



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.

6 Ways to Control The Impulsive Behavior of Bipolar Disorder

Impulsivity is a failure to consider consequences of a behavior before you act. If you live with bipolar disorder and face a problem with impulsive behavior, it's essential you learn to control impulsivity or it can come to control you. Here are 6 suggestions to put in place:

[Read more](#)

Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis

This new downloadable resource, informed by faith community leaders and suicide prevention experts, aims to help equip faith leaders with the capabilities needed to prevent suicide and provide care and comfort for those affected by suicide.

[Read more](#)

Different Response Patterns to TMS Treatment for Major Depression Point to Possibility of Individualized Treatments

It may soon be possible to make individualized treatment plans for different subsets of patients with treatment-resistant major depression, using a type of non-invasive brain stimulation therapy called TMS. [A] trial demonstrated the equal effectiveness of two forms of TMS (transcranial magnetic stimulation) in patients with major depression who had failed to respond to one or more prior antidepressant treatments.

[Read more](#)

Supportive parenting can reduce child's anxiety

To determine whether teaching parents strategies for responding to their child's anxiety works as well as cognitive behavioral therapy, a team led by Dr. Eli Lebowitz at the Yale Child Study Center tested a program called Supportive Parenting for Anxious Childhood Emotions (SPACE). SPACE helps parents identify which accommodating behaviors they can reduce and teaches them new ways to respond.

[Read more](#)

6 Myths and 6 Truths About Perfectionism

Perfectionism seems straightforward, but it's often misunderstood. Many people think perfectionism helps them achieve their goals and get better results.

American culture continues to encourage perfectionism despite all of the research that indicates perfectionism is associated with increased anxiety, depression, suicidal behavior, eating disorders, relationship and health problems.

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Prevention in Practice: Care Transitions at New Hampshire Hospital

This success story details how the National Alliance on Mental Illness New Hampshire (NAMI NH) and New Hampshire Hospital established a care transitions program for [suicidal] youth inpatients. Aiming to improve patient safety and reduce readmissions, the program helps patients transition between the hospital, other health care settings, and their community. Read how they got the program off the ground, sustained it long-term, and leveraged key partnerships for success.

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Five Facts About Atypical Depression You Need to Know

Because the symptoms [of atypical depression] differ from those of typical depression, this subtype of depression is often misdiagnosed.

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