UPDATE

August 15, 2018

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Prepared by the U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health
**SCIENCE AND SERVICE NEWS UPDATES**

**A SHORTER—BUT EFFECTIVE—TREATMENT FOR PTSD: STUDY FINDS WRITTEN EXPOSURE THERAPY MAY BE AS EFFECTIVE AS A LENGTHIER FIRST-LINE INTERVENTION**

Research supported by the National Institute of Mental Health (NIMH) has shown that a shorter therapy (written exposure therapy) may be just as effective as lengthier first-line treatments for post-traumatic stress disorder (PTSD). [https://www.nimh.nih.gov/news/science-news/2018/a-shorter-but-effective-treatment-for-ptsd.shtml](https://www.nimh.nih.gov/news/science-news/2018/a-shorter-but-effective-treatment-for-ptsd.shtml)

**INFLAMMATION IN PREGNANT MOMS LINKED TO CHILD’S BRAIN DEVELOPMENT; EFFECTS ON CONNECTIVITY, WIRING, MEMORY, IMPULSE CONTROL MAY PREDISPOSE FOR DISORDERS**

NIMH-funded researchers are connecting the dots between inflammation in a pregnant human mother and possible effects on her young child’s developing brain. So far, they have linked high levels of maternal inflammation during pregnancy to reduced brain circuit communications and altered long-distance brain wiring at birth, poorer cognitive function at one year – and to reduced impulse control and working memory at two years. [https://www.nimh.nih.gov/news/science-news/2018/inflammation-in-pregnant-moms-linked-to-childs-brain-development.shtml](https://www.nimh.nih.gov/news/science-news/2018/inflammation-in-pregnant-moms-linked-to-childs-brain-development.shtml)

**NEW TOOLKIT OFFERS WAYS TO EVALUATE SUICIDE PREVENTION EFFORTS IN ARCTIC COMMUNITIES**

“COVERT” NEUROFEEDBACK TUNES-UP THE SOCIAL BRAIN IN ASD; PLAYING GAME BOOSTS BRAIN CIRCUIT CONNECTIVITY – AND MAYBE SOCIABILITY

In a recent study from NIMH, young people with autism spectrum disorder (ASD) unknowingly tuned up under-connected neural connections by playing a picture puzzle game that was rigged by their own brain activity. The results suggest that covert neurofeedback may have potential as an intervention for improving social behavior in people with ASD. https://www.nimh.nih.gov/news/science-news/2018/covert-neurofeedback-tunes-up-the-social-brain-in-asd.shtml

NOTIFICATION OF PATIENT OVERDOSE DEATHS REDUCES CLINICIAN OPIOID PRESCRIPTIONS

Clinicians were more likely to reduce the number and dose of opioid drugs they prescribed after learning that one of their patients had died from an overdose from a controlled substance than those not notified, according to a recent study appearing in the August 10 issue of Science. The study was funded in part by the National Institute on Aging, part of the National Institutes of Health (NIH). https://www.nih.gov/news-events/news-releases/notification-patient-overdose-deaths-reduces-clinician-opioid-prescriptions

THE NUMBER OF WOMEN WITH OPIOID USE DISORDER AT LABOR AND DELIVERY QUADRUPLED FROM 1999-2014; FIRST STATE-BASED ANALYSIS SHOWS INCREASES IN ALL STATES STUDIED

The number of pregnant women with opioid use disorder (OUD) at labor and delivery more than quadrupled from 1999 to 2014, according to a new analysis by the Centers for Disease Control and Prevention (CDC). This first-ever multi-state analysis of trends reveals significant increases in the 28 states with available data. People with OUD have a problematic pattern of opioid use that can result in health problems, disability, or failure to meet major responsibilities at work, school, or home. OUD during pregnancy has been associated with a range of negative health outcomes for both mothers and their babies, including maternal death, preterm birth, stillbirth, and neonatal abstinence syndrome. https://www.cdc.gov/media/releases/2018/p0809-women-opiod-use.html
NEW FROM NIH

BLOG POST: HEALTHY MIND INITIATIVE ADDRESSES MENTAL HEALTH OF ASIAN AMERICAN AND PACIFIC ISLANDER YOUTH

This National Institute on Minority Health and Health Disparities blog post describes the Healthy Mind Initiative, -- a federal, county, and community effort to help strengthen Asian American and Pacific Islander (AAPI) communities. The first aim is to improve mental health literacy in AAPI communities. The second aim is to address the mental health stigma and cultural barriers to seeking mental health treatment faced by AAPI youth and communities. http://nimhd.blogs.govdelivery.com/2018/07/16/healthy-mind-initiative-an-innovative-model-to-address-emerging-mental-health-needs-among-asian-american-and-pacific-islander-youth/

HONORING HEALTH NEWSLETTER: SUICIDE PREVENTION RESOURCES FOR NATIVE POPULATIONS

This issue of the Honoring Health e-newsletter brings together suicide prevention resources for American Indians and Alaska Natives from NIMH, the Substance Abuse and Mental Health Services Administration (SAMHSA), and the Indian Health Service (IHS). https://www.niams.nih.gov/newsletters/aian-newsletter/2018/aian-newsletter-august-2018

NIH DIRECTOR’S BLOG: STUDY ASSOCIATES FREQUENT DIGITAL MEDIA USE IN TEENS WITH ADHD SYMPTOMS

NIH Director Francis Collins describes the results of a two-year study of more than 2,500 high school students in Los Angeles, in which NIH-funded researchers found that those who consumed the most digital media were also the most likely to develop symptoms of attention-deficit/hyperactivity disorder (ADHD). https://directorsblog.nih.gov/2018/07/24/study-associates-frequent-digital-media-use-in-teens-with-adhd-symptoms/

NIDA SCIENCE HIGHLIGHT: MINDFULNESS TRAINING AND SUBSTANCE USE TREATMENT

A NIDA-funded study showed that a mindful awareness training program is associated with improved outcomes for women seeking treatment for substance use disorders. The women in the study were taught skills related to identification and perception of internal signals, which are designed to promote self-care and regulation of emotions. https://www.drugabuse.gov/news-events/latest-science/mindfulness-training-substance-use-treatment
NIDA SCIENCE HIGHLIGHT: HOW CANNABIS USE DISORDER AFFECTS WORKING MEMORY

Using imaging technologies, NIDA-funded scientists peered into the brains of people with cannabis use disorder to test their working memory, compared to a control group. All subjects were asked to complete tasks that tested skills ranging from cognitive flexibility to attention and inhibitory control. Results showed both negative and compensatory effects of cannabis use related to working memory, as defined by brain connectivity, demonstrating that the brain has to work to adapt to the effects of marijuana.

NIDA SCIENCE HIGHLIGHT: PREGNANT WOMEN IN APPALACHIA FACE BARRIERS TO OPIOID TREATMENT

A NIDA-funded study has discovered that pregnant women in Appalachia face barriers to receiving medication-assisted treatment for opioid use disorders, from both insurers and providers. Investigators looked at the availability of methadone, an opioid agonist treatment, as well as buprenorphine, which is a partial agonist. The investigators provided an infographic to explain highlights of their findings, including data from a survey of opioid agonist therapy providers. https://www.drugabuse.gov/news-events/latest-science/pregnant-women-in-appalachia-face-barriers-to-opioid-treatment

NIDA SCIENCE HIGHLIGHT: ADOLESCENT MARIJUANA USE IS LINKED TO ALTERED NEURAL CIRCUITRY AND MOOD SYMPTOMS

In a recent NIDA-supported study, males from low-income backgrounds who used marijuana in escalating frequency throughout their teen years exhibited disrupted connectivity at age 20 in a brain circuit that links rewarding experiences with motivation and mood. The study also found that disruption in the circuit at age 20 was associated with lower educational achievement and higher risk for depression at age 22.

JOURNAL COMMENTARY ADDRESSES ROLE OF DENTISTS IN OPIOID CRISIS

Addressing the vital role of dentists in helping to alleviate the opioid crisis is the subject of a commentary, published in the Journal of the American Dental Association. The commentary, authored by Dr. Nora Volkow, NIDA director, and Dr. Martha Somerman, director of the National Institute of Dental and Craniofacial Research, both parts of NIH, highlights how the Institutes are working together to support scientific research for those in clinical practice.
NIDA INTERACTIVE INFOGRAPHIC: SAFELY DISPOSE OF YOUR PRESCRIPTION MEDICINES

This infographic was designed to help parents and caregivers with safe disposal of unused prescription medicines before they become a problem. https://teens.drugabuse.gov/parents/safely-dispose-your-prescription-medicines

NEW FROM NIMH

DIRECTOR'S BLOG: MENTAL HEALTH RESEARCH—DIVERSITY MATTERS

In recognition of National Minority Mental Health Awareness Month, NIMH Director Dr. Joshua Gordon highlights mental health disparities as an important element of NIMH’s research portfolio. https://www.nimh.nih.gov/about/director/messages/2018/mental-health-research-diversity-matters.shtml

NEW FROM SAMHSA

GARRETT LEE SMITH NATIONAL OUTCOMES EVALUATION

SAMHSA has released its 2017 national outcomes evaluation of the Garrett Lee Smith Youth Suicide Early Intervention and Prevention Strategies Program. https://www.suicideprevention-datacenter.com/spdc/login/reports.cfm

VIRTUAL LEARNING LAB: STATE SUICIDE PREVENTION

The Suicide Prevention Resource Center (SPRC) virtual learning lab is designed to help state- and community-level partnerships build and improve more effective suicide prevention efforts. It contains information, in-depth activities, worksheets, and examples from other states to help leaders and coordinators move forward, overcome challenges, and prevent suicide in their communities. http://www.sprc.org/virtuallearninglab/state-virtual-learning-lab

ARCHIVED WEBINAR: THE INTERSECTION OF OPIOID ABUSE, OVERDOSE, AND SUICIDE: UNDERSTANDING THE CONNECTIONS

In this archived webinar, presenters examined current research on the relationship between opioid abuse, overdose, and suicide, discussed opportunities for cross-sector collaboration to address them, and described examples from the field where this work is already underway. https://www.sprc.org/events-trainings/intersection-opioid-abuse-overdose-suicide-understanding-connections
ARCHIVED WEBINAR: THE INTERSECTION OF OPIOID ABUSE, OVERDOSE, AND SUICIDE: THE ROLE OF CHRONIC PAIN

In this webinar, presenters examine common characteristics among people with chronic pain and discuss strategies for reducing the risk of opioid overdose and suicide in this population. [https://www.sprc.org/events-trainings/intersection-opioid-abuse-overdose-suicide-role-chronic-pain](https://www.sprc.org/events-trainings/intersection-opioid-abuse-overdose-suicide-role-chronic-pain)

OPIOID OVERDOSE PREVENTION TOOLKIT NOW AVAILABLE IN SPANISH

SAMHSA announced the release of the Spanish translation of the updated Opioid Overdose Prevention Toolkit. This toolkit offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths. Because interdisciplinary collaboration is critical to success, resources and information are specifically tailored for community members, prescribers, patients and families, and those recovering from opioid overdose. [https://store.samhsa.gov/product/SMA18-4742SPANISH (Spanish)](https://store.samhsa.gov/product/SMA18-4742SPANISH (Spanish)) [https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742 (English)](https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742)

COMPLEX CLINICAL DECISIONS IN PSYCHOPHARMACOLOGY PODCAST SERIES

SAMHSA’s Recovery to Practice initiative introduced a new podcast series offering free continuing medical education (CME) credits. These podcasts explore complex clinical decisions in psychopharmacology for individuals with serious mental illness in a short, 30- to 45-minute format for busy providers on the go. Each podcast features national experts in recovery-oriented pharmacology who describe practical clinical tools and strategies for incorporating person-centered, strength-based approaches to common yet complex prescribing scenarios. [https://www.samhsa.gov/recovery-to-practice/webinars-podcasts#Complex%20Clinical](https://www.samhsa.gov/recovery-to-practice/webinars-podcasts#Complex%20Clinical)

DATA AT-A-GLANCE FACT SHEETS FOR PARENTS AND PROVIDERS

These fact sheet from the National Child Traumatic Stress Network (NCTSN) provide parents and providers with information about dissociation and PTSD. 
For Parents: [https://www.nctsn.org/resources/data-glance-dissociation-and-ptsd-what-parents-should-know](https://www.nctsn.org/resources/data-glance-dissociation-and-ptsd-what-parents-should-know) 
For Providers: [https://www.nctsn.org/resources/data-glance-dissociation-and-ptsd-what-providers-should-know](https://www.nctsn.org/resources/data-glance-dissociation-and-ptsd-what-providers-should-know)

THE ROLE OF ADVERSE CHILDHOOD EXPERIENCES IN SUBSTANCE ABUSE AND RELATED BEHAVIORAL HEALTH PROBLEMS

This overview of the landmark Adverse Childhood Experiences (ACEs) Study includes findings on the role of ACEs in substance use and related behavioral health problems. [https://www.samhsa.gov/capt/tools-learning-resources/aces-substance-abuse-behavioral-health](https://www.samhsa.gov/capt/tools-learning-resources/aces-substance-abuse-behavioral-health)
NEW FROM CDC

SUCIDE AND YOUTH VIOLENCE TECHNICAL PACKAGES NOW AVAILABLE IN SPANISH

CDC has released Spanish versions of its technical packages for suicide and youth violence prevention to increase accessibility of the evidence to Spanish-speaking communities.


SEXUAL VIOLENCE MEDIA GUIDE FOR JOURNALISTS

The news media plays a role in shaping the public's understanding of sexual violence. As such, CDC released a media guide to help journalists report on this public health issue. The guide includes definitions and key terms, up-to-date statistics, language considerations and why language matters, and additional resources.

NEW FROM ACF

SPOTLIGHT ON MENTAL HEALTH AND CHILDREN AND YOUTH IN FOSTER CARE

In this month's Administration for Children and Families Children’s Bureau newsletter focuses on mental health and children and youth in foster care, including articles about the importance of emotional and psychological well-being for children in foster care, mental health challenges, and promising interventions for children and youth in foster care.
https://cbexpress.acf.hhs.gov/index.cfm?event=website.viewSection&issueID=198&subsectionID=83

NEW FROM AHRQ

TREATMENT FOR BIPOLAR DISORDER IN ADULTS: A SYSTEMATIC REVIEW

This review from the Agency for Healthcare Research and Quality assessed the effectiveness of drug and nondrug therapies for treating acute mania or depression symptoms and preventing relapse in adults with bipolar disorder diagnoses, including bipolar I disorder and bipolar II disorder.
https://effectivehealthcare.ahrq.gov/topics/bipolar-disorder-treatment/final-report-2018
NEW FROM DOJ

**REENTRY STARTS HERE: A GUIDE FOR YOUTH IN LONG-TERM JUVENILE CORRECTIONS AND TREATMENT PROGRAMS**

The Office of Juvenile Justice and Delinquency Prevention has released a new guide to help youth in juvenile corrections and treatment programs prepare for reentry and success in their community. The guide outlines how transitioning youth can seek assistance from a parent or guardian, mentor, friend, teacher, and other key people. In addition, the publication includes steps that youth can take to address reentry challenges. https://www.ojjdp.gov/enews/18juvjust/180730.html

EVENTS

**VIRTUAL EVENT: IMPLEMENTING BEST PRACTICES AND QUALITY STANDARDS IN RECOVERY HOUSING**

**AUGUST 23, 2018, 2:00-3:00 PM ET**

SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy is hosting this webinar with national leaders to discuss best practices and quality standards in recovery housing. A growing body of research supports the effectiveness of recovery housing in sustaining abstinence and promoting long-term recovery for individuals with substance use disorders and co-occurring mental illness and substance use disorders. Presenters will give an overview of the National Alliance of Recovery Residences national standards for recovery housing, describe how the field is evolving to implement best practices, and discuss the challenges and successes for recovery housing operators. https://www.eventbrite.com/e/recovery-live-implementing-best-practices-and-quality-standards-in-recovery-housing-tickets-46812847487

**WEBINAR: SUICIDE PREVENTION AND THE COLLABORATIVE CARE MODEL**

**AUGUST 23, 2018, 4:00-5:30 PM ET**

As part of the 2018 NIMH Office for Research on Disparities and Global Mental Health Webinar Series, this presentation will provide an overview of available opportunities to address suicide prevention while delivering mental health services in primary care settings using the psychiatric collaborative care model (CoCM). The speakers will introduce the core features of CoCM, with a focus on data for reductions in suicidal ideation seen with collaborative care. The presentation will conclude with potential opportunities to utilize CoCM to prevent suicide. http://nimhordgMH2018.thebizzellgroup.com/august-23-webinar
WEBINAR: TRAUMATIC BRAIN INJURY AMONG SERVICE MEMBERS AND VETERANS: WHAT BEHAVIORAL HEALTH PROVIDERS, FAMILIES, AND PEERS SHOULD KNOW

AUGUST 28, 2018, 12:00 PM ET

SAMHSA’s Service Members, Veterans, and their Families Technical Assistance Center will conduct this webinar in partnership with the U.S. Department of Veterans Affairs and the Brain Injury Association of America. The webinar will focus on the complexities of the behavioral health needs of service members and veterans who have experienced traumatic brain injury, and opportunities for collaboration and coordination across military and civilian behavioral health systems of care to promote resiliency and recovery.

https://goto.webcasts.com/starthere.jsp?ei=1198743&tp_key=8a3e5e50a0

NATIONAL SUICIDE PREVENTION MONTH

SEPTEMBER 2018

During the month of September, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. In addition, National Suicide Prevention Week is observed the Monday through Sunday surrounding World Suicide Prevention Day (September 10). It’s a time to share resources and stories, as well as promote suicide prevention awareness.

https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/

NATIONAL RECOVERY MONTH

SEPTEMBER 2018

Each September, SAMHSA sponsors National Recovery Month (Recovery Month) to increase awareness and understanding of mental and substance use disorders, and to celebrate individuals living in recovery. This year’s theme is “Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community.” The 2018 Recovery Month Toolkit and television and radio public service announcements are now available to view and download. Communities across the country use these materials to organize events, issue proclamations, increase public awareness, and encourage individuals in need of services and their friends and families to seek help.

https://recoverymonth.gov/
WEBINAR: USING SIMULATION TO EVALUATE SOCIAL DETERMINANTS OF HEALTH IN PEOPLE WITH MENTAL ILLNESS: POTENTIAL USE OF FINDINGS IN DISCUSSIONS WITH POLICYMAKERS, COMMUNITY GROUPS, CONSUMERS, AND ADVOCATES

SEPTEMBER 11, 2018, 4:00-5:30 PM ET

Improving the efficacy of treatment among socioeconomically diverse populations with mental illness requires tackling the myriad of social determinants of health, including education, income, and employment. Modern research techniques, like simulation testing, can lead to efficient and effective intervention design among people with mental illness by giving an indication of what might work. This webinar in the 2018 NIMH Office for Research on Disparities and Global Mental Health Webinar Series will cover evidence for addressing social determinants; the use of simulations to test the potential of improving income, education, and employment to improve mental health outcomes using two data sets; illustrate the reactions from policymakers, community groups, consumers and advocates on the research results; and demonstrate how research results can inform policy. http://nimhordgmh2018.thebizzellgroup.com/september-11-webinar

CONFERENCE: OPIOID AND NICOTINE USE, DEPENDENCE, AND RECOVERY: INFLUENCES OF SEX AND GENDER

SEPTEMBER 27-28, 2018, SILVER SPRING, MD; WEBCAST AVAILABLE

The U.S. Food and Drug Administration is hosting this public meeting, which will include presentations by experts in the field of opioid and tobacco research, professional education, and clinical care on the biological (sex) and sociological (gender) influences on use, misuse, and recovery. https://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm610847.htm

CALLS FOR PUBLIC INPUT

REQUEST FOR COMMENTS ON THE DRAFT IHS STRATEGIC PLAN FISCAL YEAR 2018-2022

The IHS is seeking public comment on its draft IHS Strategic Plan for fiscal year 2018-2022. The strategic goals of the IHS are: to ensure that comprehensive, culturally acceptable personal and public health services are available and accessible to American Indian/Alaska Native people; to promote excellence and quality through innovation of the Indian health system into an optimally performing organization; and to strengthen IHS program management and operations. The deadline for comments is August 23, 2018. https://www.federalregister.gov/documents/2018/07/24/2018-15740/draft-indian-health-service-strategic-plan-fiscal-year-2018-2022
NATIONWIDE RECRUITMENT: DEPRESSION AND BRAIN FUNCTION

(Inpatient and/or Outpatient study: 8 weeks, and 3 once-a-month follow up visits or phone calls.)
This depression research study tests the effects of the combination of transcranial magnetic stimulation (TMS) and psychotherapy on brain function. Participation includes research evaluations, brain scans, and active TMS and psychotherapy, or inactive TMS and psychotherapy. Recruiting ages 18-65 with major depressive disorder, who are free of other serious medical conditions. If you are currently taking anti-depressants, you may still be eligible. (17-M-0147). Call: 1-877-MIND-NIH, (1-877-646-3644), TTY: 1-877-411-1010, email moodresearch@mail.nih.gov, National Institutes of Health, National Institute of Mental Health, Protocol #17-M-0147.

FACEBOOK POST:
NIH Research Study: Depression and Brain Function
This research study seeks depressed participants to test the effects of the combination of repetitive transcranial magnetic stimulation (TMS) and psychotherapy on brain function. Learn more, find out if you are eligible. 1-877-646-3644, TTY: 1-877-411-1010, email moodresearch@mail.nih.gov. No cost to participate, compensation provided. Protocol #17-M-0147. https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/adult-studies/depression-tms-psychotherapy-and-brain-function.shtml

TWITTER:
Seeking adults 18-65 to participate in a depression and brain function research study.

WEBINAR:
A New Approach to Using TMS in Depression
On April 12, 2018, the NIMH Intramural Research Program (IRP) hosted this webinar on depression and transcranial magnetic stimulation (TMS). NIMH IRP scientist Dr. Bruce Luber, Ph.D., discussed depression as a brain disorder, and covered several topics including new approaches to understanding depression, brain stimulation therapies, pairing psychotherapy with TMS, and the latest research at NIMH on TMS and depression. https://www.youtube.com/watch?v=9kdn6_DNx0k&feature=youtu.be
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.