



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.

New Hope for Treatment-Resistant Depression: Guessing Right on Ketamine

This spring, people suffering from two particular forms of depression got some welcome news from the Food and Drug Administration (FDA), the agency that approves new medications for clinical use. I wrote previously about how a long history of NIMH-sponsored research led to brexanolone—a revolutionary new medication that acts to rapidly reduce symptoms and restore function to those struggling with the devastating effects of postpartum depression. Brexanolone was approved by the FDA in March 2019.

Also in March 2019, the FDA approved an equally remarkable new medication – esketamine – which targets treatment-resistant depression (TRD).

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Opioid Abuse and Addiction

Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid. Some opioids are made from the opium plant, and others are synthetic (man-made).

A doctor may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some doctors prescribe them for chronic pain.

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Work and When to Disclose Your Mental Illness

I think that when to disclose about your mental illness or if you want to disclose at all in the workplace is a very personal decision and I don't think that there is any one right answer. It depends on your comfort level; on whether you feel they need to know; on the job you're applying for or have currently; on whether you feel that it would impact your chances at getting the job or keeping your job; on how comfortable you feel with your boss and colleagues and so much more.

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Recognizing Schizophrenia Seeking Clues to a Difficult Disorder

What would it be like to hear voices or see people or things that aren't really there? How would you feel if people seemed out to harm you, and you weren't sure who to trust? Would you recognize that something was wrong?

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How Powerful is the Power of Attorney?

A power of attorney is an incredibly powerful instrument that all people, regardless of wealth or status, need to consider. Powers of attorney generally fall into two types: healthcare and financial.

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RESEARCH WEEKLY: When Tackling the Toughest Challenge is the Only Option

Individuals with severe mental illness smoke cigarettes at rates twice as high as the general population, greatly contributing to the 25-year difference in life expectancy for this population. However, smoking cessation programs often exclude these individuals, in part because of the difficulties associated with providing such treatment.

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