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# UPDATE

November 1, 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*

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## SCIENCE AND SERVICE NEWS UPDATES

### HHS, PRIVATE FOUNDATIONS JOIN FORCES TO ADDRESS FAMILY HOMELESSNESS

The U.S. Department of Health and Human Services (HHS) Administration for Children and Families (ACF) is teaming up with four national foundations to fund a \$25 million grant to five organizations nationwide. This grant will fund a supportive housing project designed to address homelessness and keep families together. ACF will provide \$1 million per year to each of the five grantees for five years to demonstrate the effectiveness and potential cost-savings of projects incorporating stable housing and comprehensive services that focus on safety, positive family functioning, and child well-being.

**Press Release:** <http://www.acf.hhs.gov/press/hhs-private-foundations-join-forces-to-address-family-homelessness>

### SPECIAL JOURNAL EDITION FOCUSES ON SUBSTANCE ABUSE ISSUES IMPACTING AMERICAN INDIANS/ALASKA NATIVES

*The American Journal of Drug and Alcohol Abuse* recently published a special edition devoted to research in American Indian/Alaska Native (AI/AN) communities funded by the National Institutes of Health (NIH). The driving force behind this collection of 24 articles was a 2010 conference that brought together experts and stakeholders from across academic institutions, communities, and government to discuss research findings and research opportunities in AI/AN substance abuse research. The conference was hosted by the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), in collaboration with the NIH Office of Behavioral and Social Sciences Research and the National Cancer Institute.

**Press Release:** <http://www.drugabuse.gov/news-events/news-releases/2012/10/special-journal-edition-focuses-substance-abuse-issues-impacting-american-indiansalaska-nat>

### GOOD BEHAVIOR GAME WINS 2012 MENTOR INTERNATIONAL BEST PRACTICE IN PREVENTION AWARD

The American Institutes for Research in Washington, DC, is the 2012 Mentor International Best Practice in Prevention Award winner for the Good Behavior Game, an evidence-based substance abuse prevention program funded by NIDA and the National Institute of Mental Health (NIMH). The Good Behavior Game is a 1st – 2nd grade classroom activity designed to teach children about appropriate behaviors. When interviewed about 15 years later, participants were less likely to report a drug or alcohol use disorder, smoking, suicidal attempts or thoughts, or an antisocial personality disorder (compared to students who hadn't played the game). Males whose first-grade teachers identified them as aggressive and disruptive benefited the most.

**Press Release:** <http://www.drugabuse.gov/news-events/news-releases/2012/10/good-behavior-game-wins-2012-mentor-international-best-practice-in-prevention-award>

## NEW RESEARCH STRESSES POTENTIAL HEALTH DANGERS OF “BATH SALTS”

NIDA research published in a recent issue of *Neuropsychopharmacology* shows that MDPV (3,4-methylenedioxypyrovalerone), a synthetic chemical commonly found in the drugs referred to as “bath salts,” is potentially more dangerous than cocaine based on testing in rodents. In this study, MDPV prolonged the effects of two neurotransmitters, dopamine and norepinephrine, and produced hyperactivity, rapid heart rate, and increased blood pressure.

**Press Release:** <http://www.drugabuse.gov/news-events/news-releases/2012/10/new-research-stresses-potential-health-dangers-bath-salts>

## RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

### NEW ON NIMH WEBSITE

#### MEETING SUMMARY: RESEARCH TO IMPROVE HEALTH AND LONGEVITY OF PEOPLE WITH SEVERE MENTAL ILLNESS

On September 10-11, 2012, NIMH convened the meeting, “Research to Improve Health and Longevity of People with Severe Mental Illness.” The purpose of the meeting was to assess the state of the science in preventing and treating medical conditions in people with severe mental illness (SMI) and identify the most critically needed research to reduce early death in this vulnerable group. The 11.4 million people in the U.S. with SMI carry a heavy disease burden, in addition to having a mental illness. They die 11-32 years earlier than their life expectancy from largely preventable comorbid medical conditions—e.g., heart disease, diabetes, cancer, pulmonary disease, and stroke—which occur more frequently and have earlier onset in this population. Low rates of prevention, detection, and treatment further add to these health disparities. While effective approaches to these common conditions and their health risk factors exist for the general population, evidence is needed on how to bring these effective strategies to people with SMI. NIMH brought together leading researchers on medical comorbidities in people with SMI and on prevention and treatment within the general population for diabetes, heart disease, tobacco use, and drug abuse. They were joined by policy leaders pioneering innovations in their states to address comorbid medical conditions in people with SMI; advocates for people with SMI; community mental health center leaders; representatives from other NIH institutes, including the National Heart, Lung and Blood Institute, the National Cancer Institute, and NIDA; and, representatives from key federal agencies, including the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Agency for Healthcare Research and Quality.

<http://www.nimh.nih.gov/research-funding/scientific-meetings/2012/research-to-improve-health-and-longevity-of-people-with-severe-mental-illness.shtml>

## CELEBRATION OF SCIENCE AT NIH: VIDEO HIGHLIGHTS

On September 8, 2012, NIH hosted a day of compelling presentations and "live remotes" as part of a 3-day "Celebration of Science," in collaboration with FasterCures, the Milken Institute's Center for Accelerating Medical Solutions. The NIH Day featured scientists, patients, and caregivers speaking on topics such as HIV/AIDS, precision medicine, protein folding, neuroscience, and rehabilitation medicine. There also were discussions with policymakers and industry leaders on the health and economic benefits of biomedical research. Attendees included HHS leadership, NIH leadership, current and former elected officials, heads of government agencies, major philanthropists, leaders of academic research centers, patient advocacy groups, distinguished scientists, industry CEOs, and the media.

[http://www.nih.gov/about/director/09272012\\_celebrationofscience.htm](http://www.nih.gov/about/director/09272012_celebrationofscience.htm)

## NCCAM: ST. JOHN'S WORT AND DEPRESSION

National Center for Complementary and Alternative Medicine Director Josephine Briggs discusses the evidence of using St. John's Wort to treat depression.

<http://www.nccam.nih.gov/about/offices/od/2012-10>

## NEW FROM SAMHSA

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UPDATED NATIONAL DIRECTORY OF DRUG AND ALCOHOL ABUSE TREATMENT PROGRAMS IS NOW AVAILABLE

A new, updated guide to finding local substance abuse treatment programs is now available from SAMHSA. *The National Directory of Drug and Alcohol Abuse Treatment Programs 2012* provides information on thousands of alcohol and drug treatment programs located in all 50 states, the District of Columbia, Puerto Rico, and four U.S. territories. <http://www.samhsa.gov/newsroom/advisories/1210281057.aspx>

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GROUP THERAPY INSERVICE TRAINING

This new resource offers a seven-module training guide to assist program staff in understanding and implementing evidence-based practices on the use of group therapy in substance abuse treatment. It includes trainers' notes, talking points, and slides. <http://store.samhsa.gov/product/SMA11-4664>

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DATA-BASED PLANNING FOR EFFECTIVE PREVENTION: STATE EPIDEMIOLOGICAL OUTCOMES WORKGROUPS

This report presents the key principles and core expectations of the State Epidemiological Outcomes Workgroups, designed to use data to inform and enhance state and community decisions regarding programs to prevent mental and substance use disorders. <http://store.samhsa.gov/product/Data-Based-Planning-for-Effective-Prevention/All-New-Products/SMA12-4724>

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CARING FOR KIDS: WHAT PARENTS NEED TO KNOW ABOUT SEXUAL ABUSE (NOW AVAILABLE IN SPANISH)

This consumer-focused resource kit containing information and fact sheets for parents, caregivers, and adolescents is now available in Spanish. The kit provides parents and caregivers with tools to help them support children who have been victims of sexual abuse, information on the importance of talking to children and youth about body safety, and guidance on how to respond when children disclose sexual abuse. Also included is advice on how to cope with the shock of intrafamilial abuse and with the emotional impact of legal involvement in sexual abuse cases. <http://www.nctsn.org/trauma-types/sexual-abuse>

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SAMHSA BLOG: EARLY BULLYING PREVENTION

This blog post provides suggestions to prevent bullying among young children. To gain and maintain friends and avoid becoming involved in bullying, young children need to learn a variety of social skills. They must learn how to analyze and resolve social problems, understand and respond caringly to what others think and feel, and stand up for themselves in a fair and respectful way, without attacking others.

<http://blog.samhsa.gov/2012/10/23/early-bullying-prevention/>

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SAMHSA BLOG: ADDRESSING CYBERBULLYING

This blog post provides suggestions for parents to address online bullying.

<http://blog.samhsa.gov/2012/10/15/addressing-cyberbullying/>

## RESOURCES FROM REAL WARRIORS CAMPAIGN

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FIVE MOBILE APPS FOR TOTAL FORCE FITNESS

Staying fit requires a comprehensive approach that integrates the mind, body, and spirit. Using the free mobile apps highlighted in this Real Warriors article can help one sustain optimal well-being and performance, also known as “Total Force Fitness,” even under difficult conditions.

<http://www.realwarriors.net/active/treatment/fitnessapps.php>

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NEW VETERANS BROCHURE

The campaign recently launched a new Veterans brochure that highlights the campaign’s tools and resources to help Veterans manage common challenges experienced in post-military life, such as transition to a civilian career, understanding Veterans’ health benefits, and coping with psychological health concerns.

<http://www.realwarriors.net/materials>

## DCOE BLOG POSTS

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### THE REALITY OF DEPRESSION

Dr. James Bender, a former Army psychologist who deployed to Iraq as the brigade psychologist, provides an overview of the symptoms of depression in this Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=421>

### GET HELP: YOU OWE IT TO YOURSELF AND YOUR LOVED ONES

Maj. Gen. John W. Libby, Maine National Guard adjutant, discusses his personal experience with post-traumatic stress disorder and encourages military personnel experiencing symptoms to seek treatment. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=125>

### HOW TO TALK TO YOUR CHILDREN AFTER DEPLOYMENT

A child psychologist at the DCoE National Center for Telehealth and Technology (T2) provides suggestions for talking with children after deployment. Children often say the time after their parent returns home is the toughest part of a deployment for them. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=419>

## NEW DCOE RESOURCES

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### CLINICAL TRAINING MANUALS

DCoE recently released clinical training manuals for three DCoE toolkits: *Major Depressive Disorder (MDD) Toolkit*, *Substance Use Disorder (SUD) Toolkit*, and *Co-occurring Conditions Toolkit: Mild Traumatic Brain Injury and Psychological Health*. While the toolkits were developed to help providers diagnose patients, they were not created to offer an exclusive course of management, or replace clinical judgment or specialty consultation. DCoE developed the complementary manuals for instructors training providers in how to use the toolkits most effectively for clinical decision-making. The enhanced instruction includes adult learning principles, tools to encourage learner participation, interchangeable modules to reflect participants' needs, and evidence-based tools to assess the impact of instruction on learner knowledge and behavior. <http://www.dcoe.health.mil/NewsArticle.aspx?id=3814>

### PROGRAM EVALUATION GUIDE

DCoE recently developed a *Program Evaluation Guide*, a step-by-step manual for program leaders to prepare and conduct program evaluations. The guide provides means to implement changes to a program and improve outcomes, or refine stated goals. This tool will aid program managers in meeting the challenge of demonstrating results that are statistically and clinically significant for service members and their families. <http://www.dcoe.health.mil/NewsArticle.aspx?id=3799>

**EVENTS****WEBINAR: MANAGEMENT OF CHRONIC PAIN IN PATIENTS WITH COMORBID SUBSTANCE USE DISORDERS**NOVEMBER 6, 2012 11:00AM-12:00 PM ET

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This webinar sponsored by the U.S. Department of Veterans Affairs (VA) Health Services Research and Development Service (HSR&D) will summarize data from recent empirical studies that have examined care management among chronic pain patients with comorbid substance use disorders (SUD) and the results from a randomized trial examining the impact of SUD on chronic pain treatment outcomes in primary care settings. The aims of this presentation are to highlight contemporary clinical issues of chronic pain management among patients with comorbid SUD and to provide direction for clinical practice.

<https://www3.gotomeeting.com/register/909712390>

**WEBINAR: USING HEALTHY PEOPLE TO ACHIEVE YOUR GOALS: IMPLEMENTATION, ACTION, AND NEW TOOLS**NOVEMBER 7, 2012 12:00-1:30 PM ET

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This Healthy People 2020 Spotlight on Health webinar will review activities underway to implement *Healthy People 2020 and the Leading Health Indicators*. This presentation will highlight ways that *Healthy People 2020* can be used, identify proven strategies and lessons learned, provide action steps for stakeholder groups, and showcase examples of stakeholders' implementation efforts.

<http://www.healthypeople.gov/2020/connect/webinars.aspx>

**SATELLITE/INTERNET BROADCAST: LGBTI POPULATIONS AND CORRECTIONS**NOVEMBER 7, 2012 12:00-3:00 PM ET

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This National Institute of Corrections broadcast is meant to inform and increase awareness of strategies for developing policies and procedures for lesbian, gay, bisexual, transgender, and intersex (LGBTI) populations in correctional facilities. The broadcast will highlight promising practices by providing resources and examples of agencies that are responding to the needs of the LGBTI population in their setting. Presenters will define a framework for developing strategies for ensuring the safety, dignity, and respect of LGBTI individuals in corrections settings; identify typical concerns and challenges that arise as agencies address the needs and requirements of LGBTI offenders in corrections settings; identify operational practices that can increase effectiveness of working with LGBTI offenders; and review and discuss effective policy and program development strategies that address LGBTI populations in corrections.

<http://nicic.gov/Training/SIB20121107>

## **NCCAM TWITTER CHAT: DEPRESSION**

NOVEMBER 9, 2012, 1:00-2:00PM ET

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NCCAM will host a Twitter chat about depression. Experts from NCCAM and NIMH will be available to answer questions about the use and safety of complementary health approaches for depression, as well as about depression and its treatment in general. <http://nccam.nih.gov/news/events/twitterchat>

## **OBSERVANCE: VETERANS DAY**

NOVEMBER 12, 2012

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November presents a time to honor those who have bravely served the nation, and a key way to honor a Veteran is to show support for their psychological health. The DCoE Real Warriors Campaign offers resources to help Veterans manage common challenges experienced in post-military life, such as transitioning to a civilian career, understanding Veterans' health benefits, and coping with psychological health concerns. The Real Warriors Campaign website provides resources to help service members, Veterans, and family members coping with psychological health concerns reach out for care or support. The website features campaign public service announcements and profiles of Real Warriors who reached out for psychological health care or support with successful outcomes, including learning coping skills, maintaining their security clearance, and continuing to succeed in their military or civilian careers.

<http://www.realwarriors.net>

E-Cards: <http://www.realwarriors.net/ecard/veterans-day>

## **WEBINAR: MANAGEMENT TBI REHAB/CO OCCURRING MENTAL HEALTH ISSUES: POSTTRAUMATIC STRESS DISORDER, SUICIDE, DEPRESSION, SUBSTANCE USE DISORDERS, AND PAIN DISORDERS**

NOVEMBER 13, 2012, 2:00-3:00PM ET

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This VA HSRD webinar will provide an overview of common co-occurring disorders that present rehabilitation challenges for individuals with traumatic brain injury (TBI). Background information, and evidence-based assessment and treatment strategies will be provided for posttraumatic stress disorder (PTSD), suicide, depression, substance use disorders, and pain disorders. The "Traumatic Brain Injury, Pain, and Substance Use Disorders" portion will focus on the comorbidities of pain and substance use disorders, in the TBI population. Implications of these co-occurring disorders for rehabilitation professionals will be discussed. The "PTSD and TBI" segment will cover: a) the epidemiology of co-morbid PTSD and TBI in military service members and Veterans, and b) an overview of issues relevant to clinical management of the co-morbidity, including assessment and treatment. <https://www3.gotomeeting.com/register/916185326>

## **CLINICAL USE OF MOBILE APPS IN BEHAVIORAL HEALTH TREATMENT**

NOVEMBER 15, 2012, 1:00-2:30 PM ET

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Save the date for this DCoE webinar on the use of mobile apps in behavioral health treatment.

<http://www.dcoe.health.mil/Training/MonthlyWebinars.aspx>

## **VA RESOURCES FOR INTIMATE PARTNER VIOLENCE**

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

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Save the date for this VA HSR&D webinar about intimate partner violence.

<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

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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

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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

### **REQUEST FOR INFORMATION (RFI): PEDIATRIC SUICIDE PREVENTION IN EMERGENCY MEDICINE SETTINGS**

NIMH, NIDA, and NIAAA are seeking input on strategies to enhance suicide prevention efforts targeted at children and adolescents within emergency medicine department (ED) settings, where many individuals at high risk for suicide are seen. Advice on identifying the most important research questions related to mental health, alcohol- and other substance-use disorders is sought from a wide variety of stakeholders. These include: emergency medicine and clinical research communities, mental health and substance abuse professionals; suicide prevention and patient advocates; individuals who have survived a suicide attempt; family members who have experience with emergency or other care for suicidal youth; private and public mental health and substance abuse service systems and providers; the pharmaceutical and biotechnology industry; and other interested groups or individuals. Responses will be accepted through November 9, 2012. <http://grants.nih.gov/grants/guide/notice-files/NOT-MH-12-035.html>

### **RFI: ENHANCING COMMUNITY-ENGAGED RESEARCH THROUGH THE CLINICAL AND TRANSLATIONAL SCIENCE AWARDS PROGRAM**

The National Center for Advancing Translational Sciences, part of NIH, seeks comments from all key stakeholders in the scientific and public health communities on the development of a research agenda utilizing the community engagement infrastructure developed through the Clinical and Translational Science Awards program to achieve its broad clinical and translational goals. Key stakeholders include all investigators involved in bringing basic science through the translational pipeline to improve health in the community; those public and private partners who fund such research and services; and others including clinicians, patients, and community leaders seeking better diagnostic tools, treatments, prevention interventions, and cures. Responses to this RFI will be accepted through November 15, 2012. <http://grants.nih.gov/grants/guide/notice-files/NOT-TR-13-001.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>

## CLINICAL TRIAL PARTICIPATION NEWS

### NATIONWIDE RECRUITMENT: DEPRESSION ADULT RESEARCH STUDY

#### RAPID ANTIDEPRESSANT EFFECTS OF KETAMINE

Individuals who have been diagnosed with major depression may be able to participate in a trial designed to understand the causes of depression and rapid antidepressant response. Specifically, NIMH is testing whether ketamine, a drug that affects glutamate in the brain, will improve symptoms of depression within a matter of hours.

Individuals who are 18-65 years of age and have been diagnosed with major depression (unipolar) and previously failed to respond to treatment may be eligible for an inpatient study designed to bring about a rapid antidepressant effect.

After completion of the study the participant is transitioned back to a clinician in the community. All research participation is without cost and NIMH will cover all transportation costs from anywhere in the United States. Compensation is provided for study procedures.

For more information, please call 1-877-MIND-NIH (1-877-646-3644) or email [moodresearch@mail.nih.gov](mailto:moodresearch@mail.nih.gov).

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>.

### NATIONAL MILITARY FAMILY BEREAVEMENT STUDY SEEKS PARTICIPANTS

The National Military Family Bereavement Study, conducted by the Uniformed Services University of the Health Sciences (USUHS), is seeking family members of those who have died while on active duty to participate in the first large scientific study of the impact of a U.S. service member death on surviving family members. <http://www.militarysurvivorstudy.org/>

## FUNDING INFORMATION

OFFICE ON WOMEN'S HEALTH: SAFETY AND HEALTH FOR OLDER WOMEN

[http://www.womenshealth.gov/about-us/funding-opportunities/Safety\\_Health\\_Older\\_Women\\_2013.pdf](http://www.womenshealth.gov/about-us/funding-opportunities/Safety_Health_Older_Women_2013.pdf)

## NOTICE: ELECTRONIC SUBMISSIONS REQUIRED FOR SAMHSA GRANT APPLICATIONS

Beginning in fiscal year 2013, SAMHSA discretionary grant applications, including new and continuation, must be submitted electronically through Grants.gov. SAMHSA will not accept paper applications except when a waiver of this requirement is approved by SAMHSA. SAMHSA strongly encourages any organization intending to apply to a SAMHSA program to follow the Grants.gov Organization Registration Checklist and to register now. Information on the advance registration necessary to submit applications may be found on Grants.gov. [http://www.grants.gov/assets/organizationregcheck\\_092112.pdf](http://www.grants.gov/assets/organizationregcheck_092112.pdf)



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.