

## ANSWERS ON THE AIRWAVES CALLING FOR HELP

by Lisa Spellman

*"I have a friend who is using meth. She has a baby and she's breastfeeding and using while she's feeding the baby. I just want to know what affects it would have on the baby and what can I do to reach out?"*

And so begins another Sunday Night Shrink Rap with Jim Sorrell, M.D. '88, fielding phone calls and answering difficult questions with co-host Damien Montez.

The Omaha-based show, which airs Sundays from 8 to 9 p.m. on KQCH-FM (94.1), was launched two years ago to provide a forum for adolescents and young adults to anonymously discuss their problems.

"It's a place to go with concerns and share them," said Dr. Sorrell, assistant professor, UNMC Department of Psychiatry. Known as "Dr. Jim" on the show, he provides advice on emotional and social difficulties.

"The show helps by allowing callers and listeners with similar difficulties get a sense that they're not alone," Dr. Sorrell said. "Despite their concerns, fears and apprehensions, a person's difficulties doesn't mean there's something intrinsically wrong with them. It's a crazy, complex world and having difficulties is just part of it."

Each show receives an average of six callers with topics ranging from unplanned pregnancy, eating disorders and stalking, to parent and step-parent issues, suicide, depression and jealousy.

The phone never stops ringing.

There's a big void in mental health services, Dr. Sorrell said, especially for adolescents and young adults who may not be insured.

This particular Sunday, Dr. Jim offers advice to the young lady who is worried for her friend and the baby.

"I'm almost positive that the drug is in the breast milk," Dr. Sorrell tells her. "This is a problem and something has to be done. Buy her some formula and talk to her about your concerns for her and the baby, and then tell her you will go with her to get some help. We'll provide some numbers at the end of the show where you can call for help."

Shrink Rap podcasts are available at [www.unmc.edu/podcast/shrinkrap.htm](http://www.unmc.edu/podcast/shrinkrap.htm).

