



UPDATE

March 15, 2011

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

Subscribe to Receive the Update

<http://www.nimh.nih.gov/outreach/partnership-program/subscribe-to-the-update.shtml>

Follow NIMH on Social Media

<http://twitter.com/nimhgov>
<http://www.facebook.com/nimhgov>
<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,
Office of Constituency Relations and Public Liaison*

SCIENCE AND SERVICE NEWS UPDATES

MOST TEENS WITH EATING DISORDERS GO WITHOUT TREATMENT

About three percent of U.S. adolescents are affected by an eating disorder, but most do not receive treatment for their specific eating condition, according to a study by the National Institute of Mental Health (NIMH) published online ahead of print March 7, 2011, in the *Archives of General Psychiatry*.

Science Update: <http://www.nimh.nih.gov/science-news/2011/most-teens-with-eating-disorders-go-without-treatment.shtml>

INTERNATIONAL IMPACT OF BIPOLAR DISORDER HIGHLIGHTS NEED FOR RECOGNITION AND BETTER TREATMENT AVAILABILITY

The severity and impact of bipolar disorder and bipolar-like symptoms are similar across international boundaries, according to a study partially funded by NIMH. The results were published in the March 2011 issue of the *Archives of General Psychiatry*.

Science Update: <http://www.nimh.nih.gov/science-news/2011/international-impact-of-bipolar-disorder-highlights-need-for-recognition-and-better-treatment-availability.shtml>

ENZYME ENHANCES, ERASES LONG-TERM MEMORIES IN RATS — CAN RESTORE EVEN OLD, FADING MEMORIES, SAY NIH-FUNDED SCIENTISTS

Even long after it is formed, a memory in rats can be enhanced or erased by increasing or decreasing the activity of a brain enzyme, say researchers supported in part by the National Institutes of Health (NIH). Researchers report of their discovery March 4, 2011 in the journal *Science*.

Press Release: <http://www.nimh.nih.gov/science-news/2011/enzyme-enhances-erases-long-term-memories-in-rats.shtml>

HEALTHCARE QUALITY STILL IMPROVING SLOWLY, BUT DISPARITIES AND GAPS IN ACCESS TO CARE PERSIST

Improvements in healthcare quality continue to progress at a slow rate—about 2.3 percent a year; however, disparities based on race and ethnicity, socioeconomic status, and other factors persist at unacceptably high levels, according to the *2010 National Healthcare Quality Report* and *National Healthcare Disparities Report* issued by the US Department of Health and Human Services' (HHS) Agency for Healthcare Research and Quality (AHRQ). The reports, which are mandated by Congress, show trends by measuring healthcare quality for the Nation using a group of credible core measures. The data are based on more than 200 healthcare measures categorized in several areas of quality: effectiveness, patient safety, timeliness, patient-centeredness, care coordination, efficiency, health system infrastructure, and access.

Full reports: <http://www.ahrq.gov/qual/qdr10.htm>

Press Release: <http://www.ahrq.gov/news/press/pr2011/qdr10pr.htm>

CDC: OPIOID PAIN KILLERS LINKED TO INCREASED RISK OF SOME BIRTH DEFECTS

Babies born to women who take opioid pain killers such as codeine, oxycodone, or hydrocodone just before or in early pregnancy are at increased but modest risk of birth defects, according to a study conducted by the Centers for Disease Control and Prevention (CDC). The study, published in the *American Journal of Obstetrics and Gynecology*, found two to three percent of mothers interviewed were treated with prescription opioid pain killers, or analgesics, just before or during early pregnancy. The study did not examine illicit use of these medications.

Press Release: http://www.cdc.gov/media/releases/2011/p0302_opioidbirthdefects.html

ADVERSE REACTIONS TO MEDICATIONS ACCOUNT FOR OVER 1.1 MILLION EMERGENCY DEPARTMENT VISITS BY OLDER AMERICANS EACH YEAR; NEARLY ONE-THIRD OF THESE VISITS BY OLDER PATIENTS END UP WITH HOSPITAL ADMISSION FOR FOLLOW-UP TREATMENT

Adults aged 50 and older comprise 51.5 percent of all emergency department (ED) visits each year related to adverse reactions to medications, according to a study by the Substance Abuse and Mental Health Services Administration (SAMHSA). The report says 61.5 percent were made by people aged 65 or older and 60.9 percent involved women.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1103103717.aspx>

NEW STUDY SHOWS THAT MOST SUBSTANCE ABUSE TREATMENT PROGRAMS ACCEPT PRIVATE HEALTH INSURANCE

A nationwide survey of substance abuse treatment facilities reveals that in 2008 nearly two-thirds (65 percent) accepted some private health insurance payment. The survey, conducted by SAMHSA, also indicated that there were significant differences in the level of private insurance payment acceptance among different types of substance abuse treatment facilities.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1103014401.aspx>

CHEMICALS USED IN "SPICE" AND "K2" TYPE PRODUCTS NOW UNDER FEDERAL CONTROL AND REGULATION: DEA WILL STUDY WHETHER TO PERMANENTLY CONTROL FIVE SUBSTANCES

The United States Drug Enforcement Administration (DEA) exercised its emergency scheduling authority to control five chemicals (JWH-018, JWH-073, JWH-200, CP-47,497, and cannabicyclohexanol) used to make so-called "fake pot" products. Except as authorized by law, this action makes possessing and selling these chemicals or the products that contain them illegal in the United States. This emergency action was necessary to prevent an imminent threat to public health and safety. The temporary scheduling action will remain in effect for at least one year while the DEA and HHS further study whether these chemicals should be permanently controlled.

Press Release: <http://www.justice.gov/dea/pubs/pressrel/pr030111.html>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NIMH: NEW DIRECTOR BLOG POSTINGS

FUNDING SCIENCE IN A TIME OF AUSTERITY

NIMH Director Thomas Insel provides background on the status of the NIH budget and the issues for consideration in funding grants during economically uncertain times.

<http://www.nimh.nih.gov/about/director/2011/funding-science-in-a-time-of-austerity.shtml>

GENOMICS: "THE FUTURE IS BRIGHT"

This past month marked the 10th anniversary of the publication of the draft human genome sequence. In this blog posting, the NIMH Director reviews the scientific progress since the start of the human genome and its impact on the understanding of the genome and how science is conducted, as well as progress related to the understanding of health and mental health.

<http://www.nimh.nih.gov/about/director/2011/genomics-the-future-is-bright.shtml>

NEW FROM THE DEFENSE CENTERS OF EXCELLENCE AND REAL WARRIORS

BOOSTING FAMILY RESILIENCE

Just as service members can build resilience, families can also take steps to boost their resilience or "family fitness." Family fitness is every military family's ability to use physical, psychological, social, and spiritual resources to prepare for, adapt to, and grow from military lifestyle demands. By helping family members feel more secure and connected in daily life, families can build resilience to cope with common military stressors like deployment, permanent change of station, combat injury, and operational stress.

<http://www.realwarriors.net/family/change/familyresilience.php>

TRAUMATIC BRAIN INJURY: SIGNS AND SYMPTOMS

This online resource provides an overview of the signs and symptoms of traumatic brain injury (TBI).

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

NEW VIDEO PROFILE: TBI

During his deployments to Iraq, U.S. Army Captain Galen Peterson experienced numerous explosions that caused traumatic brain injuries. In this new video profile on the Defense Centers of Excellence's (DCoE) website, he describes the challenges of these unseen injuries and how receiving proper treatment has helped him recover. <http://www.dcoe.health.mil/MediaRoom/default.aspx?id=82&page=1&cat=-1>

NIDA FACTSHEET ON COMORBIDITY—REVISED

The National Institute on Drug Abuse (NIDA) has issued a revision to its factsheet on the comorbidity of addiction and mental disorders. <http://www.nida.nih.gov/Infofacts/Comorbidity.html>

NEW FROM SAMHSA

LATEST SAMHSA NEWS AVAILABLE

The latest issue of *SAMHSA News* provides an overview of SAMHSA's social media and digital engagement activities.

http://www.samhsa.gov/samhsaNewsletter/Volume_19_Number_1/BehavioralHealthSocialMedia.aspx

EMERGENCY DEPARTMENT VISITS FOR DRUG-RELATED SUICIDE ATTEMPTS INVOLVING ANTIDEPRESSANTS BY ADOLESCENTS AND YOUNG ADULTS: 2004 TO 2008

In 2008, adolescents made 23,124 visits to the ED for drug-related suicide attempts, and young adults made 38,036 such visits; of these visits, 23 percent among adolescents and 17.6 percent among young adults involved antidepressants. Among ED visits for suicide attempts involving antidepressants, more than two-thirds of visits by adolescents and more than three-fourths of visits by young adults involved other substances in addition to antidepressants. One-tenth of visits by adolescents and nearly one-fourth of those made by young adults involved antidepressants in combination with alcohol. One-third of visits for drug-related suicide attempts made by adolescents and one-half of visits made by young adults resulted in hospitalization. <http://oas.samhsa.gov/2k11/DAWN020/AntidepressantsAndSuicide.cfm>

SUBSTANCE USE AMONG YOUNG MOTHERS

An annual average of 528,000 young women aged 15 to 19 were mothers living with at least one of their children. Thirty five percent of these young mothers aged 15 to 19 smoked cigarettes, 30 percent used alcohol, and 11.7 percent used marijuana in the previous month. Young mothers were more likely than young women who were not mothers to have smoked cigarettes in the past month, to have used marijuana in the past month, and were just as likely to have used alcohol.

<http://oas.samhsa.gov/2k11/196/YoungMothers.cfm>

CHARACTERISTICS OF PROBATION AND PAROLE ADMISSIONS AGED 18 OR OLDER

The most common substances of abuse reported by probation or parole admissions were alcohol, marijuana, and methamphetamines; more than one-half reported more than one substance of abuse at admission. The majority of probation or parole admissions were male, had never married, were between the ages of 18 and 44, and were non-Hispanic White. Over one-third of the probation and parole admissions had less than a high school education; the majority of these admissions were unemployed or not in the labor force. <http://oas.samhsa.gov/2k11/231/231ProbParol.cfm>

AHRQ RESEARCH SUMMARIES

PARENTS OF ADULTS WITH MENTAL ILLNESS FACE THE CHALLENGES OF BEING AN AGING CAREGIVER

Parents face a host of challenges when caring for a child with a serious mental illness (SMI), such as schizophrenia and bipolar disorder. As the parents age and face their own age-related problems, the care burdens can become even greater when the child becomes an adult. A recent AHRQ-funded study looked at the subjective burden and personal gains of older parents who cared for adult children with SMI. It found that various supportive measures in the home can create opportunities for the adult child to help their aging parents, while at the same time helping the parents cope with caregiving challenges.

<http://www.ahrq.gov/research/mar11/0311RA24.htm>

ANTIPSYCHOTIC USE DOUBLES FOR VERY YOUNG CHILDREN, WHILE MENTAL HEALTH VISITS ARE FEW

The use of antipsychotic drugs for very young children with behavior problems approximately doubled between 1999-2001 and 2007. Yet fewer than half of these children received a mental health assessment, a psychotherapy visit, or a visit with a psychiatrist while taking these medications, reveals a new study funded in part by AHRQ. <http://www.ahrq.gov/research/mar11/0311RA16.htm>

CDC RESOURCES

UNHEALTHY SLEEP-RELATED BEHAVIORS--12 STATES, 2009

To assess the prevalence and distribution of selected sleep difficulties and behaviors, the CDC analyzed data from a new sleep module added to the Behavioral Risk Factor Surveillance System in 2009. This report summarizes the results of that analysis, which determined that, among 74,571 adult respondents in 12 states, 35.3 percent reported having less than seven hours of sleep on average during a 24-hour period, 48 percent reported snoring, 37.9 percent reported unintentionally falling asleep during the day at least one day in the preceding 30 days, and 4.7 percent reported nodding off or falling asleep while driving in the preceding 30 days.

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6008a2.htm?s_cid=mm6008a2_e

DATING MATTERS: UNDERSTANDING TEEN DATING VIOLENCE PREVENTION

This website provides dating violence resources, including links to curricula, strategies, and tools.

<http://www.cdc.gov/violenceprevention/datingmatters.html>

USING EVIDENCE FOR PUBLIC HEALTH DECISION MAKING: VIOLENCE PREVENTION FOCUSED ON CHILDREN AND YOUTH

This presentation summarizes the findings of the Task Force on Community Preventive Services about the effectiveness of violence prevention interventions focused on children and youth .

<http://www.thecommunityguide.org/about/CommGuideViolenceSlideSet.pdf>

NEW TOOLKIT FOR HIRING INDIVIDUALS WITH DISABILITIES

The U.S. Department of Labor's Office of Disability Employment Policy posted an online toolkit comprised of resources to assist federal agencies in recruiting, employing, and retaining individuals with disabilities.

<http://www.dol.gov/odep/federal-hire>

CALENDAR OF EVENTS

CALL FOR ABSTRACTS: FIFTH ANNUAL NATIONAL CONFERENCE ON HEALTH COMMUNICATION, MARKETING, AND MEDIA

DEADLINE FOR ABSTRACTS: MARCH 24, 2011

SAMHSA and the CDC have issued a call for abstracts for the *Fifth Annual National Conference on Health Communications, Marketing, and Media* to be held August 9-11 in Atlanta, GA. The conference planning committee invites abstracts for both oral and poster presentations, in addition to panel sessions focusing on health communication, social marketing, media, partnerships, public health policy communication, and other topic areas relevant to this multidisciplinary conference. Submissions focused on specific issues and approaches in the areas of research and evaluation, theory and model development, and practices and programs is encouraged. <http://www.cdc.gov/NCHCMM/>

JOINT MEETING OF SAMHSA'S ADVISORY COMMITTEES

MARCH 29, 2011, 8:30 AM – 6:00 PM ET, ROCKVILLE MARYLAND

SAMHSA's Joint Meeting of Advisory Committees is open to the public. The agenda includes discussions on SAMHSA's fiscal year 2012 budget, its Block Grant application, and its strategic initiatives. The discussions will focus on the Agency's work on improving lives and capitalizing on emerging opportunities that advance and protect the Nation's health. The registration deadline is March 22, 2011. The meeting can also be accessed by webcast.

Registration: <http://nac.samhsa.gov/Registration/meetingsRegistration.aspx>

Webcast: <https://services.choruscall.com/links/samhsa110329/>

TRAINING TELECONFERENCE: THE IMPACT OF TRAUMA ON WELLNESS: IMPLICATIONS FOR COMPREHENSIVE SYSTEMS CHANGE

MARCH 30, 2011, 3:00PM – 4:00 PM ET

This teleconference will educate diverse stakeholders about comprehensive systems change, including preventing harm and inadvertent re-traumatization, and ensuring that services and supports are welcoming, engaging, and culturally attuned. The goal is to help facilitate the healing process among people who have experienced trauma so that they can become fully engaged in their communities. Registration will close at 5 p.m. ET on Sunday, March 27, 2011. <http://www.promoteacceptance.samhsa.gov/10by10/training.aspx>

HEALTH OBSERVANCE: NATIONAL AUTISM AWARENESS MONTH

APRIL 2011

In order to highlight the growing need for concern and awareness about autism, the Autism Society has been celebrating National Autism Awareness Month since the 1970s. The United States recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community. <http://www.healthfinder.gov/nho/nho.asp?year=2011#5>

NIMH RESEARCH VIDEOCAST-- CONNECT THE DOTS: UNDERSTANDING CHILDREN'S MENTAL HEALTH

MAY 3, 2011, 2:00PM-3:00PM ET

In celebration of National Children's Mental Health Awareness Day, NIMH is presenting an expert panel on the latest research related to children's mental health. Learn the state of the science in children's mental health and ask top NIMH scientists about topics ranging from normal brain development to anxiety, bipolar disorder, and ADHD. Register to watch the videocast or attend in person. <http://guest.cvent.com/d/6dq51>

SAMHSA'S NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY

MAY 3, 2011

Join communities, organizations, and individuals nationwide in raising awareness that positive mental health is essential to a child's healthy development. This year the national event in Washington, DC, on the evening of May 3, will focus on building resilience in young children dealing with trauma.

http://www.samhsa.gov/children/save_date_2011.aspx

CALLS FOR PUBLIC INPUT

PREVENTION OF SUBSTANCE ABUSE AND MENTAL ILLNESS VIDEO PSA CONTEST

SAMHSA's Center for Substance Abuse Prevention is launching a PSA video contest that embraces the theme, "We are the ones. How are you taking action?" This contest highlights the efforts made by young adults to make a difference in their communities to prevent substance abuse and promote emotional well-being. Submissions are due April 15, 2011.

<http://challenge.gov/SAMHSA/128-prevention-of-substance-abuse-and-mental-illness-video-psa-contest>

FUNDING INFORMATION

CDC: DATING MATTERS: STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS

<http://www.cdc.gov/injury/FundedPrograms/foa/2011/CE11-1103.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.