

## November 2020 – Additional Mental Health Related Articles from Around the Nation

**What I Want You to Know as Someone with BPD** - “As someone living with BPD, and as a mental health professional, I can personally tell you how difficult it is to live with this disorder. It is even more difficult to find help and support.” [READ MORE »](#)

**It’s Not “Just” Anxiety** - “An anxiety disorder can be serious. It can be debilitating. It can affect your body in ways you never would have imagined. It can make you feel like your life has been taken away from you.” [READ MORE »](#)

**5 Things I Wish My Loved Ones Knew About Dissociation** - “Chronic dissociation comes with a plethora of undesirable side effects, the worst of which being that you are no longer in the driver’s seat of your reality.” [READ MORE »](#)

**What People Get Wrong About Bipolar Disorder** - Bipolar disorder has many layers and symptoms, which can make it difficult to understand. However, this doesn’t mean that the people who have bipolar should have to deal with unfair assumptions. [READ MORE »](#)

**Why Stereotypes About Psychosis Are Harmful** - “The reality of psychosis is simply not a part of the social dialogue. Since it is not understood, stereotypes are clung to more tightly when evaluating someone who appears to have psychosis.” [READ MORE »](#)

**NAMI Frontline Wellness** - NAMI’s new initiative, in partnership with #FirstRespondersFirst, supports frontline professionals with resources for their immediate and future mental health needs. [LEARN MORE »](#)

**Help NAMI End the Silence — Submit a Video to Our Contest** - NAMI has launched a contest seeking new videos to use in our NAMI Ending the Silence for Students presentation program. Selected videos can win up to \$5,000! [SUBMIT TODAY »](#)

**Spread the Word About the NAMI Blog** - The NAMI Blog is our way of getting tips, research, information and messages of hope to you. [EXPLORE THE NAMI BLOG»](#)

**My Friend is Suicidal: What Should I Do?** - It is incredibly important that we talk about suicide and get our loved ones the help they need to prevent them from a crisis. [READ MORE »](#)

**How to Be with Sadness** - Sadness is not something we need to fix, it is an emotion we need to feel safe enough to experience. [READ MORE »](#)

**Suicide Prevention: Saving Lives Now and Beyond** - We can save lives by nurturing and developing protective factors for those most at risk. Through more caring and loving action we can prevent suicide, together. [READ MORE »](#)

**What Safety Means as a Trauma Survivor** - To live healthy lives, we must be able to work through trauma to establish safety in a healing way. We must take back the power from the situations that have harmed us. [READ MORE »](#)

**When Someone is Suicidal, Choose Support – Not Guilt** - For those trying to help someone who is suicidal, remind them that they are loved and valued. [READ MORE »](#)

**Stay Tuned for Mental Illness Awareness Week** - The theme of this year’s MIAW is, “What People with Mental Illness Want You to Know.” Throughout the week, we will be highlighting some of the conditions and symptoms that are most misunderstood. [LEARN MORE »](#)

## November 2020 – Additional Mental Health Related Articles from Around the Nation

### **For the first Black president of Mass. psychology group, racism is a mental health issue**

“If someone looks like me, they understand my reality,” Martin Pierre said. [Continue reading →](#)

**Federal Autism Committee Goes Dark** - A long-established federal autism advisory committee charged with coordinating the government's activities related to the developmental disorder has been defunct for the last year.

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**Eligible Voters With Disabilities Increase By Nearly 20%** - As the election draws near, new research finds that the number of voters with disabilities across the nation has grown exponentially and could make the difference in how races are decided. [Read More >](#)

**Children Missing Out On Developmental Services Because Of Labyrinth System** - To get services for their children, parents often must navigate a dizzying array of health care providers, special education entities and insurance programs, often with little support or guidance. [Read More >](#)

**Ed Department Reminds Schools Of IDEA Obligations During Pandemic** - With an unprecedented school year underway, federal officials are weighing in yet again on how educators ought to be serving students with disabilities during the COVID-19 pandemic. [Read More >](#)

**'Significant Portion' Of Cerebral Palsy Cases Genetic, Study Suggests** - Long thought to be associated with problems at birth, new research indicates that a substantial number of cerebral palsy cases may be genetically based. [Read More >](#)

**Plexiglass And Masks Greet Kids With Disabilities Attending Class In Person** - Students with disabilities are adapting, teachers say, to the many ways that in-person learning is different this year. [Read More >](#)

**How A Trainer Moved Special Olympics Online To Engage Athletes** - When the pandemic hit, Special Olympics organizers were left wondering how athletes would cope with stay-at-home orders and the loss of their sporting communities, but one trainer got creative. [Read More >](#)

[10 Young Adults Transforming Mental Health](#)

[7 Tips For Managers Addressing Burnout](#)

[How Public Health Workers Can Combat Their Frustrations And Mental Health Challenges In COVID-19](#)

[Psychiatric Disability Accommodations During The Pandemic: A Survey For Students](#)

[New Peers In Medicare Legislation: A Bold Step Forward](#)

[Starting The Healing Process From Sexual Trauma](#)

[I Am At War With Myself](#)

Forbes: [COVID Burnout: Seven Ways To Reset When You've Hit The Wall](#)

CNN: [How parents shape their children's mental health](#)

The New York Times: [Healing the Whole Family](#)

## November 2020 – Additional Mental Health Related Articles from Around the Nation

The Washington Post: [The pandemic proves we all should know ‘psychological first aid.’ Here are the basics.](#)

bpHope Magazine: [Bipolar & Forgiveness: I Beg Your Pardon](#)

*Housing Matters*—National Esperanza Magazine: [Breaking the Cycle of Emotional Eating](#)

[Centre County District Attorney Launches New Mental Health Initiative](#) - *Centre Daily Times*—Pennsylvania

[New Galveston County Public Defenders Office Will Help Address Mental Health Issues](#) - *The Daily Press*—Texas

[In Colorado, Law Enforcement Are on Front Lines of Mental Health Crisis](#) - *PBS News Hour*—Colorado

[Mental Health and Police Violence: How Crisis Intervention Teams Are Failing](#) - *NPR*—National

[Police Have Shot People Experiencing a Mental Health Crisis. Who Should You Call Instead?](#) - *USA Today*—National

[Communities Can Better Prevent Homelessness through Housing- and Justice-System Partnerships](#)

[Incarcerated Instead of in Treatment](#) - *WHYY*—National

[Should Police Respond to Mental Health Calls?](#) - *City & State New York*—New York

[Opinion: To Work on Youth Homelessness, Brainstorming, Decision Analysis Strong Tools](#) - *Juvenile Justice Information Exchange*—National

[Native Youth Navigate Complex, Contradictory Jurisdictions](#) - *Prescott eNews*—National

[Bucks County Pushes Forward With Creating Mental Health Court](#) - *Levittown Now*—Pennsylvania

**BestLife:** [This Is the One Word You Should Never Say to Someone With Anxiety](#)

**People:** [Teens Across the Country Share Their Mental Health Struggles During COVID-19](#)

**STAT:** [New research shows many children with mental health conditions don't get follow-up care](#)

**Wired:** [Mental Health in the US is Suffering—Will It Go Back to Normal?](#)

**Forbes:** [The Mental Health Resources That Teachers Need](#)

**Mashable:** [Inside the program teaching influencers to talk about mental health](#)

**Huffpost:** [The Coronavirus Is Creating A Mental Health Crisis For Health Care Workers](#)

**The Hill:** [Now's the time to make 'Social Emotional Learning' a national priority](#)

**Disability Groups Oppose Supreme Court Nominee** - With confirmation hearings set to begin for U.S. Supreme Court nominee Amy Coney Barrett, dozens of advocacy groups say her record suggests that she would be a threat to disability rights. [Read More >](#)

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**Nation's Cities Ranked On Disability Friendliness** - Which cities offer the best places to live for people with disabilities? A new ranking factors everything from cost of living to access to support services in an attempt to answer that question. [Read More >](#)

**An Additional 13 Allege They Were Sexually Assaulted As Children By Devereux Staff** - After an investigation found that 41 children with IQs as low as 50 were sexually assaulted by staff at a network of residential centers across nine states, more allegations are surfacing. [Read More >](#)

**Schools Get Creative In Serving Preschoolers With Special Needs** - When schools closed, special education assessments couldn't stop, so educators at one school district moved the classroom — complete with desks, toys and materials — outside. [Read More >](#)

**IRS Issues Final Rules For ABLE Accounts** - Federal officials are firming up rules for a relatively new type of account that allows people with disabilities to save money without jeopardizing their government benefits. [Read More >](#)

**Coronavirus Pandemic Challenges Those With Developmental Disabilities** - The number of people with developmental disabilities receiving services has dropped precipitously since the pandemic started, leading to isolation, behaviors and long-term effects. [Read More >](#)

**Teen With Down Syndrome Is CEO Of Ice Cream Truck** - A one-of-a-kind ice cream truck is staffed by a team of "ice cream experts" — all of whom have exceptionalities — and led by a CEO with Down syndrome. [Read More >](#)

**SSI, Social Security Benefits Will Increase In 2021** - People with disabilities receiving Supplemental Security Income and other Social Security benefits will soon see their payments rise. [Read More >](#)

**Zoo Reserves Time During COVID-19 For Visitors With Disabilities Who Can't Wear Masks** - In a bid to ensure access for all, one zoo set aside two hours each week to welcome people who have disabilities that make it hard for them to wear masks, a group that's increasingly isolated. [Read More >](#)

**Video Shows Cop Handcuffing, Taunting 7-Year-Old With Autism After He Spat At School** - The mother of a boy with autism is suing after police body camera video shows an officer handcuffing and pressing him to the floor for 38 minutes, all because he spit in a school "quiet room." [Read More >](#)

**Heart, Lung, Diabetic Conditions More Common In Adults On The Spectrum** - Adults with autism are up to four times more likely than others to have chronic physical health conditions, new research suggests, and lifestyle factors don't appear to be the reason why. [Read More >](#)

**Fatal police shootings of mentally ill people are more likely to take place in small and midsize metro areas** - By Kimberly Kindy, Julie Tate, Jennifer Jenkins and Ted Mellnik • [Read more »](#)

**Federal Agency Recommends Ending Government Disability Jobs Program** - An independent federal agency says it's time for a decades-old government jobs program for people with disabilities to come to an end. [Read More >](#)

**Google Improves Tool To Help People Who Are Nonverbal** - Google is introducing new technology designed to help people who are nonverbal communicate with those around them while also making strides toward more inclusion at the company. [Read More >](#)

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**Texas Allows Social Workers To Refuse Clients With Disabilities** - Officials in one state are facing backlash after protections for people with disabilities and other groups were stripped from the state's social work code of conduct. [Read More >](#)

**Woman With Cerebral Palsy Found Alive At Funeral Home Dies** - A 20-year-old with cerebral palsy who was pronounced dead and then found alive at a funeral home in August has died as a result of injuries related to the incident, her family's attorney said. [Read More >](#)

**Pandemic of Grief: A Mental Health Challenge for Nursing Home Staff**

**New Peers in Medicare Legislation: A Bold Step Forward**

**The Stages of Grief: A Poem**

**How Poetry Is Breaking Down the Stigma Around Mental Health**

**NBC Nightly News: Americans Suffering Increased Anxiety, Depression During the Pandemic**

**NBC Today Show: The Pandemic Is Taking a Serious Toll on Americans' Mental Health**

**Axios: The Overwhelming Aftershocks of the Pandemic**

**US News: The U.S. Cities Most Susceptible to COVID-19, Poor Mental Health**

**Inside Higher Ed: Extending the Reach of Mental Health Therapy**

**CNBC: Coronavirus stress: Mental health issues are rising among workers, but help is available**

**CNN: How parents shape their children's mental health**

**Listen to: Mental Health America's In The Open Podcast: Am I Burned Out or Depressed?**

**Schools Fail To Curtail Restraint, Seclusion Of Students With Disabilities** - New federal data shows that educators are continuing to rely on restraint and seclusion to address behavior issues among students with disabilities in the nation's schools. [Read More >](#)

**With Autism Intervention, More Hours Not Necessarily Better** - How many hours a week of intervention do young children with autism need? A new study suggests that the precise number may not be all that consequential. [Read More >](#)

**Day Programs Struggle To Stay Open** -The pandemic has shuttered some day programs and those that have reopened are being squeezed by low attendance, a situation that could erase decades of gains in community-based services. [Read More >](#)

**For Medically Fragile Children, Pandemic-Induced Supply Shortages Continue** - Suppliers and parents began reporting shortages — most notably of ventilator circuits — early in the pandemic. Now, they say the problem is ongoing and kids are paying the price. [Read More >](#)

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**Pandemic depression is about to collide with seasonal depression. Make a plan, experts say.** By Chelsea Cirruzzo • [Read more »](#)

**People With Down Syndrome 10 Times More Likely To Die From COVID-19** - Individuals with Down syndrome are at especially high risk of hospitalization and death, researchers say, adding to evidence that the coronavirus is particularly hard on those with IDD. [Read More >](#)

**Test Maker To Pay \$16 Million For Divulging Students' Disabilities** - A major standardized test maker has agreed to pay up and alter its practices to settle a class-action lawsuit accusing the company of illegally disclosing information about students' disabilities. [Read More >](#)

**Struggling To Connect Through A Screen, Special Ed Teachers Make House Calls** - Frustrated by trying to connect with students who have multiple disabilities through screens, a group of teachers started meeting them in backyards, front porches, parks and courtyards. [Read More >](#)

**State Reverses Decision Allowing Social Workers To Refuse Clients With Disabilities** - After widespread backlash from lawmakers and advocacy groups, officials voted to restore protections for people with disabilities and others in one state's social work code of conduct. [Read More >](#)