



# 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).

## Treating Post-Traumatic Stress Disorder in Individuals with Severe Mental Illness

People with severe mental illness are especially vulnerable to being victimized. Such victimization can involve theft of clothing or money, violence, sexual assault or emotional abuse. Women who have severe psychiatric disease are especially vulnerable.

Rates of post-traumatic stress disorder (PTSD) are high among people with severe mental illness. New research published in *BJPsych Open* by researchers from The Netherlands suggests that an evidence-based treatment for PTSD, narrative exposure therapy, is also effective for treating PTSD in people with severe mental illness in an outpatient setting.

[Read more](#)

## What The Trevor Project Wants Us to Know About LGBTQ Youth Mental Health

Since 1999, June has been called Pride Month, set aside to celebrate and honor the experiences of the LGBTQ community.

That's originally what led me to seek out a guest to discuss LGBTQ issues for the "Inside Mental Health" podcast. I wanted to do something involving the experiences of LGBTQ people and mental health during Pride Month.

[...]The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. Green is the vice president of research and leads the Annual National Survey on LGBTQ Youth Mental Health.

[Read more](#)

## **Progress is Reported on Research Exploring Use of Deep-Brain Stimulation for Psychosis, Schizophrenia**

Investigators are reporting progress in research aiming to determine if deep-brain stimulation (DBS) can be used to help alleviate certain symptoms of psychosis and schizophrenia. Their results appear in the journal *Neuromodulation*.

Deep-brain stimulation is a surgical procedure involving the implantation of electrodes within the brain.

[Read more](#)

## **Bipolar on TV: Does It Help or Harm?**

On the one hand, characters with bipolar can demonstrate that treatment leads to stability. On the other, manic extremes make for better drama.

[Read more](#)

## **How to Talk to a Loved One about Getting Treatment For Bipolar**

Talking to someone about getting help for their unmanaged bipolar is more effective if you make it about *you* instead of *them*.

[Read more](#)

## **The 7 Best Apps for Depression in 2021**

From meditation to mood tracking, we found some of the best apps to help you manage your depression symptoms.

[Read more](#)