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Good morning Ms Cathy Thompson

September 23, 2016

Leading The News

Many Parents Of Children With Autism Are Resorting To Alternative Treatments.

In a 4,400-word article, [The Atlantic](#) (9/20, Opar) reports that many parents of children with autism are resorting to alternative treatments, such as consultations with psychics, "vitamin supplements, topical ointments, restrictive diets, chelation, hyperbaric oxygen therapy, brain scans, a so-called detoxification system, and stem-cell therapy." In fact, "up to 88 percent of boys and girls with autism in the United States receive some alternative treatment," studies have found. But, "few of these therapies have been adequately tested for safety or efficacy, many come with a hefty price tag, and some are downright dangerous."

Psychiatric News Alert



[Review Reveals Complex Association Between Hypnotic Medications and Suicidality](#)

[Depressed Patients May Be At Highest Risk of Suicide Following Hospital Discharge](#)

Considering incorporating telepsychiatry in your practice?

Dr. Donald M. Hilty addresses feasibility, validity and clinical outcome evidence for this emerging practice. [Watch the video.](#)

APA's [Telepsychiatry Toolkit](#) is an evolving resource for members who want to learn about the various aspects of telepsychiatry, including clinical, training and policy considerations. See more videos on other telepsychiatry specifics from APA experts, as well as other telepsychiatry resources, on the online APA [Telepsychiatry Toolkit](#).



Psychiatric Treatment/Disorders

Individuals With Depression Who Were In Higher Occupational Levels Had Poorer Treatment Response, Higher Rates Of Treatment-Resistant Depression, Study Suggests.

[Healio](#) (9/22, Oldt) reports, "Individuals with depression who were in higher occupational levels had poorer treatment response and higher rates of treatment-resistant depression," researchers found after evaluating "a large multinational sample of working individuals with depression who received at least one adequate treatment trial." The findings of the 654-patient study were presented at the European College of Neuropsychopharmacology Congress.

Government and Psychiatry

CMS, State Medicaid Directors Working On Guidelines For Network Adequacy.

[Modern Healthcare](#) (9/22, Dickson, Subscription Publication) reports CMS and state Medicaid directors are collaborating to create “guidelines for managed Medicaid plans to ensure network adequacy.” Earlier this year, CMS “finalized a mega managed Medicaid rule meant to strengthen current regulations regarding network adequacy.”

Premiums For Medicare Advantage Plans To Drop By 4% In 2017.

[Congressional Quarterly](#) (9/22, Young, Subscription Publication) reports that on Thursday, Medicare officials announced “the average monthly premiums will slip by \$1.19, or about 4 percent, next year for customers of” Medicare Advantage plans.

The [Washington Examiner](#) (9/22, King) reports this means monthly premiums for MA plans will average about \$31.40. Data show about 32 percent of Medicare enrollees selected MA plans, which represents an increase from 24 percent in 2010.

[Morning Consult](#) (9/22, McIntire) quotes Acting CMS Administrator Andy Slavitt as saying, “Medicare Advantage and the prescription drug benefit continue to be a great option for seniors and people living with disabilities.” He added, “Medicare enrollees will continue to have access to predictable premiums and high quality care.”

APA in the News

Receiving Care From An Integrated Behavioral Health Home May Improve Outcomes Among Individuals With Serious Mental Illness.

[Healio](#) (9/22, Oldt) reports, “Receiving care from an integrated behavioral health home improved outcomes among individuals with serious mental illness,” researchers found after conducting “a randomized trial among 447 individuals with serious mental illness and at least one cardiometabolic risk factor.” The [findings](#) were published online Sept. 15 in the American Journal of Psychiatry, a publication of the American Psychiatric Association.

Article Provides Tips On How To Access Psychiatric Care.

[U.S. News & World Report](#) (9/22, Schroeder) reports that due to a psychiatrist shortage and increased insurance coverage under the ACA, “increasingly many psychiatrists aren’t taking new patients because they’re at capacity.” Figures released by the American Medical Association reveal “the number of adult and child psychiatrists increased by just 12 percent from 1995 to 2013, from 43,640 to 49,079, lagging far behind the 45 percent increase in total physician numbers and population growth in the US.” The article advises patients who need to see a psychiatrist to speak first with their primary care physician, obtain a list of covered psychiatrists from their health insurer, check with academic medical centers, and if in the middle of a mental health crisis, head for the emergency department. Renée Binder, MD, immediate past president of the American Psychiatric Association, explained, “All emergency rooms have access to psychiatric care,” which includes “a mental health team that’s on call and supervised by a psychiatrist.”

Other News

Harmful Effects Of Heavy Drinking May Impact Key Brain Functions, Small Study Suggests.

[HealthDay](#) (9/22, Dallas) reports that research suggests “as people age, the harmful effects of heavy drinking can take a toll on key brain functions, such as memory, attention and learning.” The study included 31 men and 35 women. Investigators “found that older people who were heavy drinkers had lower scores on tests of so-called cognitive function – worse learning skills, memory and motor function.” Additionally, “a lifetime history of alcohol dependence was also linked with worse learning, memory and motor function.” The research was published online Sept. 22 in Alcoholism: Clinical and Experimental Research.

Thursday's Lead Stories

- **[Patients With Mental Health Disorders At Increased Risk For Suicide Three Months After Discharge From A Psychiatric Hospital, Study Says.](#)**
- **[In Girls, AD/HD May Be More Likely To Amplify Issues With Defiance, Acting Out Than Problems With Depression Or Anxiety, Review Says.](#)**
- **[House GOP Lawmakers Want Burwell To Provide Answers About ACA Risk Corridors.](#)**
- **[NIMH Announces Funding Of Three Studies Supporting Zero Suicide Commitment.](#)**

- **Chan Zuckerberg Initiative To Invest At Least \$3 Billion Over The Next Decade Toward Preventing, Curing, Managing Diseases.**

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