

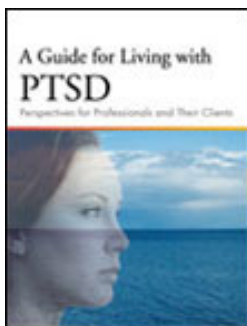
# Professional Update

## Resources in Treatment and Mental Health



### Ask the Expert

### Quick Links



#### Demand for PTSD Services on the Rise

Often accompanied by depression, substance abuse, or one or more anxiety disorders, post traumatic stress disorder (PTSD) affects an estimated 7.7 million American adults. Studies show that this number is increasing. In fact, a published report featured in the September 2009 issue of *Management Science* outlines that the rate of PTSD among active soldiers and veterans of today's wars is expected to be as high as 35 percent.

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### Product Highlight



#### **Connections:** **A 12-Session** **Psychoeducational** **Shame-Resilience** **Curriculum**

Connections draws on empirically based

strategies to help clients recognize shame as a universal experience and embrace authentic living as a foundation for shame resilience.

Topics include:

- defining shame
- practicing empathy
- exploring triggers and vulnerabilities
- practicing critical awareness
- reaching out to others
- creating, embracing, and inspiring change

The Connections curriculum includes a three-ring binder with facilitator information and lesson plans for twelve sessions, a 114-minute DVD, and a CD-ROM containing reproducible

### Research and Funding

#### **Obama Administration Issues Rules** **Requiring Parity in Treatment of Mental,** **Substance Use Disorders**

The Departments of Health and Human Services, Labor and the Treasury jointly issued new rules providing parity for consumers enrolled in group health plans who need treatment for mental health or substance use disorders.

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client handouts.

Read the [introduction and first chapter](#) of *Connections*.

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### Treatment News

#### Healthy Living Options Should Include Treatment

It seems that Americans are always looking for ways to live a healthier lifestyle. Whether the goal is to lose weight, begin an exercise regime, or spend more time with their families, many people are searching for the path that will lead to a healthier, happier life. Statistics show millions of Americans should also consider another approach to good health: Seeking help for their abuse of substances such as alcohol, prescription medications, and illicit drugs.

[Read More](#)

### Upcoming Events

#### National Council for Community Behavioral Health

**When: March 15-17, 2010**

**Where: Disney's Coronado Spring Resort – Lake Buena Vista, FL**

Hazelden Publishing is now an Affiliate Member of the NCCBH! Stop by booth #523 to learn about our new evidence-based resources in behavioral health.

[Learn More](#)



### Evidence-Based Resources for Treatment of Co-occurring Disorders



[cooccurring.org](http://cooccurring.org)

To purchase these and other products designed to enhance your recovery and personal growth, visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 1-800-328-9000.

Hazelden books are distributed to the bookstore trade by Health Communications Inc. Booksellers, to order copies for your store, call 1-800-441-5569.

## Demand for PTSD Services on the Rise

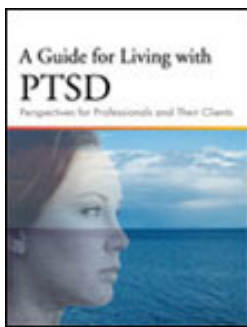
Often accompanied by depression, substance abuse, or one or more anxiety disorders, post traumatic stress disorder (PTSD) affects an estimated 7.7 million American adults. Studies show that this number is increasing. In fact, a published report featured in the September 2009 issue of *Management Science* outlines that the rate of PTSD among active soldiers and veterans of today's wars is expected to be as high as 35 percent.

In response to this tremendous need, the Dartmouth Psychiatric Research Center (PRC) and Hazelden Publishing, both leaders in the research and development of evidence-based practices, have joined forces to design resources for professionals treating clients with PTSD. Among these tools is the recently released video *A Guide for Living with PTSD: Perspectives for Professionals and Their Clients*, which uses client testimonials and expert guidance from the Dartmouth Psychiatric Research Center and the Department of Veterans Affairs National Center for PTSD to educate clinicians, clients, and families on the history, epidemiology, challenges, and treatment of post-traumatic stress disorder.

Take a look at this [short clip](#) from the first chapter of the video, an introduction to PTSD. The DVD includes sample cognitive-behavioral therapy sessions between therapist and client, and step-by-step instructions on cognitive restructuring using the REBT model to examine and alter beliefs that lead to disruptive consequences and behavior.

Based upon more than 30 studies, The National Center for PTSD has concluded that cognitive behavioral therapy appears to be the most effective form of treatment for PTSD backed by empirical evidence. The Dartmouth PRC-Hazelden line of products for PTSD treatment—including the curriculum *Cognitive Behavioral Therapy for PTSD: A Program for Addiction Professionals* and a similar program for mental health professionals releasing in 2010—provides those treating clients with PTSD the tools needed to help them grow and recover through mindful meditation, flexible thinking or cognitive restructuring, and education.

Call your dedicated [Sales Manager](#) at 800-328-9000 to talk about how our PTSD and other behavioral health resources can meet your needs, and those of your organization.



### [A Guide for Living with PTSD DVD](#)

Perspective for Professionals and Their Clients

Item 2997

Price: \$225.00

[Buy Now](#)

[return to top](#)

## Obama Administration Issues Rules Requiring Parity in Treatment of Mental, Substance Use Disorders

The Departments of Health and Human Services, Labor and the Treasury jointly issued new rules providing parity for consumers enrolled in group health plans who need treatment for mental health or substance use disorders.

"The rules we are issuing will, for the first time, help assure that those diagnosed with these debilitating and sometimes life-threatening disorders will not suffer needless or arbitrary limits on their care," said Secretary Sebelius. "I applaud the long-standing and bipartisan effort that made these important new protections possible."

"Today's rules will bring needed relief to families faced with meeting the cost of obtaining mental health and substance abuse services," said Secretary of Labor Hilda L. Solis. "The benefits will give these Americans access to greatly needed medical treatment, which will better allow them to participate fully in society. That's not just sound policy, it's the right thing to do."

"Workers covered by group health plans who need mental health and substance abuse care deserve fair treatment," said Deputy Treasury Secretary Neal Wolin. "These rules expand on existing protections to ensure that people don't face unnecessary barriers to the treatment they need."

The new rules prohibit group health insurance plans—typically offered by employers—from restricting access to care by limiting benefits and requiring higher patient costs than those that apply to general medical or surgical benefits. The rules implement the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA).

MHPAEA greatly expands on an earlier law, the Mental Health Parity Act of 1996 which required parity only in aggregate lifetime and annual dollar limits between the categories of benefits and did not extend to substance use disorder benefits.

The new law requires that any group health plan that includes mental health and substance use disorder benefits along with standard medical and surgical coverage must treat them equally in terms of out-of-pocket costs, benefit limits and practices such as prior authorization and utilization review. These practices must be based on the same level of scientific evidence used by the insurer for medical and surgical benefits. For example, a plan may not apply separate deductibles for treatment related to mental health or substance use disorders and medical or surgical benefits—they must be calculated as one limit. MHPAEA applies to employers with 50 or more workers whose group health plan chooses to offer mental health or substance use disorder benefits. The new rules are effective for plan years beginning on or after July 1, 2010.

The Wellstone-Domenici Act is named for two dominant figures in the quest for equal treatment of benefits. The late Senator Paul Wellstone (D-MN), who was a vocal advocate for parity throughout his Senate career, sponsored the ultimately successful full parity act. He was joined by former Senator Pete Domenici (R-NM) who first introduced legislation to require parity in 1992. Champions of the legislation also included the bipartisan team of Representative Patrick Kennedy (D-RI) and former Representative Jim Ramstad (R-MN).

The issue of parity dates back over 40 years to President John F. Kennedy, and was also supported by President Clinton and the late Senator Edward Kennedy.

The interim final rules released today were developed based on the departments' review of more than 400 public comments on how the parity rule should be written. Comments on the interim final rules are still being solicited. Sections where further comments are being specifically sought include so-called "non quantitative" treatment limits such as those that pertain to the scope and duration of covered benefits, how covered drugs are determined (formularies), and the coverage of step-therapies. Comments are also being specifically requested on the regulation's section on "scope of benefits" or continuum of care.

*SOURCE: U.S. Department of Health and Human Services*

[return to top](#)

## Healthy Living Options Should Include Treatment

It seems that Americans are always looking for ways to live a healthier lifestyle. Whether the goal is to lose weight, begin an exercise regime, or spend more time with their families, many people are searching for the path that will lead to a healthier, happier life. Statistics show millions of Americans should also consider another approach to good health: seeking help for their abuse of substances such as alcohol, prescription medications, and illicit drugs.

"More than 20 million people who need treatment for substance abuse do not receive it," said Gil Kerlikowske, Director of National Drug Control Policy (ONDCP). "This is a problem we can begin to address by making people aware of treatment options available to them and encouraging families and friends to give their support to people seeking and receiving treatment."

Data compiled by the Substance Abuse and Mental Health Services Administration show that in 2008 some 23.1 million people aged 12 and older needed treatment for a drug or alcohol use problem. However, only 2.3 million received treatment at a specialty facility.

"We are committed to making people aware of the treatment options available to them," said Kerlikowske. "We also need to encourage those who feel they need treatment to summon the courage to step forward and seek help, and we must let them know that seeking treatment is not a sign of weakness, but a sign of strength."

Dr. Thomas McLellan, Deputy Director of ONDCP and a specialist in addiction treatment, said that people who believe they or a loved one needs treatment should consider talking to a primary care physician, seeking help from a mental health professional, contacting an addiction treatment program, or attending a meeting of a mutual help organization. "There have never been as many evidence-based counseling methods and medications to help people overcome substance abuse as there are today," Dr. McLellan said.

*SOURCE: Office of National Drug Control Policy*

[return to top](#)

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