



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.

Impulsivity: What's Happening In The Brain

Impulsivity is a common symptom of bipolar disorder, even outside of mania. Researchers are working to pinpoint why this predisposition toward rapid, unplanned reactions occurs.

[Read more](#)

10 And Counting: Your Guide To The Candidates Competing For Kansas U.S. Sen. Pat Roberts' Job

Republican U.S. Sen. Pat Roberts says he will not run for re-election in 2020, opening the door to a parade of candidates announcing a run or considering jumping into the race to replace him. Multiple Republicans are eyeing the seat, and it could be the first time Democrats have a competitive U.S. Senate primary since the 1990s.

Here's the rundown of who's seeking the seat in Washington:

[Read more](#)

The Role of Co-Workers in Preventing Suicide in the Workplace

This brief sheet provides basic information to help employees recognize and respond to their coworkers who may be suicidal or at high risk. It also contains a list of relevant resource materials and organizations.

[Read more](#)

Medicare Plan Finder Gets an Upgrade for the First Time in a Decade

For the first time in a decade, the Centers for Medicare & Medicaid Services (CMS) today launched a modernized and redesigned Medicare Plan Finder. The Medicare Plan Finder, the most used tool on Medicare.gov, allows users to shop and compare Medicare Advantage and Part D plans.

[Read more](#)

Deep-Brain Stimulation Showed Multi-Year Effectiveness in Severely Depressed, Treatment-Resistant Patients

A new long-term follow-up study of 28 people whose serious, treatment-resistant major depression was treated surgically with deep-brain stimulation (DBS) has found that “most of the patients experienced a robust and sustained antidepressant response.”

[Read more](#)

Rapid Cycling & Mixed States: Help Your Doctor Understand Your True Feelings

Sometimes you have so many high highs and so many low lows that are combined. And this makes mixed states so hard to differentiate how you’re truly feeling.

My doctor says I’m “doing well,” but I don’t think so. Is it true that I can look better than I feel?

[Read more](#)

Neighbor Was Following Her With Camera. Civil Courts Also Dealing With Mentally Ill Without Many Tools

The neighbor asked the judge for a restraining order against the man who lived next door.

He was video taping everyone. Each time he stepped outside, he had a camera and recorded whoever crossed his path, including children. He became fixated on her. If she left her house, he appeared with his camera. She couldn’t go on a walk without being followed. Couldn’t visit the grocery store.

[Read more](#)