



National Institute  
of Mental Health  
Outreach Partner

## The NIMH Intramural Research Program is hosting three webinars in January to share both research developments and what trials are being conducted at NIMH. The webinars are open to the public.

### [NIMH Webinar: Irritable Kids: What the Research Teaches Us](#)

**January 12, 2017, 1:00–2:00 PM ET**

Are You Concerned About Your Child's Irritability? Does your child have severe temper tantrums or "rages?" Join the webinar and learn about Severe Irritability and Disruptive Mood Dysregulation (DMDD) in Children & Youth with Kenneth Towbin, M.D., Chief of Clinical Child and Adolescent Psychiatry in the Emotion and Development Branch at the National Institute of Mental Health. Dr. Towbin will discuss:

- Common signs and severity of symptom
- How parents can help a child with severe irritability
- What treatment options exist
- Ongoing research about irritable children conducted at NIMH in Bethesda, MD

### [NIMH Webinar: Understanding Depression in Teenagers](#)

**January 19, 2017, 1:00-2:00 PM ET**

Depression is one of the leading causes of the global burden of disease, more so than major physical illnesses such as cancer or cardiovascular disease. Moreover, depression has its origins early in life, but its treatment is still inadequate. Close to a third of young people with depression do not respond to treatment and many of those who do respond, eventually relapse. Join Dr. Argyris Stringaris, Chief of the Mood Brain and Development Unit at the National Institute of Mental Health in Bethesda, MD, for this webinar on depression in teenagers. The following questions and topics will be addressed.

- How common and impairing is depression?
- What are the most sensitive phases of development for young people?
- Why do some children become depressed while others are resilient in the face of stress? Is there a role for psychological treatments?
- How good are our current treatments for youth depression and what are we still lacking?
- Harnessing the potential of reward processing in the brain: a new strategy for developing treatments for depression

Register at: <https://irritablekids.eventbrite.com>

Register at: <https://depressioninteenagers.eventbrite.com>

### [NIMH Webinar: Mental Health Research: What You Need to Know](#)

**January 23, 2017, 1:00-1:30 PM ET**

Clinical research is medical research that involves people like you. People volunteer to participate in carefully conducted investigations that may ultimately uncover better ways to treat, prevent, diagnose, and understand human disease such as mental illnesses. Join Kalene DeHaut, LCSW, of the National Institute of Mental Health for this webinar on clinical research. Learn about the basics of clinical research – what it is, why it's important, key research concepts, and steps to take if you, a family member, or a client is interested in participating in clinical research.

Register at: <https://mentalhealthclinicalresearch.eventbrite.com>