

# BRAINSTORMING

January, 2017

Volume 2, Issue 1



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, right 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](mailto:lkohr@cox.net).

## Research Weekly: Our Year of Research 2016

The Office of Research and Public Affairs (ORPA) in 2016 expanded its program of public education about treatment and public policy issues in severe mental illness (SMI) with its release of three original new studies and co-publication of a fourth. From the Treatment Advocacy Center.

[Read more](#)

## U.S. Senate approves landmark mental health bill as part of 21st Century Cures Act

Although the 21st Century Cures Act has been championed as a way to speed drug development, it also includes provisions aimed at improving mental health care for millions of Americans and fighting the opioid epidemic. Mental health advocates have described it as the most significant piece of mental health legislation since the 2008 law requiring equal insurance coverage for mental and physical health.

[Read more](#)

## **5 Triggers of Depression in Bipolar Disorder**

Bipolar disorder patients spend their lives moving through three phases- mania, depression and time between episodes. Once a person experiences one episode, there is a 75% chance they will experience another within five years. There are some cases in which the person with bipolar disorder can avoid situations that could possibly trigger episodes, although most of these episodes are inevitable. That's just the nature of the illness. These circumstances are not the same for everyone, but here are five common situations that can trigger depression in people with bipolar disorder.

[Read more](#)

## **NAMI Kansas Sweetheart Gala Art Auction**

If you attended the annual conference in October, you may recall Usha Reddi's announcement about the [Sweetheart Gala](#) scheduled for February 9<sup>th</sup> in Manhattan to benefit NAMI Kansas. Details are available on our website at the link provided.

In conjunction with the Gala, there will be an art auction. Please be in touch with Stephanie West ([swest86@gmail.com](mailto:swest86@gmail.com)) if you would like to participate. We would greatly appreciate your help in passing this information along.

[Read more](#)

## **Challenges ahead on path to privatize Osawatomie State Hospital**

Kansas officials have taken the first step toward privatizing Osawatomie State Hospital, but drumming up interest from potential bidders, finding a workable financial model and convincing the Legislature all are hurdles.

[Read more](#)