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**Subject:** APA Headlines: Locked Inpatient Wards Appear Not To Reduce Suicide Attempts, Unauthorized Absence Among Patients With Mental Illness, Study Indicates  
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Good morning Ms Cathy Thompson

August 1, 2016

### Leading The News

## Locked Inpatient Wards Appear Not To Reduce Suicide Attempts, Unauthorized Absence Among Patients With Mental Illness, Study Indicates.

[MedPage Today](#) (7/29, Harris) reported, "Locked inpatient wards do not reduce suicide attempts or unauthorized absence among patients with mental illness," researchers found after conducting "a 15-year observational study of approximately 145,000 cases." The [findings](#) were published online July 28 in *The Lancet Psychiatry*. An accompanying [commentary](#) "agreed that 'the authors are surely justified in concluding that locked doors do not seem to provide the anticipated protection.'"

### Psychiatric News Alert



#### [Psychiatrist Joshua Gordon, M.D., Appointed Director of NIMH](#)

#### [No Response to Lurasidone at 2 Weeks? Study Suggests Dose Escalation May Help](#)

#### Nominations Sought for APA's 2017 Election

All APA members are invited to submit nominations for APA's 2017 election for the offices of president-elect and secretary. APA members in Areas 2 and 5 are invited to submit nominations for trustees in their respective Areas. Resident-fellow members are invited to submit nominations for resident-fellow member trustee-elect. Send nominations to [election@psych.org](mailto:election@psych.org) by Oct. 1. [More information.](#)



### Psychiatric Treatment/Disorders

## Meditating Then Running May Be Winning Combo To Help Fight Depression, Study Suggests.

[NBC Nightly News](#) (7/30, story 10, 1:50, Welker) reported that "researchers now say there's a way to fight" depression "without a doctor or medicine." NBC News correspondent Morgan Radford pointed out, "New research is suggesting practicing meditation and then running could be a winning combination to fight depression, more powerful than doing either of those activities alone."

### Government and Psychiatry

## New York Regulators Remind Health Insurers Of

## Coverage Parity Rules For Addiction, Mental Health Disorders.

The [AP](#) (7/31) reported that in a letter this week, the New York Department of Financial Services “reminds health insurers they’re responsible for providing the same level of coverage for” addiction and mental health disorders “as for medical and surgical care.” The letter points out “federal guidance and laws for coverage parity and says it will be reviewing insurers’ treatment limitations for compliance.”

### Psychiatry and Public Health

## WPost Hails Montgomery County, Maryland Plan For Mental Health Courts As An “Excellent Idea.”

In an editorial, the [Washington Post](#) (7/31) observed that the number of people with mental illnesses “in many detention facilities – local jails, especially – has been soaring, forcing the institutions into the role of treatment centers, for which they are unprepared.” To prevent strain on its jail and to stop incarcerating people with mental illness “who commit relatively minor crimes,” Montgomery County, MD “is moving swiftly to establish mental-health courts.” The goal “is to divert qualified defendants charged with nonviolent crimes...from jail to supervised treatment regimens.” The Post hailed the plan as an “excellent idea.”



### Other News

## Seniors Living Alone More Likely To Describe Health As Excellent Or Very Good Than Those Living With Others, Study Finds.

[Kaiser Health News](#) (7/29, Bluth) reported a new study exploring the connection between older people’s health and their living arrangements published recently in the Journal of Applied Gerontology found that “people over 65 who live alone were more likely to describe their health as excellent or very good than were seniors who live with others.” The study’s results notwithstanding, the researchers said they were unable to draw any conclusion “about whether keeping a solitary household in old age leads to a longer life.”

### Friday's Lead Stories

- [Intense Vascular Risk Management Fails To Prevent Dementia, Study Indicates.](#)
- [Scientists Growing Frustrated With Perceived “Missteps” In Alzheimer’s Research.](#)
- [Inpatient Psychiatric Facilities To Receive \\$100 Million Medicare Raise Next Year.](#)
- [Insurers Accused Of Finding Ways To Avoid Covering Mental Health Conditions.](#)
- [Signaling Problems Between Important Nerve Cell Membranes May Explain Why SSRI Antidepressants Take Some Time To Work, Rat Study Suggests.](#)
- [Real Changes Occur In Brains Of People In A Hypnotic State, Small Study Indicates.](#)

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