



# 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).

## 3 Simple Ways to Explain Bipolar Disorder to Others

It may not be enough to just educate others on what bipolar disorder is; we also need to help them understand.

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## Neuromelanin-Sensitive MRI Identified as a Potential Biomarker for Psychosis

Researchers have shown that a type of magnetic resonance imaging — called neuromelanin-sensitive MRI (NM-MRI) — is a potential biomarker for psychosis. NM-MRI signal was found to be a marker of dopamine function in people with schizophrenia and an indicator of the severity of psychotic symptoms in people with this mental illness.

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## The Ultimate Guide to Cognition and Bipolar Disorder

These signs of deficits in brain power may be temporary or ongoing and may be helped with treatments. Here are some cognition facts to consider.

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## **Genetic Analysis Points to Anorexia Nervosa's Psychiatric and Metabolic Roots**

People with anorexia nervosa, an eating disorder, severely restrict the amount of food they eat. They may see themselves as overweight even after they have become dangerously underweight, but what causes this behavior?

Researchers who have published the first large genetic analysis of people with anorexia nervosa say their results underscore its biological causes. The study, reported in the *American Journal of Psychiatry*, found that the disorder shares genetic roots with both psychiatric and metabolic illnesses.

[Read more](#)

## **Kansas Cost-Cutting Forced Kids Who Need Urgent Psych Care Onto Waitlists**

[...] with shorter lengths of stay, kids might get stable but didn't have the time to develop good coping mechanisms and trauma management to stave off future crises. They'd often end up referred back to a treatment facility when suicidal, aggressive or self-harming tendencies returned. But now, there weren't enough beds available.

In 2019, that means 150 kids in urgent need of treatment languish on a waitlist. That means foster kids who land at facilities with less intensive care, youth residential centers, show up with behavior more extreme than those residential centers are equipped to handle.

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## **Mental health disorders common following mild head injury**

A new study reveals that approximately 1 in 5 individuals may experience mental health symptoms up to six months after mild traumatic brain injury (mTBI), suggesting the importance of follow-up care for these patients. Scientists also identified factors that may increase the risk of developing post-traumatic stress disorder (PTSD) and/or major depressive disorder following mild mTBI or concussion through analysis of the Transforming Research and Clinical Knowledge in Traumatic Brain Injury study cohort.

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