



# 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 Month: Ideas for Action**

This two-page resource offers information to help anyone, anywhere get involved in Suicide Prevention Month in September. It includes tips on how to take action to help prevent suicide in your community, such as learning about effective suicide prevention, sharing stories of hope, and empowering everyone to be there for those in distress.

[Read more](#)

## **New treatment approved for postpartum depression**

If you or a loved one has postpartum depression, you're not alone. The condition, which causes new mothers to feel extremely hopeless and sad, affects one in nine new mothers.

The National Institutes of Health helped develop a new treatment that has been approved for the condition, to go along with existing treatments like talk therapy and antidepressants.

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## **Mass Violence in America: Causes, Impacts and Solutions**

Among advanced countries, the US has a unique problem with mass violence — defined as crimes in which four or more people are killed in an event or related series of events. A substantial majority occurs by shooting. Both the rate at which mass shootings occur and the number of people killed are increasing. Frequently, in the wake of such tragedies, policymakers and the public raise the specter of mental illness as a major contributing factor.

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## **Study Finds Lithium Has Advantages Over Other Mood Stabilizers in Youths with Bipolar Disorder**

For years, the drug lithium has been widely regarded as a first-line treatment for adults with bipolar disorder. The scientific evidence of its advantages over other mood-stabilizing medicines has been persuasive to many doctors, with studies repeatedly indicating that lithium is effective for acute and maintenance treatment.... There is evidence that lithium also is indicated for the management of mood symptoms in youths with bipolar disorder. But there are no studies regarding the effects of lithium on suicidal attempts or ideation in youths—symptoms frequently experienced in bipolar disorder. This gap in research has now been addressed by a team whose members include Boris Birmaher, M.D., a 2013 BBRF Colvin Prizewinner, and first author Danella Hafeman, M.D., Ph.D., both at the University of Pittsburgh.

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## **A Way of Predicting if New Psychosis Patients Will or Won't Respond to Standard Treatment**

“Trial and error” remains the basis for care of people who have recently been diagnosed with psychosis, and “poor outcomes are common,” say a team of researchers at the University of California, Davis, led by BBRF Scientific Council member Cameron Carter, M.D. These facts have motivated the team to find a reliable, inexpensive, and easy-to-administer way of predicting who among recently diagnosed patients will and will not respond to existing treatments.

[Read more](#)

## **Large families may hold answers to bipolar disorder**

*Research investigates genetic links by studying Amish, Mennonites*

Researchers are looking to certain U.S. states, including Ohio and Pennsylvania, to better understand bipolar disorder—a mental illness that is often passed down through our genes.

Why look there? That's where many Amish and Mennonite families in the U.S. live. These families tend to have similar genes because they trace their families back to relatively few ancestors and traditionally marry and have children with one another.

Researchers at NIH's National Institute of Mental Health (NIMH) hope that studying these families will explain how—and which—genes carry the disease.

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