

September 2021 – Additional Mental Health Related Articles from the Around the Nation

As a three-time Olympic gymnast, I applaud Simone Biles — and know the weight on her shoulders - Opinion • By Dominique Dawes • [Read more »](#)

Climate change and mental health: the inconvenient truth - In what was supposed to be our summer of post-pandemic joy, we are instead stalked by fear of the virus, once again, and increasingly, of the world itself. [Continue reading →](#)

— How **toxic diet culture is passed from moms to daughters**. “There’s such a cycle of shame, and we’re living proof that it’s really hard to break.” (Teen Vogue)

Teaching Kids How to Deal With Conflict - How to manage emotions when tensions are high. [READ MORE ▶](#)

Talking to Kids About Money - Teaching good habits early on can make a big difference. - [READ MORE ▶](#)

How Can I Get My Kid to Do Chores? - When kids pitch in everyone benefits. [READ MORE ▶](#)

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

Helping Kids Deal With Disappointment - Tips for coping when things don’t go as planned. [READ MORE ▶](#)

The other COVID crisis: Patients with mental illness are waiting for overwhelmed hospitals to treat them - There aren’t enough beds or workers to treat all the patients in need, and the demand is overwhelming the health care system. [Continue reading →](#)

— A majority of Black Americans believe having a mental health condition is a sign of weakness. Simone Biles and other athletes are changing the narrative. Here’s how their bravery in mental health [can help California heal](#) from COVID-19.

Preparing Your Child to Go Back to School In-Person - After a year of remote and hybrid learning, getting back to normal may be a challenge. - [READ MORE ▶](#)

Teenagers and Back-to-School Stress - For many, the transition back to full-time school will be challenging, with new schedules, activities and pressures. - [READ MORE ▶](#)

Academic Setbacks During COVID - Helping kids who've fallen behind catch up — but keeping it positive. - [READ MORE ▶](#)

School Mornings Without the Stress - How to get your child up and out the door with the least amount of conflict. - [READ MORE ▶](#)

Back-to-School Tips for Kids Who Are Struggling - How resetting expectations and planning ahead can help children with learning challenges. - [READ MORE ▶](#)

New Standards Finalized For Postsecondary Programs - For the first time, accreditation standards are in place that are intended to be used as a baseline to assess the hundreds of postsecondary programs across the nation serving students with IDD. [Read More >](#)

Google Launches Program To Hire More People With Autism - Google is teaming up with Stanford University in an effort to make its workforce more neurodiverse. [Read More >](#)

School Mask Mandate Ban Deadly To Students With Disabilities, Federal Lawsuit Says - Parents are challenging a state ban on mask mandates in schools arguing that it violates the ADA and endangers students with disabilities by putting them at greater risk of COVID-19. [Read More >](#)

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After Decades Apart, Woman Connects with Secretly Institutionalized Sister - Until she was 13, Katherine Hamann did not know she had a sister. It took her 13 more years before the two met. Today, she works as both guardian and advocate for others with disabilities. [Read More >](#)

China's mental health system has long been inadequate. Can AI change that? By Rebecca Tan and Alicia Chen • [Read more »](#)

— Days before the academic year starts, a well-funded hiring spree for Los Angeles schools is falling short of its goal to provide unprecedented and critical mental health and academic support as [a shortage of teachers](#) and other professionals collides with pandemic recovery goals.

What It's Like to Live With Multiple Personalities - People with dissociative-identity disorder have started presenting their selves on YouTube to rapturous fans. [Inside YouTube's Dissociative Identity Disorder Community \(thecut.com\)](#)
In Reversal, Social Security Says Stimulus Checks Won't Affect SSI Benefits - People with disabilities can save money received through stimulus checks and other COVID-19 relief programs indefinitely without losing out on their SSI benefits thanks to a recent rule change. [Read More >](#)

Autism Risk Significantly Higher for Kids Born Premature, Study Finds - A study looking at four decades of data on millions of children is showing just how much the timing of a child's birth influences their risk of developing autism. [Read More >](#)

Schools Struggling To Find Paraprofessionals - The need for aides in special education is "desperate" as schools compete with Amazon and other employers to attract workers willing to take on the job's lower pay and high demands. [Read More >](#)

Charges Filed Against Ex-Cop Who Killed Man With Disability At Costco - Two years after a man with mental disabilities was fatally shot by an off-duty police officer while shopping at Costco with his parents, manslaughter charges have been filed. [Read More >](#)

UnitedHealth settles for \$15.6M after Labor Department finds mental health cuts, denials - "You should expect to see more investigation," of those not abiding by the federal mental health parity law, a top DOL official said. "I predict this will be a very active issue for us for years to come."

The pandemic has harmed children's mental health. But therapy is hard to find. - By Katherine Ellison • [Read more »](#)

COVID-19 Vaccinations Lag Among Those With Disabilities, Census Finds - Amid heightened concerns about COVID-19 as the delta variant spreads across the nation, new federal data indicates that adults with disabilities are less likely than others to be vaccinated. [Read More >](#)

New TV Series Spotlights Entrepreneurs With Disabilities - The production company behind reality shows like "Keeping up with the Kardashians" and "Born This Way" is set to debut a new series following four entrepreneurs with various disabilities. [Read More >](#)

Senators Push To Expand Access To ABLE Savings Accounts - A bipartisan group of senators wants to raise the eligibility age for special accounts that allow Americans with disabilities to save money without jeopardizing government benefits. [Read More >](#)

Families Struggle With State Agencies To Get Home-Based Care - A federal lawsuit alleges that one state is violating the ADA and Medicaid Act by paying less for in-home care for people with intellectual disabilities compared to those with other disabilities. [Read More >](#)

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How to Tell Kids You're Getting a Divorce - Advice on what to say and how kids may react. [READ MORE ▶](#)

Supporting Kids During a Divorce - From how to listen to their feelings to how to respond to anxiety, disruptive behavior and more. [READ MORE ▶](#)

Conflicts Over Parenting Styles - How to keep your differences from hurting your kids. [READ MORE ▶](#)

Tips for Blended Families - How to help stepchildren feel supported and happy in both of their homes. [READ MORE ▶](#)

Navigating the Challenges of Stepfamily Life - How to build a foundation based on appreciation, respect and tolerance. [READ MORE ▶](#)

How to Support Teens This Fall - English and Spanish tip sheets for caregivers and educators from the Morgan Stanley Alliance for Children's Mental Health. [LEARN MORE AND DOWNLOAD ▶](#)

Parents Guide to Problem Behavior - Learn about why kids act out and how to improve the parent-child relationship. [DOWNLOAD ▶](#)

Hopes Run High For SSI Overhaul - As federal lawmakers put together a \$3.5 trillion budget bill, there are expectations that it could bring major changes to the Supplemental Security Income program for the first time in decades. [Read More >](#)

TV Comedy Starring Actress With Autism Canceled - A first-of-its-kind television show starring an actress with autism has come to an end. [Read More >](#)

EPA Bans All Food Uses For Pesticide Linked To Developmental Issues - The EPA will stop farmers from using a pesticide on strawberries, apples, broccoli and all other foods that's been linked to neurodevelopmental disorders in children. [Read More >](#)

Parents Of High-Risk Students Face Tough Decisions Amid Delta Surge - With many schools making masks optional, parents of children with disabilities and other health issues that put them at high risk for COVID-19 are left with few options to keep their kids safe. [Read More >](#)

Disney Making Changes To Disability Access At Theme Parks - Big changes are coming once again to Disney's system for providing accommodations to people with disabilities at its theme parks. [Read More >](#)

Schools Settle With Justice Department Over Discipline Of Students With Autism - Federal investigators found that officials in one district made parents pick up their kids, disciplined students for disability-related behavior and called law enforcement to remove students. [Read More >](#)

Unique Farm, Neighborhood Designed With Inclusion In Mind - What started as a farm offering people with developmental disabilities a way to contribute and find purpose is expanding into a community with the addition of a pocket neighborhood. [Read More >](#)

Global Movement Aims To Improve Lives Of People With Disabilities - An ambitious campaign involving groups ranging from the Paralympics to the United Nations is kicking off with a goal of ending discrimination and promoting inclusion of people with disabilities. [Read More >](#)

What Is Atypical Anorexia Nervosa? - These patients have all the symptoms of anorexia, though they're not underweight. [READ MORE ▶](#)

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Family-Based Treatment for Eating Disorders- Parents play a central role in helping children return to a healthy weight. [READ MORE ▶](#)

Boys and Eating Disorders - They don't fit the stereotype and are often overlooked. [READ MORE ▶](#)

College Students and Eating Disorders - Why the first years away from home are a perfect storm for anorexia and bulimia. [READ MORE ▶](#)

How to Help Your Daughter Have a Healthy Body Image - It's not easy, given the pressure to be super-thin and sexy, too. [READ MORE ▶](#)

Picky Eating: What's Normal and What's Not - Kids with a serious aversion to many foods may need help with food habits and overcoming avoidance. [READ MORE ▶](#)

[More Americans Are Reaching Out for Mental Health Support — But Can't Get It](#)

[Former CMS head Seema Verma joins virtual mental health platform](#)

[UnitedHealth settles for \\$15.6M after Labor Department finds mental health cuts, denials](#) - "You should expect to see more investigation," of those not abiding by the federal mental health parity law, a top DOL official said. "I predict this will be a very active issue for us for years to come."

Serious Mental Illness Recovery: The Basics - While recovery looks different for different people, there are general strategies that can help anyone looking to manage their illness. [READ MORE »](#)

The Transdiagnostic Dimensional Approach: Another Way of Understanding Mental Illness - This approach views mental illness as an extreme version of common experiences, rather than as distinct experiences. [READ MORE »](#)

Buddhist-Derived Therapies for Borderline Personality Disorder - Third-wave cognitive behavioral therapies (Buddhist-derived psychotherapies) can improve a person's sense of self and play an important role in treating BPD. [READ MORE »](#)

I Am in Charge of My Treatment Plan - "I would come to learn that my involvement in my care was essential to my recovery." -[READ MORE »](#)

The Truth About Dissociative Identity Disorder - "With the help of a therapist, I began to find ways to safely tolerate the trauma that was previously unknown to me that I held in my body." - [READ MORE »](#)

Updated Youth Content - In this section, you can find information, tips and resources for kids, teens and young adults facing mental health conditions. [EXPLORE YOUTH CONTENT »](#)

['I think we already broke': Mississippi's nurses are resigning to protect themselves from Covid-19 burnout](#)

Ed Department Weighs In On Special Ed Requirements Amid Ongoing Pandemic - As many students with disabilities return to school in person for the first time in over a year, federal education officials are spelling out what districts nationwide need to do to serve them. [Read More >](#)

Steve Madden Rethinks Shoes For Kids With Special Needs- Yet another big name in shoes is offering up styles tailored specifically for children with special needs. [Read More >](#)

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Social Security, SSI Checks Could Increase by Largest Amount in Decades - Social Security and SSI benefits may rise in 2022 by the highest amount in almost four decades, according to a new estimate based on preliminary economic data. [Read More >](#)

Growing Up Is Hard, Especially for Young People with Disabilities - Young adults with disabilities say the transition to adulthood is filled with extra challenges and schools, disability providers and health officials need to better prepare families. [Read More >](#)

[Scientists are racing to unravel the pandemic's toll on kids' brains | The Seattle Times](#)

Not All Attention Problems Are ADHD - Other causes, including anxiety and learning disorders, are easy to overlook. [READ MORE ▶](#)

ADHD and Sleep Disorders: Are Kids Getting Misdiagnosed? Both cause attention problems and can be hard to tease apart. [READ MORE ▶](#)

Is It ADHD or Immaturity? How to avoid misdiagnosis when a child is young for their class. [READ MORE ▶](#)

Is It ADHD or Bipolar Disorder? Diagnosis can be difficult because symptoms overlap. [READ MORE ▶](#)

How to Tell if Your Daughter Has ADHD - With girls, look beyond the stereotype. [READ MORE ▶](#)

ADHD and Behavior Problems - Why are tantrums and defiance so common in kids with the disorder? [READ MORE ▶](#)

The Scaffold Effect: Raising Confident, Resilient Children - A new book from Harold Koplewicz, MD, president of the Child Mind Institute. [LEARN MORE ▶](#)

Ed Department: Mask Mandate Bans May Violate Rights Of Students With Disabilities - The U.S. Department of Education is opening investigations into five states where officials say limits on school mask mandates may be in violation of federal disability laws. [Read More >](#)

Feds Say Nearly Every State Short on Special Educators - Schools in almost every state are scrambling to find enough special education teachers to meet demand as they welcome students back for the new academic year. [Read More >](#)

Program Offers a Home, Family To Adults With Developmental Disabilities - For adults with developmental disabilities who don't want to live alone or in a group home, adult foster care offers the opportunity to be matched with a family. [Read More >](#)

Gym Provides Sensory-Safe Play For Kids On The Spectrum - With franchises at nearly 100 sites in 25 states and eight countries, one company is offering up therapeutic play spaces for kids with autism and other special needs in a "judgment-free zone." [Read More >](#)

[SAMHSA Awards \\$250 Million to 100 Certified Community Behavioral Health Centers to Improve Community Substance Use Disorder and Mental Health Treatment Services](#) - *SAMHSA Newsroom*—National

[Opinion: California Needs Public Health Responses to Behavioral Health Needs](#) - *CalMatters*—California

[Opioids and the Justice-Involved: A 'Mishandled' Crisis](#) - *The Crime Report*—National

[Psychiatrists, Judges Work to Address Competency to Stand Trial Process](#) - *Psychiatric News*—National

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[Advocates Say Social Stigma Costing Lives in Opioid Epidemic Battle](#) - *WPTV*—Florida

[Minneapolis Will Add a Mental Health Response to 911 Calls](#) - *The Minnesota Daily*—Minnesota

[Opinion: Idaho Needs to up Its Game in Providing Behavioral Health Services](#) - *Post Register*—Idaho

[Guest Post: Public Defenders Can Do More for Public Safety — If We Let Them](#) - *The Washington Post*—National

[Mental Health Response Teams Yield Better Outcomes Than Police In NYC, Data Shows](#) - *NPR*—National

[Seattle Plans to Add Special Response for Some 911 Calls That Don't Need Armed Police](#) - *The Seattle Times*—Washington

[As Mental Health Calls Increase, Maine Police Seek and Find Backup Ways to Respond](#) - *Portland Press Herald*—Maine

[Opinion: What Do Police Know About Teenagers? Not Enough.](#)- *The New York Times*—National