

'Man Therapy' website addresses suicide risk in men

Program introduced in Washington County

"According to science, men have feelings, too." Or so says Dr. Rich Mahogany, Man Therapy's (www.ManTherapy.org) fictional therapist, who uses humor and "manspeak" to tackle the age-old stigma that gets in the way of many men talking honestly about their emotions and mental health.

As part of our Zero Suicide efforts, *Healthy Bodies Healthy Minds Washington County* is bringing Man Therapy™ to men in our community. Our goal is to help reduce suicide risk and improve overall mental health among our men. This initiative comes at a particularly critical time. The mental health impacts of the COVID pandemic include well-documented increases in mortality from drug overdose and suicide, with working aged men at particularly high risk.¹

Man Therapy helps to reshape conversations and tackle issues (like depression, divorce, substance abuse, and even suicidal thoughts) head on, the way a man would do it. Man Therapy provides men, as well as the people who care about them, a place to go online and learn more about men's mental health, complete a "20-point head inspection," and consider a wide array of actions that can put them on the path to mental wellness.

Since "Men can't fix their mental health with duct tape!", we encourage healthcare providers to promote this new, free and anonymous resource among their patients and colleagues. Learn more at www.mantherapy.org. To stay updated about our campaign in Washington County or get involved, follow us on Facebook @ManTherapyWashington County and Twitter @ManTherapyWC or email us at mantherapyWC@gmail.com.

Sincerely,

Robert Harrison, Jr., MD

Project Director, Washington County Zero Suicide Program
Healthy Bodies, Healthy Minds Washington County,
the region's Healthy Equity Zone

Reference

1. Hallowell, BD et al. (2020). Accidental Drug Overdose Deaths in Rhode Island: January 1, 2016–July 31, 2020. *RIMJ* 103(10): 62-65.

AMA statement on CMS decision to update Medicare payments for administrating COVID-19 vaccine

"The Biden administration acted promptly in updating the Medicare payment rate for COVID-19 vaccine administration. The updated rate reflects new information about the costs involved in administering the vaccine for different types of providers and suppliers, and the additional resources necessary to ensure the vaccine is administered safely and appropriately."

"The American Medical Association and the AMA/Specialty Society RVS Update Committee (RUC) met early with the Biden transition team, Congress, and the Centers for Medicare & Medicaid Services and advocated for an increase payment for the administration of these life-saving vaccines for Medicare patients, while ensuring there were no out-of-pocket costs for patients. The additional resources will increase the number of clinicians who can administer the vaccine."

"This has been a trying time for physician practices, and we thank the administration for acknowledging the challenges of practicing medicine during a pandemic."

Susan R. Bailey, MD

President, American Medical Association