



- **News, Announcements, Celebrations**

- This week the CU chancellors disseminated a multi-campus-wide communication supporting the rights of our transgender community members. They wanted all to know that CU remains unwavering in its commitment to being a diverse, engaged community that supports all; and will continue to ensure that our transgender colleagues receive all the protections necessary to facilitate equal participation in the life of the university.
- *World Health Day and Work Family Doctor Day* are looming on the horizon...both dedicated to raising awareness about depression. [Click here](#) to access posters, videos and handouts to help promote this awareness and remind people about the importance of good care for people struggling with depression.
- [*well becoming*](#) is a blog written by Christopher Dowrick, a professor and family doctor living in Liverpool, UK, who is the Chair of the World Organisation of Family Doctors' (WONCA) Working Party for Mental Health. Check it out.
- [*The Academy Integrating Behavioral Health and Primary Care*](#) has a myriad of useful resources for integrating behavioral health into primary care for those who haven't accessed before.
- [*Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities \(2009\)*](#) is a book about the prevention practices that have emerged to address mental health and substance use disorders among children, youth and young adults. This book updates a 1994 IOM book, *Reducing Risks for Mental Disorders*.

- **Policy Efforts**

- [*Stripping health care from 20 million people is unconscionable*](#) is a guest commentary in *The Denver Post* by three of our CU faculty colleagues Drs. Mark Earnest, Steve Federico and David Keller who speak out about the 20 million Coloradans who are at risk for losing their health care, becoming sicker and maybe dying with the repeal of the ACA. Lost in the debate about a plan is the voice of these millions and the reality of their plight.
- [*The Long History of Discrimination in Pain Medicine*](#) is an interview between *The Atlantic* newsletter writer, Sarah Zhang, and Daniel Goldberg, a bioethicist and CU faculty member (also Farley Center colleague), that explores Daniel's work in the areas of chronic pain, objectivity and history. And how pain stigma informs his experience teaching medical students, as well as the implications for policy.

- [*What Does the Draft ACA Repeal/Replace Legislation Tell Us About the Future of Medicaid?*](#) is a story by Sara Rosenbaum on *The Commonwealth Fund's site To the Point*. She reminds us that the draft bill would end Medicaid expansion funding as of December 2019 and would change the financial structure Medicaid (the nation's largest insurer) has rested on for a half century. Beyond ending the Medicaid expansion, the draft would replace the current Medicaid funding system with per capita cap payments tied to enrollment.
- [*Americans Conflicted Over GOP Plans to Dump Obamacare*](#) is an NPR story by Jay Hancock about how last year many Americans seemed to agree with Trump's insistence that the ACA was a "fraud," a "total disaster," and "very bad health insurance" but now as he and fellow Republicans are attempting to abolish the law, increasingly voters seem to have second thoughts.
- [*The Potential for Blockchain to Transform Electronic Health Records*](#) is an article by John D. Halamka and colleagues on the *Harvard Business Review* site about how we manually attempt to reconcile medical data among clinics, hospitals, labs, pharmacies, and insurance companies; which doesn't work well because there is no single list of all the places data can be found or the order in which it was entered. Blockchain, though early in its lifecycle, has real potential because no one exclusively owns it and it provides a universal set of tools for cryptographic assurance of data integrity, standardized auditing, and formalized "contracts" for data access. It avoids another organization between the patient and the records; and it adds due consideration to a time-stamped, programmable ledger.
- [*Mental Health Care: Two Steps Forward, But a Risk of One Step Back*](#) is a story posted on *Inside Story* by Lesley Russell that discusses Australia's plan for "stepped care," a government plan designed to deliver the right service in the right place at the right time by the right person and the evidence base for its success in mental health is largely limited to treatment of depression.
- [*The danger of Medicaid block grants*](#) is an opinion piece by Brendan Williams posted on *The Hill* who reports that "block grants are transparently a means of saving the federal government money." The author believes that at best "block grants would atrophy care; at worst they would cut it very dramatically."
- [*Estimated Total Premium Tax Credits Received by Marketplace Enrollees*](#) is a posting on *The Henry J. Kaiser Family Foundation* site that provides a table of the tax credits received by Marketplace enrollees by state.
- [*The Impact of Laws to Allow Cross-State Sales of Health Insurance: Few Benefits, Potential Risks for Consumers*](#) is a primer by Sabrina Corlette posted on the *Center on Health Insurance Reforms* site about how the author and colleagues investigated across state line laws in six states given that up until now, no one has studied whether across state lines proposal actually work. Their analysis found that across state lines laws did not result in a single insurer entering the market or the sale of a single new insurance product. Nor was there evidence of cost savings or increased consumer options.
- [*Shattering Stereotypes, Breaking Barriers: How Rugby League is Embracing Mental Health*](#) is an article posted on *Vice Sports* that discusses "State of Mind," an initiative co-founded by Dr. Phil Cooper, a mental health nurse consultant with the NHS; who was stirred into action by the death (suicide) of former international rugby league player, Terry Newton. Terry took his life shortly after receiving a suspension from the game for testing positive for banned substances.

- [*Poverty and Child Health in the United States*](#) is a policy statement from the Council on Community Pediatrics (AAP) as to their commitment to and advocacy for programs and policies that have been shown to improve the quality of life and health outcomes for children living in poverty.
 - [*ACA Repeal Would Jeopardize Treatment for Millions with Substance Use Disorders, Including Opioid Addiction*](#) is a piece by Peggy Bailey posted on *Center on Budget and Policy Priorities* about how 1.3 million people with serious mental health illness and 2.8 million people with substance use disorders would lose health coverage under the ACA repeal, not to mention the several million who could lose access to behavioral health treatment.
 - [*Lower Health Insurance Premiums to Come at Cost of Fewer Choices*](#) is a story by Robert Pear in *The New York Times* about how insurers say they have created smaller networks of doctors and hospitals than are typically found in commercial insurance to hold down costs.
- **Research, Data, Evaluation**
 - [*What Can fMRI Tell Us About Mental Illness?*](#) is a review article of 537 studies with 21,427 participants in *Discover: Science for the Curious* by Neuroskeptic of the results of every fMRI study that has compared task-related brain activation in people with a mental illness and healthy controls. Surprisingly the researchers found little or no diagnostic specificity in the fMRI results.
 - [*A promising new treatment for Alzheimer's*](#) is a story covered by 9News in Denver by Mark Koerich about the promising drug trials underway at the Anschutz Medical Campus on a potential solution for Alzheimer's. To date, 190 drugs have failed, but Leukine shows promise and could be THE drug to reverse the course of the disease.
 - [*Coloradans spend \\$35M a year on childhood diseases that vaccination could prevent, says study*](#) is a story covered by the *Denver Business Journal* by Ed Sealover about how, according to a study conducted by Children's Hospital Colorado and the Colorado Children's Immunization Coalition, such a cost could be cut significantly if more people would get their children vaccinated.
 - [*Prevalence and Spending Associated with Patients Who Have a Behavioral Health Disorder and Other Conditions*](#) is an article in *Health Affairs* by Ken Thorpe and colleagues who aimed to identify opportunities for population health improvement by examining the treated prevalence of and health care spending on behavioral health disorders, by the number of coexisting physical disorders, among noninstitutionalized adults. Only 15% of spending was attributed to treatments of the behavioral disorders.
 - [*Data Note: Americans' Challenges with Health Care Costs*](#) is a posting on *The Henry J. Kaiser Family Foundation* site by Bianca DiJulio and colleagues reports on two Kaiser Health Tracking Polls that took stock of the public's current experience with and worries about health care costs, including their ability to afford premiums and deductibles. Health care costs are the public's top priority for lawmakers.
 - [*More than 80 Percent of Patient Groups Accept Drug Industry Funds, Study Shows*](#) is a story in *The New York Times* by Katie Thomas about how researchers

found that patient advocacy groups (9 of every 10) are taking money from the drug industry with inadequate or no disclosure or transparency.

- [What happens when patients access their mental health providers' notes?](#) Is a story posted on *Science Daily* about a small study done by a group from the Center to Improve Veteran Involvement in Care in Portland (n=28) who studied the benefits and risks of OpenNotes access. Elements that provoked dismay include: the incongruity between what happened in their sessions and what was stated, gaps in information, incorrect details, outdated material that had been copied/pasted, diagnoses that hadn't been discussed with them.
- [Young people 'fear stigma' if they ask for mental health help](#) is a story posted on the *BBC News* website about how a survey suggests that more than 75% of young people say there is a stigma to mental illness, and 25% of them say they would not ask for help if they were suffering. Nearly half (~1,108) 16-25 year-olds polled by YouGov for the Prince's Trust said they had themselves experienced a mental health problem.
- [2016 Employer Health Benefits Survey](#) is a report posted on *The Henry J. Kaiser Family Foundation* site about the findings from a survey of employers (more than 1,900 interview with non-federal public and private firms) that provides a detailed look at trends in employer-sponsored health coverage including premiums, employee contributions, cost-sharing provisions, and employer opinions.

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