



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.

Boosting Motivation and Cognitive Deficits in Mental Illness

People with a variety of psychiatric conditions, including major depression and schizophrenia, can take a variety of medicines that control some, although often not all, of their symptoms. Two important kinds of symptoms that are frequently not affected by available medicines are deficits in motivation and cognition.

[Read more](#)

<https://www.bbrfoundation.org/content/boosting-motivation-and-cognitive-deficits-mental-illness>

MRI Shows How Facial Expressions Can Help Diagnose Bipolar or Depression

Brain imaging technology that traces the way neurons react when a person processes facial expressions such as anger, fear, sadness, disgust and happiness can help determine if a person has bipolar disorder or depression.

[Read more](#)

https://psychcentral.com/news/2018/09/05/mri-shows-how-facial-expressions-can-help-diagnose-bipolar-or-depression/138449.html?utm_source=Psych+Central+Weekly+Newsletter&utm_campaign=0626eb6122-RSS_DAILY_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_c648d0eafd-0626eb6122-30445933

‘Attention Seeking’ and Mental Illness Stigma

There is so much stigma surround the phrase ‘attention seeking’ when it comes to mental illness. People use it in a negative way when in reality there is no negative meaning behind it. We all seek attention in our lives, it’s a fundamental part of human nature.

[Read more](#)

https://blogs.psychcentral.com/bipolar-journey/2018/10/attention-seeking-and-mental-illness-stigma/?fbclid=IwAR2tjyiYeY3dQyG9Sbbz_iTJiEooLTMNunW4s8C36BQSVvmBhDAJLY_L2pw

Anxiety Experts Reveal What They Really Want Everyone to Know About Anxiety

Anxiety seems like a simple, straightforward topic. After all, it’s a common emotion—everyone feels anxious from time to time. And it’s a common condition. In fact, it’s the most common mental illness in the U.S. Anxiety disorders affect about 18 percent of adults every year.

And yet there are many, many misconceptions. Misconceptions that affect how we view anxiety and how we see ourselves. Misconceptions that affect how we navigate anxiety and how we navigate our lives—limiting them and making them less joyful.

[Read more](#)

https://psychcentral.com/lib/anxiety-experts-reveal-what-they-really-want-everyone-to-know-about-anxiety/?utm_source=Psych+Central+Weekly+Newsletter&utm_campaign=5c6232fd94-ANX_EMAIL_CAMPAIGN_COPY_01&utm_medium=email&utm_term=0_c648d0eafd-5c6232fd94-30445933

Molecular Secrets Revealed: Antipsychotic Docked in its Receptor

Discovery may lead to safer, more targeted drugs

Antipsychotic drugs – which transformed mental health care following their chance discovery in the mid-20th Century – may finally be poised for a long-overdue makeover incorporating structure-based design. Scientists funded by the National Institutes of Health have achieved a landmark of psychiatric neuropharmacology: deciphering the molecular structure of a widely prescribed antipsychotic docked in its key receptor. They are hopeful that this discovery may hold secrets to designing better treatments for schizophrenia, bipolar disorder, and other mental illnesses.

[Read more](#)

<https://www.nimh.nih.gov/news/science-news/2018/molecular-secrets-revealed-antipsychotic-docked-in-its-receptor.shtml>

Early Intervention in Psychosis

Psychotic illnesses typically emerge in the teen years or during early adulthood, with the potential for significant long-term impairment. Recent research, however, has demonstrated that appropriate treatments and supports can:

- Help to prevent the full-onset of illness for persons in a high-risk state; and
- Improve long-term outcomes for those who have already had a first episode of psychosis.

The research has led to the development of early intervention and treatment programs with the potential to benefit millions of youth and young adults with or at risk of psychosis.

The Early Intervention in Psychosis virtual resource center is designed to provide reliable information for practitioners, policymakers, individuals, families, and communities in order to foster more widespread adoption and utilization of early intervention programming for persons at risk for (or experiencing a first episode of) psychosis.

[Read more](https://www.nasmhpd.org/content/early-intervention-psychosis-eip)

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