



# 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).

## Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues....

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

[Read more](#)

## “Disorganized Thinking” in Psychosis is Linked to Brain Processing Problem in Cerebellum

New data gleaned from learning-task experiments and fMRI imaging of young adults at clinical high risk for psychosis support the theory that problems in a particular brain circuit contribute to the disorganized thinking seen in patients with schizophrenia, according to a new report in the journal *NeuroImage: Clinical*.

[Read more](#)

## EMDR for Depression

Eye movement desensitization and reprocessing (EMDR) is a type of psychotherapy that focuses on reprocessing the events of a past trauma such as childhood sexual abuse or a serious accident. Past trauma may be related to depression, so some believe EMDR for depression may be effective.

[Read more](#)

## **How Bipolar Destroyed Joe's Life: An All Too Familiar Story**

My husband Joe and I enjoyed 18 wonderful years together. We had a beautiful daughter and our lives were filled with love, laughter, joy, hard work and exciting plans for the future.

That was before he got sick, before he was diagnosed with a mental illness.

[Read more](#)

## **Does Depression During Pregnancy Affect Your Baby?**

It has long been known that maternal depression may affect infant development. Studies have shown that children of depressed parents are at an increased risk of developing depression themselves. It has also been determined that the amygdala's microstructure — how it is wired — was seen as abnormal in two-week old infants born to depressed mothers. Abnormal amygdala function is a feature of mood and anxiety disorders, so this is a cause for concern.

[Read more](#)

## **Parent Advocate Tells Fed Panel That HIPAA Often Is Used To Stonewall Families**

(7-25-18) Mental Health Advocate Doris A. Fuller returned to Washington D.C. recently to testify before the Federal Commission on School Safety at the Department of Education about the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and how it often is used to “stonewall” families trying to help a loved one with a serious mental illness.

[Read more](#)

## **Borderline Personality Disorder**

Borderline personality disorder is a mental illness marked by an ongoing pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships. People with borderline personality disorder may experience intense episodes of anger, depression, and anxiety that can last from a few hours to days.

[Read more](#)