



# 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, 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).

## **Additional Review of Ketamine as Fast Acting Antidepressant is Promising**

Ketamine, a drug widely used for anesthesia during surgery has received extensive analysis as a potential medication to treat severe depression. Two new studies suggest the medication could offer a new therapeutic approach as the drug can produce an antidepressant response in a few hours, rather than weeks.

[Read more](#)

## **How Do I Know if My Therapist is Effective?**

It can be a challenge to find the “right” therapist for you. You might come across someone who has a degree from an impressive school, writes extensively on psychology and mental illness, gives lectures and talks, and still isn’t an effective therapist. And while it is important for therapists to be educated, trained and up-to-date on current practices, there is *so much more* to a good therapist than just their background and education.

[Read more](#)

## **Suicide: How You Can Make a Difference**

The recent deaths of high-profile public figures and a new [Centers for Disease Control and Prevention \(CDC\) report](#) on rising suicide rates have brought the topic of suicide into everyday conversations. It’s important to know some facts and to know what to do if you think someone might be at risk for self-harm.

[Read more](#)

## **New Antipsychotic May Relieve Psychosis in Dementia Patients**

A new atypical antipsychotic, known as pimavanserin (Nuplazid), has been shown to help relieve the terrifying symptoms of psychosis in Alzheimer's disease without the devastating side effects often seen with current antipsychotics, according to new findings published in the journal *Lancet Neurology*.

[Read more](#)

## **Impairments in Brain's White Matter Linked to Core Cognitive Deficits in Schizophrenia**

Some of the core cognitive problems that affect people with schizophrenia, such as reduced information processing speed and impaired working memory, are associated with alterations in the brain's connective "white matter" tissues, according to a study published September 2017 in *JAMA Psychiatry*.

[Read more](#)

## **Medicaid Work Requirement Could Jeopardize Coverage Even For People Who Comply**

Kansas Gov. Jeff Colyer's proposed Medicaid work requirement would create a "catch-22" for some low-income Kansans, according to a report released Tuesday.

The report, from the Center for Budget and Policy Priorities — a nonpartisan research organization that supports Medicaid expansion — said work requirements could jeopardize their coverage.

[Read more](#)

## **Kids & Bipolar Disorder: The Secret Struggles of Single Parenting**

A look at the challenges of parenting children with bipolar disorder alone.

Raising a child with a brain-based disorder is difficult enough, but when you're a single parent, the stressors in these situations are magnified. There are pressures that are unique to your situation, and even more challenging to navigate alone. Being the only disciplinarian to a child with bipolar will require excellent communication and pre-planning skills.

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