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Subject: Credible Behavioral Health Clinical News and Information - June 2017

CREDIBLE

Behavioral Health Software



Clinical News & Information - June 2017

DEAR CREDIBLE,

Based on Partner surveys and user group feedback, Credible is now 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.

Clinical News and Information

[Comparison of Physical Health Conditions Among Adolescents Aged 12 to 17 With and Without Major Depressive Episode](#)



Research suggests that physical health conditions, particularly asthma and diabetes, may be more common among people with a history of depression. However, studies of the association between depression and physical health conditions among adolescents are rare, and tend to use only samples recruited from treatment settings. The purpose of the following SAMHSA report is to examine the association between major depressive episode, self-rated

overall health, and selected health conditions (including asthma, bronchitis, pneumonia, obesity, and diabetes) among adolescents in a U.S. nationally representative sample.

[\[Center for Behavioral Health Statistics and Quality Data Review PDF\]](#)

Spotlights on Six Trauma-Informed Resilient Communities

Establishing and integrating a trauma-informed approach to addressing mental and substance use disorders is important, not only for individuals but communities as well. To further this goal, SAMHSA recently published *Spotlight: Building Resilient and Trauma-Informed Communities*, a series that highlights efforts underway in six different cities across the United States to build trauma-informed, resilient communities.

[\[SAMHSA Newsletter, May 2017\]](#)

Using Technology for Treatment and Recovery

Technology startups have created text-based recovery options as a supplement for addiction recovery. Two companies in particular, [Talkspace](#) and [BetterHelp](#), are leaders in the space of online therapy. Each service is boasting thousands of subscribers that offer unlimited text-based messaging through their online/app-based platform. Users have an open “room” with a trained mental health practitioner who responds to messages regularly. The most distinctive feature of text messaging therapy is the regular access it affords. A user’s chat room is open 24/7, thus clients can write as many messages to their therapist as needed. Though therapists typically only reply to messages once or twice daily, there’s still significantly less waiting time between interactions, as opposed to traditional weekly in-person sessions.

[\[Psychcentral.com\]](#); [Talkspace.com](#); [Betterhelp.com](#)

Personalized Psychiatry Matches Therapy to Specific Patients with Depression

A new study in *Personalized Medicine in Psychiatry* explores how specific clinical and biological signals can help doctors select the most effective drug more quickly and with greater precision. The researchers found that body mass index (BMI) was a differential predictor of remission based on antidepressant type. Compared with normal-weight patients, morbidly obese patients were more like to remit.

[\[Study Summary\]](#); [Original Study \(PDF\)](#); [iSPOT-D](#)

Key Words Help Identify Teen Depression

New research at the *2017 Pediatric Academic Societies Meeting* in San Francisco suggests teens are likely to use terms such as “stressed” or “down” as well as other words that may sound like typical teen angst but could be a signal of more serious, pre-depressive symptoms. The researchers analyzed a sample of screening interviews with 369 teens (ages 13 to 18) at risk for depression who participated in the *Promoting Adolescent Health Study (PATH)*. For example, a teen that is feeling depressed might say, “I always find somehow to go back to stressful mode,” “I get really mad at people very easily”, or “They do not understand why I’m upset. Sometimes I don’t either.” Other common symptoms the teens in the study reported:

- Increased anger and irritability toward others
- Loss of interest in activities they previously enjoyed
- Marked difficulty falling and staying asleep, as well as sleeping too much

[\[Eurekalert.org\]](#); [Promoting Adolescent Health Study \(PATH\)](#)

Is Suicide Contagion Real?

With the popularity of the hit Netflix teenage high school show, [13 Reasons Why](#), there's been debate among mental health care professionals and researchers as to whether an actual "suicide contagion" exists. Would such a contagion effect apply to something such as a fictional TV series? If so, is it something society should be concerned about in this age of instant entertainment and information, where people's graphic depictions of self-harm and suicide stories are always just a single click away?

[[ScientificAmerican.com](#)]

The Use of Virtual Reality Technology in the Treatment of Anxiety and Other Psychiatric Disorders

Virtual reality (VR) allows users to experience a sense of presence in a computer-generated, three-dimensional environment. Sensory information is delivered through a head-mounted display and specialized interface devices. A growing body of evidence suggests that virtual reality (VR) technology can be an effective part of treatment for phobias, posttraumatic stress disorder, and other mental health conditions, per a research review. This article discusses the history of the development of VR-based technology and its use within psychiatric treatment, the empirical evidence for VR-based treatment, and the benefits of using VR for psychiatric research and treatment. It also presents recommendations for how to incorporate VR into psychiatric care, and discusses future directions for VR-based treatment and clinical research.

[[Harvard Review of Psychiatry](#) (original study)]

Thank you for your continued Partnership,

Jaclyn O'Donnell

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

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