UPDATE

January 15, 2013

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Prepared by the U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health, Office of Constituency Relations and Public Liaison
SCIENCE AND SERVICE NEWS UPDATES

EMERGENCY DEPARTMENT SUICIDE SCREENING TOOL ACCURATELY PREDICTS AT RISK YOUTH

A set of four questions that take emergency department nurses or physicians less than two minutes to administer can successfully identify youth at risk for attempting suicide, according to a study by National Institute of Mental Health (NIMH) researchers that was published in the December 2012 issue of the Archives of Pediatrics and Adolescent Medicine.


STUDY DOCUMENTS THAT SOME CHILDREN LOSE AUTISM DIAGNOSIS; SMALL GROUP WITH CONFIRMED AUTISM NOW ON PAR WITH MAINSTREAM PEERS

Some children who are accurately diagnosed in early childhood with autism lose the symptoms and the diagnosis as they grow older, a study supported by the National Institutes of Health (NIH) has confirmed. The research team made the finding by carefully documenting a prior diagnosis of autism in a small group of school-age children and young adults with no current symptoms of the disorder.


GUIDE OFFERS A BLUEPRINT FOR END-OF-LIFE CONVERSATIONS WITH YOUTH

Enlisting the advice of adolescents and young adults with serious illness, NIH researchers have developed a guide to help young people and their families address issues surrounding end-of-life care. *Voicing My CHOICES* is the first guide designed to help adolescents and young adults express how they would like to be comforted, supported, and cared for in the course of serious illness, and how they would like to be remembered if they do not survive. The guide is aimed at helping families and health professionals open difficult conversations, and was written using language and questions tailored to the particular needs and preferences of young people.

NIDA’S 2012 MONITORING THE FUTURE SURVEY SHOWS RATES STABLE OR DOWN FOR MOST DRUGS

Continued high use of marijuana by the nation’s eighth, 10th, and 12th graders combined with a drop in perceptions of its potential harms was revealed in this year’s Monitoring the Future survey, an annual survey of eighth, 10th, and 12th–graders conducted by researchers at the University of Michigan. The survey was carried out in classrooms around the country earlier this year, under a grant from the National Institute on Drug Abuse (NIDA).


PRESCRIPTION DRUG MISUSE REMAINS A TOP PUBLIC HEALTH CONCERN

Prescription drug misuse is second only to marijuana as the nation’s most prevalent illicit drug problem, with approximately 22 million people nationwide initiating nonmedical pain reliever use since 2002, according to a report by the Substance Abuse and Mental Health Services Administration (SAMHSA). The report also shows variations in use by state, with combined 2010 and 2011 data indicating that rates of past year misuse among those aged 12 or older ranged from 3.6 percent in Iowa to 6.4 percent in Oregon.


RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON NIMH WEBSITE

DIRECTOR’S BLOG: THE BEGINNING OF HISTORY ILLUSION

NIMH Director Thomas Insel reflects on the state of mental healthcare and research 50 years after President Kennedy’s special message to Congress on mental health.


DIRECTOR’S BLOG: AUTISM PROGRESS

NIMH Director Thomas Insel highlights key recent findings in research on autism spectrum disorders.

http://www.nimh.nih.gov/about/director/2012/autism-progress.shtml

NIH NEWS IN HEALTH ARTICLE: SHEDDING LIGHT ON SEASONAL SADNESS

As the days get shorter, many people find themselves feeling sad. This NIH News in Health article discusses the “winter blues,” or seasonal affective disorder.

http://newsinhealth.nih.gov/issue/Jan2013/Feature1
NEW ON NIDA WEBSITE

BRIEF INTERVENTION HELPS ADOLESCENTS CURB SUBSTANCE USE: TWO HOUR-LONG SESSIONS A WEEK APART REDUCE SYMPTOMS OF SUBSTANCE ABUSE OR DEPENDENCE

Drug- and alcohol-involved middle and high school students markedly reduced their substance use following two 60-minute sessions that combined motivational interviewing (MI) and cognitive behavioral therapy. The students also reported significantly fewer substance-related symptoms of substance use disorders during the six months after the intervention compared with the six months before it. Adding a separate one-hour MI-based session with a parent or primary caregiver enhanced the beneficial effects.

http://www.drugabuse.gov/news-events/nida-notes/2013/01/brief-intervention-helps-adolescents-curb-substance-use

PRENATAL METHAMPHETAMINE EXPOSURE LINKED WITH PROBLEMS

In the latest findings from an ongoing study of the effects of prenatal methamphetamine exposure on child development, primary caregivers reported more signs of increased emotionality, anxiety, and depression in exposed than non-exposed children at ages three and five years. The caregivers also reported that at age five, methamphetamine-exposed children were less able to sustain attention and more prone to act out aggressively or destructively than were non-exposed children.


HOME VISIT INTERVENTION REDUCES BEHAVIORAL RISKS IN AMERICAN INDIAN TEEN MOMS AND THEIR INFANTS

Pregnant, American Indian teens receiving the home-based Family Spirit intervention -- lessons on parenting, maternal drug abuse prevention, and life skills, delivered by trained Native paraprofessionals -- showed improvements 12-months postpartum in parenting knowledge and attitudes. In addition, their infants showed reductions in emotional and behavioral problems associated with an increased risk of future substance abuse (SA).


CMS CREATES NEW OFFICE FOR DUAL ELIGIBLES

The Affordable Care Act creates a new office within CMS— the Medicare-Medicaid Coordination Office, to coordinate care for individuals who are eligible for both Medicaid and Medicare (“dual eligibles” or Medicare-Medicaid enrollees). The office is charged with making the two programs work together more effectively to improve care and lower costs. The office is focused on improving quality and access to care for Medicare-Medicaid enrollees, simplifying processes, and eliminating regulatory conflicts and cost-shifting that occur between the Medicare and Medicaid programs, states, and the Federal government.

http://www.medicaid.gov/AffordableCareAct/Provisions/Dual-Eligibles.html
NEW FROM NCCAM

DIRECTOR’S MESSAGE

The National Center for Complementary and Alternative Medicine (NCCAM) Director, Dr. Josephine Briggs discusses stress and anxiety. [http://nccam.nih.gov/about/offices/od/2012-12](http://nccam.nih.gov/about/offices/od/2012-12)

CLINICAL DIGEST

This Clinical Digest provides an overview about stress and relaxation techniques. [http://nccam.nih.gov/health/providers/digest/relaxation.htm](http://nccam.nih.gov/health/providers/digest/relaxation.htm)

NEW FROM SAMHSA

SAMHSA NEWS: DRUG TREATMENT COURTS OFFER HOPE FOR YOUTH

This SAMHSA News highlights a project to encourage juvenile treatment drug court as an alternative to incarceration. It also reports on the prevalence of young adult prescription drug abuse, a community program to prevent underage drinking, SA in tribes, and resources to help providers navigate health reform. [http://www.samhsa.gov/samhsaNewsletter/default.aspx](http://www.samhsa.gov/samhsaNewsletter/default.aspx)

TRENDS IN ADOLESCENT SUBSTANCE USE AND PERCEPTION OF RISK FROM SUBSTANCE USE

An adolescent’s perception of the risks associated with substance use is an important determinant of whether he or she engages in substance use. This National Survey on Drug Use and Health Report focuses on trends in risk perception and substance use among adolescents aged 12 to 17 between 2002 and 2011. [http://www.samhsa.gov/data/2k13/NSDUH099a/sr099a-risk-perception-trends.pdf](http://www.samhsa.gov/data/2k13/NSDUH099a/sr099a-risk-perception-trends.pdf)

ADMISSIONS REPORTING BENZODIAZEPINE AND NARCOTIC PAIN RELIEVER ABUSE AT TREATMENT ENTRY

This report provides trend data and uses 2010 data to describe the demographic and treatment characteristics of the 33,701 treatment admissions who reported the co-abuse of benzodiazepines and narcotic pain relievers at treatment entry. Selected comparisons are made between these admissions and admissions who did not abuse either of these drugs. [http://www.samhsa.gov/data/2k12/TEDS-064/TEDS-Short-Report-064-Benzodiazepines-2012.pdf](http://www.samhsa.gov/data/2k12/TEDS-064/TEDS-Short-Report-064-Benzodiazepines-2012.pdf)
NEW FROM SAMHSA’S NATIONAL CHILD TRAUMATIC STRESS NETWORK

RESOURCES IN RESPONSE TO THE RECENT SHOOTING

In response to the tragic Sandy Hook Elementary School shooting in Connecticut, the National Child Traumatic Stress Network (NCTSN) has developed resources to help families and communities. These resources include tip sheets on:

- The Psychological Impact of the Recent Shooting
- Tips for Youth Talking to Journalists about the Shooting
- Tips for Parents on Media Coverage
- Parent Guidelines for Helping Youth after the Recent Shooting
- Talking to Children about the Recent Shooting
- After the Crisis: Helping Young Children Heal
- Parent Tips for Helping Preschool-Aged Children after Disasters
- Parent Tips for Helping School-Aged Children after Disasters
- Guiding Adults in Talking to Children About Death and Attending Services

http://www.nctsn.org/trauma-types/terrorism

PSYCHOLOGICAL FIRST AID FOR SCHOOLS NOW AVAILABLE

The NCTSN and the National Center for Post-Traumatic Stress Disorder (PTSD) are pleased to announce the release of Psychological First Aid for Schools (PFA-S) Field Operations Guide and its accompanying handouts. PFA-S is an evidence-informed approach for assisting children, adolescents, adults, and families in the aftermath of a school crisis, disaster, or terrorism event. http://www.nctsn.org/content/psychological-first-aid-schoolspfa

ARHQ RESEARCH ACTIVITIES

HEADACHE AND NAUSEA MOST COMMON SIDE EFFECTS AMONG ADULTS AND ADOLESCENTS TAKING ANTIDEPRESSANTS

A new study sheds light on side effects of antidepressants observed in patients being treated by clinicians in a real-world setting. The side effects varied, depending on the class of drug and age of the patient. http://www.ahrq.gov/research/jan13/0113RA11.htm
STUDY IS FIRST TO SHOW IMPROVED OUTCOMES WITH POSTPARTUM DEPRESSION SCREENING AND CARE

Studies have shown that maternal postpartum depression (PPD) affects one in every five to six women, but is often undetected and if recognized, undertreated. A new practice-based research network study compared a system of screening, supported diagnosis, and PPD management within family medicine practices to usual care. The new approach significantly increased rates of PPD recognition, treatment, and fewer depressive symptoms at 12 months. http://www.ahrq.gov/research/jan13/0113RA12.htm

NEW GUIDELINES HELP CLINICIANS ASSESS AND TREAT MALADAPTIVE AGGRESSION IN YOUTH

A team of national experts reviewed available evidence to develop evidence-based consensus treatment recommendations for youth with maladaptive aggression. The team's first published report describes the literature review process and establishes nine recommendations to help healthcare providers engage families, assess youth, and effectively evaluate and manage maladaptive aggression. In the second report, guideline developers offer 11 recommendations to help primary care and specialty providers select appropriate psychosocial interventions and medication treatments. http://www.ahrq.gov/research/jan13/0113RA15.htm

ANTIPSYCHOTIC CHOICES IN NURSING HOMES PARTLY INFLUENCED BY NURSING HOME'S PRESCRIBING CULTURE

Between one-fifth and one-third of all nursing home patients receive antipsychotic medications. Their use continues to remain popular despite serious safety concerns. Today, nursing homes can select from older, conventional agents to newer, atypical ones. A new study reveals that the majority of nursing homes favor treating patients with atypical antipsychotics. Yet, patients and facility characteristics contribute partially to the medications selected. http://www.ahrq.gov/research/jan13/0113RA18.htm

CHILDREN'S MENTAL HEALTH: CONCERNS REMAIN ABOUT APPROPRIATE SERVICES FOR CHILDREN IN MEDICAID AND FOSTER CARE

This Government Accountability Office report examines: (1) the use of psychotropic medications and other mental health services for children in Medicaid nationwide, and related Centers for Medicare and Medicaid Services (CMS) initiatives; (2) U.S. Department of Health and Human Services (HHS) information on the use of psychotropic medications and other mental health services for children in foster care nationwide, and related HHS initiatives; and (3) the amount HHS has invested in research on children's mental health. http://www.gao.gov/products/GAO-13-15
TOOLKIT ON COURT-INVOLVED YOUTH AND EXPOSURE TO VIOLENCE

The Office of Juvenile Justice and Delinquency Prevention Safe Start Center’s Toolkit on Court-Involved Youth and Exposure to Violence is now available. This toolkit for attorneys and other legal advocates includes a checklist and resource guide on identifying polyvictimization and trauma among court-involved children and youth, a tip sheet for staff and advocates working with children polyvictimization, an issue brief regarding victimization and trauma experienced by children and youth for legal advocates, and tipsheets for staff, advocates, and child welfare workers. http://www.safestartcenter.org/resources/toolkit-court-involved-youth-exposure-violence.php

DCOE BLOG POSTS

STRIPPING AWAY MISCONCEPTIONS ABOUT PSYCHOTHERAPY

This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post discusses common misconceptions about seeking treatment for mental health conditions. http://www.dcoe.health.mil/blog/13-01-10/Stripping_Away_Misconceptions_About_Psychotherapy.aspx

TIPS FOR ENCOURAGING YOUR LOVED ONE TO ACCESS MENTAL HEALTH SERVICES

This blog post provides suggestions for working with a service member or veteran who may be experiencing depression, PTSD, or another mental health concern. http://www.dcoe.health.mil/blog/13-01-02/Tips_for_Encouraging_Your_Loved_One_to_Access_Mental_Health_Services.aspx

JOB SEARCHING TIPS FOR THE VETERAN WITH PTSD OR TBI

This blog post provides suggestions for servicemembers with PTSD or traumatic brain injury (TBI) looking for work and transitioning to civilian jobs. http://www.dcoe.health.mil/blog/12-12-27/Job_Searching_Tips_for_the_Veteran_with_PTSD_or_TBI.aspx
EVENTS

SUPPORTIVE SCHOOL DISCIPLINE WEBINAR: MAKING THE CASE FOR POSITIVE APPROACHES TO DISCIPLINE

JANUARY 16, 2013, 4:00−5:30 PM ET AND JANUARY 17, 2013, 11:00 AM−12:30 PM ET

This webinar in the Supportive School Discipline series sponsored by the U.S. Departments of Justice, Education, and HHS will examine the impact of punitive and exclusionary school discipline approaches and identify traditional school discipline practices that are known to be ineffective. It will also showcase community examples of positive alternatives to school discipline that reduce student alienation, increase student engagement, and decrease justice system involvement.


SUPPORTIVE SCHOOL DISCIPLINE WEBINAR: ALTERNATIVES TO TRADITIONAL SCHOOL DISCIPLINE: THE MULTI-TIERED BEHAVIORAL HEALTH PREVENTION FRAMEWORK

JANUARY 23, 2013, 4:00−5:30PM ET

This second webinar in the Supportive School Discipline series will focus on how the use of discretionary discipline practices focused on prevention and early intervention can transform schools into supportive learning environments for all students. Presenters will describe the multi-tiered behavioral health prevention framework and share community examples of how schools and secure care facilities are applying the framework to create more supportive discipline policies and practices.


WEBINAR: INTRODUCTION TO TEXT4BABY

JANUARY 16, 2013, 12:30−1:30 PM ET

This introductory webinar about Text4Baby is organized by the HHS Center for Faith-based and Neighborhood Partnerships. Text4Baby is a free texting service that helps improve maternal and child health and reduce infant mortality. The presentation will highlight how Text4Baby works, why it is effective, and how to share this resource with others.

https://www4.gotomeeting.com/register/641220151
A (HEALTH) HOME RUN: OPERATIONALIZING BEHAVIORAL HEALTH HOMES

JANUARY 18, 2013, 2:00–3:30 PM ET

This SAMHSA-Health Resources and Services Administration Center for Integrated Health Solutions webinar will help participants to learn the core clinical features of a behavioral health home; identify real-world examples of how providers are implementing the core clinical features of a health home; and understand the opportunities for state agencies to support health homes and broader state initiatives. Registration is free but space is limited to the first 1000 attendees. http://www.integration.samhsa.gov/about-us/webinars

WEBINAR: SUBSTANCE ABUSE AND TBI

JANUARY 24, 2013, 1:00–2:30 PM ET

This DCoE webinar will examine the co-occurrence of TBI and SA, describe screening and assessment methods for identifying patients with TBI and SA, identify interventions for patients with TBI and SA; and review challenges related to screening and intervening with patients with TBI and SA. http://dcoe.adobeconnect.com/dcoejan2013webinar/event/registration.html

PEER SPECIALISTS IN RURAL COMMUNITIES: PROMOTING COMMUNITY INCLUSION

JANUARY 24, 2013, 2:00–3:30PM

The four-part webinar series - jointly funded by the National Institute on Disability and Rehabilitation Research and SAMHSA - is designed to provide a national platform for the discussion of roles that peer specialists and peer-run programs can play in offering the supports and services that individuals may need to participate more fully in the day-to-day lives of their communities. This second webinar will focus on the special challenges facing peer specialists in rural America. The webinar will draw on a national study of rural peer specialists completed a little more than a year ago. It will review the uniqueness of rural America, the innovative approaches used by peer specialists in rural settings, and the challenges they face in promoting community inclusion. https://attendee.gotowebinar.com/register/6286266764325374720
GET INVOLVED IN NATIONAL DRUG FACTS WEEK

JANUARY 28–FEBRUARY 3, 2013

National Drug Facts Week is an opportunity for teens to interact with scientists and other experts about drug abuse. Help teens shatter the myths about drugs by hosting and promoting an event during the week. NIDA provides a toolkit with step-by-step suggestions for planning and promoting a community event. Register an event today and help provide our nation’s youth with the facts they need to succeed and make healthy decisions. Registrants will have access to NIDA staff who can offer advice about successful events and information on how to get free NIDA materials designed for teens. Be a part of this health observance that offers teens essential, science-based information about drug abuse and addiction!
http://drugfactsweek.drugabuse.gov

SAMHSA'S 9TH PREVENTION DAY

FEBRUARY 4, 2013, NATIONAL HARBOR, MARYLAND

SAMHSA will convene its 9th Annual Prevention Day on Monday, February 4 in conjunction with CADCA’s National Leadership Forum. This one-day event provides an exciting forum for prevention practitioners, community leaders, researchers, scientists, consumers, and advocates in the behavioral health field to learn about effective programs and the latest developments in the areas of substance abuse prevention, substance abuse treatment, and mental health. Participants are able to network with other SAMHSA grantees and partners and will have the opportunity to take part in workshops to enhance their strategic organizational skills and to share experiences and information. http://forum.cadca.org/?q=node/59

CLINICAL TRIAL PARTICIPATION NEWS

NATIONWIDE RECRUITMENT: PANDAS (PEDIATRIC) RESEARCH STUDY

Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal Infections (PANDAS) (Inpatient: 5-days and Outpatient: 1-2 days)

This study investigates whether intravenous immunoglobulin (IVIG) improves the symptoms of PANDAS. Recruiting ages 4-12. [11-M-0058] http://patientinfo.nimh.nih.gov/Pandas.aspx


National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services
For more information on research conducted by the NIMH in Bethesda, MD click here http://patientinfo.nimh.nih.gov.
CALLS FOR PUBLIC INPUT

REQUEST FOR INFORMATION: RESOURCE EXCHANGE TO FACILITATE RESEARCH ON COGNITIVE TRAINING INTERVENTIONS FOR MENTAL DISORDERS

NIMH is seeking input on the potential creation of a web-based resource exchange site to facilitate research for developing and evaluating cognitive training interventions for mental disorders. NIMH is soliciting detailed and specific feedback from interested parties about the potential utility of such a resource exchange site, including desirable elements of functionality of such a site, potential challenges to the development of a web-based resource exchange, and barriers to the widespread use of such a site. Responses will be accepted through January 18, 2013.


SAMHSA’S SYSTEM OF CARE EXCELLENCE IN COMMUNITY COMMUNICATIONS AND OUTREACH PROGRAM

SAMHSA’s Caring for Every Child’s Mental Health Campaign wants to showcase and celebrate system of care achievements in communications and social marketing through its Excellence in Community Communications and Outreach (ECCO) Recognition Program. Communications and social marketing initiatives created and/or implemented between January 1, 2012, and December 31, 2012, can be entered. Each ECCO submission must be postmarked by March 22, 2013.


FUNDING INFORMATION

NOTICE OF INTENT TO PUBLISH A FUNDING OPPORTUNITY ANNOUNCEMENT FOR IMPROVING HEALTH AND REDUCING PREMATURE MORTALITY IN PEOPLE WITH SEVERE MENTAL ILLNESS (R01)

LEVERAGING EXISTING NATURAL EXPERIMENTS TO ADVANCE THE HEALTH OF PEOPLE WITH SEVERE MENTAL ILLNESS

SAMHSA: STATEWIDE FAMILY NETWORK PROGRAM

SAMHSA: PLANNING GRANTS FOR EXPANSION OF THE COMPREHENSIVE COMMUNITY MENTAL HEALTH SERVICES FOR CHILDREN AND THEIR FAMILIES
THE NATIONAL UNDERGRADUATE STUDENT PROGRAM: A PUBLIC HEALTH WORKPLACE EXPERIENCE TO INCREASE STUDENT INTEREST IN PUBLIC HEALTH GRANT
http://www07.grants.gov/search/search.do?&mode=VIEW&oppId=213233

CONNECTING KIDS TO COVERAGE OUTREACH AND ENROLLMENT GRANTS
http://www.grants.gov/search/search.do?mode=VIEW&oppId=214153

DISSEMINATION AND IMPLEMENTATION RESEARCH IN HEALTH

SMALL GRANTS FOR NEW INVESTIGATORS TO PROMOTE DIVERSITY IN HEALTH-RELATED RESEARCH

NATIONAL COOPERATIVE DRUG DISCOVERY/DEVELOPMENT GROUPS FOR THE TREATMENT OF MENTAL DISORDERS, DRUG OR ALCOHOL ADDICTION

PAIN IN AGING

DRUG DISCOVERY FOR NERVOUS SYSTEM DISORDERS
http://grants.nih.gov/grants/guide/pa-files/PAR-13-048.html (R01)

The Outreach Partnership Program is a nationwide outreach initiative of the National Institute of Mental Health (NIMH) that enlists state and national organizations in a partnership to help close the gap between mental health research and clinical practice, inform the public about mental illnesses, and reduce the stigma and discrimination associated with mental illness. For more information about the program please visit: http://www.nimh.nih.gov/outreach/partners. To subscribe to receive the Update every two weeks, go to: http://www.nimh.nih.gov/outreach/partnership-program/subscribe-to-the-update.shtml

The information provided in the Update is intended for use by NIMH Outreach Partners, National Partners and their associates for the express purpose of exchanging information that may be useful in the development of state and local mental health outreach, information, education and partnership programs.