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**Subject:** APA Headlines: PTSD Common Among Women Receiving Mindfulness Therapy For Depression At Urban Federally Qualified Health Center, Small Study Reveals  
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Good morning Ms Cathy Thompson

December 28, 2016

### Leading The News

## PTSD Common Among Women Receiving Mindfulness Therapy For Depression At Urban Federally Qualified Health Center, Small Study Reveals.

[Healio](#) (12/27, Oldt) reports post-traumatic stress disorder (PTSD) "was common among women receiving mindfulness therapy for depression at an urban federally qualified health center, suggesting an association between trauma and residing in a disadvantaged neighborhood," researchers found after assessing "72 women receiving a mindfulness-based intervention for depression at an urban federally qualified health center." The [findings](#) were published online Dec. 6 in the Journal of Racial and Ethnic Health Disparities.

### Psychiatric News Alert



#### [Adolescent Marijuana Use May Rise Following Legalization of Drug for Recreational Use](#)

#### [MH Parity Law Successful at Reducing Quantitative Treatment Limits](#)

#### Latest Issue of Mental Health Works: Implementing Right Direction Depression Initiative

The latest issue of [Mental Health Works](#), the monthly publication from the APA Foundation's Partnership for Workplace Mental Health, encourages employers to start talking about depression and to create a supportive environment by implementing the Right Direction Depression Initiative. The initiative gives employers customizable educational tools to increase understanding and encourage employees to take that important first step to getting help. [Read More.](#) [Subscribe to Mental Health Works.](#)



### Psychiatric Treatment/Disorders

## Small Study Examines Effectiveness Of Cognitive Therapy For Social Anxiety.

[Healio](#) (12/27, Oldt) reports, "Cognitive therapy was more effective than paroxetine alone but comparable to a combination of cognitive therapy plus paroxetine for social anxiety," researchers found after randomizing "102 individuals with social anxiety disorder to receive paroxetine, cognitive therapy, paroxetine plus cognitive therapy, or placebo" for 26 weeks. The [findings](#) were published in the October issue of Psychotherapy and Psychosomatics.

## SAMHSA Launches Online Tool For People Seeking Recovery From Opioid Use Disorder.

[Healio](#) (12/27) reports that recently the Substance Abuse and Mental Health Services Administration (SAMHSA) "launched Decisions in Recovery, an online, interactive decision-making tool for individuals seeking recovery from opioid use disorder." The tool, which "is primarily intended for patients and their" healthcare professionals, "can be used by health officials, policymakers and other community members involved with opioid use disorder."

## Government and Psychiatry

### Hospitals In Safety Net Worried About Threats To Repeal ACA.

The [New York Times](#) (12/28, A1, Goodnough, Subscription Publication) reports on its front page that before the Affordable Care Act was enacted, hospitals "had to absorb the cost of caring for many uninsured patients," but that changed when these patients could be covered by Medicaid or ACA plans. Now, however, as the threat of repeal looms, "hospitals serving the poor are bracing for harsh financial consequences that could have a serious effect on the care they provide." The article says since Donald Trump was elected, "hospitals have been among the loudest voices against wholesale repeal of the health law." Indeed, last month, the two largest hospital trade groups wrote to Trump, warning of "an unprecedented public health crisis" and saying "hospitals stood to lose \$165 billion through 2026 if more than 20 million people lose the insurance they gained under the law."

## Psychiatry and Public Health

### Legalizing Recreational Use Of Marijuana May Affect Kids' Views On Use, Research Suggests.

[Reuters](#) (12/27, Seaman) reports new research suggests that "after marijuana was legalized for adults in...Washington [state], younger teens there perceived it to be less harmful and reported using it more." Investigators arrived at that conclusion after analyzing data from a "national survey of 253,902 teens in grades eight, 10 and 12." Additionally, the study authors said they did not "see any significant before-and-after-legalization differences among students in Colorado." Instead, they attributed the trend "to a robust medical marijuana industry before its recreational use was legalized." The [study](#) was published online Dec. 27 in JAMA Pediatrics.

[HealthDay](#) (12/27, Thompson) reports the survey examined in the study was funded by the National Institute on Drug Abuse. [MedPage Today](#) (12/27, Walker) and [Psychiatric News](#) (12/27) also covers the study.

### Number Of Michigan Prisoners Classified As Having A Mental Illness Is Rising.

The [Detroit News](#) (12/28, Gerstein, Oosting) reports that according to figures released by the Michigan Department of Corrections, "the number of prisoners classified as having a mental illness has risen from 8,213 inmates in 2012 to 9,395 inmates this year," representing "a 14 percent increase." The increase "is prompting" state House Speaker-elect Tom Leonard (R) of Dewitt "to make the issue one of his top priorities next year," with a focus on "mental health reform and doing more to keep people with mental illnesses out of prison."

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## Other News

### Healthcare Spending On Kids Increased 56% Between 1996 And 2013, Research Suggests.

The [New York Daily News](#) (12/27, Dziemianowicz) reports that healthcare spending on children increased 56 percent between 1996 and 2013, [research](#) published online Dec. 27 in JAMA Pediatrics. The "three conditions with the most health care spending were inpatient well-newborn care (\$27.9 billion), attention-deficit/hyperactivity disorder...(\$20.6 billion) and well-dental care (\$18.2 billion)."

[HealthDay](#) (12/27, Reinberg) reports the author of an [editorial](#) accompanying the study wrote that healthcare spending on youngsters, albeit "relatively low," has "led to better access to care and even some better long-term outcomes for children."

## Tuesday's Lead Stories

- [Albuminuria May Be Modestly Associated With Risk For Dementia, Research Suggests.](#)
- [Seven Studies Expound Upon Key Areas Of Concern Regarding Borderline Personality Disorder.](#)
- [GOP United On Repealing ACA, But Divided Over Replacing Or Improving It.](#)
- [US Job Exodus Parallels Increase In Suicides, Researchers Say.](#)
- [Growing Number Of Scientists, Clinicians Focusing On "Late Effects" Of Cancer Treatments.](#)

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