



UPDATE

April 2019

- I. [Science and Service News Updates](#)
- II. [Resources: Publications, Toolkits, Other Resources](#)
- III. [Calendar of Events](#)
- IV. [Calls for Public Input](#)
- V. [Clinical Trials Participation News](#)
- VI. [Funding Information](#)

Subscribe to Receive the Update

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

Follow NIMH on Social Media

<http://twitter.com/nimhgov>
<http://www.facebook.com/nimhgov>
<https://www.linkedin.com/company/national-institute-of-mental-health-nimh>
<http://www.youtube.com/nimhgov>

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

NIH STUDY SHOWS MANY PRETEENS SCREEN POSITIVE FOR SUICIDE RISK DURING ER VISITS

In a recent National Institute of Mental Health (NIMH) study, researchers explored how often preteens seen in emergency room (ER) settings screened positive for suicide risk using two screening tools. In this study, nearly one-third of youth ages 10-12 years old screened positive for suicide risk, including those with only physical health concerns. The results highlight the importance of screening children as young as 10 for suicide risk in ER settings. <https://www.nimh.nih.gov/news/science-news/2019/nih-study-shows-many-preteens-screen-positive-for-suicide-risk-during-er-visits.shtml>

BENCH-TO-BEDSIDE: NIMH RESEARCH LEADING TO BREXANOLONE, FIRST-EVER DRUG SPECIFICALLY FOR POSTPARTUM DEPRESSION

Approximately 1 in 9 women in the United States (U.S.) experiences symptoms of postpartum depression, according to the Centers for Disease Control and Prevention (CDC). Now, the Food and Drug Administration (FDA) has approved brexanolone, an analog of the endogenous human hormone allopregnanolone and the first drug specifically designed to treat postpartum depression. Basic research findings from NIMH led a biopharmaceutical company to develop the medication, which works by restoring levels of allopregnanolone that can drop following a pregnancy. <https://www.nimh.nih.gov/news/science-news/2019/bench-to-bedside-nimh-research-leading-to-brexanolone-first-ever-drug-specifically-for-postpartum-depression.shtml>

NIH STUDY REVEALS DIFFERENCES IN BRAIN ACTIVITY IN CHILDREN WITH ANHEDONIA

NIMH researchers have identified changes in brain connectivity and brain activity during rest and reward anticipation in children with anhedonia, a condition where people lose interest and pleasure in activities they used to enjoy. The researchers examined fMRI data collected from more than 2,800 children (9-10 years old), as part of the Adolescent Brain Cognitive Development study, to learn more about the neurological underpinnings of anhedonia in children. The study helps differentiate anhedonia from other related aspects of psychopathology, which could aid the development of potential treatments. <https://www.nimh.nih.gov/news/science-news/2019/nih-study-reveals-differences-in-brain-activity-in-children-with-anhedonia.shtml>

NIH-FUNDED RODENT STUDY FINDS MOLECULAR LINK BETWEEN ADOLESCENT ALCOHOL USE AND ADULT ANXIETY

New preclinical research in rats has identified a link between adolescent alcohol exposure and specific molecular changes in the brain that contribute to increased anxiety in adulthood. A large body of evidence demonstrates a strong relationship between alcohol and anxiety problems in humans. The researchers focused on epigenetic changes that affect the expression of the Arc protein in the amygdala, a brain region linked to anxiety and alcohol misuse. They found that compared to adult animals without adolescent alcohol-exposure, the adolescent alcohol-exposed rats displayed both decreased Arc enhancer RNA expression and Arc gene expression in the amygdala, as well as heightened anxiety-like behavior in adulthood. <https://www.niaaa.nih.gov/news-events/news-releases/nih-funded-rodent-study-finds-molecular-link-between-adolescent-alcohol>

NIH STUDY OF BRAIN ENERGY PATTERNS PROVIDES NEW INSIGHTS INTO ALCOHOL EFFECTS

Assessing the patterns of energy use and neuronal activity simultaneously in the human brain improves our understanding of how alcohol affects the brain, according to new research by scientists at the National Institutes of Health (NIH). The new approach for characterizing brain energetic patterns could also be useful for studying other neuropsychiatric diseases. <https://www.nih.gov/news-events/news-releases/nih-study-brain-energy-patterns-provides-new-insights-into-alcohol-effects>

FDA APPROVES NEW NASAL SPRAY MEDICATION FOR TREATMENT-RESISTANT DEPRESSION; AVAILABLE ONLY AT A CERTIFIED DOCTOR'S OFFICE OR CLINIC

On March 5, 2019, the FDA approved Spravato (esketamine) nasal spray, in conjunction with an oral antidepressant, for the treatment of depression in adults who have tried other antidepressant medicines but have not benefited from them. Because of the risk of serious adverse outcomes resulting from sedation and difficulty with attention, judgment, and thinking (dissociation) caused by Spravato administration, and the potential for abuse and misuse of the drug, it can only be administered under the supervision of a health care provider in a certified doctor's office or clinic.

<https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm632761.htm>

PRESIDENT TRUMP SIGNS EXECUTIVE ORDER TO EMPOWER VETERANS AND END VETERANS SUICIDE

On March 5, 2019, President Donald J. Trump signed an executive order titled, "National Initiative to Empower Veterans and End Veterans Suicide," which focuses on improving the quality of life for America's Veterans and ending the tragedy of Veteran suicide. The executive order mandates the establishment of the Veteran Wellness, Empowerment, and Suicide Prevention Task Force. In its first year, the task force will develop a comprehensive national public health roadmap outlining the specific strategies needed to lower the rate of Veteran suicide and other related activities.

<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5212>

VA CONTINUES TO PIONEER NEW APPROACHES FOR TREATING VETERAN MENTAL HEALTH CONDITIONS

A recent study by the U.S. Department of Veterans Affairs (VA) showed positive outcomes for Veterans struggling with multiple mental health conditions. The randomized implementation trial, which included 5,596 Veterans receiving care in a VA outpatient mental health clinic, showed that effective teamwork and a patient's active involvement in their care could reduce hospitalization rates for Veterans with mental health conditions. <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5217>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW FROM NIMH

NIMH DIRECTOR'S MESSAGE: A BENCH-TO-BEDSIDE STORY: THE DEVELOPMENT OF A TREATMENT FOR POSTPARTUM DEPRESSION

NIMH Director Dr. Joshua Gordon discusses how NIMH research led to the development of the first treatment specifically approved for postpartum depression.

<https://www.nimh.nih.gov/about/director/messages/2019/a-bench-to-bedside-story-the-development-of-a-treatment-for-postpartum-depression.shtml>

CHILDREN AND MENTAL HEALTH BROCHURE AVAILABLE IN SPANISH

A Spanish version of NIMH's Children and Mental Health brochure is now available online. This brochure on children's mental health includes information on when to seek help, steps for parents, evaluation, treatment, choosing a mental health professional, working with a school, resources, and clinical trials.

<https://www.nimh.nih.gov/health/publications/espanol/los-ninos-y-la-salud-mental/index.shtml>

BORDERLINE PERSONALITY DISORDER BROCHURE AVAILABLE IN SPANISH

A Spanish version of NIMH's Borderline Personality Disorder (BPD) brochure is now available online. This brochure discusses BPD, including signs and symptoms, causes, diagnosis, treatment, co-occurring illnesses, associated suicide and self-harming behaviors, and clinical research.

<https://www.nimh.nih.gov/health/publications/espanol/trastorno-limite-de-la-personalidad/index.shtml>

UPDATED AUTISM SPECTRUM DISORDER BROCHURE

An updated version of NIMH's Autism Spectrum Disorder (ASD) brochure is now available. This brochure informs parents and adults on the range of symptoms of ASD, including social impairment, communications issues, and repetitive behaviors. It also discusses the diagnosis and treatment of ASD.

<https://www.nimh.nih.gov/health/publications/autism-spectrum-disorder/index.shtml>

SUICIDE: HOW YOU CAN MAKE A DIFFERENCE

The recent deaths of school shooting survivors have brought the topic of suicide into everyday conversations. This NIMH science update provides five action steps for helping someone in emotional pain. The update stresses the importance of knowing some facts about suicide and what people can do when they think someone might be at risk for self-harm. <https://www.nimh.nih.gov/news/science-news/2019/suicide-how-you-can-make-a-difference.shtml>

NEW FROM NIH

NIH DIRECTOR'S BLOG: MOOD-ALTERING MESSENGER GOES NUCLEAR

NIH Director Dr. Francis Collins describes the discovery that serotonin – a chemical messenger in the brain that helps to regulate mood, appetite, sleep, and other functions by binding to its receptor on the surface of neural cells – also can enter a cell's nucleus and directly switch on genes. The finding could have implications for managing depression, other mood disorders, substance abuse, and neurodegenerative diseases.

<https://directorsblog.nih.gov/2019/03/19/mood-altering-messenger-goes-nuclear/>

NIH DIRECTOR'S BLOG: TAKING BRAIN IMAGING EVEN DEEPER

NIH Director Dr. Francis Collins discusses a scientific advancement resulting from the Brain Research through Advancing Innovative Neurotechnologies[®] (BRAIN) Initiative that offers a 3-D view of all six layers of the part of the mammalian brain that processes external signals into vision. This view is made possible by three-photon microscopy, which is allowing researchers to peer deep within the brains of living creatures without damaging or killing their brain cells. <https://directorsblog.nih.gov/2019/03/14/taking-brain-imaging-even-deeper/>

NIH DIRECTOR'S BLOG: THE BRAIN RIPPLES BEFORE WE REMEMBER

NIH Director Dr. Francis Collins explains how neuroscientists using a brain mapping procedure to pinpoint the source of a patient's epileptic seizures have discovered that an electrical ripple spreads across the human brain when it strives to recall memories. The procedure presents an opportunity to learn more about how the brain works, with exceptional access to its circuits. <https://directorsblog.nih.gov/2019/03/26/the-brain-ripples-before-we-remember/>

NIH RESEARCH MATTERS: SUPPORTIVE PARENTING CAN REDUCE CHILD'S ANXIETY

The latest issue of NIH Research Matters highlights studies of interventions designed to promote supportive parenting practices to reduce childhood anxiety. <https://www.nih.gov/news-events/nih-research-matters/supportive-parenting-can-reduce-childs-anxiety>

ALL OF US RESEARCH PROGRAM LAUNCHES SPEAKER SERIES IN PARTNERSHIP WITH THE NATIONAL LIBRARY OF MEDICINE

The NIH *All of Us* Research Program recently launched a speaker series in partnership with the National Library of Medicine, which it will stream through YouTube Live. The series will feature experts from a variety of health and wellness fields focusing on topics such as diabetes, heart disease, cancer, and mental health, and will address how *All of Us* may help find the answers to important health questions.

<https://allofus.nih.gov/news-events-and-media/announcements/all-us-research-program-launches-speaker-series-partnership-national-library-medicine>

NIA: STAY CONNECTED TO COMBAT LONELINESS AND SOCIAL ISOLATION

This National Institute on Aging (NIA) webpage, which includes an infographic and social media messages, focuses on the importance of social connectedness to health and wellbeing as people age. The page contains a link to NIA's brochure, *Expanding Your Circles: Prevent Isolation and Loneliness as you Age*.

<https://www.nia.nih.gov/health/infographics/stay-connected-combat-loneliness-and-social-isolation>

NICHD SPOTLIGHT: HARNESSING LIGHT TO STUDY HUMAN DEVELOPMENT AND THE BRAIN

This National Institute of Child Health and Human Development (NICHD) spotlight describes research by NICHD scientists using a non-invasive imaging method called functional near-infrared spectroscopy to measure brain activity by detecting changes in blood flow. This imaging technology is being used to study human development and health conditions, including brain injuries and disorders.

<https://www.nichd.nih.gov/newsroom/news/032719-imaging-technology>

NIDA DIRECTOR'S BLOG: PRENATAL AND EARLY CHILDHOOD BRAIN DEVELOPMENT: THE HEALTHY BRAIN AND CHILD DEVELOPMENT STUDY

National Institute on Drug Abuse (NIDA) Director Dr. Nora Volkow describes an ambitious new longitudinal study – The HEALthy Brain and Child Development (HBCD) study – which is supported by funds from the NIH HEAL (Helping to End Addiction Long-termSM) Initiative. The HBCD study aims to better understand the impact of early exposure to opioids, other substances, and social stressors on brain development in children. <https://www.drugabuse.gov/about-nida/noras-blog/2019/03/prenatal-early-childhood-brain-development-healthy-brain-child-development-study#.XlwSyqNt9zY.email>

NIDA FOR TEENS BLOG ON DRUGS AND THE BRAIN

This blog post informs teenagers about brain development and the negative impact that habits like not getting enough sleep most of the time or even using drugs sometimes can have on the brain. The post includes a link to a video on brain development. <https://teens.drugabuse.gov/blog/post/you-re-programming-your-brain-right-now>

NEW FROM HHS

OAH HEALTH INFORMATION: HELP YOUTH NAVIGATE THE TEEN YEARS

The Department of Health and Human Services' Office of Adolescent Health has developed a guide about how teens develop, think, and act. The guide addresses five specific areas of adolescent development – physical, cognitive, emotional, social, and morals and values. <https://www.hhs.gov/ash/oah/adolescent-development/explained/>

NEW FROM CDC

INJURY PREVENTION IN AMERICAN INDIAN AND ALASKA NATIVE COMMUNITIES WEB PAGE

The CDC National Center for Injury Prevention and Control has launched a new web page - Injury Prevention in American Indian and Alaska Native Communities. The page brings together all of the center's current resources and information on injury prevention work in tribal communities. <https://www.cdc.gov/injury/fundedprograms/tribal.html>

MMWR *QUICKSTATS*: INJURY DEATH RATES FOR PERSONS AGED 15–19 YEARS, BY INTENT — UNITED STATES, 1999–2017

This CDC Morbidity and Mortality Weekly Report presents injury death rates for youth ages 15-19 by intent. The report notes that throughout the period, the death rate for unintentional injury was higher than for suicide and homicide, but the difference has narrowed over the past decade.

https://www.cdc.gov/mmwr/volumes/68/wr/mm6809a5.htm?s_cid=mm6809a5_e

NEW FROM SAMHSA

SAMHSA BLOG: THREE AFRICAN AMERICAN LEADERS MAKING AN IMPACT ON MENTAL HEALTH IN THE COMMUNITY

In observance of African American History Month, this Substance Abuse and Mental Health Services Administration (SAMHSA) Office of Behavioral Health Equity blog post recognizes three leaders who have had a significant impact on the mental health of their communities and beyond and have been essential contributors to SAMHSA's efforts to advance behavioral health equity for African Americans.

<https://blog.samhsa.gov/2019/02/25/three-african-american-leaders-making-an-impact-on-mental-health-in-the-community>

SAMHSA REPORT: CIVIL COMMITMENT AND THE MENTAL HEALTH CARE CONTINUUM: HISTORICAL TRENDS AND PRINCIPLES FOR LAW AND PRACTICE

SAMHSA recently released the report, Civil Commitment and the Mental Health Care Continuum: Historical Trends and Principles for Law and Practice in its Evidence-Based Practices Resource Center.

<https://www.samhsa.gov/sites/default/files/civil-commitment-continuum-of-care.pdf>

SAMHSA PRINCIPLES OF COMMUNITY-BASED BEHAVIORAL HEALTH SERVICES FOR CRIMINAL JUSTICE INVOLVED INDIVIDUALS: A RESEARCH-BASED GUIDE

SAMHSA has released a new publication titled, Principles of Community-Based Behavioral Health Services for Criminal Justice Involved Individuals: A Research-Based Guide, which provides a foundation for realizing a quality, community-based behavioral health treatment system that is responsive to all individuals with mental and substance use disorders. <https://store.samhsa.gov/product/Principles-of-Community-based-Behavioral-Health-Services-for-Justice-involved-Individuals-A-Research-based-Guide/sma19-5097>

GUIDANCE ON STRATEGIES TO PROMOTE BEST PRACTICE IN ANTIPSYCHOTIC PRESCRIBING FOR CHILDREN AND ADOLESCENTS

The safe and effective use of antipsychotic medications for children and adolescents in the U.S. is a critical issue in mental and substance use treatment. This guidance provides systems-level strategies to inform public and private sector decision-makers, prescribing clinicians, and other key stakeholders in designing and implementing antipsychotic monitoring programs to improve outcomes for youth with mental disorders across the nation. <https://store.samhsa.gov/product/guidance-on-strategies-to-promote-best-practice-in-antipsychotic-prescribing-for-children/PEP19-ANTIPSYCHOTIC-BP>

DTAC BULLETIN: DISASTER PLANNING AND PREPAREDNESS AND PEOPLE WITH SERIOUS MENTAL ILLNESS

The current issue of the SAMHSA Disaster Technical Assistance Center (DTAC) monthly newsletter, DTAC Bulletin, is focused on materials and resources that are available to address the needs of individuals with serious mental illnesses in disaster planning and preparation efforts.

<https://content.govdelivery.com/accounts/USSAMHSA/bulletins/2315d2d>

NEW FROM VA

VA PODCAST: ROCKY MOUNTAIN SHORT TAKES ON SUICIDE PREVENTION: THE INTERSECTION OF INTIMATE PARTNER VIOLENCE AND SUICIDE PREVENTION

This Rocky Mountain MIRECC for VA Suicide Prevention podcast focuses on the prevention of intimate partner violence and suicide for those who have served. Staff from the VA Intimate Partner Violence Assistance Program and the VA Suicide Prevention Program describe what the VA is doing to support the implementation of a comprehensive, integrated system of programs and services to address these concerns.

https://www.mirecc.va.gov/visn19/education/media/podcasts/9_12_2018.asp

10TH ANNIVERSARY CONFERENCE: GLOBAL MENTAL HEALTH RESEARCH WITHOUT BORDERS

APRIL 8-9, 2019, BETHESDA, MD

The NIMH Center for Global Mental Health Research and Grand Challenges Canada will co-convene the 10th anniversary global mental health conference in 2019, bringing together researchers, innovators, and other stakeholders around the theme of *Global Mental Health Research Without Borders*. The conference will showcase findings from cutting-edge science and identify opportunities for groundbreaking research to address the **Grand Challenges In Global Mental Health**. <https://nimhgmhconference.com/>

WEBINAR: HOW CAN RDOC INFORM SUICIDE INTERVENTION RESEARCH AND TREATMENT?

APRIL 12, 2019, 12:30-1:45 PM ET

The NIMH Research Domain Criteria Unit, the Delaware Project, and the Association for Behavioral and Cognitive Therapies will conduct the third webinar in a series examining the science-to-service pipeline in psychology and psychiatry. This webinar will focus on understanding and treating the complexity and heterogeneity of suicide. Presenters will discuss how using a mechanism-based approach to understand suicide can lead to better treatment. This webinar series is free, but space is limited. Register here: https://zoom.us/webinar/register/WN_Y1-P7_hVQdi7zZ7z4AD3Dg

FACEBOOK LIVE: HOW DOES PUBERTY AFFECT BRAIN DEVELOPMENT?

THURSDAY, MAY 9, 2019, 2:00—2:30 PM ET

In recognition of National Children's Mental Health Awareness Day, Dr. Peter Schmidt, Principal Investigator and Chief of the NIMH Behavioral Endocrinology Branch, and Postdoctoral Fellow, Dr. Kathy Reding, will join NIMH's Facebook Live event to discuss how puberty affects brain development.

<https://www.nimh.nih.gov/news/events/announcements/nimh-facebook-live-how-does-puberty-affect-brain-development.shtml>

CALLS FOR PUBLIC INPUT

REQUEST FOR INFORMATION (RFI): GUIDANCE FOR OPPORTUNITIES TO EXAMINE THE LONG-TERM AND CROSS-OVER EFFECTS OF PREVENTIVE INTERVENTIONS ON REDUCING RISK FOR SUICIDE IDEATION AND BEHAVIORS

This RFI seeks input to identify: 1) completed prevention intervention data sets, including data sets with long-term outcomes, that contain measures, scales, and/or measurement items of suicide ideation and behaviors (SIB), in which SIB was not a focus of the study; 2) relevant currently funded prevention studies that have the capability of adding measures to examine long-term and/or cross-over effects, unanticipated beneficial effects, of the intervention on SIB; and 3) previously conducted prevention intervention trials that have the potential to conduct long-term follow-up (e.g., consent and ability to follow-up) to examine long-term and cross-over effects of the intervention in reducing risk for SIB, including suicide, in pre-adolescence through young adulthood. All comments must be submitted via email as text or as an attached electronic document. Responses should be addressed to: ResearchRTF@mail.nih.gov by April 08, 2019. Please include the Notice number NOT-MH-19-021 in the subject line. <https://grants.nih.gov/grants/guide/notice-files/NOT-MH-19-021.html>

CLINICAL TRIAL PARTICIPATION NEWS

NATIONWIDE RECRUITMENT

MAJOR DEPRESSION AND AV101

The primary purpose of this research study is to evaluate the safety and effectiveness of the oral drug AV-101 (an antagonist of the glycine receptor) versus placebo. The study aims to determine if this experimental drug has antidepressant effects and fewer side effects than other novel treatments for depression.

NIMH is enrolling moderately depressed individuals between the ages of 18 and 65 with hard-to-treat major depressive disorder. This inpatient study lasts up to 14 weeks, and procedures include a medication taper, taking the research drug, taking a placebo, and four brain imaging scans. Optional procedures include a lumbar puncture and a catheter placement in the spine two times. After completing the study, participants receive short-term follow-up care at the NIH while transitioning back to a provider.

The study is conducted at the NIH Clinical Center in Bethesda, Maryland and enrolls eligible participants from across the country. NIMH will provide travel arrangements and cover costs (arrangements vary by distance). There is no cost to participate, and NIMH will provide compensation.

Interested individuals may call NIMH to learn specifics about the study, ask about their eligibility, and consent to participate by emailing moodresearch@mail.nih.gov or calling 1-877-646-3644 (1-877-MIND-NIH) [TTY: 1-866-411-1010]. <https://www.nimh.nih.gov/research/research-conducted-at-nimh/join-a-study/trials/adult-studies/major-depression-and-av101.shtml>

FUNDING INFORMATION

GRANTS FOR EXPANSION AND SUSTAINABILITY OF THE COMPREHENSIVE COMMUNITY MENTAL HEALTH SERVICES FOR CHILDREN WITH SERIOUS EMOTIONAL DISTURBANCES

<https://www.samhsa.gov/grants/grant-announcements/sm-19-009>

LINKING ACTIONS FOR UNMET NEEDS IN CHILDREN'S HEALTH GRANT PROGRAM

<https://www.samhsa.gov/grants/grant-announcements/sm-19-007>

TRANSFORMING LIVES THROUGH SUPPORTED EMPLOYMENT

<https://www.samhsa.gov/grants/grant-announcements/sm-19-011>

NATIONAL EVALUATION OF THE TECHNOLOGY TRANSFER CENTER PROGRAM

<https://www.samhsa.gov/grants/grant-announcements/ti-19-009>

IMPLEMENTING EVIDENCE-BASED HEALTH PROMOTION PROGRAMS FOR CHILDREN WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD) OR TOURETTE SYNDROME (TS)

<https://www.grants.gov/web/grants/view-opportunity.html?oppId=312046>



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**, 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.