



Eugene S. Farley, Jr. Health Policy Center  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

# FRIDAY'S FEATURES

ISSUE 112219



## NEWS, ANNOUNCEMENTS, CELEBRATIONS

Dr. Jack Westfall has been selected as the director of the Robert Graham Center, effective January 2, 2020. Jack is a member of the Farley Health Policy Center team, and we look forward to continuing this partnership. Also, Jack began his NAPCRG President term at this week's NAPCRG meeting in Toronto. Congratulations, Jack.

The University of Colorado is accepting applications for chair of the family medicine department. Dr. Frank deGruy is stepping down in 2020, and the recruitment process is underway. For more information, please [click here](#) and select "Search for Career Opportunities" and enter Job Number #17625.

The Behavioral Health Improvement Institute at Keene State College, New Hampshire, is seeking multiple people to join their small but growing team. Successful candidates will have interests/skills in one or both of these areas: 1) managing, visualizing and analyzing quantitative data, and/or 2) coordinating and managing an ever-shifting portfolio of technical assistance projects. [Click here to apply.](#)

Colorado Gives Day is December 10, 2019; the annual statewide movement to celebrate and increase philanthropy in Colorado through online giving, sponsored by Community First Foundation and FirstBank. [Click here](#) to schedule a donation.



## COMMUNITY HEALTH AND PREVENTION

[\*Everything Women Need to Know about Depression During Pregnancy\*](#) is an article by Samantha Lauriello for Health.com that indicates that the number

one risk factor for becoming depressed during pregnancy is having a prior history of depression according to Dr. Helen L. Coons, psychiatry professor at CU Anschutz Medical Campus.

[\*'Struggle Is What Creates Strength': Veteran Who Suffered Traumatic Brain Injury Now Helps Others with Recovery\*](#) is the story by Shawn Chitnis for CBS Denver about a veteran of the wars in Iraq and Afghanistan who suffered two traumatic brain injuries while overseas and now serves as a resource for others trying to recover from the same experience.

[\*Sound Health\*](#) is a story on *The Kennedy Center* site about a partnership between The Kennedy Center and NIH under the leadership of Renée Fleming and Dr. Francis Collins designed to expand our understanding of the connections between music and wellness.

BUILD Health Challenge worked with 19 communities across the United States, including three in Colorado the past two years to identify solutions to drive systems-level change. [\*Helping the Community Navigate Mental and Physical Wellness for Children and Families\*](#) is the initiative taken up in Aurora to address the larger social determinants of health to promote early childhood behavioral health.

[\*Erasing the Stigma\*](#) is a one-hour Ted Talk that explores ways to push past stigma and free people to talk about mental health problems.

[\*Depression, the secret we share\*](#) is a *Ted Talk* by Andrew Solomon who shares his experiences and shared, “the opposite of depression is not happiness, but vitality, and it was vitality that seemed to seem away from me in that moment.”

[\*Author hopes to tackle mental illness in African American community\*](#) with *picture book* is a story by Ash-har Quraishi for *3 News Now* about “Dear Black Boy: It’s Ok to Cry,” a book by Ebony Lewis, written to help African Americans talk about emotional issues and mental illness.

[\*Child-specific mental health center features design elements to support healing\*](#) is an article by David Malone, associate editor of *Building Design + Construction*, about the largest free-standing children’s mental health centers in the United States (part of the VCU Medical Center) that was designed for both inpatient and outpatient care that incorporates design elements to both destigmatize behavioral and mental healthcare and support and healing.

[\*Promoting Student Well Being to Save Lives\*](#) is a story on the *Well Being Trust* site about how Providence St. Joseph Health and Well Being Trust are working with young people and schools to talk about teen mental health and take action to improve it.



## POLICY EFFORTS

[\*AAMC leaders issue call to action to confront challenges facing academic medicine\*](#) is a posting on the AAMC website by Patrick Boyle about how AAMC leaders are calling on the leaders of the nation's medical schools and teaching hospitals to make changes...as the system still fails many people in need.

[\*Resolution on the Nurturing Care Framework \(NCF\)\*](#) is one of two official policy resolutions from the Global Alliance for Behavioral Health and Social Justice on the health and well-being of children in honor of World Children's Day (11/20/19).

[\*Resolution on Youth Mental Health Engagement\*](#) is the second policy resolution that underscores the importance of including youth as active participants in the promotion of their mental health and well-being.

[\*'Horrific' level of stigma: biggest barrier to suicide prevention is discrimination\*](#) is a story by Katharine Murphy in *The Guardian* who talked with Christine Morgan, the Australian government's suicide prevention officer, who believes judgmental attitudes in society are a major obstacle for those needing help, larger than she would have guessed.

[\*Why the FDA was unable to prevent a crisis of vaping among kids\*](#) is an opinion piece by Joshua M. Sharfstein, professor of the practice in the Dept. of Health Policy and Management at Johns Hopkins Bloomberg School of Public Health and author, on *Stat News* about how it takes a crisis before public health protections are put in place. The author shares four lessons from history about why it's so challenging for regulatory agencies to prevent calamities in the first place.

[\*Building Blocks of Health Reform\*](#) is an initiative to arm people and policymakers with the knowledge, tools, and resources they need to create a health care system that works for all of us. Here you'll find an interactive grid on the *United States of Care* site to help you learn more and explore the policies and evidence for consideration in creating health reform.



## RESEARCH, DATA, EVALUATION

[\*CDC: Childhood Trauma Is A Public Health Issue and We Can Do More To Prevent It\*](#) is an NPR story by Rhitu Chatterjee who writes about a recent CDC report that indicates experiencing traumatic things as a child puts you at risk for

lifelong health effects, which calls for concerted prevention efforts.

[\*Out-of-Network Barriers Five Times More Likely for Mental Health than Medical Care\*](#) is a Forbes story by Bruce Japsen that discusses a new report by Milliman Inc. that shows a wide gap for workers, their dependents and families seeking mental health and addition treatment compared to “physical health conditions.”

[\*Immigration raids tied to worse mental health among Hispanic Americans\*](#) is a Reuters story by Lisa Rapaport who discusses a study that indicates worsening mental health problems among Hispanic Americans when immigration arrests spike.

[\*The Opioid Epidemic: A Needed Focus On Adolescents and Young Adults\*](#) is a blog post on *Health Affairs* by Julie Uchitel and colleagues who summarize national and state strategies to address the opioid epidemic and describe further reforms needed to tailor these efforts to teens and young adults given that 2 in 3 adults treated for opioid use disorder first used opioids when there were younger than age 25 years old.

[\*Mental health coverage is getting worse\*](#) is a story by Caitlin Owens for AXIOS about a Milliman report that shows how insurance coverage for mental health and substance abuse has gotten worse as suicide and overdose rates have increased. Behavioral health treatment often isn’t covered by insurance, and it’s often unaffordable even when treatment is a matter of life and death. And coverage of substance abuse treatment was especially bad compared with physical health treatment.

[\*Affordable Mental Health Care? It's Getting Even Tougher to Access\*](#) is yet another article, this one on the *Kaiser Health News* site by Jenny Gold, that talks about how more than a decade after Congress passed a law mandating equal access for mental and physical health care, Americans struggle to find affordable, in-network mental health providers; this one referencing a recent Milliman report.

[\*Untangling the Relationship between Social Service and Health Care Spending and Health Outcomes\*](#) is a posting on the *Health Affairs Blog* by Elizabeth H. Bradley and Amanda Brewster about findings that indicate that while social service investments may be a wise and cost-effective choice for improving national health outcomes, such investments do not necessarily have the power to rein in health care spending at the national level.

[\*At Mount Sinai Hospitals, In-House Lawyers Are Helping to Health Patients Too\*](#) is a posting on the Law.com site by Sue Reisinger is a story about how the in-house legal team helped establish and are expanding the Mt. Sinai Medical-Legal Partnership, which brings pro bono lawyers to work with the system's neediest patients on issues including housing, education, immigration and personal safety issues.

[\*Northern Dental Access Center Medical-Legal Partnership\*](#) is a description of an intervention (establishment of the medical-legal partnership of Northern Dental Access Center and Legal Services of NW Minnesota to provide free consultations and support services) designed to help low-income patients in rural Minnesota overcome legal barriers to oral healthcare and self-sufficiency.

---



Eugene S. Farley, Jr. Health Policy Center  
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

[\*\*SUBSCRIBE TO FRIDAY'S FEATURES\*\*](#)