



Analytics Improving Behavioral Health SM

NRI NEWSLETTER

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

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Happy New Year!

The Board of Directors and NRI Staff wish everyone a Happy New Year! We have much to look forward to in 2018 as we follow up on an incredibly busy and exciting 2017 at NRI!

Over the last year, NRI produced the following landmark reports and will continue its work in this new year on these and other important focus areas.

- [NRI Psychiatric Bed Registries Report](#)
- [Trend in Psychiatric Inpatient Capacity, United States and Each State, 1970 to 2014](#)
- [Forensic Patients in State Psychiatric Hospitals: 1999-2016](#)

Additionally, NRI produced the following strategically important reports:

- [Third Party Evaluation of Texas Behavioral Health Performance Measures, Contract Processes, and Payment Mechanisms](#)
- [Snapshot of State Plans for Using the Community Mental Health Block Grant Ten Percent Set-Aside to Address First Episode Psychosis](#)
- [Information Brief: Outreach for First Episode Psychosis](#)

NRI's Performance and Quality Improvement division continued to expand its webinars and reports to its existing clients to foster continued [improvements](#) (behavioral healthcare performance measurement systems) in quality of and transitions from inpatient psychiatric care.

We also hosted NRI Day at the 2017 NASMHPD Annual Meeting, which shared challenges across the systems of care, and identified solutions that have worked in peer States. This was the first time that a meeting of its kind has been held. Presentations and session recaps from the day [are available](#).

We also recently launched a [new web site](#) to provide easier access to national and state-level information on behavioral health systems.

We want to end this note by thanking our Board of Directors for their leadership, NRI staff for

all their hard work this past year and many heartfelt thanks to all the collaborating organizations with which we have partnered on many of these and other important projects and new initiatives.

Respectfully yours,

Tim Knettler
Executive Director/CEO
NRI

RESEARCH

Incorporating Social Therapy Into Early Psychosis Intervention Improves Social Engagement

A study published in *Lancet Psychiatry* suggests that combining early psychosis intervention with social recovery therapy may help to further improve patient outcomes, particularly in individuals who lack the motivation or ability to engage in existing psychosocial interventions. [Read more.](#)

Folate, Vitamin D Found Lower in People Who Have Experienced First-Episode Psychosis

According to a report in *Schizophrenia Bulletin*, patients who have experienced first-episode psychosis (FEP) appear to have significantly lower levels of folate and vitamin D in their blood compared with individuals with no psychiatric diagnosis. [Read more.](#)

New Forecast Shows 6 Million with Alzheimer's Disease, Cognitive Impairment

Using new methodology, scientists calculate that approximately 6 million American adults have Alzheimer's disease or mild cognitive impairment, which can sometimes be a precursor to the disease. The estimate, funded by the National Institutes of Health, also forecasts that these numbers will more than double to 15 million by 2060, as the population ages. [Read more.](#)

Study Finds Association Between Infusion of Ketamine and Reduced Sleeplessness in Non-Elderly Adults with Suicidal Ideation and Depression

Researchers from the Mayo Clinic, the National Institute of Mental Health, and Stanford have discovered that individuals experiencing an anti-suicidal response to ketamine show significantly reduced nocturnal wakefulness the night after ketamine infusion compared to those who did not have an anti-suicidal response. [Read more.](#)

Errors Found with U.S. Health Data Impact on Insurance

Major measurement issues have been found in emergency department patient experience data, according to new research. The errors impact hospital performance measures and insurance. [Read more.](#)

Measuring Up on Mental Health?

Although work is already underway to develop a new set of goals for the next decade (Healthy People 2030), the federal government recently took stock of the progress made toward achieving the goals for this decade, in the Healthy People 2020 Midcourse Review. This review is vitally important to determine if our country is on the right track for, or is falling behind in, achieving our national health promotion and prevention goals. [Read more.](#)

FREE EDUCATIONAL OPPORTUNITIES

JANUARY 17: Considerations for Systems of Care Leaders in Implementing Continuum of Crisis Response Services Mobile response and stabilization services (MRSS) are key components in many SOCs. They play an important role in

preventing emergency room use, psychiatric hospitalization, residential treatment, and placement disruptions among children, youth, and young adults experiencing a behavioral health crisis. This webinar will highlight two best practice programs: NJ and CT, and provide SOC leaders an opportunity to explore the value of MRSS in SOC. [Register now.](#)

JANUARY 18: CLC Peer Learning Exchange: Plan Your Work and Work Your Plan Using the CLAS Standards

This webinar will continue the Cultural and Linguistic Competence Peer Learning Exchange Series on implementing the CLAS Standards. The objective of this webinar is to help participants understand the task of using a strategic planning process that aligns with the CLAS Standards. [Register now.](#)

JANUARY 25: AHRQ National Web Conference on Reducing Provider Burden through Better Health IT Design

The Agency for Healthcare Research and Quality (AHRQ) is hosting a webinar to discuss how health IT design can impact provider burden in several dimensions: workflow, physician-patient communication, cognitive load, and user satisfaction. [Register now.](#)

HELPFUL RESOURCES & LINKS OF INTEREST

Recordings of Stepping Up Six Questions Webinar Series: All webinars and network calls in the Six Questions series are now available in the [Stepping Up Resources Toolkit](#).

Interdepartmental Serious Mental Illness Coordinating Committee Releases its First Report to Congress People in the United States who experience serious mental illness and serious emotional disturbances need greater access to quality, affordable health care, according to a report released by the [Interdepartmental Serious Mental Illness Coordinating Committee](#) (ISMICC).

Behavioral Health Among College Students Information and Resource Kit This kit discusses the consequences of substance misuse among college students including the misuse of prescription and over-the-counter drugs. It explores various causational factors such as peer pressure, stress, social norms, and advertising messages. [Learn more.](#)

Tips for Survivors of a Disaster or Other Traumatic Event: Coping with Retraumatization This brochure explains the signs and symptoms of retraumatization. Gives guidance on how to manage the symptoms. It provides resources for building resilience and an adequate support system for dealing with triggering events. [Learn more.](#)

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