

# 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, 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](mailto:lkohr@cox.net).

## Study Points to a New Class of Antidepressants

Compounds that target a certain opioid receptor in the brain could be used to develop a new group of antidepressants, researchers reported in a study published in the journal [Neuropsychopharmacology](#) in September.

New treatments for depression could benefit patients who don't respond to existing treatments, which are most commonly SSRI-class antidepressants (Prozac, Paxil, Lexapro, etc.) that act on the serotonin system in the brain.

[Read more](#)

## Saving Lives Via Text Message

The 4-year-old nonprofit provides free crisis intervention through a medium that is increasingly favored by young people: texts. Using the code 741741, counselors have exchanged more than 50 million messages with people who are facing issues from stress at school to self-harm. Out of those exchanges have come thousands of "active rescues" where first responders are called to a scene.

[Read more](#)

For additional information see <https://www.crisistextline.org/>

## What Every Parent Needs to Understand About Teens' Mental Health

A new report is painting a bleak picture when it comes to teens' mental health, as well as their access to professional support for those issues. Data published by the nonprofit [Mental Health America](#) shows that rates of severe youth depression have increased from 5.9 percent to 8.2 percent over a five-year period.

[Read more](#)

# **The Way Forward: Federal Action for a System That Works for All People Living with SMI and SED and Their Families and Caregivers – Full Report**

## **Interdepartmental Serious Mental Illness Coordinating Committee Releases Report to Congress**

This report, available for free through SAMHSA, shines the spotlight on the critical issues and services for Americans with serious mental illnesses (SMI) and serious emotional disturbances (SED), and the importance of concerted efforts by the federal government to address their needs. The report presents the current status of federal activities and a summary of advances in the care and treatment of people with SMI and SED.

[Read more](#)

## **Sleeping Brain Can Get Out of Sync in Elderly, Disrupting Memory**

New research has found that slow and speedy brainwaves during deep sleep must sync up at exactly the right moment to hit the save button on new memories.

While these brain rhythms, which occur hundreds of times a night, move in perfect lockstep in young adults, the new study from researchers at the University of California-Berkeley shows that, in old age, slow waves during non-rapid eye movement (NREM) sleep fail to make timely contact with speedy electrical bursts known as “spindles.”

[Read more](#)

## **Genome-Wide Studies Aid Investigation of Dual Diagnosis of Schizophrenia and Substance Use Disorder**

Several new genome-wide investigations of schizophrenia and substance-use disorders are helping researchers understand how these two conditions may be related, according to a paper published in [Genome Medicine](#).

People with schizophrenia are more likely than those without the disease to smoke or to heavily use alcohol and recreational drugs, contributing to their higher death and disability rates. By comparing the genetic underpinnings of schizophrenia and substance-use disorder, scientists may be able to untangle whether some people develop a drug or alcohol addiction to “self-medicate” their schizophrenia, or even whether a genetic predisposition for schizophrenia might interact with drug use to spur the onset of schizophrenia.

[Read more](#)