UPDATE

December 15, 2010

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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

TODDLERS WITH AUTISM SHOW IMPROVED SOCIAL SKILLS FOLLOWING TARGETED INTERVENTION, FINDS NIH-SUPPORTED STUDY

Targeting the core social deficits of autism spectrum disorders (ASD) in early intervention programs yielded sustained improvements in social and communication skills even in very young children who have ASD, according to a study funded by the National Institute of Mental Health (NIMH). The study was published online December 8, 2010 in the *Journal of Child Psychology and Psychiatry*.


TEENS WHO RECOVER FROM HARD-TO-TREAT DEPRESSION STILL AT RISK FOR RELAPSE

Teens with hard-to-treat depression who reach remission after 24 weeks of treatment are still at a significant risk for relapse, according to long-term, follow-up data from an NIMH-funded study published online ahead of print November 16, 2010 in the *Journal of Clinical Psychiatry*. The long-term data reiterate the need for aggressive treatment decisions for teens with stubborn depression.


TRANSGENIC MOUSE OFFERS A WINDOW ON GENE/ENVIRONMENT INTERPLAY: PRENATAL INFECTION ALTERS BEHAVIOR IN GENETICALLY VULNERABLE

Experiments in transgenic mice have provided a novel glimpse of how a prenatal infection could interact with a specific gene variant to cause behavioral and neurologic changes in adults that mirror those seen in major psychiatric disease. The mouse model used offers a means to explore gene/environment interactions and to identify both the mechanisms involved and critical periods of vulnerability.


NEW APPROACH TO SMOKING CESSION BOOSTS QUIT RATES FOR VETERANS WITH PTSD

Smoking cessation treatment that is made part of mental health care for veterans with Post Traumatic Stress Disorder (PTSD) improves quit rates, according to a Department of Veterans Affairs study published in the December 8, 2010 *Journal of the American Medical Association*.

BUPRENORPHINE TREATMENT IN PREGNANCY: LESS DISTRESS TO BABIES—NIH STUDY COMPARES BUPRENORPHINE TO METHADONE IN OPIOID ADDICTED PREGNANT WOMEN

Babies born to women addicted to opioids fare better when their mothers are treated with either the addiction medication buprenorphine or methadone than babies whose mothers are not treated at all. In this comparative effectiveness trial, buprenorphine was found to be superior to methadone in reducing withdrawal symptoms in the newborns, according to a recent study funded by the National Institute on Drug Abuse (NIDA). The study, conducted by a multi-disciplinary team of researchers from North America and Europe, was published December 9, 2010 in the New England Journal of Medicine.


TEEN MARIJUANA USE INCREASES, ESPECIALLY AMONG EIGHTH-GRADERS—NIDA'S MONITORING THE FUTURE SURVEY SHOWS INCREASES IN ECSTASY USE AND CONTINUED HIGH LEVELS OF PRESCRIPTION DRUG ABUSE

Fueled by increases in marijuana use, the rate of eighth-graders saying they have used an illicit drug in the past year jumped to 16 percent, up from last year's 14.5 percent, with daily marijuana use up in all grades surveyed, according to the 2010 Monitoring the Future Survey. For 12th-graders, declines in cigarette use accompanied by recent increases in marijuana use have put marijuana ahead of cigarette smoking by some measures.


SAMHSA DISTRIBUTES GRANTS TO HELP MEET THE BEHAVIORAL HEALTHCARE NEEDS OF PEOPLE AFFECTED BY THE DEEPWATER HORIZON OIL SPILL

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced $648,404 in grants to gulf coast states providing behavioral healthcare and other social services to people affected by the Deepwater Horizon oil spill disaster. The grants will help the states conduct surveillance and provide data to direct the provision of behavioral healthcare services for people who are experiencing trauma and severe stress.

HHS ANNOUNCES THE NATION’S NEW HEALTH PROMOTION AND DISEASE PREVENTION AGENDA

The U.S. Department of Health and Human Services (HHS) unveiled Healthy People 2020, the nation’s new 10-year goals and objectives for health promotion and disease prevention, and “myHealthyPeople,” a new challenge for technology application developers. For the past 30 years, Healthy People has been committed to improving the quality of our Nation’s health by producing a framework for public health prevention priorities and actions.

Mental Health and Mental Disorders Objectives:

HHS ISSUES NEW STRATEGIC FRAMEWORK ON MULTIPLE CHRONIC CONDITIONS

HHS issued its new Strategic Framework on Multiple Chronic Conditions, an innovative private-public sector collaboration to coordinate responses to a growing challenge. The new strategic framework expects to reduce the risks of complications and improve the overall health status of individuals with multiple chronic conditions by fostering change within the system; providing more information and better tools to help health professionals and patients learn how to better coordinate and manage care; and by facilitating research to improve oversight and care.


RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON NIMH WEBSITE

SCIENCE EDUCATION – INVESTING FOR THE FUTURE


NEW STATISTICS SECTION

This online resource represents mental health research information from across the HHS and other federal departments, and places it all within an easy-to-navigate format. It is an expansion from NIMH’s previous statistics pages and includes information on the prevalence of mental disorders and treatment, mental health-related disability, suicide, and the economic costs associated with mental illness.

**Using Stem Cells to Model Psychiatric Disorders: NIH Grantees Meeting**


**Fresh Perspectives in Perinatal Depression Research: Psychosocial Interventions and Mental Health Services**

On October 5-6, 2010, the NIMH Division of Services and Intervention Research convened a workshop to provide the growing number of early-stage perinatal depression psychosocial intervention and services investigators with the opportunity to discuss research strategies consistent with public health needs and NIMH priorities. [http://www.nimh.nih.gov/research-funding/scientific-meetings/2010/fresh-perspectives-in-perinatal-depression-research-psychosocial-interventions-and-mental-health-services.shtml](http://www.nimh.nih.gov/research-funding/scientific-meetings/2010/fresh-perspectives-in-perinatal-depression-research-psychosocial-interventions-and-mental-health-services.shtml)

**CDC: Suicides in National Parks**

To describe the characteristics of and trends in suicides in national parks, the Centers for Disease Control and Prevention (CDC) and the National Park Service analyzed reports of suicide events (suicides and attempted suicides) occurring in the parks during 2003-2009. During this 7-year span, 84 national parks reported 286 suicide events, an average of 41 events per year. Of the 286 events, 68 percent were fatal. The two most commonly used methods were firearms and falls. Consistent with national patterns, 83 percent of suicides were among males. A comprehensive, multi-component approach is recommended to prevent suicide events, including enhanced training for park employees, site-specific barriers, and collaboration with communities. [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5947a2.htm?s_cid=mm5947a2_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5947a2.htm?s_cid=mm5947a2_e)

**NLM Magazine Feature: Phobias and Anxiety Disorders**

The *NIH MedlinePlus Magazine* provides reliable, up-to-date information about a variety of health topics. The fall 2010 issue includes a feature on phobias and anxiety disorders. Stories cover topics such as what are anxiety disorders, their symptoms, and treatment, as well as personal stories. [http://www.nlm.nih.gov/medlineplus/magazine/issues/fall10/articles/fall10pg12-13.html](http://www.nlm.nih.gov/medlineplus/magazine/issues/fall10/articles/fall10pg12-13.html)
NEW FROM THE NATIONAL INSTITUTE ON AGING

ANXIETY DISORDERS INFORMATION NOW AVAILABLE ON NIHSENIORHEALTH.GOV

It is estimated that anxiety disorders affect between three and 14 percent of older adults in a given year. Learn more about the causes, symptoms, and treatments for anxiety disorders and the ways these disorders can affect older adults on the new Anxiety Disorders page of the NIH SeniorHealth website.
http://nihseniorhealth.gov/anxietydisorders/toc.html

THERE’S NO PLACE LIKE HOME—FOR GROWING OLD

This new resource suggests resources ranging from personal care and home health care to money management and meal services that can make aging in place easier. This 8-page tip sheet also tells readers where to find help, including some that is free or low-cost.
http://www.nia.nih.gov/HealthInformation/Publications/stayinghome.htm

SO FAR AWAY: TWENTY QUESTIONS AND ANSWERS ABOUT LONG-DISTANCE CAREGIVING

This new resource tackles difficult issues faced by many of today’s caregivers. This completely redesigned and updated 44-page booklet provides advice and resources to help caregivers assess what kind of help is needed, coordinate with family members, keep up with medical care, decide when a move is needed, and more. http://www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving

NEW FROM SAMHSA

PATH STREET OUTREACH VIDEO SERIES

The Projects for Assistance in Transition from Homelessness (PATH) Street Outreach video series is designed to equip homelessness service providers with the skills and knowledge to do their jobs well. Rather than speaking theoretically about skills and knowledge, these training videos show providers practicing them in real-world settings. A discussion guide is also available.

DOMESTIC VIOLENCE SERVICES REPORT

The National Survey of Substance Abuse Treatment Services provides information on the availability of domestic violence services at substance abuse treatment facilities. In 2009, about one third of treatment facilities offered these services. http://oas.samhsa.gov/spotlight/Spotlight020DomesticViolence.pdf
NATIONAL REGISTRY OF EVIDENCE-BASED PROGRAMS AND PRACTICES HIGHLIGHTS NEW RESOURCES

SAMHSA added several new resources to its National Registry of Evidence-based Programs and Practices (NREPP) website. These resources will assist program developers considering NREPP submissions, as well as individuals and organizations that are seeking to successfully implement evidence-based interventions. They include: 1) guidance on selecting an evidence-based intervention to match an organization’s needs, and successfully implementing a chosen program; 2) helpful hints on the NREPP submission and review process; 3) a research document highlighting how various elements of a therapy relationship are associated with treatment effectiveness; and 4) links to websites that provide a compendium of validated screening and assessment instruments and tools for mental and substance use disorders. http://www.nrepp.samhsa.gov

STATE ESTIMATES OF DRUNK AND DRUGGED DRIVING

A new SAMHSA survey indicates that on average 13.2 percent of all persons 16 or older drove under the influence of alcohol and 4.3 percent of this age group drove under the influence of illicit drugs in the past year. http://oas.samhsa.gov/2k10/205/DruggedDriving.cfm

REAL WARRIORS: NEW ARTICLES

HOW TO RECONNECT WITH TEENS AFTER DEPLOYMENT

As deployments come to an end, Service members are often excited about coming home and seeing their families. But after the initial celebrations pass, readjusting to family life and reconnecting with teenagers can be challenging. This article provides information on how teenagers may behave and react to a family member returning home as well as tips for talking with teenagers. http://www.realwarriors.net/guardreserve/reintegration/familyreintegration.php

TRANSLATING MILITARY EXPERIENCE TO CIVILIAN EMPLOYMENT

This article details the steps a Service member can take to translate military experience to civilian employment, and discusses the resources available to make the transition as smooth as possible. http://www.realwarriors.net/veterans/treatment/civilianresume.php

DOMESTIC VIOLENCE RESOURCES FOR MILITARY FAMILIES

Domestic violence can happen to anyone, anywhere, at anytime regardless of their military service, race, ethnicity, education level, religion, gender, or age. Although experiencing stress is common for Service members and their families, it should never be used as an excuse to explain or justify domestic violence under any circumstances. This article explains what domestic violence is, and resources for Service members and their families. http://www.realwarriors.net/family/support/domesticviolence.php
CALENDAR OF EVENTS

DCOE WEBINAR: PEER-TO-PEER SUPPORT MODEL PROGRAM

JANUARY 27, 2011 1:00-4:00PM ET

The Defense Centers of Excellence’s (DCOE) monthly webinars provide information and facilitate discussion on a variety of topics related to psychological health and traumatic brain injury. The upcoming January webinar focuses on peer-to-peer support model programs.

2011 DOD/VA ANNUAL SUICIDE PREVENTION CONFERENCE: ALL THE WAY HOME: PREVENTING SUICIDE AMONG SERVICE MEMBERS AND VETERANS

SAVE THE DATE: MARCH 14-17, 2011, BOSTON, MA


CALLS FOR PUBLIC INPUT

NEW WEBSITE: FEEDBACK NIH

As various planning and development issues arise, NIH plans to seek input and insights from a wide range of stakeholders. One part of this effort is the launch of the website, Feedback NIH. This site will provide a place for NIH to hear from individuals across NIH, the biomedical research community, and the public. Two areas are currently open for comment:

PROPOSED INSTITUTE FOR SUBSTANCE USE, ABUSE, AND ADDICTION

On November 15, 2010, the NIH received the formal recommendation from the Scientific Management Review Board to create a new Institute that would focus on substance use, abuse, and addiction research and related public health initiatives. This proposed Institute would integrate the relevant research portfolios from the National Institute on Drug Abuse, the National Institute on Alcohol Abuse and Alcoholism, and other NIH Institutes and Centers. The NIH agrees that the proposed realignment of NIH programs into a single, new Institute devoted to such research makes scientific sense and would enhance its efforts to address the substance abuse and addiction problems that take such a terrible toll on society.
PROPOSED NATIONAL CENTER FOR ADVANCING TRANSLATIONAL SCIENCES

On December 7, 2010, the Scientific Management Review Board recommended that the NIH realign its resources to establish a new Center devoted to advancing translational sciences. As currently envisioned, the central role of the proposed National Center for Advancing Translational Sciences would be to establish a focused, integrated, and systematic approach for building new bridges to link basic discovery research with therapeutics development and clinical care. The Center would be formed initially by integrating selected translational research programs now located within the National Human Genome Research Institute, the National Center for Research Resources, and the NIH Director’s Common Fund. Another component could be the new Cures Acceleration Network, which was authorized by the Affordable Care Act, but has not yet received an appropriation.

http://feedback.nih.gov/index.php/category/ncats/

COMMENTS SOUGHT FOR AHRQ EFFECTIVE HEALTH CARE PROGRAM REPORTS

The Agency for Healthcare Research and Quality (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:

DRAFT REPORT: COMPARATIVE EFFECTIVENESS OF FIRST AND SECOND GENERATION ANTIPSYCHOTICS IN THE PEDIATRIC AND YOUNG ADULT POPULATIONS (DEADLINE FOR COMMENTS IS DECEMBER 21, 2010)

http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-draft-reports/?pageaction=displayDraftCommentForm&topicid=147&productID=585

KEY QUESTIONS: SCREENING, BEHAVIORAL COUNSELING, AND PHARMACOLOGIC INTERVENTIONS IN PRIMARY CARE TO REDUCE UNHEALTHY ALCOHOL USE (DEADLINE FOR COMMENTS IS JANUARY 11, 2011)

http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-key-questions/?pageaction=displayquestions&topicid=269&questionset=149
CLINICAL TRIAL PARTICIPATION NEWS

NLM MAGAZINE FEATURE: CLINICAL TRIALS

On the 10th anniversary of the launch of the Clinicaltrials.gov website, this issue of NIH MedlinePlus Magazine features information about the importance of participation in clinical trials. Stories cover detailed descriptions about the different types of clinical trials, what is informed consent, personal experiences of participating in research, and a description of the resources available on Clinicaltrials.gov.
http://www.nlm.nih.gov/medlineplus/magazine/issues/fall10/articles/fall10pg5.html

FUNDING INFORMATION

2011 JUSTICE AND MENTAL HEALTH COLLABORATION PROGRAM GRANTS
http://www.ojp.usdoj.gov/BJA/grant/11JMHCSol.pdf

NIH SUMMER RESEARCH EXPERIENCE PROGRAMS

DEVELOPMENTAL PHARMACOLOGY
http://grants.nih.gov/grants/guide/pa-files/PAR-11-057.html (R01)

CHRONIC ILLNESS SELF-MANAGEMENT IN CHILDREN AND ADOLESCENTS
http://grants.nih.gov/grants/guide/pa-files/PA-11-070.html (R01)
http://grants.nih.gov/grants/guide/pa-files/PA-11-071.html (R03)

TRANSLATING BASIC BEHAVIORAL AND SOCIAL SCIENCE DISCOVERIES INTO INTERVENTIONS TO IMPROVE HEALTH-RELATED BEHAVIORS

WOMEN AND SEX/GENDER DIFFERENCES IN DRUG AND ALCOHOL ABUSE/DEPENDENCE
http://grants.nih.gov/grants/guide/pa-files/PA-11-047.html (R01)
The Outreach Partnership Program 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.