



BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article and open the hyperlink. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at lkohr@cox.net.

Recovery Barriers for People with Serious Mental Illness Post-Incarceration

Incarceration complicates and sometimes negatively impacts the recovery prospects for individuals with serious mental illness. The common issues faced by anyone involved in the criminal justice system are exacerbated for those with serious mental illness, making their odds of recidivism high and odds of recovering lower.

[Read more](#)

A Handbook for Administering a Special Needs Trust

While special needs trusts are complicated and can be difficult to understand, they are essential for improving quality of life without disqualifying an individual from being eligible to receive public benefits. Check out this comprehensive handbook to learn more and remember that we are always here to help!

[Read more](#)

Top 6 Mood-Tracking Apps for Bipolar

Daily tracker apps can make it much easier to document our moods, bipolar symptoms, and habits, and to recognize trends, triggers, and patterns. Apps are not a substitute for professional care, but they are an excellent resource for identifying problem areas and collecting data that can be shared with our doctors, family, and support team.

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Chronic Pain among Individuals with Serious Mental Illness

Individuals with serious mental illness are prescribed opioids at rates very different from the general population, even though they are at more risk to have issues with these highly addictive drugs.

The prescription of opioids for chronic pain across major depressive disorder, bipolar disorder and schizophrenia differ greatly, according to new research published earlier this year. While major depressive disorder and bipolar disorder lead to higher rates of chronic pain and opioid prescriptions, people with schizophrenia are less likely to receive a chronic pain diagnosis and opioid prescription. This has important implications for opioid use disorders as well as pain management.

[Read more](#)

How Genetic Testing Saved My Life from Debilitating Clinical Depression

.... In my sessions with him, he truly listened to me and explained to me how he would gather information about my genetics and the chemicals in my brain in order to help me. To him, my suicidal thoughts were a treatable symptom, not a scarlet letter.

[Read more](#)

Defunding the Police and Serious Mental Illness: Opportunities, Hard Questions, Dangers

The defund the police movement has sparked conversations about shifting responsibility for the seriously mentally ill away from law enforcement back where it belongs – on social services and the medical community.

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Suicidality is Found to Affect 8 in 100 U.S. Children Before Puberty in New Study

A newly published study has revealed new facts about the risk of suicide in young people, with implications for suicide prevention efforts nationwide.

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