



# 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).

## **SAMHSA Once Frowned on Assisted Outpatient Treatment: Now It's Pushing It**

A new publication by the Substance and Mental Health Services Administration (SAMHSA) about involuntary commitment reveals how dramatically Dr. Elinore McCance-Katz is changing the federal government's view of Assisted Outpatient Treatment.

AOT requires someone, who meets criteria, to undergo court-supervised, mandatory treatment in a community setting. Its opponents frequently call it "forced medication" although AOT can require other treatment services besides or in addition to medication. Its supporters argue it is necessary to rescue individuals with serious mental illnesses who "lack insight" and do not understand they are ill.

[Read more](#)

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

The experimental drug esketamine rapidly reduced thoughts of suicide and symptoms of depression in a small clinical trial reported April 16 in the *American Journal of Psychiatry*.

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](#)

## **School Mental Health Program Changing Trajectory Of 700+ Young People**

A program that offers mental health services at 22 Wichita schools is finishing its first year with signs of success.

The program is a partnership between Sedgwick County's Comcare and the Wichita school district. Comcare provides mental health intervention teams at designated elementary, middle and high schools to assess and treat students. School officials handle the referrals.

[Read more](#)

## **Mental Health Information – Schizophrenia NIMH**

Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling.

[Read more](#)

## **CBT for Psychosis: Approaches Families Can Use**

Cognitive Behavioral Therapy (CBT) is gradually becoming recognized and available as a psychological approach to mental health problems. But what exactly is it? Well, CBT works with thoughts (cognitions) and behaviors to help with mental health problems. It's becoming increasingly famous, particularly for teaching people what they can do to improve depression and anxiety. But it's also being used to help with symptoms of psychosis, such as hearing voices and paranoia.

[Read more](#)

## **Parents of depressed teens in treatment may also benefit from counseling**

*Family relationships were stable while teen was in treatment; marital satisfaction worsened post-treatment*

Parents often seek mental health treatment for a child struggling with depression, but the treatment shouldn't stop with the depressed teen, suggests a new Northwestern Medicine study.

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