



UPDATE

November 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

HUMAN BRAINS ARE MADE OF THE SAME STUFF, DESPITE DNA DIFFERENCES; GENE EXPRESSION DATABASES REVEAL “CONSISTENT MOLECULAR ARCHITECTURE”

Despite vast differences in the genetic code across individuals and ethnicities, the human brain shows a “consistent molecular architecture,” say researchers supported by the National Institutes of Health (NIH). The finding is from a pair of studies that have created databases revealing when and where genes turn on and off in multiple brain regions through development. Findings are reported in the October 27, 2011 issue of the journal *Nature*.

Press Release: <http://www.nimh.nih.gov/science-news/2011/our-brains-are-made-of-the-same-stuff-despite-dna-differences.shtml>

PERINATAL ANTIDEPRESSANT STUNTS BRAIN DEVELOPMENT IN RATS; MISWIRED BRAIN CIRCUITRY TRACED TO EARLY EXPOSURE

Rats exposed to an antidepressant just before and after birth showed substantial brain abnormalities and behaviors, in an NIH-funded study. After receiving citalopram, a serotonin-selective reuptake inhibitor, during this critical period, long-distance connections between the two hemispheres of the brain showed stunted growth and degeneration. The animals also became excessively fearful when faced with new situations and failed to play normally with peers – behaviors reminiscent of novelty avoidance and social impairments seen in autism. The abnormalities were more pronounced in male than female rats, just as autism affects 3 to 4 times more boys than girls. The researchers report on their discovery online during the week of October 24, 2011, in the *Proceedings of the National Academy of Sciences*.

Press Release: <http://www.nimh.nih.gov/science-news/2011/perinatal-antidepressant-stunts-brain-development-in-rats.shtml>

NATIONAL SURVEY DISPELS NOTION THAT SOCIAL PHOBIA IS THE SAME AS SHYNESS

Normal human shyness is not being confused with the psychiatric anxiety disorder known as social phobia, according to an NIMH survey comparing the prevalence rates of the two among U.S. youth. This study was published online, ahead of print, October 17, 2011, in the journal *Pediatrics*.

Science News: <http://www.nimh.nih.gov/science-news/2011/national-survey-dispels-notion-that-social-phobia-is-the-same-as-shyness.shtml>

NIH GRANT TO HELP TRANSLATE ADDICTION RESEARCH INTO PRACTICE

A new grant will help establish a core of post-graduate addiction medicine education programs in academic medical centers throughout the United States. The National Infrastructure for Translating Addiction Research into Clinical Practice grant, awarded last month to the University at Buffalo School of Medicine and Biomedical Sciences, will provide about \$900,000 over a two-year period. The grant was awarded by the National Institute on Alcohol Abuse and Alcoholism and strengthens the foundation for training clinicians in the emerging specialty of addiction medicine.

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

CMS DECISION: SCREENING FOR DEPRESSION IN ADULTS

The Centers for Medicare and Medicaid Services (CMS) has determined that the evidence is adequate to conclude that screening for depression in adults, which is recommended with a grade of B by the U.S. Preventive Services Task Force, is reasonable and necessary for the prevention or early detection of illness or disability and is appropriate for individuals entitled to benefits under Part A or enrolled under Part B. Therefore CMS will cover annual screening for depression for Medicare beneficiaries in primary care settings that have staff-assisted depression care supports in place to assure accurate diagnosis, effective treatment, and follow-up.

Release: <http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=251>

CDC STUDY SHOWS SUICIDAL THOUGHTS AND BEHAVIOR VARY AMONG U.S. ADULTS

Every 15 minutes, someone in the United States dies by suicide. And for every person who dies, there are many more who think about, plan or attempt suicide, according to a report released by the Centers for Disease Control and Prevention (CDC). Serious thoughts of suicide range from about 1 in 50 adults in Georgia to 1 in 15 in Utah. For suicide attempts, the range goes from 1 in 1000 adults in Delaware and Georgia to 1 in 67 in Rhode Island. This report is the first to present state-level data concerning suicidal thoughts and behavior among adults in the United States.

Press Release: http://www.cdc.gov/media/releases/2011/p1020_suicidal_thoughts.html

Full Report: <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss6013a1.htm>

FDA APPROVES FIRST GENERIC OLANZAPINE TO TREAT SCHIZOPHRENIA, BIPOLAR DISORDER

The U.S. Food and Drug Administration (FDA) approved the first generic versions of Zyprexa (olanzapine tablets) and Zyprexa Zydus (olanzapine orally disintegrating tablets) to treat schizophrenia and bipolar disorder.

Press Release: <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm277022.htm>

REPORT FINDS PARENT TRAINING EFFECTIVE FOR TREATING YOUNG CHILDREN WITH ADHD

Formal training in parenting strategies is a low-risk, effective method for improving behavior in preschool-age children at risk for developing attention deficit hyperactivity disorder (ADHD), while there is less evidence supporting the use of medications for children younger than 6 years old, according to a new report from the Agency for Healthcare Research and Quality (AHRQ). The report found that formal parenting interventions—known as parent behavior training or PBT—are supported by strong evidence for effectiveness for children younger than the age of 6, with no reports of complications or harms. However, one large barrier to the success of PBT is parents who drop out of therapy programs, the report found. For children older than age 6, the report found that methylphenidate (sold under the brand name Ritalin) and another drug used to treat ADHD symptoms, atomoxetine (sold as Strattera), are generally safe and effective for improving behavior, but their effects beyond 12 to 24 months have not been well studied. Little information is available about the long-term effects of other medications used to treat ADHD symptoms.

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

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON NIMH WEBSITE

MEN AND DEPRESSION

This brochure describes common signs and symptoms, and treatment options for depression in men. <http://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>

DEPRESSION AND OLDER ADULTS (IN SPANISH)

This Spanish-language brochure describes the signs, symptoms, and treatment options of depression in older adults. <http://www.nimh.nih.gov/health/publications/espanol/personas-mayores-y-la-depresion/index.shtml>

A PARENT'S GUIDE TO AUTISM SPECTRUM DISORDER

This guide is intended to help parents understand what autism spectrum disorder is, recognize common signs and symptoms, and find the resources they need. <http://www.nimh.nih.gov/health/publications/a-parents-guide-to-autism-spectrum-disorder/index.shtml>

TRAVELS ABROAD REVEAL IMPRESSIVE INVESTMENT IN SCIENCE

NIMH Director Thomas Insel reflects on his 15 day listening tour, visiting scientists and clinicians in Melbourne, Sydney, Singapore, Shanghai, and Tokyo. Innovative experiments in both research and practice, which could inform what is done in the U.S., are discussed.

<http://www.nimh.nih.gov/about/director/2011/travels-abroad-reveal-impressive-investment-in-science.shtml>

A NEW PICTURE OF BRAIN DEVELOPMENT

NIMH Director Thomas Insel discusses two papers recently published in *Nature* which provide the first maps of the molecular development of the human brain. Both use human post-mortem brain tissue to study development and for both, development means the changing level of messenger RNA (mRNA) expression across time. <http://www.nimh.nih.gov/about/director/2011/a-new-picture-of-brain-development.shtml>

CDC REPORTS

ANTIDEPRESSANT USE IN PERSONS AGED 12 AND OVER: UNITED STATES, 2005–2008

This report describes antidepressant use among Americans aged 12 and over, including prevalence of use by age, sex, race and ethnicity, income, depression severity, and length of use. This data brief discusses all antidepressants taken, regardless of the reason for use. While the majority of antidepressants are taken to treat depression, antidepressants also can be taken to treat anxiety disorders, for example.

<http://www.cdc.gov/nchs/data/databriefs/db76.htm>

DEPRESSION, DIABETES, AND CHRONIC DISEASE RISK FACTORS--US WOMEN OF REPRODUCTIVE AGE

This *Preventing Chronic Disease* article reports estimates of the prevalence and predictors of diabetes and chronic disease risk factors among reproductive-age women with depression.

http://www.cdc.gov/pcd/issues/2011/nov/10_0269.htm

DEPRESSION SCREENING AND TREATMENT AMONG NON-PREGNANT WOMEN OF REPRODUCTIVE AGE

This *Prevention Chronic Disease* article reports the results of systematic review of the literature about the screening and treatment of depression among non-pregnant women of reproductive age.

http://www.cdc.gov/pcd/issues/2011/nov/11_0062.htm

HEALTHY PEOPLE 2020 OBJECTIVES: LEADING HEALTH INDICATORS

Healthy People 2020 provides a comprehensive set of 10-year, national goals and objectives for improving the health of all Americans. Healthy People 2020 contains 42 topic areas with nearly 600 objectives (with others still evolving), which encompass 1,200 measures. A smaller set of Healthy People 2020 objectives, called Leading Health Indicators, has been selected to communicate high-priority health issues and actions that can be taken to address them.

Leading Health indicators: <http://healthypeople.gov/2020/LHI/default.aspx>

Mental Health Indicators: <http://healthypeople.gov/2020/LHI/mentalHealth.aspx>

NEW SAMHSA RESOURCES

SUBSTANCE USE DISORDERS IN PEOPLE WITH PHYSICAL AND SENSORY DISABILITIES

This resource provides healthcare professionals who work with people with physical and sensory disabilities information about substance use disorders, including risk factors and warning signs; screening; types of substance abuse services; and strategies for helping clients. <http://store.samhsa.gov/product/SMA11-4648>

ADDRESSING THE NEEDS OF WOMEN AND GIRLS: CORE COMPETENCIES FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICE PROFESSIONALS

This guide provides mental health and substance abuse professionals with a comprehensive overview of unique prevention, treatment and recovery skills and practices, including trauma-informed care, to effectively serve women and girls. <http://store.samhsa.gov/product/Addressing-the-Needs-of-Women-and-Girls-Core-Competencies-for-Mental-Health-and-Substance-Abuse-Service-Professionals/SMA11-4657>

ONLINE TOOLS FOR SAMHSA CUSTOMERS

This new page on the SAMHSA Website provides widgets and links to SAMHSA's Store, treatment facility locator, and email updates service, as well as information for website developers using application programming interfaces and links to other tools for specific SAMHSA programs, such as the National Suicide Prevention Lifeline. <http://blog.samhsa.gov/2011/10/26/online-tools-for-samhsa-customers/>

SUPPORTING BRAIN DEVELOPMENT IN TRAUMATIZED CHILDREN AND YOUTH

This bulletin from the Administration of Children and Families summarizes what child welfare professionals can do to support the identification and assessment of the impact of maltreatment and trauma on brain development. <http://www.childwelfare.gov/pubs/braindevtrauma.cfm>

NEW ADOLESCENT HEALTH WEBSITE

The Office of Adolescent Health in the U.S. Department of Health and Human Services has launched a new website on adolescent health issues, including physical, mental and reproductive health, substance abuse, and healthy relationships. <http://www.hhs.gov/ash/oah>

GOVERNMENT ACCOUNTABILITY OFFICE REPORTS

VA MENTAL HEALTH: NUMBER OF VETERANS RECEIVING CARE, BARRIERS FACED, AND EFFORTS TO INCREASE ACCESS

In this report, the Government Accountability Office (GAO) provides information on (1) how many veterans received mental health care from the Department of Veterans Affairs (VA) from fiscal years 2006 through 2010, (2) key barriers that may hinder veterans from accessing mental health care from VA, and (3) VA efforts to increase veterans' access to VA mental health care. <http://www.gao.gov/products/GAO-12-12>

SSI: PRELIMINARY OBSERVATIONS ON CHILDREN WITH MENTAL IMPAIRMENTS

In this statement, GAO examines (1) the trends in the rate of children receiving Supplemental Security Income (SSI) benefits due to mental impairments over the past decade, (2) the role that medical and non-medical information, such as medication and school records, play in the initial determination of a child's medical eligibility, and (3) the steps Social Security Administration has taken to monitor the continued medical eligibility of these children. <http://www.gao.gov/products/GAO-12-196T>

DEFENSE CENTERS OF EXCELLENCE BLOG POSTINGS

HOLISTIC THERAPIES HELP MANAGE STRESS AT HOME

Military significant others who face unique challenges may find relief from complementary practices they can do in the comfort of their own homes to manage stress. This blog post provides an overview of these practices, tested by participants in Deployment Health Clinical Center Significant Others Support Group. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=304>

IS STRESS THERAPY GOING TO THE DOGS?

This blog post discusses the growing movement of canine-assisted therapy programs in the country. Within this movement, distinctions are made among service dogs, therapy dogs, and companionship dogs. Therapy dogs are trained to provide comfort to specific groups of people, such as those in nursing homes or rehabilitation facilities. Companionship dogs fill emotional and social needs. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=305>

CALENDAR OF EVENTS

NATIONAL DRUG FACTS WEEK: SHATTER THE MYTHS

OCTOBER 31-NOVEMBER 6, 2011

The National Institute on Drug Abuse (NIDA) National Drug Facts Week 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. <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>

SUICIDAL PATIENTS IN THE EMERGENCY DEPARTMENT: IMPROVING CARE THROUGH PARTNERSHIPS WITH CRISIS CENTERS

NOVEMBER 8, 2011, 3:00-4:30 EASTERN TIME

This Suicide Prevention Resource Center webinar describes potential new roles for crisis centers in working with Emergency Departments (EDs) to improve continuity of care for suicidal patients after ED discharge. Three speakers will highlight research, best practices, and current work to improve care for suicidal patients after an ED visit. Tools and resources available to support effective practices for suicidal patients among EDs and crisis centers will be discussed. <https://www1.gotomeeting.com/register/536819657>

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

This conference sponsored by the VA, Defense Centers of Excellence, and NIH seeks to bridge the gap between clinical care and research by highlighting available resources and best practices to assist with the spectrum of psychological health and traumatic brain injury (TBI) issues found in the Iraq and Afghanistan cohorts. <http://www.dcoe.health.mil/Training/TraumaSpectrumConference.aspx>

CLINICAL TRIAL PARTICIPATION NEWS

NIH CLINICAL TRIALS AND YOU: NEW WEBSITE

This new NIH website provides a range of resources about clinical trials including an overview about what a clinical trial is and resources for health care providers. The site also features stories from volunteers discussing their clinical trial participation experiences. <http://clinicalresearch.nih.gov>

NATIONWIDE RECRUITMENT: CLINICAL TRIAL OF RILUZOLE IN PEDIATRIC BIPOLAR DISORDER

This study is testing the effectiveness of riluzole versus placebo for decreasing anxiety in children with pediatric bipolar disorder. Children and youth with bipolar disorder display episodic elevated mood and associated symptoms of decreased need for sleep, increased goal-directed behavior, and increased self-esteem/grandiosity. Children ages 9 to 17 with bipolar disorder may be eligible to participate in this 12- to 15-week inpatient or outpatient study. This study has four phases. During Phase I, participants are gradually withdrawn from all current psychotropic medications. Phase II is a one-week medication-free period. During Phase III, which lasts two weeks, participants are randomly assigned to also receive either riluzole or placebo (a "sugar pill"). Phase IV lasts for 6 weeks. During this time, participants continue riluzole or placebo. At the end of the study, those who received placebo have the opportunity to receive riluzole. All procedures and medications associated with the research are provided at no cost to participants. Assistance with transportation and lodging expenses is also available upon request. Schooling will be provided while on the inpatient unit or in day treatment. To find out more information about the study, please call 301- 496-8381 or email bipolarkids@mail.nih.gov.

National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services.

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

CALLS FOR PUBLIC INPUT

COMMENTS SOUGHT FOR AHRQ EFFECTIVE HEALTH CARE PROGRAM REPORTS

The AHRQ *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>

MEDITATION PROGRAMS FOR STRESS AND WELL-BEING (COMMENTS ACCEPTED UNTIL NOVEMBER 28, 2011)

<http://effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-key-questions/?pageaction=displayquestions&topicid=375&questionset=196>

STRATEGIES TO IMPROVE GENERAL MEDICAL OUTCOMES IN PEOPLE WITH SERIOUS MENTAL ILLNESS (COMMENTS ACCEPTED UNTIL NOVEMBER 28, 2011)

<http://effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-key-questions/?pageaction=displayquestions&topicid=377&questionset=198>

FUNDING INFORMATION

2012 NIH DIRECTOR'S TRANSFORMATIVE RESEARCH AWARDS

<http://commonfund.nih.gov/TRA>

HRSA AFFORDABLE CARE ACT FAMILY-TO-FAMILY HEALTH INFORMATION CENTERS

<https://grants.hrsa.gov/webExternal/SFO.asp?ID=5E049722-39C8-4834-8C6E-6F59E4851921>



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.