
From: Credible Behavioral Health, Inc. <jaclyn.o'donnell@credibleinc.com>
Sent: Wednesday, July 26, 2017 8:31 AM
To: Credible Documentation
Subject: Credible Behavioral Health Clinical News and Information - July 2017

CREDIBLE

Behavioral Health Software



Clinical News & Information - July 2017

DEAR CREDIBLE,

Based on Partner surveys and user group feedback, Credible is providing monthly updates on billing and payer, clinical, and industry news to help keep our Partner Community up-to-date. Below please find our monthly update focused on clinical oriented news and information. You can find all updates for billing and payer, clinical, and industry news in Credible Help under General Information > Release Notes and Communications.

Federal Policies

[Changes To Military Sexual Trauma-Related PTSD Claims Processing Means More Help For Veterans](#)



U.S. Department
of Veterans Affairs

Women are disproportionately likely to have experienced sexual harassment and/or assault during their military service. This trauma, referred to by the VA as *military sexual trauma* (MST), can result in conditions such as post-traumatic stress disorder (PTSD), as well as a cascading impact on all aspects of life. Due to increased awareness of this problem and the challenges of

providing corroborating evidence in many cases, VA has taken a number of steps over the years to better serve MST survivors applying for disability compensation for conditions caused by MST.

[\[Full Article\]](#) — [\[Resource Link\]](#)

New SAMHSA Report Shows the Availability of Supported Employment in Specialty Mental Health Treatment Facilities



The majority of mental health treatment facilities offer neither supported employment nor vocational rehabilitation services. A new report from the *Substance Abuse and Mental Health Services Administration* (SAMHSA) examines the availability of supported employment in specialty mental health treatment facilities in the United States, and whether they offer vocational rehabilitation services. [\[Announcement\]](#)

Mental Health Industry News

Trends in Substance Abuse Disorders Among Adults Aged 18 or Older

Substance use disorders (SUDs), which include substance dependence or abuse, have a tremendous impact on individuals, families, communities, and governments. This CBHSQ report highlights the number of American adults with SUDs in the past year and trends in SUDs.

[\[CBHSQ Report\]](#)

Care Continuum, Behavioral Health: When Your Therapist is a Piece of Software

In 2014, Milwaukee-based Froedtert and the Medical College of Wisconsin health network, which operates three hospitals in eastern Wisconsin, saw that its standard way of delivering behavioral health services wasn't enough to meet the demand. Patients with mild-to-moderate mental health issues would receive a referral to get one-on-one visits with a psychiatrist or psychologist. Froedtert also recognized that many of its patients who were having difficulty managing chronic illnesses like heart disease and diabetes were also having issues with depression and anxiety. They began looking into a digital technology approach for delivering cognitive behavioral therapy (CBT), with the goal of expanding the health network's capacity for quick response to behavioral health treatment needs. [\[Full Article – registration required\]](#)

Treatment Interventions

Understanding Benzodiazepines and Their Role in Substance Use Disorders

High-potency benzodiazepines were previously suggested as the preferred agents for treating anxiety and panic disorders because of their rapid onset of action and the fact that older low-potency benzodiazepines were considered ineffective for panic disorder. However, benzodiazepines are no longer regarded as first-line treatment. The evolution of thought on the addictive potential of benzodiazepines ranges from low abuse potential to



observations that benzodiazepines are frequently used in combination with drugs of abuse and are commonly seen in polydrug overdose scenarios. [[Psychiatric Times Article](#)]



Web-Based Treatment Helps Military Personnel Manage Insomnia

Emerging research suggests that for military personnel, internet-delivered cognitive behavioral therapy appears to be an effective alternative to meeting regularly with a therapist, although only about half as effective as traditional methods. These findings are based on

research conducted by Dr. Daniel Taylor, University of North Texas professor of psychology and director of UNT's Sleep Health Research Laboratory. [[Full Article](#)]

Program Found to Lessen Depression, Anxiety, and Suicidal Thoughts in Youth

A pilot program designed to promote mental health skills in youth significantly lessened cases of depression, anxiety, and suicidal thoughts. Researchers led the EMPATHY program in a local school district, offered to more than 6,000 youth in grades 6 through 12. A follow-up study conducted 15 months after the program ended found the percentage of the total school population who were actively suicidal decreased from 4.4 percent to 2.8 percent. [[Full Article](#)]

Thank you for your continued Partnership,

Jaclyn O'Donnell

Executive Vice President

o. 301-652-9500 | f. 240-744-3086

e. jaclyn.o'donnell@credibleinc.com | w. www.credibleinc.com

Mission: Improve the quality of care and lives in Behavioral Health
for clients, families, providers and management.

301.652.9500 | info@credibleinc.com | www.credibleinc.com

This communication is proprietary and confidential to Credible and its Partners. No part of this document may be disclosed to a third party or published externally without prior consent of Credible Behavioral Health, Inc.