  With long wait times to get into the limited number of beds at the Lincoln Regional Center, men and women with mental illnesses often end up in the Lancaster County jail. Briefly holding someone at the jail isn’t new, as people have long been booked before being transported to the regional center later that day. But the length of time those committed spend in jails statewide awaiting a bed to open up has grown significantly in recent years. (8/22)

How to Work Well With Your Child’s Therapist  Tips for forming an effective partnership with a mental health professional treating your child.

Is Your Child Is Getting Good Care?  How to know whether your clinician is following best practices.

Having a Child in Inpatient Treatment  What you can — and can’t — expect from psychiatric hospitalization.

Helping Resistant Teens into Treatment  Kids need to want to get better, to actually get better. So the first job is often to get their buy-in.

Behavioral Treatments at a Glance  An overview of behavioral therapies, how they work and how they can help.

When Those With Autism Age Out, What’s Next?  With little for her daughter with autism to do after aging out of school, one mom took matters into her own hands organizing regular activities for adults on the spectrum. Read More >

The Hill: Iowa Submits Final Request To Shore Up ObamaCare Markets  Iowa on Tuesday submitted to the federal government a final request to make changes to try to shore up its struggling ObamaCare insurance marketplace. The plan from the Iowa Insurance Division is intended to be a short-term market stabilization solution to entice more insurers into the marketplace. The state is facing what it calls a “collapse” of its ObamaCare marketplace after all but one insurer declined to offer plans for 2018. (Weixel, 8/22)

Des Moines Register: Health Insurance ‘Stopgap’ Rejection In Iowa Could Prompt Thousands To Drop Coverage  If federal officials reject Iowa’s “stopgap” insurance plan, tens of thousands of consumers are likely to drop coverage because of staggering premium increases, the state insurance commissioner warned. Commissioner Doug Ommen filed a formal, 192-page proposal Monday to federal health care administrators. ... Ommen estimated that under current rules, 18,000 to 22,000 Iowans would drop their individual policies and become uninsured next year. The commissioner unveiled a draft of his proposal in June. The stopgap plan would reconfigure Obamacare subsidies to give some assistance to people above the current income threshold, which is about $48,000 for a single person. (Leys, 8/22)

The Washington Post: Mapping Out The Causes Of Suicide In Teenagers And Children  Just before Christmas 2015, child psychiatrist Daniel Nelson noticed an unusual number of suicidal kids in the hospital emergency room. A 14-year-old girl with a parent addicted to opioids tried to choke herself with a seat belt. A 12-year-old transgender child hurt himself after being bullied. And a steady stream of kids arrived from the city’s west side, telling him they knew other kids — at school, in their neighborhoods — who had also tried to die. (Murgia, 8/22)
PBS NewsHour: Chicago’s Gun Violence Crisis Is Also A Mental Health Crisis In 2016, there were more than 4,000 shootings and 762 homicides in the city, according to the Chicago Police Department — a nearly 60 percent increase from 2015. ... Between 2009 and 2012, the state cut $113.7 million in funding for mental health services, according to National Alliance on Mental Illness’ (NAMI) Chicago branch. (Connelly Holmes, 8/22)

A Mentally Ill Inmate’s Final 46 Hours Andrew Holland’s legs and arms were shackled to a chair in a jail observation cell, where he sat in his own filth, eating and drinking almost nothing, for nearly two days in January. He was naked except for a helmet and mask covering his face and a blanket that slipped off his lap. San Luis Obispo County jail officials say Holland, who had schizophrenia, was restrained because he had been hitting himself in the head and was kept there because he refused to not harm himself further. Within 40 minutes of being unbound, he had stopped breathing. Holland’s death has provoked outrage, a $5-million legal settlement and questions about the way California jails handle a growing number of mentally ill inmates.

University Business Magazine: Beyond Awareness: Colleges Teach How to Help the Mentally Distressed
Moneyish: How to Talk to your Boss About Mental Health
CNN: Teen drug overdose death rate climbed 19% in one year
LA Times: Can’t See a Therapist? This Chatbot Could Help
Pitchfork: Jay-Z Discusses the Importance of Therapy

USA Today: Debating The President's Mental Health More Complicated Than Just Saying 'That's Crazy'
When Republican Sen. Bob Corker said last week that President Trump hasn’t "been able to demonstrate the stability" needed for success and recommended he "move way beyond himself," it was news mostly because Corker has been one of Trump's key supporters in Congress. Then James Clapper, who served in top intelligence jobs under former Presidents George W. Bush and Barack Obama, Wednesday morning questioned Trump's "fitness to be in this office" and said he was worried about the president’s access to the nuclear codes. Clapper, who had a long military career, is a close friend and longtime colleague of Trump’s Defense Secretary, Jim Mattis, a former Marine Corps general. (O’Donnell, 8/23)

The Washington Post: New Ads Accuse Big Tobacco Of Targeting Soldiers And People With Mental Illness
Truth Initiative, a leading tobacco-control nonprofit, has bought TV ads to run this Sunday during MTV’s Music Awards that accuse tobacco companies of purposely targeting mentally ill people and U.S. soldiers. The ads focus on this stark but little known fact: Roughly 40 percent of cigarettes sold in the U.S. are smoked by people with mental health issues, including depression, anxiety or substance-abuse problems. (Wan, 8/24)

Los Angeles Times: Under State Mandate, Glendale Unified Adopts Policy On Suicide Prevention Secondary teachers in the Glendale Unified School District must take part in mandatory training about suicide awareness this school year, specifically addressing youth with mental disabilities, those facing homelessness or those who are part of the LGBTQ community. The training comes after Assembly Bill 2246 put forth a mandate requiring school districts adopt a policy on suicide prevention for students in seventh through 12th grades, local school officials said last week. (Vega, 8/23)

NPR: Sibling Survivors Of Suicide Are Often Sidelined
When Taylor Porco’s brother, Jordan, died by suicide during his freshman year at college in February 2011, people told her to be strong for her parents who were incapacitated by their grief. Hardly anyone seemed to notice that Porco, only 14 at the time, was suffering and suicidal. "I was really depressed and in such extreme pain. Nothing literally mattered to me after he died. All I wanted was my brother back. I never loved someone as much as I loved him," she says. (Weinstock, 8/25)

Feds Clarify New Rule For Special Needs Trusts Special needs trusts have a new level of flexibility and federal officials are working to ensure that state Medicaid directors understand the implications. Read More >

The Washington Post: Ecstasy Could Be 'Breakthrough' Therapy For Soldiers, Others Suffering From PTSD
For Jon Lubecky, the scars on his wrists are a reminder of the years he spent in mental purgatory. He returned from an Army deployment in Iraq a broken man. He heard mortar shells and helicopters where there were none. He couldn’t sleep and drank until he passed out. He got every treatment offered by Veterans Affairs for post-traumatic stress disorder. But they didn’t stop him from trying to kill himself — five times. (Wan, 8/26)
USA Today: Harvey Can Give People Post-Traumatic Stress Symptoms  For those who survived Hurricane Katrina 12 years ago or last August's flood in Louisiana, Tropical Storm Harvey could threaten their mental health more than their physical well-being, experts said Saturday. Hurricanes and other natural disasters are common in Texas and Louisiana, but that can make people more resilient or more likely to experience symptoms associated with post-traumatic stress disorder. Unnerving news reports can exacerbate this. (O'Donnell, 8/26)

Stat: It's Past Time To Include Mental Health Into The Doctor's Office Visit  Treating mental illness is expensive. But the cost of not treating it is enormous. It affects our population’s health in ways that range from obesity to homelessness and addiction. Treating mental illness has traditionally been separate from treating physical illnesses. But that doesn’t really make sense, given what we know about both today. (Marc Harrison, 8/25)

NAMI  Firstly, our newest program, NAMI Ending the Silence, is a 50-minute presentation for middle and high school students to help them understand mental illness. The program teaches them common warning signs and when, where and how to get help for themselves or for their friends. During the presentation, they hear the reality of what living with a mental health condition is like directly from a young adult with lived experience.

In addition to teaching teens about mental health, we also want to encourage them to be open and share their struggles in a safe space. OK2Talk is our story sharing platform for teens and young adults struggling with mental health problems to talk about what they’re experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

Once they reach the college age, we want them to be prepared for any mental health challenges. Our College Guide explains privacy laws, provides various on-campus resources and teaches what to do when a mental health condition arises. We also have an accompanying video series to encourage college-bound young adults to talk with their families about their mental health.

For any young adults experiencing symptoms of psychosis, we have new First Episode Psychosis fact sheets explaining what FEP is, what to do if you’re experiencing psychosis, how to encourage people to seek help and tips for school staff and coaches to intervene early.

If a crisis occurs, our partner, Crisis Text Line, is offering a back-to-school resource called the School Toolkit. The kit contains tips on how to handle a crisis, handouts on what you can do, and more.

As we begin Suicide Prevention Awareness Month, we need to focus on providing teens and young adults with the resources they need when entering a new school year. That way, they will know to reach out for help if they are struggling.

NAMI in the News
Why Anthony Scaramucci's Paranoid Schizophrenia Insult Was Offensive  TeenVogue.com
Insulting Mental Illness, We Need To Fix Our Vocabularies!  HuffPost
Advocates push to raise awareness of mental health in minority communities  Tampabay.com
Round Rock woman highlights need for Minority Mental Health Awareness Month  KVUE (Austin, Tex.)
CEO's response on sick day for mental health goes viral  Chicago Daily Herald
Anxiety Symptoms: Signs You Have an Anxiety Disorder
State permanently closes psychiatric hospital, just weeks after declaring it safe - The troubled Westwood Lodge psychiatric hospital has closed, and all 20 adult patients were transferred to other facilities, amid “critical safety issues.” Continue reading →

Providers feel the pain of slow Medicaid mental services rule rollout - After a 50-year ban, the CMS announced last year that Medicaid would pay for inpatient psychiatric and substance abuse care. Hospitals hoped the change would decrease their ER case loads, but have seen no relief yet. READ MORE

Medicare shared-savings ACOs cut $1 billion in costs over three years - Accountable care organizations in the CMS' Medicare shared-savings program reduced spending by about $1 billion in the first three years, while also improving quality of care, according to a report by HHS' OIG. READ MORE

Talking About Mental Health Should Start Early - "Maybe if I had learned more about mental health when I was a teenager, I could have been saved twenty years of struggling with mental illness in silence. That's why I became a presenter for NAMI Ending the Silence." READ MORE »

The Power Of A Morning Routine - Having a morning routine can increase energy, productivity and positivity. It also generates momentum, building up to the brain's peak time for cognitive work (late morning). Here are a few suggestions on how to start your own morning routine. READ MORE »

Lessons We Missed As Kids: Practicing Mental Health - Why is physical health prioritized more than psychological health in childhood? What are kids taught to do when they feel lonely? Or when they feel rejected? The answer, usually, is nothing. READ MORE »

Mental Health In The Workplace: The Value Of Rest - A period of stillness and rest may be a necessary start to a more active mental health recovery. Though, resting is not as easy as it sounds. Here's some advice on how to rest the right way. READ MORE »

NPR: Harvey Evacuees Need Medical Attention And Mental Health Care - As floodwaters continue to rise in parts of Houston, health workers are trying to keep people safe and well, though that challenge is escalating. "The first and foremost thing that everybody's concerned about is just getting folks out of harm's way with the flooded waters," says Dr. Umair Shah, Executive Director of Harris County Public Health, whose own home came under mandatory evacuation Tuesday morning. (Hsu and Penaloza, 8/29)

Columbus Dispatch: Most Ohio Death Row Inmates Mentally Disabled, Report Says - Most of the 26 men scheduled for execution in Ohio over three years have intellectual impairments, mental illness and childhood abuse and should not be put to death, a study by Harvard Law School’s Fair Punishment Project concludes. A report released Wednesday looked at all 26 cases of convicted killers set to be executed in Ohio through 2020, beginning with Gary Otte on Sept. 13. It said Ohio is “poised to violate constitutional limits” by executing impaired inmates. (Johnson, 8/29)

How to Find a Therapist When Your Parents Won’t Help – TEEN VOGUE

10 Ways Depression and Anxiety Can Cause Physical Pain

A Mentally Ill Inmate’s Last Days – LA TIMES (including a very painful video)

Depression, Anxiety and Fighting Social Isolation http://www.hopetocope.com/depression-anxiety-isolation/

One Depression Management Technique That Works

Depression can be hard to manage. Depression can zap someone’s energy and zest for life, often making it difficult just to get up and out of bed. Because depression, and the people it affects, are complex, there aren’t quick-fixes or cures-alls. However, there are things that can be done consistently to manage and overcome depression.

A man who once lived with severe depression shared a depression management technique that worked for him and his depression: every single morning, get up and immediately make your bed. This man explains to people that this was one of the hardest things he had to do. He didn’t want to get up, let alone make his bed. He did so because his therapist asked him to try an experiment.
Once he did, he discovered that this small action exhausted him yet gave him a flicker of empowerment. Even if he accomplished nothing else the rest of the day, he had started his day with action. Even if he lay down on the bed and fell asleep, he wasn't in the bed. This made it easier for him to get up again. Making his bed came to symbolize that he was more powerful than his depression, and when he needed to retreat, he couldn’t do it fully because he had made his bed.

**NY Mental Health Hospitals Treat Greater Share of Patients**
**Last Bare County Covered, Oklahoma Waiver Application, CBO and More**
**MHA Chiming In Blog: Interagency Serious Mental Illness Coordinating Committee (ISMICC)**

**The Administration releases FAQ on Parity Disclosures and will accept comments through September 13**

**June 2017 RWJF Issue Brief: Improving Social Emotional Skills in Childhood Enhances Long-Term Wellbeing and Economic Outcomes**

**Framework for Action: Addressing Children's MH and Wellbeing through ESSA**

**The Washington Post: My Son Has Autism. Discrimination Almost Cost Him His Life.**

Five years ago, when my son Lief was 9, he fell ill with a virus. The virus attacked his heart and flooded it with fluid. The pressure from the growing pool inside his heart tore the muscle fibers. In a matter of weeks, he was transformed from a healthy kid to a critically ill hospital patient with only one hope for survival: a heart transplant. ... Because of our son’s disability, the doctors at our local children’s hospital told us that no facility would perform the transplant, and we should prepare for him to die. (Sunshine Bodey, 8/30)

**The New York Times: Moving When Young May Strengthen The Adult Brain**

Being active in youth may change the inner workings of brain cells much later in life and sharpen some types of thinking, according to a remarkable new neurological study involving rats. The study suggests that the effects of youthful exercise on the brain could linger deep into adulthood, potentially providing a buffer against the declines in brain health and memory that otherwise occur with age. (Reynolds, 8/30)

**Des Moines Register: Proposed Iowa Medicaid Change Would Eliminate Months Of Retroactive Benefits**

Dozens of individuals and organizations are protesting an effort by the state of Iowa to cut benefits for new Medicaid beneficiaries. Currently, Medicaid has a retroactive-eligibility provision that provides payment for health care services that were delivered in the three months leading up to a person being formally declared eligible for Medicaid. It’s intended to ensure that health care providers accept patients even when those individuals have yet to apply for Medicaid. ... The Iowa Department of Human Services has asked the federal Centers for Medicare and Medicaid Services for permission to eliminate the three-month time-frame and have Medicaid pay only for the care that’s delivered from the first day of the month in which the patient applies for eligibility. (Kauffman, 8/30)

**Minnesota Public Radio: How Can Colleges Help Depressed Students?**

Kaz Nelson of the University of Minnesota's Department of Psychiatry, and Gregory Eells of Cornell's Counseling and Psychology Services, shared what colleges are doing to help students and what signs of depression parents should look for in their children. (Miller, 8/30)

**St. Louis Public Radio: Seek First To Understand: Lessons On Poverty Teach Medical Students To Be Better Doctors**

Every year, for the past 15 years, first year students at Washington University’s School of Medicine have climbed on board three yellow school buses and headed north. They take a route that passes through the city’s poorest neighborhoods, in a bid to introduce medical students to the lives of their future patients. (Bouscaren, 8/31)