



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.

COVID-19, Mental Health, and the 2020 Election: A Review of Candidate Platforms

Amid the COVID-19 pandemic, many Americans are struggling with mental health challenges. In a recent KFF poll, majority) (53%) of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the virus. Additionally, more than one in three adults in the U.S. reported symptoms of anxiety or depressive disorder during the pandemic, up from roughly one in ten in 2019. As the virus continues to spread, the pandemic will likely lead to increased mental health care needs and significantly impact the well-being of people in the U.S.

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Brief Interventions Could Reduce Risk of Suicide

A single intervention could pay dividends for individuals at risk of suicide ideation, according to new data.

[...] The team found brief acute care suicide preventions interventions were linked to reduced subsequent suicide attempts, while increasing the chance of linkage to follow-up care.

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How the Brain's Reward System Goes Awry in Depression Affecting Young People

People who are depressed very often show reduced interest in experiencing or obtaining pleasure, a symptom called anhedonia that research has traced to dysfunction in the brain's reward system. In adults and adolescents, blunted responses in a part of the brain called the striatum correlate with depression, and have also been found to predict vulnerability to later depressive episodes.

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Coping with Re-Opening Schools During a Pandemic

There's no easy answer to the question of how and when to re-open schools during a pandemic. Most public health experts suggest schools should only open if the rate of new coronavirus cases is on the decline and contact testing and tracing is readily available.

But regardless of where your local school district or state ends up on the matter, you as a parent will have to deal with that decision.

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Two Moms on a Mission for Housing that Heals

Beds are more than just a place to sleep or a unit of psychiatric service capacity. Beds provide respite and should be a safe place to sleep and recharge at the end of every day.

Today, however, beds and housing for people with severe mental illness are in extreme short supply. The United States has one of the lowest numbers of psychiatric treatment beds per population than any other industrialized nation.

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7 Steps to Reduce Jailing of Americans with Mental Illnesses that Your Community Should Adopt

“Policing does not exist as an independent entity in any community and complex health and social issues, such as mental illness, are often woven into the circumstances of a police response,” Anna Mendez, Partner for Mental Health Executive Director, wrote in an email. “In these cases, the police force’s ability to respond appropriately to members of the community with mental illness is directly related to the community’s commitment to support its members living with mental health challenges.”

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Depression is Not a Normal Part of Growing Older

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

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