**Mental Health News Articles from around the Web**

**December 19, 2019**

[**How to Avoid Fighting with Your Partner During the Stressful Holiday Season**](https://psychcentral.us1.list-manage.com/track/click?u=4067d0c4623bc1525f5851621&id=10cd26a789&e=a5dfa5bfbc) *- World of Psychology ~* Higher stress levels and the worries of the season can make us more likely to snap and less capable of keeping our cool in conflict… Try giving your partner your full attention. Let them express themselves without interruption. Put judgment aside. Listen to what they are saying but also to the feelings beneath the words.

[**La Grange Students Bowl With Adults With Disabilities**](https://patch.com/illinois/lagrange/la-grange-students-bowl-adults-disabilities?utm_term=article-slot-1&utm_source=newsletter-daily&utm_medium=email&utm_campaign=newsletter) *- La Grange Patch ~* Sixth-graders from St. Francis Xavier take part in Suburbanite Bowl in Westmont.

[**The legal age for nicotine is going up**](https://www.inverse.com/article/61852-tobacco-age-21-teen-brain?link_uid=24&utm_campaign=inverse-daily-2019-12-21&utm_medium=inverse&utm_source=newsletter) - *Inverse ~ R*aising the tobacco age to 21 could have lasting effects on teen brains "There is definitely a difference in the brain of an 18-year-old versus a 21-year-old."

[**Association of Opioid Prescribing Patterns With Prescription Opioid Overdose in Adolescents and Young Adults**](https://jamanetwork.com/journals/jamapediatrics/article-abstract/2756330) *- Journal of the American Medical Association (JAMA) ~* In this study of 2,752,612 adolescents and young adults without cancer, daily opioid dosage, concurrent benzodiazepine use, and extended-release or long-acting opioid use were associated with increased overdose risk.

[**Frequent marijuana use could literally change a person's heart**](https://www.inverse.com/article/61828-regular-cannabis-use-impacts-heart-health?link_uid=27&utm_campaign=inverse-daily-2019-12-20&utm_medium=inverse&utm_source=newsletter) - *Inverse ~* participants who used cannabis regularly had larger left ventricles and showed early signs of impaired heart function… Changes to the physiology of this crucial machinery can lead to heart problems and ultimately, failure. Without a healthy heart, staying alive becomes difficult.

[**Cook County jail in Chicago known for mental health care despite hellish past**](https://gazette.com/news/cook-county-jail-in-chicago-known-for-mental-health-care/article_060a304c-cf36-11e9-b505-73814f80f711.html) *- The Gazette ~* In a division of the jail known as the Residential Treatment Unit, jailers are trained to act more like therapists than guards. Inmates are considered patients, and a licensed counselor sits as warden.

[**Understanding Why You Argue with Those You Love**](https://psychcentral.us1.list-manage.com/track/click?u=4067d0c4623bc1525f5851621&id=3b21bd54cb&e=a5dfa5bfbc) *- Psych Central ~* Rather than viewing conflicts from a winner-and-loser perspective, these tips will allow you to approach issues standing shoulder to shoulder, looking together at the problem.

[**Behavioral Health Access Worsening for Employer-Sponsored Health Plans**](https://www.managedhealthcareexecutive.com/news/behavioral-health-access-worsening-employer-sponsored-health-plans) *- MJH Life Sciences ~* differences between provider payment levels for physical healthcare office-based services and behavioral healthcare services have widened such that primary care and specialty medical providers receive payments for office-based services that are 24% higher than payments received by behavioral healthcare providers.

*The above list is provided to promote awareness of current issues and does not constitute support or endorsement of any idea, author, article, website or organization.*