



# 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).

## **Mindfulness Training Plus tDCS Stimulation to Treat Cognitive Decline in Older Persons with Depression or Anxiety**

In older adults, there is a well-established association between cognitive decline and depression and anxiety. Yet, as of now, "there are no evidence-based interventions for older adults that target cognitive difficulties in the context of depression or anxiety," a newly published study points out.

Authors of that study, appearing in *Mindfulness* and co-led by 2010 BBRF Young Investigator Tarek K. Rajji, M.D., at the Centre for Addiction and Mental Health at the University of Toronto, designed an intervention specifically to address both declining cognition and depression/anxiety in older adults.

[Read more](#)

## **Important Change for SSI Recipients and Applicants**

The Social Security Administration (SSA) recently changed their rules about how pandemic-related financial assistance can affect an individual's eligibility for Supplemental Security Income (SSI) or monthly SSI benefit amount.

[...] However, due to the severity of the ongoing COVID-19 pandemic, SSA has decided they will not count most types of pandemic-related financial assistance against SSI eligibility or benefit amount.

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## **A cognitive behavioural group therapy for bipolar disorder using daily mood monitoring**

This study investigated the effects of group cognitive behavioural therapy (CBT) for patients with bipolar disorder. The development of CBT for this disorder is relatively under-explored.

[Read more](#)

## **The ABCs of Disclosure in the Workplace**

If your bipolar disorder symptoms threaten your job security, it's time to educate yourself about disability protections and whether you want to disclose your diagnosis.

[Read more](#)

## **Negative Symptoms in Schizophrenia Worsened Under Pandemic Conditions, Study Finds**

The impact of the COVID-19 pandemic on mental health is hard to quantify, but anecdotal reports suggest that rates of PTSD, depression, and anxiety have risen significantly during the year-and-a-half period since the beginning of the outbreak.

For people with preexisting psychiatric disorders, the pandemic has posed new challenges and potentially compounded old ones. Experts note that utilization of psychiatric services has declined, and that reduced access to healthcare, social isolation, and reduced physical activity create conditions in which pre-pandemic symptoms may be exacerbated in some patients.

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