

**From:** [APA Communications](#)  
**To:** [lpmastaff@jgma.net](mailto:lpmastaff@jgma.net)  
**Subject:** APA Headlines: Individuals With Insomnia Who Focus On Behavioral Changes May Be Less Stressed, More Functional During Day Than Counterparts Who Rely On Medication  
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Good morning Ms Cathy Thompson

October 12, 2016

### Leading The News

## Individuals With Insomnia Who Focus On Behavioral Changes May Be Less Stressed, More Functional During Day Than Counterparts Who Rely On Medication.

[Reuters](#) (10/11, Rapaport) reports that research suggests "insomnia patients who focus on behavioral changes may be less stressed and more functional during the day than counterparts relying on medication." Investigators "offered 160 adults with chronic insomnia six weeks of treatment with cognitive behavioral therapy (CBT); half of them were also randomly selected to take medication in addition to counseling." Investigators found, "at the end of this experiment, patients in both groups slept better, but only the people who received therapy alone reported significant reductions in how much sleep impacted their daytime functioning and things like memory, concentration and quality of life as well as declines in anxiety, depression and fatigue." The [findings](#) were published online in Behavior Research Therapy.

### Psychiatric News Alert



[Identifying, Engaging Patients With First-Episode Psychosis Remains Public Health Challenge](#)

[Refugees' Mental Stresses Similar Regardless of Country of Origin, Say Experts](#)

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### Psychiatric Treatment/Disorders

## Astronauts Exposed To Cosmic Rays May Face Cognitive Problems, Rodent Study Suggests.

In "Science Now," the [Los Angeles Times](#) (10/11, Khan) reports that researchers "studying the effects of radiation in rodents say that astronauts' exposure to galactic cosmic rays could face a host of cognitive problems." The [findings](#) were published in Scientific Reports.

[CBS News](#) (10/11, Mastroianni) reports on its website that the investigators "exposed rodent subjects to charged particle irradiation at NASA's Space Radiation Laboratory at the Brookhaven National Laboratory in New York." The researchers "found that the rodents

had significant levels of brain inflammation six months after their exposure to the harmful particles." CBS News adds that "the damage to the rodents' brains was equivalent to that seen in people who exhibit poor performance on behavioral tasks when testing for memory and learning skills."

[Forbes](#) (10/11) contributor Brid-Aine Parnell writes that the researchers "also discovered that the radiation affected 'fear extinction,' a process by which the brain suppresses the impact of previous unpleasant and stressful memories to allow us to get over them, such as when someone who almost drowned learns to enjoy swimming again." Also covering the story are [HealthDay](#) (10/11, Preidt) and the [New York Post](#) (10/11, Touseignant).

## Government and Psychiatry

### California Governor Signs Law Allowing Certain Health Centers, Rural Clinics To Bill Medi-Cal For Services Of Licensed Marriage And Family Therapists.

[Kaiser Health News](#) (10/11, Gorman) reports that under current California law, "a large group of mental health" professionals "are excluded from reimbursement by Medi-Cal, the government program for low-income Californians." Starting Jan. 1, 2017, that will change. Last week, Gov. Jerry Brown (D-CA) "signed a law allowing federally funded health centers and rural clinics to bill Medi-Cal for the services of licensed marriage and family therapists." The newly signed law "is designed to address gaps in mental health care, particularly in rural areas where recruiting and retaining behavioral health" professionals "is a challenge."

### Supreme Court Refuses To Hear Dispute On Access To Patient Files At West Virginia's Two Psychiatric Hospitals.

The [AP](#) (10/11) reports the US Supreme Court will not "hear a dispute between West Virginia health officials and a patient advocacy group over access to medical records." On Oct. 11, "the justices...let stand a state court ruling that said federal laws protecting health record privacy don't prevent Legal Aid of West Virginia from reviewing patient files at the state's two psychiatric hospitals."

### CMS Suggests Those Nearing Medicare Eligibility Drop Marketplace Coverage.

The [Washington Post](#) (10/11, Jaffe) reports the Centers for Medicare and Medicaid Services has been notifying by email "about 15,000 people with subsidized marketplace coverage" nearing their 65th birthday that they are about to be eligible for Medicare and suggesting they cancel their marketplace plan "because once your Medicare coverage starts, you'll no longer be eligible for any premium tax credits or other cost savings you may be getting." It has also been notifying some who are covered by Medicare and who are also enrolled in marketplace plans that they may keep the coverage, "but urges them to discontinue their marketplace policy since in most cases it duplicates their Medicare benefits."

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## Psychiatry and Public Health

### New York City Mayor's Project Thrive Brings Attention To Mental Healthcare.

[HCP Live](#) (10/11, Scott) reports New York City "Mayor Bill de Blasio's Project Thrive has worked to bring attention to mental health care." A portion of the "effort has focused on women's mental health thanks in part to the work of his wife Chirlane McCray." In a video segment, Tina Walch, MD, of Northwell Health, explains how New York City first lady McCray has "embraced maternal depression" as part of that effort.

### Resident-Run Initiative In A Geriatric Clinic Increases Cognitive Screening, Enables Timely Intervention And Optimized Outcomes, Small Study Finds.

[Medscape](#) (10/11, Harrison) reports, "A resident-run initiative in a geriatric clinic" at the Milwaukee VA Medical Center in Wisconsin "clearly shows that when screening for cognitive impairment becomes a priority, to screen all patients opens the door toward timely intervention and optimized outcomes in this high-risk population." The findings of the 68-patient initiative were presented at the Institute of Psychiatric Services Mental Health Services 2016 Conference.

## Tuesday's Lead Stories

- [Combination Of Brain Scans, Assessment Of Early Life Stress May Predict Which People Are More Likely To Respond To An Antidepressant Right From The Start, Small Study Indicates.](#)
- [Certain Blood Pressure Medications May Increase Risk For Severe Mood Disorder Episodes, Study Suggests.](#)
- [Mental Health Parity In Insurance Coverage Will Not Overcome Barriers To Access Presented By](#)

## Practitioners Who Reject Third-Party Reimbursement.

- [Viewpoint Article Discusses Barriers To Effective Care For Mental Health And Substance Use Disorders In the US.](#)

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