National Institute of Mental Health Outreach Partnership Program

Update

May 15, 2010

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Science and Service News Updates

NIMH: Resilience Factor Low in Depression, Protects Mice from Stress – Targeting Gene Regulator in Brain Reward Circuit Eyed as Treatment

Scientists have discovered a mechanism that helps to explain resilience to stress, vulnerability to depression and how antidepressants work. The new findings, in the reward circuit of mouse and human brains, have spurred a high tech dragnet for compounds that boost the action of a key gene regulator there, called deltaFosB. A molecular main power switch – called a transcription factor – inside neurons, deltaFosB turns multiple genes on and off, triggering the production of proteins that perform a cell's activities. "We found that triggering deltaFosB in the reward circuit's hub is both necessary and sufficient for resilience; it protects mice from developing a depression-like syndrome following chronic social stress," explained Eric Nestler, M.D., of the Mount Sinai School of Medicine, who led the research team, which was funded by the NIMH. "Antidepressants can reverse this social withdrawal syndrome by boosting deltaFosB. Moreover, deltaFosB is conspicuously depleted in brains of people who suffered from depression. Thus, induction of this protein is a positive adaptation that helps us cope with stress, so we're hoping to find ways to tweak it pharmacologically," added Nestler, who also directs the ongoing compound screening project. Nestler and colleagues report the findings that inspired the hunt online May 16 2010 in the journal *Nature Neuroscience*.


NIMH: Rapid Antidepressant Action of Common Medication Confirmed by Repeat Trial

Confirming results from earlier research, a clinical trial of treatment for major depression showed that the medication scopolamine, commonly used for motion sickness and as a sedative, could lift symptoms of depression within days, far faster than current antidepressants. Though the study was small, the magnitude of scopolamine's effects in comparison with placebo suggests that this class of medications has potential for rapid treatment of depression.


NIMH: Magnetic Stimulation Scores Modest Success as Antidepressant: Trial of Non-Invasive Treatment Used New, Convincing Sham Control

Some depressed patients who don't respond to or tolerate antidepressant medications may benefit from a non-invasive treatment that stimulates the brain with a pulsing electromagnet, a study suggests. This first industry-independent, multi-site, randomized, tightly controlled trial of repetitive transcranial magnetic stimulation (rTMS) found that it produced significant antidepressant effects in a subgroup of patients, with few side effects. Active rTMS treatment accounted for remissions in 14 percent of antidepressant-resistant patients actively treated, compared to about 5 percent for a simulated treatment. "Although rTMS treatment has not yet lived up to early hopes that it might replace more invasive therapies, this study suggests that the treatment may be effective in at least some treatment-resistant patients," said Thomas R. Insel, M.D., director of the NIMH which funded the study.

SAMHSA: New Study Indicates That Early Intervention for Young Children with Mental Health Challenges Supports Healthy Development and Improves Family Life
According to a new report released by SAMHSA, behavioral and emotional problems decreased among nearly one-third (31 percent) of young children with mental health challenges within the first 6 months after entering services through systems of care program. The report, *Addressing the Mental Health Needs of Young Children and Their Families*, describes the academic, social, and emotional performance outcomes of children ages 8 and younger receiving services in systems of care. These SAMHSA-funded systems of care programs provide family-driven and culturally and linguistically competent services and supports to children and youth with mental health challenges and their families.

SAMHSA: Nationwide Study Shows That Adolescent Smoking May Be Influenced by Mothers' Smoking or Depression
A new study reveals that adolescents aged 12 to 17 living with mothers who are current smokers or who have had a major depressive episode in the past year are far more likely to smoke than adolescents not living under these circumstances. The SAMHSA-sponsored study was part of its strategic initiative on data and outcomes – an effort to create integrated data systems that help inform policy makers and providers on behavioral health issues. The new study shows that adolescents living with mothers who currently smoke were nearly three times more likely to take up smoking than adolescents living with non-smoking mothers (16.9 percent versus 5.8 percent). Similarly, adolescents living with mothers who have suffered from a major depressive episode in the past year were almost twice as likely to take up smoking as adolescents not living in that situation (14.3 percent versus 7.9 percent).
Full Report: [http://oas.samhsa.gov/2k10/166/166SmokingMoms.cfm](http://oas.samhsa.gov/2k10/166/166SmokingMoms.cfm)

SAMHSA Awards $5.4 Million to Three Treatment and Services Adaptation Centers Helping Children Suffering from Traumatic Stress
SAMHSA is awarding three new Treatment and Services Adaptation (TSA) Center grants for a total of $5.4 million over three years. These new grants are part of SAMHSA's National Child Traumatic Stress Initiative. The TSA Centers provide expertise on treatment approaches and service system development for children who experience traumatic events such as interpersonal violence, natural disasters, or acts of terrorism.

SAMHSA Awards Nearly $8 Million in Additional Grants to Help Homeless Individuals and Families
SAMHSA announced that it is awarding up to four new grants totaling just under $8 million to local organizations working to prevent or reduce chronic homelessness in their communities. This program has a targeted focus to serve chronically homeless individuals and families by enhancing existing permanent supportive housing programs and other resources. The programs will provide intensive individualized support services designed to reduce psychiatric symptoms and substance use and empower people to regain stability.
Obama Signs Veterans, Caregivers Legislation
President Obama signed legislation to improve health care for veterans and to recognize the important role that family caregivers play in the recovery of wounded personnel. The legislation expands mental health counseling and services for Iraq and Afghanistan veterans, including reserve-component service members. The new law also increases support for veterans in rural areas with the transportation and housing needed to reach VA hospitals and clinics. It also expands health care for female veterans to meet their unique needs, including maternity care, and it allows VA to launch a pilot program to provide child care for veterans receiving intensive medical care. The legislation also eliminates co-payments for veterans who are catastrophically disabled, and it helps veterans who are homeless.

Resources: Publications, Toolkits, Other Resources

NIMH Radio: New Podcasts Available about Depression and Autism
Dr. Maura Furey Talks about Her Research with Scopolamine
Dr. Maura Furey, a research scientist with the NIMH Mood and Anxiety Disorders Program talks about her work with scopolamine, a prescribed treatment for motion sickness. In a series of clinical trials, Dr. Furey and her colleagues have administered, intravenously, measured doses of scopolamine to patients diagnosed with depression.

Major Depression – Public Health Quandary: Significant Gap Exists in Depression Treatment
Nearly half of all Americans diagnosed with major depression don’t receive the treatment they need, according to an NIMH-supported survey. Dr. Hector Gonzalez of Wayne State University, lead author of this study, is featured in a new NIMH podcast. He discusses surprises that emerged from the data and how one group of Americans may help shed light on how to increase the overall level of care.

Diabetes and Depression: Managing Co-Existing Serious Illnesses
People who have both diabetes and depression are at higher risk for major health complications. That’s the finding of an NIMH-funded study conducted by researchers at the University of Washington and the Group Health Research Institute in Seattle. In this podcast, Dr. Elizabeth Lin of the Group Health Research Institute says an important take-away from this study is the need to manage one’s health even with the challenge of co-existing conditions.

NIMH Radio: Autism Spectrum Disorder in Children
Dr. Lisa Gilotty with the NIMH Research Program on Autism Spectrum Disorders (ASD) talks about ASD research.
NIMH Panic Disorder Publication Available in Spanish
NIMH’s easy-to-read booklet on panic disorder, When Fear Overwhelms, is now available in Spanish.

New NIMH Director Blog: Busting Myths about NIMH Basic Science Support
The latest blog post from the NIMH director dispels myths about NIMH basic science support. The Institute cares about translation, but to build a translational bridge we will need a very strong foundation in basic science. This foundation will need to be multidisciplinary, integrating biology and psychology. It will need to look across species, identifying principles of brain-behavior organization. Most important, it will need to cross levels of analysis – from genetic to molecular, to cellular, to systems, to complex behaviors, to social context. It seems obvious, but bears repeating, that understanding normal functioning of brain-behavior relationships is critical to providing insight into abnormal brain-behavior relationships. To discover the causes of psychiatric disorders and develop improved treatments and interventions, NIMH must demonstrate how interactions between genes, environment, experiences, and development contribute to the formation and function of brain circuits.
http://www.nimh.nih.gov/about/director/index.shtml

NIH News in Health: Feature Story on Bipolar Disorder
NIH’s monthly newsletter features a story about bipolar disorder--Major Ups and Downs: Bipolar Disorder Brings Extreme Mood Swings.
http://newsinhealth.nih.gov/issue/May2010/

NIH Podcast Shines Light on Prescription Drug Abuse in Women
Prescription drug abuse means taking a prescription medication that is not prescribed for you, or taking it for reasons or in dosages other than as prescribed. Abuse of prescription drugs can produce serious health effects, including addiction. The NIH's Office of Research on Women’s Health (ORWH) podcast, Pinn Point on Women’s Health, provides updates on women’s health research, and is hosted by Vivian W. Pinn, M.D., director of ORWH. This month, Dr. Pinn interviewed Nora Volkow, M.D., NIDA director, about prescription drug abuse in women.
http://orwh.od.nih.gov/podcast/Pinncast2010-04.mp3

NLM Medline Magazine: Focus on Preventing Suicides
The latest issue of National Library of Medicine’s (NLM) magazine, which presents stories on various health topics in lay language, features stories about preventing suicide. Stories cover prevention in college students, preventing suicide in the military, and background about warning signs and who is at risk for suicide.

Latest NIDA News Scan
The latest issue of NIDA NewsScan features summaries of research findings including new studies suggesting that bipolar disorder and addiction share genetic roots.
http://www.nida.nih.gov/newsroom/10/NS-05.html
New CDC Reports


This Morbidity and Mortality Weekly Report presents in-depth findings on homicide and suicide from 16 states for 2007. Results are based on the most comprehensive data on violent deaths available from the Centers for Disease Control and Prevention’s (CDC) National Violent Death Reporting System (NVDRS). Involvement of intimate partner conflict; mental health problems, diagnosis, or treatment; and drug or alcohol use at the time of death are among the pieces of information collected and compiled by this unique system.

For 2007, a total of 15,882 fatal incidents involving 16,319 deaths occurred in the 16 NVDRS states included in this report. The majority (56.6%) of deaths was from suicide, followed by homicides and deaths involving legal intervention (i.e., deaths caused by police and other persons with legal authority to use deadly force, excluding legal executions) (28.0%), deaths of undetermined intent (14.7%), and unintentional firearm deaths (0.7%). Suicides occurred at higher rates among males, American Indians/Alaska Natives, non-Hispanic whites, and persons aged 45-54 years. Suicides occurred most often in a house or apartment and involved the use of firearms. Suicides were precipitated primarily by mental health, intimate partner, or physical health problems, or by a crisis during the preceding 2 weeks.

http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5904a1.htm?s_cid=ss5904a1_e

Mortality among Teenagers Aged 12-19 Years: United States, 1999-2006

Deaths among teenagers ages 12-19 years comprise a small fraction of the total deaths occurring each year in the United States. From 1999 to 2006 less than 1 percent (0.68 percent)--or 131,000 deaths--occurred in teenagers 12-19 years. This represents an average of 16,375 deaths per year for this group. Teenage mortality is an important public health issue because the majority of deaths among teenagers are the result of external causes of injury such as accidents, homicide and suicide. These causes of death are, by definition, preventable.

http://www.cdc.gov/nchs/data/databriefs/db37.htm

Depression and Smoking in the U.S. Household Population Aged 20 and Over, 2005-2008

Key findings of this brief analyzing data from the National Health and Nutrition Examination Surveys, 2005-2008, include:

- Adults aged 20 and over with depression were more likely to be cigarette smokers than those without depression.
- Women with depression had smoking rates similar to men with depression, while women without depression smoked less than men.
- The percentage of adults who were smokers increased as depression severity increased.
- Among adult smokers, those with depression smoked more heavily than those without depression. They were more likely to smoke their first cigarette within 5 minutes of awakening and to smoke more than one pack of cigarettes per day.
- Adults with depression were less likely to quit smoking than those without depression.

http://www.cdc.gov/nchs/data/databriefs/db34.htm
SAMHSA Reports

Emergency Department Visits for Drug-related Suicide Attempts by Adolescents: 2008

During 2008, nearly one-tenth of all drug-related emergency department (ED) visits made by adolescents aged 12 to 17 involved suicide attempts. Of these visits, almost three of every four ED visits for drug-related suicide attempts among adolescents were made by females. Pharmaceuticals were involved in 95.4 percent of drug-related suicide attempts among adolescents, and more than three-fourths of the ED visits for drug-related suicide attempts among adolescents ended with evidence of follow-up care.

http://www.oas.samhsa.gov/2k10/DAWN001/SuicideAttempts.cfm

Differences in Substance Abuse Treatment Admissions between Mexican-American Males and Females

Among admissions of people of Mexican descent, males reported alcohol as their primary substance of abuse more often than other substances, and females most commonly reported methamphetamine. The majority of individuals reported that they first used their primary substance of abuse before the age of 18; overall, 7.4 percent reported using their first substance before the age of 12. About three-quarters of these individuals had no health insurance, a substantially higher proportion than all other admissions.

http://www.oas.samhsa.gov/2k10/226/226MexAd2k10.cfm

New National Study Indicates Significant Changes in Substance Use Treatment Admissions Patterns over the Past Decade

From 1998 to 2008 there were marked changes in some patterns of substance use treatment admissions, according to a SAMHSA study. Although the concurrent abuse of both alcohol and drugs has remained widespread, the proportion of treatment admissions for the co-abuse of these substances has declined gradually yet significantly during this period from 44 percent to 38 percent.

http://wwwdasis.samhsa.gov/teds08/teds2k8natweb.pdf

New SAMHSA Resources

Online Training for Child Welfare Professionals

The National Center on Substance Abuse and Child Welfare, a service of SAMHSA, has developed an online training designed to educate pre-service and in-service child welfare professionals about substance abuse and mental health disorders affecting families involved with the child welfare system.

http://www.ncsacw.samhsa.gov/training/toolkit

Family Guide: Real Kids are Curious about Alcohol

This new guide for families provides tips for talking with children about alcohol use.

President Obama Releases National Strategy to Reduce Drug Use and Its Consequences
President Obama released the Administration's inaugural National Drug Control Strategy, which establishes five-year goals for reducing drug use and its consequences through a balanced policy of prevention, treatment, enforcement, and international cooperation. The Strategy was developed by the Office of National Drug Control Policy (ONDCP) with input from a variety of Federal, State, and local partners.
http://www.whitehousedrugpolicy.gov/strategy

CDC’s Injury Center Announces New Tool for Building Evaluation Capacity
Evaluation for Improvement: A Seven Step Empowerment Evaluation Approach for Violence Prevention Organizations is designed to help violence prevention organizations build their evaluation capacity through hiring an empowerment evaluator. The manual is geared toward local leaders and staff members of organizations, coalitions, government agencies, and/or partnerships working to prevent sexual violence, intimate partner violence, youth violence, suicide, and/or child maltreatment.
http://www.cdc.gov/violenceprevention/pub/evaluation_improvement.html

IHS: Online Search, Consultation, and Reporting System
The Indian Health Service (IHS) Health Promotion/Disease Prevention, Behavioral Health, and Improving Patient Care Programs are creating a searchable inventory of best practice, promising practice, local effort, resources, and policies occurring among American Indian/Alaska Native communities, schools, work sites, health centers/clinics, and hospitals.
http://www.ihs.gov/oscar/

AHRQ Research Summaries: Improvements are Needed to Better Measure Mental Health Care Quality
Although a great deal is known about the quality of health care services in the United States, there is a lack of information about the quality of mental health care and substance use services. A new study supported in part by the Agency for Healthcare Research Quality (AHRQ) finds that quality initiatives are expanding in these health care fields; however, such activity remains uncoordinated and only focuses on limited areas. Despite such initiatives, no clear link has yet been established between these activities and an increase in quality improvement.
http://www.ahrq.gov/research/may10/0510RA7.htm

Calendar of Events

What Are We Learning About the Early Childhood System of Care Grantees: A Focus on Outcomes
May 20, 2010, 1:00-2:30 PM ET
In this call, presenters from SAMHSA’s Center for Mental Health Services (CMHS) early childhood community system of care grants will share what they are learning as they enter their final years of service delivery and system building. The evaluators have been using some common measures to look at demographics and outcomes. This group, among others, was instrumental in encouraging CMHS to expand the definition for serving infants and young children to include, "imminent risk." Presenters will share this new definition along with the instruments and tools they are using to evaluate outcomes in young children.
http://gucchdtacenter.georgetown.edu/resources/2010calls.html#May
Teleconference: New Frontiers in Smoking Cessation to Support Wellness among People with Mental Health Problems  
*May 26, 2010, 3:00-4:30 PM ET*  
The goal of this SAMHSA 10 x 10 Wellness Campaign training is to increase awareness of the latest and most effective tobacco cessation tools, initiatives, and services specifically designed for mental health consumers and those working in mental health settings. Please note: Registration will close at 5:00 p.m., ET, on May 19, 2010.  
[http://www.promoteacceptance.samhsa.gov/10by10/training.aspx](http://www.promoteacceptance.samhsa.gov/10by10/training.aspx)

Webinar: Addressing Trauma, Grief and Loss in Military Children  
*May 27, 2010, 1:00-2:30 PM ET*  
The Defense Centers of Excellence (DCoE) Monthly Webinars provide information and facilitate discussion on a variety of topics related to psychological health and traumatic brain injury. The May webinar will explore strategies to confront issues with children facing difficult situations such as parental deployment and parental loss. The webinar will also highlight the DCoE’s work with the Sesame Workshop in producing *Talk Listen Connect Phase III: Helping Families with Young Children Cope with the Death of a Loved One*.  

Webinar: A Discussion on the Potential Impact of Mental Health Parity on Children’s Mental Health  
*June 2, 2010, 1:00-2:30 PM ET*  
This SAMHSA National Technical Assistance Center for Children’s Mental Health webinar will provide an overview of the major components of the parity regulations, including such areas as: 1) an explanation of which health plans are subject to the law; 2) how the regulations define treatment limitations and the new standards that health plans must meet regarding mental health and addiction services; 3) the prohibition on health plans from instituting separate deductibles, copayments, and out-of-pocket limits for MH/SU and medical/surgical benefits (Any deductibles, copayments, and out-of-pocket limits required by the plan must be integrated and cumulative for all services.); and 4) how enforcement will be handled by the federal government.  

NIH 2010 Regional Seminar on Program Funding and Grants Administration  
*June 24–25, 2010, Portland, Oregon*  
This annual seminar for prospective NIH grantees will demystify the application and review process, clarify federal regulations and policies, and highlight current areas of special interest or concern. Grants administrators, researchers, graduate students and others are encouraged to attend. An optional electronic Research Administration (eRA) Hands-on Computer Workshop will be available prior to the seminar on June 23, 2010.  
4th National Conference on Women, Addiction and Recovery  
*July 26–28, 2010, Chicago, Illinois*

SAMHSA’s Center for Substance Abuse Treatment in partnership with Treatment Alternatives for a Safe Community is sponsoring its 4th National Conference on Women, Addiction and Recovery. Join with leaders, colleagues and stakeholders in the addiction treatment field to focus on current trends and innovations in creating recovery opportunities for women with substance use disorders and their families. Among topics to be discussed are: family-centered treatment, current developments in health policy, working with the criminal justice system, inter-agency collaboration, women’s recovery support, use of technology, culturally responsive approaches, treatment for adolescent girls, housing supports, workforce development, and demonstrating program effectiveness.

http://SAMHSAWomensConference.org

Careers in Global Mental Health  
*July 30, 2010*

The NIMH Office for Research on Disparities and Global Mental Health invites qualified early career professionals to the Careers in Global Mental Health meeting on July 30, 2010. The meeting will bring together early career clinical and research professionals (including medical and public health students) for an interactive forum, with the goal of orienting them to research careers in global mental health. NIMH encourages individuals (recent graduates in any of the following disciplines: medicine, psychiatry, neurosciences, psychology, social work, public health, epidemiology, anthropology, sociology and other relevant degrees) interested in developing their skills and knowledge for addressing global mental health challenges through innovative research to apply. Applications are due June 4, 2010.


Save the Date: NIDA National Drug Facts Week: Shatter the Myths!  
*November 8-14, 2010*

National Drug Facts Week (NDFW) is a health observance week for teens. The goal of NDFW is to shatter the myths about drugs and drug abuse. NDFW encourages community based events that give teens a physical or virtual space to ask questions about drugs and get factual answers from a scientific expert. NDFW is an initiative of the National Institute of Drug Abuse, which supports most of the world’s research on the health aspects of drug abuse and addiction.

http://drugfactsweek.drugabuse.gov/

2010 Joint Meeting on Adolescent Treatment Effectiveness: Joining with Families, Youth, and Communities to Promote and Improve Adolescent Alcohol and Other Drug Treatment and Recovery  
*December 14–16, 2010, Baltimore, Maryland*

SAMHSA has issued a call for presentations for the upcoming 2010 Joint Meeting on Adolescent Treatment Effectiveness (JMATE). Cosponsored by the Office of Juvenile Justice and Delinquency Prevention and other SAMHSA partners, JMATE seeks to enhance adolescent substance abuse treatment and recovery by providing a forum for the exchange of information among researchers, practitioners, youth and their families, policymakers, and community members. The deadline for submitting proposals is June 4, 2010.

http://www.jmate.org/jmate2010/Presentations.aspx
Calls for Public Input

HUD Asks for Input on Research Agenda
The Department of Housing and Urban Development’s (HUD) Office of Policy Development and Research (PD&R) is seeking suggestions for possible research the department will fund in fiscal year 2011 and beyond. This research will help HUD achieve the goals outlined in its Strategic Plan. The research done by PD&R falls within one or more of 12 primary categories, including people with disabilities, fair housing and homelessness. Comments are due June 5, 2010. http://www.huduser.org/portal/research/research_agenda_2011.html

Video Contest: Be Smokefree! A Chance to Win…
The National Cancer Institute’s (NCI) Smokefree Women initiative is launching a video contest - Celebrating Smokefree Voices. NCI wants to capture the variety of quitting experiences and reasons for quitting smoking among women and friends/families across the nation. Tell NCI why being smokefree is important to you. All video entries must be submitted by June 4, 2010 along with the required video entry form. http://women.smokefree.gov/videocontest.aspx

Funding Information

ED: The Promise Neighborhoods Program Grant
The US Department of Education’s (ED) Promise Neighborhoods Program is intended to significantly improve the educational and developmental outcomes of children in the Nation’s most distressed communities. Because the challenges faced by communities with high concentrations of poverty are interrelated, Promise Neighborhoods is taking a comprehensive approach designed to ensure that children have access to a continuum of cradle-through-college-to-career solutions, with strong schools at the center that will support academic achievement, healthy development, and college and career success. Applications are due June 25, 2010. http://www.ed.gov/programs/promiseneighborhoods/index.html

NLM Information Resource Grants to Reduce Health Disparities
The National Library of Medicine (NLM) solicits resource grant applications for projects that will bring useful, usable health information to health disparity populations and the health care providers who care for those populations. Access to useful, usable, understandable health information is an important factor during health decisions. Proposed projects should exploit the capabilities of computer and information technology and health sciences libraries to bring health-related information to consumers and their health care providers. Preference will be given to applications that show strong involvement of health science libraries. Preference will also be given to applications submitted by or that involve minority-serving institutions. Applications are due July 14, 2010. http://grants.nih.gov/grants/guide/rfa-files/RFA-LM-10-001.html
Programmatic Funding

HRSA: Patient Navigator Outreach and Chronic Disease Prevention Program

HRSA: Frontier Community Health Integration Demonstration Program
https://grants.hrsa.gov/webExternal/SFO.asp?ID=A94B2853-087E-46F1-B4E8-F592E5DEBAE1

HRSA: First Time Motherhood/New Parents Initiative

HRSA: Telehealth Network Grant Program

Research Funding Opportunities

Selected Request for Applications

Multi-Component Youth/Young Adult Alcohol Prevention Trials (R01)

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The Outreach Partnership Program is a nationwide outreach initiative of the National Institute of Mental Health (NIMH) with support from the National Institute on Drug Abuse (NIDA) and in cooperation with the Substance Abuse and Mental Health Services Administration (SAMHSA) 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 on the NIMH Outreach 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 NIMH Update is intended for use by the 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.