



EUGENE S. FARLEY, JR.  
HEALTH POLICY CENTER

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

# FRIDAY'S FEATURES

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## NEWS, ANNOUNCEMENTS, CELEBRATIONS

[\*Your Patients Are Waiting: Action steps to integrate behavioral health and primary care\*](#) is the recording of a recent PCPCC-sponsored webinar that provided a dialogue on practical insights to support a clinical team's journey toward behavioral health and primary care integration. Speakers included Drs. Stephanie Gold and Larry Green.



## COMMUNITY HEALTH AND PREVENTION

[\*An Interview with Allison Myers, MD, MPH, on LGBTQ+ Health\*](#) is posted on the *National Center for Integrated Behavioral Health* site in which Dr. Myers, a family doc, discusses educational priorities for primary care providers wishing to practice high quality LGBTQ+ behavioral health.

[\*Google is running an employee mental health project without any metrics\*](#) is a story on *Quartz* by Lila MacLellan about an employee-led, peer-to-peer counseling program called Blue Dot initiated by employees and supported by Google.

[\*Big California insurer is ditching 'zombie' workplace wellness programs and focusing on digital health apps\*](#) is a CNBC story by Christina Farr who reports that Blue Shield of California is rolling out a new wellness offering called "Wellvolution" that provides people with a curated range of options from consumer-friendly digital health start-ups to in-person resources like gym memberships and Weight Watchers classes.

[\*Mindfulness Is Everywhere. Is It Working for Everyone?\*](#) is a piece by Meghna Chakrabarti about mindfulness, the "third wave" of cognitive therapy that includes content from and a link to "The mindfulness conspiracy" in *The Guardian*.

[\*A New Take on Leadership\*](#) is a post on *Primary Care Progress* about how this group is committed to leadership development and community building for today's healthcare providers that will help in harnessing motivations and emotions to drive meaningful behavior change.



[\*County Will Add Community Response Team for Youths Only\*](#) is a story in the *Highlands Ranch Herald* by Jessica Gibbs about how Douglas County (CO) commissioners have approved funding to create a unit to work exclusively with young people and schools in the county given that one-third of calls in 2018 to the county's response team were from youths between 5 and 19 years old.

[\*Leveraging Medicaid to Combat the Opioid Epidemic: How Leader States and Health Plans Deliver Evidence-Based Treatment\*](#) is a post on the *Health Affairs Blog* by Tyler Sadwith and colleagues about the opioid crisis (Americans are more likely to die of an opioid overdose than a car crash), the urgent need to improve and expand treatment to change this trajectory, and innovative approaches by three states to inform this problem.

[\*New Budget Boosts Health Coverage for Low-Income Californians\*](#) is a post on *California Healthline* by Ana B. Ibarra about how CA legislators approved \$62.4 million to help older people and those with disabilities get free Medi-Cal. The plan will restore medical benefits that were cut 10 years ago; and it will provide full Medi-Cal coverage to low-income, young, unauthorized immigrant adults aged 19-25 years, among other things.

[\*Americans bargain-shop for everything except health care, because we have no clue what it costs\*](#) is an opinion piece by Stephen Moore, an economic consultant with Freedom Works and author of "*Trumponomics: Inside the America First Plan to Revive Our Economy*," for *The Dallas Morning News*. The author is in favor of the executive order requiring medical providers, hospitals, drug companies, and others to post their prices...although this action treats symptoms, not the disease of third-party payers for health care.

[\*Why Californians with Severe Mental Illness Are Caught Cycling from Prison to the Streets\*](#) on *laist* by Alyssa Joeng Perry is a mother's story of her daughter who was diagnosed as having schizoaffective disorder and the chaos and torment that has ensued due to laws and the lack of resources.

[\*Making the promise of mental health parity a reality\*](#) is an opinion piece on *The Hill* by Rep. Donald Norcross, vice-chair of the Bipartisan Addiction Task Force, who has proposed a bill that would allow the Department of Labor to fully investigate and issue penalties against health insurers that knowingly break the mental health parity law.

[\*Key Florida Republicans Now Say Yes to Clean Needles for Drug Users\*](#) is an *NPR* story by Sammy Mack who reports that Florida Gov. Ron DeSantis signed into law a needle exchange program, a state that has a huge heroin and

fantanyl problem as well as the highest rates of HIV.



## RESEARCH, DATA, EVALUATION

[\*Adolescent Connectedness and Adult Health Outcomes\*](#) is an article in *Pediatrics* by Riley J. Steiner and colleagues who examined associations between adolescent connectedness and multiple health-related outcomes in adulthood to determine if there are long-term effects of adolescent protective factors.

[\*Real-Time Pursuit of Outcomes that Matter to Patients\*](#) is a case study on the *NEJM Catalyst* site by Drs. M. Justin Coffey and C. Edward Coffee about how improving the value of health care requires identifying and measuring outcomes that matter to patients. They describe an “affordable homegrown tool (Assessment of Care) inspired by the IOM’s six dimensions of perfect care for pursuing patient-centered outcomes in real time,” and their iterative case study in a specialty clinic.

[\*PTSD: Psychotherapy Besets Drugs Alone Over the Long-Term\*](#) is an article in *Medscape* by Pauline Anderson who discusses new research from Switzerland that shows treating PTSD with pharmacologic, psychotherapeutic or a combination of these approaches that leads to similar short-term results; but psychotherapy is superior when it comes to longer-term outcomes.

[\*Commonly prescribed drugs tied to nearly 50% higher dementia risk in older adults, study says\*](#) is a story on *Denver 7* by Corey Rangel of work published in *JAMA* that found the risk of getting dementia increased nearly 50% for patients who take medication every day for at least three years to treat some of the most common conditions in older adults, including bladder control, Parkinson’s, depression and epilepsy.



## MEDICAL-LEGAL PARTNERSHIPS

[\*A Child, an Immigration Hearing, and a Doctor’s Testimony\*](#) is a story from a few years back in *The Atlantic* by Jenny Gold about how in NY and LA, partnerships among pediatricians, psychologists, and legal clinics help unaccompanied minors prepare for the courtroom.



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