



# 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).

## **Esketamine Reduced Suicidal Thoughts Within Hours of Treatment in Patients with Severe Depression**

Esketamine, like the closely related drug ketamine, is a drug with a long history of use as an anesthetic that has been found to significantly reduce depression symptoms within hours of treatment. In the newly reported trial, the drug was delivered via a nasal spray.

[Read more](#)

## **Top Federal Mental Health Official Supports AOT and Peer Services In Article Listing SAMHSA's Goals**

In a recently published article, Dr. Elinore F. McCance-Katz, Assistant Secretary for Mental Health and Substance Use, explained how she and the Trump Administration intend to implement federal mental health and substance abuse programs. Her article in *Psychiatric Services* magazine's October issue should appeal to both peer groups and supporters of Assisted Outpatient Treatment.

[Read more](#)

## **Tracking Your Moods**

When you have a mental illness like Bipolar Disorder it can be extremely helpful to track your moods. This can allow you to be more self-aware, as it can be all too easy to find your mood slipping or rising without being fully aware of it until you are in a full-blown episode, especially if like me the process can sometimes be very gradual.

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## **A Dozen Facts About Medicare Advantage**

Medicare Advantage plans have played an increasingly larger role in the Medicare program over the past decade. More than 20 million Medicare beneficiaries (34%) are enrolled in Medicare Advantage plans in 2018. This collection provides updated information about Medicare Advantage enrollment trends, premiums, and out-of-pocket limits. It also includes new analyses of Medicare Advantage plans' extra benefits, use of prior authorization, and bonus payments paid by Medicare.

[Read more](#)

## **More Rapid Form of Brain Stimulation for Resistant Depression Worked as Well as Conventional TMS**

Since 2008, when transcranial magnetic stimulation, or TMS, was approved by the U.S. Food and Drug Administration (FDA), it has been available to people whose depression has resisted conventional forms of treatment. In the decade that has passed, the effectiveness of TMS has been confirmed in a number of clinical trials, showing that as many as half of treatment-resistant patients respond to it (i.e., have at least a 50% reduction in symptoms) and up to one-third achieve remission of symptoms with it.

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## **Studies Support Use of Team-Based Care for Early Psychosis**

Significant improvements seen in symptoms and in occupational and social functioning

Researchers continue to build on findings from NIMH's Recovery After an Initial Schizophrenia Episode (RAISE) program, which investigated the effectiveness of early intervention services for people experiencing first episode psychosis. Two recent studies add to the evidence that team-based early intervention services are feasible in real-world health care settings and result in improved outcomes for patients.

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## **'No one to talk you down'**

Inside federal prisons' dangerous failure to treat inmates with mental-health disorders

...In 2014, amid mounting criticism and legal pressure, the Federal Bureau of Prisons imposed a new policy promising better care and oversight for inmates with mental-health issues. But data obtained by the Marshall Project through a Freedom of Information Act request shows that instead of expanding treatment, the bureau has lowered the number of inmates designated for higher care levels by more than 35 percent. Increasingly, prison staff are determining that prisoners — some with long histories of psychiatric problems — don't require any routine care at all.

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