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**Subject:** APA Headlines: Kids In US Foster Care System May Suffer Significantly Higher Risks Of Emotional And Physical Health Problems, Study Indicates  
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Good morning Ms Cathy Thompson

October 18, 2016

### Leading The News

#### **Kids In US Foster Care System May Suffer Significantly Higher Risks Of Emotional And Physical Health Problems, Study Indicates.**

The [New York Daily News](#) (10/17, Pesce) reports, "Children in the US foster care system suffer significantly higher risks of emotional and physical health problems...such as depression, asthma and obesity," researchers found. Specifically, investigators "found those in foster care were seven times more likely to be depressed, five times more likely to be anxious, and six times more prone to behavior problems than other kids in the general population."

[MedPage Today](#) (10/17, Bachert) reports that researchers arrived at the study's conclusions after having "collected data from" the 2011-2012 National Survey of Children's Health Data, "a nationally representative survey of 95,677 noninstitutionalized children ages 0 to 17 years in the US," the reviewing "interviews with the adults in the household, usually a parent, regarding the children in the sample." The [findings](#) were published online in Pediatrics.

### Psychiatric News Alert

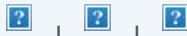


[Study Suggests Association Between SSRI's in Pregnancy, Speech Disorders in Offspring](#)

[CMS Issues Final Rule on MACRA; APA Is Here to Help Members Know Their Options](#)

**Physician Compare Website to Feature Select 2015 Performance Scores**

Did you know that some 2015 PQRS performance scores will be publicly reported on [Physician Compare](#) later this year? Learn more about how your scores may be publicly reported at an upcoming information session. Webinars will be held Tuesday, Oct. 18, at 11:00 a.m. ET and Thursday, Oct. 20, at 3:00 p.m. ET. [Register Now.](#)



### Psychiatric Treatment/Disorders

#### **Teens With ASD More Likely To Be Obese, Stay Obese In Teen Years Compared To Other Teens, Study Indicates.**

[HealthDay](#) (10/17, Dallas) reports, "Teens with an autism spectrum disorder (ASD) may be more likely to be obese and stay obese throughout their teen years compared to other teenagers," researchers found after examining data on some "almost 44,000 people between the ages of 10 and 17." The findings were published in a news release from the Tufts University School of Medicine.

#### **People Taking Certain Antihypertensives May Be At Increased Risk For Depression, Other Mental Health Problems, Study Indicates.**

The [Washington Post](#) (10/17, Searing) reports that people taking certain antihypertensives to treat high blood pressure may be at an

increased risk of “depression or other mood disorders,” research suggests. Researchers examined medical records of 32,130 people “taking one of four types of drugs to control high blood pressure: beta blockers, calcium channel blockers, angiotensin antagonists (including ACE inhibitors and angiotensin receptor blockers) and thiazide diuretics.” They followed participants for five years and found that people taking “a beta blocker or calcium channel blocker were twice as likely to have been hospitalized with a mood disorder as those taking an angiotensin antagonist.” The [findings](#) were published online in Hypertension.

## Some People With Autoimmune Diseases May Also Suffer From Depression.

The [Washington Post](#) (10/17, Cimons) reports some people with autoimmune diseases may “also suffer from depression, mood disorders and cognitive impairment.” This happens when certain autoantibodies pass “the blood-brain barrier...and attach themselves to specific receptors on brain chemicals that carry information between brain cells.”

### Government and Psychiatry

## ACA Marketplace To Offer Standardized No-Deductible Basic Services Plans.

The [New York Times](#) (10/17, Pear, Subscription Publication) reports that in an effort to address consumer complaints that they were “getting little benefit beyond coverage for catastrophic problems” from high-deductible plans on the ACA marketplace, when the marketplace opens for the fourth open-enrollment period in two weeks, “many consumers” will have the option of “standardized health plans that cover basic services without a deductible.” The Times points out, however, that the new plans “could still be costly,” because although the government “specifies deductibles, co-payments and other out-of-pocket costs for the standardized options, it does not limit premiums, which in most cases are still regulated by state insurance commissioners.”

### Psychiatry and Public Health

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## Hospital EDs Routinely Clogged With Patients Waiting For Inpatient Psychiatric Care, Group Says.

[Philly \(PA\)](#) (10/17, Burling) reports that on Oct. 17, the American College of Emergency Physicians (ACEP) “said...hospital emergency departments routinely are clogged with patients who are waiting, sometimes for days, for inpatient psychiatric care.” The group “bolstered its case with data from a poll of more than 1,700 emergency physicians as well as research presented at its annual meeting this week in Las Vegas.” The situation is being blamed “on inadequate inpatient and outpatient resources for patients with serious mental illnesses.”

[Kaiser Health News](#) (10/17, Luthra) reports investigators “analyzed data compiled by the [National Hospital Ambulatory Medical Care Survey](#), which tracked mental health visits to the emergency department between 2001 and 2011,” finding that when “compared with patients who have physical

illnesses...people with mental health conditions rely more on the emergency department, and are more likely to be admitted when they show up.” They also “tend to stay longer,” due to a “national shortage of inpatient” psychiatric beds. Also covering the story are [Modern Healthcare](#) (10/17, Castellucci, Subscription Publication), [HealthDay](#) (10/17, Thompson), and [Fierce Healthcare](#) (10/17, Budryk). The [NPR](#) (10/17, Luthra) “Shots” blog runs Kaiser’s version of the story.

## Just 23% Of Prekindergarten Programs Have On-Site Or Scheduled Visits From Mental Health Professionals, Report Finds.

In a 1,700-word article, [The Atlantic](#) (10/17, Goldberg) reports that “the majority of the nation’s youngest students don’t have access to mental-health resources at school.” Just “23 percent of prekindergarten programs have on-site or scheduled visits from psychiatrists or psychologists, according to the Child Mind Institute’s [2016 Children’s Mental Health Report](#).” Exacerbating the situation even further is “the current shortage of mental-health professionals, which is expected to continue.” In fact, “the Substance Abuse and Mental Health Services Administration projects that 12,624 child and adolescent psychologists will be needed to meet demand by 2020, but a supply of only 8,312 is expected.” The article goes on to detail some new school-based programs designed to “make mental health a more robust part of the school day.”

### Psychiatric Medication Update

## Average Placebo Response Rates In Antidepressant Trials Have Been Stable For More Than 25 Years, Review Finds.

[Healio](#) (10/17) reports, “Average placebo response rates in antidepressant trials have been stable for more than 25 years,” researchers found. The [findings](#) of the 252-trial, 26,324-participant review were published online Oct. 7 in The Lancet Psychiatry.

### Monday’s Lead Stories

- **CMS Finalizes MACRA Rule For Medicare Payments To Physicians.**
- **TMS May Benefit Patients With Tough-To-Treat Major Depression.**
- **Minnesota To Implement New Mental Health Crisis Line By 2018 Or 2019.**
- **US Healthcare Professionals Working To Reduce Incidence Of “ICU Delirium.”**

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