



# 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, click on the "Read more" link following the introduction to each article. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [l.kohr@namiwichita.org](mailto:l.kohr@namiwichita.org).

## **How the Pandemic Is Taking Its Toll on Our Mental Health**

The year 2020 will go down in history as one of the most devastating in history. Hundreds of thousands have died and millions have been hospitalized due to the novel coronavirus pandemic. COVID-19 has changed the lives of so many.

No matter where you live, dealing with the effects of economic and physical lockdowns in a community leads to multiple mental health challenges. After months of living with the coronavirus, many people are getting tired, burned out, and more and more frustrated.

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## **Slammed Trump Report Contains Worthwhile Mental Health Recommendations Despite Charges Of Political Bias.**

Recommendations by a Trump appointed commission studying ways to, among other things, improve law enforcement interactions with those in a mental health crisis are well-worth reading – despite heavy criticism aimed at the panel for being politically partisan and apparently violating federal open meeting requirements.

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## **How to Avoid Making “Stupid” Mistakes with Medication**

When depression returned, I began to wean off a recent medication that seemed ineffective. I never considered how it had been reducing my other symptoms.

[Read more](#)

## **Physical Disease and Bipolar Disorder**

Mood disorders are comorbid with many physical diseases. A team of researchers set out to determine which comorbidities, or co-occurring illnesses, seemed uniquely linked to psychiatric conditions such as bipolar disorder and major depression.

Much has been written about the link between mood disorders and cardiac disease, hypertension and diabetes. These seem to strike men with bipolar disorder at high rates.

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## **Adaptive Screener May Help Identify Youth at Risk of Suicide**

Researchers have developed a computerized adaptive screener to identify youth at risk for attempting suicide. The screener, called the computerized adaptive screen for suicidal youth (CASSY), consists of 11 questions on average and correctly identified 82.4% of youth who went on to attempt suicide in the three months following screening. The results suggest this screener could serve as an easy-to-use way for providers to detect youth suicide risk in emergency department settings.

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