

August 2020 Additional Mental Health Related Articles and Videos from Around the Nation

[When Crisis Workers, Not Traditional Police, Respond to Calls about Mental Health](#) - *MPR News*—Minnesota

[Police Violence: Physical and Mental Health Impacts on Black Americans](#) - *Medical News Today*—National

[Overcoming Trauma and Challenges for Incarcerated Parents and Their Children](#) - *Pulitzer Center*—National

[Underfunded Mental Health System Relies on Police for Help](#) - *Salina Post*—Kansas

[SummitStone Health Partners' Co-responder Program Helps Loveland Police Provide Mental Health Support to People in Need](#) - *Loveland Reporter Herald*—Colorado

[New Innovators Bernalillo County and Fulton County Prioritize Treatment](#) - *Stepping Up Initiative*—New Mexico and Georgia

[Defund Police? Some Cities Have Already Started, Investing in Mental Health Instead](#) - *USA Today*—National

[Sheriff Koutoujian Supports Racial Justice Protests as He Continues Pioneering Programs for Inmates](#) - *The Armenian Mirror-Spectator*—Massachusetts

[Opinion: Marching Forward—A Vision for Transformation in American Policing and Public Safety](#) - *Medium*—National

[Mayor Keller Announces Creation of Albuquerque Community Safety Department](#) - *KOB4*—New Mexico

[‘CAHOOTS’: How Social Workers and Police Share Responsibilities in Eugene, Oregon](#) - *NPR*—Oregon

[Opinion: Instead of ‘Defund’ the Police, Imagine a Broader Role for Them with Public Health](#) - *The Washington Post*—National

Mom Equips Ambulances With Sensory Kits To Help Children With Autism

An EMT who has a son with severe autism has developed sensory kits to help kids on the spectrum cope with the flashing lights, sirens and other stimuli of an ambulance ride. [Read More >](#)

Mask Requirement At Amusement Parks Violates ADA, Suit Claims

Parents of children with autism are suing over the COVID-19 mask policy at three amusement parks, saying the kids can't wear masks because of their medical conditions. [Read More >](#)

Group Home Residents With Developmental Disabilities More Likely To Die From COVID-19

People with developmental disabilities who live in group homes are significantly more likely than others to contract the coronavirus and die from it, a new study finds. [Read More >](#)

Mental Health for US: [It's Convention Season — Let's Talk About Mental Health!](#)

NBC News: [Black Americans experience deadly stress as a pandemic and violent racism collide, experts say](#)

Yahoo: [Three Things to know for BIPOC Mental Health Awareness Month](#)

Business Insider: [The pandemic makes it clear: it's time to finally address the mental health crisis in America](#)

Future of Personal Health: [Take a Stand to Support Mental Health](#)

USA Today: [As suicide, addiction death projections soar amid COVID-19, treatment centers struggle to stay alive too](#)

August 2020 Additional Mental Health Related Articles and Videos from Around the Nation

Federal Communications Commission: [FCC to Vote on Designating 988 for National Suicide Prevention Hotline](#)

[How 2020 Showed Me the Meaning of Justice, Pride, And Connection](#)

[Is It Time for A Staycation? The Answer May \(Not\) Surprise You](#)

[Guarding Your Joy: Keeping Your Mental Wellness High on Your Agenda](#)

[Ask a Therapist: Black Mental Health](#)

[Hey, Be Nicer to Yourself. Here's How.](#)

NBC News: [Netflix makes \\$100 million commitment to support Black communities in the U.S.](#)

NPR: ['Bear Our Pain': The Plea For More Black Mental Health Workers](#)

Politico: [Swamped mental health and addiction services appeal for Covid bailout](#)

WJLA: [Academy of Pediatrics wants kids 'physically present' in schools this fall. Here's why.](#)

In The Open Podcast: [How Racism is Trauma](#)

This month is the start of BIPOC (Blacks, Indigenous People, and People of Color) Mental Health Month so America and Theresa talk about what led to the name change and why the new designation better honors these groups. They then have a dialogue about the connection between racism and trauma. They discuss why empathy is key, how we shape the world through our experiences and why we all want to feel human and feel that we matter.

In The Open Podcast: [I Am Exhausted From Explaining My Trauma](#)

With everything going on during these current protests, Theresa and America have an open conversation about how hard it is to continuously explain trauma. They talk about the significance of validating someone else's feelings, the commonality between race and mental health and why we're all just looking for love and support. Let's all reflect on how we can do better.

In The Open Podcast: [I'm Worried I'll Hurt My Baby featuring Sasha Nicole](#)

America and Theresa have teamed up with the postpartum warrior Sasha Nicole from Partum Evolution to talk about the intrusive thoughts they've had about their children. Theresa and Sasha Nicole share their experiences with postpartum depression and the shame that came with their invasive thoughts. Sasha Nicole found a supportive husband while Theresa valued the open conversations with co-workers to help them get through tough times. They share how vital it was to allow themselves to acknowledge that their feelings were valid and also include some helpful resources for anyone going through postpartum depression.

Giving Voice to Depression Podcast: [Could COVID-19 Finally Destigmatize Mental Illness?](#)

As "invisible" illnesses depression, anxiety and other mental-health challenges are misunderstood, dismissed, even discounted. But living in the stressful, unfamiliar and threatening environment of the COVID-19 pandemic has been an "equalizer." People who have never before consciously had their productivity, abilities and overall well-being affected by something out of their control suddenly find themselves in "our boat." And psychiatrist Jessica Gold thinks that could be what finally destigmatizes mental illness.

Majority Of States Failing To Meet Obligations Under IDEA - Less than half of states are doing what they should to serve students with disabilities in compliance with federal special education law, the U.S. Department of Education says.

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Face Mask Exempt Cards Citing ADA Are Fake, Justice Department Says - Federal officials have issued multiple warnings about cards and flyers circulating online that falsely claim to exempt people with disabilities from wearing face masks.

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Judge Sides With Disney Over Disability Access At Theme Parks - In the first lawsuit to go to trial alleging that changes to Disney's disability access policy are discriminatory, a federal judge has ruled in favor of the company. [Read More >](#)

Man's Coronavirus Death Raising Questions About Care For People With Disabilities - Disability rights advocates said they have concerns that a man with disabilities died because a hospital did not value his life as much as an able-bodied person's. [Read More >](#)

Disability Service Providers On Brink Of Collapse - [Read More >](#)

What the 'black-on-black crime' fallacy misses about race and gun deaths - The majority of U.S. gun deaths are not homicides but suicides, and white men account for 74 percent of them. **About US | Perspective** • By Shirley Carswell • [Read more »](#)

Trump Administration Weighs In On Disability Services Amid COVID-19 - New guidance continues to flow from the federal government advising states on Medicaid and special education services in light of the pandemic. [Read More >](#)

Protections Affirmed For Patients With Disabilities During Pandemic - Federal civil rights officials are further asserting that people with disabilities should receive medical care during the COVID-19 pandemic that's free of discrimination and stereotypes. [Read More >](#)

Ban On Group Home Visits Hurting Residents, Critics Say - Months into the pandemic, some are pushing back against one-size-fits-all bans on family visits for group home residents with developmental disabilities. [Read More >](#)

Citing The Pandemic, Feds Delay New Medicaid Waiver Rule - The Trump administration is holding off on implementing a Medicaid rule establishing a new standard for what counts as home- and community-based services for people with disabilities. [Read More >](#)

Interruption Caused By COVID-19 Poses Challenges Beyond Classroom -As schools consider fall re-openings, special education programs are wondering how to make up for lost ground in socially-distanced classrooms where they can no longer use hands-on techniques. [Read More >](#)

School Known For Shocking Students With Special Needs Gets Coronavirus Relief Funds -A controversial residential school that was recently banned from using electric shock devices on students with disabilities is getting over a million dollars in coronavirus relief funds. [Read More >](#)

[A Black, Christian's Journey to Mental Wellness](#)

[\(Re\) Defining Resilience: A Perspective Of 'Toughness' in BIPOC Communities](#)

[Racism Deniers Make It Harder To Do This Incredible, Exhausting Work](#)

[Why Silence Weighs Heavily on The Mental Health Of Marginalized Communities](#)

[Race-Based Traumatic Stress Is A Real Response to Racism](#)

[6 Creative Outlets for Your Mental Health](#)

August 2020 Additional Mental Health Related Articles and Videos from Around the Nation

[8 Life-Changing Statements to Tell Black Boys And Girls Everyday](#)

[Black Mental Health Matters More Now Than Ever Before](#)

[NPR: 'Bear Our Pain': The Plea For More Black Mental Health Workers](#)

[CNBC: 'I still have nightmares every night' — health workers struggle with PTSD symptoms as coronavirus takes toll](#)

[NBC: 40 percent of LGBTQ youth 'seriously considered' suicide in past year, survey finds](#)

[Schools Want IDEA Liability Protections From Congress](#) - Concerned that the pandemic will prompt an onslaught of special education litigation, school leaders want federal lawmakers to grant them liability protections related to IDEA.

[Read More >](#)

[Apple Invests In Housing For People With Developmental Disabilities](#) - Technology-giant Apple is putting up money for housing for people with developmental disabilities. [Read More >](#)

[Coronavirus Forcing Occupational Therapy To Go Virtual](#) - Health care providers across the country have turned to telehealth as of late and the experience of an infant with cerebral palsy shows the approach could be beneficial even outside of a pandemic. [Read More >](#)

[Disability Service Provider Squeezed By Changing Industry](#) - After 168 years providing services to people with disabilities, industry changes are combining with the coronavirus pandemic to bring a moment of financial reckoning for a major nonprofit. [Read More >](#)

[Kim Kardashian West just performed a public service](#) By Eugene Robinson • [Read more »](#)

[Blue Cross hangs out 'help wanted' sign for child psychiatrists](#) - Among an estimated 400 child psychiatrists in the state, only 140 have enrolled in Blue Cross's provider network. [Continue reading →](#)

[Biden Calls For End To Waiting Lists For Medicaid Waivers](#) - With a new \$775 billion plan, former Vice President Joe Biden says he wants to eliminate the wait for Medicaid home- and community-based services while increasing support for caregivers. [Read More >](#)

[People With Intellectual Disabilities Begin To Venture Out During Pandemic](#) - Service providers are starting to offer adults with intellectual disabilities the opportunity to return to community-based activities, but many families are reluctant. [Read More >](#)

[Special Educators Consider How To Make Up For Lost Time](#) - Whether classes are in person or at a distance this fall, school officials say they are working on ways to better help special education students learn. [Read More >](#)

[Majority Of School Districts Not Accessible For Students With Disabilities](#) - Thirty years after the ADA became law, most of the nation's public school districts remain inaccessible to students with disabilities, government investigators say. [Read More >](#)

[Hollywood Urged To Cast More Actors With Disabilities](#) - Academy Award-winning actress Octavia Spencer is the latest big-name celebrity telling Hollywood to step up in regard to casting people with disabilities. [Read More >](#)

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How People With Special Needs Are Coping With The Pandemic - Both children and adults with developmental disabilities are struggling to adapt to the myriad of changes that the coronavirus pandemic has brought to nearly every facet of life. [Read More >](#)

Discrimination and Racism in the History of Mental Health Care - We need to teach this history to mental health professionals so they understand what factors shaped the approach to mental health care for people of color. [READ MORE »](#)

How Asian Shame and Stigma Contribute to Suicide - Asian Americans face multiple mental health challenges, including: the stigma of asking for help, finding one's identity as a minority in the U.S. and facing cultural norms that act as barriers. [READ MORE »](#)

Why Black Churches Need to do Better with Mental Health Issues - "After my suicide attempt, I felt like I could never go back to church again. In the eyes of the church, I had committed the greatest sin, and I couldn't tell anyone because I knew I would be labeled." [READ MORE »](#)

How My Latina Identity Holds Hands with My Depression - "Being the child of immigrants has absolutely shaped how I carry myself and see my own place in this world." [READ MORE »](#)

The Importance of LGBTQ Inner-Equality - "My fight to change everyone's mind about the LGBTQ community was actually an internal fight I was experiencing with myself." - [READ MORE »](#)

Learn About the Cultural Dimensions of Mental Health - Our identity and culture affect how we perceive and experience mental health conditions. Check out our newly updated content. [EXPLORE THE CULTURAL DIMENSIONS WEB SECTION»](#)

Check Out Our Minority Mental Health Awareness Month Stories - For Minority Mental Health Awareness Month in July, we collected stories about how culture, race, sexual orientation or gender identity affects mental illness. [READ MORE »](#)

[The Legacy Of "Deinstitutionalization"](#)

[10 Ways to Support The Healthcare Worker In Your Life](#)

[What's the Key To Equal Access And Treatment In Mental Health?](#)

[Why You Shouldn't Wait Until Your World Is Falling Apart to Go to Therapy](#)

[Health: How Being a First-Generation American Affected My Mental Health](#)

[Shape: Why It's So Important to Understand Grief During Coronavirus](#)