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Subject: Credible Behavioral Health Clinical News and Information - March 2018

CREDIBLE

Behavioral Health Software



Clinical News & Information - March 2018

DEAR CREDIBLE,

In our March newsletter, you'll find news and information of interest to behavioral health clinicians. You can find a copy of this newsletter – along with our payer and billing newsletters, health care industry news, and product release notes – in Credible Help under General Information > Release Notes and Communications.

Federal Policies

Trends in Emergency Department Visits for Suspected Opioid Overdoses

The Centers for Disease Control and Prevention (CDC) reported that the rate of deaths due to opioid overdose increased 27.7%, based on emergency department syndromic and hospital billing data on opioid-involved overdoses during July 2016–September 2017. The increases varied by region and urbanization level, indicating a need for localized responses. Educating emergency physicians and staff members about services for immediate care and treatment, as well as



implementing a post-overdose protocol that includes naloxone provision and linking persons into treatment, could assist with preventing overdose.

[Morbidity and Mortality Weekly Report](#) – [CDC Vital Signs](#) – [1min Video Summary](#) – [CDC Fact Sheet](#)



FDA and Kratom

The U.S. Food and Drug Administration is warning consumers not to use *Mitragyna speciosa*, commonly known as *kratom*, a plant which grows naturally in Thailand, Malaysia, Indonesia, and Papua New Guinea. Kratom, which affects the same opioid brain receptors as morphine, appears to have properties that expose users to the risks of addiction, abuse, and dependence.

FDA.gov

Mental Health Industry News

Key Trends from HIMSS 2018

The *HIMSS18 Annual Conference* brings together 45,000+ professionals from around the world for education, innovation and collaboration to help uncover the promise of health information and technology. These are a few themes that emerged as important trends at the 2018 conference.



- **Population Health:** More healthcare delivery organizations are seeking to manage risk by using technology to achieve population segmentation, identify social determinants, and assess risk stratification. For that reason, providers are looking to EHRs to gather and analyze client data, with the intention of moving to appropriate clinical interventions through client engagement, all predicated on population health integration with the an EHR.
- **Machine Learning:** Providers are beginning to demonstrate practical applications for specific uses of machine learning in radiology. The next phase appears to be the ability to deploy solutions so that they're available at the point of care without creating additional workflow burden on clinicians.

The Cloud: Agencies are looking for more ways to move data and computing services off-premises. Doing so enables easier exchange of health information and the ability to make use of services inexpensively and with more reliability.



National Institute
of Mental Health

Hubs Help Native American Communities Address Youth Suicide

Three NIMH-funded collaborative research hubs are exploring the factors behind the high suicide rates among American Indian (AI) and Alaska Native (AN) youth and designing and testing approaches to preventing suicide. AI/AN youth have suicide rates that are among the highest of any demographic group in the U.S.; based on data from the CDC, the population's rates of suicide have been increasing since 2003. One of the goals of the work is to explore elements that promote resilience, including the degree of adherence to cultural spirituality, community engagement, and participation in traditional practices.

[Hubs Article](#) – [CDC Death Rates](#)

Treatment Interventions

Exposure to Childhood Violence Linked to Psychiatric Disorders

Investing in diminishing socioeconomic status inequalities and in preventing violent events during childhood may improve the mental health of youths from low socioeconomic status backgrounds. The results showed that having experienced any traumatic event and low socioeconomic status were associated with an internalizing disorder such as depression and anxiety and an externalizing disorder including attention-deficit hyperactivity.

[Full Article](#)

Health Data Use to Predict Who Will Use Opioids after Hospitalization

Using EHR data, researchers identified patient-specific variables which were highly associated with the progression to chronic opioid therapy (COT). These included having a history of substance use disorder, past year receipt of a benzodiazepine, receipt of an opioid at hospital discharge, and high opioid requirements during hospitalization. The model correctly predicted chronic opioid therapy in 79% of the patients and no COT correctly in 78% of the patients.

[Full Article](#)



Nightmares are Common but Underreported in US Military Personnel

A new study shows that a high percentage of military personnel with sleep disturbances met criteria for nightmare disorder, but few of them reported nightmares as a reason for sleep evaluation. Those with nightmare disorder had an increased risk of other sleep and mental health disorders.

[Full Article](#)

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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