



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.

Senate passes bill to designate three-digit number for national suicide hotline

The Senate on Wednesday passed a bipartisan bill that seeks to make the national suicide prevention hotline a three-digit number.

The National Suicide Hotline Designation Act was unanimously passed by a voice vote in the Senate and now heads to the House.

Currently, the hotline is accessible by the 10-digit number, 1-800-273-8255 (TALK).

If passed and signed by President Donald Trump, the legislation would allow an individual seeking help to dial 9-8-8 and be directed to the hotline. The old number will still work.

[Read more](#)

Heroes Act to Provide More COVID-19 Economic Relief for the Disability Community

Bill Passed Out of House, Likely to Face Problems in Senate

...This extensive legislation addresses many issues that have plagued the disability community since the beginning of the pandemic. In brief, the HEROES Act consists of additional funding, estimated at \$10 to \$15 billion, for states to pay for Medicaid home and community-based services for the disabled for a full year starting in July. It also includes housing programs utilizing tenant-based vouchers, rental assistance, along with expanded eviction and foreclosure protections are included in the bill to ensure lodging during this critical time period. A retroactive grant of \$500 for adult dependents with disabilities is also incorporated in the bill. A ground-breaking feature of this legislation is funding for direct support professionals who provide assistance to the disabled to access personal protective equipment and qualify for hazard pay as well as other benefits.

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In a Surprising Clinical Trial, Ketamine’s Antidepressant Effects Lasted Longer

Carefully designed, exquisitely controlled experiments sometimes don't produce the result predicted in advance—the research “hypothesis” that is the starting point for a program of research. That is one way in which science advances: in some instances, failure of the hypothesis actually shines new light, and unexpectedly generates new, positive knowledge about the question.

This is precisely what happened when a team that included eight BBRF grantees, prize winners and Scientific Council members put to the test an idea they had about how the drug ketamine functions in the brain to produce antidepressant effects that within hours can dramatically help patients who have been highly resistant to multiple other forms of antidepressant treatment.

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RESEARCH WEEKLY: Promising New Medications for Schizophrenia

(May 12, 2020) Drug development for treating schizophrenia is entering a promising new era. This week’s research blog is about some of these new developments written by Michael B. Knable, DO, psychiatrist and Treatment Advocacy Center Board President.

The newest medication to reach the market for the treatment of schizophrenia is **lumateperone**¹ (also known as **Caplyta** and produced by Intra-Cellular Therapies). Lumateperone was approved by the FDA in December 2019. Several different doses of lumateperone have been studied and it appears that an intermediate dose (42 mg) is most effective in reducing positive symptoms during an acute exacerbation of schizophrenia. There did not appear to be a significant effect of this medication on negative symptoms.

[Read more](#)

6 Ways Circadian Rhythms Are Important to Bipolar Disorder

Our biological clock influences everything in our body. Understanding how its rhythms affect bipolar symptoms, plus what we can do to minimize its disruption, may help us to stabilize our sleep patterns, maintain our mood, and improve our quality of life.

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