



BRAINSTORMING

Volume 5, Issue 6

November/December 2020

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 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

Show Me A Kid With A Mental Illness And I'll Show You A Mother Who Blames Herself: How To Stop Blame *Beyond blame, My personal struggle and resolution*

When her adult son developed a mental illness, Faith Tibbetts McDonald blamed herself. What had she done wrong? Could she have prevented his illness? I asked her to write about how she eventually worked through the blame game and what she learned.

[Read more](#)

This Is Temporary—Finding Peace in Overwhelming Times

With bipolar, my mood can fluctuate between the extremes of mania and depression, and my thoughts often follow an all-or-nothing pattern, too. In times of high stress, it's easy to convince myself things will never get better. The good news? I don't have to believe myself.

[Read more](#)

Short Intervention Can Change Public Attitudes Toward Schizophrenia

(October 7, 2020) When people know more about a subject and have a greater understanding, their beliefs and attitudes regarding that subject are likely to change as well. Understanding the signs and symptoms associated with severe mental illness can help people identify the signs of a first episode of psychosis earlier and be less afraid to seek treatment.

[Read more](#)

A Human Connection Between People Is Essential: Remembering Amazing Doctor & Lessons He Taught Me

The Cuckoo's Nest Dr. Continues Speaking Out!

Dr. Dean Brooks has spent his adult life advocating for persons with mental illnesses. And he has not slowed down even though he now is 94 years-old and is living in an assistant living facility not far from the Oregon State Hospital in Salem that he used to oversee.

He first burst on the national stage when he appeared in the 1975 movie, *One Flew Over The Cuckoo's Nest*, as the hospital's chief psychiatrist, Dr. John Spivey, M.D. It was a clever irony because Dr. Brooks was actually in charge of the hospital at the time of filming.

[Read more](#)

How Brandon Learned to Small Talk and Why It Transformed All His Relationships

.... As the natural pause in the conversation elongated, Brandon grasped for a new topic to continue the conversation. As he did so, his brother-in-law's cousin suddenly said, "Excuse me," and moved away. Uncomfortable yet again, Brandon scanned the room to see who else he could try to talk with. "Geez, this is so much work. How do other people make it look so easy?" he wondered.

If you've found yourself in more than a few situations like Brandon's, you are not alone. Many, many people struggle to make chitchat with people. There are 3 main reasons why some folks struggle more than others when it comes to chitchatting with someone you don't know well.

[Read more](#)

New Study Demonstrates Non-Invasive tDCS Brain Stimulation Can Enhance Cognitive Control in Schizophrenia Patients

Impaired cognition—operations of the brain that enable people to understand and react to the world that surrounds them—is one of the aspects of schizophrenia that makes it hard for patients to function successfully in society.

Cognitive deficits are among the most disabling and treatment-resistant aspects of schizophrenia, and include difficulty learning and retaining information as well as paying attention and using “working memory,” a form of short-term memory needed for tasks immediately at hand.

[Read more](#)