



NRI NEWSLETTER

The NRI Newsletter is a bi-monthly publication that brings together news and events relevant to stakeholders of the public behavioral health system.

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Summaries and presentations from the NRI Day at the NASMHPD Annual 2017 Meeting will be available soon.

RESEARCH

Regular Phone Check-Ins With Mental Health Clinician May Reduce Symptoms of Postpartum Depression

A study in the Journal of Clinical Psychiatry reports that a telephone-based depression care management (DCM) program is effective at improving the symptoms of postpartum depression, particularly in women who experienced childhood sexual abuse. [Read more.](#)

Billing for Psychotherapy Drops After 2013 Changes to CPT Psychiatry Codes

According to an analysis appearing in Psychiatric Services in Advance, the proportion of psychiatric visits billed as psychotherapy declined significantly in the period following the 2013 update of Current Procedural Terminology (CPT) codes used for psychiatry. [Read more.](#)

Midlife Cardiovascular Risk Factors May Increase Chances of Dementia

A large, long-term study suggests that middle-aged Americans who have vascular health risk factors, including diabetes, high blood pressure, and smoking, have a greater chance of suffering from dementia later in life. The study, published in JAMA Neurology, was funded by the NIH. [Learn more.](#)

Energy Drinks and Risk to Future Substance Use

New research funded by NIDA suggests that college students who regularly consume energy drinks are at a greater risk for future alcohol use disorder, cocaine use, or nonmedical use (misuse) of prescription stimulants. [Learn more.](#)

Study Identifies Quality Measures Linked to Better Outcomes in Patients with Opioid Use Disorders

A NIDA-funded study has identified certain process measures that are linked to lower mortality rates in people with opioid use disorders, and others that do not appear to affect mortality. [Read more.](#)

QuickStats: Suicide Rates or Teens Aged 15–19 Years, by Sex — United

States, 1975–2015

In 1975, in the United States (U.S.), there were 1,289 suicides among males and 305 suicides among females aged 15-19 years. In 2015, there were 1,537 suicides among males and 524 among females aged 15-19 years. The suicide rate for males aged 15-19 years increased from 12.0 to 18.1 per 100,000 population from 1975 to 1990, declined to 10.8 by 2007, and then increased 31 percent to 14.2 by 2015. The rate in 2015 for males was still lower than the peak rates in the mid-1980s to mid-1990s. Rates for females aged 15-19 were lower than for males aged 15-19, but followed a similar pattern during 1975-2007 (increasing from 2.9 to 3.7 from 1975 to 1990, followed by a decline from 1990 to 2007). The rates for females then doubled from 2007 to 2015 (from 2.4 to 5.1). The rate in 2015 was the highest for females for the 1975-2015 period. [Read more.](#)

Breakthrough Method Yields Trove of Neuron Subtypes, Gene Regulators

With funding from the National Institutes of Health (NIH) BRAIN Initiative, NIMH-funded researchers have discovered a trove of neuronal subtypes and gene regulators, using a new method they developed. It allows for the discovery of subtypes based on their unique profiles of molecular switches that regulate gene expression within the cell. This opens the door to potentially discovering any changes in such profiles that may be traceable to specific neuron subtypes in brain disorders, say the researchers. [Learn more.](#)

Fitness for Individuals with Serious Mental Illness and Obesity

This Centers for Disease Control and Prevention (CDC) article describes the effectiveness of the InSHAPE program in helping people with serious mental illness (SMI) who are overweight or have obesity to lose weight and to be more physically fit. A series of studies found that those who can benefit from the wellness programs include those with SMI who are overweight to seriously obese with Body Mass Index (BMI) greater than 25 and less than 40 and severely obese with BMI greater or equal to 40. [Read more.](#)

Indicators Of Mental Health Problems Reported By Prisoners And Jail Inmates, 2011-2012

This report presents prevalence estimates of mental health indicators among state and federal prisoners and jail inmates by different time periods, demographics, criminal justice history, most serious offense, mental health treatment received while incarcerated, and rule violations. [Read more.](#)

STATE NEWS

CMS Approves New Jersey Medicaid 1115 Waiver Extension

The Centers for Medicare & Medicaid Services (CMS) has granted an extension of New Jersey's Section 1115(a) demonstration (11-W00279/2) entitled "NJ FamilyCare Comprehensive Demonstration." [Learn more.](#)

FREE EDUCATIONAL OPPORTUNITIES

SAMHSA Online Behavioral Health Business Courses

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers 14 self-paced, online business courses to behavioral health organizations and providers through BHbusiness. These courses are available at no cost. You can learn at your own pace while earning continuing education credits. [Learn more.](#)

Recovery to Practice Announces an On-Demand Continuing Medical Education (CME) Webinar Series

This two-course series offers information and resources for physicians, clinicians, and other practitioners serving individuals with serious mental illness and co-occurring substance abuse disorder. [Register here.](#)

AUGUST 25: Value Based Payment Roadmap Requirements Related to Social Determinants of Health and Community Based Organizations

The New York State Department of Health hosts a webinar outlining the Value Based Payment (VBP) Roadmap requirements related to Social Determinants of Health (SDH) and Community Based Organizations. The purpose of this webinar is to initiate dialogue and begin collaboration between New York State Department of Health, Office of Health Insurance Programs, plans, providers, and other VBP

stakeholders related to developing VBP SDH interventions. [Register now.](#)

AUGUST 28: Communities Addressing Trauma and Community Strife Through Trauma-Informed Approaches

This webinar hosted by SAMHSA's National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint will address historical trauma in communities and identify strategies that work to address the importance of understanding intergenerational trauma. [Register now.](#)

SEPTEMBER 7: From Inmate to Reintegrated: The Potential of Long-Acting Injectables

Join National Council for Behavioral Health the webinar, Long-Acting Injectables and Justice-Involved Populations: Continuity of Mental Health and Addictions Treatment for Jail Inmates, to learn how providers can use LAIs to help improve patient experience. [Register now.](#)

SEPTEMBER 12: Safe Care Transitions in a Zero Suicide Framework

In this webinar, participants will be able to (1) Identify key care transition practices and partnerships for patients discharged from inpatient to outpatient care, (2) describe how one organization includes voices of individuals with lived experience in care transition practices, and (3) demonstrate how health and behavioral health organizations can establish partnerships with crisis service organizations to augment care transition practices. [Register now.](#)

SEPTEMBER 14: Creating Inclusive Higher Education Work Environments for People with Mental Health Disabilities

In coordination with the Higher Education Recruitment Consortium, the Department of Labor's Employer Assistance and Resource Network on Disability Inclusion is hosting a webinar about effective approaches for ensuring that employees with mental health conditions can succeed on the job. Webinar participants will also learn about the importance of adopting an inclusive workplace culture that supports employee mental health and wellbeing. While this webinar is geared toward the higher education environment, much of the information that will be shared is applicable to employers in any industry. [Register now.](#)

SEPTEMBER 21: Implementing Change: Working to Address the Intersections of Juvenile Justice and Youth Homelessness

Join Coalition for Juvenile Justice to learn how Philadelphia, Pa., and Minnesota are working to combat this cycle, and learn about the Principles for Change, a series of policy recommendations that communities and states can adopt to help address these intersections, and the application of these principles for youth in custody. [Register now.](#)

Free Continuing Education on Prescribing Opioids

CDC presents a free continuing education activity on opioid prescribing in partnership with Medscape. Continuing Medical Education, American Board of Internal Medicine Maintenance of Certification, and Continuing Education credits (CEC) are all available for this activity. This activity is intended for primary care clinicians, nurses, and other clinicians prescribing opioids for chronic pain outside of active cancer treatment, palliative care, and end-of-life care. [Learn more.](#)

HELPFUL RESOURCES & LINKS OF INTEREST

World Suicide Prevention Day

During the second weekend in September, the National Action Alliance for Suicide Prevention invites faith communities across the nation to join together in a National Day of Prayer for Faith, Hope, & Life, praying for those whose lives have been touched by suicide. [Learn more.](#)

New Behavioral Health Barometers Provide In-Depth Data for All 50 States and DC

SAMHSA released the fourth edition of its Behavioral Health Barometer state reports that provide a powerful overview of behavioral health in each state and the District of Columbia (DC). [Learn more.](#)

Tips for Survivors: Coping with Grief After a Disaster or Traumatic

Event

This tip sheet contains information about grief, the grieving process, and what happens when the process is interrupted and complicated, or traumatic grief occurs. It also offers tips and resources for coping with both types of grief. [Learn more.](#)

Tips for Health Care Practitioners and Responders: Helping Survivors Cope With Grief After a Disaster or Traumatic Event

This tip sheet provides health care practitioners and disaster responders with guidelines for communicating with survivors experiencing grief. [Learn more.](#)

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