



UPDATE

December 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

NEURONS GROWN FROM SKIN CELLS MAY HOLD CLUES TO AUTISM: RARE SYNDROME'S WORKINGS COULD HELP EXPLAIN HOW BRAIN WIRING GOES AWRY

Potential clues to how autism mis-wires the brain are emerging from a study of a rare, purely genetic form of the disorder that affects fewer than 20 people worldwide. Using cutting-edge "disease-in a-dish" technology, researchers funded by the National Institutes of Health (NIH) have grown patients' skin cells into neurons to discover what goes wrong in the brain in Timothy Syndrome. Affected children often show symptoms of autism spectrum disorders along with a constellation of physical problems.

Press Release: <http://www.nimh.nih.gov/science-news/2011/neurons-grown-from-skin-cells-may-hold-clues-to-autism.shtml>

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TRAINING PEERS IMPROVES SOCIAL OUTCOMES FOR SOME KIDS WITH AUTISM; NIH-FUNDED STUDY FINDS ENGAGING PEERS IN SOCIAL SKILLS INTERVENTION MAY BE MORE HELPFUL THAN TRAINING CHILDREN WITH AUTISM DIRECTLY

Children with autism spectrum disorder (ASD) who attend regular education classes may be more likely to improve their social skills if their typically developing peers are taught how to interact with them than if only the children with ASD are taught such skills. According to an NIH-funded study, a shift away from more commonly used interventions that focus on training children with ASD directly may provide greater social benefits for children with ASD. The study was published online ahead of print on November 28, 2011, in the *Journal of Child Psychology and Psychiatry*.

Press Release: <http://www.nimh.nih.gov/science-news/2011/training-peers-improves-social-outcomes-for-some-kids-with-asd.shtml>

INTERVENTIONS SHOW PROMISE IN TREATING DEPRESSION AMONG PRESCHOOLERS

A new psychosocial approach shows promise in helping preschoolers with symptoms of depression function better and learn to regulate their emotions, according to a National Institute of Mental Health (NIMH)-funded study published online ahead of print October 31, 2011, in the *Journal of Child Psychology and Psychiatry*.

Science News: <http://www.nimh.nih.gov/science-news/2011/interventions-show-promise-in-treating-depression-among-preschoolers.shtml>

HIV VARIANTS IN SPINAL FLUID MAY HOLD CLUES IN DEVELOPMENT OF HIV-RELATED DEMENTIA

NIMH-funded researchers found two variants of HIV in the cerebrospinal fluid (CSF) of infected study participants that were genetically distinct from the viral variants found in the participants' blood. The study, published October 6, 2011, in the journal *PLoS Pathogens*, suggests these CSF variants may help to inform research on the development and treatment of cognitive problems related to HIV infection.

Science Update: <http://www.nimh.nih.gov/science-news/2011/hiv-variants-in-spinal-fluid-may-hold-clues-in-development-of-hiv-related-dementia.shtml>

NIH-COMMISSIONED CENSUS BUREAU REPORT DESCRIBES OLDEST AMERICANS

In 1980, there were 720,000 people aged 90 and older in the United States. In 2010, there were 1.9 million people aged 90 and older; by 2050, the ranks of people 90 and older may reach 9 million, according to a report from the U.S. Census Bureau, commissioned by the National Institute on Aging. The report describes this rapidly growing segment of the population, which suggests that the designation of oldest-old should be changed from 85 to 90 years. The report, *90+ in the United States: 2006–2008*, details the demographic, health, and economic status of America's oldest adults.

Press Release: <http://www.nih.gov/news/health/nov2011/nia-17.htm>

Full report: <http://www.census.gov/prod/2011pubs/acs-17.pdf>

SPOUSE TELEPHONE SUPPORT PROGRAM DEMONSTRATES IMPROVED QUALITY OF LIFE

The Department of Veterans Affairs (VA) is implementing a telephone support program to help the spouses of returning Iraq and Afghanistan Veterans, after a pilot telephone support program showed significant reduction in stress for spouses. The spouse telephone support program, which is part of VA's Caregiver Support Program, builds spouses' ability to cope with the challenges that reintegration to civilian society can bring, helps them serve as a pillar of support for returning Veterans, and eases the transition for families after deployments. Spouses in the pilot program reported decreased symptoms of depression and anxiety, with an increase in social support.

Press Release: <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2217>

STUDY SHOWS NEARLY A TEN-FOLD INCREASE IN THE NUMBER OF HOSPITAL EMERGENCY DEPARTMENT VISITS INVOLVING NON-ALCOHOL ENERGY DRINKS BETWEEN 2005 AND 2009

A new nationwide report indicates that from 2005 to 2009, there has been a sharp increase in the number of emergency department (ED) visits associated with the use of non-alcohol energy drinks – from 1,128 visits in 2005 to 13,114 visits in 2009. According to the report by the Substance Abuse and Mental Health Services Administration (SAMHSA), the highest level of these energy drink-related ED admissions occurred in 2008 (16,055 visits).

Full Report: http://www.samhsa.gov/data/2k11/WEB_DAWN_089/WEB_DAWN_089_HTML.pdf

Press Release: <http://www.samhsa.gov/newsroom/advisories/1111214150.aspx>

JUSTICE DEPARTMENT RESEARCH SHOWS THAT SCHOOL-LEVEL INTERVENTIONS REDUCE DATING VIOLENCE BY UP TO 50 PERCENT

The Department of Justice announced new research from the National Institute of Justice that finds school-level interventions reduced dating violence among middle school students by up to 50 percent in 30 New York City public schools.

Press Release: http://www.ojp.gov/newsroom/pressreleases/2011/OJP_PR-110911.pdf

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW FROM NIMH

SCHIZOPHRENIA—SPANISH LANGUAGE VERSION AVAILABLE ONLINE

Esquizofrenia is a Spanish language version of a detailed booklet that describes symptoms, causes, and treatments of schizophrenia.

<http://www.nimh.nih.gov/health/publications/espanol/esquizofrenia-2011/index.shtml>
posted 12/2/11

DIRECTOR'S BLOG: NEUROSCIENCE ADVANCES SHOWCASED IN WASHINGTON

NIMH Director Thomas Insel describes neuroscience findings and advances relevant to mental health presented at the recent Society for Neuroscience meeting in Washington, DC.

<http://www.nimh.nih.gov/about/director/2011/neuroscience-advances-showcased-in-washington.shtml>

DIRECTOR'S BLOG: IMPROVING DIAGNOSIS THROUGH PRECISION MEDICINE

NIMH Director Thomas Insel describes how precision medicine may provide better diagnosis and treatment of mental disorders. <http://www.nimh.nih.gov/about/director/2011/improving-diagnosis-through-precision-medicine.shtml>

NIMH VIDEO: WHEN AND WHERE GENES TURN ON IN THE BRAIN

Dr. Joel Kleinman of the NIMH Clinical Brain Disorders Branch, together with NIMH grantee Nenad Sestan of Yale University have been studying messenger RNAs, the products that carry the messages from DNA, the blueprint of the human genome, to make the many different types of cells throughout the brain. In this video, Dr. Kleinman explains when and where genes turn on in the brain.

<http://www.nimh.nih.gov/media/video/dr-joel-kleinman-explains-when-and-where-genes-turn-on-in-the-brain.shtml>

SAMHSA RESOURCES

SAMHSA NEWS—LATEST ISSUE AVAILABLE

The latest issue of *SAMHSA News* features a discussion of what military patients want civilian providers to know. http://www.samhsa.gov/samhsaNewsletter/default.aspx?WT.ac=AD20111122SN_FALL11

SECONDARY TRAUMATIC STRESS: A FACT SHEET FOR CHILD-SERVING PROFESSIONALS

This fact sheet provides an overview of secondary traumatic stress and its potential impact on child-serving professionals. It also outlines options for assessment, prevention, and interventions relevant to secondary stress, and describe the elements necessary for transforming child-serving organizations and agencies into systems that also support worker resiliency. <http://www.nctsnet.org/products/secondary-traumatic-stress-fact-sheet-child-serving-professionals>

MATRIX FAMILY EDUCATION VIDEOS

These videos educate family members of those in recovery about substance use disorders. Three sessions cover triggers and cravings, phases of recovery, and typical family reactions to the stages of addiction and recovery, and how they can best support their loved one. <http://store.samhsa.gov/product/SMA11-4637>

DEPRESSION FOLLOWING A TRAUMATIC BRAIN INJURY: AHRQ POLICYMAKER SUMMARY

A systematic review of 115 studies for the Agency for Healthcare Research and Quality (AHRQ) was conducted to synthesize the evidence on what is known and not known about the diagnosis and treatment of depression following traumatic brain injury (TBI). The results of this review are summarized in this “policymaker summary.” <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=851>

CDC: UNDERSTANDING EVIDENCE IN VIOLENCE PREVENTION

A new report released by the Centers for Disease Control and Prevention (CDC), *Understanding Evidence, Part 1: Best Available Research Evidence*, aims to explain the purpose and meaning of the *Continuum of Evidence of Effectiveness*, a tool that was developed to facilitate a common understanding of what the best available research evidence means in the field of violence prevention. This Continuum also serves to provide common language for researchers, practitioners, and policymakers in discussing evidence-based decision making. http://www.cdc.gov/ViolencePrevention/pdf/Understanding_Evidence-a.pdf

HRSA REPORT: CHILDREN IN RURAL AREAS FACE DIFFERENT HEALTH CHALLENGES

Children in rural areas are more likely to face different challenges to their health and have less access to care when compared with children in urban areas, according to a new report from the Health Resources and Services Administration. The *National Survey of Children's Health: The Health and Well-Being of Children in Rural Areas: A Portrait of the Nation in 2007*, which is published every four years, examined the overall health of rural children in the United States from birth to 17 years. The report finds greater prevalence of certain physical, emotional, behavioral, and developmental conditions in rural areas.

<http://mchb.hrsa.gov/nsch/07rural>

NEW FROM REAL WARRIORS

HELPING FAMILIES UNDERSTAND COMBAT STRESS

Welcoming home a loved one from a deployment is an emotional time for service members and their families. Family members hope that their warrior quickly reintegrates to “normal” life, but the stresses associated with combat experience can linger. Traumatic events involving direct combat or non-combat can sometimes lead to behavior changes or even development of post-traumatic stress disorder (PTSD).

<http://www.realwarriors.net/family/support/combatsstress.php>

RESOURCES FOR TRANSITIONING BACK TO SCHOOL

Many members of the National Guard and reserve choose to enroll in a higher education or a vocational program while continuing to serve their country. National Guard members and reservists share a common bond and unique experiences that often differ from the experiences of other students at their school or university. Some individuals may experience challenges adjusting to student life, relating to their fellow classmates, and navigating benefits options. Many of the benefits, resources, and services available to active-duty service members are available to National Guard members and reservists as well.

<http://www.realwarriors.net/guardreserve/reintegration/education.php>

DCOE BLOG POSTS

NEW MOBILE APPS HELP USERS SELF-MANAGE BEHAVIOR, DIAGNOSE, ASSESS

This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post discusses a new genre of smartphone programs specifically designed for troops and health care providers. These apps, developed by the DCoE National Center for Telehealth and Technology address psychological health and TBI. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=314>

VIDEO OFFERS 10 WAYS FOR MILITARY KIDS TO “LET IT OUT”

This DCoE blog post describes a new music video created by Sesame Workshop to help military children express their feelings about deployed parents, multiple moves, holidays without loved ones, and a whole host of unique emotional issues military families face. The just-launched initiative is a result of ongoing collaboration between DCoE and the nonprofit Sesame Workshop to help military families cope with challenging transitions. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=313>

CALENDAR OF EVENTS

WEBINAR: USING DELIBERATIVE METHODS TO ENGAGE PATIENTS, CONSUMERS, AND THE PUBLIC

DECEMBER 6, 2011, 2:00 – 3:30 PM ET

The AHRQ invites participation in a webinar about how to use deliberative methods to explore the views of patients, consumers, caregivers, or other members of the community on health policy and healthcare issues. The purpose of this webinar is to share tools with the potential to enhance work in the areas of public deliberation, patient/consumer participation, and community engagement.

<https://air-min.webex.com/air-min/j.php?ED=16414853&RG=1&UID=0&RT=MiMxMQ%3D%3D>

WEBINAR: FIDELITY AND ORGANIZATIONAL CULTURE: THE EXPERIENCE FROM A DUBLIN DISADVANTAGED COMMUNITY

DECEMBER 7, 2011, 12:00 PM ET

As part of the National Center for Traumatic Stress Network (NCTSN) Implementing and Sustaining Evidence-Based Practice Speaker Series, presenters will consider the challenges and opportunities arising from the introduction of evidence-based programs for children across a range of established organizations, lessons learned from mechanisms and approaches supporting fidelity and quality delivery, and the centrality of emotional intelligence as a key implementation driver. <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, DCoE, 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 TBI issues found in the Iraq and Afghanistan cohorts.

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

WARRIOR RESILIENCE CONFERENCE IV: RESTORING READINESS: INDIVIDUAL, UNIT, COMMUNITY, AND FAMILY

MARCH 29-30, 2012, WASHINGTON, D.C.

The DCoE is sponsoring the Fourth Annual Warrior Resilience Conference. This conference continues last year's theme of bringing Total Force Fitness, an initiative of the Joint Chiefs of Staff, to line leaders and will focus on "Restoring Readiness: Individual, Unit, Community, and Family" as part of the initiative's social domain. <http://www.dcoe.health.mil/Training/WarriorResilienceConferenceIV.aspx>

CLINICAL TRIAL PARTICIPATION NEWS

NATIONWIDE RECRUITMENT: BIPOLAR DISORDER RESEARCH STUDY-- PHENOMENOLOGY AND NEUROPHYSIOLOGY OF PEDIATRIC BIPOLAR DISORDER

This study seeks to learn more about bipolar disorder in children and adolescents. The objectives are to describe the course of moods and behaviors of children with bipolar disorder and to learn about changes in the brain that are associated with these symptoms. There are three separate parts to the study. Patients may participate in one or more parts.

- Part A is not a treatment study. In part A participants remain in treatment with their community psychiatrist. They do not receive any experimental treatment, but they do receive extensive testing and brain imaging.
- In Part B children receive extensive testing and brain imaging off medications.
- Part C (the high risk study) is a study of children and adolescents who have a parent, brother or sister with bipolar disorder. These children receive a clinical assessment and testing.

Families who are interested in participating are interviewed by telephone. Those who are judged to be likely to meet criteria for the study are invited to the NIMH.

In Part A, participants first come for one day of interviews to determine if they meet study criteria. Those patients who are accepted return for a 5-day baseline evaluation, including physiologic tests and procedures, neuropsychological testing, and questionnaires and interviews about mood and behavior. In addition, staff members obtain a medical and psychiatric history of the patient and extended family members, and a physical and neurological evaluation. Participants are asked to perform computer and written tests to assess intelligence, memory, learning, motor skills, reaction time, and planning skills. Psychophysiological measures (such as heart rate, skin conductance, and electroencephalogram) are obtained in response to emotions and while playing computer games. Participants are asked to give blood samples for blood count and thyroid levels, liver and kidney function and to check for other diseases. Structural magnetic resonance imaging (MRI) and functional MRI (fMRI) scans of the brain are obtained.

Participants and parents return to the NIH for repeat evaluations and physiologic tests after 2 months, and then every 3 months until 12 months have passed from the first visit. Thereafter, visits are every 6 months for 4 years, and then every year until the patient turns 25. Some visits will involve only interviews and questionnaires, some will also include a physical exam, behavioral tests, or repeat brain imaging. Patients, their parents and siblings will also be asked to have blood drawn to obtain a DNA sample for genetic studies.

In Part B, participants come into the NIH Clinical Center and are gradually removed from all their medications. While off medication, they receive up to two weeks of research studies, like those described above for Part A. Participants are then given appropriate medication and stabilized before returning home.

In the High Risk Study, children of parents with bipolar disorder, or parents and siblings of children with bipolar disorder come for 1-3 days of clinical interviews and assessment, as well as test procedures performed on computers.

All tests and procedures are provided free of charge, and travel expenses are paid by the NIMH.

To find out more information, 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 its 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:

EFFICACY AND SAFETY OF SCREENING FOR POSTPARTUM DEPRESSION (COMMENTS ACCEPTED UNTIL DECEMBER 6, 2011)

<http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-key-questions/?pageaction=displayquestions&topicid=379>

INTERVENTIONS ADDRESSING CHILD EXPOSURE TO TRAUMA: PART II – TRAUMA OTHER THAN CHILD MALTREATMENT AND FAMILY VIOLENCE. (COMMENTS ACCEPTED UNTIL DECEMBER 13, 2011)

<http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-key-questions/?pageaction=displayquestions&topicid=385>

NIH LAB CHALLENGE: SUBMIT LIFE SCIENCE EXPERIMENT PROCEDURES

Through the *Lessons About Bioscience, or LAB, Challenge*, NIH is looking for science enthusiasts--scientists, students, teachers, parents, and organizations--to submit procedures for their best experiments. The experiments should be engaging, inexpensive, related to health and life science, and easy to do in a K-12 classroom. Each winning experiment and submitter's name and affiliation will be featured online and published in an NIH best-experiments collection, and each winner will receive an exclusive NIH LAB Challenge electronic badge to display online. The deadline to submit experiment procedures is December 15, 2011. Winners will be announced on March 1, 2012. <http://LAB.challenge.gov/>

NIH UNDERGRADUATE DESIGN CHALLENGE FOCUSES ON TECHNOLOGY SOLUTIONS IN HEALTH CARE

A competition for undergraduate students to foster the design and development of innovative diagnostic and therapeutic devices, and technologies to aid underserved populations and the disabled is being sponsored by the National Institute of Biomedical Imaging and Bioengineering (NIBIB), part of the NIH. The Design by Biomedical Undergraduate Teams Challenge is part of NIBIB's efforts to build, strengthen, and prepare the future workforce of biomedical engineers.

One winning student team will be selected for each of three challenge categories: diagnostic devices/methods; therapeutic devices/methods; and technology to aid underserved populations and individuals with disabilities. Eligible team candidates must be full-time undergraduate students and U.S. citizens or permanent residents. Each winning team will receive a \$10,000 prize, to be distributed among the team members. The submission period begins January 3, 2012 and ends May 26, 2012.

<http://debut.challenge.gov/>

FUNDING INFORMATION

LASKER CLINICAL RESEARCH SCHOLARS PROGRAM

<http://grants.nih.gov/grants/guide/rfa-files/RFA-OD-12-001.html>

PRACTICAL INTERVENTIONS TO IMPROVE MEDICATION ADHERENCE IN PRIMARY CARE

<http://grants.nih.gov/grants/guide/pa-files/PA-12-022.html> (R01)

<http://grants.nih.gov/grants/guide/pa-files/PA-12-023.html> (R21)

BEHAVIORAL INTERVENTIONS TO ADDRESS MULTIPLE CHRONIC HEALTH CONDITIONS IN PRIMARY CARE

<http://grants.nih.gov/grants/guide/pa-files/PA-12-024.html> (R01)

EFFECTS OF ADOLESCENT BINGE DRINKING ON BRAIN DEVELOPMENT

<http://grants.nih.gov/grants/guide/pa-files/PA-12-027.html>

SCREENING AND BRIEF ALCOHOL INTERVENTIONS IN UNDERAGE AND YOUNG ADULT POPULATIONS

<http://grants.nih.gov/grants/guide/pa-files/PA-12-029.html> (R03)

<http://grants.nih.gov/grants/guide/pa-files/PA-12-030.html> (R21)

<http://grants.nih.gov/grants/guide/pa-files/PA-12-031.html> (R01)

NEW TOOLS TO STUDY ASTROCYTE HETEROGENEITY, DEVELOPMENT, AND FUNCTION IN BRAIN REGIONS RELEVANT TO MENTAL ILLNESS

<http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-13-010.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.