

February 2021 Additional Mental Health Related Articles from Around the Nation

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[Addressing Mental Health: The Silent Epidemic within the Pandemic](#) - Together, NAMI looks forward to working with President Biden and his administration to find solutions that help everyone get the mental health support they need. [LEARN MORE »](#)

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[4 Ways to Uplift Men In Employee Mental Health Programs](#)

[We Asked Our IDONTMIND Community How You Coped with Grief. Here's What You Said.](#)

[A Guide to Setting Boundaries](#)

[How to Break Dysfunctional Patterns With Family Members](#)

Forbes: [The Next Evolution of Digital Mental Health Support](#)

Wired: [It's Not Just You: Everyone's Mental Health Is Suffering](#)

Washington Post: [Partly hidden by isolation, many of the nation's school children struggle with mental health](#)

BPHope Magazine: [Digital Detox: 5 Reasons to Reconsider Your Relationship with Your Devices](#)

BPHope Magazine: [20 Unexpected Signs of Bipolar Depression](#)

Mental Health America's In The Open Podcast: [Anxiety Makes Me Pick At My Skin](#)

Mental Health America's In The Open Podcast: [Why Do I Care What Other People Think?](#)

[CDC Adds Down Syndrome To COVID-19 'Increased Risk' List](#) -The Centers for Disease Control and Prevention is acknowledging for the first time that COVID-19 poses an especially high risk for people with Down syndrome. [Read More >](#)

[Newborn Screening May Contain Autism Clues](#) - A simple, routine test may be able to detect autism in newborn children, researchers say. [Read More >](#)

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Feds Say Institution Experimented On Residents With Intellectual Disabilities - The U.S. Department of Justice says a state-run institution violated residents' 14th Amendment rights by providing inadequate care and experimenting on them without their knowledge or consent. [Read More >](#)

Airlines Crack Down On Service Animals - Multiple airlines are putting new rules in place surrounding service animals on planes following years of complaints. [Read More >](#)

Program Helping People Leave Institutions Renewed After Years In Limbo - Following years of uncertainty, federal lawmakers are giving new life to a popular Medicaid program that moves people with disabilities from institutions into the community. [Read More >](#)

Cats May Improve Social Skills In Kids With Autism - Adopting a cat can make a big difference for kids with autism, new research suggests. [Read More >](#)

Trump Administration Approves First Medicaid Block Grant - The plan, long opposed by disability advocates, would give one state broad authority in running the health insurance program in exchange for capping its annual federal funding. [Read More >](#)

Virtual Learning Comes With Added Curve For Special Ed Students - The pandemic school year that has frustrated so many is proving almost impossible for special education students, but even still, there are success stories. [Read More >](#)

New Report! Young People's Mental Health In 2020: Hope, Advocacy, And Action for The Future

Secondary Trauma in The Time Of COVID-19

5 Things You Should Know About Warmlines

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The Signs of Unhealthy and Healthy Relationships

Finding Growth Through Advocacy

National Geographic: **COVID-19 is taking a heavy toll in America's mental health care deserts**

Forbes: **The Psychological Trauma of Covid-19**

Kaiser Health News: **Children's Hospitals Grapple with Wave of Mental Illness**

Mental Health America's In The Open Podcast: **How To Start Over**

City, Police Officials Unveil Detroit Mental Health Initiative - *The Detroit News*—Michigan

Special Report: As More Women Fill America's Jails, Medical Tragedies Mount - *Reuters*—National

Dallas Works to Avoid Sending People in Crisis to Emergency Rooms or Jails - *Pew Charitable Trusts*—Texas

How to Transform the Response to Those Having a Mental Health Crisis - *Pew Charitable Trusts*—Florida

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[How Missing Zoom Classes Could Funnel Kids into the Juvenile Justice System — And Why Some Experts Say Now is the Time to Reform Truancy Rules](#) - *The 74*—National

[No Escape: The Trauma of Witnessing Violence in Prison](#) - *Prison Policy Initiative*—National

[Opinion: The Criminalization of Mental Illness](#) - *The Providence Journal*—Rhode Island

[Opinion: Trained Civilians, Not Sworn Police Officers, Could Better Respond to Hundreds of 911 Calls](#) - *Chicago Sun Times*—Illinois

[Should Ohio Reduce Penalties for Drug Possession? Advocates Tout Bill Coming to a Vote This Week](#) - *Cincinnati Enquirer*—Ohio

[New Law Aims To Expand Access To Respite Care](#) - Federal funding to support respite care for families of those with disabilities and other special needs will increase dramatically under legislation signed by President Donald Trump this month. [Read More >](#)

[School District's Special Ed Services During COVID-19 Under Investigation](#) - The U.S. Department of Education is investigating concerns that students with disabilities went without specialized instruction — and some teachers weren't allowed to provide it. [Read More >](#)

[Therapists Who Help Tots With Developmental Delays See Big Drop In Referrals](#) - Since the beginning of the pandemic, the number of children referred to early intervention has plummeted leaving therapists worried that the kids being missed could face long-term consequences. [Read More >](#)

[Autism Families Report Major Impacts From Pandemic](#) - A new survey finds that the COVID-19 pandemic has prompted autism symptoms to worsen and "significant, ongoing disruptions to therapies" for those on the spectrum. [Read More >](#)

[Ed Department Investigating Special Ed Failures During COVID-19](#) - The U.S. Department of Education is investigating multiple school districts over concerns that they have failed to provide appropriate services to students with disabilities amid the pandemic. [Read More >](#)

[Children's Books Honored For Disability Narratives](#) - Tales about a girl with autism and a boy who's nonverbal are among the books being honored for portraying the disability experience alongside the famed Newbery and Caldecott Medals. [Read More >](#)

[Lawsuit Alleges Devereux Didn't Protect Kids From Abuse](#) - A federal class action lawsuit claims that the nonprofit network of residential centers was negligent and did not protect at least six children in three states from being abused by staffers. [Read More >](#)

[On Zoom, Comedy Offers A Way To Teach Life Skills To Those With Down Syndrome](#) - When the pandemic forced local improv classes for individuals with Down syndrome onto Zoom, the idea took off, growing to dozens of sessions each week with participants from all 50 states. [Read More >](#)