UPDATE

June 15, 2011

I. Science and Service News Updates

II. Resources: Publications, Toolkits, Other Resources

III. Calendar of Events

IV. Calls for Public Input

V. Funding Information

Subscribe to Receive the Update


Follow NIMH on Social Media

http://twitter.com/nimhgov
http://www.facebook.com/nimhgov
http://www.youtube.com/nimhgov

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
STRESS-DEFEATING EFFECTS OF EXERCISE TRACED TO EMOTIONAL BRAIN CIRCUIT

Evidence in both humans and animals points to emotional benefits from exercise, both physical and mental. Now, in recent experiments with mice, National Institute of Mental Health (NIMH) scientists have traced the stress-buffering effect of activity to a brain circuit known to be involved in emotional regulation as well as mood disorders and medication effects. The finding is a clue to understanding the neurological roots of resilience, key to developing new means of prevention and treatment for stress-related illness.


AUTISM BLURS DISTINCTIONS BETWEEN BRAIN REGIONS - ERODES MOLECULAR IDENTITIES IN CORTEX

Autism blurs the molecular differences that normally distinguish different brain regions, a new study suggests. Among more than 500 genes that are normally expressed at significantly different levels in the front versus the lower middle part of the brain's outer mantle, or cortex, only eight showed such differences in brains of people with autism, say researchers funded in part by the National Institutes of Health (NIH).


NEW NATIONAL REPORT REVEALS THAT ADULTS WITH MENTAL ILLNESS ARE FOUR TIMES MORE LIKELY TO DEVELOP ALCOHOL DEPENDENCY THAN ADULTS WITHOUT MENTAL ILLNESS

A new report shows that alcohol dependence is four times more likely to occur among adults with mental illness than among adults with no mental illness. Based on a nationwide survey conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), the report also shows that the rate of alcohol dependency increases as the severity of the mental illness increases. For example, while 7.9 percent of those with mild mental illness were alcohol dependent, 10 percent of those with moderate mental illness, and 13.2 percent of those with serious mental illness were alcohol dependent.

BENZODIAZEPINE ABUSE TREATMENT ADMISSIONS HAVE TRIPLED FROM 1998 TO 2008

A new national study shows that from 1998 to 2008 substance abuse treatment admissions among individuals ages 12 and older related to the abuse of benzodiazepine drugs rose from 22,400 in 1998 to approximately 60,200 in 2008. The SAMHSA report shows that while benzodiazepine-related admissions represented only 3.2 percent of all substance abuse admissions among this population in 2008, it had grown from the 1.3 percent it represented in 1998.


CDC REPORT FINDS GAY, LESBIAN, AND BISEXUAL STUDENTS AT GREATER RISK FOR UNHEALTHY, UNSAFE BEHAVIORS

Students who report being gay, lesbian, or bisexual and students who report having sexual contact only with persons of the same sex or both sexes are more likely than heterosexual students and students who report having sexual contact only with the opposite sex to engage in unhealthy risk behaviors such as tobacco use, alcohol and other drug use, sexual risk behaviors, suicidal behaviors, and violence, according to a study by the Centers for Disease Control and Prevention (CDC).

Full Report: http://www.cdc.gov/mmwr/preview/mmwrhtml/ss60e0606a1.htm

HHS TO REDUCE PREMIUMS AND MAKE IT EASIER FOR AMERICANS WITH PRE-EXISTING CONDITIONS TO GET HEALTH INSURANCE

The U.S. Department of Health and Human Services (HHS) announced new steps to reduce premiums and make it easier for Americans to enroll in the Pre-Existing Condition Insurance Plan (PCIP). Premiums for the Federally-administered PCIP will drop as much as 40 percent in 18 states, and eligibility standards will be eased in 23 states and the District of Columbia to ensure more Americans with pre-existing conditions have access to affordable health insurance. PCIP was created under the Affordable Care Act and serves as a bridge to 2014, when insurers will no longer be allowed to deny coverage to people with any pre-existing condition like cancer, diabetes, and asthma.

HEALTH CARE QUALITY GAPS AND DISPARITIES PERSIST IN EVERY STATE

States are seeing improvements in health care quality, but disparities for minority and low-income residents persist, according to the 2010 State Snapshots, released by the Agency for Healthcare Research and Quality (AHRQ). New Hampshire, Minnesota, Maine, Massachusetts, and Rhode Island showed the greatest overall performance improvement in 2010. The five states with the smallest overall performance improvement were Kentucky, Louisiana, New Mexico, Oklahoma, and Texas. As in previous years, AHRQ's 2010 State Snapshots show that no state does well or poorly on all quality measures. Among minority and low-income Americans, the level of health care quality and access to services remained unfavorable. The size of disparities related to race and income varied widely across the states.


NIH-FUNDED STUDY IDENTIFIES BRAIN PATHWAY IN RODENTS THAT COULD BE TARGET OF NEW TREATMENTS FOR SMOKING AND WEIGHT CONTROL

A new study uncovers a brain mechanism that could be targeted for new medications designed to help people quit smoking without gaining weight. This research, funded by the National Institute on Drug Abuse, shows that a specific subclass of brain nicotinic receptor is involved in nicotine's ability to reduce food intake in rodents. Prior research shows that the average weight gain after smoking is less than 10 pounds, but fear of weight gain can discourage some people who would like to quit.


FDA SAFETY ALERT—RISPERIDONE (RISPERDAL) AND ROPINIROLE (REQUIP): MEDICATION ERRORS - NAME CONFUSION

The Food and Drug Administration (FDA) notified health care professionals and the public of medication error reports in which patients were given risperidone (Risperdal) instead of ropinirole (Requip) and vice versa. In some cases, patients who took the wrong medication needed to be hospitalized. The FDA determined that the factors contributing to the confusion between the two products include: 1) similarities of both the brand (proprietary) and generic (established) names; 2) similarities of the container labels and carton packaging; 3) illegible handwriting on prescriptions; and 4) overlapping product characteristics, such as the drug strengths, dosage forms, and dosing intervals. Health care professionals are reminded to clearly print or spell out the medication name on prescriptions and make certain their patients know the name of their prescribed medication and their reason for taking it.

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW ON NIMH WEBSITE

DIRECTOR’S BLOG: PSYCHIATRY - WHERE ARE WE GOING?

NIMH Director, Thomas Insel, discusses challenges and new directions for the field of psychiatry.
http://www.nimh.nih.gov/about/director/2011/psychiatry-where-are-we-going.shtml

DIRECTOR’S BLOG: A SOLVER OF MYSTERIES

NIMH Director describes the scientific contributions of the late Howard Nash, a senior investigator in the NIMH Laboratory of Molecular Biology, who passed away in early June.

NIMH FY 2011 FUNDING STRATEGY

The fiscal year 2011 Funding Strategy for NIMH has been posted.

NATIONAL ADVISORY MENTAL HEALTH COUNCIL: MINUTES OF THE 227TH MEETING

The minutes of the National Advisory Mental Health Council (NAMHC) 227th meeting held January 13-14, 2011 are now available.

DIRECTOR’S REPORT: 228TH NATIONAL ADVISORY MENTAL HEALTH COUNCIL

The Director’s Report to the 228th NAMHC has been posted.

MEETING SUMMARY: 2011 NIMH PROFESSIONAL COALITION FOR RESEARCH PROGRESS

The NIMH convened the seventh annual Professional Coalition for Research Progress Meeting in April 2011. The meeting served as an opportunity for representatives from professional organizations with an interest in NIMH research to hear about advances in mental health research, and current and new research directions and strategies for NIMH; to network with colleagues; and to interact with and express their views directly to the NIMH Director, Thomas Insel, and senior level staff. Invited speakers included Gregory E. Simon, Pamela Collins, and Raquel E. Gur. http://www.nimh.nih.gov/outreach/coalition/meeting-april-2011/index.shtml
MEETING SUMMARY: THE MATURATION OF FUNCTIONAL BRAIN NETWORKS – INSIGHT INTO THE ORIGINS AND COURSE OF MENTAL DISORDERS

Neural networks are a fundamental property of normal brain function, and dysregulated brain activity has been implicated in a wide array of mental disorders. In January 2011, NIMH convened a multi-disciplinary workshop of experts to discuss the opportunities and challenges of studying the maturation of neural networks in healthy and clinical populations.


NIAAA: LATEST ISSUE OF SPECTRUM

The National Institute on Alcohol Abuse and Alcoholism’s latest issue of Spectrum includes a feature about the link between early alcohol use and the use of alcohol as a way of dealing with stress.


SAMHSA RESOURCES

LATEST ISSUE OF THE DIALOGUE: WORKING WITH TRIBAL COMMUNITIES

The latest issue of SAMHSA’s quarterly technical assistance journal on disaster behavioral health focuses on working with tribal communities. One story features a first-person account of a Federal Emergency Management Agency employee assisting an Alaskan Native village in their recovery after a devastating flood. Other stories focus on suicide prevention in Native American communities.

http://content.govdelivery.com/bulletins/gd/USSAMHSA-89cab

NEW BOOKLET FOR CHILDREN: AFTER AN EARTHQUAKE

*Trinka and Sam: The Day the Earth Shook* is a story parents can read to their young children, so the family can talk about feelings and concerns they may have after an earthquake. In the story, two small mice become scared and worried after they experience an earthquake and see their neighborhood damaged. The story describes a variety of common reactions and shows how the mice’s parents helped them express their feelings and feel safer.

http://www.nctsnet.org/sites/default/files/assets/pdfs/trinka_and_sam_earthquake_english.pdf
NEW SPANISH-LANGUAGE RESOURCES FOR PEOPLE ENTERING MEDICATION ASSISTED TREATMENT


BRINGING FOCUS TO CHANGE: UNDERSTANDING DRIVERS, CHALLENGES AND OPPORTUNITIES (SLIDES)

This presentation to the Michigan Association of Community Mental Health Boards by SAMHSA Administrator Pamela Hyde discusses the challenges and emerging opportunities to reduce the impact of mental illness and substance abuse and enhance recovery. It examines budget issues, the impact of health care reform, and the role of SAMHSA, providers, advocates, and states in capitalizing on these changes. [http://store.samhsa.gov/product/SMA11-PHYDE051711](http://store.samhsa.gov/product/SMA11-PHYDE051711)

CDC: NATURAL DISASTER PUBLIC SERVICE ANNOUNCEMENTS AND PODCASTS

A new toolkit of prepared cell phone text messages advising people how to protect their health after a disaster is now available. These messages support state and local emergency managers in disaster response. The text messages cover a wide range of actions people can take to protect their health, including coping with depression and thoughts of suicide after a disaster. [http://www.bt.cdc.gov/disasters/psa/](http://www.bt.cdc.gov/disasters/psa/)

NEW FROM THE DEPARTMENT OF DEFENSE

MILD TRAUMATIC BRAIN INJURY POCKET GUIDE MOBILE APPLICATION NOW AVAILABLE

FOR PROVIDERS: CO-OCCURRING CONDITIONS TOOLKIT TRAINING VIDEO

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) released the Co-occurring Conditions Toolkit Training Video, a companion educational tool to help providers learn how to use the Co-occurring Conditions Toolkit: Mild Traumatic Brain Injury (TBI) and Psychological Health. Specific content of the training video includes: Defense Department definitions for mild TBI; characteristics and descriptions of co-occurring conditions; step-by-step instruction on how to use the toolkit in clinical practice; and patient case vignettes to illustrate the application of the toolkit.


STUDY ON PROGRAMS TO IMPROVE EMPLOYEE HEALTH AT DOD WORKSITES

In its ongoing effort to provide guidance and promising practices on integrative health and wellness for the military community, the DCoE has released a research paper examining program elements for promoting healthy behaviors in the workplace. The paper, entitled Worksite Health Promotion, examines available literature and provides guidance for developing worksite health programs to improve employee wellness.

http://www.dcoe.health.mil/DCoENews/DCoEReleasesStudyonProgramstoImproveEmployeeHealthatDODWorksites.aspx

ARCHIVED WEBINAR: OPERATIONAL STRESS AND IN-THEATER CARE

This archived DCoE webinar identifies best practices for understanding and treating combat and operational stress, with special emphasis on in-theater care. Speakers provide suggestions and techniques for care providers as well as for service members experiencing operational stress.


CALENDAR OF EVENTS

WEBCAST: CREATING A HEALTHIER FUTURE THROUGH THE PREVENTION OF CHILD MALTREATMENT

JUNE 16, 2011, 1:00-2:00 PM ET

This session of CDC’s Public Health Grand Rounds will focus on the epidemiology and costs of child maltreatment, the need for partnerships, and the potential for policy interventions to combat this urgent public health issue. This session is available for Continuing Education credit. An archived video of the webcast will be made available by June 20.

WEBINAR: WHAT EVERYONE NEEDS TO KNOW WHEN WORKING WITH SEXUAL MINORITIES

June 16, 2011, 2:00 - 3:30 PM ET

This SAMHSA Addiction Technology Transfer Center training is based on A Provider’s Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender (LGBT) Individuals. Participants will gain an increased familiarity with the issues and barriers faced by LGBT persons in need of substance use disorder-related services. Knowledge about the interaction between LGBT issues and substance use and abuse will enhance professional abilities to offer sensitive, affirmative, culturally relevant, and effective addiction services to LGBT clients.  http://www.attcnetwork.org/learn/education/webinarseries.asp

11TH ANNUAL TRAINING SESSION OF THE COLLEGE ON PROBLEMS OF DRUG DEPENDENCE: TRAUMA-INFORMED CARE - AN ESSENTIAL ELEMENT OF RECOVERY

JUNE 18, 2011, HOLLYWOOD, FLORIDA

This SAMHSA training session, to be held in conjunction with the annual meeting of the College on Problems of Drug Dependence, will provide clinicians, clinical supervisors, and administrators with information and treatment practices on trauma and trauma-informed services, including: an overview of the impact of trauma on behavioral health disorders; a respective description of the elements of trauma-informed care; and interventions for specific populations. Participants will have the opportunity to assess their organization’s readiness to deliver trauma-informed services.  

FORGING A PATH TOWARD SOCIAL INCLUSION: COLLABORATION AMONG INDIVIDUALS, COMMUNITY PARTNERS, AND PUBLIC SYSTEMS

JUNE 23, 2011, 3:00 PM - 4:30 PM ET

The SAMHSA ADS Center presents this free training teleconference to demonstrate how consumers of mental health and substance use services are working together with private and public officials to make socially inclusive systems across many dimensions of community life, housing, employment, education, arts and culture, transportation, civic and entrepreneurial leadership, health, and recreation. Speakers will provide strategies for building diverse collaborations to map community assets and discover individual capacities that benefit communities and the delivery of social services. Registration will close at 5:00 pm ET on June 21, 2011.  http://www.promoteacceptance.samhsa.gov/teleconferences/registration/Default.aspx
HEALTH OBSERVANCE: PTSD AWARENESS DAY

JUNE 27, 2011

June 27th is PTSD Awareness Day and for the entire month of June, the Veterans Affairs National Center for PTSD is working to increase post traumatic stress disorder (PTSD) awareness by providing resources to help promote the understanding of dealing with trauma and PTSD.

http://www.ptsd.va.gov/about/ptsd-awareness-day/ptsd_awareness_day.asp

SAMHSA REGIONAL PEER MEETING: REGION 7

JUNE 28, 2011, KANSAS CITY, MISSOURI

SAMHSA is convening a Regional Peer Meeting for Region 7 to hear from people in recovery from mental health and substance use conditions from the states of Iowa, Kansas, Missouri, and Nebraska.

http://www.wciconferences.com/KCRegional

IMPROVING CAMPUS CLIMATE FOR LESBIAN, GAY, BISEXUAL, AND TRANSGENDER STUDENTS

JULY 13-14, 2011, ST. PAUL, MINNESOTA

The Department of Education Higher Education Center is sponsoring this training to help create safe campus climates for retention and academic success. During this two-day training institute, participants will build upon existing skills to improve their own campus climate, support effective prevention of alcohol and other drug abuse, and violence on college campuses for LGBT college students, and learn how policies can bring about long-lasting positive changes that increase their retention and academic success.

http://higheredcenter.ed.gov/services/training/institute/improving-campus-climate-lgbt-students

OFFICE OF SAFE AND DRUG FREE SCHOOLS NATIONAL CONFERENCE

AUGUST 8-10, 2011, NATIONAL HARBOR, MARYLAND

The theme of this year’s Office of Safe and Drug-Free Schools conference is Making the Connection: Creating and Maintaining Conditions for Learning. The conference will address issues related to: alcohol, drug, and violence prevention; health, mental health, and physical education; special populations; emerging issues; and other areas concerning drug and violence prevention.

http://osdfs.dgimeetings.com/Home.aspx
2011 NATIONAL CONFERENCE ON HEALTH COMMUNICATION, MARKETING, AND MEDIA

AUGUST 9-11, 2011, ATLANTA, GEORGIA

The CDC is pleased to announce the fifth annual National Conference on Health Communication, Marketing, and Media. This conference brings together individuals representing academia, public health researchers, and practitioners from federal and state government and the private sector, and provides a forum for collegial dialogue within and across these disciplines. The conference is an excellent opportunity to meet with colleagues and shape the future of health communication, marketing, and media practice.

http://www.cdc.gov/NCHCMM/

LEADERSHIP ACADEMY TO ADDRESS DISPARITIES IN MENTAL HEALTH CARE

AUGUST 22-25, 2011, SANTA FE, NEW MEXICO

Georgetown University, in collaboration with SAMHSA’s Center for Mental Health Services and AFYA, Inc., is convening a Leadership Academy to Address Disparities in Mental Health Care. Designed for individuals who are actively engaged in mental health care policy, practice, research, and advocacy throughout the life cycle and who are invested in developing their leadership role to address disparities in mental health care. The Leadership Academy is an intensive course of study comprised of three months of preparatory activities and a four-day residential learning experience. http://www.attcnetwork.org/documents/gusavedateLA.pdf

CALLS FOR PUBLIC INPUT

REQUEST FOR INFORMATION: NIMH RESEARCH DOMAIN CRITERIA PROJECT

NIMH is seeking comments regarding the Research Domain Criteria (RDoC) Project, a research classification system based on genetics and neuroscience. Comments are welcome about any aspect of the RDoC project, including the overall RDoC framework – including the organization of the Domains and Constructs – and the Units of Analysis; particular domains or constructs that should be added, deleted, merged, or changed; criteria for determining what constructs should be included or modified; “grain size” of the constructs; and criteria for making future changes to the domain and construct specifications. Comments will be accepted through July 1, 2011. http://grants.nih.gov/grants/guide/notice-files/NOT-MH-11-007.html
COMMENTS SOUGHT FOR AHRQ EFFECTIVE HEALTH CARE PROGRAM REPORTS

The 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:

**ANTIPSYCHOTICS IN ADULTS: COMPARATIVE EFFECTIVENESS OF FIRST-GENERATION VERSUS SECOND-GENERATION MEDICATIONS.** (DEADLINE FOR COMMENTS IS JULY 5, 2011)

[http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-draft-reports/?pageaction=displayDraftCommentForm&topicid=146&productID=694](http://www.effectivehealthcare.ahrq.gov/index.cfm/research-available-for-comment/comment-draft-reports/?pageaction=displayDraftCommentForm&topicid=146&productID=694)

HHS ANNOUNCES PROPOSED CHANGES TO HIPAA PRIVACY RULE

A Notice of Proposed Rulemaking concerning the accounting of disclosures requirement under the Health Insurance Portability and Accountability (HIPAA) Act Privacy Rule, is available for public comment. The proposed rule would give people the right to get a report on who has electronically accessed their protected health information. Comments due August 1, 2011.

**Proposed rule:** [http://www.federalregister.gov/](http://www.federalregister.gov/)

**Submit comments:** [http://www.regulations.gov/](http://www.regulations.gov/)

FUNDING INFORMATION

NIMH SEeks PROPOSALS FOR NIMH OUTREACH PARTNERSHIP PROGRAM

The NIMH invites applicants to submit proposals for consideration as an NIMH Outreach Partner for the following states: Colorado, Connecticut, Florida, Georgia, Idaho, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York and New York City, Ohio, South Carolina, Tennessee, Texas and Texas Border Area, Utah, Vermont, Virginia, and Wisconsin. Non-profit organizations that conduct outreach on mental health are invited to submit proposals for participation in the NIMH Outreach Partnership Program, which is designed to facilitate and increase the use of science-based information on mental disorders nationwide. Organizations with experience in child and adolescent mental health and/or mental health disparities are encouraged to apply.

US LABOR DEPARTMENT ANNOUNCES ABOUT $20 MILLION TO FUND STATE-RUN PROGRAMS
AIMED AT IMPROVING EMPLOYMENT OUTCOMES FOR PEOPLE WITH DISABILITIES

The U.S. Department of Labor announced the availability of approximately $20 million to fund programs that will improve education, training, and employment opportunities for adults and youth with disabilities. Programs to be funded will serve individuals who are unemployed, underemployed, and/or receiving Social Security disability benefits. The goals of the project are to improve coordination and collaboration across multiple service delivery systems, build effective partnerships that leverage public and private resources to better serve people with disabilities, and, ultimately, improve employment outcomes of people with disabilities. http://www.dol.gov/opa/media/press/eta/eta20110774.htm

PROMOTING ENGAGEMENT IN CARE AND TIMELY ANTIRETROVIRAL INITIATION FOLLOWING HIV DIAGNOSIS
http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-12-060.html (R01)

AUTISM CENTERS OF EXCELLENCE: CENTERS (P50)

DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT: CAPACITY BUILDING FOR SUSTAINABLE COMMUNITIES GRANT
http://www.grants.gov/search/search.do;jsessionid=I3Q9NyJMrnytwpjyhHsp9hQ2D5vskbBZbjTvDl1pjPpGBV6PGj4l-1356566513?oppId=98173&mode=VIEW

ADMINISTRATION FOR CHILDREN AND FAMILIES: GRANTS TO TRIBES, TRIBAL ORGANIZATIONS, AND MIGRANT PROGRAMS FOR COMMUNITY-BASED CHILD ABUSE PREVENTION PROGRAMS
http://www07.grants.gov/search/search.do?&mode=VIEW&oppId=85653
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 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.