



UPDATE

November 15, 2012

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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

IN-SYNC BRAIN WAVES HOLD MEMORY OF OBJECTS JUST SEEN; BRAIN'S CODE FOR VISUAL WORKING MEMORY DECIPHERED IN MONKEYS – NIH-FUNDED STUDY

The brain holds in mind what has just been seen by synchronizing brain waves in a working memory circuit, an animal study supported by the National Institutes of Health (NIH) suggests. The more in-sync such electrical signals of neurons were in two key hubs of the circuit, the more those cells held the short-term memory of a just-seen object. National Institute of Mental Health (NIMH) grantees and colleagues reported their findings November 1, 2012, online, in the journal *Science Express*.

Press Release: <http://www.nimh.nih.gov/science-news/2012/in-sync-brain-waves-hold-memory-of-objects-just-seen.shtml>

NEW ONLINE RESOURCES FOR OPIOID PRESCRIBERS NOW AVAILABLE ON NIDA'S WEBSITE

New training materials for health providers who prescribe or counsel patients about opioids for pain relief, are now available on the National Institute on Drug Abuse (NIDA) website. The two courses, entitled *Safe Prescribing for Pain* and *Managing Patients Who Abuse Prescription Drugs*, include video vignettes modeling doctor-patient conversations on the safe and effective use of opioid pain medications. The materials are part of the *NIDAMED* initiative to help physicians, medical interns and residents, and other clinicians understand and address the complex problem of prescription drug abuse.

Press Release: <http://www.drugabuse.gov/news-events/news-releases/2012/10/new-online-resources-opioid-prescribers-now-available-nidas-website>

HEAVY PRENATAL ALCOHOL USE LINKED TO CHILDHOOD BRAIN DEVELOPMENT PROBLEMS

Heavy drinking during pregnancy disrupts proper brain development in children and adolescents years after they were exposed to alcohol in the womb, according to an NIH-supported study. The study is the first to track children over several years to examine how heavy exposure to alcohol in utero affects brain growth over time. Using magnetic resonance imaging scans, researchers found that brain growth patterns in children whose mothers drank heavily while pregnant differed from normal patterns of development seen in children who were not exposed to alcohol before birth. The findings suggest that children with heavy alcohol exposure have decreased brain plasticity – the brain's ability to grow and remodel itself based on experience with the outside world. Such adaptation continues throughout one's life and is crucial to learning new skills and adapting to the environment.

Press Release: <http://www.niaaa.nih.gov/news-events/news-releases/heavy-prenatal-alcohol-linked-childhood-brain-development-problems>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON NIMH WEBSITE

DIRECTOR'S BLOG: FROM RESEARCH TO PRACTICE

NIMH Director Thomas Insel introduces an innovative approach that one group is taking to speed up the dissemination of research results into clinical practice.

<http://www.nimh.nih.gov/about/director/2012/from-practice-to-research.shtml>

DIRECTOR'S BLOG: A DECADE OF PERSPECTIVE

NIMH Director Dr. Thomas Insel looks back at 10 years as NIMH director and talks about the importance of rigorous science as the source of new, sometimes surprising, knowledge and ultimately, more effective means of prevention and treatment for mental illness. <http://www.nimh.nih.gov/about/director/2012/a-decade-of-perspective.shtml>

VIDEO: A MESSAGE FOR MILITARY VETERANS FROM NIMH'S DR. ROBERT HEINSSSEN

In honor of Veteran's Day, Dr. Robert Heinszen, Director of the NIMH Division of Services and Intervention Research and a Major in the Maryland Army National Guard, shares his own experiences in Afghanistan. In his message to soldiers, he also talks about the adverse impacts of deployment and reintegration as well as how the skills soldiers forge during combat may actually build resilience for their return home.

<http://www.nimh.nih.gov/news/media/video/a-message-for-military-veterans-from-nimhs-dr-robert-heinszen.shtml>

NIH DIRECTOR'S BLOG: THE SYMPHONY INSIDE THE BRAIN

NIH Director Dr. Francis Collins describes what is being learned from research about the connectome. The connectome refers to the interconnected network of neurons in the brain. Like the genome and the microbiome, the effort to map the connectome and decipher the electrical signals that run through it to generate thoughts, feelings, and behaviors has become possible through development of powerful new tools and technologies. <http://directorsblog.nih.gov/the-symphony-inside-your-brain/>

NCCAM FACT SHEET: SAME

A new fact sheet from the NIH National Center of Complementary and Alternative Medicine (NCCAM) on the dietary supplement S-Adenosyl-L-Methionine (SAME) is now available. SAME is a chemical that is found naturally in the body and is sold in the United States as a dietary supplement. This fact sheet provides basic information about SAME, summarizes scientific research on its safety and effectiveness, and provides sources for additional information. Research has hinted that SAME might be helpful for treating (the symptoms of depression, osteoarthritis, and a liver condition that can occur during pregnancy; however, there is no conclusive evidence about whether SAME is useful for these diseases.

<http://nccam.nih.gov/health/supplements/SAME>

NEW FROM SAMHSA

SUPPORTING INFANTS, TODDLERS, AND FAMILIES IMPACTED BY CAREGIVER MENTAL HEALTH PROBLEMS, SUBSTANCE ABUSE, AND TRAUMA: A COMMUNITY ACTION GUIDE

This new guide from the Substance Abuse and Mental Health Services Administration (SAMHSA) presents resources that service providers, advocates, and practitioners can use to better understand and respond to young children whose caregivers are negatively affected by mental disorders, substance abuse, and/or trauma. The guide offers information, resources, and tips useful for engaging the wider community to come together for children and families in need of support. <http://store.samhsa.gov/product/sma12-4726>

TIPS FOR TALKING WITH AND HELPING CHILDREN AND YOUTH COPE AFTER A DISASTER OR TRAUMATIC EVENT: A GUIDE FOR PARENTS, CAREGIVERS, AND TEACHERS

This new fact sheet helps parents and teachers recognize common reactions children of different age groups (from preschool and early childhood to adolescence) experience after a disaster or traumatic event. It offers tips for how to respond in a helpful way and when to seek support.

<http://store.samhsa.gov/product/SMA12-4732>

BLOG: FINDING TREATMENT

This SAMHSA blog post describes treatment locators available on the SAMHSA *Find Treatment* website. The locators have information on about 20,000 facilities and programs around the country.

<http://blog.samhsa.gov/2012/11/09/help-when-you-and-your-friends-need-it/>

BLOG: MEETING VETERAN'S SPECIALIZED SUBSTANCE ABUSE TREATMENT NEEDS

This SAMHSA blog post summarizes a new SAMHSA report about substance abuse treatment needs among Veterans. <http://blog.samhsa.gov/2012/11/10/meeting-veterans-specialized-substance-abuse-treatment-needs-2/>

SIMPLE ACTIVITIES FOR CHILDREN AND ADOLESCENTS

In response to Hurricane Sandy, the National Child Traumatic Stress Network has created *Simple Activities for Children and Adolescents*. These activity sheets offer ideas to parents and caregivers on ways to keep children and adolescents entertained while waiting out a power outage, or help keep youth from getting bored if stuck inside.

http://nctsn.org/sites/default/files/assets/pdfs/activities_for_children_and_adolescents.pdf

CDC FEATURE ARTICLES

The Centers for Disease Control and Prevention (CDC) prepares “feature articles” on various health topics, which include call-to-action messages and images. CDC recently published two new feature articles on treatment for depression and anxiety and research on attention deficit hyperactivity disorder.

TREATMENT WORKS: GET HELP FOR DEPRESSION AND ANXIETY

<http://www.cdc.gov/features/Depression/index.html>

ATTENTION DEFICIT HYPERACTIVITY DISORDER: CURRENT RESEARCH

<http://www.cdc.gov/features/ADHDAwarenessWeek/index.html>

NEW CDC REPORTS

ATTITUDES TOWARD MENTAL ILLNESS: RESULTS FROM THE BEHAVIORAL HEALTH SURVEILLANCE SYSTEM

This report examines individual and state-level predictors of attitudes toward mental illness to highlight subgroups that might benefit from educational programs and services. This study found that most adults (over 80%) in the states surveyed agreed that mental illness treatment is effective, but substantially fewer adults (between 35% and 67%) agreed that people are caring and sympathetic to people with mental illness. Some population subgroups (e.g., black, non-Hispanic adults, Hispanic adults, and those with less than a high school education) were more likely to strongly disagree that treatment is effective. Women, adults with chronic disease (e.g., arthritis, heart disease), and adults who were unemployed or unable to work were more likely to strongly disagree that people are caring and sympathetic to people with mental illness. In general, adults with mental illness symptoms, including those receiving treatment for a mental health problem, were less likely to agree that people are caring and sympathetic to people with mental illness.

http://www.cdc.gov/hrqol/Mental_Health_Reports/mental_health_reports.html

RACE/ETHNICITY AND SELF-REPORTED LEVELS OF DISCRIMINATION AND PSYCHOLOGICAL DISTRESS, CALIFORNIA, 2005

This *Preventing Chronic Disease* article summarizes an analysis of the 2005 California Health Interview Survey describing an adult sample of 27,511 non-Hispanic whites, 8,020 Hispanics, 1,813 non-Hispanic blacks, 3,875 Asians, and 1,660 people of other races/ethnicities. The analysis found that self-reported discrimination may be a key predictor of high levels of psychological distress among racial/ethnic groups in California, and race appears to modify this association. Public health practitioners should consider the adverse effects of racial discrimination on minority health.

http://www.cdc.gov/pcd/issues/2012/12_0042.htm

OFFICE OF ADOLESCENT HEALTH: THE FACTS OF (ADOLESCENT) LIFE

The Department of Health and Human Services (HHS) Office of Adolescent Health has recently updated its state and national summaries that focus on different areas of adolescent health and behavior.

MENTAL HEALTH

Nationally, in 2011, 16 percent of high school students reported that they seriously considered attempting suicide, and 28 percent reported feeling sad or hopeless almost every day for two or more weeks in a row.

<http://www.hhs.gov/ash/oah/adolescent-health-topics/mental-health/states/>

SUBSTANCE ABUSE

Nationally, in 2011, 39 percent of high school students reported drinking alcohol in the 30 days before the survey. Of these, 46 percent of female high school students and 35 percent of male high school students usually obtained that alcohol by someone giving it to them. <http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/states/>

HEALTHY RELATIONSHIPS

According to the High School Youth Risk Behavior Survey, 22 percent of female high school students and 11 percent of male high school students were bullied through e-mail, chat rooms, instant messaging, websites, or texting in 2011. <http://www.hhs.gov/ash/oah/adolescent-health-topics/healthy-relationships/states/>

THE ROLE AND IMPACT OF INTEGRATED CARE IN MENTAL HEALTH

This HHS Office of Minority Health article summarizes results from a cooperative agreement with the Hogg Foundation for Mental Health, which investigated the role and impact of integrated behavioral healthcare to identify culturally and linguistically competent elements, strategies, and practices that could form a basis for a new standard of care. The integrated model holds particular promise for racial and ethnic minorities who have historically carried the greatest burden of disease in a number of health categories – including mental health – but who have limited access to needed behavioral health services.

<http://minorityhealth.hhs.gov/templates/content.aspx?ID=9507&lvl=3&lvlID=331>

REAL WARRIORS: NEW RESOURCES

SUICIDE PREVENTION TRAINING FOR LINE LEADERS

Suicide prevention begins with leadership and requires engagement from all parts of the military community. In many ways, line leaders are in the best position to reduce the stressors that can lead to suicidal behaviors. Supervisors and unit leaders can establish a supportive command atmosphere by fostering a culture of engagement with subordinates and peers that encourages service members to ask for help and seek treatment when needed. This article provides suggestions for line leaders to create supportive environments and to identify those at risk.

<http://www.realwarriors.net/active/leaders/suicideprevention.php>

SUICIDE PREVENTION RESOURCES FOR MILITARY FAMILIES

This article summarizes free resources that are available to aid families of service members in times of crisis.

<http://www.realwarriors.net/family/support/preventsuicide.php>

TOOLS FOR LINE LEADERS MANAGING PERSONNEL IN DISTRESS

During operations in Iraq, Afghanistan, and elsewhere around the globe, warriors at all levels have bravely served the nation in harsh combat environments. It is important for line leaders to understand how deployments to Iraq and Afghanistan affect personnel, as well as how to navigate behavioral obstacles that can hinder an individual's or a unit's performance. This article provides line leaders with suggestions for managing personnel throughout the deployment cycle.

<http://www.realwarriors.net/active/leaders/warriorsindistress.php>

REAL WARRIORS, REAL ADVICE: PODCAST: DO SOMETHING MEANINGFUL THIS VETERANS DAY

This podcast encourages support of America's Veterans and their families when facing post-military challenges, including psychological health concerns. <http://www.realwarriors.net/podcasts>

DCOE BLOG: TEN TIPS TO BOOST RESILIENCE IN SERVICE MEMBERS

Resilience is the ability to withstand, recover, and grow in the face of stressors and changing demands. It's a skill that can be learned and sharpened with practice. Building flexible strength is a hallmark of resilience and necessary for recovering peak performance after stressful events. Service members face unique stressors, which, without the flexibility to recover and adjust, may challenge their fitness for duty and ability to manage home and family life post-deployment. This blog post provides 10 tips shared by experts at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCOE) that if practiced may help service members better adapt and manage stressful situations.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=423>

EVENTS

VA RESOURCES FOR INTIMATE PARTNER VIOLENCE

NOVEMBER 27, 2012, 11:00AM-12:00PM ET

This Department of Veterans Affairs (VA) Health Services Research and Dissemination (HSR&D) webinar will give an overview of intimate partner violence (IPV) with an emphasis on the Veterans population. Evidence from recent studies will be incorporated into a discussion of clinical practice, particularly primary care, about IPV. <https://www3.gotomeeting.com/register/927046246>

WEBINAR: COMPARATIVE EFFECTIVENESS OF COLLABORATIVE CHRONIC CARE MODELS FOR MENTAL HEALTH CONDITIONS ACROSS PRIMARY, SPECIALTY, AND BEHAVIORAL HEALTH CARE SETTINGS: SYSTEMATIC REVIEW AND META-ANALYSIS

NOVEMBER 29, 2012, 12:00-1:00PM ET

Collaborative Chronic Care Models consolidated in the Improving Chronic Illness Care framework have clear effectiveness in improving outcomes in chronic medical illnesses and depression treated in primary care. This VA HRS&D webinar will explore how robust these effects are across other mental health conditions and treatment settings. <https://www3.gotomeeting.com/register/887296166>

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>

CALLS FOR PUBLIC INPUT

OJJDP SEEKS QUALIFIED PEER REVIEWERS

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) invites practitioners with expertise in juvenile mentoring programs, youth-focused policing, and the implementation and evaluation of tribal youth initiatives to apply to serve as peer reviewers for its fiscal year 2013 discretionary grant applications. Applications accepted through November 30, 2012. <http://www.ojjdp.gov/enews/12juvjust/121108.html>

SUBMISSIONS WANTED FOR GRAMMY FOUNDATION® AND MUSICARES® TEENS! MAKE MUSIC CONTEST

NIDA encourages young musicians 14 to 18 years old to participate in the 3rd annual GRAMMY Foundation® and MusiCares®Teens! Make Music Contest, now being coordinated by The Partnership at Drugfree.org. Winners will be announced during National Drug Facts Week. This contest provides a great opportunity for teens to share their thoughts about healthy choices and the dangers of drug abuse through original music and/or music videos. Winners win cash and a backstage experience at the GRAMMY Awards rehearsal in Los Angeles. Submissions must be postmarked by December 3, 2012.

<http://www.drugfree.org/give-get-involved/events/teens-make-music-contest>

“WHAT’S YOUR CONNECTION” INITIATIVE

Disability.gov has launched the "What's Your Connection?" initiative to celebrate the website's 10th anniversary. As most people either know someone who has a disability or have a disability themselves, this initiative aims to promote inclusion and highlight disability as a natural part of life. People are asked to submit a captioned photograph or video that answers the question, "What's your connection with disability?" Submission deadline is July 31, 2013.

https://www.disability.gov/home/newsroom/what%27s_your_connection

FUNDING INFORMATION

NIDA: WOMEN AND SEX/GENDER DIFFERENCES PROGRAM APPLICATIONS TO ATTEND COLLEGE OF PROBLEMS ON DRUG DEPENDENCE

The NIDA Women and Sex/Gender Differences Program is soliciting applications for up to 30 travel awards to attend the 75th Annual Scientific Meeting of the College of Problems on Drug Dependence (CPDD) being held June 15-20, 2013 in San Diego, California. An applicant's CPDD abstract on women or sex/gender differences must be accepted for presentation by CPDD for an oral session, a poster session, or a symposium. The preferred candidate for this award is a researcher who demonstrates commitment to research on women and sex/gender differences in any area of drug abuse, both human and animal. Applicants must fall into one of the following categories: graduate and/or medical student, post-doctoral student, medical resident, and investigator with no more than five years past the doctoral degree or residency. In addition, an applicant must be first author on their CPDD oral or poster abstract.

Application procedures:

First, follow the CPDD abstract submission instructions (<http://www.cpdd.vcu.edu/>). Next, submit travel award application materials to Dr. Samia Noursi at snoursi@nida.nih.gov in the following format and with the required attachments:

- E-mail subject line: 2013 NIDA Women & Sex/Gender Junior Investigator Travel Award Application
- Attach a copy of the abstract submitted to CPDD, including title and authors. Or, if applicable, attach the accepted symposium submission.
- Attach curriculum vitae. List all NIH grant support if applicable.
- Attach a cover letter stating applicant's (1) eligibility, (2) interest in continuing to pursue research on women or sex/gender differences, and (3) career goals. Please include mailing address, telephone number, and e-mail address in the cover letter.

Deadline for applications is December 3, 2012. For questions about this award, please contact Dr. Samia Noursi, snoursi@mail.nih.gov; 301-594-5622.

PRESCRIPTION DRUG ABUSE

<http://grants.nih.gov/grants/guide/pa-files/PA-13-015.html> (R01)

<http://grants.nih.gov/grants/guide/pa-files/PA-13-016.html> (R21)

AHRQ CONFERENCE GRANT PROGRAM

<http://grants.nih.gov/grants/guide/pa-files/PA-13-017.html>



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.