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Myths and Facts of Bipolar Disorder - It's essential to learn what the symptoms actually look like to reduce stigma and encourage people to seek help. [READ MORE »](#)

Anxiety and Fear: What's the Difference? - "Anxiety and fear are words often used interchangeably, but they are not the same." [READ MORE »](#)

Warning Signs of Mental Illness in Children - "It was hard at first to understand why I was acting out. To some, it looked like a rocky childhood coming-of-age. However, looking back, the warning signs of mental illness were glaringly obvious." [READ MORE »](#)

Five Warning Signs of Mental Illness that People Miss - Some warning signs, like avoidance, are often overlooked as potential symptoms of mental illness. [READ MORE »](#)

Alaskans in Crisis Often Get Tangled in the Criminal Justice System - *Anchorage Daily News*—Alaska

Opinion: Homeless, Mentally Ill and Behind Bars - *Governing*—National

Center to Study Mental Health, Criminal Justice - *Northwest Arkansas Democrat Gazette*—Arkansas

Many Juvenile Jails Are Now Almost Entirely Filled With Young People of Color *The Marshall Project*—National

Black man's death in Texas jail struggle ruled homicide - Marvin Scott III died last month after he was jailed in Collin County on a marijuana possession charge. Seven jailers were fired and one resigned, and Scott's family is calling for their arrests after viewing video from inside the jail of Scott's last moments. [Continue reading →](#)

How Biden's Families Plan Impacts People With Disabilities - President Joe Biden's \$1.8 trillion American Families Plan would establish a federal paid leave program and boost child care and special education, but the proposal falls short on modernizing SSI. [Read More >](#)

Can An App Spot Kids With Autism? Researchers say they are one step closer to using a smartphone app to identify children with autism. [Read More >](#)

Mock Clinic Helps Those With Special Needs Prepare For COVID-19 Vaccine - After a parent shared the story of her son being held down to get his vaccine, a mock clinic was set up to give others with developmental disabilities a trial run before receiving their shots. [Read More >](#)

Chefs Share Recipes For Accessibility In The Kitchen - Food and cooking are essential areas where those with disabilities are often overlooked. But with some adjustments, cooking can be accessible to those with physical and intellectual disabilities. [Read More >](#)

When doctors are afraid to seek help - Every physician in every state should be guaranteed safety when they seek mental health treatment. [Continue reading →](#)

Everything is under review as police work and criminal justice are examined - Among several innovations, Denver social workers accompany police in their patrol cars, jointly responding to all calls. [Continue reading →](#)

Mary Lincoln wasn't 'crazy.' She was a bereaved mother, new exhibit says. By Gillian Brockell • [Read more »](#)

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What Is the Best Treatment for Anxiety? Kids learn to handle the bully in the brain. [READ MORE ▶](#)

Best Medications for Kids With Anxiety - Antidepressants trump all others as the most effective evidence-based choice. [READ MORE ▶](#)

How to Help Children Manage Fears- Why teaching kids to calm down on their own is key. [READ MORE ▶](#)

Helping Young Children Who Are Socially Anxious - Tips for helping reluctant children join in play and group activities. [READ MORE ▶](#)

What to Do (and Not Do) When Children Are Anxious - How to respect feelings without empowering fears. [READ MORE ▶](#)

How to Change Negative Thinking Patterns Recognizing unhealthy thinking errors called 'cognitive distortions.' [READ MORE ▶](#)

Pandemic Exaggerated Pressures On DSPs, Report Finds - Long plagued by high turnover and low pay, new research suggests that the COVID-19 pandemic further amplified the extraordinary pressures on DSPs who help people with developmental disabilities. [Read More >](#)

New National Health Care Network To Focus On Autism - A first-of-its-kind network of autism centers is aiming to better address the needs of those with the developmental disability by putting the latest research into practice faster. [Read More >](#)

For Spanish-Speaking Families, An Uphill Battle For Special Needs Services - Language issues likely play a big part in fueling what advocates say are significant disparities in disability services for Spanish-speaking families. [Read More >](#)

Fine Doubled For Restaurant Boss Who Enslaved Man With Intellectual Disability - A man who pleaded guilty to enslaving a Black man with intellectual disability at his restaurant for five years has to pay him more than \$500,000, a court ruled. [Read More >](#)

Stimulus Funds Earmarked For Disability Services Remain In Limbo - Nearly two months after federal lawmakers approved billions in extra spending on disability services, advocates say the money is going unspent because states don't know how it can be used. [Read More >](#)

Microsoft Takes Aim At The 'Disability Divide' - Technology-giant Microsoft is promising big steps in the coming years to make its products and workplace even more accessible and inclusive to people with disabilities. [Read More >](#)

Special Educator Named National Teacher Of The Year - An elementary school special education teacher has been named the National Teacher of the Year and was honored with a surprise visit from First Lady Jill Biden. [Read More >](#)

People With IDD Are Helping Providers Improve The Vaccination Experience - Now that COVID-19 vaccines are broadly available, providers are turning to self-advocates for ideas about how to make it easier for people with disabilities to get the shots. [Read More >](#)

When Is It Time to End Treatment? - And if you've reached that point, how should you go about it? [READ MORE ▶](#)

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Tips for Working Well With Your Child's Therapist - A good relationship with the mental health professional treating your child is key to a successful outcome. [READ MORE ▶](#)

Finding a Telehealth Provider for Your Child - Strategies for parents seeking remote mental health treatment. [READ MORE ▶](#)

How Do You Know if Your Child Is Getting Good Care? Tips for knowing whether your clinician is following best practices. [READ MORE ▶](#)

Across US, Most Counties Have No Behavior Therapists - Access to behavior therapists is woefully lacking in many places, with a new study finding that more than half of the nation's counties don't have a single one. [Read More >](#)

Elon Musk Says He Has Asperger's - The billionaire behind Tesla and SpaceX says he's on the autism spectrum. [Read More >](#)

Biden \$400 Billion Care Plan Would Have A Caveat: States Opt In - Early proposals from Congress on President Joe Biden's ambitious \$400 billion plan to improve in-home care for people with disabilities and others suggest states could have a lot of leeway. [Read More >](#)

Children Are Waiting Longer In The ER For Mental Health Care, Study Finds - Kids who visit emergency rooms for mental health crises are increasingly likely to spend more than six hours there, a noisy, chaotic experience that experts say can be traumatic. [Read More >](#)

Police shootings of children spark new outcry, calls for training to deal with adolescents in crisis - By Kimberly Kindy, Julie Tate, Jennifer Jenkins and Ted Mellnik • [Read more »](#)

Feds Issue New Rules For COVID-19 Vaccines At Facilities Serving Those With IDD - Government officials are setting new expectations related to COVID-19 vaccines at institutions for people with disabilities and similar rules are under consideration for group homes as well. [Read More >](#)

Drug Shows Promise For Fragile X - New research suggests that medication could bring about significant improvements in cognitive function and language in adults with fragile X syndrome, the most common cause of inherited intellectual disability. [Read More >](#)

Golfer Becomes First With Down Syndrome To Compete In College Championship - A 22-year-old from Arizona became the first person with Down syndrome to compete in a college championship event when she teed off earlier this week. [Read More >](#)

Masks At The Campfire: Summer Camps For Kids With Special Needs Adapt To COVID-19 - Last summer, many overnight camps for kids with special needs — who are often at higher risk of COVID-19 complications — went virtual. Now some are easing back into in-person activities. [Read More >](#)

Prince Harry opens up about mental health, 'genetic pain' and living 'in a zoo' - By Karla Adam • [Read more »](#)

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Mentally ill man repeatedly shocked with Taser by deputies in jail before he died, body-cam video shows By Timothy Bella • [Read more »](#)

Prince Harry thought about quitting royal life in his 20s - The Duke of Sussex spoke candidly with host Dax Shepard during an episode of the “Armchair Expert” podcast about keeping his relationship with Meghan a secret and dealing with UK media scrutiny. [Continue reading →](#)

12 Tips for Raising Confident Kids - Building self-worth helps kids handle whatever comes their way.- [READ MORE ▶](#)

Teaching Children About Boundaries - Kids need practice setting their own and respecting those of others. - [READ MORE ▶](#)

When to Push Your Children - And how to know if you’re pushing too hard. - [READ MORE ▶](#)

Teaching Kids How to Deal With Conflict - Skills for coping with everything from small squabbles to major issues. - [READ MORE ▶](#)

Helping Kids Make Decisions - When to offer support — and when to step back. - [READ MORE ▶](#)

Learning How to Fail - How to help kids keep going when things don’t go their way. - [READ MORE ▶](#)

Biden Administration Gives States Flexibility To Expand Disability Services - States are being given wide latitude to spend an extra \$12.67 billion for Medicaid home and community-based services on everything from getting people off waiting lists to raising pay for DSPs. [Read More >](#)

Study Suggests Most Kids With Autism Make Gains Over Time - The vast majority of youngsters with autism may be "doing well" in at least some aspect of their lives by the time they reach mid-childhood, researchers say. [Read More >](#)

Teen's Documentary About Life With Disabilities To Screen Worldwide - The film, with an introduction by actress Ashley Judd, comes with a teaching toolkit and will be sent to 1.8 million American teachers before it's shown in 150 countries around the world. [Read More >](#)

Lawmakers Push Police Reforms Aimed At Dealing With Those With Disabilities —A bipartisan group of federal lawmakers is backing legislation aimed at reducing the chance that police encounters with those with disabilities or mental health issues will end tragically. [Read More >](#)

Ed Department Sets Expectations For Special Education As Schools Reopen - With schools across the nation increasingly eyeing a return to normalcy, federal education officials are further clarifying what that should mean for students with disabilities. [Read More >](#)

500 CEOs Commit To Prioritizing Disability Inclusion - The chief executives of Apple, Google, Coca-Cola, Procter & Gamble, Sony and hundreds of other international organizations are committing to advance disability inclusion. [Read More >](#)

Southwest Airlines Grounds Family Of Boy With Disabilities Over Mask Resistance - The family of a child with disabilities says they were not allowed to board a Southwest Airlines flight after a flight attendant raised concerns that the boy would not wear a mask. [Read More >](#)

Parents Oppose Ban On Restraint, Seclusion - A proposal in one state to prohibit schools from using restraint and seclusion on students with disabilities is under fire from an unlikely group — some of the students' parents. [Read More >](#)

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What Is Premenstrual Dysphoric Disorder (PMDD)? - When PMS symptoms are seriously impairing. [READ MORE ▶](#)

When to Worry About an Eating Disorder - Signs that your teen might be on an unhealthy path. [READ MORE ▶](#)

Helping Resistant Teens Into Treatment - And why they need to want to get better. [READ MORE ▶](#)

Mental Health Disorders and Teen Substance Use - Why alcohol and drugs are especially risky for kids with emotional or behavioral challenges. [READ MORE ▶](#)

Congress Urged To Increase Spending On Autism

Dozens of members of Congress are calling for the federal government to ramp up its investment in autism-related activities by spending an additional \$150 million on the developmental disorder. [Read More >](#)

Apple Launching New Accessibility Features For Those With Disabilities

Apple is set to roll out a host of updates to make its devices even more user-friendly for people with disabilities.

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Families Of People With IDD Rebuild Frayed Ties As Pandemic Eases - Families of those with developmental disabilities have had their lives upended by the pandemic more than most, research shows, and now they're reuniting and trying to make up for lost time. [Read More >](#)

Ashton Kutcher's Twin Didn't Want To Be 'The Face Of Cerebral Palsy.' Now He's Glad - Michael Kutcher was once upset with his famous twin brother, Ashton, for revealing his cerebral palsy diagnosis on national TV, but today he says he's grateful for the platform it's given him. [Read More >](#)

— Pop trio **Destiny's Child** is back, with some wise words about the importance of mental health. Promoting **Michelle Williams'** new book, "Checking In," the singers had their [check-in about being open regarding personal struggles](#).