



UPDATE

October 15, 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

BRAIN CHEMICAL LINKED TO JOYLESSNESS PROVIDES INSIGHT INTO TEEN DEPRESSION

Depressed teens with anhedonia, or the inability to experience pleasure, have lower levels of the neurotransmitter GABA in a key mood-regulating region of the brain, according to an NIMH-funded study published online October 3 in the *Archives of General Psychiatry*. The researchers note that focusing on specific symptoms and using different types of measures may offer new clues to the pathways and processes underlying depression and other mental disorders.

Science Update: <http://www.nimh.nih.gov/science-news/2011/brain-chemical-linked-to-joylessness-provides-insight-into-teen-depression.shtml>

MENTAL ILLNESS RATES BY STATE HIGHLIGHTED IN NEW REPORT

A new report providing state-by-state analyses of the prevalence of any mental illness, including serious mental illness (SMI), reveals significant variation across the country. For example, among adults aged 18 or older, the rate of SMI in the past year ranged from 3.5 percent in Hawaii and South Dakota to 7.2 percent in Rhode Island. The report, developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides insight for state and public health authorities and service providers to help guide the provision of effective treatment and prevention programs.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1110055020.aspx>
Full report: http://oas.samhsa.gov/2K11/078/WEB_SR_078.cfm

NIH RELEASES CLINICIAN'S GUIDE FOR SCREENING UNDERAGE DRINKERS

Based on just two questions from a newly released guide, health care professionals could spot children and teenagers at risk for alcohol-related problems. *Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide*, is now available from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health (NIH). Developed in collaboration with the American Academy of Pediatrics, clinical researchers, and health practitioners, the guide introduces a two-question screening tool and an innovative youth alcohol risk estimator to help clinicians overcome time constraints and other common barriers to youth alcohol screening.

Press Release: <http://www.niaaa.nih.gov/NewsEvents/NewsReleases/Pages/guideunderage.aspx>
Guide: <http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/YouthGuide>

NIH STUDY FINDS DOCTORS MISS MANY ALCOHOL SCREENING OPPORTUNITIES

Physicians often fail to counsel their young adult patients about excessive alcohol use, according to a study led by NIAAA. NIAAA guidelines for low risk drinking call for men to drink no more than four drinks in a day and no more than 14 drinks per week. For women, the guidelines are three or fewer drinks per day and no more than seven drinks per week. Previous studies have shown that screening and brief interventions by health care providers — asking patients about alcohol use and advising them to reduce risky drinking — can promote significant, lasting reductions in drinking levels and alcohol-related problems.

Press Release: <http://www.nih.gov/news/health/oct2011/niaaa-06.htm>

SOCIAL MEDIA MAY HELP IDENTIFY COLLEGE DRINKING PROBLEMS

College students who post references to getting drunk, blacking out, or other aspects of dangerous drinking on social networking sites are more likely to have clinically significant alcohol problems than students who do not post such references, according to a study supported NIAAA.

Press Release: <http://www.niaaa.nih.gov/NewsEvents/NewsReleases/Pages/socialmedia.aspx>

NEW REPORT SHOWS THAT ON AVERAGE 15.6 YEARS ELAPSES BETWEEN WHEN ADULTS IN TREATMENT FIRST USED A SUBSTANCE AND WHEN THEY WERE FIRST ADMITTED FOR TREATMENT

A new report shows that among the 669,000 adults admitted for substance abuse treatment for the first time last year, an average of 15.6 years had elapsed since the first time they started using the substance they were primarily being treated for. The SAMHSA study indicates that while the average time between first use of a substance of abuse and first treatment for it may vary by type of substance and demographic groups, in almost all cases it involves a lag time of several years.

Full Report: http://www.oas.samhsa.gov/2k11/026/WEB_TEDS_026.cfm

Press Release: <http://www.samhsa.gov/newsroom/advisories/1110054229.aspx>

VA DEBUTS DOCUMENTARY HIGHLIGHTING HEROES, POLYTRAUMA SYSTEM OF CARE

The Department of Veterans Affairs (VA) has launched a campaign to increase awareness about Traumatic Brain Injury (TBI) and services provided by the VA for Veterans and Service members recovering from TBI and co-occurring complex injuries. The campaign debuted with a 25-minute documentary highlighting individual stories of recovery for some of the most severely injured and wounded Veterans through the VA Polytrauma System of Care at the Hunter Holmes McGuire VA Medical Center in Richmond, Va.

Press Release: <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2178>

SAMHSA AWARDS UP TO \$25 MILLION TO EXPAND USE OF HEALTH INFORMATION TECHNOLOGY

SAMHSA announced it is awarding up to 29 new grants, totaling up to \$25 million over three years, to expand use of health information technology to increase access to behavioral health services. This program will leverage technology to improve access and coordination for the treatment of mental and substance use disorders, especially for Americans in remote areas or in underserved populations. Web-based services, smart phones, and behavioral health electronic applications (e-apps) will enhance communication between patients and health care providers to improve discussions about treatment options and decisions, and better manage health.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1110111211.aspx>

FEDERAL AGENCIES JOIN FORCES TO AWARD \$13 MILLION TO ENHANCE DRUG COURTS

SAMHSA and the Bureau of Justice Assistance (BJA) at the U.S. Department of Justice (DOJ) announced 10 new grant awards to enhance adult drug court services, coordination, and treatment. Drug courts provide an alternative to incarceration for people involved with the criminal justice system and in need of substance abuse treatment services. Building on the drug court model, SAMHSA and BJA developed a funding approach for courts that simplifies the application process and improves coordination of the services designed to help people overcome addictions. The grants will be used to provide alcohol and drug treatment, recovery support services supporting substance abuse treatment, screening, assessment, case management, and program coordination to adult defendants and offenders.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1110125550.aspx>

DEPARTMENT OF JUSTICE AWARDS \$20 MILLION TO SUPPORT MENTORING CHILDREN OF MILITARY FAMILIES

The DOJ's Office of Juvenile Justice and Delinquency Prevention (OJJDP) awarded a total of \$20 million to nine organizations to support mentoring programs and services for youth with a parent in the military. The Department of Defense provided this funding to OJJDP as part of a joint effort to support military families.

Press Release: <http://ojjdp.gov/enews/11juvjust/111011.html>

AFFORDABLE CARE ACT TO SUPPORT QUALITY IMPROVEMENT AND ACCESS TO PRIMARY CARE FOR MORE AMERICANS

The U.S. Department of Health and Human Services (HHS) announced a series of initiatives that will help over 900 community health centers and community-based organizations to enhance the quality and coordination of health care services across the country. A total of \$47 million, made available by the Affordable Care Act, was awarded in every state and will help improve quality and access to services for millions of Americans. They will also support better primary care and behavioral health services for people with mental and substance use disorders.

Press Release: <http://www.hhs.gov/news/press/2011pres/09/20110929b.html>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON THE NIMH WEBSITE

HELP WANTED: MAKING WORKPLACES WORK IN MENTAL HEALTH CARE

In recognition of World Mental Health Day, NIMH Director Thomas Insel discusses the use of task-shifting to address the shortage in care providers. Task-shifting aims to use the available workforce more efficiently by assigning certain aspects of care to less specialized providers. For example, Lady Health Workers in Pakistan — community health workers who routinely visited peripartum women — were successfully trained to deliver a cognitive behavioral intervention to depressed rural women. Community and other lay health workers as well as primary care staff have successfully provided care for depression in Chile, Uganda, and India. <http://www.nimh.nih.gov/about/director/2011/help-wanted-making-workplaces-work-in-mental-health-care.shtml>

PSYCHIATRIC GENETICS: MORE PIECES OF THE PUZZLE

NIMH Director Thomas Insel discusses the results of the two largest studies of their kind to have identified new common gene variants associated with schizophrenia and bipolar disorder. The results implicate specific pathways and hold promise for development of new treatments.

<http://www.nimh.nih.gov/about/director/2011/psychiatric-genetics-more-pieces-of-the-puzzle.shtml>

LATEST EDITION OF INSIDE NIMH

This edition of the newsletter discusses recent funding opportunities and some new initiatives the Institute is considering for the future. <http://www.nih.gov/news/health/oct2011/niaaa-06.htm>

DEPRESSION AND PARKINSON'S DISEASE

This brochure describes the signs and symptoms of depression and how it is linked to other illnesses, including Parkinson's disease.

<http://www.nimh.nih.gov/health/publications/depression-and-parkinsons-disease/index.shtml>

DEPRESSION AND STROKE

This brochure describes the signs and symptoms of depression and how it is linked to other illnesses, including stroke. <http://www.nimh.nih.gov/health/publications/depression-and-stroke/index.shtml>

SAMHSA RESOURCES

YOUTH SUICIDE PREVENTION TRAINING FOR EARLY IDENTIFICATION AND REFERRAL

These recommendations were developed for SAMHSA grantees and others interested in implementing community-based youth suicide prevention training. Recommendations are intended to specifically address gatekeeper training that is designed to equip members of the community to identify youth with an increased potential for suicide and refer them to appropriate sources of help.

<http://library.sprc.org/item.php?id=867&catid=53>

CO-OCCURRENCE OF SELECTED CHRONIC PHYSICAL CONDITIONS AND ALCOHOL, DRUG, OR MENTAL HEALTH PROBLEMS AND HEALTH CARE UTILIZATION

This report presents estimates of the prevalence rates of co-occurring chronic physical conditions and past year alcohol, drug, or mental health problems among persons aged 18 to 64 in the United States. Demographic characteristics and health care utilization by age and alcohol, drug, or mental status were also assessed for persons aged 18 to 64 with selected chronic physical conditions.

http://oas.samhsa.gov/2k11/DR004_State_Variations/DR004_State_Variations.pdf

MINORITY FELLOWSHIP PROGRAM

Describes the doctoral and postdoctoral fellowships available to those from ethnic minority backgrounds who wish to support and improve services for people with mental or substance use disorders who are from an underserved minority population. <http://store.samhsa.gov/product/SMA11-4638>

MENTAL HEALTH SERVICES AT INDIAN HEALTH SERVICE AND TRIBAL FACILITIES

This HHS Office of Inspector General report examines the extent to which American Indians and Alaska Natives (AI/AN) have access to mental health services at Indian Health Service and tribal facilities.

<http://oig.hhs.gov/oei/reports/oei-09-08-00580.pdf>

PRIORITIES FOR PATIENT-CENTERED OUTCOMES RESEARCH FOR SMI

This Agency for Healthcare Research Quality report provides the results of stakeholder engagement activities to identify research priorities related to SMI.

http://effectivehealthcare.ahrq.gov/ehc/products/361/797/WhitePaper_MentalHealth_20110930.pdf

OFFICE OF JUVENILE JUSTICE AND DELINQUENCY PREVENTION REPORTS

POLYVICTIMIZATION: CHILDREN'S EXPOSURE TO MULTIPLE TYPES OF VIOLENCE, CRIME, AND ABUSE

This report focuses on polyvictimization, which is defined as having experienced multiple victimizations of different kinds such as sexual abuse, physical abuse, bullying, and exposure to family violence.

<http://www.ojjdp.gov/publications/PubAbstract.asp?pubi=257485>

CHILDREN'S EXPOSURE TO INTIMATE PARTNER VIOLENCE AND OTHER FAMILY VIOLENCE

This report explores in depth the National Survey of Children's Exposure to Violence results regarding exposure to family violence among children in the United States, including exposure to intimate partner violence, assaults by parents on siblings of children surveyed, and other assaults involving teen and adult household members. <http://www.ojjdp.gov/publications/PubAbstract.asp?pubi=254358>

EMERGENCY PLANNING FOR JUVENILE JUSTICE RESIDENTIAL FACILITIES

This guide describes how facilities can ensure that youth receive the supports and services they require during the disruptions that emergencies inevitably cause. It is the first comprehensive planning guide to address the specific needs of children, youth, and families involved in the justice system during an emergency. <http://www.ojjdp.gov/publications/PubAbstract.asp?pubi=256884>

STUDENT REPORTS OF BULLYING AND CYBER-BULLYING: RESULTS FROM THE 2009 SCHOOL CRIME SUPPLEMENT TO THE NATIONAL CRIME VICTIMIZATION SURVEY

These web tables use data from the 2009 School Crime Supplement to the National Crime Victimization Survey to show the relationship between bullying and cyber-bullying victimization and other variables of interest such as the reported presence of gangs, guns, drugs, and alcohol at school; select school security measures; student criminal victimization; and personal fear, avoidance behaviors, fighting, and weapon-carrying at school. <http://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2011336>

REPORT HIGHLIGHTS RESOURCES TO SUPPORT AT-RISK YOUTH

The Administration for Children and Families (ACF) has released this report that provides the latest research on the risk factors youth face, highlights their needs, and describes how ACF and community programs have helped serve them. It then discusses how programs can be better catered to meet at-risk youths needs in the future.

http://www.acf.hhs.gov/programs/opre/fys/youth_development/reports/synthesis_youth.pdf

LATEST ISSUE OF NIAAA'S SPECTRUM

The latest of issue of NIAAA's online magazine features research about Fetal Alcohol Spectrum Disorders. The magazine also provides results from a study that finds that binge drinking may harm adolescent brain development. <http://www.spectrum.niaaa.nih.gov/>

NCCAM RELAXATION TECHNIQUES FOR HEALTH: AN INTRODUCTION

This online factsheet from the National Center on Complementary and Alternative Medicine (NCCAM) provides background about relaxation techniques. Relaxation techniques include a number of practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises. The goal is similar in all: to consciously produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of calm and well-being.

<http://nccam.nih.gov/health/stress/relaxation.htm?nav=upd>

CALENDAR OF EVENTS

NCCAM TWITTER CHAT

OCTOBER 18, 2011, 1:00-2:00 PM ET

NCCAM announced its first Twitter Chat. This is an opportunity to ask an information specialist questions about complementary and alternative medicine and general health. No registration is necessary; all participants need is an active Twitter account. Join the chat using this hashtag: #NCCAMchat

<http://twitter.com/#!/nccam>

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

OCTOBER 29, 2011

The U.S. Drug Enforcement Administration will be collecting potentially dangerous expired, unused, and unwanted prescription drugs for destruction at sites nationwide. The service is free and anonymous with no questions asked. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicines, often flushing them down the toilet or throwing them away—both potential safety and health hazards.

http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

NATIONAL DRUG FACTS WEEK: SHATTER THE MYTHS

OCTOBER 31-NOVEMBER 6, 2011

The National Institute on Drug Abuse (NIDA) National Drug Facts Week (NDFW) is a health observance for teens that aims to shatter the myths about drugs and drug abuse. Through community-based events and activities on the Web, on TV, and through contests, NIDA is working to encourage teens to get factual answers from scientific experts about drugs and drug abuse. Take part in NIDA's CyberShoutout to kick off NDFW on October 28, 2011. All one has to do is tweet, blog, or Facebook about NDFW or NIDA's drug facts to help shatter the myths about drug abuse.

To learn about the Shoutout: <http://drugfactsweek.drugabuse.gov/cyberShoutout.php>

To register NDFW activities: <http://drugfactsweek.drugabuse.gov/register.php>

WEBINAR: ISSUES OF ATTACHMENT FOR YOUNG TRAUMATIZED CHILDREN AND THEIR CAREGIVERS

NOVEMBER 3, 2011, 12:00 PM ET

As part of the National Child Traumatic Stress Network (NCTSN) Zero to Six Speaker Series, presenters will address attachment and its implications for young traumatized children in the child welfare system, the nature of typically developing attachment relationships—as well as the impact of trauma and maltreatment on such relationships, ways to encourage the maintenance and development of attachment relationships, and the implications of attachment disorders. <http://learn.nctsn.org/calendar/view.php>

WEBINAR: DELIVERING TRAUMA CARE TO FAMILIES—POLICY ISSUES AND IMPLICATIONS

NOVEMBER 9, 2011, 1:00 PM ET

As part of the NCTSN Family Systems Speaker Series, presenters will discuss important policy issues related to the delivery of trauma-informed evidence-based care to children and families affected by traumatic events, the implications of current and upcoming federal and state policy changes, and the role of scientists, providers, and families in advocacy efforts. <http://learn.nctsn.org/calendar/view.php>

WEBINAR: YOU ARE NOT ALONE: HELPING CHILDREN WITH TRAUMATIC GRIEF

NOVEMBER 15, 2011, 1:00 PM ET

As part of the NCTSN Child Traumatic Grief Speaker Series, presenters will explain traumatic grief in preschool and school aged children, introduce resources for children and caregivers developed by Sesame Workshop and the NCTSN, and review how clinicians and caregivers can use these resources to help children in their process of grieving. <http://learn.nctsn.org/calendar/view.php>

BRIDGING THE GAP BETWEEN RESEARCH AND CLINICAL PRACTICE OF PSYCHOLOGICAL HEALTH AND TBI: PREVENTION, DIAGNOSIS, TREATMENT, AND RECOVERY FOR THE IRAQ AND AFGHANISTAN COHORT CONFERENCE

DECEMBER 8–9, 2011, BETHESDA, MARYLAND

Save the date for this meeting sponsored by the VA, Defense Centers of Excellence, and NIH to address bridging the gap between research and clinical practice of psychological health and TBI.

tsc2011@experient-inc.com

CALLS FOR PUBLIC INPUT

HHS SEEKS PUBLIC COMMENT ON DRAFT STRATEGY THAT PROMOTES HEALTHY COMMUNITIES AND PROTECTS PEOPLE'S HEALTH

HHS released its draft *2012 Environmental Justice Strategy*. HHS is committed to meeting the goals of Executive Order 12898, "Federal Actions to Address Environmental Justice in Minority Populations and Low-Income Populations," which states that each Federal agency, with the law as its guide, should make environmental justice part of its mission. The draft HHS Environmental Justice Strategy is available for comment until December 3, 2011. <http://www.hhs.gov/environmentaljustice>

PATIENT-CENTERED OUTCOMES RESEARCH INSTITUTE SEEKS PATIENT, SCIENTIST, AND STAKEHOLDER REVIEWERS FOR PILOT PROJECTS GRANTS PROGRAM

The Patient-Centered Outcomes Research Institute (PCORI) is looking for patients, scientists, and other stakeholders to be merit reviewers for its pilot projects grants program. The purpose of the reviews is to determine the significance and quality of submitted research proposals. The inclusion of non-scientific reviewers, including patients, caregivers, and health care clinicians or providers, helps ensure that the patient perspective is adequately included in PCORI-funded research. Each review group will include at least two non-scientist reviewers. PCORI is particularly interested in individuals who have interest in or experience with one or more of the eight areas of interest outlined in the pilot projects grants program announcement. The deadline to apply is noon Eastern Time on October 26, 2011.

<http://www.pcori.org/2011/patient-centered-outcomes-research-institute-seeks-patient-scientist-and-stakeholder-reviewers-for-pilot-projects-grants-program/>

HHS ISSUES FACEBOOK APP CHALLENGE

HHS is challenging developers to create a new Facebook "Lifeline" app that would let people establish their Facebook "friends" as emergency contacts able to share health information during emergency situations. The deadline for entries is November 4, 2011. <http://challenge.gov/challenges/220>

COMMENTS SOUGHT FOR AHRQ EFFECTIVE HEALTH CARE PROGRAM REPORTS

The Agency for Healthcare Research and Quality *Effective Health Care Program* encourages the public to participate in the development of its research projects. The Program uses these 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:

SCREENING, BEHAVIORAL COUNSELING, AND REFERRAL IN PRIMARY CARE TO REDUCE ALCOHOL MISUSE (COMMENTS ACCEPTED UNTIL NOVEMBER 10, 2011)

<http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-draft-reports/?pageaction=displayDraftCommentForm&topicid=269&productID=812>

PROPOSED GOVERNANCE AND DATA MANAGEMENT POLICY FOR THE SYSTEMATIC REVIEW DATA REPOSITORY (COMMENTS ACCEPTED UNTIL NOVEMBER 10, 2011)

<http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-draft-reports/?pageaction=displayDraftCommentForm&topicid=266&productID=813>

FUNDING INFORMATION

LONGITUDINAL STUDIES ON THE IMPACT OF ADOLESCENT DRINKING ON THE ADOLESCENT BRAIN (PHASE II)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-AA-12-006.html>

ECONOMIC STUDIES ANCILLARY TO COMPLETED OR ONGOING HEALTH CARE DELIVERY AND FINANCING PILOTS, DEMONSTRATIONS, AND OTHER EXPERIMENTS

<http://grants.nih.gov/grants/guide/rfa-files/RFA-RM-11-023.html>

PHASED ECONOMIC STUDIES ANCILLARY TO PLANNED HEALTH CARE DELIVERY AND FINANCING PILOTS, DEMONSTRATIONS, AND OTHER EXPERIMENTS

<http://grants.nih.gov/grants/guide/rfa-files/RFA-RM-11-024.html>

COLLABORATIONS WITH NATIONAL CENTERS FOR BIOMEDICAL COMPUTING

<http://grants.nih.gov/grants/guide/pa-files/PA-12-001.html>

INTERVENTIONS FOR HEALTH PROMOTION AND DISEASE PREVENTION IN NATIVE AMERICAN POPULATIONS

<http://grants.nih.gov/grants/guide/pa-files/PA-11-346.html>



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