



UPDATE

June 1, 2014

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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*

OLDER MEDICATION JUST AS EFFECTIVE AS NEWER MEDICATION FOR PATIENTS WITH SCHIZOPHRENIA

When it comes to antipsychotic medications, newer may not always be better. A recent study, published in the *Journal of the American Medical Association* by National Institute of Mental Health (NIMH)-funded researchers, found that the second-generation drug, paliperidone palmitate was no more effective than the older drug, haloperidol decanoate in treating adult patients with schizophrenia or schizoaffective disorder. Further, patients on paliperidone gained weight and had increases in the reproductive hormone prolactin, while those on haloperidol did not.

Science Update: <http://www.nimh.nih.gov/news/science-news/2014/older-medication-just-as-effective-as-newer-medication-for-patients-with-schizophrenia.shtml>

GENES IMPACT SUSPECT CORTEX AREAS MORE AS YOUTH MATURE; HERITABILITY MAPS MAY HOLD CLUES TO DELAYED ONSET OF MENTAL DISORDERS

The thickness of later evolving and maturing areas of the brain's outer mantle, or cortex, shows increasing genetic influence as the brain develops in childhood and adolescence, NIMH researchers have discovered. "The heritability of cortex thickness increases gradually throughout late childhood and adolescence, with three more uniquely human areas, including circuitry supporting language and thinking, emerging as the most genetically influenced," explained NIMH scientist Jay Giedd, M.D. "These same increasingly heritable brain areas are also most implicated in mental illnesses, which typically emerge in late adolescence. So the findings may provide insights into the workings of gene-by-environment-by-age interactions that underlie the perplexing delayed onset of these disorders." Magnetic resonance imaging (MRI) scans revealed the ebb and flow of heritability and genetic variability of cortex thickness in children and teens as they grew up in the largest study of its kind.

Press release and video: <http://www.nimh.nih.gov/news/science-news/2014/genes-impact-suspect-cortex-areas-more-as-youth-mature.shtml>

EMERGENCY DEPARTMENTS SEE INCREASED VISITS INVOLVING THE NONMEDICAL USE OF SEDATIVE ALPRAZOLAM

The number of emergency department visits involving non-medical use of the sedative alprazolam doubled from 57,419 to 124,902 during the years 2005 to 2010, and then remained stable at 123,744 in 2011, according to a new report issued by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Press Release: <http://www.samhsa.gov/newsroom/advisories/1405212723.aspx>

NEW ON THE NIMH WEBSITE

DIRECTOR'S BLOG: PARADOX OF PARITY

Recent changes in health care law are prompting consideration of how to ensure that treatments provided are evidence-based; NIMH Director Thomas Insel talks about the implications for mental health care.

<http://www.nimh.nih.gov/about/director/2014/the-paradox-of-parity.shtml>

INSIDE NIMH: SPRING 2014 ISSUE

Inside NIMH is published in conjunction with each meeting of the National Advisory Mental Health Council, and provides the latest on NIMH science, funding, and mental health research.

<http://www.nimh.nih.gov/research-priorities/inside-nimh/2014-spring-inside-nimh.shtml>

ARCHIVED LECTURE: WHAT GOES ON IN THE ADOLESCENT BRAIN?

In recognition of National Children's Mental Health Awareness Day, FASTERCURES hosted a discussion on the developing adolescent brain with NIMH scientist Dr. Jay Giedd. A videotape of the event has been archived on the NIMH child and adolescent mental health web page.

<http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

ARCHIVED TWITTER CHAT TRANSCRIPT: CHAT ON POSTPARTUM DEPRESSION

The transcript of the NIMH and Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) Twitter chat on postpartum depression is now available.

<http://www.nimh.nih.gov/health/twitter-chats/index.shtml>

NIH: NATIONAL LONGITUDINAL STUDY OF THE NEURODEVELOPMENTAL CONSEQUENCES OF SUBSTANCE USE

This blog post by the directors of the National Institute on Drug Abuse (NIDA), National Institute on Alcohol Abuse and Alcoholism, National Cancer Institute's Division of Cancer Control and Population Sciences, and NICHD, describes plans for developing a large longitudinal study on the consequences of marijuana, alcohol, tobacco, and other drugs. The directors envision that this National Longitudinal Study of Neurodevelopmental Consequences of Substance Use will require tracking a large cohort of young people (approximately 10,000 individuals) for a decade, beginning in late childhood, and collecting mental health, genetic, and behavioral data on substance use, school achievement, IQ, and cognition, and crucially, using brain imaging. Among its many goals, the study should illuminate interactions between substances, identify neurodevelopmental pathways that link drug abuse with mental illnesses, and disentangle the effects of individual substances as well as characterize their combined effects. <http://www.drugabuse.gov/about-nida/noras-blog/2014/05/national-longitudinal-study-neurodevelopmental-consequences-substance-use>

MEDLINEPLUS MAGAZINE FEATURE: UNDERSTANDING ADHD

This issue of National Library of Medicine's magazine for the public features articles about the causes, symptoms, and treatment of attention deficit hyperactivity disorder (ADHD).

<http://www.nlm.nih.gov/medlineplus/magazine/issues/spring14/toc.html>

ARCHIVED LECTURE: USES AND MISUSES OF CLINICAL GENETIC TESTING IN PSYCHIATRY

As genetic findings in mental illness accumulate, there is increasing interest in the potential use of genetic testing in clinical psychiatry. Good genetic tests could help with diagnosis, identification of high-risk individuals who might benefit from primary prevention, and treatment planning; however, the current knowledge base is still incomplete. While certain genetic tests might be clinically useful in particular situations - such as first-onset psychosis in an adolescent with intellectual disabilities - it is not clear that genetic tests with true clinical utility will be available to psychiatrists in the near future. Francis McMahon, M.D., Chief of the Human Genetics Branch and Genetic Basis of Mood and Anxiety Disorders Section at the NIMH Division of Intramural Research Programs will provide an overview of the current state of knowledge regarding genetic testing in clinical psychiatry and will review recommendations of a recent taskforce report on the subject. <http://www.genome.gov/27556434>

NIDA SCIENCE SPOTLIGHT: THE LINK BETWEEN EARLY STRESS AND DRUG ABUSE MAY INVOLVE CATECHOLAMINES AND DELAY DISCOUNTING

Life stress is a predictor of risky behaviors such as drug abuse and a growing body of research suggests that the link may involve elevated activity of the sympathetic nervous system (SNS). A study by researchers at the University of Georgia and Northwestern University found elevated levels of catecholamines (the stress hormones epinephrine and norepinephrine), indicators of SNS activity, in rural African American young adults who, when they were pre-adolescents, had had family-stress risk factors, specifically parental psychological dysfunction and non-supportive parenting. Youth participation in a prevention intervention (the Strong African American Families program) moderated this effect of earlier life stress on catecholamines. <http://www.drugabuse.gov/news-events/latest-science/link-between-early-stress-drug-abuse-may-involve-catecholamines-delay-discounting>

CDC SCHOOL HEALTH POLICIES AND PRACTICES STUDY PRODUCTS RELEASED

The Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health released 24 fact sheets reporting results from the *2012 School Health Policies and Practices Study*, including one on suicide prevention, and one on mental health and social services. <http://www.cdc.gov/shpps>

NEW FROM SAMHSA

SUICIDE AMONG COLLEGE AND UNIVERSITY STUDENTS IN THE UNITED STATES

SAMHSA's Suicide Prevention Resource Center has released a new information sheet summarizing the data available on suicidal thoughts, attempts, and deaths among college and university students, and describing risk and protective factors that are common in this population.

<http://www.sprc.org/sites/sprc.org/files/library/SuicideAmongCollegeStudentsInUS.pdf>

SAMHSA BLOG: INCREASING COMMUNITY CAPACITY TO RESPOND TO MENTAL HEALTH CRISES

Paolo del Vecchio, M.S.W., Director of SAMHSA's Center for Mental Health Services, discusses the importance of building a comprehensive continuum of crisis prevention and response services in order to best respond to behavioral health crises. <http://blog.samhsa.gov/2014/05/22/increasing-community-capacity-to-respond-to-mental-health-crisis/>

SAMHSA BLOG: POWER OF PREVENTION

This SAMHSA blog post highlights SAMHSA activities to prevent behavioral health problems.

<http://blog.samhsa.gov/2014/05/28/the-power-of-prevention/>

SAMHSA BLOG: GUIDED BY THE EVIDENCE

This SAMHSA blog post describes SAMHSA efforts to develop evidence-based practices for effective behavioral health treatment and services. <http://blog.samhsa.gov/2014/05/20/guided-by-the-evidence/>

SAMHSA BLOG: THE VALUE OF PEER AND FAMILY SUPPORT

This SAMHSA blog post summarizes research that demonstrates the effectiveness of peer support.

<http://blog.samhsa.gov/2014/05/26/the-value-of-peer-and-family-support/>

SAMHSA BLOG POST: SUICIDE PREVENTION: WHAT'S YOUR ROLE?

This SAMHSA blog post describes activities of the "echo sites" being coordinated by SAMHSA's Region V Office as a way to support communities across the country with their suicide prevention efforts. An echo site is a community-organized gathering that stimulates dialogue, collaboration, and action.

<http://blog.samhsa.gov/2014/05/29/suicide-prevention-whats-your-role/>

NEW ON STOPBULLYING.GOV

NEW LABEL VIDEOS AND ANIMATED GIF BRING THE WORDS OF TEENS TO LIFE

StopBullying.gov launched two new videos and an animated GIF that address the issue of labels and how words can do harm. This project is a result of regular engagement and collaboration with one of the main audiences for StopBullying.gov, teens. <http://www.stopbullying.gov/blog/2014/05/20/new-label-videos-and-animated-gif-bring-words-teens-life>

UPDATED POLICIES AND LAWS ON STOPBULLYING.GOV

State and local lawmakers have taken action to prevent bullying and protect children. Through laws in their state education codes and elsewhere, and model policies that provide guidance to districts and schools, each state addresses bullying differently. StopBullying.gov recently updated its website to include the latest law/policy information, effective as of March, 2014. <http://www.stopbullying.gov/laws/index.html>

ADDITIONAL FEDERAL GUIDANCE COULD HELP STATES BETTER PLAN FOR OVERSIGHT OF PSYCHOTROPIC MEDICATIONS ADMINISTERED BY MANAGED CARE ORGANIZATIONS

Two experts contracted by the General Accountability Office reviewed foster care and medical records for 24 cases in five selected states and found varying quality in the documentation supporting the use of psychotropic medications for children in foster care. Experts examined documentation related to several categories such as screening, assessment, and treatment planning as well as medication monitoring. <http://www.gao.gov/products/GAO-14-362>

NEW REPORT HELPS EMERGENCY PLANNERS COMMUNICATE MORE EFFECTIVELY WITH PEOPLE WITH DISABILITIES

A new report by the National Council on Disability (NCD) describes effective communication practices with people with disabilities before, during, and after emergencies. This report identifies barriers, facilitators, and successful practices to providing effective emergency-related communications. Based on the findings of the report, NCD has put forth a series of recommendations for policy makers, Federal partners, and emergency managers. <http://www.ncd.gov/publications/2014/05272014/>

REAL WARRIORS: UNDERSTANDING DEPLOYMENT HEALTH ASSESSMENTS

To improve the overall health fitness of the U.S. military, the Defense Department launched a three-step health assessment for personnel deploying around the world. Taken both before and after deployment, the assessment helps service members better understand their physical and psychological health through all deployment phases. This article will help answer questions about the deployment health assessment process. <http://www.realwarriors.net/active/deployment/healthassessments.php>

NEW MOBILE APP OFFERS A LIFT UP FOR YOUR DOWN DAYS

This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post describes the new mobile app, Virtual Hope Box, developed by the National Center for Telehealth and Technology (T2). It's based on a physical hope box some clinicians use with their patients — a collection of things they find soothing, reminders of good times and their achievements, and items that help them feel worthwhile or give them hope. The mobile app is a more portable and private version of a hope box. http://www.dcoe.mil/blog/14-05-28/New_Mobile_App_Offers_a_Lift_Up_For_Your_Down_Days.aspx

CALLS FOR PUBLIC INPUT

NCCAM SEEKS FEEDBACK ON PROPOSED NEW NAME

The National Center for Complementary and Alternative Medicine (NCCAM) is seeking feedback from stakeholders and other interested parties on a proposal to change the Center's name to the "National Center for Research on Complementary and Integrative Health." Comments accepted through June 6, 2014. <http://nccam.nih.gov/about/offices/od/comments?nav=upd>

CLINICAL TRIAL PARTICIPATION NEWS

SCHIZOPHRENIA AND GENETICS

(Outpatient: 1-2 days) This study examines the role genes play in schizophrenia. Eligible participants have a diagnosis of schizophrenia and no serious drug or alcohol abuse. If possible, the siblings and/or parents of the individuals are invited for interviews and blood donation. Travel and lodging assistance may be available. Recruiting ages 18-55. [95-M-0150] <http://patientinfo.nimh.nih.gov/SchizophreniaAdult.aspx#161>

National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services.

For more information on research conducted by the National Institute of Mental Health in Bethesda, MD click here <http://patientinfo.nimh.nih.gov>.

PTSD AWARENESS MONTH

JUNE 2014

The purpose of Post-Traumatic Stress Disorder (PTSD) Awareness Month is to encourage everyone to raise public awareness of PTSD and its effective treatments so that everyone can help people affected by PTSD.

http://www.ptsd.va.gov/about/ptsd-awareness/ptsd_awareness_month.asp

PTSD Awareness Resources: <http://content.govdelivery.com/accounts/USVHA/bulletins/b9d1e0>

WEBCAST: FUTURE OF INTEGRATION

JUNE 2, 2014, 2:30-4:30 PM ET, WASHINGTON, DC

SAMHSA is having a special session to further explore the issues surrounding integration of behavioral health with existing healthcare systems. SAMHSA will be hosting Dr. Sherry Glied, current Dean of New York University's Robert F. Wagner Graduate School of Public Service and former HHS Assistant Secretary for Planning and Evaluation. Dr. Glied will deliver a presentation about health integration and future opportunities for behavioral health. The event will take place in Room 800 of the HHS Hubert H. Humphrey Building. Those who cannot attend in person can participate via teleconference: 888-464-9841, passcode 3281982 and view Dr. Glied's presentation via a webinar:

<https://www.mymeetings.com/nc/join.php?i=PW2886683&p=3281982&t=c>

SAMHSA KSOC-TV WEBISODE: YOUNG VETERANS AND PARENTS

JUNE 3, 2014, 2:00 PM ET

The first webisode in the 2014 SAMHSA KSOC-TV webisode series on Youth Behavioral Health will address the needs of young Veterans and young parents with behavioral health challenges. The webisode will feature an expert panel discussion that includes guests Captain Wanda Finch of Real Warriors and Aidan Bohlander of ZERO TO THREE.

<http://fda.yorkcast.com/webcast/Play/1c7137d04a8e48a49edf34f88627250f1d>

WEBINAR: USING TECHNOLOGY TO INCREASE ACCESS TO BEHAVIORAL HEALTH SERVICES FOR SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES

JUNE 3, 2014, 2:00-3:30 PM ET

Technological advances have paved the way for innovation in delivering quality behavioral health services to service members, Veterans, and their families (SMVF). These advancements provide SMVF with many resources that mitigate challenges and increase access to care. The U.S. Department of Veterans Affairs, the Health Resources and Services Administration (HRSA), and DCoE T2 are actively using innovative technology (e.g., smartphone applications, social media, video chats) to support the delivery of telehealth and telebehavioral health services. This SAMHSA webinar will focus on how these innovative technologies can be applied to better meet the diverse needs of SMVF. <https://goto.webcasts.com/starthere.jsp?ei=1036030>

WEBINAR: IDENTIFYING THE OUTCOMES AND FINANCING OF CRISIS RESPONSE SERVICES AND SUPPORTS WEBINAR

JUNE 3, 2014, 2:00-3:30 PM ET

This is the third webinar in SAMHSA's series on how to expand community-based crisis response services and systems. These webinars describe new and emerging crisis response practices across a continuum of need that includes pre-crisis planning, early intervention, crisis stabilization, and post-crisis support. <http://wciconferences.com/2014-CRSwebinars/index.html>

WEBINAR: BUILDING ORGANIZATIONAL INFRASTRUCTURE TO TREAT CHRONIC PAIN AND PREVENT ABUSE OF PRESCRIPTION MEDICATIONS

JUNE 5, 2014, 1:00-2:30 PM ET

The CDC classifies prescription drug abuse as an epidemic. At the same time, more than 100 million Americans suffer from chronic pain, and many do not receive adequate treatment or the appropriate options for managing pain. How can health centers and other primary care safety-net provider organizations play a vital role in achieving the balance between appropriate pain management and preventing abuse of prescription medications? Creating a solid organizational infrastructure to support provision of effective chronic pain management is an essential first step. Participants on this SAMHSA-HRSA Center for Integrated Services webinar will hear expert insight from provider agencies and technical assistance authorities, and learn what health centers and other primary care safety-net provider organizations can do to develop infrastructure and pain management protocols. <http://www.integration.samhsa.gov/about-us/webinars>

NATIONAL MEN'S HEALTH WEEK

JUNE 9-15, 2014

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

<http://www.cdc.gov/Men/nmhw/index.htm>

NIMH TWITTER CHAT ON MEN AND DEPRESSION

JUNE 10, 2014, 2:00-3:00 PM ET

To learn more about the symptoms, causes, and treatments for depression in men, the NIMH for a Twitter chat during National Men's Health Week. NIMH expert Matthew Rudorfer, M.D., chief of the Somatic Treatments Program, will be answering questions related to men and depression during the chat.

<http://www.nimh.nih.gov/news/science-news/2014/nimh-twitter-chat-on-men-and-depression.shtml>

WEBINAR: SANCTUARY AND SUPPORTS FOR GIRLS IN CRISIS

JUNE 10, 2014, 3:00-4:30 PM ET

The fifth webinar in the SAMHSA *Girls Matter!* series on girls' behavioral health is aimed at bringing a message of hope and urgency for establishing effective behavioral health programs, interventions, and policies that support young women in crisis, including those who face juvenile justice system involvement, homelessness, and violence. <http://womenandchildren.treatment.org/HERR%20page.asp>

LISTENING SESSION: CONFIDENTIALITY OF PATIENT RECORDS REGULATIONS

JUNE 11, 2014, 9:30 AM-4:30 PM, ROCKVILLE, MARYLAND

All stakeholders are invited to a public listening session hosted by SAMHSA to provide input on proposed updates to the Confidentiality of Alcohol and Drug Abuse Patient Records Regulations, 42 CFR Part 2. Participants may join in person, via phone, or online, and the webcast will be posted.

<https://www.federalregister.gov/articles/2014/05/12/2014-10913/confidentiality-of-alcohol-and-drug-abuse-patient-records>

TELECONFERENCE: SPRING INTO OCCUPATIONAL WELLNESS WEBINAR

JUNE 12, 2014, 3:00 PM ET

This SAMHSA Wellness Initiative webinar will inform individuals, families, organizations, and communities to take action toward improving overall wellness and occupational wellness. It will also increase awareness of the latest and most effective wellness and occupational wellness tools, programs, initiatives, and services specifically designed for peers and persons in recovery and those working in behavioral health settings.

<http://www.esi-bethesda.com/wellnessteleconference/>

WEBINAR: INNOVATIVE STATE AND LOCAL CRISIS RESPONSE SYSTEMS WEBINAR

JUNE 18, 2014, 2:00-3:30 PM ET

This is the fourth webinar in SAMHSA's series on how to expand community-based crisis response services and systems. These webinars describe new and emerging crisis response practices across a continuum of need that includes pre-crisis planning, early intervention, crisis stabilization, and post-crisis support.

<http://wciconferences.com/2014-CRSwebinars/index.html>

WEBINAR: OPTIMAL AGING FOR OLDER ADULTS: PROMOTING HEALTH AND ADDRESSING DEMENTIAS, INCLUDING ALZHEIMER'S DISEASE

JUNE 19, 2014, 12:30-2:00 PM ET

This Healthy People 2020 webinar will explore optimal aging for older adults, with a focus on daily function and quality of life, including living with Alzheimer's disease and other dementias.

https://hhs-hp.webex.com/mw03071/mywebex/default.do?nomenu=true&siteurl=hhs-hp&service=6&rnd=0.7099539222789693&main_url=https://hhs-hp.webex.com/ec06061/eventcenter/event/eventAction.do%3FtheAction%3Ddetail%26confViewID%3D1749143792%26%26%26%26siteurl%3Dhhs-hp

WEBINAR: DEPRESSION AND MEN IN THE MILITARY

JUNE 26, 2014

Save the date for the June DCoE webinar on depression and men in the military.

http://www.dcoe.mil/Training/Monthly_Webinars.aspx

NIH 2014 REGIONAL SEMINAR ON PROGRAM FUNDING AND GRANTS ADMINISTRATION

JUNE 26-27, 2014, BALTIMORE, MARYLAND

This NIH Regional Seminar provides education and training for the next generation of biomedical and behavioral scientists. The seminar is intended to demystify the application and review process as well as clarify Federal regulations and policies. <http://grants.nih.gov/grants/regionalseminars/2014/index.html>

WEBINAR: THE POWER OF YOUTH DEVELOPMENT AND RECOVERY SUPPORTS

JULY 24, 2014, 3:00-4:30 PM ET

This final webinar in SAMHSA *Girls Matter!* series on girls' behavioral health will explore the principles of youth development and what girls say they need for ongoing recovery. Participants will gain new ideas and resources for empowering and supporting girls in their recovery. <http://womenandchildren.treatment.org/HERR%20page.asp>

RECOVERY MONTH

SEPTEMBER 2014

2014 Recovery Month Toolkit is now available. This year's toolkit, which celebrates the 25th anniversary of Recovery Month, highlights the theme "Join the Voices for Recovery: Speak Up, Reach Out." The theme encourages people to openly discuss—or speak up about—mental and substance use disorders and the reality of recovery. The observance also promotes ways first responders, faith leaders, youth and young adults, and policymakers can recognize these issues and intervene—or reach out to help others, as well as themselves. <http://www.recoverymonth.gov/Recovery-Month-Kit.aspx>

FUNDING INFORMATION

SCHOOL JUSTICE COLLABORATION PROGRAM: KEEPING KIDS IN SCHOOL AND OUT OF COURT
<http://www.ojjdp.gov/funding/FundingDetail.asp?fi=336>

EXPLORATORY STUDIES OF SMOKING CESSATION INTERVENTIONS FOR PEOPLE WITH SCHIZOPHRENIA

<http://grants.nih.gov/grants/guide/pa-files/PAR-14-230.html> (R21/R33)
<http://grants.nih.gov/grants/guide/pa-files/PAR-14-231.html> (R33)

NATIONAL COOPERATIVE DRUG DISCOVERY/DEVELOPMENT GROUPS FOR THE TREATMENT OF MENTAL DISORDERS, DRUG OR ALCOHOL ADDICTION
<http://grants.nih.gov/grants/guide/pa-files/PAR-14-234.html>



National Institute
of Mental Health

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/partnership-program/index.shtml>. To subscribe to receive the **Update** every two weeks, go to: <http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.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.