

# 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).

## All About Borderline Personality Disorder

If you have a borderline personality disorder (BPD) diagnosis, you're likely familiar with turbulent and quickly changing emotions and a lack of stability in your personal relationships and self-image.

As mental health conditions go, BPD is one of the most stigmatized, even among some mental health professionals. Part of this is linked with the historical idea that BPD is untreatable — but we now know that this isn't the case.

[Read more](#)

## Imaging Analysis Suggests How Ketamine Treatment Might Have Helped Reduce Chronic PTSD Symptoms in Trial Subjects

A new study has analyzed detailed brain imaging data of individuals with chronic PTSD who were treated in a clinical trial with ketamine. Results suggest that improvements in PTSD symptoms that were observed in the trial were related to specific ketamine-induced changes in connectivity between several brain regions.

The new results offer clues about how ketamine may alter brain function in PTSD and may also have therapeutic implications.

[Read more](#)

## **Bipolar & Anger: Stuck on the Rage Road!**

In the bipolar equation, anger has long been overshadowed by mania and sadness. Now it's time to take a hard look at this isolating emotion.

[Read more](#)

## **Suicide Is Rising Among Younger Students. Here's How Schools Can Prevent Tragedy**

In the Wolcott public schools in Connecticut, a tiny therapy dog named [Gizmo](#) provides a path for elementary students to talk about something adults often find unthinkable: children experiencing thoughts of suicide.

Teachers use a curriculum built around the dog to lead 5th graders through discussions of mental health, signs that they may have unhealthy feelings of sadness or hopelessness, and ways that they can both self-calm and find help for themselves or friends.

The program, launched in 2019, is one of the few in the nation focused on suicide prevention and mental health for the youngest students. It's a crucial but often missing piece of mental health support in schools, experts say.

[Read more](#)

## **Advocate Tells SAMHSA To End IMD Exclusion That Prevents New Hospital Beds**

Is the federal government's Institutions for Mental Disease (IMD) Exclusion outdated and actually harming Americans with serious mental illnesses?

Leslie Carpenter, the co-founder of Iowa Mental Health Advocacy and a member of the National Shattering Silence Coalition, told a federal panel that advises Congress and the Substance Abuse and Mental Health Services Administration (SAMHSA) that it is.

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