

# 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. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [l.kohr@namiwichita.org](mailto:l.kohr@namiwichita.org).

## **HHS Releases New Buprenorphine Practice Guidelines, Expanding Access to Treatment for Opioid Use Disorder**

In an effort to get evidenced-based treatment to more Americans with opioid use disorder, the Department of Health and Human Services (HHS) is releasing new buprenorphine practice guidelines that among other things, remove a longtime requirement tied to training, which some practitioners have cited as a barrier to treating more people.

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## **Which Path Will Biden's Nominee To Run SAMHSA Choose? Agency Has Swung Between Anti-Psychiatry & Pro Assisted Outpatient Treatment**

President Joe Biden's nominee to run the federal government's mental health and substance abuse programs is largely unknown in Washington D.C. among mental health leaders.

Biden announced on Friday (4-23-21) that he'd chosen **Dr. Miriam E. Delphin-Rittmon** to be the next Assistant Secretary for Mental Health and Substance Abuse. She currently serves as the Commissioner of the Connecticut State Department of Mental Health and Addiction Services. If her nomination is approved by the U.S. Senate, she will take charge of SAMHSA, with a \$6 billion budget, much of which is distributed through block grants to states.

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# Combating Drowsiness Caused by Antipsychotics

Antipsychotics are a class of medications that are typically used to manage symptoms of psychosis, which may occur in schizophrenia or bipolar disorder. These meds may also be prescribed for several other mental health conditions.

In some people, drowsiness is mild and goes away over time. In others, this side effect can be severe, interfering with daily tasks at work and school, or in relationships.

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# A Close Look at How COVID-19 Infection Can Damage the Brain

In a much-discussed report appearing online March 26 in the *Journal of the American Medical Association (JAMA)*, three researchers have attempted to explain the potential causes of a wide range of neuropsychiatric symptoms seen in some patients infected with the COVID-19 virus.

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# Panic Attacks: Managing the Anxiety of Bipolar

With bipolar, anxiety and panic attacks seem prevalent. Relief is within reach, with the effective coping strategies of medication, talk therapy, behavioral therapy, and more.

Experiencing a panic attack for the first time is one of the most terrifying experiences of one's life. It feels like you're going to die. It's all but impossible to breathe. There are chest pain and a hyper-awareness of heartbeat and tingling all over. It's a "911 moment" if ever there was one. Once at the ER, around 20 minutes later, the experience is pretty much over. The pain and discomfort have substantially dissipated, but residual anxiety persists: *What the heck was that all about—and is it going to happen again?!?*

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