



UPDATE

August 1, 2011

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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*

SCIENCE AND SERVICE NEWS UPDATES

FOR MINOR DEPRESSION, NO BENEFIT OVER PLACEBO FROM ST. JOHN'S WORT, CITALOPRAM

A study funded by the National Institute of Mental Health (NIMH) and the National Center for Complementary and Alternative Medicine shows that an extract of the herb St. John's Wort and a standard antidepressant medication both failed to outdo a placebo in relieving symptoms of minor depression in a clinical trial comparing the three. The results of this study, consistent with earlier research, do not support the use of medications for mild depression.

Science Update: <http://www.nimh.nih.gov/science-news/2011/for-minor-depression-study-shows-no-benefit-over-placebo-from-st-johns-wort-citalopram.shtml>

SWITCHING ANTIPSYCHOTICS MAY REDUCE METABOLIC RISKS

Patients experiencing cardiovascular or metabolic side effects while taking an antipsychotic medication may fare better if they switch to a different medication provided they are closely monitored, according to an NIMH-funded study. The study was published online ahead of print July 18, 2011, in the *American Journal of Psychiatry*.

Science Update: <http://www.nimh.nih.gov/science-news/2011/switching-antipsychotics-may-reduce-metabolic-risks.shtml>

NEW NATIONAL REPORT SHOWS MANY DIFFERENCES IN THE TYPES AND LEVELS OF SUBSTANCE USE AND MENTAL ILLNESS PROBLEMS EXPERIENCED AMONG THE STATES

A new report developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) based on the combined 2008 and 2009 National Survey on Drug Use and Health (NSDUH) provides state public health authorities and service providers with information on the scope and nature of behavioral health issues affecting their states. The report features state-by-state analyses of a wide range of behavioral health issues and reveals that despite some wide variations among the states in the types and levels of problems they confront, every state must deal with these issues. For example, among those aged 12 and older, Iowa had less than half the current illicit drug use rate of Alaska (5.3-percent versus 13.5-percent) yet Iowa also was among the top 10 states with the highest levels of people age 12 and older currently participating in binge drinking (28.6-percent).

Press Release: <http://www.samhsa.gov/newsroom/advisories/1107200356.aspx>

Full Report: <http://store.samhsa.gov/product/State-Estimates-of-Substance-Use-and-Mental-Disorders-from-the-2008-2009-National-Survey-on-Drug-Use-and-Health-NSDUH-/SMA11-4641>

NEW GUIDE FOR PROVIDING WOMEN VETERANS EXPERIENCING HOMELESSNESS WITH TRAUMA-INFORMED CARE

The U.S. Department of Labor released a new online publication, *Trauma-Informed Care for Women Veterans Experiencing Homelessness: A Guide for Service Providers*. This guide explains the unique experiences and needs of women veterans, and provides organizational self-assessment tools to aid service providers, such as social workers and community service organizations, that assist this population. The guide is the result of nationwide listening sessions with women veterans and services providers about the challenges of homelessness, helping women veterans find jobs and successfully reintegrate into civilian life, and development of quality resources for community-based organizations that serve women veterans.

Press Release: <http://www.dol.gov/opa/media/press/wb/wb20111058.htm>

Full Report: <http://www.dol.gov/wb/trauma/>

FDA DRUG SAFETY ALERT: SERIOUS CENTRAL NERVOUS SYSTEM REACTIONS POSSIBLE WHEN ZYVOX (LINEZOLID) GIVEN TO PATIENTS TAKING CERTAIN PSYCHIATRIC MEDICATIONS

The Food and Drug Administration (FDA) has received reports of serious central nervous system (CNS) reactions when the antibacterial drug linezolid (Zyvox) is given to patients taking psychiatric medications that work through the serotonin system of the brain (serotonergic psychiatric medications). A list of the serotonergic psychiatric medications that can interact with linezolid can be found in the Drug Safety Communication. Safety information about this potential drug interaction and important drug usage recommendations for emergency and non-emergency situations are being added to the drug labels for serotonergic psychiatric medications and linezolid.

FDA Drug Safety Alert:

<http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm265479.htm>

STATEMENT BY PRESIDENT OBAMA ON CHANGE OF CONDOLENCE LETTER POLICY

President Obama issued a statement reversing a long-standing policy of not sending condolence letters to the families of service members who die by suicide while deployed to a combat zone.

Statement: <http://www.whitehouse.gov/the-press-office/2011/07/06/statement-president-change-condolence-letter-policy>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON NIMH WEBSITE

NIMH OUTREACH PARTNERSHIP PROGRAM 2011 SOLICITATION: INQUIRIES AND RESPONSES

NIMH Outreach Partnership Program staff prepared responses to questions that were submitted by organizations in response to a recently released solicitation for new Outreach Partners.

<http://www.nimh.nih.gov/outreach/partnership-program/solicitation-process/nimh-outreach-partnership-program-2011-solicitation-inquiries-and-responses.shtml>

MEETING SUMMARY: SEX DIFFERENCES IN BRAIN, BEHAVIOR, MENTAL HEALTH, AND MENTAL DISORDERS

NIMH convened a workshop to discuss recent findings and gaps within the study of sex differences in the brain. At this workshop, participants focused on research directed at understanding the mechanisms by which sex differences in affect, cognition, and social behavior arise. Invitees included basic and translational neuroscientists studying animals and humans, with expertise in a variety of methodologies from molecular neuroscience to functional neuroimaging. Primary discussion included how each person's work could inform the others', opportunities to develop collaborations, and ideas for how NIMH could optimize progress across the interrelated topics. <http://www.nimh.nih.gov/research-funding/scientific-meetings/2011/sex-differences-in-brain-behavior-mental-health-and-mental-disorders/index.shtml>

EATING DISORDERS

This detailed booklet describes the symptoms, causes, and treatments of eating disorders.

<http://www.nimh.nih.gov/health/publications/eating-disorders/index.shtml>

SAMHSA RESOURCES

REPORT TO CONGRESS ON THE PREVENTION AND REDUCTION OF UNDERAGE DRINKING

This Report to Congress presents statistics on the nature and extent of underage drinking and discusses the role of the Federal government in preventing and reducing underage drinking, and reports on state policies, enforcement activities, and prevention programs underway to address the problem.

<http://store.samhsa.gov/product/Report-to-Congress-on-the-Prevention-and-Reduction-of-Underage-Drinking/SMA11-4645>

SHAPING THE FUTURE: CHALLENGES AND OPPORTUNITIES

This presentation by SAMHSA Administrator Pamela Hyde frames behavioral health as a public health issue and addresses the challenges of integrating health care. It discusses resources and strategies for change, and the potential for people to recover from substance abuse and mental illness.

<http://store.samhsa.gov/product/SMA11-PHYDE071211>

SUBSTANCE ABUSE TREATMENT ADVISORY: CLIENTS WITH SUBSTANCE USE AND EATING DISORDERS

This guide provides information about the various types of eating disorders (EDs) and guidance on how to screen clients in substance use disorder (SUD) treatment for EDs, refer them to ED treatment as appropriate, and support their recovery. Eating disorders (EDs), which cause serious health problems and can be fatal, frequently co-occur with SUDs. Few programs provide integrated treatment for both EDs and SUDs, and no research exists on the best ways to do so.

<http://www.kap.samhsa.gov/products/manuals/advisory/index.htm>

DATA FILES: NATIONAL SURVEY OF SUBSTANCE ABUSE TREATMENT SERVICES (1997 TO 2009)

The National Survey of Substance Abuse Treatment Services (N-SSATS) collects annual information on the location, characteristics, services offered, and utilization of all known substance abuse treatment facilities, both public and private. The newly created 1997–2009 combined N-SSATS data files and documentation are available for download and online analysis. Geographic data include state, county, Federal Information Processing Standards, state and county codes, metropolitan statistical area, core-based statistical area, census region, and census division. Individual years of N-SSATS data can be accessed online.

<http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/28544>

DATA FILES: TREATMENT EPISODE DATA SET–ADMISSIONS (1992 TO 2009)

The Treatment Episode Data Set–Admissions (TEDS–A) provides details on individual treatment admissions throughout the United States. TEDS–A provides details on the substance(s) abused, route of administration, frequency of use, age of first use, treatment service and client characteristics, referral sources, and number of prior treatment episodes. The 2009 TEDS–A data and documentation files are now available for download and online analysis. The updated 1992–2009 TEDS–A combined file is also available for download and online analysis. <http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/25221>

RESOURCES IN RESPONSE TO NORWAY ATTACKS

SAMHSA's National Child Traumatic Stress Network (NCTSN) provides a list of resources in response to the Norway attacks. <http://www.nctsn.org/trauma-types/terrorism>

DEFENSE CENTERS OF EXCELLENCE RESOURCES

DCOE BLOG: RESPONDING TO STRESS

This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog posting focuses on brain mechanism and its response to stress.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=269>

REAL WARRIORS: NUTRITION'S ROLE IN BUILDING RESILIENCE

Proper nutrition is vital to maintaining good health and mission readiness. This Real Warriors article talks about making healthy food choices, whether at home or while deployed. One can also help boost the resilience of their whole family by sharing these tips with loved ones.

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

SPECIAL JOURNAL SHOWCASES VA WOMEN'S HEALTH RESEARCH

A special supplement of the journal *Women's Health Issues* published July 13 shows the growth and diversity of women's health research at the Department of Veterans Affairs (VA) in recent years. The supplement includes 18 peer-reviewed research articles addressing the changing demographics and demands of VA health care presented by the recent surge of women Veterans into the VA system. Among the topics addressed are: gender differences and disparities in care; mental health, including military sexual trauma and substance abuse; post-deployment health, including posttraumatic stress disorder; quality and delivery of care; and special populations, including homeless women Veterans and those with traumatic brain injuries. <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2135>

DOJ ISSUES ADA TECHNICAL ASSISTANCE GUIDE ON 12TH ANNIVERSARY OF OLMSTEAD DECISION

The U.S. Department of Justice (DOJ) has issued a free technical assistance guide entitled, *Questions and Answers on the ADA's Integration Mandate and Olmstead Enforcement* as part of its *Statement of the Department of Justice on Enforcement of the Integration Mandate of Title II of the Americans with Disabilities Act and Olmstead v. L.C.* According to its statement, "[The] goal of the integration mandate to provide individuals with disabilities opportunities to live their lives like individuals without disability has yet to be fully realized. Many people who could and want to live, work and receive services in integrated settings are still waiting for the promise of Olmstead to be fulfilled."

http://www.ada.gov/olmstead/q&a_olmstead.htm

CALENDAR OF EVENTS

WEBCAST: TREATMENT AND RECOVERY IN BEHAVIORAL HEALTH FOR PEOPLE WITH DISABILITIES

PREMIERES AUGUST 3, 2011

This SAMHSA Center for Substance Abuse Treatment webcast will explore a range of issues associated with treatment and recovery in behavioral health for people with disabilities, including barriers to access, differences in outcomes, and options for decreasing discrimination.

<http://www.recoverymonth.gov/Multimedia/Road-to-Recovery-Television-Series.aspx#August>

CHILD PHYSICAL ABUSE SPEAKER SERIES: ASSESSMENT OF CHILD PHYSICAL ABUSE: CLINICAL AND FORENSIC PERSPECTIVES

AUGUST 4, 2011, 1:00 PM EDT

This National Child Traumatic Stress Network (NCTSN) online course will cover the clinical and forensic perspectives of assessing child physical abuse. <http://learn.nctsn.org/course/category.php?id=3>

TELECONFERENCE: PEER RESPITE SERVICES: TRANSFORMING CRISIS TO WELLNESS

AUGUST 4, 2011, 3:00-4:30 PM ET

During this SAMHSA-sponsored teleconference, participants will learn about the research that shows that peer respite services can have positive impacts for people in recovery during times of emotional crisis. In addition, participants will hear about innovative, peer-operated alternatives to psychiatric hospitalization, including the Georgia Mental Health Consumer Network Peer Support and Wellness Center and PEOPLE, Inc.'s Rose House. Speakers will share how peer respite services provide low-cost alternatives to emergency rooms for people in crisis. Registration will close at 5 p.m. ET on August 3, 2011.

<http://www.allmentalhealth.samhsa.gov/teleconferences/archive/training/teleconference08042011.aspx>

NIDA'S ADDICTION PERFORMANCE PROJECT COMES TO NIH AND APA

AUGUST 5, 2011, BETHESDA, MARYLAND AND AUGUST 6, 2011, WASHINGTON, DC

The *Addiction Performance Project* is designed to help break down the stigma associated with addiction, as well as to promote a healthy dialogue that fosters compassion and understanding for patients living with this disease. The Project, a Continuing Medical Education and Continuing Education program, is part of the National Institute on Drug Abuse's outreach to practicing and in-training health professionals. Sessions will be held on the NIH Campus, as well as at a session at the American Psychological Association (APA) Convention in Washington, D.C. <http://www.nida.nih.gov/nidamed/APP/>

OFFICE OF SAFE AND DRUG FREE SCHOOLS NATIONAL CONFERENCE

AUGUST 8-10, 2011, NATIONAL HARBOR, MARYLAND

The theme of this year's Office of Safe and Drug-Free Schools conference is *Making the Connection: Creating and Maintaining Conditions for Learning*. The conference will address issues related to: alcohol, drug, and violence prevention; health, mental health, and physical education; special populations; emerging issues; and other areas of drug and violence prevention. <http://osdfs.dgimeetings.com>

2011 NATIONAL CONFERENCE ON HEALTH COMMUNICATION, MARKETING, AND MEDIA

AUGUST 9-11, 2011, ATLANTA, GEORGIA

This Centers for Disease Control and Prevention conference brings together individuals representing academia, public health researchers, and practitioners from federal and state government and the private sector, and provides a forum for collegial dialogue within and across these disciplines. The conference is an opportunity to meet with colleagues and shape the future of health communication, marketing, and media practice. <http://www.cdc.gov/NCHCMM/>

LEADERSHIP ACADEMY TO ADDRESS DISPARITIES IN MENTAL HEALTH CARE

AUGUST 22-25, 2011, SANTA FE, NEW MEXICO

Georgetown University, in collaboration with SAMHSA's Center for Mental Health Services and AFYA, Inc., is convening a *Leadership Academy to Address Disparities in Mental Health Care*. The Academy is designed for individuals who are actively engaged in mental health care policy, practice, research, and advocacy throughout the life cycle and who are invested in developing their leadership role to address disparities in mental health care. It is an intensive course of study comprised of three months of preparatory activities and a four-day residential learning experience.

<http://www.attcnetwork.org/documents/gusavedateLA.pdf>

DCOE MONTHLY WEBINAR: POST-TRAUMATIC STRESS DISORDER AND NATURAL DISASTERS

AUGUST 25, 2011, 1:00-2:30 PM ET

This webinar is part of the DCoE monthly webinar series, which provides information and facilitates discussion on a variety of topics related to psychological health and traumatic brain injury.

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

FAMILY SYSTEMS SPEAKER SERIES: EVALUATING FAMILIES IMPACTED BY TRAUMA

AUGUST 26, 2011, 1:00 PM ET

This NCTSN webinar will cover multi-generational trauma within families and unique assessment and treatment planning considerations, and describe family and trauma-informed resources and decision-making strategies to guide family assessment and informed family treatment planning.

<http://learn.nctsn.org/course/category.php?id=3>

HEALTH OBSERVANCE: NATIONAL RECOVERY MONTH

SEPTEMBER 2011

The 2011 Recovery Month theme is *Join the Voices for Recovery: Recovery Benefits Everyone*. SAMHSA has developed materials to help communities plan and host Recovery Month events, and activities to help address the treatment needs of those dealing with behavioral health problems.

<http://www.samhsa.gov/newsroom/advisories/1106280601.aspx>

CONFERENCE FOR CHILDREN'S JUSTICE AND SAFETY: UNITE, BUILD, LEAD

OCTOBER 12-14, 2011, WASHINGTON, DC

The Office of Juvenile Justice and Delinquency Prevention's 2011 conference will address key issues and best practices in juvenile justice, delinquency prevention, and victimization. Conference workshops, plenaries, and keynote sessions include the following topics: crimes against children, anti-gang strategies, children's exposure to violence, disproportionate minority contact, girls' delinquency, tribal youth programs, emergency planning for juvenile justice, faith-based and community involvement, mentoring, truancy and bullying, and substance abuse. Conference planners are accepting submissions for poster and media presentations through August 5, 2011. <http://ojjdp.gov/2011conference/index.html>

CLINICAL TRIAL PARTICIPATION NEWS

NATIONWIDE RECRUITMENT: IDENTIFICATION OF CHARACTERISTICS ASSOCIATED WITH SYMPTOM REMISSION IN AUTISM—A PEDIATRIC STUDY

The NIMH Intramural Research Program is recruiting children and adolescents (ages 7-17) who, since being diagnosed with autism, have made significant improvements such that they no longer meet criteria for a diagnosis of autism. This study is also recruiting children who continue to meet criteria for autism, as well as typically developing children. The goal of the study is to better understand how children who make remarkable improvement may differ from children who continue to meet criteria for autism.

The study involves several inpatient and outpatient visits to Bethesda, MD, that may occur over a few days or several weeks. The study involves an autism diagnostic evaluation as well as a thorough neuropsychological and medical evaluation. A summary of all clinically relevant study findings, including results of the neuropsychological exam, will be provided. There is no cost to participate and families are compensated for their time. Travel assistance and lodging may be provided.

For further information please call the study coordinator at 301-435-7962 (TTY 866-411-1010), or email autismoutcomestudy@mail.nih.gov

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

CALLS FOR PUBLIC INPUT

COMMENT ON CMS MEDICARE PROPOSAL TO INCLUDE ALCOHOL AND DEPRESSION SCREENING TO MEDICARE PREVENTATIVE SERVICES

The Centers for Medicare and Medicaid Services (CMS) proposes to add alcohol screening and behavioral counseling, and screening for depression to the comprehensive package of preventive services now covered by Medicare. These proposed national coverage determinations are issued under authority granted by the *Medicare Improvements for Patients and Providers Act of 2008*, which allows CMS to add coverage of new preventive benefits that are recommended by the U.S. Preventive Services Task Force and are appropriate for Medicare beneficiaries. Public comments are invited through August 22, 2011 on the following proposals:

SCREENING AND COUNSELING FOR ALCOHOL MISUSE

<https://www.cms.gov/medicare-coverage-database/details/nca-proposed-decision-memo.aspx?&NcaName=Screening%20and%20Behavioral%20Counseling%20Interventions%20in%20Primary%20Care%20to%20Reduce%20Alcohol%20Misuse&bc=ACAAAAAIAAA&NCAId=249&>

SCREENING AND COUNSELING FOR DEPRESSION

<https://www.cms.gov/medicare-coverage-database/details/nca-proposed-decision-memo.aspx?&NcaName=Screening%20for%20Depression%20in%20Adults&bc=ACAAAAAIAAA&NCAId=251&>

COMMENTS SOUGHT FOR AHRQ EFFECTIVE HEALTH CARE PROGRAM REPORTS

The Agency for Healthcare Research Quality's Effective Health Care Program encourages the public to participate in the development of its research projects. The Program uses public comments to help focus the research and ensure that the final comparative effectiveness reviews answer the most important questions that clinicians, patients, consumers, and policymakers have about a given treatment, test, or procedure. The Program is currently seeking comments for:

DRAFT REPORT: COMPARATIVE EFFECTIVENESS OF CASE MANAGEMENT FOR ADULTS WITH MEDICAL ILLNESS AND COMPLEX CARE NEEDS (DEADLINE FOR COMMENTS IS AUGUST 23, 2011)

<http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-draft-reports/?pageaction=displaydraftcommentform&topicid=240&productid=732&documenttype=draftReport>

REQUEST FOR INFORMATION TO SOLICIT INPUT ON THE FEASIBILITY, SCOPE, AND DESIGN OF A STATE HEALTH POLICY DATABASE

The National Institutes of Health Common Fund Health Economics Program is seeking input about developing a State Health Policy Database (SHPD) to support scientific research on key research questions in health economics and to facilitate applied health economics research on issues relating to health care reform. The SHPD is envisioned as a research tool that will document state-level policies in a manner that facilitates valid comparisons across states and over time. This Request for Information seeks to identify specific policy areas for inclusion in the SHPD by identifying key research questions that could be addressed using policy information in particular areas, viable research designs that will allow those questions to be answered, and additional data that are required to implement those research designs. In addition, the Health Economics Program seeks input on general issues relating to the feasibility, scope, and design of such a SHPD. Responses will be accepted through August 26, 2011. <http://grants.nih.gov/grants/guide/notice-files/NOT-RM-11-019.html>

COMMENTS SOUGHT ON PROPOSED CHANGES TO RULES PROTECTING HUMAN RESEARCH SUBJECTS

The U.S. Department of Health and Human Services (HHS) announced that the federal government is contemplating various ways of enhancing the regulations overseeing research on human subjects. Before making changes to the regulations, HHS is seeking the public's input on an array of issues related to the ethics, safety, and oversight of human research. The changes under consideration can be found in the *Advance Notice of Proposed Rulemaking Human Subjects Research Protections: Enhancing Protections for Research Subjects and Reducing Burden, Delay, and Ambiguity for Investigators*, published in the July 25 *Federal Register*. The proposed changes are designed to strengthen protections for human research subjects. Comments will be accepted through September 26, 2011.

Press Release: <http://www.hhs.gov/news/press/2011pres/07/20110722a.html>

Submit Comments: <http://www.hhs.gov/ohrp/humansubjects/anprm2011page.html>

WHITE HOUSE OFFICE OF PUBLIC ENGAGEMENT LAUNCHES THE NATIVE AMERICAN YOUTH CHALLENGE PROGRAM

In a video message, President Obama called for young American Indian and Alaska Native leaders to submit their stories of leadership and service in their communities. Young leaders who have sought to improve their communities are encouraged to submit their stories of service on a variety of projects, including those to prevent suicide. Submissions are due September 30, 2011.

<http://www.whitehouse.gov/nativeamericans/take-native-american-youth-challenge>

FUNDING INFORMATION

NIH: SLEEP AND SOCIAL ENVIRONMENT: BASIC BIOPSYCHOSOCIAL PROCESSES (R21)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-HD-12-204.html>

NIH: SOCIAL AND BEHAVIORAL RESEARCH ON THE ELDERLY IN DISASTERS

<http://grants.nih.gov/grants/guide/pa-files/PA-11-263.html> (R01)

<http://grants.nih.gov/grants/guide/pa-files/PA-11-264.html> (R03)

<http://grants.nih.gov/grants/guide/pa-files/PA-11-265.html> (R21)

CDC: SEXUAL VIOLENCE PREVENTION AND EDUCATION

<http://www07.grants.gov/search/search.do;jsessionid=rnBBTvXVxTSGz2B2dp50vQtkNsKMJ0fxnpQ14vVhvfDkcBXmL2kw!1170416000?opId=106034&mode=VIEW>



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 national, state, and local mental health outreach, information, education, and partnership programs.