



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, 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.

Fighting for Kristi

Jennifer Cook of rural Paola and her family members are on a mission.

It's a mission that began more than eight months ago after Cook's younger sister, Kristi Bennett, took her own life when she couldn't find a mental health treatment facility that her insurance would accept.

And it's a mission that Cook and her family members won't consider complete until legislation is approved that will help prevent similar tragedies from taking place.

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**HB 2459 in this year's (2020) Kansas legislature is named the Kristi L. Bennett Mental Health Parity Act.

25 Tips To Get Rid of Overthinking

We have all been bestowed with a brain which, for the most part, is a wondrous creation which enables us to process information, think through our options, and determine how to proceed.

However, at times our mind can seem like our own worst enemy. When we find ourselves overthinking an issue, with our thoughts returning again and again to a past situation or future scenario, we're likely to needlessly wear ourselves out.

[Read more](#)

Bipolar Depression Distortion

It takes a lot longer to worry about getting things done than it does to actually finish a project. Sounds easy, right? Not when you have depression.

[Read more](#)

New Approach to Lessen Negative Symptoms in Schizophrenia is Based on Brain Circuit Discovery

A research team has advanced an important step toward developing a new way to help lessen negative symptoms in schizophrenia. For the first time, they have generated evidence that malfunctioning in specific brain circuitry causes negative symptoms. They have also tested a way to manipulate that circuit to reduce symptoms.

[Read more](#)

Early Riser or Night Owl? New Study May Help to Explain the Difference

Some people are early risers, wide awake at the crack of dawn. Others are night owls who can't seem to get to bed until well after midnight and prefer to sleep in. Why is this? An NIH-funded team has some new clues based on evidence showing how a molecular "switch" wired into the biological clocks of extreme early risers leads them to operate on a daily cycle of about 20 hours instead of a full 24-hour, or circadian (Latin for "about a day"), cycle.

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America's Mental Health Crisis Hidden Behind Bars

..."By default, we have become the largest treatment facility in the country. And we're a jail," says Tim Belavich, the director of mental health for the Los Angeles County jail system. "I would say a jail facility is not the appropriate place to treat someone's mental illness."

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