



# UPDATE

June 15, 2018

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<http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.shtml>

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*Prepared by the U.S. Department of Health and Human Services,  
National Institutes of Health, National Institute of Mental Health*

## SUICIDE RATES RISING ACROSS THE U.S.; COMPREHENSIVE PREVENTION GOES BEYOND A FOCUS ON MENTAL HEALTH CONCERNS

Suicide rates have been rising in nearly every state, according to the latest *Vital Signs* report by the Centers for Disease Control and Prevention (CDC). In 2016, nearly 45,000 Americans age 10 or older died by suicide. Suicide is the 10th leading cause of death and is one of just three leading causes that are on the rise. For this report, CDC researchers examined state-level trends in suicide rates from 1999-2016. In addition, they used 2015 data from CDC's National Violent Death Reporting System, which covered 27 states, to look at the circumstances of suicide among people with and without known mental health conditions. Researchers found that more than half of people who died by suicide did not have a known diagnosed mental health condition at the time of death. Relationship problems or loss, substance misuse; physical health problems; and job, money, legal, or housing stress often contributed to risk for suicide. Firearms were the most common method of suicide used by those with and without a known diagnosed mental health condition. <https://www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html>

## DELAY IN HIV TREATMENT ASSOCIATED WITH BRAIN ATROPHY; FINDINGS INDICATE THE IMPORTANCE OF EARLY DIAGNOSIS AND TREATMENT

Research has shown that people infected with the human immunodeficiency virus, known as HIV, display reductions in brain volume compared with people who are not infected with HIV. Now, a new study funded by the National Institute of Mental Health (NIMH) has shed light on the course of this deterioration and shows that antiretroviral treatment started in the first few years of infection may stop these brain changes. The findings, which were published online on April 24, 2018 in *Clinical Infectious Diseases*, highlight the importance of early diagnosis and treatment of HIV. <https://www.nimh.nih.gov/news/science-news/2018/delay-in-hiv-treatment-associated-with-brain-atrophy.shtml>

## NIH LEADERSHIP OUTLINES INTERDISCIPLINARY FY2018 RESEARCH PLAN FOR HEAL INITIATIVE

In a "Viewpoint" published in the *Journal of the American Medical Association*, National Institutes of Health (NIH) leadership detail components of a newly released research plan for the *Helping to End Addiction Long-term* (HEAL) Initiative. The HEAL Initiative is a trans-NIH effort launched in April 2018 to advance national priorities in addressing the opioid crisis through science. With a focus on two primary areas — improving treatments for opioid misuse and addiction and enhancing strategies for pain management — the plan describes a multifaceted program encompassing pre-clinical, clinical, drug repurposing, and community-based approaches. <https://www.nih.gov/news-events/news-releases/nih-leadership-outlines-interdisciplinary-fy2018-research-plan-heal-initiative>

## FULL SURVEY OF ANNUAL TEEN DRUG USE NOW AVAILABLE WITH ADDITIONAL DATA; TEENS REPORT EASY AVAILABILITY OF VAPING DEVICES; LOWER PERCEPTION OF PARENT DISAPPROVAL OF MARIJUANA USE

The complete volume of the *2017 Monitoring the Future Survey* teen drug use and behavior survey results is now available online with never before seen highlights about drug use and attitudes among the nation's eighth, 10<sup>th</sup>, and 12<sup>th</sup> graders. New information includes teens reporting that vaping devices are nearly as easy to get as alcohol and marijuana, and that they believe parental disapproval of marijuana use is much lower than in previous years. The survey is conducted annually by the University of Michigan and funded by the National Institute on Drug Abuse (NIDA), part of the NIH. <https://www.drugabuse.gov/news-events/news-releases/2018/06/full-survey-annual-teen-drug-use-now-available-additional-data>

## SPECIAL JOURNAL ISSUE HIGHLIGHTS ABCD BRAIN STUDY

A special issue of the journal *Developmental Cognitive Neuroscience* features more than a dozen articles related to the Adolescent Brain Cognitive Development (ABCD) Study, a landmark study on brain development and child health led by NIDA in collaboration with eight other NIH Institutes, Centers, and Offices and the CDC. <https://www.drugabuse.gov/news-events/news-releases/2018/06/special-journal-issue-highlights-abcd-brain-study>

## NIH LAUNCHES HERBLIST, A MOBILE APP ON HERBAL PRODUCTS

To help consumers navigate information about popular herbs and herbal supplements, NIH's National Center for Complementary and Integrative Health (NCCIH) has launched *HerbList*<sup>™</sup> – an app for research-based information about the safety and effectiveness of herbal products. Developed by NCCIH and launched through the National Library of Medicine's app pages, HerbList is available on the Apple App Store and Google Play Store. HerbList helps consumers, patients, healthcare providers, and other users to quickly access information about the science of popular herbs and herbal supplements including kava, acai, ginkgo, turmeric, and more than 50 others marketed for health purposes. <https://www.nih.gov/news-events/news-releases/nih-launches-herblist-mobile-app-herbal-products>

## SAMHSA ANNOUNCES \$196 MILLION FUNDING OPPORTUNITY FOR OPIOID TREATMENT GRANTS TO HARDEST-HIT STATES AND TRIBES

The Substance Abuse and Mental Health Services Administration (SAMHSA), an agency within the U.S. Department of Health and Human Services (HHS) is now accepting applications for \$196 million to treat opioid use disorder through its *Targeted Capacity Expansion: Medication Assisted Treatment-Prescription Drug Opioid Addiction* grant program. <https://www.hhs.gov/about/news/2018/05/30/samhsa-announces-196-million-funding-opportunity-opioid-treatment-grants-hardest-hit-states-and-tribes.html>

## **SAMHSA PUBLISHES UPDATED TOOLKIT TO HELP PREVENT OPIOID OVERDOSES**

SAMHSA has published an update to its *Opioid Overdose Prevention Toolkit*, which is designed to help healthcare providers, families, and other community members prevent overdose deaths related to opioid use. The toolkit addresses several factors that can lead to an opioid overdose death, from intentional misuse to accidental over-medication, and recommends that health care providers follow CDC guidelines when considering prescribing opioids. <https://www.samhsa.gov/newsroom/press-announcements/201806110130>

## **FEWER U.S. HIGH SCHOOL STUDENTS HAVING SEX, USING DRUGS**

The 2017 National Youth Risk Behavior Survey paints a promising picture about the drug and sexual behaviors U.S. high school students report, but the findings leave room for concern – especially among groups of young people who report multiple health risks.

<https://www.cdc.gov/media/releases/2018/p0614-yrbs.html>

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## NEW FROM NIMH

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### SUICIDE: HOW YOU CAN MAKE A DIFFERENCE

A new CDC report on increasing suicide rates has brought the topic of suicide into everyday conversations. Learn about what to do if you think someone might be at risk for self-harm by reading NIMH's *5 Action Steps for Helping Someone in Emotional Pain*, some contributing factors and warning signs for suicide, and how you can make a difference in suicide prevention. <https://www.nimh.nih.gov/news/science-news/2018/suicide-how-you-can-make-a-difference.shtml>

## NEW FROM NIH

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### NIH NEWS IN HEALTH: DEALING WITH TRAUMA: RECOVERING FROM FRIGHTENING EVENTS

This article describes healthy ways to cope after scary or dangerous events happen. <https://newsinhealth.nih.gov/2018/06/dealing-trauma>

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### NIDA SCIENCE HIGHLIGHT: TOO HOT AND TOO COLD: DYSREGULATION OF KEY BRAIN NETWORKS IN PEOPLE WITH ADDICTION

A systematic review of more than 100 task-related neuroimaging studies published since 2010 confirmed the importance of six neural networks implicated in drug-seeking and taking behaviors that are the hallmark of drug addiction. The study suggests that brain activity is not simply too high or low in people who are addicted to drugs but behaves differently to drug and non-drug stimuli. <https://www.drugabuse.gov/news-events/latest-science/too-hot-too-cold-dysregulation-key-brain-networks-in-people-addiction>

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### NIDA INFOGRAPHIC: FENTANYL AND OTHER SYNTHETIC OPIOIDS DRUG OVERDOSE DEATHS

This infographic summarizes a study that finds that nearly half of opioid-related overdose deaths involve fentanyl. <https://www.drugabuse.gov/related-topics/trends-statistics/infographics/fentanyl-other-synthetic-opioids-drug-overdose-deaths>

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### SPRING 2018 ISSUE OF THE NIAAA SPECTRUM NOW ONLINE

This newsletter from the National Institute on Alcohol Abuse and Alcoholism features new prevalence estimates of fetal alcohol spectrum disorders and new research about alcohol and adolescent brain development. It also includes an infographic about the increase in alcohol-related emergency department visits. <https://www.niaaa.nih.gov/news-events/news-noteworthy/spring-2018-issue-niaaa-spectrum-now-online>

## NEW FROM SAMHSA

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### FIRST RESPONDERS: BEHAVIORAL HEALTH CONCERNS, EMERGENCY RESPONSE, AND TRAUMA

Emergency medical services personnel, firefighters, and police officers are often the first on the scene to aid those experiencing disasters and other traumatic situations. This bulletin reviews existing literature and provides insight into behavioral health issues experienced by first responders. It may be helpful to first responders in maintaining their own health and managers seeking to support the behavioral health of their teams. <https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf>

## NEW FROM CDC

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### DATA BRIEF: MENTAL HEALTH-RELATED PHYSICIAN OFFICE VISITS BY ADULTS AGED 18 AND OVER, U.S., 2012–2014

This data brief examines adult mental health-related physician office visits by specialty and selected patient characteristics. Research indicates that during 2012–2014, an estimated annual average of 30 million mental health-related physician office visits were made by adults aged 18 and over. Psychiatrists provided care at 55 percent of these office visits, primary care physicians at 32 percent, and other specialists at 13 percent. Differences in mental health-related visits by physician specialty varied by age, urban–rural status, and primary expected source of payment. <https://www.cdc.gov/nchs/products/databriefs/db311.htm>

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### QUICKSTATS: HOMICIDE AND SUICIDE DEATH RATES FOR PERSONS AGED 15–19 YEARS, U.S., 1999–2016

Suicide rates among U.S. teens ages 15-19 are higher than homicide rates, whereas in the decade prior to 2010 homicide rates were higher than suicide rates.

<https://www.cdc.gov/mmwr/volumes/67/wr/mm6722a7.htm>

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### QUICKSTATS: PERCENTAGE OF ADULTS AGED 18 YEARS OR OLDER WITH OR WITHOUT PSYCHOLOGICAL DISTRESS WHO WERE CURRENT SMOKERS BY AGE GROUP AND LEVEL OF DISTRESS — NATIONAL HEALTH INTERVIEW SURVEY, 2014–2016

During 2014–2016, 37.2 percent of adults aged 18 years or older with serious psychological distress were current smokers, followed by 27.6 percent of those with mild to moderate psychological distress and 14 percent of those with no psychological distress. Among adults aged 18 to 44 and 45 to 64 years, the percentage of adults who were current smokers increased with the level of psychological distress. Among adults aged 65 years or older, the percentage who were current smokers was less among adults with no psychological distress than among adults with mild to moderate or serious psychological distress.

<https://www.cdc.gov/mmwr/volumes/67/wr/mm6723a6.htm>

## POST-TRAUMATIC STRESS DISORDER (PTSD) AWARENESS MONTH

JUNE 2018

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The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments. The U.S. Department of Veterans Affairs (VA) National Center for PTSD makes available resources to support awareness activities, including printable materials and social media posts.

[https://www.ptsd.va.gov/about/ptsd-awareness/promo\\_materials\\_awareness.asp](https://www.ptsd.va.gov/about/ptsd-awareness/promo_materials_awareness.asp)

## WEBINAR: CLINICAL STRATEGIES TO PROMOTE MEDICATION ADHERENCE

JUNE 19, 2018, 2:00-3:30 PM ET

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Join the SAMHSA-Health Resources and Services Administration Center for Integrated Health Solutions for this webinar to review the importance of medication adherence and key recommendations for organizations to promote medication adherence.

[https://goto.webcasts.com/starthere.jsp?ei=1194137&tp\\_key=10d9acb6df](https://goto.webcasts.com/starthere.jsp?ei=1194137&tp_key=10d9acb6df)

## WEBINAR: AN OVERVIEW OF THE NIH *ALL OF US* RESEARCH PROGRAM

JUNE 21, 2018, 1:00-2:00 PM ET

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This Mid-Atlantic Regional Health Equity Council webinar focuses on providing the audience with an overview of the NIH *All of Us* Research Program. *All of Us* is a participant-engaged, data-driven enterprise supporting research at the intersection of human biology, behavior, genetics, environment, data science, computation, and much more to produce new knowledge with the goal of developing more effective ways to treat disease. The webinar also will highlight the program's engagement efforts with community and health care provider organizations. The audience will learn about how to become involved with *All of Us* and will be able to share information with those they serve and/or represent. [https://events-na11.adobeconnect.com/content/connect/c1/1312818331/en/events/event/private/1313011123/1841699290/event\\_landing.html?\\_charset\\_=utf-8&sco-id=1841663648](https://events-na11.adobeconnect.com/content/connect/c1/1312818331/en/events/event/private/1313011123/1841699290/event_landing.html?_charset_=utf-8&sco-id=1841663648)

## NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

JULY 2018

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July is National Minority Mental Health Awareness Month and the month offers organizations of all types and sizes an opportunity to create mental health awareness in diverse communities. The U.S. House of Representatives proclaimed July as this special month in 2008, aiming to improve access to mental health treatment and services through increased public awareness. Since then, many organizations have hosted a variety of events and activities in communities across the country each year.

<https://www.integration.samhsa.gov/news/national-minority-mental-health-awareness-month-resources>

## NIMH CONFERENCE TO EXPLORE MENTAL HEALTH SERVICES RESEARCH

AUGUST 1-2, 2018, ROCKVILLE, MD

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NIMH is hosting the 24th Mental Health Services Research (MHSR) Conference with the theme: “What’s the Next Big Thing?” MHSR is organized every other year by the Services Research and Clinical Epidemiology Branch, part of NIMH’s Division of Services and Intervention Research. The conference aims to promote high-priority areas in mental health services research and identify opportunities with potential for significant impact for people with mental disorders. <https://www.nimh.nih.gov/news/science-news/2018/nimh-conference-to-explore-mental-health-services-research.shtml>

## NATIONAL RECOVERY MONTH

SEPTEMBER 2018

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Each September, SAMHSA sponsors National Recovery Month (Recovery Month) to increase awareness and understanding of mental and substance use disorders, and to celebrate individuals living in recovery. This year’s theme is “Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community.” The 2018 Recovery Month Toolkit and television and radio public service announcements are now available to view and download. Communities across the country use these materials to organize events, issue proclamations, increase public awareness, and encourage individuals in need of services and their friends and families to seek help. <https://recoverymonth.gov/>

## CALLS FOR PUBLIC INPUT

### REQUEST FOR INFORMATION ON HEALTH INNOVATIONS FOR SUICIDE PREVENTION

The VA Center for Compassionate Care Innovation wants to hear from internal and external stakeholders about treatments focused on reducing the risk and/or incidence of suicide, as well as reducing risk factors significantly correlated with suicide such as chronic pain, depression, and substance abuse. Responses will be used to gain a better understanding of emerging therapies in the health care industry that support VA priorities such as reducing the number of Veteran suicides. Responses accepted through June 18, 2018.

<https://www.va.gov/HEALTHPARTNERSHIPS/ccinews.asp>

## FUNDING INFORMATION

RARE GENETIC DISORDERS AS A WINDOW INTO THE GENETIC ARCHITECTURE OF MENTAL DISORDERS

<https://grants.nih.gov/grants/guide/rfa-files/RFA-MH-19-201.html> (Collaborative U01 Clinical Trial Not Allowed)

<https://grants.nih.gov/grants/guide/rfa-files/RFA-MH-19-200.html> (U01 Clinical Trial Not Allowed)

LAB TO MARKETPLACE: TOOLS FOR BRAIN AND BEHAVIORAL RESEARCH

<https://grants.nih.gov/grants/guide/pa-files/PA-18-819.html>

OPIOID AFFECTED YOUTH INITIATIVE

<https://www.ojjdp.gov/funding/FundingDetail.asp?fi=467>

SAMHSA: PROVIDER'S CLINICAL SUPPORT SYSTEM – UNIVERSITIES

<https://www.samhsa.gov/grants/grant-announcements/ti-18-014>



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 increase the public's access to science-based mental health information. 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.