

January 2022 Additional Mental Health Related Articles from Around the Nation

Surgeon general warns of emerging youth mental health crisis in rare public advisory - [Surgeon General advisory: Youth mental health crisis looms - Los Angeles Times \(latimes.com\)](#)

U.S. Surgeon General's Advisory: Protecting Youth Mental Health - New guidance and resources to support children and families. [READ MORE ▶](#)

Why is the CDC missing in action on severe mental illnesses? Serious mental illness is a dangerous and expensive health threat. The CDC needs to pay more attention to it.

[Why is the CDC missing in action on severe mental illnesses? - STAT \(statnews.com\)](#)

CDC Says 1 In 44 Kids Have Autism - Autism rates are increasing yet again, according to new data from the CDC which finds for the first time that more than 2% of American children have the developmental disability. [Read More >](#)

Santa Goes Sensory-Friendly at Events Nationwide - With Christmas near, Santa Claus is set to turn down the music and make other adjustments at hundreds of events across the country designed to better accommodate kids with special needs. [Read More >](#)

Abuse Claims Against Teachers Renew Calls for More Cameras In Special Ed Classrooms - After two educators were accused of pinching children who are nonverbal and stifling their cries, parents and advocates say there needs to be more use of cameras in special education classrooms. [Read More >](#)

Coffee Shop Has Big Plans to Expand Opportunities For Those With IDD - Inspired by the limited job opportunities available to her friends with disabilities, one young adult started a business that's aggressively expanding and expects to employ over 100 people with IDD. [Read More >](#)

Instagram is touting safety features for teens. Mental health advocates aren't buying it. By Tatum Hunter • [Read more »](#)

What Is ARFID? - How to recognize (and treat) avoidant restrictive food intake disorder. - [READ MORE ▶](#)

More Than Picky Eating - Treatment can help kids overcome avoidance and build healthy food habits. - [READ MORE ▶](#)

How to Help Kids Who Are Picky Eaters - Ways to help them feel good about trying new tastes. - [READ MORE ▶](#)

Autism and Picky Eating - Practical tips for addressing rigid eating habits and problem mealtime behaviors. - [READ MORE ▶](#)

Fear of Vomiting - Shame and secrecy complicate a phobia that's common in children. - [READ MORE ▶](#)

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

Feds Look To Address Disability Discrimination In Organ Transplants - Following years of concerns about people with disabilities being denied organ transplants, federal officials are seeking public comment and Congress could be poised to do something about it too. [Read More >](#)

Death Of Bob Dole A Loss For Disability Community, Advocates Say - Former U.S. Sen. Bob Dole is being remembered as a champion of disability rights. [Read More >](#)

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Justice Department Finds School District Violated Law By Restraining, Secluding Students - The U.S. Department of Justice has settled with a school district after finding that educators "systematically and improperly" secluded and restrained students with disabilities thousands of times. [Read More >](#)

National Guard Called Into IDD Care Facilities Due To Staffing Shortages - The National Guard has been called in to help staff four health facilities for people with disabilities or mental illnesses, a sign of how severe staffing shortages have become. [Read More >](#)

How to get our sad and anxious kids from traumatized to OK. The pandemic rocked the [mental health of children](#). Ignoring this will be an issue that [haunts the nation for decades](#) with higher rates of addiction, fractured family lives and other health and social ills.

[A New Bangor Effort Is Trying to Get Defendants Out of Jail and in Mental Health Treatment](#) - *Bangor Daily News*—Maine

[Atlanta Mayor Announces New Pre-Arrest Diversion Center To Open At City Jail](#) - *CBS Atlanta*—Georgia

[Opinion: In an Overcrowded Justice System, Mental Health Diversions Work](#) - *NJ.com*—New Jersey

[Emerging Police Partnership May Change Criminal Justice in Jacksonville](#) - *News 4 JAX*—Florida

['So Much Good Came Out of the Bad': Veterans Court Helps Lawbreaking Vets to Repair Their Lives](#) - *Chicago Sun Times*—Illinois

[911 Reforms Chart Path to Safer Communities](#) - *Arnold Ventures*—National

[Colorado's Governor Funds New Programs to Add More Youth Psychiatric Beds Amid Mental Health Crisis](#) - *The Colorado Sun*—Colorado

[Destigmatizing Mental Illness: A YOLO County Judge Tells His Story of Managing Anxiety](#) - *The Sacramento Bee*—California

[New Treatment Court Gives Veterans a Second Chance; Sobriety, Progress Recognized with Applause and Snacks](#) - *Hickory Daily Record*—South Carolina

[Opinion: To Improve Public Safety, Austin Must Invest in Trauma Recovery](#) - *Austin American-Statesman*—Texas

[Nine Sites in Rural America Named Seedbeds for Justice Reform](#) - *The Crime Report*—National

[Staying Off the Sidelines: Judges as Agents for Justice System Reform](#) - *The Yale Law Journal*—National

Court Won't Reconsider FDA Ban On Shock Devices For Those With Disabilities - The FDA has once again been rebuffed by a federal appeals court in its yearslong push to ban devices used to administer electric shocks on people with developmental disabilities. [Read More >](#)

Zoos Working To Become More Autism-Friendly

A new effort is underway to help zoos across the nation become more welcoming to individuals with autism.

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Pandemic's Strain on Special Education Services Grows Critical - Some students with disabilities are going without speech, physical and occupational therapy that they're entitled to because schools don't have enough therapists to go around. [Read More >](#)

No More Stairs: Cash Influx to Make Transit More Accessible - In some of the nation's largest cities, people with disabilities can't use subways and commuter rail. The recently signed \$1.2 trillion federal infrastructure bill aims to change that. [Read More >](#)

Disability should not mean invisibility - Mya Pol, a student disability activist, is fighting for equity and joy for disabled folks. Living with chronic pain, she has learned to navigate her way to feeling good. Access should not be a barrier to being joyful. [Continue reading →](#)

Youth mental health went from concerning to a full-on crisis during the pandemic. The editorial board warns against dismissing skyrocketing rates of depression, suicidal thoughts and anxiety among the nation's children and teens: "Mental health isn't something to be easily dismissed. It's very real and serious. Telling kids to suck it up isn't going to lessen the depression and anxiety that many of them feel. Ignored, this will be an issue that haunts the nation for decades with higher rates of addiction, fractured family lives and other health and social ills." [L.A. Times](#)

R.I. launches mental health campaign urging friends and family to ask: 'Are you OK?' - Rhode Islanders have compassion for those struggling with mental health or substance use problems, a survey found, but they often don't know how to help. [Continue reading →](#)

Disney Expands New Disability Access Policies For Theme Parks

Disney is continuing to roll out major changes to accommodations for visitors with disabilities at its theme parks.

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Pediatricians Told To Prescribe Physical Activity For Kids With Disabilities - Pediatricians should encourage children with disabilities to participate in sports, recreation and other physical activities, according to new guidance.

[Read More >](#)

UN Disability Rights Treaty Was Dole's Unfulfilled Wish. Will His Death Spur Action? - Disability rights advocates say if lawmakers want to honor Sen. Bob Dole's legacy, they should finally ratify a United Nations treaty on disability rights that he championed in his later years. [Read More >](#)

This Sticker Could Help Police Better Respond To People With Special Needs - Law enforcement agencies are making decals available for families to place on their cars and homes to alert first responders of those who may struggle with the sights and sounds of an emergency. [Read More >](#)

"My Teacher Hates Me!" - How to help kids navigate trouble with teachers. [READ MORE ▶](#)

How Does Anxiety Affect Kids in School?- Anxiety can have a big impact on kids' behavior and learning.- [READ MORE ▶](#)

Should Kids Take Mental Health Days? - Why, and when, to allow kids to take a break. - [READ MORE ▶](#)

Strategies to Make Homework go More Smoothly - Tips to calm stress and boost productivity. [READ MORE ▶](#)

How to Help Your Child Get Motivated in School - Strategies to help kids get more engaged in learning.- [READ MORE ▶](#)

What's ADHD (and What's Not) in the Classroom - Signs that a child might have the disorder, and other problems that may be confused with ADHD. - [READ MORE ▶](#)

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Labor Department Cracking Down On Mistreatment Of Caregivers - Federal officials say they're working to ensure that people paid to care for individuals with disabilities aren't being taken advantage of. [Read More >](#)

Billionaire With Asperger's Is Time Person Of The Year - Businessman Elon Musk, who's behind Tesla and SpaceX and who revealed his diagnosis on the autism spectrum while hosting "Saturday Night Live," is Time magazine's Person of the Year. [Read More >](#)

Students With Disabilities Struggle In Remote Classes - Months into the school year, students with disabilities in one district's remote study program are still grappling with nonexistent or slow-to-arrive accommodations and services. [Read More >](#)

Push To Add 'Profound Autism' Label Gains Steam - There are growing calls to differentiate people with the most severe autism symptoms from others on the spectrum in the diagnostic process, but not everyone is on board. [Read More >](#)

Uncertainty Over Omicron - Dealing with the pain of facing more disruption and loss. [READ MORE ▶](#)

Helping Kids With Flexible Thinking - Practicing flexible thinking can help kids manage change and uncertainty. [READ MORE ▶](#)

How to Take the Stress Out of Family Gatherings - Tips for helping your kids be at their best and have fun, too. [READ MORE ▶](#)

How to Avoid Passing Anxiety on to Your Kids - Help yourself, and them, with techniques to handle stress. [READ MORE ▶](#)

Raising Resilient Kids Who Are Prepared for the Future - Why so-called 'soft skills' like adaptability are important for success. [READ MORE ▶](#)

How to Handle Holidays After a Death in the Family - Grief can make special days harder. [READ MORE ▶](#)

Social Anxiety Groups: Virtual and In-Person - Build skills to manage anxiety and practice with peer support - [LEARN MORE ▶](#)

Group Program for Teens: Fostering Friendships - Help teens learn communication skills to make and keep friends. [SCHEDULE ▶](#)

Training for Parents: Challenging Behaviors - Avoid yelling and escalation while helping your child develop positive behavior and increased self-esteem [SCHEDULE ▶](#)

How the "Laziness Myth" Affects Those with Mental Illness - [Read More](#)

Learning to Identify and Self-Manage Mania - [Read More](#)

How to Prepare for Your Psychiatric Appointment - [Read More](#)

Finding Reality Through Cartooning - [Read More](#)

Listening to the Whispers of Mental Illness Before They Turn into Shouts - "The shouts of a mental illness are resounding when reality is too heavy for us to deal with." [Read More](#)

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The Most Difficult Time of The Year: Mental Health During the Holidays - Sadness can be challenging to cope with when all around you people are singing about how this is “the most wonderful time of the year.” [Read More](#)