

---

**From:** Credible Behavioral Health, Inc. <jaclyn.o'donnell@credibleinc.com>  
**Sent:** Tuesday, November 28, 2017 2:32 PM  
**To:** Credible Documentation  
**Subject:** Credible Behavioral Health Clinical News and Information - November 2017

# CREDIBLE

Behavioral Health Software



## Clinical News & Information - November 2017

---

DEAR CREDIBLE,

In our November update of behavioral health news in the clinical space, you'll find news and information of interest to behavioral health clinicians. 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 Impacting Behavioral Health

[FDA approves first digital pill that can track whether you've taken it](#)

The FDA has approved its first digital drug: a pill embedded with a sensor that transmits whether someone has taken it. The tablet and embedded sensor is called Abilify MyCite. Abilify is the brand-name version of aripiprazole, an antipsychotic drug used for treating schizophrenia, bipolar disorder, and as an add-on treatment for depression in adults. The sensor detects and records the date and time the pill is ingested. The sensor transmits that information to a patch worn by the patient.



The patch then sends the data to a smartphone application; the data can then be shared with selected family members or caregivers.

Links: [FDA Announcement](#), [New York Time Article](#), & [Drugs.com Reference](#)



### Tips for survivors of a disaster or other traumatic event

The SAMHSA released a digital guide explaining the signs and symptoms of retraumatization, and providing guidance on how to manage the symptoms. It also provides resources for building resilience and an adequate support system for dealing with triggering events.

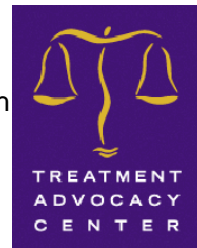
Links: [Download Coping with Retraumatization](#)

---

## Mental Health Industry News

### Beyond Beds: The vital role of a full continuum of psychiatric care

*Beyond Beds* is a joint report with the National Association of State Mental Health Program Directors and represents the introductory paper in a 10-part series on the inpatient psychiatric treatment capacity in the United States. It offers 10 public policy recommendations for reducing the human and economic costs associated with severe mental illness by building and invigorating a robust, interconnected, evidence-based system of care.



Links: [TreatmentAdvocacyCenter.org](#), [Beyond Beds – Full Report](#) & [Beyond Beds - Executive Summary](#)

### A global state of mind: Mental illness knows no borders

This article profiles the 20 years history of Dr. Vikram Patel and his attempts quantify the impact mental health has on developing countries, in addition to establishing nonprofit health clinic to provide community-based care for people with mental illness.

Link: [DiscoverMagazine.com](#)



### Using medicaid accountable care initiatives to improve care for people with serious behavioral health conditions

The National Council released a new resource to help community providers, states, and advocates understand the ACO model and how it can be used to best meet the needs of children and adults with behavioral health issues. The report draws upon what has been learned about Medicaid ACOs and makes recommendations about how states can ensure that Medicaid addresses the behavioral health needs of all.

Link: [Download the Report](#)

---

## Treatment Interventions

### Six types of light therapy for seasonal depression

It's that time of year again when the highly sensitive types among us who thrive with lots of sunlight begin to wither with the plants as the sun begins to hide. Not only do we get less vitamin D, but the change in sunlight affects our circadian rhythm — the body's internal biological clock

that governs certain brain activity and hormone production. Fortunately, there are many bright light treatments that can help regulate hormones affected by circadian rhythms to treat mood.

Links: [EveryDayHealth.com](http://EveryDayHealth.com)

### Scientists ID brain chemical that helps stop intrusive thoughts

In a new study, researchers identified a key neurotransmitter in a brain area critical to memory that enables us to suppress unwanted thoughts. The scientists showed that the ability to inhibit unwanted thoughts relies on the neurotransmitter GABA, the main inhibitory neurotransmitter in the brain. Its release by one nerve cell can suppress activity in other cells to which it is connected, which helps explain why people who suffer from certain disorders often experience persistent intrusive thoughts when these circuits go awry.

Links: [University of Cambridge Article](#) & [Full Study PDF](#)

### Smartphone-based interventions for depression

The rapid advances and adoption of smartphone technology presents a novel opportunity for delivering mental health interventions on a population scale. For that reason, the author conducted a meta-analysis of smartphone apps for depressive symptoms. Overall, findings indicate that smartphone devices are a promising self-management tool for depression.

Link: [The World Psychiatric Association](#)

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](mailto:jaclyn.o'donnell@credibleinc.com) | w. [www.credibleinc.com](http://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](mailto:info@credibleinc.com) | [www.credibleinc.com](http://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.*