



UPDATE

February 2019

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

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<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*

SENSORIMOTOR DOMAIN ADDED TO THE RDOC FRAMEWORK

The National Institute of Mental Health (NIMH), part of the National Institutes of Health (NIH), has announced the addition of a new domain to the Research Domain Criteria (RDoC) framework. The aim of the new Sensorimotor domain is to help foster earlier and more precise identification of the role of motor systems disruptions in psychopathology and aid in the development of more effective treatments for people who are affected with these disruptions. The RDoC matrix is a tool for use by researchers to help them structure their study designs around behavioral or cognitive concepts. The most recent change to RDoC added a new domain—the Sensorimotor domain—to the five already included in the matrix: Negative Valence Systems; Positive Valence Systems; Cognitive Systems; Social Processes; Arousal and Regulatory Systems. <https://www.nimh.nih.gov/news/science-news/2019/sensorimotor-domain-added-to-the-rdoc-framework.shtml>

NEW FINDINGS REVEAL SURPRISING ROLE OF THE CEREBELLUM IN REWARD AND SOCIAL BEHAVIORS

A new NIMH-funded study in rodents has shown that the brain's cerebellum—known to play a role in motor coordination—also helps control the brain's reward circuitry. Researchers found a direct neural connection from the cerebellum to the ventral tegmental area (VTA) of the brain, which is an area long known to be involved in reward processing and encoding. These findings, published in *Science*, demonstrate for the first time that the brain's cerebellum plays a role in controlling reward and social preference behavior, and sheds new light on the brain circuits critical to the affective and social dysfunction seen across multiple psychiatric disorders. <https://www.nimh.nih.gov/news/science-news/2019/new-findings-reveal-surprising-role-of-the-cerebellum-in-reward-and-social-behaviors.shtml>

BRAIN BIOMARKERS COULD HELP IDENTIFY THOSE AT RISK OF SEVERE PTSD: NIH-FUNDED STUDY LINKS BRAIN ACTIVITY RELATED TO ASSOCIATIVE LEARNING WITH PTSD SYMPTOM SEVERITY

A study funded in part by NIMH has shed light on the neurocomputational contributions to the development of post-traumatic stress disorder (PTSD) in combat veterans. The findings, published in *Nature Neuroscience*, revealed distinct patterns for how the brain and body respond to learning danger and safety depending on the severity of PTSD symptoms. These findings could help explain why symptoms of PTSD can be severe for some people but not others. <https://www.nimh.nih.gov/news/science-news/2019/brain-biomarkers-could-help-identify-those-at-risk-of-severe-ptsd.shtml>

PUERTO RICO'S "FEAR LAB" MENTORS NEUROSCIENCE RIGOR AMID DIVERSITY

A lineage of young neuroscientists from diverse backgrounds trace their scientific roots to a "fear lab" in Puerto Rico that the NIH has been supporting for two decades. A crucible for studies of fear extinction, the lab has so far published 80 papers—some the first ever from Puerto Rico for certain journals—that generate more than 2,000 citations a year. Of 130 young people trained in the lab, 90 percent are from Puerto Rico and Latin America and half are women. In an article published Jan. 30, 2018 in the *Journal of Neuroscience*, the lab's founding director provides information about his approach to nurturing discovery and mentoring "off the beaten track". <https://www.nimh.nih.gov/news/science-news/2019/puerto-ricos-fear-lab-mentors-neuroscience-rigor-amid-diversity.shtml>

NIH STUDY IMPLICATES HYPERACTIVE IMMUNE SYSTEM IN AGING BRAIN DISORDERS: RESULTS SUGGEST A BREAKDOWN IN BRAIN CELL WASTE SYSTEM TRIGGERS A DESTRUCTIVE IMMUNE REACTION

In a study of fruit flies, NIH scientists suggest that the body's immune system may play a critical role in the damage caused by aging brain disorders. The results are based on experiments in which the researchers altered the activity of Cdk5, a gene that preclinical studies have suggested is important for early brain development and may be involved in neurodegenerative diseases, such as ALS, Alzheimer's, and Parkinson's disease. <https://www.nih.gov/news-events/news-releases/nih-study-implicates-hyperactive-immune-system-aging-brain-disorders>

SCIENTISTS CLOSER TO FINDING INHERITED TRAITS IN ADDICTION

Scientists have concluded that the risk of addiction is a complex combination of both genes and environmental influences. Despite advances in the science of genetics, it has been extremely difficult to identify the possible genetic contributions to addiction because it likely involves a combination of inherited variants in multiple genes. New study findings bring scientists closer to identifying clusters of genes that could play a part in addiction, giving the field of addiction science a solid starting point for further study. <https://www.drugabuse.gov/news-events/news-releases/2019/01/scientists-closer-to-finding-inherited-traits-in-addiction>

ALL OF US RESEARCH PROGRAM EXPANDS DATA COLLECTION EFFORTS WITH FITBIT

The NIH *All of Us* Research Program has launched the Fitbit Bring-Your-Own-Device project. Now, in addition to providing health information through surveys, electronic health records, and biosamples, participants can choose to share data from their Fitbit accounts to help researchers make discoveries. The project is a key step for the program in integrating digital health technologies for data collection.

<https://allofus.nih.gov/news-events-and-media/announcements/all-us-research-program-expands-data-collection-efforts-fitbit>

TRANSGENDER IDENTITY AND EXPERIENCES OF VIOLENCE VICTIMIZATION, SUBSTANCE USE, SUICIDE RISK, AND SEXUAL RISK BEHAVIORS AMONG HIGH SCHOOL STUDENTS — 19 STATES AND LARGE URBAN SCHOOL DISTRICTS, 2017

Transgender youths (those whose gender identity does not align with their sex) experience disparities in violence victimization, substance use, suicide risk, and sexual risk compared with their cisgender peers (those whose gender identity does align with their sex). Yet few large-scale assessments of these disparities among high school students exist. In 2017, 10 states and nine large urban school districts piloted a measure of transgender identity as part of the Youth Risk Behavior Survey, which is conducted biennially among local, state, and nationally representative samples of United States (U.S.) high school students in grades 9–12. Using pooled data from these 19 sites, the Centers for Disease Control and Prevention (CDC) assessed the prevalence of transgender identity, and relationships between transgender identity and violence victimization, substance use, suicide risk, and sexual risk behaviors. Compared with cisgender males and cisgender females, transgender students were more likely to report violence victimization, substance use, and suicide risk. https://www.cdc.gov/mmwr/volumes/68/wr/mm6803a3.htm?s_cid=mm6803a3_e

NEW STUDY LOOKS AT TRENDS FROM THE SCHOOL-ASSOCIATED VIOLENT DEATH SURVEILLANCE SYSTEM

To understand trends and characteristics in school-associated homicides involving youths, data from CDC's School-Associated Violent Death Surveillance System were analyzed for 393 single-victim incidents that occurred during July 1994–June 2016 and 38 multiple-victim incidents (resulting in 121 youth homicides) during July 1994–June 2018. School-associated homicides consistently represent less than 2 percent of all youth homicides in the U.S. The overall 22-year trend for single-victim homicide rates did not change significantly; however, multiple-victim incidence rates increased significantly from July 2009 to June 2018. The majority of single-victim (62.8 percent) and multiple-victim (95 percent) homicides were from a firearm-related injury. https://www.cdc.gov/mmwr/volumes/68/wr/mm6803a1.htm?s_cid=mm6803a1_w

NEW FROM NIMH

NEW NIMH VIDEO SERIES HIGHLIGHTS MENTAL HEALTH RESEARCH

As the lead federal agency for research on mental disorders, NIMH's mission is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. In an effort to educate and inform the public about the NIMH mission, scientific initiatives, and advances in the science of mental illness, NIMH is launching a new video series called "Discover NIMH." These short videos cover: suicide prevention research; early identification, intervention, and prevention research; basic research; and training the next generation of mental health scientists. The videos can be viewed on NIMH's YouTube channel at: <http://bit.ly/DiscoverNIMH>.

NEW FROM NIH

NIH RESEARCH MATTERS: PHYSICAL ACTIVITY MAY REDUCE DEPRESSION SYMPTOMS

The January 15 issue of NIH Research Matters highlights findings from a study, partly funded by NIMH and co-led by NIMH scientist Dr. Kathleen Merikangas, showing that sleep problems, a lack of energy, and physical inactivity may lead to a depressed mood and mood changes. The findings suggest that physical activity could be an effective target for strategies to change mood states. <https://www.nih.gov/news-events/nih-research-matters/physical-activity-helps-reduce-depression-symptoms>

NIH NEWS IN HEALTH: SHAKE IT OFF: BOOSTING YOUR MOOD

The latest NIH News in Health features an article about research on healthy habits that can help boost mood. It also includes a Q&A on mood and depression. <https://newsinhealth.nih.gov/2019/01>

THE DISH (2019): NEW YEAR, NEW *ALL OF US* RESEARCH PROGRAM UPDATES

In this video blog, *All of Us* Research Program Director Eric Dishman discusses areas of focus for the program in 2019. <https://allofus.nih.gov/news-events-and-media/videos/dish-2019-new-year-new-all-us-research-program-updates>

NIDA DIRECTOR'S BLOG: NIDA'S SCIENTIFIC FINDINGS AND ACHIEVEMENTS OF 2018

In a recent blog, National Institute on Drug Abuse Director Dr. Nora Volkow highlights scientific advances from 2018 in basic science, new therapeutics, and epidemiology and prevention research.

<https://www.drugabuse.gov/about-nida/noras-blog/2019/01/nidas-scientific-findings-achievements-2018>

NEW FROM HHS

UPDATE FROM THE OFFICE ON WOMEN'S HEALTH: COULD IT BE A MENTAL HEALTH CONDITION?

This update from the U.S. Department of Health and Human Services' Office on Women's Health (OWH) discusses the mental health conditions that are more common among women and how mental health conditions affect women differently.

<https://content.govdelivery.com/accounts/USOPHSOWH/bulletins/228568c>

UPDATE FROM THE OFFICE ON WOMEN'S HEALTH: 13 IDEAS FOR COMBATting STRESS

This OWH update describes the ways that stress affects women differently and steps women can take to manage stress and start to feel more in control.

<https://content.govdelivery.com/accounts/USOPHSOWH/bulletins/2276c30>

UPDATE FROM THE OFFICE ON WOMEN'S HEALTH: HELP A FRIEND THINKING ABOUT SUICIDE

This OWH update offers six ways to help someone who is thinking about suicide.

<https://content.govdelivery.com/accounts/USOPHSOWH/bulletins/22a6e4e>

NEW FROM CDC

DRUG OVERDOSE DEATHS AMONG WOMEN AGED 30–64 YEARS — UNITED STATES, 1999–2017

Data from the CDC's 1999-2017 National Vital Statistics System show that the drug overdose rate has rapidly increased among women, with the largest percentage changes among women ages 45-64. CDC also found that the unadjusted drug overdose death rate increased 260 percent, from 6.7 deaths per 100,000 population (4,314 total drug overdose deaths) in 1999 to 24.3 (18,110) in 2017 among women aged 30–64 years. The number and rate of deaths involving antidepressants, benzodiazepines, cocaine, heroin, and synthetic opioids each increased during this period.

<https://www.cdc.gov/mmwr/volumes/68/wr/mm6801a1.htm>

OPIOID PRESCRIBING RATES IN NONMETROPOLITAN AND METROPOLITAN COUNTIES AMONG PRIMARY CARE PROVIDERS USING AN ELECTRONIC HEALTH RECORD SYSTEM — UNITED STATES, 2014–2017

Drug overdose is the leading cause of unintentional injury-associated death in the U.S., and higher opioid prescribing rates put patients at risk for addiction and overdose. In this analysis of patient opioid prescription data from a national electronic health record vendor during 2014–2017, CDC researchers found that the percentage of patients prescribed an opioid was higher in rural than in urban areas. Significant decreases in opioid prescribing occurred across all urban-rural categories after the March 2016 release of the CDC *Guideline for Prescribing Opioids for Chronic Pain*.

https://www.cdc.gov/mmwr/volumes/68/wr/mm6802a1.htm?s_cid=mm6802a1_w

NEW FROM HRSA

NEW HRSA PROGRAM WILL HELP CLINICIANS AND PATIENTS IN THE FIGHT AGAINST OPIOID ADDICTION

Health Resources and Services Administration Director Dr. George Sigounas describes the new National Health Service Corps loan repayment program, which will provide eligible health care clinicians with student loan repayment assistance in exchange for their service on the front lines of the opioid crisis in underserved communities. <https://www.hhs.gov/blog/2019/01/03/new-hrsa-program-will-help-clinicians-and-patients.html>

NEW FROM SAMHSA

SPRC BLOG: MOVING INTO A NEW YEAR

In this blog, the Substance Abuse and Mental Health Services Administration's (SAMHSA) Suicide Prevention Resource Center highlights milestones in the suicide prevention field from 2018 and directions for 2019.

<http://www.sprc.org/news/moving-new-year>

NEW FROM VA

VA, HEALTH AND HUMAN SERVICES ANNOUNCE GOVERNOR'S CHALLENGE TO PREVENT SUICIDE

The U.S. Department of Veterans Affairs (VA) and SAMHSA are launching the Governor's Challenge to Prevent Suicide among Service Members, Veterans, and their Families. Seven states will participate in the Governor's Challenge, including Arizona, Colorado, Kansas, Montana, New Hampshire, Texas, and Virginia. State leaders will work together to develop a plan to implement the National Strategy for Preventing Veteran Suicide. <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5179>

VA'S MAKE THE CONNECTION: YOU ARE NOT ALONE

This VA blog post highlights MakeTheConnection.net, an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. MakeTheConnection.net features videos of Veterans sharing their personal experiences, what they went through, and how they recovered. <https://www.blogs.va.gov/VAntage/55733/vas-make-connection-not-alone/>

CALENDAR OF EVENTS

SAVE THE DATE: NIMH TWITTER CHAT: EATING DISORDERS

FEBRUARY 28, 2019, 2:00-3:00 PM EST

In recognition of National Eating Disorders Awareness Week, NIMH is hosting a Twitter chat on eating disorders. This chat will cover the common types of eating disorders, how they are treated, current research, and how to find help. Mark Chavez, Ph.D., the Program Chief of the NIMH Eating Disorders Research Program, will be available to discuss the topic and answer questions live on Twitter.

<https://www.nimh.nih.gov/news/events/announcements/nimh-twitter-chat-eating-disorders.shtml>

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/). <https://nimhgmhconference.com/>

CALLS FOR PUBLIC INPUT

REQUEST FOR INFORMATION (RFI): NICHD STRATEGIC PLAN FISCAL YEARS 2020-2024

The *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) has issued an RFI to solicit feedback on the scientific themes, goals, and opportunities under consideration for the new NICHD strategic plan. NICHD seeks input from researchers in academia and industry, health care professionals, patient and family advocates, scientific or professional organizations, federal partners, internal NIH stakeholders, and other interested members of the public. The RFI is available at: <https://grants.nih.gov/grants/guide/notice-files/NOT-HD-18-031.html>. To ensure consideration, responses should be submitted via email to NICHDStrategicPlan@nih.gov no later than Friday, February 15, 2019.

PUBLIC COMMENT OPPORTUNITY ON REVISED DEFINITION OF BEHAVIORAL AND SOCIAL SCIENCES RESEARCH

The NIH Office of Behavioral and Social Sciences Research (OBSSR) has issued an RFI intended to gather broad public input on a revised definition of behavioral and social sciences research. The OBSSR invites input from behavioral and social science researchers in academia and industry, health care professionals, patient advocates and advocacy organizations, scientific or professional organizations, federal agencies, and other interested members of the public. The RFI is available at: <https://grants.nih.gov/grants/guide/notice-files/NOT-OD-19-032.html>. To ensure consideration, input must be submitted at <https://obsr.ideascale.com> by February 22, 2019. IdeaScale will also allow users to view and comment on others' input.

NATIONWIDE RECRUITMENT

DEPRESSION, REPEATED DOSES OF KETAMINE, AND NEUROIMAGING

The purpose of this study is to evaluate the rapid and sustained antidepressant effects of repeat doses of ketamine in the brain. The NIMH is interested in learning how ketamine affects areas of the brain important in regulating mood and if there are unique signatures that could help predict who may respond to the drug. Also, NIMH would like to see if repeated doses of ketamine are safe and effective in treating the symptoms of depression.

This study is enrolling eligible adults, ages 18 to 65, with major depressive disorder. This inpatient study lasts 14-20 weeks and procedures include a medication taper and drug-free period, taking repeated doses of the research drug, taking placebo, multiple brain imaging scans, transcranial magnetic stimulation, and psychological testing. AFTER COMPLETING THE STUDY, PARTICIPANTS CAN RECEIVE SHORT-TERM CARE AT THE NIH WHILE TRANSITIONING BACK TO A PROVIDER.

The study is conducted at the NIH Clinical Center in Bethesda, MD. There is no cost to participate and compensation is provided. This study enrolls eligible participants from across the U.S. Travel arrangements are provided, and costs are covered by NIMH (arrangements vary by distance). After completing the study, participants receive short-term follow-up care at the NIH while transitioning back to a provider.

First steps to participate include calling NIMH, learning study details, asking about your eligibility, and consenting to participate.

To find out if you qualify, [email NIMH](mailto:email@nimh.nih.gov) or call **1-877-646-3644** (1-877-MIND-NIH) [TTY: 1-866-411-1010]. Protocol Number: 17-M-0060. Principal Investigator: Carlos Zarate Jr., M.D.

FUNDING INFORMATION

HRSA: PEDIATRIC MENTAL HEALTH CARE ACCESS PROGRAM

<https://grants.hrsa.gov/2010/web2external/interface/fundingcycle/externalview.aspx?fcycleid=16f13223-3fa5-4335-883b-e4bbeb1105a8>

NIH: ACCELERATING THE PACE OF CHILD HEALTH RESEARCH USING EXISTING DATA FROM THE ADOLESCENT BRAIN COGNITIVE DEVELOPMENT (ABCD) STUDY (R21-CLINICAL TRIAL NOT ALLOWED)

<https://grants.nih.gov/grants/guide/pa-files/PAR-19-163.html>

NIH: ACCELERATING THE PACE OF CHILD HEALTH RESEARCH USING EXISTING DATA FROM THE ADOLESCENT BRAIN COGNITIVE DEVELOPMENT (ABCD) STUDY (R01-CLINICAL TRIAL NOT ALLOWED)

<https://grants.nih.gov/grants/guide/pa-files/PAR-19-162.html>

SAMHSA: GARRETT LEE SMITH STATE/TRIBAL YOUTH SUICIDE PREVENTION AND EARLY INTERVENTION GRANT PROGRAM

<https://www.samhsa.gov/grants/grant-announcements/sm-19-006>



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.