

BRAINSTORMING

Volume 2, Issue 6

November 2017



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, right 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.

Federal Officials Approve One-Year Extension of KanCare Program

The federal agency that oversees Medicaid has agreed to a one-year extension of Kansas' \$3.2 billion KanCare program, which provides managed care services to the state's Medicaid population.

[Read more](#)

Study Shows Exposure to Bright Light at Midday Reduces Depression in Patients with Bipolar Disorder

Light therapy can be an effective treatment for seasonal depression, but there has been concern that the treatment might induce mania in people with bipolar disorder. Participants in the new trial did not experience any manic episodes, despite daily exposure to bright light.

[Read more](#)

Bipolar Disorder and Grappling with Obsessive Thinking

Obsessive thinking is a fairly common but rarely discussed symptom of bipolar. We look at ways you can take charge when intrusive thoughts take hold.

[Read more](#)

Ketamine Rapidly Reduced Suicidal Thoughts in People with Depression

A single dose of ketamine, the anesthetic drug that has been found to have fast-acting antidepressant effects, can significantly reduce suicidal thoughts in patients with depression for up to a week, according to a new analysis.

The findings, published online October 3, 2017 in the [American Journal of Psychiatry](#), come from data on 167 patients who participated in any of 10 previous studies on ketamine's effects. All of the patients studied received a single dose of the drug or a control drug, administered intravenously. This "meta-analysis" – a study of multiple other studies – suggests that the drug not only reduces patients' overall depression; it also appears to be particularly effective at countering suicidal thoughts.

[Read more](#)

Gluten, Depression, and Anxiety: The Gut-Brain Link

"[Gluten and dairy] are the main allergens and foods that cause bad brain reactions," writes Mark Hyman, MD, in his best-seller *The Ultramind Solution*. "Stopping these foods can be life-changing for the majority with brain and mood problems."

[Read more](#)

Top 10 Mental Health Apps

The apps selected for this list make no hucksterish claims and are based on established treatments. [Progressive Muscle Relaxation](#), for example, has been used for a century and is likely just as effective in this new medium. Knowledge from [Cognitive Behavioral Therapy](#) and [Dialectical Behavior Therapy](#) enrich two apps on this list. Others mix solid information with ingenuity.

[Read more](#)

Coping with What You Can't Control

There are many things in life we can't control—everything from tiny annoyances to tragedies. We can't control if our grandmother gets cancer and passes away. We can't control if we get cancer. But, of course, we *can* control our reactions to all the things we can't control.

[Read more](#)