



UPDATE

October 1, 2018

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

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<http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.shtml>

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*Prepared by the U.S. Department of Health and Human Services,
National Institutes of Health, National Institute of Mental Health*

NIH SUPPORTS STUDY OF HEALTH RISKS AND RESILIENCE FOLLOWING HURRICANES IRMA AND MARIA

Eight new awards will help researchers examine the health impacts in Puerto Rico and the U.S. Virgin Islands following the physical damage and community-level hardships left by Hurricanes Irma and Maria in 2017. The grants are funded by The National Institute on Minority Health and Health Disparities (NIMHD), part of the National Institutes of Health (NIH). Research will focus on hurricane-related psychosocial stressors, such as grief, separation from home and loved ones, loss of income, and limited access to medical care, which can result in immediate health impacts. Such stressors may also lead to increased risk for mental or physical conditions or worse outcomes among those with pre-existing chronic health conditions.

<https://www.nih.gov/news-events/news-releases/nih-supports-study-health-risks-resilience-following-hurricanes-irma-maria>

NIH ANNOUNCES AWARDS FOR BEHAVIORAL RESEARCH ON OUD PREVENTION AND TREATMENT

Six research awards totaling \$9.4 million over three years will study the impact of behavioral interventions for primary or secondary prevention of opioid use disorder (OUD), or as a complement to medication-assisted treatment (MAT) of OUD. Researchers will examine whether select behavioral interventions such as mindfulness meditation, cognitive behavioral therapy, or multidisciplinary rehabilitation improve adherence to and retention in MAT or reduce resumption of drug use in individuals with OUD. In addition to support from the National Center for Complementary and Integrative Health, funding for these awards will come from NIH's HEAL (Helping to End Addiction Long-term) Initiative. <https://www.nih.gov/news-events/news-releases/nih-announces-awards-behavioral-research-oud-prevention-treatment>

NIH-FUNDED GENOME CENTERS TO ACCELERATE PRECISION MEDICINE DISCOVERIES; PART OF THE ALL OF US RESEARCH PROGRAM, CENTERS WILL SEQUENCE 1 MILLION GENOMES

The *All of Us* Research Program awarded funds totaling \$28.6 million to establish three genome centers around the country. These centers will begin to generate genomic data from biosamples contributed by the program's participants. Ultimately, this information will become a critical component in the program's precision medicine research platform, a national resource to support studies on a variety of important health questions. The *All of Us* Research Program is part of NIH. <https://www.nih.gov/news-events/news-releases/nih-funded-genome-centers-accelerate-precision-medicine-discoveries>

FEDERAL REPORT ON HEALTH, WELL-BEING OF AMERICA'S CHILDREN AND YOUTH NOW AVAILABLE; NEW RELEASE FEATURES LATEST STATISTICS FROM U.S. GOVERNMENT AGENCIES ON THE STATUS OF AT-RISK CHILDREN AND YOUTH

The latest annual report of federal statistics on the health and well-being of America's children and youth is now available. The *2018 America's Children in Brief: Key National Indicators of Well-Being*, highlights six measures on the status of children and youth who face heightened risks to their well-being. The report is published by the Federal Interagency Forum on Child and Family Statistics, a collection of 23 federal government agencies involved in research and activities related to children and families, including the Eunice Kennedy Shriver National Institute of Child Health and Human Development, part of NIH.

<https://www.nichd.nih.gov/newsroom/releases/091918-americas-children>

HRSA AWARDS OVER \$12M FOR MATERNAL AND CHILD MENTAL HEALTH PROGRAMS

The Health Resources and Services Administration (HRSA) awarded \$12.4 million through two programs designed to support the mental health of women and children across the United States (U.S.). Approximately \$7.9 million of the funding will support 18 states to integrate behavioral health into pediatric primary care using telehealth through the Pediatric Mental Health Care Access Program. State or regional networks of pediatric mental health teams will provide tele-consultation, training, technical assistance, and care coordination for pediatric primary care providers to diagnose, treat, and refer children with behavioral health conditions. An additional \$4.5 million will support seven states to implement the Screening and Treatment for Maternal Depression and Related Behavioral Disorders Program. Real-time psychiatric consultation, care coordination, and training will help front-line providers screen, assess, refer, and treat pregnant and postpartum women for depression and other behavioral health conditions such as anxiety and substance misuse – including in rural and medically underserved areas.

<https://www.hrsa.gov/about/news/press-releases/hrsa-awards-12-million-maternal-child-mental-health-programs>

SAMHSA AWARDS \$61.1 MILLION IN SUICIDE PREVENTION FUNDING

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced it has awarded up to \$61.1 million in grants to be disbursed over several years for suicide prevention programs including the National Suicide Prevention Lifeline and Disaster Distress Helpline, and the Garrett Lee Smith Campus Suicide Prevention and the Zero Suicide grant programs. <https://www.samhsa.gov/newsroom/press-announcements/201809211000>

DEATH RATES UP FOR 5 OF THE 12 LEADING CAUSES OF DEATH; 41ST ANNUAL REPORT ON THE HEALTH OF THE NATION INCLUDES DATA THROUGH 2016

The Centers for Disease Control and Prevention's (CDC) National Center for Health Statistics released *Health, U.S., 2017* – the 41st annual health of the nation report from the Secretary of Health and Human Services (HHS) to the President and Congress. The report includes an in-depth special feature that spotlights mortality in America. It examines when, why, and where individuals are dying in the U.S. Causes of death and mortality's impact on changes in life expectancy at birth are key focuses of the special feature. The special feature closely examines three causes of death that have contributed to life expectancy drops in recent years – drug overdoses, suicides, and chronic liver disease. *Health, U.S., 2017* focuses on mortality because of the significant rise in deaths from these three causes.

<https://www.cdc.gov/media/releases/2018/p0920-death-rates-up.html>

SURGEON GENERAL RELEASES SPOTLIGHT ON OPIOIDS

Facing Addiction in America: The Surgeon General's Spotlight on Opioids calls for a cultural shift in the way Americans talk about the opioid crisis and recommends actions that can prevent and treat opioid misuse and promote recovery. The Spotlight – the Surgeon General's newest update on opioid addiction – also provides the latest data on prevalence of substance misuse, opioid misuse, OUD, and overdoses. The Surgeon General also released a digital postcard, highlighting tangible actions that all Americans can take to raise awareness, prevent opioid misuse, and reduce overdose deaths.

<https://www.hhs.gov/about/news/2018/09/20/surgeon-general-releases-spotlight-opioids.html>

NEW AHRQ REPORTS HIGHLIGHT SENIORS' STRUGGLES WITH OPIOIDS; UPDATED STATISTICS QUANTIFY OPIOID USE, HOSPITALIZATIONS, AND EMERGENCY DEPARTMENT VISITS AMONG OLDER ADULTS

Nearly 125,000 hospitalizations among older Americans involved opioid-related diagnoses in 2015, according to an Agency for Healthcare Research and Quality (AHRQ) report that provides new insights into how one of the Nation's most urgent public health problems is impacting the senior population. An additional report from AHRQ indicates that in 2015 and 2016, nearly 4 million seniors, on average, filled four or more opioid prescriptions. Nearly 10 million filled at least one opioid prescription in those years.

<https://www.ahrq.gov/news/newsroom/press-releases/seniors-struggles-with-opioids.html>

HHS AWARDS OVER \$1 BILLION TO COMBAT THE OPIOID CRISIS

HHS awarded over \$1 billion in opioid-specific grants to help combat the crisis ravaging the country. The awards support HHS's Five-Point Opioid Strategy, which was launched last year and enhanced this week. New data unveiled recently by HHS suggests that efforts are now yielding progress at the national level. <https://www.hhs.gov/about/news/2018/09/19/hhs-awards-over-1-billion-combat-opioid-crisis.html>

VA RELEASES NATIONAL SUICIDE DATA REPORT FOR 2005-2016: ANALYSIS IS PART OF VA'S DATA-DRIVEN APPROACH TO SUICIDE PREVENTION

The U.S. Department of Veterans Affairs (VA) released national and state-level findings from its most recent analysis of Veteran suicide data, from 2005 to 2016. The analysis is part of VA's ongoing examination of non-Veteran and Veteran death records that is being used to evaluate and improve VA's Suicide Prevention Program. <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5114>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW FROM NIMH

MEETING SUMMARY: 2018 MEETING OF NIMH PARTNERS

The summary is now available from the 2018 Annual Meeting of the National Institute of Mental Health (NIMH) Outreach Partnership Program which convened representatives from state and national mental health organizations from across the country to hear about latest research from NIMH leadership and grantees. <https://www.nimh.nih.gov/outreach/partnership-program/meetings/outreach-partnership-program-2018-annual-meeting-overview.shtml>

INSIDE NIMH: AUTUMN 2018

Read the most recent *Inside NIMH* to learn about news from the Institute.

<https://www.nimh.nih.gov/research-priorities/inside-nimh/2018-autumn-inside-nimh.shtml>

NEW FROM NIH

THE HEALING COMMUNITIES STUDY: USING SCIENCE TO ADDRESS THE OPIOID CRISIS

The public health emergency of opioid misuse, addiction, and overdose affects millions of Americans and requires innovative scientific solutions. National Institute on Drug Abuse Director Nora Volkow and NIH Director Francis Collins discuss an important step towards these solutions through the HEALing Communities Study – an integrated approach to test an array of interventions for opioid misuse and addiction in communities hard hit by the opioid crisis. <https://www.drugabuse.gov/about-nida/noras-blog/2018/09/healing-communities-study-using-science-to-address-opioid-crisis>

NEW FROM SAMHSA

HEALTHY PREGNANCY HEALTHY BABY FACT SHEETS

This series of four fact sheets emphasizes the importance of continuing a mother's treatment for OUD throughout pregnancy. The series includes information on OUD and pregnancy, OUD treatment, neonatal abstinence syndrome, and considerations to address before hospital discharge.

<https://store.samhsa.gov/product/SMA18-5071>

IMPLEMENTING TOBACCO CESSATION PROGRAMS IN SUBSTANCE USE DISORDER TREATMENT SETTINGS: A QUICK GUIDE FOR PROGRAM DIRECTORS AND CLINICIANS

This guide contains an overview of the harms of tobacco use and the benefits of tobacco cessation and a smoke-free workplace. It also includes tips for substance use disorder (SUD) treatment settings to begin implementing their own tobacco cessation programs. <https://store.samhsa.gov/product/SMA18-5069QG>

QUITTING TOBACCO: HELP YOUR CLIENTS TO A HEALTHIER LIFE

This pamphlet for providers contains reasons to combine smoking cessation and SUD treatment, client testimonials, and resources for implementing a tobacco cessation program. It also explains the benefits of tobacco cessation programs to the provider program. <https://store.samhsa.gov/product/SMA18-5069QG>

YOU CAN QUIT TOBACCO: BENEFITS AND TIPS FOR QUITTING FOR GOOD

This pamphlet contains information on the health benefits that come with quitting tobacco, as well as the benefits to quitting tobacco while achieving recovery from SUD.

<https://store.samhsa.gov/product/You-Can-Quit-Tobacco/SMA18-5069YCQ>

NEW FROM CDC

SURVEILLANCE FOR VIOLENT DEATHS — NATIONAL VIOLENT DEATH REPORTING SYSTEM, 27 STATES, 2015

This report summarizes data from CDC’s National Violent Death Reporting System (NVDRS) regarding violent deaths from 27 states that collected statewide data for 2015. The majority of these deaths were suicides, followed by homicides. Results are reported by sex, age group, race/ethnicity, location and method of injury, circumstances of injury, and other selected characteristics.

<https://www.cdc.gov/mmwr/volumes/67/ss/ss6711a1.htm>

NEW FROM HHS

BLOG POST: USING TELEMEDICINE TO COMBAT THE OPIOID EPIDEMIC

This blog post describes materials developed by HHS to help clarify how clinicians can use telemedicine as a tool to expand buprenorphine-based MAT for OUD treatment.

<https://www.hhs.gov/blog/2018/09/18/using-telemedicine-combat-opioid-epidemic.html>

PSYCHOLOGICAL HEALTH CENTER OF EXCELLENCE: BLOG POSTS

SUICIDE PREVENTION FOR VETERANS: SAFETY PLANNING INTERVENTION AND PHONE FOLLOW-UP HELPS LOWER SUICIDE RISK

Safety Planning Intervention (SPI) is a brief clinical intervention designed to decrease future risk of suicide by providing suicidal individuals with a written, personalized safety plan to be used in the event of a suicidal crisis. This blog post describes how SPI can be used to lower suicide risk, the scientific evidence supporting SPI, and resources for implementing SPI. <https://www.pdhealth.mil/news/blog/suicide-prevention-veterans-safety-planning-intervention-and-phone-follow-helps-lower-suicide-risk>

MILITARY SUICIDE PREVENTION: THE POWER OF A CARING LETTER

This blog post describes “Caring Letters,” a simple intervention that can be added to existing treatment plans and prevention strategies. It has been tested in multiple countries and involves providers, hospital staff, or volunteers sending mailed letters, postcards, greeting cards, emails, and text messages to patients following treatment or hospital stays. The messages are often brief and simply let the person know that someone cares about them and wishes them well. <https://www.pdhealth.mil/news/blog/military-suicide-prevention-power-caring-letter>

LECTURE: ENGAGING U.S. LATINOS IN COMMUNITY ADVOCACY FOR HEALTH EQUITY

OCTOBER 4, 2018, 11:00 AM-12:30 PM ET, BETHESDA, MD AND VIDEOCAST

NIMHD welcomes Amelie G. Ramirez, Dr.P.H., M.P.H., as the National Hispanic Heritage Month speaker at the next NIMHD Director's Seminar Series. The objectives of the presentation will include the state of Latino health and inequities in obesity and related areas, the development of the *Salud America!* network on Latino healthy change, and applying the *Salud America!* network to inspire people to start community change for the health of Latinos and all people. https://nimhd.nih.gov/news-events/conferences-events/directors-seminar-series/2018/dss_100418.html

NIMH TWITTER CHAT: DEPRESSION

OCTOBER 11, 2018, 11:00 AM-12:00 PM ET

In recognition of National Depression Screening Day, NIMH is hosting a Twitter chat on depression, a common but serious mood disorder. This chat will cover the signs and symptoms, risk factors, and treatments for depression. Follow @NIMHgov and @NIMHDirector on Twitter for updates about the chat and other information about mental health research. An archive of the chat will be posted on NIMH's website following the event. <https://www.nimh.nih.gov/news/events/announcements/nimh-twitter-chat-depression.shtml>

WEBINAR: WHAT'S IN IT FOR YOU? THE IMPORTANCE OF LATINO REPRESENTATION IN RESEARCH STUDIES

OCTOBER 15, 2018, 1:00-2:00 PM ET

This HHS Office of Minority Health webinar will provide an overview on Hispanic participation in research studies, specifically longitudinal studies and clinical trials. Speakers will explore factors such as culture, acculturation, and fear, among others that are a barrier for Hispanic enrollment and retention in research studies. Additionally, the webinar will highlight the importance of Latino participation to help improve science and will highlight the efforts to reach this population.

<https://register.gotowebinar.com/register/1876631446559187724>

2018 RESEARCH CONFERENCE ON SLEEP AND THE HEALTH OF WOMEN

OCTOBER 16-17, 2018, BETHESDA, MD

This NIH conference is intended to sound a wakeup call throughout society about the importance of sleep for the health of women. It will showcase a decade of federally funded research advances in understanding health risks, societal burden, and treatment options associated with sleep deficiency and sleep disorders in women. <https://www.nhlbi.nih.gov/events/2018/2018-research-conference-sleep-and-health-women>

NIMH WEBINAR: COPING STRATEGIES FOR ANXIOUS KIDS, WHAT PARENTS NEED TO KNOW

NOVEMBER 2, 2018, 12:00-1:00 PM ET

Join NIMH for a webinar on coping strategies for anxious kids. During the webinar, Dr. Erin Berman will discuss: how to identify an anxious child, how to change anxious thinking, the science and biological roots of anxiety in children, how computer technology is transforming the understanding of anxiety, and current treatment options. <https://www.nimh.nih.gov/news/events/announcements/webinar-coping-strategies-for-anxious-kids-what-parents-need-to-know.shtml>

NIMH WEBINAR: ARE YOU CONCERNED ABOUT YOUR CHILD'S IRRITABILITY?

NOVEMBER 7, 2018, 3:00-4:00 PM ET

Join NIMH for a webinar on irritability in children. Children pass through many phases of development as they grow up. It can be hard to know if a child is going through normal development or showing signs of something more serious. Occasional outbursts and irritability are a normal outcome of being tired, uncomfortable, or frustrated. In some children, it can be chronic and explosive. The webinar will cover common signs of severe irritability; how parents can help a child with severe irritability; what treatment options exist, such as cognitive behavioral therapy; and ongoing irritability research conducted at NIMH. <https://www.nimh.nih.gov/news/events/announcements/webinar-are-you-concerned-about-your-childs-irritability.shtml>

JOIN A RESEARCH STUDY: ENROLLING NATIONALLY FROM AROUND THE COUNTRY

A STUDY OF BRAIN FUNCTION AND SYMPTOMS IN CHILDREN WITH SEVERE MOOD DYSREGULATION

This study seeks to learn more about the symptoms of severe mood dysregulation in children and adolescents ages 7-17. Children and adolescents with severe mood dysregulation (SMD) display chronic anger, sadness, or irritability, as well as hyperarousal (such as insomnia, distractibility, hyperactivity) and extreme responses to frustration (such as frequent, severe temper tantrums). Researchers will describe the moods and behaviors of children with these symptoms and use specialized testing and brain imaging to learn about the brain changes associated with this disorder.

Study participation begins with an initial outpatient evaluation that lasts one day. Then, testing and brain imaging are completed at two-three day outpatient visits which occur every two years until participants reach age 25. Phone contact occurs every six months in between visits.

Descriptive/Longitudinal Study: When children have severe mood dysregulation (SMD), do their brains work differently than those of other children? How do their symptoms change as the children grow up?

After a preliminary phone interview, participants may be invited to NIMH for an on-site assessment. Children must be in treatment with a psychiatrist or provider, and/or medically healthy and not currently hospitalized, psychotic, or suicidal.

A principal focus of the research is how mood, behavior, and brain development of children with SMD change over time. Study procedures at the two-three day visits may include questionnaires and interviews; paper-and-pencil and computer tests of mood, memory, and thinking; specialized computer games; and structural and functional Magnetic Resonance Imaging (MRI) scans. These visits occur every two years until age 25. Children continue in treatment with a provider or psychiatrist in their community. This study does not involve treatment medications. To find out if you qualify, email NIMH or call 1-301-496-8381 [TTY: 1-866-411-1010].

Protocol Number: 02-M-0021

Principal Investigator: Ellen Leibenluft, M.D.

<https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/childrens-studies/brain-function-children-mood-irritability.shtml>

FUNDING INFORMATION

COMPUTATIONAL APPROACHES FOR VALIDATING DIMENSIONAL CONSTRUCTS OF RELEVANCE TO PSYCHOPATHOLOGY (R01 CLINICAL TRIAL OPTIONAL)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-19-242.html>

HEALING COMMUNITIES STUDY: DEVELOPING AND TESTING AN INTEGRATED APPROACH TO ADDRESS THE OPIOID CRISIS

<http://grants.nih.gov/grants/guide/rfa-files/RFA-DA-19-017.html> (Data Coordinating Center) (UM1 - Clinical Trials Not Allowed)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-DA-19-016.html> (Research Sites) (UM1 - Clinical Trial Required)



National Institute
of Mental Health

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 increase the public's access to science-based mental health information. For more information about the program, please visit:

<http://www.nimh.nih.gov/outreach/partnership-program/index.shtml>. To subscribe to receive the **Update** every two weeks, go to: <http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.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.