

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.

A Better Tomorrow: Find answers that help people with serious mental illness live their best lives.

[...] SMI Adviser offers researched, vetted and verified guidance to the best resources on SMI.

Our national experts answer questions directly from mental health clinicians. Our education catalog provides access to in-depth mental health courses. And our online Knowledge Base is a searchable guide to answers on SMI, clinical resources, mental health fact sheets, and more.

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Discovering How tDCS Brain Stimulation Therapeutically Modifies Brain Circuits in Depression

Researchers who conducted a small randomized trial of a form of non-invasive brain stimulation called tDCS (transcranial direct current stimulation) have found mechanistic evidence supporting its ability to help patients with moderate to severe major depressive disorder (MDD).

TDCS has been used experimentally for some years in depressed patients, and in a number of trials has been found to be cost-effective and relatively free of unwanted side effects.

[Read more](#)

Putting Out The Fire: Dr. Thomas Insel's New Book Offers Path To Improving Our Mental Health System

[...] When I began looking at the mental health crisis as a journalist instead of a psychiatrist, I suddenly realized that the majority of the caregiving that goes on in the world is administered not by doctors and nurses but by families and communities. In nearly every conversation I had with families and advocates, they pointed to "stigma" as the biggest problem in mental health.

[Read more](#)

Former Miss USA Cheslie Kryst's Suicide Is Latest in a Growing Trend

The recent media coverage of former Miss USA, lawyer, and TV correspondent Cheslie Kryst's suicide, alongside other well-known faces in the media, have sparked conversations in homes across the nation about suicide and mental health.

[Read more](#)

8 Mental Health Trends to Watch in 2022

Mental health became an important part of the public conversation in 2021, as Olympic athletes, celebrities, and other public figures came forward about their well-being and helped reduce the stigma.

As we enter the third year of the pandemic, we can expect mental health to continue to be a top priority in 2022, particularly as the United States reckons with a growing mental health crisis.

[Read more](#)

I'm Not Sick, I Don't Need Help! | Dr. Xavier Amador | TEDxOrientHarbor

While studying to become a clinical psychologist, Dr. Xavier Amador had a life-altering experience when his older brother was diagnosed with schizophrenia. In an effort to understand and help his brother, he and his colleagues at Columbia University uncovered a new way to approach patients previously thought to be in denial.

[Watch video](#)