



Bi-Weekly Bulletin for November 27, 2019

MEMBER NEWS

PARTNERS OPEN NEW RECOVERY CENTER

Porter-Starke Services, a not-for-profit Community Mental Health Center, will open a new Recovery Center location in partnership with Swanson Center in La Porte County.

<https://www.buildingindiana.com/partners-open-new-recovery-center/>

Spindletop Center Launches Early Onset Psychosis Program to Treat Early Symptoms

Spindletop Center has launched its Early Onset Psychosis Program to engage with persons ages 15 to 30 who are experiencing psychosis for the first time, or within the first two years of onset of symptoms. The program's designed to assist eligible individuals with reaching their educational, employment and life goals regardless of diagnosis.

<https://www.12newsnow.com/article/news/health/spindletop-center-launches-early-onset-psychosis-program/502-728e19bf-0c7e-4c40-85e1-1d8d57eb5db1>

Understanding how social determinants affect your health

The CAUSE initiative is exploring the effect of embedding registered nurses as “primary care coordinators” with our partner organizations—**Chestnut Family Health Center**, the McLean County Health Department, and the Community Health Care Clinic.

<https://news.illinoisstate.edu/2019/11/dean-neubrandner-on-understanding-how-social-determinants-affect-your-health/>

Denver's behavioral health 'solutions center' takes a step closer to reality in Sun Valley

The Mental Health Center of Denver will operate the center when completed in August or September of 2020.

<https://denverite.com/2019/11/25/denvers-behavioral-health-solutions-center-takes-a-step-closer-to-reality-in-sun-valley/>

Stuart to Host Mental Health Roundtable on Addiction Awareness

During this event, Stuart will join local legislators and mental health, addiction, and primary health care professionals from **Chestnut Health Systems** to lead a discussion about approaches to treatment as well as local resources for families.

<https://www.riverbender.com/articles/details/stuart-to-host-mental-health-roundtable-on-addiction-awareness-38266.cfm>

INDUSTRY NEWS

These Are The Best Therapy Apps For Mental Health, According To Therapists

Apps for mood tracking, breathing exercises, and chatting with a professional.

<https://www.womenshealthmag.com/health/g29793180/best-therapy-apps/>

Patches That Heal: Transdermal Systems for Mental Illness

FDA approves first transdermal patch for schizophrenia.

<https://www.psychologytoday.com/us/blog/mind-matters-menninger/201911/patches-heal-transdermal-systems-mental-illness>

Artificial Intelligence Could Help Solve America's Impending Mental Health Crisis

Five years from now, the U.S.' already overburdened mental health system may be short as many as 15,600 psychiatrists as the growth in demand for their services outpaces supply, according to a 2017 report from the National Council for Behavioral Health.

<https://time.com/5727535/artificial-intelligence-psychiatry/>

Qualitative Feedback From a Text Messaging Intervention for Depression: Benefits, Drawbacks, and Cultural Differences

Mobile health interventions are often standardized and assumed to work the same for all users; however, we may be missing cultural differences in the experiences of interventions that may impact how and if an intervention is effective.

https://www.academia.edu/9695111/Qualitative_Feedback_From_a_Text_Messaging_Intervention_for_Depression_Benefits_Drawbacks_and_Cultural_Differences?email_work_card=title

Tiny Homes Village to provide housing for those with mental health conditions

For individuals with chronic mental health conditions, reliable and affordable housing can be hard to find.

<https://www.dailytarheel.com/article/2019/11/tiny-homes-project-1118>

To Reinvent Healthcare, Stop Treating Patients and Start Building Communities

Dhar and his colleagues think communities are at the root of our health, and that if we focus on building healthier communities, the payoffs in quality of life, years of life, and dollars saved will all be significant.

<https://singularityhub.com/2019/11/17/to-reinvent-healthcare-stop-treating-patients-and-start-building-communities/>

BUSINESS NEWS & LEADERSHIP ARTICLES

How to Seize Opportunity in a World of Disruption

An "agility mindset" needs to be adopted at all levels of an organization, starting with executives, say co-authors Leo Tilman and retired Gen. Charles Jacoby. "Everyone in the organization -- up and down the hierarchy and out to the very edges -- must understand the strategy, their role in it, and importantly, their boundaries of disciplined initiative," they say.

<https://www.skipprichard.com/how-to-seize-opportunity-in-a-world-of-disruption/>

How Attitude And Gratitude Elevated This Top CEO To New Heights

Leaders are human. Like anyone else, they need to take care of themselves.

<https://www.forbes.com/sites/robdube/2019/11/11/how-attitude-and-gratitude-elevated-this-top-ceo-to-new-heights/#4bf4ed9e30d3>

Don't Make Your Self-Discipline Work So Hard

Self-discipline is the ability to do what's right, when other things are easier or more attractive. It's hard work. Like any kind of hard work, it's easier if you're fit and rested.

<https://www.threestarleadership.com/personal-effectiveness/dont-make-your-self-discipline-work-so-hard>

NOTE: If we missed a recent (past 2 weeks) news article about your organization, please send the link to Lonnie Parizek at lparizek@mhca.com to be included in our next issue. Have something to report that wasn't covered in your local news? We'd love to hear all about it and link to news on your website! If you can't wait 2 weeks to read the latest news, follow [@mhca](https://twitter.com/mhca) on Twitter where we post these articles and many others daily.

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